

Head's Up!

Issue#22

28 February 2025

Stafford Manor
High School

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Dear Parents and Friends of Stafford Manor,

Parent Voice! Your views are really important

Please would you take the time to complete our annual parent voice survey. Your views are really important and are used to help us to reflect on how we are doing as a school and how we can continue to improve. The link for parent voice can be found here: [Parent Voice 2025](#)

March begins tomorrow, and we are beginning to see the sunshine coming back into our lives. The improving weather always makes me to think about the fact that 'the best is yet to come' for us in terms of the weather and perhaps due to this improving picture, our own lives and the lives of our students and their families too.

Mindful March

It is mindful March! So please find attached the Action for Happiness 'Mindful March' challenge to give you some suggested daily activities to get you reflecting and focussing on things you can do to develop your own mindfulness, happiness and well-being. You can find the link here, or attached with this weeks Head's Up. <https://actionforhappiness.org/sites/default/files/Mar%202025.jpg>

Our students have returned from half term exceptionally well. Year 11 are focussing on their second set of mock exams and have really increased their efforts and their attitude towards their exams has been superb. Well done Year 11 and keep going!

Year 11 exams finish next Wednesday and then students will return to normal lessons.

Please see the Year 11 Mock Exam timetable on page 3!

Spring Term 2 Curriculum and core knowledge

A reminder please that the details of our school curriculum can be found here: [Stafford Manor High School Curriculum](#) A further link to the core knowledge your children need to know, off by heart can be found here please [Curriculum Core Knowledge](#)

Year 9 Immunisations—6 March 2025

Information has been sent home to parents this week about the immunisations that are taking place on 6 March. If you haven't already done so please complete the online consent by Thursday 4 March at 10.00 am by following the link. Please complete the online consent form (please only submit 1 form for each child) using the following link: <https://forms.mpft.nhs.uk/?session=5833&code=AD124467-25>

London Trip—27 to 28 March 2025

A place has become available on the London Trip. The total cost of this trip, which includes going to the Theatre to see Matilda, is £170.00. Due to rooming the available place is only open to any girls who may be interested. Please contact Mrs Mandley if you would like more information.

Best wishes, as always

Rhys Adams
Headteacher

Mental Health Support Team Newsletter

Please take a few moments to read through the latest edition of the mental health support team newsletter—Spring Edition. You will find lots of useful activities for your child to complete, alongside great information for parents.



Mindful March 2025

SATURDAY

1 Set an intention to live with awareness and kindness

8 Eat mindfully. Appreciate the taste, texture and smell of your food

15 Stop. Breathe. Notice. Repeat regularly

22 Notice something that is going well, even if today feels difficult

29 Choose a different route today and see what you notice

SUNDAY

2 Notice three things you find beautiful in the outside world

9 Take a full breath in and out before you reply to others

16 Get really absorbed with an interesting or creative activity

23 Tune into your feelings, without judging or trying to change them

30 Mentally scan your body and notice what it is feeling

MONDAY

3 Start today by appreciating your body and that you're alive

10 Get outside and notice how the weather feels on your face

17 Look around and spot three things you find unusual or pleasant

24 Appreciate your hands and all the things they enable you to do

31 Discover the joy in the simple things of life

TUESDAY

4 Notice how you speak to yourself and choose to use kind words

11 Stay fully present while drinking your cup of tea or coffee

18 Have a 'no plans' day and notice how that feels

25 Focus your attention on the good things you take for granted

WEDNESDAY

5 Bring to mind people you care about and send love to them

12 Listen deeply to someone and really hear what they are saying

19 Cultivate a feeling of loving-kindness towards others today

26 Choose to spend less time looking at screens today

THURSDAY

6 If you find yourself rushing, make an effort to slow down

13 Pause to watch the sky or clouds for a few minutes today

20 Focus on what makes you and others happy today

27 Appreciate nature around you, wherever you are

FRIDAY

7 Take three calm breaths at regular intervals during your day

14 Find ways to enjoy any chores or tasks that you do

21 Listen to a piece of music without doing anything else

28 Notice when you're tired and take a break as soon as possible



ACTION FOR HAPPINESS

Happier · Kinder · Together

3 rd – 7 th Mar	Session 1: P1-2		Session 2: P3-4		Session 3: P5	
	Exam:	Additional	Exam:	Additional	Exam:	Additional
Mon 3 rd Mar	ICT	09:45 – 11:15			History 3	14:15-15:15
Tues 4 th Mar	Maths	09:45-11:15			Media	13:45-15:15 Audio
Wed 5 th Mar	Physics 09:15 – 10:25	Sep Physics 09:15 – 11:00				

French Speaking will be ongoing from the 4th March.

OUR Values and Behaviour Expectations

Ready	Respectful	Responsible	Resilient
Attending every day	Using good manners	Being accountable	Staying on task
Being on time	Listening to my teacher	Knowing my role	Not giving up
Wearing full uniform	Respecting myself	Meeting deadlines	Avoiding distractions
Bringing my equipment	Showing others respect	Not blaming others	Coping with setbacks
Completing homework	Allowing others to learn	Managing my behaviour	Being comfortable to FAIL
Lining up quietly	Being calm	Doing my best work	Overcoming difficulties

School Vision and Values



'Every child reaching their full potential'



Community

- Safe and welcoming
- Proud of our school
- Inclusive and Equitable
- Focussed on People
- Celebrate Success



Aspiration

- High Expectations
- Ambitious for all
- Take the initiative
- Pursue Excellence
- Positive Destinations



Respect

- Excellent Behaviour
- Manners and honesty
- Listen and appreciate
- Show up every day on time
- Be kind, be learning



Endeavour

- Be determined
- Be resilient and bounce back
- Challenge yourself and others
- Work hard and don't give up
- The Struggle helps us develop



Class Charts – Behaviour and Achievement system.

A reminder to track your child's progress on achievement and behaviour, if you need any help please contact the main school office. Together students have received over 111,000 achievement points!

Overview on Achievement Points 2024-25

01/08/2024 - 28/02/2025

Name ↓	Positive
Year 7	29506
Year 8	25351
Year 9	21433
Year 10	18055
Year 11	15688

Rewards Criteria 2024-25

Information regarding the rewards trip for easter will be shared next week for those students in the GOLD band for attendance and achievement.

	Bronze	Silver	Gold
Attendance	Less than 92%	92 % - 94% attendance	95% attendance or above
Behaviour	Behaviour points of 61 or more	No more than 60 behaviour points	No more than 10 Behaviour Points

Punctuality:

We have had a few students arrive late to school this week, please be reminded that any student who does not attend their tutor line up by 8.45am will be late. We encourage all students to be on the main playground by 8.40am.

Behaviour system and consequences:

Detention time	Reason	Location
30 Minutes	Lates Uniform Class Detention (not removed from lesson)	School hall RESET time at (1.30-2pm)
60 minutes	HOF referral Failed 30 minutes detention	The Bridge after school (3.15pm until 4.15pm)
90 Minutes	Failed 60 minute detention Refusal to hand in phone/ headphones. Failed HOF	School hall after school (3.15pm – 4.45pm)

Uniform

We expect all students to wear FULL uniform in school, please can you check and support your child in ensuring they meet this expectation. Any student who does not have correct uniform will be sanctioned according to our behaviour and uniform policy.

SMHS Uniform List

- Black Stafford Manor High School Blazer
- White shirt
- School Tie (Can be purchased from the school office)
- Black school shoes or black trainers
- School trousers (NO leggings), **skirts knee length.**

Facial piercing, please can you ensure your child if they have a nose stud or any other piercings are clear. If piercings are not clear they will need to be covered throughout the day or removed.

GCSE PE Students: Practical Moderation (EXAM) is on Tuesday 8th April, further details will be given out over the next few weeks, but please ensure this is in your diary ☐

Year 7 Football Success and Match Report

Year 7 boys recently took place in a football match at Walton Priory. SMHS won the first round 2–4 against Walton Priory and Matayo G scored three goals and Logan B scored a penalty. SMHS are now through to the quarter final versus King Edward VI High School.

When the match started, we had a high press. The ball was in our half a lot and this led to a goal from quite far out making it difficult to save. However, we did not get upset and stayed resilient and kept our heads up resulting in a goal for us. We then managed to score two more goals by half time.

When the second half started, we came on with a lot of confidence. A penalty was given to them, which they missed, then we got a penalty which we scored making it 4–1. After this we got a lot more defensive and in the last minute they were awarded a corner. They played it short and before we had time to think, they eventually scored from a really tight angle making it 4-2, and then in the last minute they were awarded another corner, which didn't impact because we had nearly every player in the box. The final whistle blew and we won 4–2!

Report written by Herbie Clements, 7KM

Higher Horizons—Careers lessons



The Year 9 students have participated in three sessions with Higher Horizons this week. They are part of the University of Staffordshire. The sessions focused on GCSE options, Post 16 options and University Study.

Students have found the sessions informative and really made them think about their next steps.



Fundraising



Turn your shopping into everyday magic for SMHS with easy fundraising www.easyfundraising.org.uk

If you shop online at any of the major retailers, including Amazon, Iceland, Asda, Tesco to mention just a few, you can now help SMHS to raise money.

All you need to do is scan the QR code and create an account. You can also download the app to use as well.



Help us make a difference when you shop.

Visit www.easyfundraising.org.uk



Big Apprenticeship Expo

Miss Mee accompanied a number of students to 'The Big Apprenticeship Expo' at The Beaconside Group in Stafford, just prior to half term. The visit provided students with the opportunity to meet and connect with a wide range of apprenticeship providers. Here are a selection of photographs provided by The Beaconside Group



SMHS Community Support Hub And SMHS Food Hub

Open to all – please come along

Wednesday : 2.00 p.m. – 4.00 p.m.

Friday : 11.00 a.m. – 1.00 p.m.