

# Head's Up!

## Issue#3

Stafford Manor  
High School

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Dear Parents and Friends of Stafford Manor,

Thank you for taking the time to read about the fabulous range of activities and opportunities that have been provided for our students recently at Stafford Manor High School.

Congratulations to the students listed below who have been given Headteacher's Awards and rewarded for being in the top 5 achievers across each year group again last week.

I am so proud of the work that Year 7 have recently completed in their SEL curriculum on friendship, consent and respecting boundaries. These topics are really important for all students to ensure we create a positive respectful school community.

We felt really honoured that two of our students got to meet the Duke and Duchess of Edinburgh recently at the Rising Brook Community Church. Congratulations to Ben Mountford and Stephanie Manning for taking part in this amazing, once in a lifetime opportunity.

As you'd imagine, we have had lots of celebrations and prizes issued this week in the lead up to Easter, including an Easter egg hunt, a 4Rs competition involving all students being given raffle tickets for doing good things in lessons and during break and lunch times. We had prize draws for Easter eggs which were also distributed to those students who were drawn out of a hat. Well done to the lucky winners.

World Book Day celebrations were a real success this year again and we hope your children have enjoyed being able to dress up and celebrate great books and stories in a variety of ways this term. Thanks to Mrs Gurmin for coordinating these celebrations.

Well done to Health and Social Care students who have been working hard again this term. Thanks also to Mrs McCracken for organising a taster day for ICT students to Stafford College.

A massive thank you to Mr Mainwaring and Hifsa Haroon—Iqbal for supporting and delivering our first understanding Islam workshops on Wednesday 20 March. Students had a wonderful time and learnt lots

If your child is taking part in our first ever trip to France, then you should now have additional information from Mrs Sawyer regarding equipment, medical requirements and other relevant information that you will need to sign and return please asap.

Have a great Easter break, and I look forward to seeing your children after Easter. Gates will open from 8.30am on Tuesday 9th March.

Rhys Adams—Headteacher

### Headteacher's Award for this week

| Year 7                 | Year 8            | Year 9         | Year 10          | Year 11                     |
|------------------------|-------------------|----------------|------------------|-----------------------------|
| Daniel Patrick         | Maxley Penlington | Kayla Lewis    | Isobel Sargeant  | Jessica Manning             |
| Isaac Jones            | Alexander Anthony | Daniel Baines  | Lena Spiers      | Reuben Willson              |
| Faith White-Stones     | Tommy Calisi      | Darcie Brooks  | Vasil Kartilov   | Derricka Naa Adoley Cobbson |
| Arly Penlington-Stopka | Leighton Knox     | Isabel Masters | Morgan Armstrong | Jonathan Kisambu            |
| Harry Marsh            | Leila Webb        | Hollie O'Neill | Lily Sturgess    | Leah Turner                 |

## Social and Emotional Learning (SEL)

This half term the Year 7's have covered a topic in SEL called 'Friends, respect and relationships'. Exploring positive and negative friendships, consent and respecting boundaries. This week the students have focused on having a positive mind set and spreading positivity, they have had lots of fun creating 'positivity pebbles'



## Royal Visit to Stafford

Two of our students, Ben Mountford and Stephanie Manning, met the Duke and Duchess of Edinburgh in a visit to Rising Brook Community Church in Stafford. They saw first hand the positive impact the organisation is having on the local community and how they have benefited from community classes.

Their Royal Highnesses also helped members of the foodbank prepare food for distribution and joined virtual reality experience which supports young people to make informed decisions around gang and knife crime.



## English

Pupils in English are entering a Young Writers competition to be a published authors. The competition is called "Catastrophe". So far we have had deadly gasses escape from labs, pupils waking up as historical figures back in the 16th century, AI takeovers and lost mobile phones at crucial moments.



Winners get their work published in an anthology and there are prizes for the best.

### 4Rs Competition

Students have been collecting raffle tickets for following the 4R's over the past two weeks. All staff were given tickets to give out to students doing the right thing. We have given out hundreds of tickets.

There were Easter Eggs up for grabs. Here are some of the winners!



## Art and Textiles

Year 11 did their mock exam in textiles and art on Friday 8th March. The Creative Design team are very happy with their progress and the way in which they conducted themselves over the 5 hours. Well done to all.

### School Meals

Stafford Manor High School continue to try to support parents/careers with costs within school, however, we have received a letter from our catering contractor informing us that there will be a price increase to school meals. The catering contractor have tried to reduce the costs of food and distribution inflation, but they will have to increase the price they charge us for school meals from £2.83 to £2.95, an increase of 4%.

Unfortunately, we cannot continue to absorb the rising costs of food and this means that from 1 April 2024, the cost of the school meal will rise to £2.95.

It is important no more than ever that if your child qualifies for a free school meal, that you claim for this please.

If you believe you are entitled to free schools meals but have not registered please click on the [link](#) for more information.

## World Book Day

There was a non-school uniform day today (Friday 22 March) where students could choose to wear a costume from their favourite book or they could come in their own clothes.

The students have raised £240.37 which will be split between the school library and Comic Relief.



## Health and Social Care

Year 10 Health and Social Care students are coming to the end of their first assessment. This contributes to 30% of their final GCSE grade. Students have been working really hard and should be congratulated for their perseverance and motivation.

There will be on final push to get all work completed by Friday 12 April. Miss Mee will be running catch up sessions on Wednesday 10, Thursday 11 and Friday 12 April from 3.20 to 4.20 p.m. in J10 for any student who wishes to attend.

If your child is studying Health and Social Care, please encourage them to come to the catch up sessions to ensure they achieve the best grade possible.

## Stafford College Esports Taster Day

On Wednesday, Mrs McCracken took 14 IT students to Stafford College for a taster day in Esports. The students found out information about the course and took part in several sessions, including the psychology of Esports and shoutcasting. They also took part in a nail biting Rocketleague tournament against another school, with SMHS being the overall winners. The students had a fabulous day and it was a pleasure to share the day with them. It was also fantastic to see some ex-students and find out how they were getting on.



## Islamic Faith Workshop

Our students personal development continued this week, when they were given the opportunity to have an outside workshop on understanding Islam.

This has been great for our students to take part in this workshop and build on learning that students receive in Year 7 as part of their religious studies curriculum.



## Eco Friendly

As we move towards the warmer weather, we would like to take this opportunity to remind you to provide a re-usable water bottle for your child. We do now have facilities available in the canteen, where your child can re-fill their bottle at break and lunchtime.

We would like to encourage students to use re-fillable bottles to enable us to cut down on our single use of plastic.

Thank you, in advance, for your support with this.



# Meals from the Canteen

## MENU

**the CORE** WEEK ONE

VEGAN VEGETARIAN

**HOT & FILLING**

|                   | MONDAY                  | TUESDAY  | WEDNESDAY                                      | THURSDAY                                 | FRIDAY                  |
|-------------------|-------------------------|--|--|--|-------------------------|
| <b>MAINS</b>      | CHILLI CON CARNE + RICE | INDONESIAN CHICKEN CURRY + FRAGRANT PILAU RICE | ROAST OF THE DAY WITH ROASTIES + GRAUV         | SAUSAGE WITH MASH + GRAUV                | BREADED HADDOCK + CHIPS |
| <b>VEG OPTION</b> | MAC + CHEESE            | CHEESE + ONION QUICHE + POTATO SALAD           | ROASTED BUTTERNUT SQUASH WITH ROASTIES + GRAUV | THAI GREEN CHICKPEA CURRY + STEAMED RICE | CHIP BUTTY BURRITO      |
| <b>VEGGIES</b>    | VEG OF THE DAY          | VEG OF THE DAY                                 | VEG OF THE DAY                                 | VEG OF THE DAY                           | VEG OF THE DAY          |

## MENU

**the CORE** WEEK TWO

VEGAN VEGETARIAN

**HOT & FILLING**

|                   | MONDAY                               | TUESDAY                    | WEDNESDAY   | THURSDAY                           | FRIDAY                    |
|-------------------|--------------------------------------|----------------------------|---|------------------------------------|---------------------------|
| <b>MAINS</b>      | SMASHED BEEF SLIDER + PAPRIKA WEDGES | JERK CHICKEN + GOLDEN RICE | ROAST OF THE DAY WITH ROASTIES + GRAUV                | COTTAGE PIE WITH CHEESY TOPPING    | FISH FINGER BUTTY + FRIES |
| <b>VEG OPTION</b> | MAC + CHEESE                         | VEGGIE CHOW MEIN           | HOMEMADE VEGGIE + STUFFING ROLL WITH ROASTIES + GRAUV | PLANT-BASED MEXI-CHI-CHEN! BURRITO | VEGGIE POSH DOG + FRIES   |
| <b>VEGGIES</b>    | VEG OF THE DAY                       | VEG OF THE DAY             | VEG OF THE DAY  | VEG OF THE DAY                     | VEG OF THE DAY            |



**ALSO AVAILABLE**

- BREAK AWAY** **MEANING SNACKS**
- hot pod** **ON THE GO**
- THE PIZZA PROJECT** **PIZZA TIME!**
- PASTA BOX** **COMFORT FOOD**
- THE STREETS** **HAND HELD**

# Meals from the Canteen

## MENU

|  |            | the CORE  |                     |  |  |                               |
|--|------------|---|---------------------|--|--|-------------------------------|
|  |            | WEEK THREE                                      |                     |  |  |                               |
|  |            | VEGAN   |                     | VEGETARIAN                             |  |                               |
|  |            | HOT & FILLING                                   |                     |  |  |                               |
|  | MAINS      | MONDAY  | TUESDAY             | WEDNESDAY                              | THURSDAY                                   | FRIDAY                        |
|  |            | DEEP FILLED JACKET WITH BEEF BOLOGNESE + CHEESE | KATSU CHICKEN RAMEN | ROAST OF THE DAY WITH ROASTIES + GRAUV | SWEDISH MEATBALLS WITH MASH + CREAMY GRAUV | BREADED HADDOCK WITH CHIPS    |
|  | VEG OPTION | MAC + CHEESE                                    | VEGGIE COTTAGE PIE  | CAULI CHEESE CRUMBLE + ROASTIES        | BEANY CHILLI + STEAMED RICE                | VEGEBALL MARINARA SUB + FRIES |
|  | VEGGIES    | VEG OF THE DAY                                  | VEG OF THE DAY      | VEG OF THE DAY                         | VEG OF THE DAY                             | VEG OF THE DAY                |

## TARIFF

### BREAKFAST

|                        |       |
|------------------------|-------|
| Bacon Bap .....        | £2.23 |
| Sausage Bap.....       | £2.73 |
| Cereal .....           | £1.25 |
| Fresh Fruit Piece..... | £0.49 |
| Porridge .....         | £1.25 |
| Toast and Butter ..... | £0.41 |
| Crumpet.....           | £0.72 |
| Portion Butter .....   | £0.22 |

### THE CORE

|                     |       |
|---------------------|-------|
| Hot Main Meal ..... | £2.95 |
| Main Meal .....     | £2.56 |
| Sausage Roll.....   | £1.74 |
| Hot Desert .....    | £1.74 |
| Chips .....         | £1.80 |

### THE PIZZA PROJECT

|                       |       |
|-----------------------|-------|
| Margherita Pizza..... | £2.07 |
| Pepperoni Pizza ..... | £2.16 |

### THE HOT POD

|                          |       |
|--------------------------|-------|
| Panini (Vegetarian)..... | £2.45 |
| Panini Meat .....        | £2.81 |
| Hot Baguettes.....       | £2.81 |

### THE STREETS

|                                |       |
|--------------------------------|-------|
| Hot Burrito (Vegetarian) ..... | £2.62 |
| Hot Burrito (Meat) .....       | £2.89 |
| Posh Hot Dog .....             | £2.56 |

### PASTA BOX

|                             |       |
|-----------------------------|-------|
| Plain Pasta.....            | £1.92 |
| Pasta & Sauces.....         | £2.76 |
| Pasta & Sauce & Cheese..... | £3.08 |

### BREAKAWAY

|                                      |       |
|--------------------------------------|-------|
| Jacket Potato Plain .....            | £1.68 |
| Jacket Potato plus one filling ..... | £2.40 |
| Jacket Potato plus Two Filling ..... | £2.89 |

### DESSERTS

|                      |       |
|----------------------|-------|
| Fresh Fruit .....    | £0.49 |
| Tray bakes.....      | £1.14 |
| Muffins.....         | £1.14 |
| Fresh Fruit Pot..... | £1.14 |
| Flapjack .....       | £1.20 |
| Cookie.....          | £1.20 |

### DRINKS

|                         |       |
|-------------------------|-------|
| Radnor Carton .....     | £1.04 |
| Radnor Fizz.....        | £1.42 |
| Still Water 500mls..... | £0.90 |
| Viva Milkshake.....     | £0.90 |
| Capri Sun .....         | £1.04 |
| Fruit Juice.....        | £0.65 |

