



Dear Parents and Carers,

I hope you have all managed to cope during the recent spell of hot weather. Thankfully, temperatures are now set to ease, and as a result we will be returning to full school uniform from Monday.

Despite the heat, it has been a busy and productive time in school. Our Year 10 students recently completed their second visit to a local sixth form centre. Feedback from students has been very positive—they are beginning to recognise the differences between providers and are developing a clearer understanding of which environment will best support them when they apply in Year 11.

### Water Safety During Hot Weather

Periods of hot weather can increase the risk of drowning, particularly for children and young people. We would encourage all families to remain vigilant and to take time to discuss water safety. The following videos provide useful guidance on staying safe during water activity and at the beach.

You may also find the following resources helpful:

- [National water safety forum - UK drowning prevention strategy](#),
- [Child accident prevention trust - drowning](#),
- [British Red Cross - staying safe around water: first aid for drowning](#)
- [RNLI respect the water campaign](#).

### 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.



### Extra-Curricular Clubs (Summer Term 2)

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




**ABBIE**

Abbie has excelled in PE this year, consistently demonstrating commitment, enthusiasm, and leadership. She has supported a variety of school sports teams, including our recent rounders fixture, where she represented the school brilliantly. Abbie has also produced excellent coursework in Sport Studies, showing a high level of understanding and dedication to her studies. Abbie has also assisted with the Woodsloke Primary School sports day and received excellent feedback from staff & parents. In addition, she successfully delivered an outstanding athletics lesson to members of Waveney Valley, demonstrating confidence, organisation, and strong coaching skills. Keep up the fantastic work, Abbie – you should be very proud of your achievements this year.

CONGRATULATIONS!

### KS3 PE STUDENT OF THE WEEK



**PHOEBE**

Phoebe has been outstanding throughout PE this year. Phoebe has given 100% effort in everything she does. Phoebe has demonstrated excellent resilience when participating in some sports & activities but has never given up. Phoebe has shown excellent decision-making and problem solving skills during invasion games and striking and fielding activities. Phoebe has also demonstrated excellent leadership skills and this has highlighted at Carlton Colville Primary's Sport Day, staff and parents spoke very highly of Phoebe of her exemplary leadership skills and her patience with the younger students. Phoebe has also represented the year 10 rounders team, an excellent achievement playing a year up. A massive well done and thank you from the PE team, keep it up!

Head of School: Mr P Dougherty  
London Road  
Pakefield  
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Email: [info@pakefield.org.uk](mailto:info@pakefield.org.uk)  
Online: [www.pakefield.org.uk](http://www.pakefield.org.uk)  
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## Community student of the week

### Pakefield Community Spotlight

## Ebonie

**This week Ebonie in Year 7 is sharing her recent successes from her local football team.**

**Ebonie's story:**  
 Ebonie has been playing football for 2 years now and has been with her new football team, the Waveney Foxes, for 3 months. She plays the position of goalkeeper and has the ambition next season of keeping as many clean sheets as possible and perhaps scoring more penalties! Norfolk Goal Keepers did a match report from Ebonie's recent tournament where they reported that the match came down to a penalty shootout. Ebonie played a huge role in the win for the team by only letting in 2 penalties and also scoring the winning kick to beat the other keeper.  
 Well done to Ebonie and the Waveney Foxes! We wish you the best of luck for next season.

Well done Ebonie

## 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	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!



## KS3 AUTHOR VISIT – 29TH JUNE

**Dr Ashley Hickson-Lovence**

*Acclaimed novelist and poet*

Author of *Wild East*

Upcoming YA novel *Dead Ends* (2027)

- ◆ Discover how writers turn real life into powerful stories
- ◆ Be inspired to develop your own writing
- ◆ Hear about his journey from Hackney to becoming an author

### Book signing available on the day!

Books available to buy (£6–£10)

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## First Light Festival



Congratulations to our artists who installed their art work at Kensington Gardens, and our singers who wrote the chorus and sung the opening song at the First Light Festival! We are beyond proud of our students' dedication & commitment to a fantastic project and are honoured to represent Pakefield High at such an amazing event!

Thank you and well done to all those involved.

Miss Simons



## Year 8 & 9

# CYANOTYPE WORKSHOP

Our Year 8 and Year 9 students recently had the exciting opportunity to take part in a Cyanotype Workshop delivered by Lowestoft Sixth Form College.

Students explored one of the oldest forms of photography, learning how light-sensitive chemicals and UV light can be used to create striking blue-and-white prints. Throughout the workshop, they experimented with different materials and techniques, developing their creativity and gaining an insight into traditional photographic processes.

The session provided a fantastic hands-on experience and encouraged students to think creatively, problem-solve and work collaboratively. It was wonderful to see the enthusiasm and pride students showed as they produced their own unique pieces of artwork.

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## Interested in Medical School?

Your guide to applying for medical school.

We know that applying for medical school can seem complicated - that's why the UEA have created a step-by-step guide to explain every step of the process. Whether you've always dreamed of becoming a doctor or you're just beginning to think about studying medicine, this guide will tell you what you need to do and when, with links to handy resources throughout.



### Applying for Medical School

Your guide to applying for medical school in the UK.

Whether you've always dreamed of being a doctor or you're just starting to think about studying medicine, you're in the right place. Start with [Getting Ready to Apply](#), our guide to medicine taster sessions, open days, and preparing for admissions tests. Then check out [Applying and Interviewing](#) for advice on the UCAT exam, personal statements, and medical school interviews.

[https://www.uea.ac.uk/study/information-for-young-people/applying-for-medical-school?utm\\_medium=email&utm\\_source=outlook&utm\\_campaign=outreach\\_newsletter&utm\\_content=pre16\\_summer3](https://www.uea.ac.uk/study/information-for-young-people/applying-for-medical-school?utm_medium=email&utm_source=outlook&utm_campaign=outreach_newsletter&utm_content=pre16_summer3)

Please speak to Mrs Moore if you would like to be sent the link.

Students aged  
13+

Scan the QR  
Code for more  
information.

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**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](mailto: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).

## 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.





**DISCOVER OUR NEW POLICING PATHWAY.**  
**COMING TO LOWESTOFT SIXTH FORM THIS SEPTEMBER!**

**STUDY LEVEL 3 POLICING ALONGSIDE OTHER A LEVEL OR BTEC SUBJECTS.**

LOWESTOFT SIXTH FORM COLLEGE  
 WWW.LOWESTOFTSFC.AC.UK

**LEVEL 3 CERTIFICATE IN POLICING**  
 New for September 2026 • Equivalent to 1 A Level

**About the course...**  
 A practical introduction to modern policing and public services. Learn how the legal system works, develop core policing skills, and explore equality, ethics and community roles. Assessment is portfolio based with real world tasks and scenarios.

**What You'll Gain**

- Understanding of police roles and responsibilities.
- Insight into crime and community impact.
- Skills in communication, teamwork, leadership and decision making.
- Confidence through practical scenario work.

**Why choose L6?**

- Staff with real policing and uniformed services experience.
- Strong links with Norfolk & Suffolk Constabulary.
- Employer led sessions and live scenario opportunities.
- Skills rich learning including communication, discipline, navigation and fitness.

**DISCOVER YOUR GREATNESS.**      **SCAN HERE TO APPLY.**

New  
 Lowestoft  
 Sixth  
 Form  
 College  
 Course.



**STUDY APPLIED MEDICAL SCIENCE**

**NEW FOR 2026**

0800 854 695  
 www.eastcoast.ac.uk

eastcoast COLLEGE

Students study a combination of Level 3 AAQs in Medical Science, Applied Science and Health Care, alongside the Extended Project Qualification (EPQ). This blend provides a strong scientific foundation, advanced laboratory skills, and the opportunity to undertake a substantial research project aligned with medical and scientific themes.

**Why study with us?**

- Programme led and taught by an NHS doctor
- Purpose-built STEM laboratories with advanced equipment
- Clinically informed teaching and real-world case studies
- Strong academic and practical preparation for medical and healthcare degrees
- Extensive enrichment including seminars, research clubs and NHS engagement
- Excellent progression routes into university and higher apprenticeships
- Enrichment includes medical ethics forums, science Olympiads, CREST awards and personal statement support
- Students receive guidance for UCAT preparation and medical interview techniques

**Entry Requirements**  
 At least 5 GCSEs at grades 9 to 5 in one sitting including: Maths, Science & English  
 An average GCSE score of 5.5 or more overall is preferred.

**Level 3 - Full-Time - 2 Years**  
**Great Yarmouth Campus**

**Want to find out more?**  
 visit: [www.eastcoast.ac.uk](http://www.eastcoast.ac.uk)

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## 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"

**Now Live!!!**

**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

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@pawget.nhs.uk](mailto:healthandcareacademy@pawget.nhs.uk)

### 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



Pakefield High presents...

# SUMMER SHOWCASE

Come and support our talented performers!

**Tuesday 7<sup>th</sup> July 7pm**  
**Doors open 6.30pm**  
Pakefield High School

Main Hall

Singers, dancers & actors recreating their favourite songs and acts from famous shows

## PAY WHAT YOU CAN

Tickets available via the school website:  
[www.pakefield.org.uk](http://www.pakefield.org.uk)

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<b>Week Beginning</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>
<b>29/06/2026</b>	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
<b>06/07/2026</b>	Year 6 Transition	Year 6 Transition Summer Showcase	Year 6 Transition	Year 6 Transition Year 11 PROM	Year 6 Transition
<b>13/07/2026</b>	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