

**Respect**

**Inspire**

**Achieve**

Stoke High School–Ormiston Academy



# NEWSLETTER



## Principal’s Message

We are fast approaching the end of the academic year. This is always a period of both reflection and planning for the future.

There have been some fantastic highlights this year: the year 11 results; the school production of *The Addams Family*; the numerous parents’ evenings; the Christmas Fayre; the Summer Concert; the opening of the new canteen and our Family Fun Day which is just round the corner at the time of writing.

By the time the students return in September, we will have invested nearly £750, 000 in the building. It is really important that we keep investing in our learning environment. I am so very proud of our students. Our new canteen looks as clean after lunch as it does in the morning before the students arrive. The care and respect they show is a tribute to them.

We have been welcoming our Year 6 students on site with their induction days and picnics. Our expectations are high and I make no apologies for this. For students to succeed they need to be in classrooms which are free of disruption. I am sure that I have your support on this. We are all in this together. Learning is about making mistakes, but together we can ensure that all students are on the right pathways to success.

This is our third newsletter and it will give you a taster of all the amazing things that our students do. But none of this is possible without the dedication of the

## Key Dates and Events—Autumn 2024

<b>Monday 2nd September</b>	Inset Day
<b>Tuesday 3rd September</b>	Year 7 and Prefects Start
<b>Wednesday 4th September</b>	Whole School Start
<b>Tuesday 17th September</b>	School Photos
<b>Thursday 3rd October</b>	Post-16 Evening
<b>Monday 28th October—Friday 1st November</b>	Half Term
<b>Monday 4th November—Friday 15th November</b>	Year 11 PPEs
<b>Thursday 28th November</b>	Year 11 Parents’ Evening
<b>Friday 29th November</b>	Inset Day
<b>Monday 23rd December</b>	Christmas Holidays Begin

staff. Stoke staff always go above and beyond for the benefit of the students.

I talk all the time about teamwork – I gave the same message to our new parents. We have to work together. I would like to take this opportunity to thank the governors, the staff, our students and our parents for everything that you do to make Stoke the fantastic place that it is.

Have a great summer break and we look forward to seeing you in September.

*Ms. K Baldwin, Principal*



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## Message from the Head Boy and Head Girl

As we come to the end of the academic year, we are beginning a new chapter as the new Head Boy and Head Girl at Stoke High School. We would like to introduce ourselves. Olivier is the Head Boy and Alishba the Head Girl. We are extremely excited to start our duties in these roles and look forward to representing and serving the school community.

Both of us started here in Year 7 back in 2020, and we have seen the school develop and grow from strength to strength. We are proud to have been part of this journey and feel privileged to help lead this ongoing development.

This Summer term has been rather busy for us both. We worked hard to gain an interview for our current leadership roles, and the interviews themselves were thoughtful and challenging. Luckily, our perseverance and hard work had paid off. But it didn't stop there. We have also completed our first set of PPEs giving us the real experience of being in an exam. This has been beneficial for both us and the rest of the year group as we now know the expectations and preparation needed to succeed in our final Summer examinations.

We would also like to take this opportunity to thank our predecessors Dylan and Daren for their hard work and inspiration. They have been an excellent team and we wish them well in their future endeavours.

*Olivier, Head Boy and Alishba, Head Girl*

## Message from Parliament

It has been an interesting term in politics. As our premiership as Prime Minister and Deputy Prime Minister comes to an end, we welcome those in the actual role leading our UK government. They can contact us should they need any advice from those who have already been in the role.

If we were to reflect on the year, we would say that we are proud of the changes that we have shaped as a parliament. Our meetings were thoughtful and insightful. We wanted to ensure that every student had an opportunity to share their thoughts and feelings. This was achieved through the hard work of our ministers, who met with students during form time to collate information and share with the rest of parliament in our meetings.

We have been successful in securing a Prayer Room; a safe space for those who practice their religion or need a meditative space. This supports us in building our diverse community and embracing our mutual respect for every Stoke student.

We would like to end by thanking all of our ministers who have helped shape this year's journey and for making the school an engaging and welcoming place. For those interested in running for parliament, we suggest you go for it! Best of luck to all the new candidates.

*Edward, Prime Minister and  
Jake, Deputy Prime Minister*



## English Faculty

### Summer and the joy of reading.

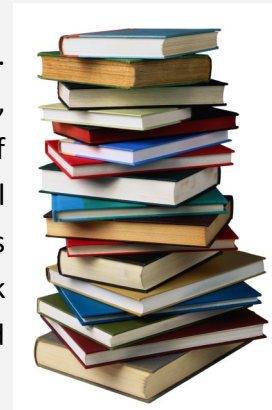
As the six-week Summer break approaches, it is very easy to forget how quickly the routines and expectations of school fade into the background.

We live in a world that is full of distractions. Some of them are positive, some of them are negative, but all of them can make us forget some of life's simple pleasures.

Reading is one of the simple, great pleasures in life. To become immersed in a story, to discover the wonders of the world around us, to learn about those who came before us. Reading can be therapeutic, fun and insightful.

Here are some useful tips for reading in the Summer:

1. **Short and frequent:** Try 2-3 hours a week to prevent learning loss. Attempting to break this demanding target down into fewer, shorter periods is more likely to foster successful retention of reading skills. Long, tiring periods of reading increase the potential for future reluctance. Make sure to make these short sessions frequent to keep these skills fresh in the child's mind. Why not ask your child to read to younger siblings, if they have any, or to read to you.
2. **Read the things that are of interest:** Allowing the freedom to choose a preferred subject or topic to read around heightens a child's enthusiasm for reading. Free from the restrictions of formal teaching, enabling the ability to pursue an interest increases the likelihood and enthusiasm for reading. Reading around something the child is interested in will make sure the skills they have gained at school are consolidated.
3. **Explore together:** Aim to expand reading outside traditional settings and resources, even where there may not be an abundance of reading to be done. Exhibitions, museums and galleries, are a great way to maintain literacy skills and are also a lovely day out activity.



Ultimately, any attempt to do extra reading work over the long break is great. Efforts may not always be rewarding, but the more reading done over the summer, the better placed and more ready a child will be for their next year of study at Stoke High School

*Mr. S Rosser, Lead Teacher for Curriculum Support*



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## Maths Faculty

Twenty students participated in the UKMT Challenge competition and achieved remarkable results. Their dedication and hard work paid off as they collectively secured a total of 12 bronze certificates, showcasing a strong overall performance.

Additionally, one student distinguished themselves further by earning a silver certificate, while two others demonstrated exceptional mathematical abilities by obtaining prestigious gold certificates.

This impressive haul of awards reflects not only the students' individual talent but also the effective support and preparation provided by their teachers.

*Mrs. F Adetu, Teacher of Maths*



## Science Faculty

As the year draws to a close, we are reflecting on the accomplishments and activities of all our year groups. Year 7 is concluding their study of Space and Reproduction and will be moving on to the first topic of our new curriculum, "Our Earth - the cycles." Year 8 have completed their study of Photosynthesis and will also be progressing to new topics. Year 9 have completed their first module in all three Science subjects, and we are eagerly anticipating a full transition

to GCSE in September. Year 11 seems like a distant memory, and we are currently preparing for a new KS3 curriculum in September. New topics will include Health and disease, The Earth, and more on Chemical reactions. We are excited about conducting new experiments in our new topics.



The Science induction day for Year 6 was a delightful experience. Students learned about key safety features, used bunsen burners, and changed the colour of the flame using alkali metals. All students were courteous and engaged, and we are looking forward to teaching them in September.

As the pressure increases for Year 10 after their PPEs, we will be focusing on specific revision strategies in preparation for the GCSEs. Just a reminder to make use of [www.senecaleraning.co.uk](http://www.senecaleraning.co.uk) and [freesciencelessons.co.uk](http://freesciencelessons.co.uk) on YouTube.

Wishing you all a safe and sunny holiday!

*Mrs. J Tankard, Second in Science Faculty*

# Humanities Faculty

## History

As we approach the end of another academic year, we are thrilled to share the remarkable progress and achievements of our students in their history lessons. Their dedication and enthusiasm for learning have been truly commendable. Here's an overview of what each year group has been studying, along with some reading recommendations to further their historical knowledge over the summer break.

### **Year 7: Local History of Ipswich and Henry VIII**

Year 7 students have delved into the rich local history of Ipswich, exploring its significance and development through the ages. They also embarked on an engaging study of Henry VIII, learning about his reign and its impact on England.

#### **Reading Recommendation:**

"Tudor: The Family Story" by Leanda de Lisle – This book offers a fascinating look at the Tudor dynasty, perfect for students interested in Henry VIII and his era.

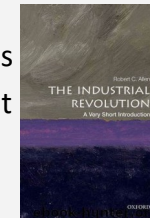


### **Year 8: The Industrial Revolution**

Our Year 8 students have been investigating the transformative period of the Industrial Revolution. They examined how this pivotal era reshaped society, economy, and technology, and its lasting effects on the modern world.

#### **Reading Recommendation:**

"The Industrial Revolution: A Very Short Introduction" by Robert C. Allen – This concise book provides an excellent overview of the Industrial Revolution, making it accessible and interesting for young readers.

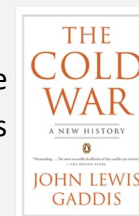


### **Year 9: The Cold War**

Year 9 students have been exploring the Cold War, understanding the geopolitical tension between the Soviet Union and the United States, and how it influenced global politics and society. Their insights into this complex period have been impressive.

#### **Reading Recommendation:**

"The Cold War: A New History" by John Lewis Gaddis – A compelling and accessible book that offers a comprehensive view of the Cold War, perfect for curious minds eager to learn more.



### **Year 10: Weimar Germany**

Our Year 10 students have been studying Weimar Germany, delving into the challenges and cultural advancements of this tumultuous period in German history. Their analytical skills and depth of understanding have been noteworthy.

#### **Reading Recommendation:**

"Weimar Germany: Promise and Tragedy" by Eric D. Weitz – This book provides an in-depth exploration of Weimar Germany, highlighting its complexities and



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contradictions, ideal for students keen to deepen their knowledge.

### **Celebrating Hard Work and Dedication**

We want to take this opportunity to commend all our students for their hard work and dedication in History this year. Their enthusiasm and commitment to learning have been truly inspiring, and we are incredibly proud of their achievements.

Thank you for your continued support in fostering a love of history in our students. We look forward to another exciting year of discovery and learning.

*Miss K Griffiths, Head of History*

### **Geography**

This half term in Geography at Stoke High School has been filled with investigations, trips and the study of different countries. Year 7 are investigating life in the Middle East and the resource management and urban growth of Dubai. Year 9 are studying the complex nature of the continent of Africa from the point of view of colonialism and how that has changed our view of development within African nations including Nigeria. Prior to completing their PPEs our year 10 geographers visited the village of Framlingham to investigate whether the development of the village is sustainable. The students positively engaged with businesses and members of the public, completing questionnaires and environmental assessments of the area. Our students showed their respect towards the public and enthusiasm for learning. Moving forward into the Summer term Year 8 will be going to Woodbridge to study the river and historical significance of the area. This links closely to the Year 8 curriculum both in Geography and History. Soon the school year will be over but if students were looking for some light geographical reading for the holidays the following texts are recommended: 'Children of the Anthropocene', 'Flow', and 'Africa is not a Country'.

*Miss F Holden, Head of Geography*



## RE

Our RE curriculum this term has focused on lots of ethical, philosophical and moral questions. Year 9 have explored the concept of what gives life worth. This topic has allowed students to consider and debate real world issues around the importance of life, including contemporary moral issues such as organ donation. This unit has allowed student to build on their understanding of philosophical concepts such as utilitarianism and consider should humans always choose the option that is the greatest good for the many?

Year 8 have been looking at the Sikh faith and considering key Sikh beliefs and practices. They have been utilising a range of skills to understand more about the faith, the role of service, and the importance of equality between genders. Whilst studying this topic, students have considered the moral questions in the Sikh faith to understand more about the faith in twenty first century Britain.

Year 7 have tried to answer some big philosophical questions on how we decide what is right and wrong. Being introduced to many philosophers such as Jeremy Bentham, students have analysed how humans decide to act and use philosophy to make choices. Many students are thinking about applying their knowledge by entering the NATRE RE Spirited Arts competition, to create a piece of art that represents philosophical debates about where God is. Any entries should be sent in by the 17 July so they can be considered for a prize!

*Miss J Iles, Director of Humanities Faculty*

## French Faculty

Last year, the French department organised a French Residential trip for Y11 French students, in order to prepare them for their upcoming French GCSEs. It was a great success, so we decided to do it again this year!

In April, we took a group of 11 students to a local Holiday Cottage complex called Iken Barns, which was made available to us free of charge by the owners. We arrived straight after lunch on the Friday, stayed overnight in the cottages and returned the following Saturday lunchtime, so we effectively had a whole day available for French revision and practice.

Once everyone had put their bags into their cottages, we all gathered in one of the barns which was to be our study room for the next 24 hours, and we got straight to work! Staff had planned a series of activities, from a Grammar Carousel, to Walking Talking Mocks and a University Challenge style speaking activity. We also went for refreshing walks and made good use of the Iken Barns swing.

On Friday evening, after working really hard on their revision, students had a Fish and Chip dinner followed by an energetic couple of hours of Just Dance, which was nothing short of hilarious. After a good breakfast (croissants, pains au chocolat, baguettes, etc.) we worked through some more exam papers, looking at modelled answers, then putting the techniques into practice. We then split into two groups and did a University Challenge with French conversation questions, and every student really stepped up, developing their answers to gain more points.

We were so impressed with the students and the way they made the most of this opportunity and the respect with which they treated the accommodation. They also had a great time! We wish them lots of luck with their results in the Summer – Bonne Chance!

*Mrs C. Howe, Curriculum Lead of French*



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## Performing Arts Faculty

### Drama

The New Wolsley Youth Perform Festival is an annual event where young actors can show their skills and talents on the stage. This year was no exception and 8 young performers from across Year 7, 8 and 10 used drama club as their vehicle to perform on the professional stage.



In February students were invited to join drama club with a view of being part of the Youth Perform Festival. We started by discussing the brief set by the New Wolsley – climate change, and what this meant to us. With such a wide brief we started to narrow down the ideas by thinking about a letter to Earth, apologising for what humans are doing to it. This soon developed into a scene whereby the humans are on trial for the destruction and everyday events that are having a massive impact on climate change and the environment.

A central character of Earth then emerged, and scenes were devised around this as if the Earth was gathering the evidence of what humans are doing that ruin and spoil the environment. The idea of representing land, sea and air was then a central theme as we improvised around this concept.

We also researched facts and figures from the last few years to back up our ideas – the Humans and the Earth each having clear evidence that whilst we are destroying the climate we are trying to do something about this, but we have a long way to go. This is where the question, and title of the performance ‘What If?’ came from. What if each day we made a little change that ended up becoming a routine habit; how much would this contribute to saving the planet?

The students were so dedicated, reliable and trustworthy it was lovely to work with them in devising this exciting piece of drama. They engaged fully in the free workshops provided by practitioners from the New Wolsley and always conducted themselves in a polite and respectful manner.

Performing on a professional stage is an exciting and daunting task and I couldn’t be prouder of what the students achieved. They worked on their projection and stage fright and even made it downstage and not stuck at the back!

I would like to say a big thank you to all involved.

*Mrs. T Beacham, Head of Performing Arts Faculty*

### Music

The Summer Festival was fantastic, with students from all year groups showcasing their talents. We had a broad range of performances, from singing to instrumental and even some magic! The students conducted themselves excellently to a full house of families and students, displaying our school value of inspire to the audience. Throughout rehearsals and auditions, students have worked together and supported one another to put on the best show they could, and have formed new friendships along the way. Another huge well done to the students who supported backstage, organising the script, lighting, stage set up and so much more. All pupils involved represented the school with maturity and dedication, making the event a true reflection of our school's spirit. The hard work and enthusiasm of everyone involved paid off, creating an unforgettable experience for both performers and audience members. We are incredibly proud of the collective effort and creativity that brought the Summer Festival to life, and we look forward to more events like these that allow our students to inspire and achieve.

*Mr. I James, Teacher of Music*



## PE

We are very lucky to have had an extended area built into the fitness suite and over the next term will be deciding how best to use this space in what is already one of the best fitness suites in the county. Additionally the PE area generally has undergone refurbishment and the main PE corridor is now a brighter and more inviting space.

Last week, the under 13 girls took part in a 7-a-side football tournament after their success the previous term at Ipswich Town FC. This time the venue was Whitton Sports Centre and while the girls performed admirably they narrowly missed out on getting to the final.

The Year 9 girls also took part in the South Suffolk rounders tournament which involved 15 schools and finished 4th in their pool in a highly competitive group.

On the three separate evenings, Year 7, 8 and 9 have been going to the South Suffolk team athletics competition at Northgate High School and have taken full teams of 16 boys and 16 girls in each year group. In fact the events were so popular with so many students wanting to perform that if we had coaches we would have filled them up!!

Most recently we have been holding our school sports day competitions and well done to all those that took part on the days. The weather was beautiful and the events keenly contested. Well done also to all the winning form groups.

*Mr. P Tankard, Teacher of PE*

## Year 7

As we move towards the summer holidays, it seems as if the last few months have flown by! Just a year ago we were meeting with Year 7 for the first time, inviting them to Induction Day and picnics; now here we are, a matter of weeks away from becoming Year 8!

Some of our Year 7 students have been kind enough to take on the roles of Aunts and Uncles in order to support the current Year 6s on their Induction Day. The Year 7 Aunts and Uncles used their own experiences from transition to support new members of our community and help them feel welcome here at Stoke. We also had some students who volunteered to go back into their former primary school to support with transition.

I am very grateful to Mrs Simmons and Mr Tankard for inviting me to join our year group at the Northgate Athletics. Our Girls team were amazing, placing 4th (the highest position we have held for many years!) and Boys came home in 2nd place, proving just how incredible the sporting stars in Year 7 are.

Continuing with the theme of sporting stars, three of our Year 7s represented the school in a local Pantathlon challenge; this is a national charity that gives young people chances to compete in a variety of competitive activities.

On Friday 28th June, we joined together as one big Year 7 family for our Big Breakfast. With the sun shining, it was a fantastic opportunity to sit outside and enjoy lots of croissants, bacon rolls and juice. It's rare that we all have the opportunity to spend time together outside of the classroom environment or assemblies, so this event was enjoyed by all.

The Summer Festival was another event in which some of our Year 7s were able to showcase their talents. They performed incredibly in front of an audience of friends and family. When not performing, it was a joy to see them supporting one another.

As the Summer Term draws to a close, I am proud of all that Year 7 have achieved this year. Year 8 is just around the corner and we cannot wait to see what this brings. Thank you all, parents, friends and family for your continued support.

*Mrs. V Spearman, Head of Year 7*



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## Year 8

Summer term has been busy for Year 8. We have had Ipswich Schools Athletic competition at Northgate High School which a number of students attended. At this event I am pleased that Year 8's conducted themselves with excellent sportsmanship, supporting one another and completing their races and events with smiles on their faces even when they were not at the front of the field. We have had the Big Breakfast which was a lovely opportunity for the whole year group to get together and socialise with croissants and bacon sandwiches. We also have celebrated those students who have shown our Stoke virtues of resilience, perseverance, courage, leadership, compassion and, upheld our pillars of character, pride and attendance and punctuality and those that have taken part in other events outside of school. With the end of the school year close we have further fun events such as the outdoor activities and our end of year bash.



In September students will be entering Year 9. This is an extremely important year for Stoke students as they will be making their option choices. It is vital that all students make the progress they should do in school to ensure that they can make informed choices about which subjects to take forward for GCSE.

I wish you all a restful and enjoyable summer and look forward to seeing you all back in school in September ready to start Year 9.

*Mrs. K Huggins, Head of Year 8*

## Year 9

Introducing the new Head of Year 9 – Mr S Jones.

I joined Stoke as the new Head of Year 9 taking over from Mr Bullock in April. I have been teaching Maths for 17 years and have always enjoyed providing pastoral support to students, recognising the importance of seeing the unique potential in each individual. Since joining I have settled in well to the Stoke Way and beginning to build some excellent relationships with the Year 9 students. My passion for fairness and honesty have been clear to see in the way I communicate with the Year 9s.

It has been an amazing start to my time at Stoke. The students in my year group are awesome and they are all working so hard to be the best version of themselves. There are often many things in life that can lead us to make wrong choices but the Year 9s are showing me that when given the chance to change they can do so. I am really looking forward to the next two years, taking the year group through their GCSEs and supporting each one of them in everything they are going through. I commit to being with them through the highs, and the lows, and to do everything I can to enable their time at Stoke to be successful. Every time we fall, it is another opportunity to get back up and show the world just what we are made of.

*Mr. S Jones, Head of Year 9*

## Year 10

As the Year 11 students leave, the Year 10s become the eldest students in the school. And with this new status, they have had many events to support their academia, character and futures.

I would firstly like to congratulate all of our new prefects and senior prefect team. The interviews were excellent, and all candidates were able to communicate their passion for the school. It is with great pleasure that I introduce our new Head Boy Olivier and Head Girl Alishba. I know they will be able to lead the school and prefect team with tenacity and diligence.



This term also gave the Year 10 students an opportunity to visit Suffolk New College for a taster day. All the students chose a variety of subjects which they could experience to gain an insight into college life and the courses on offer. The college stated how amazing our students were and we even received feedback from an accompanying school stating how polite our children are. And beyond the positive feedback, our students



really tackled the tasks ahead of them, especially the Motor Mechanics group. With a task of replacing each tyre on a car and doing so against the clock, our students were really put to the test. They had to beat the best time recorded of 3 minutes and 2 seconds, I can proudly state that both our teams completed them in 2 minutes 52 seconds and 2 minutes 38 seconds. I am one proud Head of Year.

And it doesn't stop there. The year group have completed their first round of PPEs. These are mock exams completed in exam conditions. The expectations are high for both results and behaviour in the examination rooms. The Year 10 students have been successful in completing these PPEs with seriousness and tenacity. If this is how they have started, I look forward to how incredible they will be in their final exams of Year 11. The Year 10s will have a celebration evening on Thursday 18th July at 5pm. The evening will be one to share the achievements of students, but also provide an insight into Year 11. Expectations, new form tutors and other information will be shared with students and parents. We will end by handing out the PPE results where students can see the grades they achieved for their mock exams.

I wish the Year 10s a restful Summer after all of their hard work, and I look forward to greeting them in September as Year 11s in their final year.

*Mr. L Eversley, Head of Year 10*



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## Year 11

This is the last article for our current Year 11s in this newsletter. The past five years have flown by, and the students have witnessed immense changes in their education, culture and society. At the time of writing this, they have had 3 Prime Ministers, 2 Monarchs, and 2 Covid-19 lockdowns. They have had to endure vast changes in their social norms when combatting the Covid crisis and take part in online learning. There have been numerous events and trips, sport competitions and performances which the year group have taken part in. I am very proud to have had our first school Prime Minister and Deputy Prime Minister to lead on student voice and help shape the school.

I cannot express how much of a pleasure it has been to see these students develop and grow into young adults. I started my journey with them here at Stoke High School, both of us new to the surroundings and community. And I have seen it grow from strength to strength. This is thanks to some of the dedication and hard work put in by the Year 11s.

The exams are now over, and the next chapter in their educational journey begins. We had a wonderful Leavers' Assembly held in the Drama Studio on Friday 14th June. There was a mix of emotions as students signed shirts and said their goodbyes. The atmosphere in the space was one of joy and community spirit. It was a privilege to award this year's Heart of Stoke to Ian for his perseverance, creativity and team spirit. And the rest of the assembly concurred.

Goodbyes are never easy. It's difficult when you've seen them from the very beginning, when you comfort them in times of hardship and when you see progress in their studies and character. You ultimately develop a bond, a relationship. One that I will cherish always.

But now we part our separate ways. I have learnt so much thanks to the Year 11 students and they will always have a place in my heart. I wish everyone all the very best in their future endeavours.

*Mr. L Eversley, Head of Year 11*



## Literacy

During this half term, we have welcomed our new 24/25 Year 7 cohort to Stoke. This has involved visits to the Library during transition days, picnics and reading-based visits. We have loved meeting everyone and the engagement with the library has been wonderful.

Do not forget that Suffolk Libraries are hosting their Summer Reading Challenge this Summer – free to enter, with a Suffolk Library Card.

Our intervention groups have been as engaged as ever – with our Year 9 group taking the top spot on attendance and progress.

All students have taken part in NGRT testing this term which provides us with knowledge of their reading ages. Students have conducted this with professionalism and dedication – an epitome of how fabulous our students are.

We wish everyone a wonderful summer and do not forget to visit the library to collect your holiday reads!

*Miss. S McMurtry, Literacy Lead*

## Message from the Governors

Soon, we'll all be echoing Alice Cooper and singing "School's Out For Summer". At least, the students will be "out for summer" but Stoke will be a hive of activity with all the improvement and maintenance working being undertaken in preparation for our return in September. I know that many members of staff will also spend part of their holiday preparing for the next academic year.

In early May, most of the Governors were lucky enough to experience a day visit to school. It really was an excellent learning day for all of us, the highlight being lunch with the School Parliament. They really are an amazing group of young people who are a credit to the Academy and a great example of the students we produce at Stoke. It really is a pleasure to be in school and see the way that our young people conduct themselves: always friendly and polite, they are a credit to themselves, the school and their parents and carers.

We have some members of staff who are moving onto pastures new at the end of term and I should like to take this opportunity to thank them for the contribution they have made to the Academy during their time with us. We wish them well for the future. Another group that I would like to wish every success for the future and thank for their contribution to Stoke are our Year 11s who have just left us. Year 11's, please remember that no matter where you go or what you do in the future, you will always be "Stokies".

Lastly, please can I wish everyone a fantastic Summer break. Enjoy yourselves, but please stay safe.

*Elizabeth Combes, Chair of Governors*



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## In Other News...

### British Airways Careers Talk

We recently had a visit from a representative from British Airways who was able to tell us about working as a member of Cabin Crew on both long haul and short haul flights. Travel and tourism students from Year 10 and Year 9, and some students who are interested in careers in the travel industry heard about life in the skies, considered the skills required to develop to join tourism roles, and we found out what it is like to meet boy bands flying first class! We found out more about the history of British Airways, what a typical day in the life of a Cabin Crew member is like and saw pictures of the facilities provided on flights. Students asked lots of great questions about customer service, including the importance of understanding how to look after the customer, safety and security tips and there were some gasps in amazement when we saw pictures of first-class cabin. Jamie in Year 9 said that he was interested in careers working in transport but was now thinking about expanding his aspiration to think about careers in tourism as well. All students thanked our visitor with a round of applause, and all are looking forward to who may join us next to speak about careers.



*Miss J Iles, Assistant Principal*

### Character Education

Our character education programme has continued over the last term with leadership being the focus at the start of this term. This was an opportunity for students to lead their own learning, to be responsible for their academic achievement and our Year 10s were able to apply for their prefect and school leadership positions. The virtue this half term has been curiosity, with a focus on being enthusiastic in lessons, developing questioning skills to gain a deeper understating of subjects and actively listening to others. There have been many opportunities to see this virtue around school, with students having completed another year of knowledge, lessons were all about asking the questions to find out more information and show off their learning through their core knowledge assessments and PPEs. Our form time programme has allowed students to develop their leadership and Stoke Spirit, particularly explicitly teaching the virtues to fully understand how develop these qualities for their futures. Year 7 citizenship award, a well-timed topic exploring democracy and voting particularly during a period of elections. Year 8 explored the concept of lifelong learning and skills needed such as budgeting money. Virtue postcards and lots of positive points have been awarded – over 1500 so far this year! Well done to all who have been awarded these.



*Miss J Iles, Assistant Principal*

## What Lies Beneath Our Feet

The earth we stand on is steeped in a rich history. It is a living archive that we walk on each day, often without thinking about what lies beneath our feet.

Stoke High School has a rich history underneath the foundations of the school. 200,000 years ago, the whole area was a river basin. Within this ecosystem, many animals died, and their bones have been found over the years.

In 1979, when the school was being built, the bones of the Stoke Mammoth were discovered. This unique mammal has been the subject of recent academic debate at Oxford University, and when the museum reopens, the most complete version of that skeleton will be on display.

As part of the rich heritage of the school, and its area, we will be working closely with the Museum to explore the archaeology of the area.

We will also be working to uncover more information about the history of the school. Stoke High School has been providing education to students in Ipswich since 1899. Over the next academic year, our 125th of providing education, there will be more opportunities to find out about our community's history, about the school's heritage, and about the ways that we can both preserve the past as well as consider our future.

*Mr. S Rosser, Lead Teacher for Curriculum Support*

## Starters and Leavers

September is always an exciting time as we welcome new students and new staff. We are very lucky to be fully staffed in September, not all schools will be in this fortunate position.

### We welcome:

Mr Oliver as Assistant Principal. He will be a welcome addition to the academy's senior leadership team.

Mr Abbott into the Maths team. He is an experienced Maths teacher and will be overseeing the quality of teaching and learning in Maths.

Mr Stevens into the PE team. He is an experienced PE teacher and will be leading on extra-curricular PE clubs.

Mrs Yuen, a Music teacher from Hong Kong with over 19 years' experience.

Miss Colville, an experienced teacher who will now be a permanent member of the English team.

In Science we have Mr Nwabee and Miss Devlin joining our team.

In Technology, Miss Oram will be teaching Art and Photography.

Miss Mitchell will join the English team as a trainee teacher.

Miss Sheholli and Miss Spasova will join the SEND team as Learning Support Assistants, both bringing much experience to the team.



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### Goodbyes:

Saying goodbye to staff and students is always hard but new opportunities are exciting and we wish our leavers the very best.

Our saddest goodbye is to Mrs Garrard who has been at Stoke for 25 years. She is going to Hadleigh and we wish her every success. She knows where we are should she ever want to return!

Mr James and Miss West will be leaving to return to Blackpool. Miss West has been a real asset to the school, stepping into a number of roles and getting things done. Mr James has been instrumental in the high quality productions. It is always interesting watching the students watching him for the cues. We wish you both success and happiness in your new lives up North!

Mrs Lava who has decided not to return to Stoke after her maternity leave. We wish her well in her new role as full time mum. Mrs Huggins has now been appointed the Head of Year 8 into 9.

Mr Alfs is leaving us for the bright lights of London. A massive thank you for everything that you have done, especially the support you have given 7BE.

Miss McMurtry is leaving us to go to our sister school Endeavour as a Head of Year. This is a role which she was wanted for a long time. We wish her every success.

Miss Lloyd is leaving us to go to St Joseph's. She came to Stoke during Covid and helped grow our SEND provision, starting the ACCESS room and supporting our most vulnerable students. We wish her every success in her new role.

Miss Porter is leaving us to go travelling before she starts training to become a teacher. From the moment she walked into a classroom it was clear that she would end up leading the room. Enjoy the travelling and keep us in mind for your future career.

Miss Button is now on maternity leave and will return in January. We look forward to hearing about our new family addition.

Lastly, I would like to thank our long-term supply teachers who have supported us – Miss Jimoh and Miss Ohakwe. Thank you for all that you have done during your time with us. We wish you well.

*Ms. K Baldwin, Principal*






# Safeguarding

**Well-being Apps** DISCLAIMER – These applications are not intended to be a replacement for treatment nor any sort of medical intervention.

**HeadSpace**

Headspace is an app that provides guided meditation sessions and mindfulness training in areas such as stress, anxiety and sleep. It also has sessions to cover varying emotions. Free to use the trial parts of the app.




**Smiling Mind**

Smiling Mind offers a free app-based tool developed by psychologists and educators to assist people in dealing with the pressure, stress and challenges of daily life. Programs are offered for: 7 - 9 years old, 10 - 12 years old, 13 - 15 years old, 16 - 18 years old, adults, sport, mindfulness in education & mindfulness in the workplace




**Cove**

Cove is an app that was designed for individuals who find it hard to express themselves verbally. In this app, young people can capture their mood or express how they feel by making music and storing it in a personal journal. Entire app is free.



**Self-Help Anxiety Management**

SAM has been developed by a university team of psychologists, computer scientists & student users. The app lets users self-monitor anxiety and graph this. Users are encouraged to build their own Anxiety Toolkit of SAM resources and to draw on this for regular practice in managing anxious situations. The app is not text-heavy and highly visual.




**Worry Float**

A free app for younger users. Children type their worry in a balloon, rate whether it is a small, medium or large worry and then tap the balloon. The worry then floats away, until it disappears.



**Stop, Breathe and Think Kids**

Users select how they feel upon opening the app. Depending on their choices, they are then given a 'mission' to launch. Each mission is a few minutes long and missions range from watching mindful cartoons, to being guided through relaxation exercises in the form of cartoons. Free app with options to purchase more.




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**Think Ninja**

ThinkNinja is an app specifically designed to educate 10-18 year olds about mental health, emotional wellbeing and to provide skills young people can use to build resilience and stay well. ThinkNinja addresses a range of issues including stress, anxiety, low mood, or having unhelpful thoughts. All of which can be triggered by the pressures of modern life, such as exams, struggling to make friends or social situations. The user is coached by the WiseNinja, powered by artificial intelligence and the skills of a clinical psychologist.



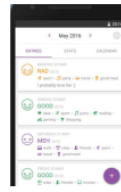
**Mood Tools**

Mood Tools allows users to input their mood, watch helpful videos, keep a thought diary, choose activities to do and make safety plans




**Daylio**

Allows users to keep a free private diary and capture their mood and day without having to write anything. All responses are made by clicking visual icons.



**Relax Melodies**

An app designed to aid sleep. Users can create their own soundscape, add meditations or listen to a bedtime story



**KOOTH**

Koath is a free, online, anonymous well-being support community for young people. The app allows you to access magazines for information, join a discussion, chat with a member of the team and keep a daily journal



**Catch It**

Catch It was a joint app project between the University of Liverpool and University of Manchester. Its designed to help people capture their mood and create a diary. The idea behind the app is to turn your negative emotions into positive experiences.




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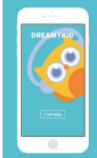
**Calm**

Calm is the perfect meditation app for beginners, but also includes hundreds of programs for intermediate and advanced users. Guided meditation sessions are available in various lengths between 5-25 minutes. The app also includes sleep stories to support sleep and breathing exercises.



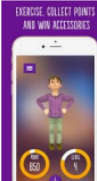
**DreamyKid**

The DreamyKid meditation app offers meditation, guided visualisation and affirmations curated just for children & teens. It uses proven techniques that teach users mindfulness methods. It offers a body scan meditation and a self-esteem booster program for free. All other programs need to be purchased.



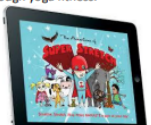
**Living Buddy**

Living Buddy is an online exercise app. An onscreen buddy asks the young person to select the type of exercise they want to do. For a cycle ride or run, a timer will start and log their activity time and distance. Once the activity stops, the Buddy high fives them and gives lots of praise. There is also guided exercise from the Buddy who demonstrates exercises first and challenges to race against various animals. The young person can repeat activities and progress through levels.




**Super-Stretch Yoga**

Users have fun & get fit learning yoga poses from animated superhero characters. Go from start to finish or pick a pose, from up to 60 combinations. The app aims to teach breathing, play and mindfulness to children through yoga fitness.



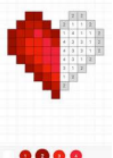
**Plazma**

A free app that acts as a virtual lava lamp to provide a visual, calming sensory stimuli. Users can simply watch the lava float or swipe their finger over the screen to manually move the lava around.



**Sandbox Coloring**

An app for virtual colouring by numbers to promote mindfulness. Being 'in the moment' through any colouring app, provides users with a distraction from their worries. The app contains enough free colouring pages so that you won't have to purchase any paid ones. Zoom in to colour by numbers and once a picture is finished, users watch a video of their colouring.



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