



# STOPSLEY WEEKLY NEWSLETTER

FRIDAY 7TH NOVEMBER 2025

## HEADTEACHER'S UPDATE



Dear all,

Welcome back everyone after the half term break. Whilst Halloween occurred during the half term Year 7 were keen to show off their ingenuity and creativity they have in making and designing their own props, costumes and make up. For those who weren't confident doing their own make up they had fabulous designs from Mrs Stewart to make them look ghoulish. The school could have been mistaken for the set of Casualty with all the fake blood smeared across the students' lovely faces!! Phoebe (7H) who made her entire ghostbusters ensemble including a proton pack and trap as well as Cairo (7H) who had an inflatable costume and excellent make up. We should have introduced a staff and student duo as Mrs Horsler and Scarlett (7G) both had the idea to come as Cruella De Vil and both looked stunning. Special thanks to Mr Rowles and Mr Blanchard for making it such a marvellous experience for all.

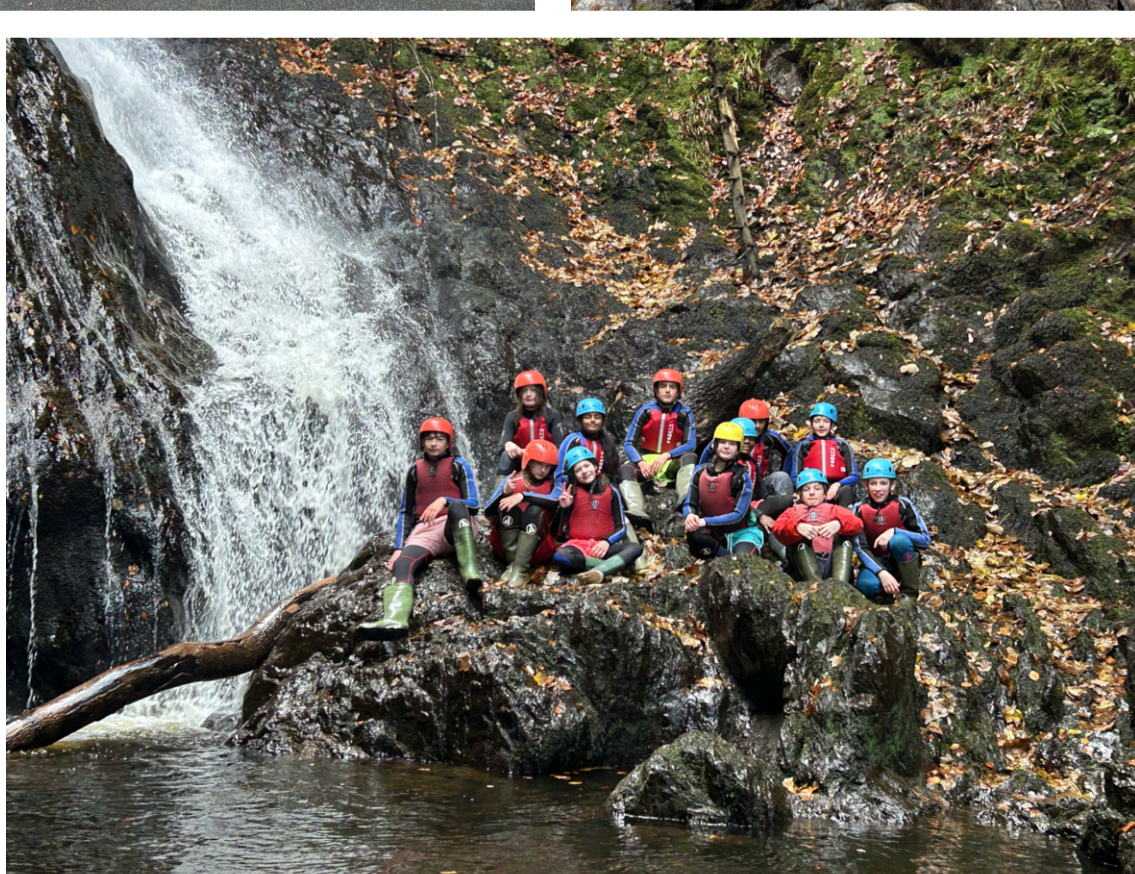
Year 11 students and teachers are busily preparing for the rapidly approaching mock exams. I am sure you will join me in wishing them luck as they begin them on Monday In addition, this is the time of year when colleges, Sixth Forms and other post 16 providers are arranging events to support our students in deciding what to do next year so Year 11 parents and carers please prompt your Year 11 children to check their email as all information is being sent to their school email address.

We are looking forward to welcoming Year 7 Parents' and Carers' Evening on Thursday 13th November 2025, taking place between 3.55pm and 7:00pm. This evening provides an excellent opportunity to meet your child's class teachers in person and discuss their progress, achievements, and ways to work together to support your child and their progress. Please ensure your child attends with you, wearing their Stopsley High School uniform, so that they can also hear feedback on how to continue to make progress. For more details including how to book your appointment please click here.

I am delighted to share with you an article written by Molly (9E) on her experience of the Blue Peris trip I mentioned last week, as a reminder of the transformative impact of these experiences on our students:

"The Blue Peris trip was a brilliant experience for all who attended. It was an opportunity for students to face new challenges with the chance to gain their independence and develop as individuals. As a school, we were extremely privileged to have this opportunity because we were the final group of students to experience this trip before Blue Peris closed its doors for the final time. The Blue Peris Mountain Centre was open for approximately fifty years, officially open to schools in 1974 and sadly closing with us as their last school in October 2025.

During the time of the trip, students faced many challenging yet extremely fun activities and adventures, resulting in laughter and memories which will be remembered for years onwards. The activities that we participated in included: kayaking in one of the lakes, orienteering around the fields and hills, rock climbing, gorge walking up a waterfall and climbing mountains, quite literally reaching new heights! Every individual left the trip coming away with a new skill or reaching a new goal, whether that was a physical challenge or something more practical, such as making their own lunch for a change. The trip wasn't just time to participate in these activities, but to be put in scenarios outside of their comfort zones, allowing them to respond in ways which we believed suited the challenge best, resulting in our character development.



When we weren't doing all of the daytime activities, we all socialised as a group, playing card games or having group discussions in the evenings. On one of our evenings mid-week, we had a movie night watching a new favourite to some, especially the boys in the front who were singing along and enjoying the movie the most! The trip ultimately was a brilliant experience and a great opportunity for everyone.

With all of this being said, none of this could have occurred without our amazing teachers, who allowed the trip to go ahead so that we could all have a brilliant time. On behalf of everyone who went, I would like to thank Mr Wise, Mr Swain, Mr Sicheri Peel and Miss Sanchez for all of their time and effort with us all."

Thank you to parents, carers, students and staff for your ongoing support,

Ms Hand

### THIS WEEK'S ISSUE:

HEADTEACHER'S UPDATE

FRUIT FRIDAY

YEAR 7 DISCO

LEXIA ACHIEVEMENTS

HARRISONS CHILDREN IN NEED

### UPCOMING DATES & EVENTS:

MONDAY 3RD NOVEMBER - WHOLE SCHOOL RETURNS

INSET DAY - FRIDAY 28TH NOVEMBER

TERM ENDS - FRIDAY 19TH DECEMBER

### ATTENDANCE NOTICE:

CAN PARENTS/CARERS PLEASE INFORM THE SCHOOL IF YOUR CHILD IS UNWELL AS WE ARE MONITORING ATTENDANCE. REPORT THIS THE NORMAL WAY BY CONTACTING THE ATTENDANCE NUMBER: 01582 870912 OR THE EMAIL ADDRESS:

ATTENDANCE@STOPSLEYHIGHSCHOOL.CO.UK

### WORK WITH US:



CLICK HERE OR VISIT MY NEW TERM TO FIND CURRENT VACANCIES AVAILABLE AT STOPSLEY HIGH SCHOOL.

### ADMISSIONS 2027-2028 CONSULTATION

PLEASE FOLLOW THE LINKS BELOW TO THE ADMISSION ARRANGEMENTS CONSULTATION FOR:

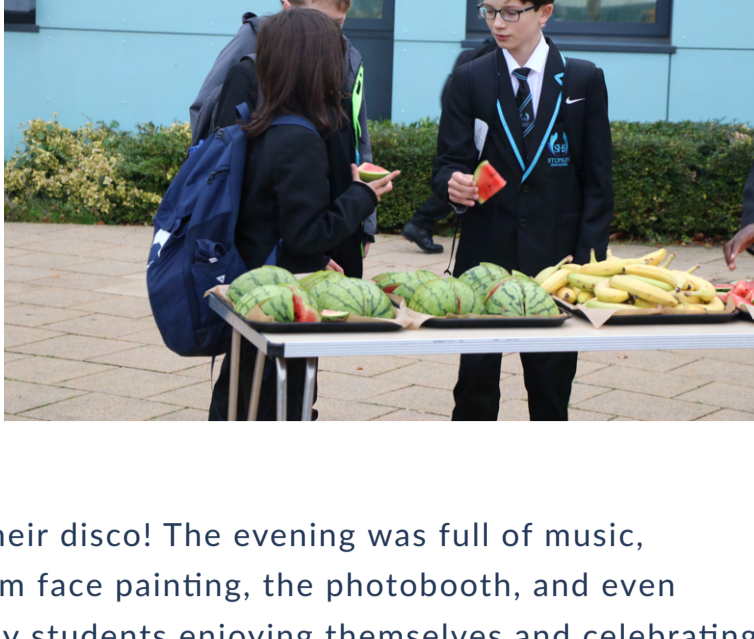
ST JOSEPH'S PRIMARY SCHOOL  
CHILTERN LEARNING TRUST  
JFK

### REMINDER

PLEASE ENSURE THE SCHOOL IS MADE AWARE OF ANY CHANGES TO EXISTING MEDICAL CONDITIONS OR NEW MEDICAL CONDITIONS FOR YOUR CHILD.

## FRUIT FRIDAY

Our students enjoyed Fruit Friday, a weekly initiative to promote healthy eating and give everyone a refreshing start to the day. From crisp apples to juicy oranges and sweet bananas, there was something for everyone! It's always wonderful to see our students making healthy choices while having fun with their friends.



## YEAR 7 DISCO

Our Year 7 students had an incredible time at their disco! The evening was full of music, dancing, and laughter, with lots of extra fun from face painting, the photobooth, and even chocolate apples. It was fantastic to see so many students enjoying themselves and celebrating together.



## Lexia Achievements of the Week

Top Lexia Users This Week:

1. Baram P. - 77 minutes
2. Zayyan K. - 75 minutes
3. Hooman W. - 74 minutes
4. Kairo S. - 68 minutes
5. Daniel L. - 67 minutes

# Children in Need

**HARRISON**  
food with thought

**Monday 10th - Friday 14th November**

Harrison Catering Services alongside Stopsley High School is proud to be supporting the 'Children in Need Charity'

We will donate 25p for every 'Children in Need Cake / Cookie' purchased in the week commencing 10th November

We look forward to seeing you during the week...

## 10 Top Tips for Parents and Educators

# GUIDING YOUNG VOICES TO MAKE A DIFFERENCE

Bullying impacts the lives of many young people. In the UK, one in five pupils aged 10 to 15 report being bullied. The effects can be long lasting, affecting mental health, school attendance and self-esteem, and can impact long-term development into adult life. Adults play a key role in building young people's confidence to speak out, support one another, and stand up to unkind behaviour. This guide offers ways to help youngsters make a positive difference.

- 1 CELEBRATE DIFFERENCES**  
Help young people value diversity by showing that what makes us different is also what makes us strong. Encourage them to learn about different cultures, identities, and abilities through books, films, and conversations. By appreciating uniqueness in themselves and others, children can grow into open-minded individuals who build inclusive and welcoming environments.
- 2 MODEL RESPECT**  
Children watch and learn from how adults behave. Use respectful language, show patience in disagreements, and treat others with fairness – especially in front of children. By modelling inclusive behaviour and challenging unkindness, adults set a lasting example that respect should be part of every interaction, whether online, at school, or at home. Be the change you want to make.
- 3 SPOT THE SIGNS**  
Adults and young people should learn how to recognise signs that someone may be experiencing bullying. This might include withdrawal from friends, hobbies or interests, changes in mood, reluctance to go to school, or unexplained injuries. Helping young people recognise these clues ensures that support can be offered sooner and problems do not go unnoticed.
- 4 VALIDATE FEELINGS**  
When a child shares something that worries them, it's important to listen carefully and validate how they feel. Respond with empathy – not judgement – and let them know it's okay to feel upset or confused. Offering reassurance and understanding helps young people feel safe about opening up, and builds the trust needed to talk again in future.
- 5 TEACH ALLYSHIP**  
Show children how to stand up for others in safe, respectful ways. Allyship might look like sitting next to someone who's been excluded, reporting hurtful behaviour, or speaking up when they witness bullying. By practising these responses together, you're helping children develop the courage to be kind and to take action when it really counts.
- 6 PROMOTE REPORTING**  
Ensure young people know how to report bullying and feel confident that they'll be taken seriously. Talk to them about who they can speak to and what to expect when they do, such as reporting school incidents to teachers, and out-of-school bullying to parents or teachers. Reassure them that reporting is a brave and helpful choice – not tattling – and that it plays a vital role in keeping everyone safe.
- 7 ENCOURAGE KINDNESS**  
Everyday acts of kindness can make a big difference in creating safer, happier spaces. Encourage children to look out for one another by being helpful, saying kind words, or peaceful projects. Children learn that their voice has power. Support them to express themselves confidently and safely, helping them understand that sharing experiences can challenge injustice and inspire real change in their communities.
- 8 USE YOUR VOICE**  
Encourage young people to speak up for themselves and others. Whether through storytelling, school campaigns, or peer-led projects, children learn that their voice has power. Support them to express themselves confidently and safely, helping them understand that sharing experiences can challenge injustice and inspire real change in their communities.
- 9 BUILD COMMUNITY AND BELONGING**  
Children thrive when they feel supported. Help them build strong friendships, join clubs or teams, and connect with trusted adults who care. These networks offer comfort, encouragement, and protection – particularly during challenging times. Remind children that they don't have to face difficulties alone and that support is always within reach.
- 10 SUSTAIN THE CONVERSATION**  
Bullying awareness shouldn't be limited to one week each year. Create regular opportunities to talk about kindness, respect, and inclusion. Use books, news stories, and personal experiences as conversation starters. Embed anti-bullying initiatives into the school, and make tackling bullying a shared, ongoing commitment.

**Meet Our Expert**  
Robert Allsop is an experienced pastoral and safeguarding practitioner, specialising in tutorials, behaviour interventions, and attendance management. A recipient of the Diana Award for Anti-Bullying, he has helped raise standards and improve Ofsted outcomes in some of the country's most challenging schools and colleges.

See full reference list on our website.

#WakeUpWednesday @wake\_up\_weds www.thenationalcollege @wake.up.wednesday @wake.up.weds

# WHERE CAN I FIND SUPPORT?

**act4ve LUTON**

Healthy Lifestyles, physical activity, healthy eating, dental hygiene

<https://www.activeluton.co.uk/>

**shout 85258**

Mental health and wellbeing support

<https://giveusashout.org/get-help/>

**CHUMS**

Mental health and emotional wellbeing

<https://chums.uk.com/>

**LUTON ALL WOMEN'S CENTRE**

Supporting women and girls in luton

<https://www.lutonallwomenscentre.org.uk/>

**LUTON SEXUAL HEALTH**

Sexual health service, advice and support for young people

<https://www.lutonsexualhealth.org.uk/>

**Luton**

PREVENT – radicalisation and extremism

<https://actearly.uk/>

**resolutions**

Substance misuse

<https://www.changegrowlive.org/resolutions-change-alcohol-service-luton>

**Tokko**

Supporting young people in luton to aspire, be happy and healthy.

<https://tokko.co.uk>

**WOMEN SAID IN LUTON**

Support for women and children, domestic abuse

<https://womensaidinluton.org>

**Total Wellbeing Luton**

Health and wellbeing

<https://www.totalwellbeingluton.org>

**NSPCC**

National Society for the Prevention of Cruelty to Children

<https://www.nspcc.org.uk>

**childline**

ONLINE, ON THE PHONE, ANYTIME

childline.org.uk | 0800 1111

Support for young people online, on the phone, anytime

<https://www.childline.org.uk>