

On Friday 5th November, four of our student leaders gave a tour to our local MP for the Waveney constituency, Mr Peter Aldous. Some of our student leaders – Bobby Finan, Sasha Garnier, Keane Crouch-Still and Summer Ritchie – had the opportunity to ask questions about Mr Aldous' role as an MP, and what he is currently working on in Lowestoft. It was great to hear that he is working on improving Broadband connections, and transport efficiency due to the new bridge currently being built.



Mr Aldous enjoyed the school tour, a meeting with Mr Bagshaw, and then the opportunity to ask our student leaders questions; he asked what our students have planned for after Year 11, and their achievements so far this year both academically and as a student leader.

We discussed our Black History Month celebration which achieved real impact across all departments last half-term; as well as our involvement with the upcoming Lowestoft Remembrance Service on Sunday 14th November.

As lead of Student Voice, I feel extremely proud of every answer and question our students gave during Mr Aldous' visit to Pakefield. A big well done from me – and I know he wishes you every success for the future.

Miss Wright (Student voice)

Thought of the Day

"Your mental health is a priority. Your happiness is an essential. Your self-care is a necessity." - Unknown

Safeguarding

"Children can abuse other children. This is generally referred to as peer on peer abuse, but can take many forms in or out of school/college and on and/or offline." Adapted from KCSIE

What is peer on peer/child on child abuse?

- Harmful sexual behavior
 - Physical abuse
 - Child sexual exploitation
- Domestic abuse/teenage relationship abuse
 - Gang activities
 - Serious youth violence
- Bullying (which can include cyberbullying, homophobic bullying, sexual, sexist and transphobic bullying, and disablist bullying)
 - County lines and criminal exploitation

What to do

- Report to a trusted adult, staff member or DSL
 - Be proactive, not reactive
 - Support each other
- Challenge behaviours of others together
 - Think about the context
- Think about your appropriate response
 - Do not dismiss things as banter



At Pakefield, we have a zero tolerance. It is not just about sanctions—it is about all of us using appropriate responses so we can make sure the answer to the question "Who feels safe here?" is **"WE ALL DO!"**

Department Notices

Reminder for History students—Year 11 intervention is Tuesday week 2; Mr Cloves in HU2 and Miss Saunders in HU3. Make sure you attend to get the best support possible for your exams!

If you have ordered revision guides for any subjects, please speak to your teacher to ensure you receive your order.

Year 11 students—remember to attend Maths intervention on Wednesdays if you have been invited!

Years 9 and 10 students will have maths assessments coming up in lessons this term—Mathswatch is great for revision!



Well done Ashton Neller for achieving above your target grade in this term's assessment!



Well done to the following students:

- Aimee Spendlove for your brilliant progress on recent assessment for Language Paper 2 Section A. Top score in the class!
- Cody Smith for your fantastic efforts to really develop his English Language Paper 2 responses—great enthusiasm and dedication to his learning evident.
- Suzanne Woolnough for being a real model student within English lessons—always keen to contribute to class discussions and participate in group reading. Keep up the good work!
- Adam Ruickbie for your terrific enthusiasm and focus within lessons and completing challenges and extension tasks to the best of your ability.



Well done to class 8XGe2—you have been a really enjoyable bunch to teach so far this year. You have all worked incredibly hard and your behaviour and attitude to learning is exemplary.

Extra-Curricular

We spent lunchtime in Crafty Tuesday's Club learning how to do some Halloween origami. I'm sure you'll agree, the students did an amazing job!



Year 9 Foodies after-school club with Miss Marshall—everyone had a great time making Halloween themed treats with no tricks!



Well done to our Year 11 Bronze award DofE participants for successfully completing their assessment expedition on the 16th and 17th October!



We welcomed a guest speaker from our local Cefas laboratory to speak to some of our Science students about radioactive isotope analysis. Students found it very interesting and insightful to see real life science at work. Thanks to Miss Mickleburgh and her team at Cefas.



THE PAKEFIELD MANTRA

Well done to all of our Mantra Models that have won awards during the first half of autumn term!

Audrey Aguilera • Alfin Ali • Amelia Allison • Sonny Arnould • Kramer Ashbury-Moss • Jessica Ashdown • Alfie Ashton • Finley Atkinson • Lara Azevedo • Lacey Bacon • Karla Baker • Jack Barker • Bako Baxtear • Kalista-May Bebbington • Evie Belden • Gracie Bezant • Cian Biggs • James Billington • Iris Blair • Isabella Bligh • Jack Bloomfield • Tiffany Bond • Olly Botten • Maddie Brierley • Lee Brierley • Trinity Brown • Zach Brown • Samuel Buhr • Joe Bullard • Ethan Bullough • Keira Bullough • Harrison Butcher • Grace Calvert-Whitehead • Katie Carr • Archie Catchpole • Cameron Catchpole • Reggie Catchpole • Sky-Blue Catchpole • Luis Chapman • Ava Chase • Riley Chase • Erin Child • Ayva -Mai Claxton • Owen Clayton • Eloisa Cole • Alfie Colledge • Jacob Collins • Aimee Connell • Imogen Cox • Farren Crossman • Marshall Crouch • Keane Crouch-Still • Zac Daniell • Max Daniels • Ruby Daniels • Isabelle Davey • Tyler Davies • Leah Davies • Atalia-Mai Davis • Shaun Davis • Ellie Daws • Jake Denoon • Katie Denoon • Bailey Dootson • Hendrix Dore • Nevis Dore • Nathan Dowles • Phoebe Dowles • Jessica Drane • Ethan Durrant • Oakley Eade-Scriven • Sienna Eade-Scriven • Susan Elmes • Jack Elwes • Reagan Etheridge • Melody Filby • Seth Forrest • Alex Fryer • Eleanor Fryer • Shane Garner • Lily Garnier • Sasha Garnier • Jasmine Garrard • Chantelle Goddard • Ellie Greaves • Elise Halliday • Zack Hammond • Noah Harbord • James Harris • James Harvey • Oscar Haylock • Isla Henderson • Elinor Hines • Roman Hines • Jaiden Hollick • Jesse Horsnail • Rachel Howell • Ben Hunt • Alexis Hurn • Finlay Hurren • Reece Ife • Ellie Jackson • Edward James • Mollie Jeeves • Evie Jefferies • Freddie Jeffery • Charly Jordan • Murphy Keeler-Reynolds • Paige Kilduff • Charlie Knight • Emi Knight • Keeley Lambert • Jamie Lee • Isabelle Leeder • Reanna Lovell • Alex Macintyre • Harry Marshall • Hayden McNamee • Nevaeh Meades • Jamie Menhennet • Adam Mills • Oliver Mills • Cody Mitchell • George Moore • Jay Mower • Grace Munro • Mateus Ndovala • Taylor Nolloth • Precious Olayiwola • Saimaya Olayiwola • Ella Payne • Sam Perrott • Oliver Reed • Grace Reynolds • Ivie Reynolds • Ollie Ritchie • Freddie Roberts • Dylan Robinson • Adam Ruickbie • Ava Shipley • Daniel Shrimpton • Cody Smith • Kenzie Smith • Amy Southernwood • Demi Stammers • Kyle Strachan • Bintu Sylla • Fran Tugate • Jade Upfold • Scarlett Upfold • Summa Upfold • Jess Van Kroonenburg • Edvan Vicente • Daniel Wallace • Jake Waterhouse-Haygarth • Ewan Watson • Matilda Watson • Amelia White • Imogen Wicks • Layla Wiles • Lexi Wiles • Libby Williams • Suzanne Woolnough • Mia Ruby Wright • Oakley Wright • Jasmine Young



Student Voice

Message from Head Student Keane Crouch-Still, Year 11

I applied for the role of Head Student because I believed that I was the right candidate to ensure student's opinions within the school were voiced and listened to. I'm striving for this to continue to flourish, and for a school where students are all equal regardless of what classifies as "normal" and embracing what sets us apart.

Throughout my time as a Head Student, I want to make a learning environment that sticks for years to come, to make a school where students and teachers work together to ensure the best possible outcomes as we journey through our educational careers.

As a school leadership team, we have successfully started to educate our students about Black History Month and show that diversity is good and that everyone deserves to be treated equally.

As well as this, my co-leader (Bobby Finan) and I are taking part in the Lowestoft Remembrance Service (14th November) to honour fallen soldiers and represent Pakefield High School in reading a poem; it has given us great honour to be chosen to do this.

I fully believe that together, as a community, we can continue to achieve a place where students are excited to learn, grow and develop.



ACCELERATED READER READING STARTS AND POINTS

We have been tracking AR progress over the last half term and here are the results...

Year 7

- 1st place—Reggie Catchpole
- 2nd place—Polly Cremin
- 3rd place—Ellie Daws

Year 8

- 1st place—Rhys Lewis
- 2nd place—Jessica Drane
- 3rd place—Jay Messenger

Special mentions to Carl Turner and Owen Baldry for joining the Points Club and Oakley Eade-Scriven and Harley Rogers for getting 100% in the most quizzes so far!



We are hoping to see lot of new names in the Points Club this half term, keep it up!

To participate, click [here](#)
Remember your username is your first initial and surname (e.g Asmith) and your password is ABC.

Try to quiz within 24 hours of finishing a book to help you get the best result!

Sir John Leman Sixth Form Visit—Miss Miles

On Thursday 14th October, Mrs Fitzgerald, Mr Gibbons and I took a group of 34 students to visit Sir John Leman Sixth Form College. They were split into three groups and each got to experience the following:



- A tour of the school, led by the School Council
- A presentation from the Sixth Form Team and Head Students
- A visit to the Atrium cafe for a quiz and a drink/slice of cake

The school council and head students were incredibly enthusiastic about their sixth form. It was a very informative and enjoyable visit for Year 11; especially as it was their first school trip in nearly two years. Our students were polite, well-spoken and conscientious throughout their visit to the sixth form. They represented Pakefield High School with complete maturity.

Representatives at Sir John Leman have reached out since the visit to tell me how delightful and well behaved our Year 11 students were around their school. If you have an interest in applying to the sixth form, click [here](#).

On reflection, it was great to finally give students in our school a chance to visit one of their local Post-16 providers. I am hoping to organise more careers trips in the very near future so if you're interested, let me know!

Suffolk County Council have prepaid for every parent and carer in Suffolk to access a range of online courses—join now for life-long access. There are courses for parents, carers and grandparents about children from bump to 19+ years from the Solihull Approach (NHS). For more information click [here](#)

The access code for free courses is: **WOLSEY**



LIBRARY

	Break	Lunch
M	Wk1 OPEN	12:05-12:45
	Wk2 10:50-11:05	OPEN
T	Wk1 9:50-10:05	OPEN
	Wk2 OPEN	OPEN
W	Wk1 9:50-10:05	OPEN
	Wk2 OPEN	1:05-1:45
T	CLOSED	
F	CLOSED	

Library Clubs

Mindful Mondays
Crafty Tuesdays
PHS Book Explorers

Curious to know more? Check out our clubs poster or ask in the Library.
You can come to borrow and return books whenever the Library is open.

HONOURABLE MENTION

Sophie Grimmer Year 7

Well done to Sophie for her brave decision to chop off her hair and raise money for the Little Princess Trust. So far her fundraising has raised £375.

Please visit Sophie's justgiving page for more information and to donate to a great cause: <https://www.justgiving.com/fundraising/sophie-grimmer>

