



Dear Parents and Carers,

I've had the pleasure of popping in and out of many lessons this week, and it has been wonderful to see the high levels of engagement and the fantastic work taking place across all year groups. Our students continue to impress us with their enthusiasm, creativity, and willingness to challenge themselves, and I'm incredibly proud of the positive learning atmosphere they help to create each day.

A reminder that student attendance remains absolutely vital to their progress and overall wellbeing. Being in school consistently makes a significant difference, but if there is ever an occasion where your child needs to be absent, please ensure you contact us on the morning of the absence and leave a message so we can keep our records accurate and ensure their safety.

We are also looking forward to the Year 9 reports and Parents' Evening next week, which will provide a valuable opportunity to discuss progress and next steps. Year 8 reports will follow the week after. In addition, Year 11 students will soon be receiving their mock exam timetables, helping them prepare for this important phase with clarity and confidence.

Wishing you all a restful and enjoyable weekend.

Request for Uniform Donations

We are reaching out to ask for your support with our school uniform provision at Pakefield High School. We want to ensure that all our students have access to the correct uniform options when in school. By collecting pre-loved uniform items, we can help families who may be finding uniform costs challenging or who needs a temporary loan of some uniform

What we need

We would be grateful for donations of any clean, good-quality uniform items that your child has outgrown, including:

- School blazers
- School Jumpers
- Trousers/School skirts
- PE kit
- Ties

How to donate

Please send any donations into school with your child, who can hand them to their Year Lead. Alternatively, you can drop items off at the Main School Office.



Every Day Counts: Supporting Your Child's Attendance

We wanted to take a moment to remind you of the vital importance of regular school attendance. Research consistently shows that good attendance is one of the strongest predictors of academic success and future opportunities for young people.

Why attendance matters

When students attend school regularly, they:

- Keep up with their learning and don't fall behind their peers
- Build strong relationships with teachers and classmates
- Develop important life skills like punctuality and commitment
- Have better chances of achieving their full potential in exams and beyond

What good attendance looks like

We expect all students to maintain above 95% attendance. This means missing no more than approximately 7-8 days across the entire school year. Even absences that seem small can add up quickly and impact your child's learning.

How you can help

- **Ensure your child attends every day** unless they are genuinely too ill to do so
- **Arrange medical and dental appointments** outside of school hours wherever possible
- **Contact the school on the first day** of any absence before 9am to explain the reason
- **Talk to us early** if your child is finding it difficult to attend school – we're here to support you

When to keep your child at home

Your child should only miss school if they are genuinely too unwell to attend. Minor colds, headaches or feeling 'a bit under the weather' are not usually reasons to stay home. If you're unsure, please send them in and we can contact you if needed.

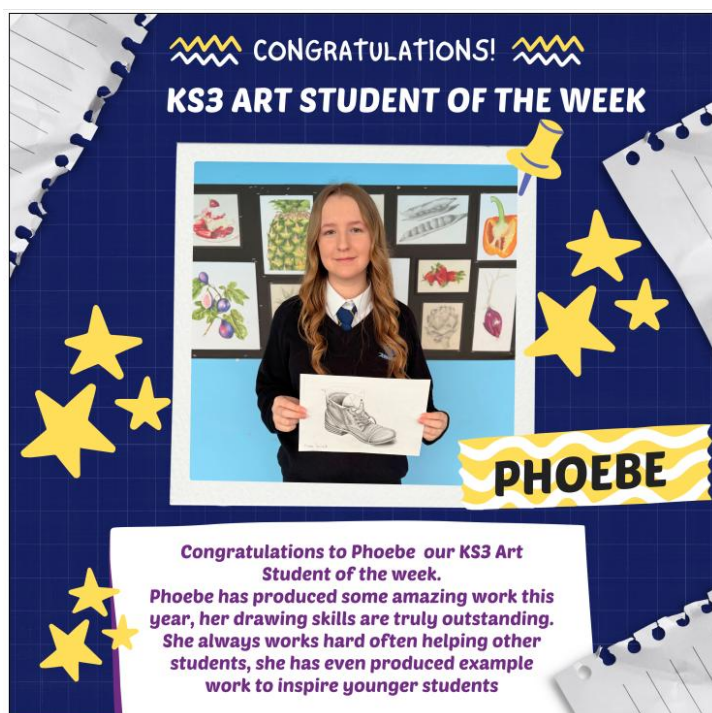
Need support?

If your family is experiencing difficulties with attendance, please don't hesitate to contact us. We can work together to identify any barriers and put support in place to help your child return to regular attendance.

Thank you for your continued support in ensuring your child makes the most of their education.



Student of the Week





Community student of the week



Pakefield Community Spotlight

Zach

Zach in Year 11 has been dancing for many years and is here this week telling us all about it!

Earlier this year Zach lead his Sports Leadership assessment session to his peers and chose to deliver a dance lesson. The feedback from this was excellent and the session was very well lead and enjoyable, showing Zach's knowledge and experience in this sport

Zach's story:
My name is Zach and my favourite sport is dance. I have been doing dance for nearly 10 years now and I currently perform at Venue Performing Arts. I have done countless shows now in varying styles of dance. Street dance is my favourite style.
I would encourage people to join dance as some of the best moments can happen when dancing!





Year 7 Sportshall Athletics

Our Year 7 athletes attended the annual Sportshall athletics event at EPA this week. We saw some fantastic track and field performances from all of our competitors and the track races were especially excellent to watch.

Our girls team secured a top place win, winning by just one point; this was the closest the competition has ever been. They will now progress onto the next round in Ipswich in a few weeks time. Good luck girls!

A particular shout out to Millie who had standout sprinting performances in her individual race and the relays. Eloise also had a tactically excellent race in the 6 lap event, securing top spot. Declan, Oakley, Beau and Jasper also put in a great performance in the 4x2 relay, finishing in 1st place.

Well done to all our athletes!



Year 9 Boys Basketball

After a lot of commitment to training sessions on Wednesdays after school the Year 9 boys got to test their skills against the other local schools in our annual tournament.

After a fairly comfortable win in the semi-finals against EPA due to some excellent rebounding from Leo and good shooting skills from Floyd, Bobby and Ian, we progressed through to play Leman in the finals, finishing in 2nd place overall.

A well deserved silver medal. Well done boys!

Thanks,





Extra Curricular Clubs January - February 2026			
MONDAY	TUESDAY	WEDNESDAY	FRIDAY
Mr Bligh Further Maths Mr Bond Dungeons and Dragons Mr Clarke Retro Games Club (Week 1 only) Ms Grice Pride Mr Rowe Fantasy Premier League Mr Tate Y11 History Mrs Trigg Science Ambassadors	Mr Agyapong French Book Club Mr Dowson Darts Miss Eagle Seneca Mr Gibbons Fitness/Circuits (Gym) Mr Hill Fantasy NFL Miss Shank Netball Mr Wilson BTEC Music (3pm to 4pm) Mrs Tuttle UNO/Card Games	Mr Dowson Fixtures/Competitions Ms Grice D of E (Enrolled students only) Mr Herbert Fixtures/Competitions Miss Saunders D of E (Enrolled students only) Miss Shank Basketball Miss Simons Drama/showcase Mr Wilson Origami Club	Dr Bernthal Latin Club Mr Bligh Further Maths (Invite Only) Mr Osbourne KS3 Art Club (Limited Spaces) Mrs Trigg Dr Who Mrs Warren Y11 Art Intervention
THURSDAY			
Mr Herbert KS4 Badminton (Before School) SLT Independent Revision IT3			

info@pakefield.org.uk
 www.pakefield.org.uk



live.com - To exit full screen, press Esc

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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The Library

LIBRARY

	Break	Lunch
M	Wk1 OPEN Wk2 OPEN	OPEN OPEN
T	Wk1 OPEN Wk2 OPEN	OPEN OPEN
W	Wk1 OPEN Wk2 OPEN	OPEN OPEN
T	Wk1 CLOSED Wk2 CLOSED	CLOSED CLOSED
F	CLOSED	

Library Clubs
 Mon Games Club
 Tue Crafty Tuesday
 Wed Chess Club
 Curious to know more? Check out our clubs 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!

Reading for Pleasure

READING FOR PLEASURE PRIZE DRAW

Win prizes just for reading!

How to Take Part:

- 1 Finish a book of your choice
- 2 Fill in a **PHS Recommends Card**
- 3 Hand it to Miss Cheale & get a stamp on your bookmark.
- 4 Collect stamps → enter the **fortnightly prize draw**

✨ **Read. Recommend. Reward.**

Your next book could be your favourite — or prize-winning!

READING FOR PLEASURE

PRIZE DRAW

Win prizes just for reading

BORROW a book TODAY

Reading=Rewards
 Any book. Any Genre
 Your next read could win!

HOW IT WORKS

- **READ**
 Finish a book of your choice (Any book counts!)
- **RECOMMEND**
 Fill in a PHS Recommends card
 Hand it to Miss Cheale in the library
- **COLLECT STAMPS**
 Miss Cheale will give you a stamp on your Reading for Pleasure Bookmark.

PRIZES
 Not a confident Reader?
 That's okay!
 Start with a short book
 Read for just 10 minutes at a time
 Get help choosing a book
 Reading gets easier the more you practice.

Enter & WIN!

A winner is chosen every two weeks!

READ. RECOMMEND. REWARD.

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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](#)



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

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 9th February.

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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 24th March 5pm.

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

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

Virtual Work Based Learning Programme NHS England East of England

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?

- 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.

BOOST your CV.

Learn at your own pace.

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

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 4th February 2026 4 - 5pm, discovering 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 PATIENT'S 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 description.
 - 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 4th 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 4th February 2026) applicants can register via the QR code on the attached flyer.



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 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 Seagull

Pop Arts

HARNESSING THE POWER OF CREATIVITY IN YOUNG PEOPLE.

MUSIC TECHNOLOGY & SONGWRITING CLUB

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

or simply turn up on the day.

759 (Beccles) Squadron
Royal Air Force Air Cadets

Open Evening Feb 2026

Friday 6th
February

Doors Open
7:15pm

The Drill Hall, Peddars Lane,
Beccles, Suffolk, NR34 9UE

www.becclesrafac.co.uk
facebook.com/becclesrafac

Royal Air Force Cadets

When: Friday 6th February 2026 (Arrival
between 7:15pm-7:30pm with a finish time of
approximately 9pm)

Where: The Old Drill Hall, Peddars Lane,
Beccles, Suffolk, NR34 9UE

Who: Aged 12 (having started Academic Year
8) to 17 with their parents/families/carers to
accompany them.

Who does it apply to: Those who are looking
for adventure, challenge, to learn new skills,
meet and make new friends, and learn about
aircraft and the RAF.

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Women in Maritime: Charting a Course for the Future

20 May 2026, 11am – 12pm (Online)

Set sail on an inspiring virtual journey celebrating **Women in Maritime!** This exciting session invites secondary and college students to meet incredible women shaping the future of the maritime industry - from marine engineers and naval architects to ship captains and sustainability specialists.

Discover how these trailblazers are breaking waves and barriers, proving that the ocean has no limits when it comes to ambition and opportunity. Whether you're passionate about science, technology, the environment, or global trade, the maritime world has a place for you. Get ready to be inspired, challenge stereotypes, and explore the possibilities of a career on - and beyond - the water!



Please see Mrs Moore if you would like to sign up.

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- 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 9th February.



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.



Week Beginning	Mon	Tue	Wed	Thu	Fri
02/02/2026				Year 9 Parents Evening	Year 10 Earth Science Day EN6FC
09/02/2026	SEND Parent Evening - Online	Year 11 GCSE Food Exam	Year 11 GCSE Food Exam	Year 11 GCSE Food Exam Year 9 Options Deadline	Year 11 GCSE Food Exam Last Day of Term – Normal finish time
23/02/2026	Year 11 Mocks	Year 11 Mocks	Year 11 Mocks	Year 11 Mocks	Year 11 Mocks
02/03/2026	Year 11 Mocks	Year 11 Mocks	Year 11 Mocks	Year 11 Mocks	Year 11 Mocks
09/03/2026					
16/03/2026					Year 10 Careers Fair -L6FC
23/03/2026				Year 11 - Parents Evening Year 11 - Mock Results	

Warm regards,
Mr P Dougherty
Head of School