

Dear Parents and Carers,

Firstly, I would like to thank so many parents in your input over the last two weeks in shaping the future of our school through completing the recent parental survey; if you have not yet completed this, <u>the link to the survey</u> is here and closes at 6pm today (Friday 28th November).

This week our Year 10 students have been completing their assessments in class to check on their progress since they started their GCSE courses. It has been a pleasure to see the maturity shown by our students in their approach and attitudes to these tests. The outcomes of these will be in the Year 10 Reports which come home on Thursday 18 December. Our Year 10 Parents Evening on Thursday 11 December where parents and carers will be able to meet with the class teachers to discuss their academic progress.

We are nearly in December with our plans for our whole-school Christmas Dinners during the week beginning 8th December. As I wrote about last week, this year, **all students will enjoy a sit-down Christmas Dinner** with their year group on the following days:

Year 11 – Monday 8th December

Year 10 – Tuesday 9th December

Year 9 – Wednesday 10th December

Year 8 – Thursday 11th December

Year 7 - Friday 12th December

We will cover the cost of the Christmas Dinner for all students on their allocated day, while other year groups will have normal access to the canteen. For students who receive Free School Meals, this Christmas Dinner will count as their allocation for that day.

Although we are providing the meal for all students, if you would like to make a voluntary contribution towards the cost, there is an option to do so via Wisepay.

Our end of term Reward Assemblies will take place during the week beginning 15<sup>th</sup> December with the **End** of Term on Friday 19<sup>th</sup> December. On the last day of term, school will finish for students at 1.00pm. We will have a canteen service for break and lunch that day.

Thank you for your ongoing support.

Head of School: Mr P Dougherty

London Road Pakefield

Lowestoft, NR33 7AQ

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### **Student of the Week**





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# Community student of the week



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#### **PE Fixtures**



#### Y8 Netball:

After weeks of consistently attending netball club our Year 8 girls had their first netball fixture of the year, a friendly against EPA. It was a fantastic match which was largely tied for the first two quarters then EPA pulled away for a 6-3 win eventually. Our girls showed excellent teamwork and communication. Our Captain Lily-Anne Newman and Jess Nottage were both a strong defensive presence making some excellent interceptions, backed up with dominant goal keeping by Ellie Hill. Our vice captain Gracie Bellward was our top scorer and was excellent at moving into space. Chance Reynolds also put in a solid performance at the wing position with some excellent passing.

Well done to the whole team. This was an excellent first match to begin our preparation for the local schools annual tournament in the spring term.

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Year 9 Badminton: Our Year 9 boys badminton team showed terrific teamwork and resilience, growing in confidence with every match. They pushed opponents to long, competitive rallies, served bravely under pressure, and finished strongly. The squad represented the school brilliantly with outstanding sportsmanship—plenty to be proud of and a strong platform to build on.



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## The Library



# Homework Club









KS3 SEND HOMEWORK CLUB
EVERY TUESDAY
With Mrs McGovern

IT2

3PM-3:35PM



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# Weekly 100% Attendance Rewards



Every Monday, one student from each year group with 100% attendance in the previous week will be randomly selected to receive a £5 Amazon voucher.



Every Friday, two students from each year group with 100% attendance for the entire week will also be randomly selected to receive a golden ticket, and a jump the queue pass for themselves and a friend. This pass also entitles the winner to a complimentary meal deal.



# **Event Details:**

**Location:** Lowestoft Sixth Form **Date:** Thursday 11th December **Time:** 2:00pm – 7:00pm



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#### KS4 - Prosthetics and Orthotics

Careers in Prosthetics and Orthotics are a fascinating blend of engineering, science and both physical and psychological patient care but are generally a lesser known area of healthcare.

#### What is prosthetics and orthotics?

Prosthetics and Orthotics is a medical and engineering based healthcare proffession. Prosthetists and Orthotists are Allied Health Professionals and are registered as autonomous clinicians under their membership of the Health and Social Care Professionals Council. (https://ukorg)

#### What do Prosthetists/Orthotists do?

Prosthetists and Orthotists assess, diagnose and treat people who require external medical devices. People seen include those with lifelong conditions such as diabetes, cerebral palsy and arthritis; and those whom may be recovering from a health event such as a stroke or after a knee operation or injury. The work is often varied and no two people are ever the same. They work as autonomous practitioners as well as part of a wider healthcare team to help manage the rehabilitation of anyone requiring treatment for a variety of conditions.

#### Do Prosthetists/Orthotists do the same thing?

Fundamental theories underpinning prosthetics and orthotics are similar which is why they are taught as one degree, and clinicians have a dual title, however the jobs can be very different. In general Prosthetists deal with patients who have a limb absence, whereas Orthotists deal with patients who may have limbs that do not work correctly, need extra support or require pain relief.

Most people after their degree choose to specialise in either prosthetics or orthotics; however there are a few centres in the UK where you can work as a dual practitioner.

Please see Mrs Moore if you would like a copy of 'A career guide to Prosthetics and Orthotics.'

## 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

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#### Fearless -

Fearless is the dedicated youth service of the independent charity Crimestoppers. We give young people the power to report crime 100% anonymously.

You can give information to us using our online form or by calling our freephone number, 0800 555 111.

They cannot track your IP address or your phone number and have no way of knowing who has contacted them.

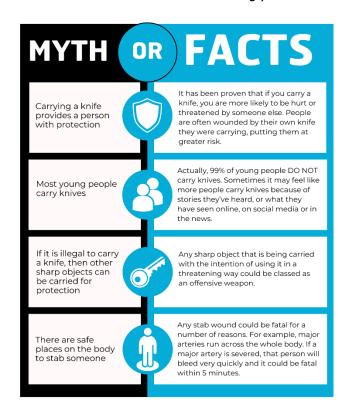
After receiving your completed form or your call, they create a report, ensuring it doesn't contain any info that could identify you, and your report is then sent on to the relevant authority with the legal responsibility to investigate.

They are not the police - they are a charity. You will not be contacted by the police after passing information on to Fearless as the police have no way of knowing who the information has come from.

Reporting a crime at Fearless - a video on how it works - https://youtu.be/ssXIZ51f5nI

### Busting the myths around knife crime

Below are some key facts around knife crime to help bust the myths: (crime stoppers – fearless) (ELLIOT, they have a social media page that we could recommend as well on X - @Fearlessorg)



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Week Beginning	Mon	Tue	Wed	Thu	Fri
01/12/2025		Flu Vaccine Mop Up			
08/12/2025	Christmas Dinner – Yr11	Christmas Dinner- Yr10	Christmas Dinner – Yr9	Christmas Dinner – Yr8 Year 10 – Parents Evening	Christmas Dinner – Yr7
15/12/2025	Rewards assemblies	Rewards assemblies	Rewards assemblies	Rewards assemblies	Rewards assemblies School will finish at 1pm after lunch for all students.

Warm regards, Mr P Dougherty Head of School

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