



5<sup>th</sup> September 2025

## Welcome Back to Pakefield High School!

Dear Parents and Carers,

As we begin this new academic year, it has been a privilege to welcome our students back after the summer break. Their energy and enthusiasm have been fantastic, and I'm looking forward to a successful and enriching year ahead.

I'd like to take this opportunity to remind you of some key routines and expectations that help ensure a smooth start for everyone. Your continued support in making sure your child arrives on time, in full uniform, and properly equipped each day is greatly appreciated.

## Attendance Matters

Every day at school counts. The evidence is clear - even a few days of missed school can have a significant impact on a child's education and future prospects.

Recent research by the Department for Education shows how closely attendance and attainment are linked. Students with near-perfect attendance are almost twice as likely to achieve grade 5 in English and Maths GCSE, compared to similar pupils attending 90-95% of the time. In other words, missing just 10 extra days a year reduces the likelihood of achieving these grades by around 50%.

I know you will support us by ensuring that your child is arriving at Pakefield High School every day on time ready for an 8:30am start to Period 1 each school day.

## Introducing the Pakefield 10

This term, we've introduced a new set of lesson routines called the **Pakefield 10**. These consistent, school-wide practices are grounded in research and designed to:

- Reduce distractions in the classroom
- Create a predictable and secure learning environment
- Support emotional self-regulation in students



Emotional self-regulation - the ability to manage emotions - is a vital skill that helps students concentrate, engage in learning, and succeed both in school and beyond. Research from the Department for Education shows that routines which create a predictable and secure environment benefits all pupils but is particularly valuable for pupils with special educational needs. We know you'll join us in supporting the implementation of the **Pakefield 10** to help every child thrive. At the end of this newsletter, I have included a copy of the routines for you to see.

### Canteen Price Updates

Due to rising costs - including increases in National Insurance contributions, minimum wage, and inflation - we've had to adjust some canteen prices. Working closely with our catering provider, Edwards and Blake, we've kept these changes as minimal as possible:

- Some individual items have increased by **5p to 20p**
- The **Meal Deal remains at £2.50** (still the best value)
- The **Main Meal remains at £2.20**

These changes do not affect free school meal entitlements.

### Free School Meals – Check Your Eligibility

If you think your child may be eligible for free school meals, you can apply online and receive an immediate response and confirmation email.

Children who have received free school meals since 1 April 2018 will continue to receive them until the end of the 2025/2026 school year, regardless of changes in income.

Use this link to check and [Apply for free school meals](#)

If your child is eligible for free school meals, they'll also qualify for the Holiday Activity and Food Programme. [More information from Suffolk County Council is available here](#)



Week Beginning	Mon	Tue	Wed	Thu	Fri
08/09/2025			PE - Golf Trip		
15/09/2025					
22/09/2025				Year 9 Men ACWY Vaccines 08.30 – 15.00	
29/09/2025				Flu Vaccine 08.30 – 15.00 Year 11 – Parents Evening (1)	
06/10/2025				Year 6 Open Evening 18.00 – 20.30	
13/10/2025	SEND Parents Evening - ONLINE	Flu Vaccine 08.30 – 15.00			
20/10/2025	School photos  Year 10 Raising achievement evening				

Thank you for your continued support. We're excited about the year ahead and all the opportunities it holds for our students.

Warm regards,

Mr P Dougherty  
Head of School



**Pakefield 10**

- 1** Arrive on time and enter the classroom quietly. Upon arrival, stand behind your chair and get Ready to Learn
- 2** Ready to Learn: Have the correct equipment and wear the correct uniform in every lesson
- 3** Sit down in silence and start the set task when the teacher gives the instructions "3. 2. 1. Go" whilst the teacher completes the register
- 4** Present all work neatly and accurately, following the school rules for presentation.
- 5** Give the teacher your full attention when they give the instruction "1. 2. 3. Track Me". This means: sit up straight, arms folded in front of you with nothing in your hands; track the teacher.
- 6** Follow instructions the first time you are asked, completing all tasks to the highest standard whilst remaining polite and respectful at all times
- 7** Use a clear, confident voice to speak so everyone can hear you
- 8** Engage fully with reading tasks ensuring you are tracking the text at all times
- 9** Pack away in silence when instructed to at the end of the lesson and stand behind your chair ready to be dismissed row by row
- 10** Move quickly and calmly to your next lesson

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