



Happy Friday Stanley Families

Please see below information, advice and guidance for you and your children. Thank you for taking the time to read this newsletter.

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

I hope you all have a lovely weekend.

Mrs J Shawe
Headteacher

Spring break revision

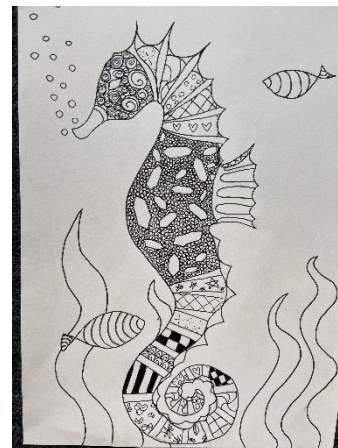
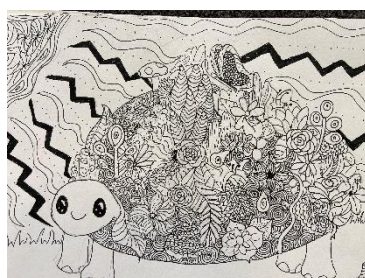
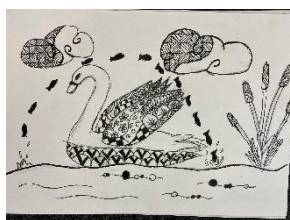
Monday	Tuesday	Wednesday	Thursday	Friday
Easter Monday	2 nd	3 rd	4 th German – JN – R34 9am-10.10am Higher 11am – 12.30pm Foundation	5 th English – GN – R16 9.30am – 12.30pm
8 th PE – PV 9am – 3pm Vocational	9 th	10 th	11 th Dance – LC – Gym 9am – 3pm	12 th Creative Media – CL – R44 10am - 12noon Y11 12noon – 3pm Y10 Food – JSc – R44 10am – 2pm



Art – Mrs Ward

Year 7 have been very busy this term designing and drawing an image for this year's Stanley High School colouring book based on the theme Animals and Creatures of the Earth.

Here are a few favourites.



The colouring book will be on sale in the summer term raising money for charity. Well done year 7.

Drama – Ms Gregson-Burt

On Monday 18th March, 30 pupils from year 7, 8, 9 and 10 visited Southport Rest Home to celebrate their resident Mabel's 100th Birthday. Pupils sang Mabel's favourite songs, performed dances and devised their own drama pieces based on events in Mabel's life. Mabel was thrilled with the performance and said it 'made her birthday extra special.' The staff and residents also commented on how beautifully behaved and friendly the children were and how they were an absolute credit to the school.



English

Literacy ePlatform

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.



PE – Mr Walsh

Netball News

Last Thursday, Year 7 and 8 students attended Formby High School to compete in the Southport and Formby Schools netball tournament. The girls were an absolute pleasure to take on the outing and showed such great determination and commitment throughout all games. A special mention to our Year 7A team who finished in second position out of all six schools involved. Well done girls – it was brilliant to see all your hard work at extra-curricular had paid off!!



This week, it was the turn of Year 9 and 10 students who played their tournaments at Range High School. Again, the girls worked extremely hard throughout all their games, and this showed as our Year 9s finished in second place and our Year 10s finished in third place out of the six schools involved. Well done girls, you should all be very proud of your efforts!

Girls Football - Miss Poole

This week, Year 9 and 10 girls competed in the Southport and Formby Schools football tournament at Greenbank High School. It was brilliant to see how many girls were involved in the event and the standard of play was high throughout. The girls showed incredible effort in their games, finishing second place in the competition which highlighted their strong performances. Well done girls!

Later in the week, it was the turn of our Year 7 and 8 girls. Despite the poor weather, the girls showed complete enthusiasm throughout the tournament and secured some great results from their games. They worked well in their teams, supporting each other on and off the pitch. The girls have been so committed in their attendance towards extra-curricular football this year and all their hard work was demonstrated throughout the tournament. Well done girls!

Boys Football

This week has seen a number of cup matches being played and our teams progressed to the quarter final in four out of the five-year groups in the Sefton cup. Despite some brilliant performances, Year 7 were beaten by a very strong Maghull High and Year 9 eventually lost out to Holy Family in a very exciting and competitive game. After the exit of the Year 10s to Sacred heart last week on penalties, it is now down to Year 11 who have a home fixture against Range coming up. Well done to all the boys who have taken part in football either representing the school or attending extra-curricular!

Cross Country

It was brilliant to see so many of our students sign up for the cross-country event held at our school last Wednesday. We welcomed a number of schools from across Sefton who were competing in the event and it was a huge success! We had some individual and team success throughout and this was shown through the great attitude of our students. It was lovely to see a number of our sport leaders help organise the event and



as always, were great ambassadors for our school. The next big cross-country event will be in May when we welcome up to 1500 primary school runners across Sefton.

Easter Extra-curricular

After Easter, the PE Department will be introducing some new and exciting extra-curricular opportunities for our students. We will send out a timetable which will include some of our existing options, such as football, badminton and dance, but also will include athletics, cricket, and rounders. We look forward to seeing some new students attending these clubs, and the summer term will see plenty more sports leadership opportunities for competitions and curriculum days that Stanley will be hosting throughout the summer term.

Sports Leadership

On behalf of the PE Department and Mrs Hulse, we would like to thank our incredible students who have taken part in sports leadership opportunities at Stanley. We are very lucky as a school that so many of our students volunteer their time, show patience and enthusiasm when working with their peers, feeder schools and wider community. Next term will see more leadership opportunities with sports such as cricket, footgolf, softball, boccia and cross country. If you are interested in being involved in one of these opportunities please go to the PE Department or Mrs Hulse who will be eager to support.

School Term Dates

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

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 10 Thursday 2nd May 2024

Upcoming Dates and Events

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

March

27 th	DoE Practice Walk
28 th	End of Term 12noon
29 th	Good Friday

Attendance

We have a target of 95% attendance and work hard every day to beat this. The whole school attendance for week ending 15th March 2024 was 88.9%.

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 8JB, 7CP and 9MR 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>



Extra-Curricular Clubs

<https://stanleyhigh.co.uk/extra-curricular-activities/>

Science



Maths

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

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

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 businessmen and people with already high IQs.
- It helps prevent Alzheimer's.
- It exercises both sides of the brain.
- It increases your creativity.
- It improves your memory.

Technology

GCSE Food and Nutrition Aim Higher Session with Mrs Lyon
Tuesday Week B
3pm

Mr Scone's KS3 Cooking Club
Tuesday Week A
Sept- Oct
half term
22 places

Tech Tuesday **3-4pm**
TUESDAY WEEK A
STARTING W/C 4TH OCT
Miss Green R46
Mrs Lyon R44
Coursework Catch-up

Tech Tuesday **3-4pm**
TUESDAY WEEK B
STARTING 27TH SEPT
MISS GREEN R46
SIGN UP FROM 14TH SEPTEMBER
22 PLACES

War Hammer Club
Thursday Lunch
KS3 Welcome
R45
Mrs Lyon



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.

Together Trust Sleep Support

Please see below information regarding a sleep support session being held in Knowsley. Whilst we acknowledge this is some distance away from Southport, they have recommended the sessions due to the fantastic success of previous participants. Please contact the SENDCO department should you want further information. There is no cost to these sessions and if you are interested, please email the email below.

admintss@togethertrust.org.uk.

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>

NSPCC

How much does your child know about staying safe online?

Test their knowledge and start a discussion with our online safety quiz! 🙌

<https://bit.ly/3ZUdW28>



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.

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>

**10 Top Tips for Parents and Educators
ENCOURAGING OPEN CONVERSATIONS AT HOME**

With tricky topics and occasional clashes of opinion, it can be challenging to maintain an environment where children feel able to talk candidly and honestly. However, encouraging such conversations helps to develop trust – making it easier to unpack even sensitive subjects as children get older. Here are our top tips for promoting open conversations at home.

- 1 CREATE A SAFE SPACE**
Criticism, blaming or shaming can all prevent children from feeling emotionally safe – while showing affection, positive attention and an interest in what a child has to say builds their sense of security. These formative years are when children's opinions and values begin to take shape, so it's important to provide a non-judgmental environment in which to discuss them – especially if their opinions differ from your own.
- 2 CONSIDER OTHER OUTLETS**
Some children may find it easier to talk while they're participating in another activity such as drawing, writing, walking or sport. If it's possible, taking part in these activities together presents you with an opportunity to communicate while doing something side by side. A child may feel less pressure that way and can be more inclined to open up of their own accord.
- 3 NORMALISE CHATS ABOUT FEELINGS**
Incorporate mental health and emotional wellbeing into everyday conversations, using age-appropriate language and examples to help children understand their emotions. Ask questions like "How are you feeling today?", "What was the best and worst part of your day?", "If you could start today again, what would you do differently?" and "Is there anything you want to talk about?"
- 4 LISTEN ACTIVELY**
When children express themselves, make it obvious that you're listening closely and giving them your full attention. Maintain eye contact and validate their feelings without immediately trying to solve the problem. It's not helpful to dismiss their issues as childish or "teenage angst" – or to assume that they'll simply "get over" whatever they're feeling. Children don't have your life experience; their resilience is still developing as they learn to push through difficulties and handle problems.
- 5 ASK OPEN QUESTIONS**
Encourage children to share their thoughts by asking open questions about their feelings and experiences. Closed questions (such as "Did you enjoy school today?") are more likely to elicit a simple "yes" or "no" response. Instead, you could ask things like "Who did you spend time with at break?" or "Who did you sit with at lunchtime?"
- 6 RESPECT THEIR BOUNDARIES**
If a child isn't ready to talk to about something yet, respect their boundaries; this reinforces that their feelings are important and worthy of consideration. Ideally, you're aiming to let them know you care without smothering them, so just make it clear that you're there for them whenever they're ready to chat. Gentle, regular check-ins can sometimes be the best form of progress.
- 7 LEAD BY EXAMPLE**
Model open, honest and healthy communication in front of children and young people. Try to demonstrate kindness when talking about others and yourself, because if children hear adults being overly harsh, critical or judgemental, or see them having unrealistic expectations of themselves, it makes them more likely to adopt and repeat this behaviour themselves as they grow.
- 8 HAVE REGULAR CHECK-INS**
Check in with children periodically to discuss how they're feeling and what's going on in their lives. This could be a weekly or monthly conversation, where the child has an opportunity to share whatever's on their mind. For parents and carers, getting away from the house and other distractions might be productive here: you could consider regular trips to a coffee shop or a cafe, or just a weekly walk.
- 9 PROVIDE RESOURCES**
It's often beneficial to let children know about other support that's available to them if they're struggling to talk to you specifically. Encourage them to talk to school counsellors, trusted adults or even a therapist, if necessary – while normalising this route and dispelling the harmful stigma around asking for help. Older children could engage with resources such as *Kaath* or *YoungMinds*.
- 10 CELEBRATE EMOTIONAL EXPRESSION**
It's beneficial to praise children for expressing their feelings honestly – emphasising how important it is to talk about their emotions and how proud you are of them for doing so. This can be especially pivotal for boys, who often experience more of a stigma around talking frankly about their feelings and their mental health – a barrier that can be overcome, with enough love and support.

Meet Our Expert
With 30 years' experience as a teacher, trainer, consultant and interim executive board member, Anna Bateman has a superb understanding of what works in pedagogy, school improvement and leadership. She has also advised the Department for Education on their mental health green paper.

#WakeUpWednesday The National College

@wake_up_weds | www.thenationalcollege | @wake.up.wednesday | @wake.up.weds

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SPEAKERS
for schools



Join us to sound out their options!



DISCOVER!
creative careers

18th April 2024
6.30 to 7.30pm

Our 1-hour virtual
open evening for
parents & carers...

**CLICK HERE >> TO
BOOK YOUR PLACE**

Did you know that the British creative industries are booming? We can help your child to find creative career opportunities and feel inspired to go after them!

Together with Discover! Creative Careers Week 2024, 18th – 22nd November, we will be delivering a week of FREE virtual sessions to state schools and colleges – including face-to-face opportunities in some regions – to showcase careers in creative tech, film, animation, design, music, fashion, publishing, architecture, crafts, heritage, museums, galleries and more!

Young people will be able to access 3-5-hour insight days and longer work experience placements, 1-hour industry spotlight career talks and inspirational talks with speakers – all advertised on the Speakers for Schools website.

Join us to find out more...

The Discover! Creative Careers
2023 – 2025 programme is funded
by the Department for Culture,
Media and Sport with additional
support from Arts Council England



HM Government



Supported using public funding by

**ARTS COUNCIL
ENGLAND**



SUMMER



In Sefton

IN SEFTON

Old Christ Church
Waterloo Road
Waterloo
L22 1RE

MAY 17

15:00pm - 20:00pm

Any queries please email:
events@seftonpcf.org





**TOGETHER
TRUST**
charity



Knowsley Council

Sleep Support for parents and carers

Knowsley parents and carers are invited to join the Together Trust for a free session on sleep followed by time to chat with a Specialist Sleep Practitioner

The session will take place on the following dates and times and is relevant for children aged 2-18 years:

Wednesday 07 February	Community Room Tesco Prescott 12-2pm
Wednesday 28 February	Community Room Tesco Prescott 11-1pm
Wednesday 13 March	Community Room Tesco Prescott 11-1pm
Wednesday 27 March	Community Room Tesco Prescott 11-1pm

Session content

The session will include a presentation from a qualified Sleep Practitioner with tips and strategies followed by a Q&A session.

This initiative has been supported by Knowsley Council's Youth Community Fund and Short Breaks Small Grants Programme

[togethertrust.org.uk](https://www.togethertrust.org.uk)

Registered charity number 209782

There is no charge but due to restriction on numbers, if you would like to attend, please email:
admintss@togethertrust.org.uk

Presented by
**The Together Trust's
Specialist Sleep Practitioners**



Set Up Safe Checklist

internet matters.org

Set your child up for online safety with these simple tasks

Manage broadband & mobile networks



At home, access your broadband network and set applicable controls.



On the go, set up controls on the relevant mobile network.

See step-by-step guides to help

Prepare their device



Explore the device controls and settings to set limits on inappropriate content, screen time, spending and more.



Download and install the apps and games you're okay with your child using.



Set up controls in these apps and games to help keep your child safe while they play, browse or chat.



Install or set up additional parental control apps for further protection.

Explore step-by-step guides for social media and video gaming

Talk & learn regularly

Together, learn about online safety issues that might impact your child.

Together, explore privacy and safety settings on their favourite platforms.

Ask them to teach you about their favourite online platforms to create an open environment for conversation.

Keep these conversations going for continuous support.



Visit internetmatters.org for more advice

[InternetMatters](https://www.facebook.com/InternetMatters)
 [@im_org](https://twitter.com/im_org)

[@InternetMatters](https://www.youtube.com/InternetMatters)
 [Internet Matters Ltd](https://www.linkedin.com/company/Internet-Matters-Ltd)

[@internetmattersorg](https://www.instagram.com/internetmattersorg)
 [@InternetMatters_org](https://www.pinterest.com/InternetMatters_org)



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).

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](https://www.111.nhs.uk) or the MASH Team on [0151 934 4013](https://www.01519344013.com).

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>



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/>