



Dear Parents and Carers,

I hope you have all had a positive and enjoyable week.

There has certainly been a great deal of excitement across the school recently, with both students and staff sharing plenty of discussion and enthusiasm around the start of the Men's Football World Cup.

Over the past couple of weeks, it has been a pleasure to welcome pupils from our local primary schools. They have taken part in a range of lessons and activities, and it has been wonderful to see them engaging so confidently with our school community.

Our Year 11 students have demonstrated exceptional commitment and resilience throughout the past few weeks and months. As they approach the end of their time with us, we look forward to celebrating their achievements at the Leavers' Assembly following their final examinations on Monday 15 June. We wish them every success for the future.

Meanwhile, students in Years 7 to 9 have begun their End of Year Assessments this week. We have been impressed with their focus and preparation, and we encourage them to continue working hard as the assessment period progresses.

Looking ahead, Year 10 students will begin their post-16 and college experience programme next week, including visits to local colleges. These opportunities are invaluable in helping them make informed choices about their next steps, courses, and future pathways.

As mentioned previously, "Thank a Teacher Day" will take place nationally on Wednesday 17 June. This is a wonderful opportunity to recognise the dedication, care, and creativity of our teaching and support staff. A simple message of appreciation can make a significant difference and highlights the important work carried out every day at Pakefield High School and across the country.

If you would like to send a free personalised thank-you card to a member of staff who has made a difference, please use the following link: [Thank a Teacher Form - Thank a Teacher](#)

Thank you, as always, for your continued support.



Extra-Curricular Clubs (Summer Term 2)

Monday		Tuesday		Wednesday	Thursday
Weird and Wacky History (KS3) Miss Bethell Venue: Humanities 5 Time: 3pm-3.35pm	Basketball (KS3/KS4) Miss Jones Venue: Sportshall Time: 3pm-3.45pm	Bicycle Mechanics Mr Tate Venue: Humanities 2 Time: 3pm-3.45pm	KS4 Basketball Mr Herbert Venue: Sportshall Time: 3.40pm-4.15pm	Chess Club Miss Cheale Venue: Library Time: Lunchtime	KS4 Morning Badminton Mr Herbert Venue: Sportshall Time: 8am-8.25am
Mindfulness Colouring Mrs Brewer Venue: Science 6 Time: 3pm-3.35pm	Summer Showcase Miss Simons/Mr Wilson Venue: Performance Time: 3pm-3.35pm	French Singing Mr Agyapong Venue: MFL 1 Time: 3pm-3.45pm	SEND Homework Miss Harvey Venue: Street Time: 3pm-3.35pm	Art and Boardgames Mr Osborne Venue: Art 2 Time: 3pm-4pm	Badminton/Basketball/Football (Year 8/Year 9) Venue: Sportshall/MUGA Time: Lunchtime
Retro Games (Week 1) Mr Clarke Venue: Maths 1 Time: 3pm-3.35pm	Year 10 (D of E) - Silver Miss Saunders Venue: Humanities 4 Time: 3pm-3.35pm	Cooking Buddies (KS3) Mr Agyapong Venue: MFL 1 Time: 3pm-3.45pm	Mindfulness Colouring Mrs Isgrove Venue: English 5 Time: 3pm-3.35pm	Bedrock Mrs Fitzgerald/Ms Barrow Venue: English 6/English 1 Time: 3pm-3.35pm	Friday
Chess Club Ms Dack/Mrs Cheale Venue: Library Time: 3pm-3.35pm	Yr 11 English Revision Mrs Fitzgerald/Ms Barrow Venue: English 6/English 1 Time: 3pm-3.35pm	Rounders Miss Shank Venue: Field Time: 3pm-3.45pm	Badminton/Basketball/Football (Year 8/Year 9) Venue: Sportshall/MUGA Time: Lunchtime	Dance Miss Bethell/Miss Dunnell Venue: Sportshall Time: 3pm-3.35pm	Dr Who Mrs Trigg Venue: Science 7 Time: 3pm-4pm
Pride Miss Grice Venue: MFL 2 Time: 3pm-3.35pm	Yr 11 Further Maths Mr Bligh Venue: Maths 4 Time: 3pm-3.35pm	Comic Book Club Mr Gurney Venue: Science 5 Time: 3pm-3.35pm	Wednesday	D of E (Drop in) Miss Grice Venue: MFL 2 Time: 3pm-3.35pm	Yr 10 Further Maths Mr Bligh Venue: Maths 4 Time: 3pm-3.35pm
SFX Makeup Miss McHugh Venue: English 2 Time: 3pm-3.35pm	Yr 10 Business Support Mrs Miles Venue: IT1 Time: 3pm-3.35pm	Summer Showcase Miss Simons Venue: Performance Time: 3pm-3.35pm	VX Rock-it-ball Mr Gibbons Venue: Sportshall Time: 3pm-4pm	First Light Festival Miss Simons/Mr Wilson Venue: Performance Time: 3pm-3.35pm	Colouring Miss Tuttle Venue: Maths 2 Time: 3pm-3.35pm
CSI Detectives (KS4) Mr Osborne Venue: Science 3 Time: 3pm-3.35pm	11SC4/5 Science Mr Gurney Venue: Science 5 Time: 3pm-3.35pm	Origami Mr Wilson Venue: Music Room Time: 3pm-3.35pm	Retro Games Mr Hill Venue: Maths 6 Time: 3pm-3.35pm	Science Homework Miss Eagle Venue: Science 4 Time: 3pm-3.35pm	GCSE Maths Booster Mr Clarke Venue: Maths 1 Time: 3pm-3.35pm
Science Ambassadors Mrs Trigg Venue: Science 7 Time: 3pm-4pm	Yr 11 Science Miss Dunnell Venue: Science 2 Time: 3pm-4pm	Flag Football Mr Herbert Venue: Field Time: 3pm-3.45pm	Lexia Miss Harvey Venue: Library Time: 3pm-3.35pm	Creative Writing Miss Dack Venue: English 3 Time: 3pm-3.35pm	Triple Chemistry Support Miss Eagle Venue: Science 4 Time: 3pm-3.35pm
Games Club Miss Cheale Venue: Library Time: Lunchtime	Badminton/Basketball/Football (Year 7/Year 10) Venue: Sportshall/MUGA Time: Lunchtime	Crafts Miss Cheale Venue: Library Time: Lunchtime	Badminton/Basketball/Football (Year 7) Lunch 1 Venue: Sportshall/MUGA Time: Lunchtime	Badminton/Basketball/Football (Year 10) Lunch 2 Venue: Sportshall/MUGA Time: Lunchtime	Latin Dr Bernthal Venue: Maths 5 Time: 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.



Student of the Week

CONGRATULATIONS!

**KS3 FOOD
STUDENT OF THE WEEK**



ALEX

Alex is always positive and enjoys food lessons. He is now our 'Salsa King', not because of his dance moves but because he has shown his excellent safe cutting skills and made the fantastic salsa we had with our flatbreads.

CONGRATULATIONS!

**KS4 FOOD
STUDENT OF THE WEEK**



SOPHIE

Sophie enjoys food GCSE and always tries her best at all tasks. She has become more confident with her practical skills and has been a great support to a new pupil at Pakefield during the last couple of weeks. She is excited about the FOOD MOCK NEAs coming up.

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Registered Number: 8347874



LIGHTS, CAMERA, ACTION!

On Wednesday we welcomed a fantastic group of Year 5 pupils to Pakefield High School for a Media Studies experience morning!

The students stepped into the role of photographers, directors and advertising experts as they explored camera shots, target audiences, slogans and creative media techniques. Working in teams, they planned and created their own advertising campaigns, using our schools professional cameras to capture a range of creative photographs and videos.

It was wonderful to see so much confidence, teamwork, imagination and enthusiasm on display. The students quickly discovered that Media Studies is about much more than taking pictures – it's about telling stories, communicating ideas and persuading an audience.

A huge well done to all of our Year 5 visitors for embracing the challenge and showing such fantastic creativity throughout the session. We can't wait to welcome you back to Pakefield High School soon!





The Library

LIBRARY

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



**Save money and cook better
than the takeaway**

JOIN OUR **FREE** FUN COOKING COURSES

...all you need is a kitchen and a phone!

FREE
fun cooking
courses **AT HOME**
Cook great food in
just two weeks!
Impress friends
and family

Exciting meals can be quick, fun, easy and cheap to cook with our **FREE** (ingredients included), flexible, home-based short courses



CHANA MASALA



ITALIAN PASTA SAUCE



MIDDLE EASTERN PILAF



To register

Phone or text/Whatsapp on **07751 890 912**

or email: lowestoft@bagssoftaste.org

or sign up online:

<https://bagssoftaste.org/students>





ANTI-SOCIAL BEHAVIOUR

Design a poster about anti-social behaviour!

- 1 Grab an A4 sized sheet of paper or card. Don't forget to put your name, age and contact details on the back!
- 2 Design an anti-social behaviour (ASB) poster. It could be informative such as what ASB is or how to report it. Or, perhaps a poster to stop people doing ASB. Be creative!
- 3 Send it to us! You can email it to asb@suffolk.police.uk or post it to the address below.

CPPH,
Lowestoft Police Station
Old Nelson St,
Lowestoft,
NR32 1PE

Terms & Conditions

- The competition is open to all Suffolk children aged up to 14 years old.
- Entries should not exceed A4 in size (210mm x 297mm).
- Artwork can be any medium from the following list; drawing (e.g. pencil, pen, crayon, pastel, etc), painting, print-making, collage.
- All artwork must be the original idea and creation of the entrant and must not infringe anyone else's copyright.
- All entries must be received no later than 5pm on 1 July 2026. Entries submitted after this date will not be accepted. Suffolk Constabulary is not responsible for lost or late entries.
- The winner will be chosen by a panel of judges from Suffolk Constabulary. The winning design will be made into a poster and displayed online. A visit to the Suffolk Constabulary police headquarters will be arranged for the winner at a later date, subject to policing demands.
- By submitting artwork, all competition entrants give their consent for Suffolk Constabulary to use the artwork for any publicity and / or promotional material.
- The winner may be asked to participate in promotional activity (such as publicity and photography).

ROYAL AIR FORCE
REGULAR & RESERVE

FIND YOUR FORCE

CURIOUS ABOUT A CAREER IN THE RAF?

WANT TO BUILD SKILLS?

VIRTUAL WORK EXPERIENCE

EXPLORE ROLES, TRAINING & OPPORTUNITIES

DISCOVER APPRENTICESHIPS & GRADUATE ROUTES

Springpod

Students aged
13+

Scan the QR
Code for more
information.

ROYAL AIR FORCE
REGULAR & RESERVE

FIND YOUR FORCE

JOIN THE RAF VIRTUAL WORK EXPERIENCE PROGRAMME

Explore roles, training and opportunities through videos and interactive tasks led by serving personnel.

You will explore the RAF's purpose, history, its people, and the vital role it plays in protecting the UK around the world.

Gain insight into life in the RAF through insightful videos delivered by real RAF personnel, interactive activities, quizzes and much more.

Explore real-world responsibilities and hear first-hand from those currently serving in the RAF.

Interactive elements will test your knowledge, apply what you've learned, boost your skills and help you reflect on whether a career in the RAF could be the right path for you.

Students aged 13+ are welcome to apply.

All information correct at time of publication.

0526_A1_01 RAFVWEA2



Year 11

Please see Mrs Moore if you are interested or have any questions.



Lowestoft
Open day

WS Training offers a Study Programme for young people aged 16–18, and up to 25 for those with an Education, Health and Care Plan (EHCP).

Join us!

- 🕒 2ND JULY 4-7PM
- 📍 1 BATTERY GREEN ROAD, LOWESTOFT, SUFFOLK NR32 1DE
- 📧 LOWESTOFT@WSTRAINING.CO.UK

Join us on our Open Day and discover how WS Training can help shape your future!

Apprenticeships - Year 11

There are currently a wide range of exciting apprenticeships available through Sizewell C, offering opportunities across a variety of career pathways. If you are interested in exploring these options and learning more about the different roles on offer, please visit the Sizewell C website for further details.





Year 10 Open Event at East Norfolk Sixth Form College.

75%
A* - C
Grades

**Year 10
Open Event**
Tuesday 23rd June 2026
4pm - 7pm

Come and see our fantastic campus
Meet our amazing staff & students
Get ahead - start your planning for Year 11!

EN EAST NORFOLK
Sixth Form College

40
Subjects
100% pass
rate

Book Here

Ofsted
Good
Provider

Year 8/9/10 - Women in Tech Seminar 2026.

On the 7th July, East Norfolk Sixth Form College will be hosting a Women in Tech Seminar designed to inspire and inform students about careers within the technology sector. The event will feature presentations from industry-leading speakers, who will share insights into their career journeys, current roles, and the wide range of opportunities available within technology.

In addition, students will take part in an interactive carousel of cyber security activities, providing hands-on experience and the chance to develop practical skills while exploring real-world applications of technology.

This seminar aims to encourage greater participation and confidence in technology-focused pathways and to highlight the vital role women play within the tech industry.

Please see Mrs Moore if you are interested.



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Aged 16-25?

Want to know what it's really like working at festivals and music events?

This year we are piloting our Event Experience strand offering 16-25 year-olds with an interest in cultural careers, the chance to support the festival team more closely with defined production roles.

Event Experience Roles on Offer:

Production Assistant
Supporting artist liaison, running of green rooms, in production office and welcoming artists.

Backstage Assistant:
Supporting stagehands with stage management, shadowing lighting and sound technicians.

Media Assistant:
Supporting the marketing and comms team with capturing the festival with photos and video.

Customer Service Assistant
Supporting the box office and information point, including selling tickets and merchandise and customer enquiries.

These are very limited roles, there are around 4 positions per role available. We are looking for those that are going to bring a lot to the festival but also gain a worthwhile experience from the festival team.

To find out more and to apply go to firstlightlowestoft.com/eventexperience or scan:



Year 11 (16+)

First Light Festival opportunities,

Visit the website for more information.

FIRST LIGHT FESTIVAL

SATURDAY 20 & SUNDAY 21 JUNE 2026

Lowestoft's FREE multi-arts festival returns to South Beach - and we need your help!

We are looking for enthusiastic volunteers to join the First Light team and help us deliver this truly unique event.



If you love festivals, are interested in being more involved in the community and want to meet new people, this is your chance!

We have a variety of roles available, including:

- Stewarding performances
- Greeting artists and visitors
- Supporting community projects
- Assisting our environmental mission
- Keeping things running smoothly

If you can give just 4 hours of your time (or more) over the festival weekend, we'd love to hear from you!

For more information and to sign up visit firstlightlowestoft.com/volunteer or scan:



Year 11 – Virtual Insight to University (STEM)

Insight into University is a virtual experience that helps students explore STEM degrees, apprenticeships, and related careers. It offers access to university life, STEM projects from top UK universities and global companies, first-year lectures, and live sessions with academics, admissions tutors, apprentices, employers, and current students.

This unique course is for Students in Years 11-13 and can be completed flexibly over the summer (approx. 30 hours of study).

Please see Mrs Moore for more information.



"I absolutely loved the course. It has helped me discover my true passion, and love which I hope to pursue in the future."

- ### Course topics
- Hear from STEM professionals at top UK companies, from early-career apprentices to senior leaders and recruiters, about their journeys, inspirations, and projects.
 - Join live Q&A sessions with STEM professionals, admissions officers, students, and professors in a supportive environment.
 - Get expert advice on university applications, interviews, admissions tests, student finance, and support services.
 - Take part in hands-on STEM activities like bridge building, making ice cream at the chemical level, and flight experiments.



Year 11: Summer Work Experience Programme

This is an excellent opportunity for students aged 16-21 to gain a deeper understanding of Marsh and the insurance industry.

Work Experience Programme

- We are extremely proud of our work experience programme. This has been running since 2018 and has gone from strength to strength. We hosted 100+ students during the summer of 2025 across 3 locations, (London / Norwich / Birmingham) and we look to launch in an additional 2 locations in 2026 (Leeds / Manchester).
- The programme runs over one week and delivers industry insights as well key learnings around what life working at a brokers entails. Marsh colleagues ensure that the programme is insightful and interactive. With many engaging, hands-on workshop activities and practical experiences – as opposed to total lecture-based learning.
- Delegates also can network with peers on the programme as well as colleagues from Marsh Specialty.



MARSH

Please see Mrs Moore for more information.

MARSH
Unlock your potential
Are you a student looking to unlock your potential within an organisation that provides limitless opportunity?

For further eligibility requirements and to apply, please scan the QR code

There is a working space within Marsh Risk for students aged 16-21 who are looking for a summer work experience opportunity. The programme is designed to provide students with a hands-on experience of working in the insurance industry. The programme is interactive and includes a variety of activities, including workshops, presentations and networking opportunities. The programme is open to students from a variety of backgrounds and is designed to be inclusive. For more information, please contact Mrs Moore at Pakefield School.

Dates and locations

Energy & Power work experience programme
13-17 July 2026, London

Specialty work experience programme
20-24 July 2026, London

Energy & Power work experience programme
27-31 July 2026, Norwich

Specialty work experience programme
3-7 August 2026, Norwich

About Marsh Risk
Marsh Risk is a business of Marsh (NYSE: MRS), a global leader in risk, reinsurance and capital, people and investments, and management consulting, advising clients in 130 countries. With annual revenue of over \$24 billion and more than 90,000 colleagues, Marsh helps build the confidence to thrive through the power of perspective. For more information about Marsh Risk, visit marshrisk.com or follow us on LinkedIn and X.

Pupils are learning about the importance of hydration in our food lessons.



Water in the diet

Water is the major component of body fluid and has many functions in the body:

- it acts as a lubricant for joints and eyes;
- it is the main component of saliva;
- it helps get rid of waste;
- it helps regulate body temperature.



The body loses water all the time, when we go to the toilet, from sweat and also evaporation from skin. If we do not consume enough water, we become dehydrated.

www.foodafactoflife.org.uk © Food – a fact of life 2023

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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](#)

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

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.



School Events

Week Beginning	Mon	Tue	Wed	Thu	Fri
15/06/2026		Year 10 Taster Day at East Coast College (am)		Year 10 Reports	
22/06/2026		Year 10 Taster Day at Lowestoft Sixth Form College. (am)			
29/06/2026	Author (Ashley Hickson-Lovance) visit & talks		Year 10 Taster Day at East Norfolk Sixth Form College. Silver DofE Expedition	Silver DofE Expedition	Silver DofE Expedition
06/07/2026	Year 6 Transition	Year 6 Transition	Year 6 Transition	Year 6 Transition Year 11 PROM	Year 6 Transition
13/07/2026	Year 10 Work Experience Charities Day	Year 10 Work Experience Sports Day	Year 10 Work Experience Activities Day	Year 10 Work Experience Activities Day Year 7,8 & 9 Reports	Year 10 Work Experience Rewards & Recognition Assemblies

Warm regards,
Mr P Dougherty
Head of School