



13th October 2023

Good afternoon Stanley Families

Please see below a number of messages, requests and advice for your information. We will update this weekly as appropriate.

Thank you for taking the time to read this bulletin.

If you would like to request anything related to this bulletin, please contact the school on the enquiries email. enquiries@stanleyhigh.co.uk.

I hope you all have a lovely weekend.

Mrs J Shawe
Headteacher

Student success



The Atkinson and Southport Town Hall have both been lit up to highlight Craniosynostosis Awareness Month.

The event was held to honour the bravery of 14-year-old Stanley High School pupil Eden, from Southport, who underwent surgery as a baby after being born with Craniosynostosis.

Eden was joined by members of his family including his Mum, Jenny, and sister, Ebony, who wrote to Southport MP Damien Moore to ask if he would support them.

Damien Moore MP said: "I am delighted to be here to support this amazing campaign by Eden and his family. Turning these buildings purple to highlight Craniosynostosis Awareness Month is a fabulous thing to do to draw attention to the condition and the issues that families face. I wish Eden and his family all the best with their ongoing campaign and would love to see people supporting them in their endeavours."

Other Craniosynostosis families from the region also travelled to Southport to support Eden and Ebony, both of whom attend Stanley High School in Southport.

Craniosynostosis is a condition where one or more of the gaps in an infant's skull fuses prematurely, which can affect cranial growth, skull development and head shape. It affects approximately 1 in 2,500 births, and treatment involves surgical correction.

Raising awareness for this condition is important as there are a number of treatment options available to parents that can be offered depending on age of the child at diagnosis. Early recognition allows empowerment of parental choice.

Eden is 14 now and is doing great, he may require further surgery in the future to fill a huge gap in his skull that never knitted together fully after his surgery.





13th October 2023

Year 11 Revision – October Half Term

The following subject areas will be holding revision sessions during half term. You will have received an email with the full timetable today.

PE Tuesday and Wednesday
Creative Media and Food Tuesday

Mental Health Awareness Day

Tuesday 10th October was awareness day for Mental Health.

We supported this in school by wearing something yellow.

Thank you to those who supported this.



We have also been holding assemblies for all years this week focusing on Mental Health Awareness.

Well-being Calendar for October – Miss Peacock

Optimistic October 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Write down three things you can look forward to this month	2 Find something to be optimistic about (even if it's a difficult time)	3 Take a small step towards a goal that really matters to you	4 Start your day with the most important thing on your to-do list	5 Be a realistic optimist. See life as it is, but focus on what's good	6 Remind yourself that things can change for the better	7 Look for the good in people around you today
8 Make some progress on a project or task you have been avoiding	9 Share an important goal with someone you trust	10 Take time to reflect on what you have accomplished recently	11 Avoid blaming yourself or others. Find a helpful way forward	12 Look out for positive news and reasons to be cheerful today	13 Ask for help to overcome an obstacle you are facing	14 Do something constructive to improve a difficult situation
15 Thank yourself for achieving the things you often take for granted	16 Put down your to-do list and do something fun or uplifting	17 Take a small step towards a positive change you want to see in society	18 Set hopeful but realistic goals for the days ahead	19 Identify one of your positive qualities that will be helpful in the future	20 Find joy in tackling a task you've put off for some time	21 Let go of the expectations of others and focus on what matters to you
22 Share a hopeful quote, picture or video with a friend or colleague	23 Recognise that you have a choice about what to prioritise	24 Write down three specific things that have gone well recently	25 You can't do everything! What are your three priorities right now?	26 Find a new perspective on a problem you face	27 Be kind to yourself today. Remember, progress takes time	28 Ask yourself, will this still matter a year from now?
29 Plan a fun or exciting activity to look forward to	30 Identify three things that give you hope for the future	31 Set a goal that brings a sense of purpose for the coming month				

ACTION FOR HAPPINESS **Happier · Kinder · Together**



13th October 2023

Art – Mrs Ward

Here are some of this week's entries for our Stanley High School Christmas card. The theme is Wintry Wonderland look at the detail on the snowmen.

All entries are to be handed to Mr Smith, Mrs McAlister or Mrs Ward by Thursday 19th October. Good luck.



Art Christmas card image competition

We are inviting students to create an A5 painting or drawing based on the theme 'Wintry Wonderland'. The winning image will be used as the Stanley High School Christmas card.

All entries to be taken to Room 43 for the attention of Mrs Ward before Thursday 26th October 2023. Good luck.



Last year's winning image

Drama – Ms Gregson-Burt

The Flint Street Nativity Poster Competition!

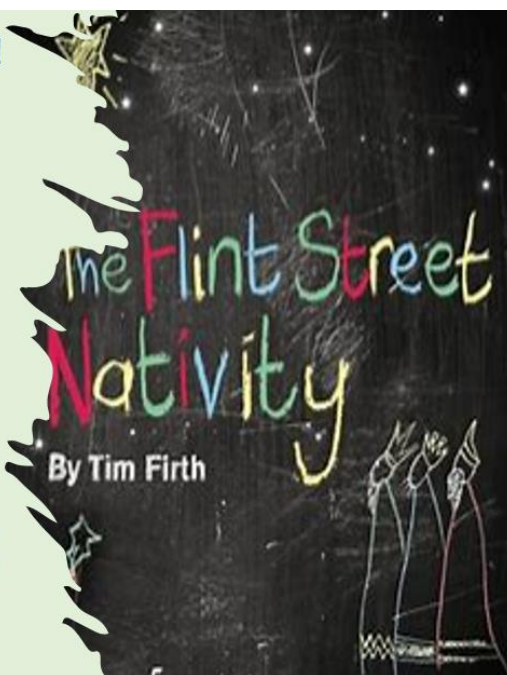
Are you a budding artist or designer? Then this is the competition for you! Our Year 11's are performing 'The Flint Street' Nativity and we want students to design a poster for this event. Your poster will need to contain the following details:

- Performance Name: The Flint Street Nativity by Tim Firth
- Performance Date: Thursday 14th December at 7pm
- Where: Stanley High School Main Hall
- Ticket Price: £2 per person

The competition is open to ALL year groups and the winning design will feature on the posters and programme for this event. Prizes will also be available for winners and runners up.

Entries can be produced on computer or by hand (i.e. painting or colouring) and must be sent to Ms Gregson-Burt. Winners will be judged by the Art Department.

All entries must be submitted by 3pm on: Friday 20th October





13th October 2023

Maths – Mrs Knox


Mathematics Problem of the week

Each week there will be a problem of the week, and the following week we will give the answer.

Please see the problem that students were given this week.

Mrs Knox's problem of the week:

There are 80 red and blue counters in total.
There are 12 more red counters than blue ones.
How many red counters are there?




Visual representations – can you draw a picture to help you with this problem?

Show all of your working out (turn over if necessary):

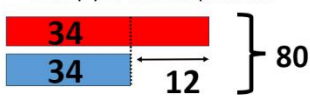
Answer:

Mrs. Knox's problem of the week:

There are 80 red and blue counters in total.
There are 12 more red counters than blue ones.
How many red counters are there?



Visual representations – can you draw a picture to help you with this problem?



Show all of your working out (turn over if necessary):

$$80 - 12 = 68$$

$$68 / 2 = 34$$


$$34 + 12 = 46$$

Answer:


Last week's solution

Mrs Knox's problem of the week:

If this is $\frac{1}{3}$ of a shape.



What fraction of the shape is this?



Explain your reasoning.

Visual representations – can you draw a picture to help you with this problem?

Show all of your working out (turn over if necessary):

Answer:

Parent/Carer Consultation Evening dates

Please make a note of the following dates for your children's year. School will close at 2pm on these dates to allow parents/carers to attend from 3pm to 6.30pm.

Year 8 Thursday 16th November 2023

Year 7 Thursday 7th December 2023

Year 9 Thursday 1st February 2024

Year 11 Thursday 14th March 2024

Year 10 Thursday 2nd May 2024



13th October 2023

Upcoming Dates and Events

Please make a note of the following dates, for your information.

October

16 th	Year 11 Christ the King Assembly
19 th	Year 11 GCSE Preparation Evening 6-7pm
23 rd – 27 th	Half Term
31 st	Year 7 and 11 Photographs (including sibling photographs)

Attendance

We have a target of 95% attendance and work hard every day to beat this. The whole school attendance for week ending 6th October 2023 was 91.4%.

Did you know that if your attendance is 90%, this is equivalent to 1 full day off school every two weeks and if your attendance is 95% this is equivalent to half a day off school every two weeks?

Congratulations to 9CT, 8JB and 9KF for achieving the highest attendance last week.

Since September, the Department for Education has issued guidance for all schools in "Working Together to Improve Attendance". This guidance forms the basis of our updated Attendance Policy - which you can find on our website at the following link.

<https://stanleyhigh.co.uk/wp-content/uploads/2022/11/Attendance-Policy-September-2022.pdf>

Parking on School premises

Can we please request that parents do not enter the car park to collect students unless it is for a specific medical need or with authorised permission. This causes congestion for those car users who have a specified need, and this also creates a hazard for our students leaving the school.

Please also do not park in the disabled bays unless you have a disabled badge clearly displayed.

Parking in the school vicinity

Can I please remind parents/carers regarding parking on private car parks or over driveways in the vicinity of the school. We do appreciate that during drop off and pick up times it is very congested, however we do need to be mindful that the local community need access to their private property at all times and your consideration of this is appreciated.

Time out of school

Should you need to take your child out of school during the day for an appointment, can you please ensure they have a note in their planner explaining the reason why and at what time they need to sign out or alternatively a note with the above information on. Alternatively, you can email enquiries@stanleyhigh.co.uk with the details, so that this can be kept on record for the absence.

If your child is off sick, please be reminded you should contact school daily, to inform the attendance officer. This can be done by leaving a voicemail on the school telephone number choosing extension 1 or emailing enquiries@stanleyhigh.co.uk. Please be clear and concise with your message to ensure the correct information is picked up.



13th October 2023

Uniform

Please ensure that all students uniform is clearly named. If an item is lost or misplaced this helps with returning it to the correct student.

Coats and Uniform and equipment

Student's uniform has been brilliant so far and we would like all students to continue meeting these high uniform expectations. Full uniform is expected each day.

- All students should be in black leather or leather look shoes
- Blazers must be worn at all times unless given permission by a teacher in the classroom
- Skirts must be at a respectable length
- Ties must be tied long enough to show the school crest
- Coats can be worn and are advised as the weather gets colder; the wearing of a coat, over a blazer, is at the teacher's discretion in their classroom

We are incredibly proud of how our students look and want this to continue to be the case. Thank you.

Should a child not have a piece of uniform please put a note in their planners. Please let us know if you are having difficulty with uniform.

Homework Club

Our school homework club is open to all years and is held in the library every day after school from 3pm - 4pm. Students will have access to laptops should they wish to use them and there will be support from learning support staff during this time. We welcome all students to attend whether it be to complete homework, to revise for assessments, or take the opportunity to access our library for the simple pleasure of reading.

We understand homework can be tricky for some students to navigate so please know that we are here to support where needed.

Extra-Curricular Clubs Maths

PUZZLE CLUB
Open to all
FRIDAY LUNCH
12.20pm – 1pm
Room 2

Chess Club

Chess Club
Monday Lunchtimes
Room 31

Fancy improving your logic?

- It can raise your IQ. Chess has always had an image problem, being seen as a game for loners and people with already high IQs.
- It helps general education.
- It exercises both sides of the brain.
- It increases your creativity.
- It improves your memory.

Drama

RISING STARS

Are you in Year 7 - 9 and have a flair for the dramatic?
Do you want to build your confidence and make new friends?
Do you have an eye for direction and want to devise your own performances?

If you have answered 'yes' to any of these questions, then 'Rising Stars' is the Drama club for you!
Sign up today! (Places are limited)

WEDNESDAY FROM 12.30 - 1PM IN RM 14



13th October 2023

Technology



Warhammer Club – Mrs Lyon

Warhammer club continues this week and we have some new members!

We are still building this week. And hopefully fingers crossed we are able to prime the models ready for painting next week! Exciting times ahead.



Online Safety – Mrs Fraser-Orr

Please visit the National Safety Online Facebook page at the link below to see their latest important information. You will also see any historical information that we have shared with you.

<https://www.facebook.com/NationalOnlineSafety>

Please see the latest online safety information below.



13th October 2023

Literacy ePlatform – Mrs Kelly

Our students have started to enjoy the benefits of our new library platform ePlatform.



Students can log in using their normal school login: [Stanley High School - Stanley High School \(eplatform.co\)](https://stanleyhighschool.eplatform.co)
If you have any questions, please do not hesitate to get in touch.

Online Information and Apps

If you have changed your email address or any other contact details, please let the office know by emailing. You can also follow us on Facebook <https://www.facebook.com/stanleyhighsouthport/> to keep up to date with events and activities in school.

School Term Dates

Please follow the link to see all available term dates. <https://stanleyhigh.co.uk/term-dates/>

The Sefton Directory

You will find useful information regarding Adults, Families and Special Educational Needs and Disabilities on The Sefton Directory pages. Please use the links below:

<https://www.seftondirectory.com/kb5/sefton/directory/home.page>

<https://www.seftondirectory.com/kb5/sefton/directory/localoffer.page?localofferchannel=0>

<https://www.seftondirectory.com/kb5/sefton/directory/localoffer.page?localofferchannel=3>

Advice, help and support available

You may wish to get in touch with Sefton's Special Educational Needs and Disability Information, Advice and Support Service, SENDIASS (Tel. 0151 934 3334) or by email seftonsendiass@sefton.gov.uk

SENDIASS is a free, confidential, and impartial service for parents and carers, children, and young people (up to 25 years), who help parents and carers make informed decisions about their children's special educational needs and to support children and young people to have their voices heard and to talk over their options for next steps and future transitions. They can advise and support parents and young people up to and including mediation and tribunal.

<https://www.seftondirectory.com/kb5/sefton/directory/advice.page?id=x8sKvkxyZyo>

Sefton Emotional Health Partnership

Please follow the link below to see some important links and contact details for emotional and mental health support providers.

<https://mailchi.mp/a1413fe6bcb9/december-2022-newsletter-sefton-emotional-health-partnership>



13th October 2023

All National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many apps which we believe trusted adults should be aware of. Please visit nationalonlinesafety.com for further guides, hints and tips for adults.

SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT

A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From climate change to the war in Ukraine and the conflict in Israel, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

- 1 FIND OUT WHAT YOUR CHILD KNOWS**

There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they've seen.
- 2 RIGHT TIME, RIGHT PLACE**

Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.
- 3 KEEP IT AGE APPROPRIATE**

With younger children, try and keep the conversation more general and avoid leading questions and complex details. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what's happening – but again, do stay aware of their emotional state.
- 4 EMPHASISE HOPE**

Upsetting content can make anyone feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.
- 5 MONITOR REACTIONS**

All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.
- 6 CONSIDER YOUR OWN EMOTIONS**

It's not only young people who find upsetting news difficult to process; adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.
- 7 SET LIMITS**

Managing screen-time and content can be difficult even in normal circumstances, but especially in unusual or stressful periods (at the start of the pandemic, for example); it's virtually impossible to keep children away from upsetting content completely, but it's important to try to limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screen-time limits.
- 8 TAKE THINGS SLOWLY**

Try not to overwhelm your child with information all at once; instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.
- 9 ENCOURAGE QUESTIONS**

Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate – you want to be their ultimate source of information, not their device.
- 10 FIND A BALANCE**

There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.
- 11 BUILD RESILIENCE**

News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.
- 12 IDENTIFY HELP**

It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are. It's essential that children understand that they're not alone, and that help is available if and when they need it.

Meet Our Expert

Coyley Jorgensen is the director of FaceUp South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying around the world. FaceUp helps give a voice to bystanders by encouraging them to speak up and get the help they not only want but need.

National Online Safety
#WakeUpWednesday

Sources: <https://www.nationalonlinesafety.com>, <https://www.mindat.com/blog/supporting-you-110-111-upsetting-content>, <https://www.learningmatters.co.uk/tell-your-children-about-conflict-and-war>

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 11.10.2023



13th October 2023

Online help and advice

If you have any worries or concerns regarding a child while school is closed please take a look at how you can report something that doesn't fit right with you [Worried about a child \(sefton.gov.uk\)](https://www.sefton.gov.uk/worried-about-a-child).

Kooth is an online mental well-being website. 0203 984 9337 www.kooth.com

Childline is a free, private, and confidential service that you can access online and on the phone. They can provide help and support for people up to their 19th birthday. 0800 1111 www.childline.org.uk

Samaritans is where you can access confidential emotional support at any time by calling 116 123 or emailing jo@samaritans.org www.samaritans.org

Shout is a 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. Text 85258. www.crisistextline.uk

Police If you or somebody else is in danger, or it feels like a situation might get dangerous and you need support right away, click here to find out how to contact the police. www.police.uk

NHS Choices Mental health services are free on the NHS.

To get urgent medical help, use the NHS 111 online service, or call 111 if you're unable to get help online. For life-threatening emergencies, call 999 for an ambulance. www.nhs.uk

Report abuse CEOP help children stay safe online. If anybody acts inappropriately towards you or another child or young person online (such as sexual chat or being asked to do something that makes you feel uncomfortable); you can report it here. www.ceop.police.uk/safety-centre

Bullybusters is an anti-bullying initiative for children and young people. 0800 169 6928 www.bullybusters.org.uk

Parenting 2000 provides therapy, clinical help, and rehabilitation services. 01704 380047 www.parenting2000.org.uk

The Universal Services Guide

Sefton have created a guide detailing information for children aged 0-25 and their families who want to find out about support services available to them. This includes information about health professionals for all ages, leisure services, inclusive activities, and lots more.

https://www.seftondirectory.com/kb5/sefton/directory/advice.page?id=GK_tnRp_Tc

If you are worried about a child, please contact the Police in an emergency or to make a referral to Children's Social Care please follow this link <https://tinyurl.com/yywyg3or>

For non-emergencies, call [111](tel:111) or the MASH Team on [0151 934 4013](tel:01519344013).

SEND Support

Please follow the link below to see what support is on offer to families in the community of children who may have additional needs or struggles. There are sessions on sleep management, sensory workshops, eating etc. so help is available in so many ways.

<https://www.addvancedsolutions.co.uk/news/newsletters>



13th October 2023

Online help and advice

Childhood Bereavement Network

A website of resources to support children and young people who have suffered bereavement.

www.childhoodbereavementnetwork.org.uk
www.childhoodbereavementnetwork.org.uk/training.aspx

Young Minds

Young Minds is a general mental health website, with a section on supporting children through grief and loss.

www.youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-grief-and-loss/

Winstons Wish

A website offering support for a child or young person around bereavement.

www.winstonswish.org

Hope Again

Resources for Children and Young People who suffered bereavement.

www.hopeagain.org.uk

Losing a child is the most traumatic experience anyone will face. There are specialist support services available for families that can be accessed directly by the family. Here is a list of resources available to help families in this difficult time.

Sands

A charity that supports families who have suffered a still born or miscarriage of a child.

www.sands.org.uk/

The Good Grief Trust

A website that offers general advice about bereavement including the loss of a child.

www.thegoodgrieftrust.org/

The Compassionate Friends

A website that offers support for families who have lost a child.

www.tcf.org.uk/

NHS Chathealth

If you are a parent of an 11–19-year-old, the NHS have launched a Chat Health text message service on 07312 263291. This service is confidential and anonymous.

E-safety

<https://www.familyeducation.com/mobile-apps/a-complete-guide-to-potentially-dangerous-apps-all-parents-should-be-aware-of>

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

<https://swgfl.org.uk/resources/online-safety-guidance-for-parents/>