



Dear Parents and Carers,

It has been a busy and highly rewarding week across the school. It was wonderful to see such a strong turnout at the Year 9 Options Evening - thank you to all families who attended. The atmosphere was fantastic, and it was great to see students engaging so thoughtfully with the information that will help shape their choices for next year.

Our Year 8 students have also impressed us with the maturity they have shown during their in-class assessments this week. They approached each task with focus and determination, and we look forward to reviewing the outcomes in the coming days.

Earlier this week, students in Years 7, 8, 9 and 10 took part in the Criminal Exploitation presentations, and they were exemplary throughout. Their engagement, curiosity and respectful attitudes helped create meaningful and important conversations around keeping themselves and others safe.

Year 11 had their group photographs taken on Monday, and they were brilliant. It was a lovely moment to capture the cohort as they move into the final stretch of their GCSE journey.

Looking ahead, Year 11 will soon begin the Speaking and Listening components of their English GCSE over the next couple of weeks. Students have been fully preparing for these in class, and we are confident they will approach them with the same effort and commitment they've shown throughout the year. In addition,

Year 11 will be sitting their next set of mock exams shortly after the half-term break. Staff are working closely with students to ensure they feel ready, well-prepared and supported as they move towards these important assessments.

Thank you for your continued support, and we look forward to another productive and successful week ahead.



## Student of the Week

CONGRATULATIONS!

### KS3 MEDIA STUDENT OF THE WEEK



**OAKLEY**

Oakley is a highly motivated and talented Media student who attends our weekly extra-curricular Photoshop sessions and consistently goes above and beyond expectations. His creativity, focus, and technical skill are exceptional, with practical work already reaching the standard we would expect from a KS4 Media student.

Oakley approaches every task with enthusiasm and maturity, showing a genuine passion for Media and a willingness to challenge himself creatively. His commitment to developing his skills outside of lesson time is truly commendable. We are incredibly proud of Oakley and are so excited to see how his talent continues to flourish as he progresses through Media Studies.

CONGRATULATIONS!

### KS4 MEDIA STUDENT OF THE WEEK



**ELLEN**

This week we are celebrating Ellen!

Ellen consistently demonstrates a positive can-do attitude and produces exceptional work across all three components of Media. She approaches every task with determination and focus, always striving to refine and improve her work. Ellen's commitment to high standards, resilience when challenged, and willingness to act on feedback make her a pleasure to teach. Her work reflects both creativity and strong technical understanding, and she sets an excellent example within KS4 Media. We are incredibly proud of Ellen's achievements and are excited to see her continue to develop and succeed in Media Studies.

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## Community student of the week



### Niamh

This week Niamh in Year 8 has been talking to us all about her karate, her coaching and the fantastic life skills this sport promotes.

#### Niamh's karate story:

Last year I started doing karate at the Black Belt Centre in Great Yarmouth and at Bloodmoor Community Centre. I am a student instructor which means I demonstrate things, lead stretching and help children with their moves.

At Black Belt Power, our classes go beyond punches and kicks and we always look to our student's long term progress. Every martial arts session helps us to develop respect, discipline, focus. Self-defence, mental awareness and self confidence so students can achieve both in and out of class.



## Years 8 & 9... Interested in sound & lighting?

If you would like to learn how to set up & operate the lighting & sound in the main hall, this opportunity is for you!!!

We will have a professional technician in school on Wednesday 4th February who will run a workshop in the afternoon.

If you are interested, please see Miss Simons in the performance space after school Monday 26th January or break time Tuesday 27th January for approximately 2 minutes



## U13 Girls Football Team



This fixture marked the first round of the English Schools FA Cup competition, with Pakefield drawn at home against Framingham Earl High School. For several of the girls, this was their first competitive fixture representing the school, making it an exciting occasion for the squad.

The team was made up of a combination of Year 7 and Year 8 students and was captained on the day by Esmae Cook. Throughout the match, the girls demonstrated an excellent attitude, showing respect towards both their opponents and one another.

All players were given significant game time, with each girl playing at least half of the match, and they all performed extremely well. The team executed the game plan effectively, making good use of our strengths by playing into wide areas and delivering crosses into the box.

Pakefield produced a strong overall performance and ran out convincing 6–1 winners. The goals were scored by Luna English, Esmae Cook, Millie Pigginn, and Ellie Hill, with two additional goals coming from the opposition as own goals. There were also some particularly impressive individual performances from Millie Batchelor and Erin Taylor.

Pakefield now look forward to another home fixture in the next round of the competition. Well done to all the girls — a very impressive team performance. A special mention to two of our Year 11 Sport Studies students who officiated the match impeccably, offering guidance and support during the game, Kenny Inskip and Harry Minney.



## Year 8 Basketball

A range of Year 8 students attended fixtures this week to compete for the annual 3v3 basketball title. Students were selected for either their regular attendance at basketball club or their skills demonstrated in PE lessons last term.

Year 8 boys:

On Monday our boys teams competed for the annual trophy. We took two teams, with one of our teams securing 1st place due to their array of skills and good team work and communication. The players of the tournament were Oakley S and Buddy.

Well done to all the boys who attended!





Year 8 girls:

Later in the week our Year 8 girls team then competed at Benjamin Britten High School. They showed excellent passing and dribbling skills under pressure and the competition was highly competitive, seeing most of the girls scoring baskets. Team A secured one win and then a close draw against the eventual tournament winners, they narrowly missed out on the final due to points difference.

The player of the tournament was Jess as she dominated the attacking play with confident drives to the basket and excellent passing and shooting.

Well done to all the girls who attended!



A reminder for any keen basketball players to check our local clubs display in the PE department for information on where they can join a team and play basketball in the local area.



## Extra Curricular Clubs January - February 2026

MONDAY	TUESDAY	WEDNESDAY	FRIDAY
<b>Mr Bligh</b> Further Maths <b>Mr Bond</b> Dungeons and Dragons <b>Mr Clarke</b> Retro Games Club (Week 1 only) <b>Ms Grice</b> Pride <b>Mr Rowe</b> Fantasy Premier League <b>Mr Tate</b> Y11 History <b>Mrs Trigg</b> Science Ambassadors	<b>Mr Agyapong</b> French Book Club <b>Mr Dowson</b> Darts <b>Miss Eagle</b> Seneca <b>Mr Gibbons</b> Fitness/Circuits (Gym) <b>Mr Hill</b> Fantasy NFL <b>Miss Shank</b> Netball <b>Mr Wilson</b> BTEC Music (3pm to 4pm) <b>Mrs Tuttle</b> UNO/Card Games	<b>Mr Dowson</b> Fixtures/Compellions <b>Ms Grice</b> D of E (Enrolled students only) <b>Mr Herbert</b> Fixtures/Compellions <b>Miss Saunders</b> D of E (Enrolled students only) <b>Miss Shank</b> Basketball <b>Miss Simons</b> Drama/Showcase <b>Mr Wilson</b> Origami Club	<b>Dr Bernthal</b> Latin Club <b>Mr Bligh</b> Further Maths (Invite Only) <b>Mr Osbourne</b> KS3 Art Club (Limited Spaces) <b>Mrs Trigg</b> Dr Who <b>Mrs Warren</b> Y11 Art Intervention

info@pakefield.org.uk

www.pakefield.org.uk

Ofsted

Good Provider

## Pakefield High School Loyalty Card

Name: \_\_\_\_\_ Form Group: \_\_\_\_\_

Each time you attend an extra-curricular club, your teacher will sign your card.  
 - Collect 6 stars: Earn a Golden Ticket!  
 - Collect all 12 stars by the end of the half term: Your name will be entered into a prize draw.

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## Year 11 – Are you interested in a Career in Law?

Applications are now open for the King's College London Widening Participation Online Law Lecture Series (LLS) 2026. This is their first Law outreach programme fully accessible to students across the East of England.

### What is the Online Law Lecture Series?

The Law Lecture Series is a free, national programme of live online lectures for students interested in studying Law and related subjects at university. Since launching the programme, thousands of students across the UK have been supported to explore law as a subject and career.

### Students will:

- Learn what studying Law at university is really like
- Explore a wide range of legal careers and pathways
- Receive guidance on applications, admissions and the LNAT
- Take part in weekly live Q&A sessions
- Join a national community of like-minded students interested in Law

### When & where?

- Live online lectures via Zoom Webinar
- Held on Thursday evenings
- Running from March – June 2026
- Accessible on a computer, tablet or mobile device



If you would like to apply for this opportunity, please see Mrs Moore. The deadline to apply is Monday 9<sup>th</sup> February.



## Year 10 Work Experience Information

### East Suffolk Council Work Experience Opportunity

We're excited to announce that East Suffolk Council is offering work experience placements at their Riverside office in Lowestoft for the final week of the Summer term.

Last year, three of our students completed their placements there and had a fantastic experience!

This week-long event provides a unique opportunity for students to explore the wide range of work carried out by East Suffolk Council. Unlike traditional work experience, this program offers a chance to develop essential workplace skills, such as professional conduct and communication. Students will also participate in a series of interactive sessions with different teams, giving them insight into potential career paths and the opportunity to learn from experienced professionals.

If you're interested in applying for this valuable experience, please speak to Mrs Moore for more details and to collect an application form.

### James Paget University Hospital

Unfortunately, the work experience placement dates at the James Paget Hospital do not align with ours, so it won't be an option this summer. However, if you're still looking for a healthcare-related placement or need help finding an alternative, please feel free to book an appointment with Mrs Bray (Careers Advisor). She will be happy to assist you with exploring other opportunities.



**James Paget  
University Hospitals**  
NHS Foundation Trust

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## Year 11 – Are you interested in medicine or dentistry?

Applications for King's College London Medicine and Dentistry Lecture Series 2026 are now open!

This programme is for students across the UK in Year 11, 12, and 13 interested in becoming a doctor or dentist.

Over the course of the programme students will hear from a wide variety of speakers to help build their understanding of the opportunities and challenges of being a doctor and dentist, as well as guidance on the application process.

Last year's lectures included the following:

- Medical and dental specialties: cardiology, oral surgery, renal transplant, and many more!
  - Q&A's each week with current medical and dental students
- Support with the application process: UCAT, personal statements, and interviews
  - Q&A with admissions colleagues from King's various universities



Most importantly participants will become part of a community of like-minded students all interested in applying to medicine and dentistry and finding out what being a doctor and dentist really entails! Lectures will be held on Tuesday or Friday evenings between 5:00 – 6:30pm. (on zoom) Our first lecture will be on Tuesday 24<sup>th</sup> March 5pm.

For more information, please see Mrs Moore. The deadline to apply is **Monday 9<sup>th</sup> February 2pm.**

## Are you aged 14+ and interested in a healthcare career?

**Virtual Work Based Learning Programme**

Are you aged 14+ and interested in a healthcare career & want to find out more?

Not sure what career might suit you?

How to access work experience?

Then why not explore the 15 Allied Health Professions (AHP)?

**WHY?**

BOOST your CV.

Learn at your own pace.

Meet & talk to professionals currently working in services in your area.

Aspiring Allies offers you an opportunity to explore Allied Health Professional and Support Workforce careers through online virtual work experience.

How does it work?

- Available Programmes: AHP overview, Occupational Therapy, Physiotherapy, Dietetics, Operating Department Practitioner
- Join us for the live launch & finale events online.
- Free, flexible and accessible: Complete other modules in your own time, on your own device, any time.

Register your interest in the programme by scanning the QR code here.

**ASPIRING ALLIES**

**6 MODULES OF ASPIRING ALLIES**

EACH MODULE WILL TAKE APPROXIMATELY ONE HOUR TO COMPLETE.

- 1 THE ALLIED HEALTH PROFESSIONS**
  - Live launch event 4<sup>th</sup> February 2026 4 - 5pm, discussing the AHPs entry routes and requirements.
  - Explore a universe of opportunities.
  - Your AHP aspirations.
- 2 THE AHP SETTINGS**
  - Discover the different settings an AHP might work.
  - What the settings look like
  - Case study examples in a variety of settings.
  - Interactive case study creation to test understanding.
- 3 THE AHP VALUES**
  - Learn the core values for working in care.
  - Demonstrate your core values.
  - Write a personal statement.
- 4 A JOURNEY THROUGH A PATIENTS PATHWAY**
  - Learn about the Multi-Disciplinary Team approach.
  - Plot an AHP timeline.
  - Research a patient case study.
  - Develop a patient case study.
- 5 AHP DEEP DIVE**
  - Find your AHP drive.
  - Research the AHP roles.
  - Create an AHP job advertisement.
- 6 PRACTICAL TIPS FOR BECOMING AN AHP**
  - Find out how to become an AHP.
  - Plan your next steps.
  - Reflect on your learning.
  - Live finale event 4<sup>th</sup> March 2026 at 4 - 5pm.

Register your interest in the programme by scanning the QR code here.

The Aspiring Allies virtual work experience programme will now be facilitated by the East of England team for NHS England.

The programme is suitable for anyone aged 14+ and consists of a live online launch and closing Q&A session hosted by programme leads and a panel of representatives from the Allied Health Professions and support workforce.

Between these sessions, participants are allocated a month to complete six individual online modules at their own time and pace, each taking around an hour. The programme is free of charge and can be accessed via phone, tablet, laptop or PC. The sessions can be mentioned in personal statements, interviews and university applications.

To participate in the next programme (starting 4<sup>th</sup> February 2026) applicants can register via the QR code on the attached flyer.



## The Health and Care Academy App

The app brings together clear, up-to-date information about local opportunities across Norfolk and Waveney, including:

- Apprenticeships, work experience opportunities, career pathways into health and social care, and resources from local health and social care organisations.

**The Health and Care Academy App**

Download the "HealthZone UK" App and search "N&W Health and Care Academy"

**How to Download the Health & Care Academy App**

Search for "HealthZone UK" on the App Store / Google Play Store

Once downloaded, search and select "N&W Health and Care Academy"

Or scan the QR Code

**HEALTH & CARE ACADEMY**

**Terms & Conditions**

You will need to complete a short registration form, then you can access all of the latest health and social care information for Norfolk & Waveney

For more information, contact [healthandcareacademy@jpaget.nhs.uk](mailto:healthandcareacademy@jpaget.nhs.uk)

**Now Live!!!**

## New School Nurse

**New School Nurse:** Rebekah Felgate

**Changes:** Rebekah will be in school fortnightly on a Tuesday lunch time.

**Venue:** Meeting Room 2

**Times:**

Year 7, 9 and 11: 1.00pm-1.30pm

Years 8 and 10: 1.30pm-2.00pm

**Dates:**

**(Spring Term 1)**

- **Tuesday 13th January 2026.**
- Tuesday 27th January 2026
- Tuesday 10th February 2026





# The Seagull

## Pop Arts

HARNESSING THE POWER OF CREATIVITY IN YOUNG PEOPLE.



The Seagull, 19-75 Morton Rd, Pakefield, Lowestoft NR33 0JH

www.poparts.org | Pop Arts is registered charity number 1188328.

FREE for Young People (Ages 7-12)

Saturday Mornings | 10:30- 12:30PM

24th & 31st January 2026  
7th & 14th February 2026

Create & Record Your Own Music!

Logic Pro, GarageBand, synths, drum machines & more!

Email [contact@poparts.org](mailto:contact@poparts.org) or simply turn up on the day.

### LIBRARY

	Break	Lunch
<b>M</b>	wk1 OPEN	OPEN
	wk2 OPEN	OPEN
<b>T</b>	wk1 OPEN	OPEN
	wk2 OPEN	OPEN
<b>W</b>	wk1 OPEN	OPEN
	wk2 OPEN	OPEN
<b>T</b>	wk1 CLOSED	CLOSED
	wk2 CLOSED	CLOSED
<b>F</b>	CLOSED	

*Library Clubs*  
Mon Games Club  
Tue Crafty Tuesday  
Wed Chess Club  
Curious to know more? Check out our club posters or ask in the Library.

You can come to borrow and return books whenever the Library is open.

### Library Information

Library & Clubs Update

- \*You can borrow and return books anytime the library is open.
- \*Books can also be returned in the Returns box outside the library.
- \*If you borrowed any books before the summer, please return them as soon as possible.

Computer Access  
Computers are available every lunchtime the library is open for homework/schoolwork only.

You must sign up at break if you want to use a computer at lunch.

Library Clubs  
Library clubs run every week!  
Important: You must sign up at break before lunch on the day of the club.

No sign-up = No club!

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## Homework Club



**KS3 SEND HOMEWORK CLUB**  
**EVERY TUESDAY**  
**With Mrs McGovern**  
**IT2**  
**3PM-3:35PM**



## 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.



## 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](#)

## School Events

Week Beginning	Mon	Tue	Wed	Thu	Fri
26/01/2026		Year 7 & 8 UEA Workshops			Year 8 HPV Vaccines
02/02/2026				Year 9 Parents Evening	Year 10 Earth Science Day EN6FC
09/02/2026	SEND Parent Evening - Online			Year 9 Options Deadline	

Warm regards,  
Mr P Dougherty  
Head of School