



Dear Parents and Carers,

As we move further into the term, it has been a pleasure to welcome so many prospective parents and Year 6 students to the school. During our recent open events, visitors had the opportunity to tour the site, meet our staff and students, and see the school in action. The atmosphere was fantastic, and I was immensely proud of the way our students embody our values of Work Hard, Show Respect and Take Part, serving as excellent ambassadors for our school community.

I would also like to congratulate our Year 7 students, who have been working hard completing their GL Progress Tests in English, mathematics and science. They have approached these assessments with maturity and determination, and it has been wonderful to see the effort they have put into demonstrating their knowledge and skills.

As I visit lessons each day, I continue to be impressed by the quality of work being produced across the school. Classrooms are purposeful, students are engaged in their learning, and there is a real sense of ambition and pride in the work being completed. Thank you to our students for their continued hard work and to our staff for the dedication they show in supporting every child to achieve their best.

Year 11 Football Festival

Pakefield High School's Year 11 football team played two fixtures at a festival hosted by Sir John Leman. The boys battled hard in their opening game but lost 3–0.

They responded with a much improved performance against Ormiston Denes Academy, playing some excellent football. Levi Boyce opened the scoring with an individual goal before Toby Miller added a second. Oliver Deamer finished an excellent team move to make it 4–0, and Levi rounded off the scoring with his second goal of the game after another fine team move.

The boys showed great determination and work rate throughout the festival and should be proud of their performance.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
- Weird and Wacky History Miss Bethell - HU2 - Retro Games Club Mr Clarke - MA1 - Chess Club Miss Dack - Library - Darts Mr Dowson - PE - Duke of Edinburgh Award Bronze and Silver Miss Grice - MFL 2 - Film Club Mrs Hastings - IT2 - Knitting Mrs Marshall - Food Room - Make-Up Club Miss McHugh - EN2 - Mindful Colouring Mrs Miles - IT1 - Photography Mrs McHugh - Media Room - Premier League Roundup. Mr Rowe - HU3 - David Attenborough Club. Miss Saunders - HU4 - Crochet Club Miss Teasdale - Tech 2 - Spax Homework Club (Maths) Mr Vaughn - Evans - MA3 - Show Singing Mr Wilson - Music Room - Year 11 English Support Miss Barrow - EN1 - Year 11 Further Maths Mr Bligh - MA4 - Year 11 Science Revision Miss Dunnell - SC2 - Year 11 English Support Mrs Fitzgerald - EN6 - Year 11 Science Revision. Mr Gurney - SC5 - Games Club (Lunch Time) Mrs Cheale - Library - SEND Support SEND Team - IT3	- Young Interpreters Mr Agyapong - MFL 1 - Spax Homework Club (Science) Miss Eagle - SC3 - Photoshop (Yr 7 and 9) (Lunch Time) Mrs McHugh - Media Room - KS4 Media Catch up (Lunch Time) Mrs McHugh - Media Room - Crafty Tuesday (Lunch Time) Mrs Cheale - Library - SEND Support SEND Team - IT3	- Marionette Puppet Making Mr Osborne - Tech 1 - Arts and Crafts Mrs Brewer - SC4 - Girls in STEM Mrs Trigg - SC7 - Year 11 Media Catch up (Lunch Time) Mrs McHugh - Media Room - Chess Club (Lunch Time) Mrs Cheale - Library	- Make and Create Miss Chapman - HU5 - Hockey Miss Childs - MUGA - Art Club (KS3/4) Mrs Dougherty - ART 2 - Pokemon and Trading Card Games Mr Gurney - SC5 - Football Mr Herbert - Field - Girls Football Miss Rushmere - Field - Drama Club Miss Simons - Performance Space - Pro Cycling Fans Mr Tate - HU1 - Dr Who Mrs Trigg - SC7 - Aiming for a 4 (Year 11 Maths) Miss Tuttle - MA2 - Flight Club Mr Wilson - Music Room - Aiming for a 5 (Yr 11 Maths) Dr Bernthal - MA5 - Higher Year 11 Maths Revision Mr Hill - MA6 - Embroidery Club Mrs Isgrove - EN5 - Year 11 Media Catch up (Lunch Time) Mrs McHugh - Media Room	- Latin Dr Bernthal - MA5 - Art Intervention (KS4) Mrs Warren - Art 1 - Piano Club (invite only) Mr Wilson - Music Room

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 Clarion Inclusive
TRUST

Part of Clarion Inclusive Trust
 Registered Office: Kittens Lane, Loddon, NR14 6JU
 Registered Number: 8347874



The funniest one and only multilingual joke book



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Student of the Week

CONGRATULATIONS!

KS3 FOOD STUDENT OF THE WEEK



ELLIE

Ellie – Student of the Week ★

Ellie showed fantastic confidence during Open Evening, warmly welcoming visitors and doing an excellent job of explaining the Food subject to prospective students in a friendly, clear and enthusiastic way. Ellie is always willing to offer help and support to others, and her peers have recognised these qualities by voting her as their Form Class Representative. Her kindness extends beyond the classroom too; at after-school clubs, she has shown great patience when teaching others how to knit and crochet. Ellie is a kind, confident and supportive member of the school community and a fantastic role model to others. Well done, Ellie!

CONGRATULATIONS!

KS4 FOOD STUDENT OF THE WEEK



AVA

Ava – Student of the Week ★

Ava consistently thrives in the Food room, approaching every practical task with enthusiasm, confidence and a fantastic attitude. She is always friendly, supportive and willing to help others, making her a positive influence within the classroom. Ava particularly impressed during Open Evening, where she confidently demonstrated her cooking skills while communicating with visitors in a mature and professional manner. Ava is a fantastic role model for Food Technology and thoroughly deserves to be recognised as Student of the Week. Well done, Ava!



The Three Pillars Challenge

Students will earn between 0 and 5 points based on their position within their year group for:

- ✓ Behaviour
- ✓ Attendance
- ✓ Extra-Curricular Attendance

Points from each category will contribute to their form group's overall score. At the end of each half term, prizes and rewards will be awarded to the highest-scoring form in each year group in recognition of their commitment, participation, and achievement.

This board is located in the middle of the street and will be updated with points every Monday Morning.

Attendance Tickets



Introducing Our New Extra-Curricular Attendance Tokens!

We are excited to launch our new Extra-Curricular Attendance Tokens, which have now replaced the loyalty card system.

Students will receive one token every time they attend an after-school extra-curricular club. Simply write your name and form on the token and place it straight into the Extra-Curricular Prize Draw post box. (Outside Mr Gibbons Office)

At the end of Autumn Term 1, winning tokens will be drawn and students will have the chance to win a range of exciting prizes!

- 📌 Attend a club = Earn a token
- 📌 Post your token in the prize box
- 📌 Be entered into the prize draw
- ★ The more clubs you attend, the more tokens you earn and the greater your chance of winning!



New Reward Tokens

Introducing Pakefield Reward Tokens!



These new tokens will replace Amazon vouchers and give students even more choice in their rewards. Every week, students with 100% attendance will be entered into a draw, with lucky winners receiving a reward token.

Students who take part in extra-curricular activities can also win tokens through the Extra-Curricular Post-box draw each half term.

Once you have earned a Pakefield Reward Token, bring it to Mrs Moore to choose and collect your prize. Tokens can be exchanged for a range of rewards, including footballs, stationery, games, and other exciting items.

Apply for free school meals

Find out if your child is eligible for free school meals and how to apply.

You can apply online for free school meals. You'll get an immediate response and confirmation email after you've completed your application.

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](#)



We are delighted to invite your child to our

Breakfast Club

Beginning Monday, 21st September 2026

Our Breakfast Club is open to all students and provides a friendly and supportive start to the school day.

Whether you would like to enjoy a quick breakfast, or simply start your morning in a positive environment, we would be delighted to welcome you.

Breakfast Club Details



Time:
08:10 – 08:25



Location:
Please report to Reception at 08:10.



Menu:
A selection of cereal and toast with a variety of spreads.



Cost:
There is no charge for attending.

To attend, please complete the registration form using the QR code below.



We look forward to seeing you! ♥





Safeguarding

Tiredness

It is common for children to experience changes in their sleep patterns. Puberty, busy school days, friendships, social media, gaming, part-time work and worries about school or home can all affect sleep. However, persistent or significant tiredness can sometimes be a sign that a young person needs additional support.

What might you notice?

You may notice that your child:

- Is regularly struggling to get up for school or is frequently late.
- Seems unusually irritable, withdrawn or emotional.
- Has difficulty concentrating or completing schoolwork.
- Falls asleep during the day or regularly needs to sleep after school.
- Has lost interest in activities they usually enjoy.
- Is spending a lot of time online or using their phone late at night.
- Is experiencing changes in appetite, mood or behaviour.
- Appears worried, overwhelmed or unable to switch off at night.
- Says they cannot sleep, are waking frequently, or are having nightmares.

What can parents and carers do?

Try to create a calm and consistent bedtime routine. Encourage your child to:

- Have a regular bedtime and wake-up time, including at weekends where possible.
- Reduce phone, gaming and social media use before bed.
- Avoid caffeinated or energy drinks, particularly later in the day.
- Get regular exercise and some daylight during the day.
- Have time to talk about worries before bedtime rather than carrying them into the night.
- Keep their bedroom comfortable, quiet and suitable for sleep.

Most importantly, talk to your child and listen without judgement. Ask how they are feeling and whether anything is making it difficult for them to sleep or cope with their day.

When should you seek further support?

If tiredness is persistent, is affecting your child's attendance, learning, relationships or wellbeing, or you are concerned about a change in their behaviour, please speak to someone.

You can contact your child's form tutor, Year Lead, pastoral team or Designated Safeguarding Lead (DSL) at school. They can help identify what support may be appropriate.



If you are concerned that there may be an underlying physical or emotional health issue, consider speaking to your GP.

Remember

Tiredness is not always "just being a teenager". A change in sleep, mood, behaviour or attendance can sometimes be an early indication that a young person is struggling.

Noticing the change, starting a conversation and seeking support early can make a difference.

Parent Governor Vacancy

We currently have a vacancy for a Parent Governor on our Governing Body and would encourage any parent or carer who is interested in supporting the strategic development of the school to consider applying; if you would like to stand for election, please contact the school via the main office or email HeadsPA@pakefield.org.uk for further information and an application form.

Week Beginning	Mon	Tue	Wed	Thu	Fri
28/09/2026				Flu Vaccine	
05/10/2026				Year 10 Raising Achievement Evening	
12/10/2026			Flu Vaccine	Year 11 Parents Evening	
19/10/2026	School Photos				PD Day No students in school

Warm regards,
Mr P Dougherty
Head of School