



# Friday Post

Friday 14th October 2022

## Our School Value: Thankfulness

Dear families,

Another week has flown by at St Leonard's and we have loved it!

We began the week dressed in yellow - and the children looked fantastic! As we marked World Mental Health Day, Mrs Carrington talked to the children about the importance of looking after our own mental health. They were already full of ideas which was really encouraging.

This week we welcomed Alison from The YouthNet into school who led a fantastic creation themed workshop with Foxes. The children had a great morning and we are looking forward to welcoming Alison back into school next week when she will be working with Owls to deliver a harvest themed session.

In worship on Wednesday, we continued our focus on thankfulness and explored what the trinity is; God the Father, Jesus His son, and the Holy Spirit. We looked at what we can be thankful to each part of the trinity for. We thanked God for creation, Jesus for His teachings, and the Holy Spirit for being left as our helper here on earth.

We are looking forward to welcoming you into school for Parents' Evening next week and we hope you will be able to join us for our Harvest Festival on Friday. Our donations will be supporting the Rising Brook Community Church foodbank and we ask that children bring dried or tinned goods which they can carry to church with them. Additional donations can be taken straight to church by yourselves.

Have a wonderful weekend,  
Miss Phillips

**Three folds of the cloth  
yet only one napkin is  
there,  
Three joints in the finger,  
but still only one finger  
fair,  
Three leaves of the  
shamrock,  
yet no more than one  
shamrock to wear,  
Frost, snow-flakes and ice,  
all in water their origin  
share  
Three persons in God,  
to one God alone we make  
prayer**

Author unknown



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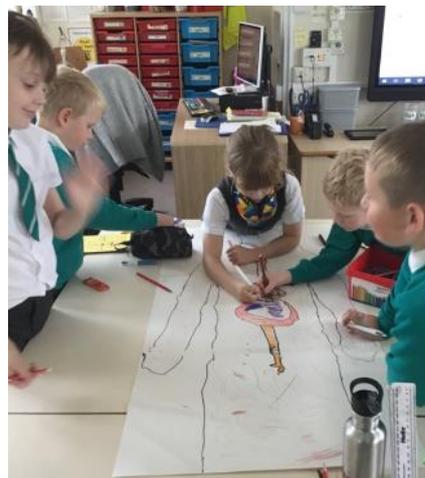
 **Staffordshire  
University**  
Academies  
Trust



Foxes were treated to a workshop all about Creation. They were able to take part in a carousel of activities that were linked to each day of the Creation Story.



In Science this week, we have been looking at the digestive system. We created our own models from what we have learnt.





We held our first meeting of the school year last week and have made some fantastic plans to raise money for the school!

Monday 7th November will be our first disco, so save the date!! Another date for your diary is Friday 2nd December please watch this space for further announcements!

### *Harvest Service*

*Friday 21st October 2022*

We warmly welcome you to join us for our Harvest Festival at St Leonard's church on Friday 21st October, church will be open from 9:00am and children will arrive approx. 9:30am. If children would like to bring donations of dried or tinned items that they or parents can carry to church, then donations will be taken afterwards to Rising Brook Community Church Foodbank.

We look forward to seeing everybody!



On Monday, we raised awareness for 'Hello Yellow Day'. We held an assembly to discuss how we can help others but most importantly help ourselves. We took time through our day to focus on our own mental health.

~HelloYellow



# stars of the week



Georgia

Jakey

Olivia

George

Thomas



Lunchtime Supervisor Award  
Myla & Harrison  
Well done!



## Weekly House Point Tally



Holly 144

Oak 115

Sycamore 110

Each week the team with the most tokens gains 3 leaves on their tree, 2nd gets 2 leaves and 3rd gets 1 leaf. At the end of the term the team with the most leaves will earn a reward.

# TIMES TABLES ROCK STARS



## Year 3

1st: Jenson  
2nd: Harrison  
3rd: Jakey

Last week we held a TT  
Rockstars competition

## Year 4

1st:Joel  
2nd:Ava  
3rd:Oliver





Children in Early Years have been learning about germs spreading and the importance of keeping our hands nice and clean and dry.

Volunteers from Year 3 & 4 attended a Cross Country event this week at Marshbrook First School. The children enjoyed the experience of competition and performed really well - we are all really proud of you!



# Lunchtime Menu ~ 17/10/2022



**WEEK 3  
MENU**

W/C: 26/09 17/10

**Chartwells**  
So much more than Fantastic Food

**SPRING/SUMMER 2022**

	HOT SPECIALS...	DAILY FAVES...	SIDES...	PACKED LUNCH...	JACKET POTATOES...	PICK A PUDI	
MONDAY	<b>Cheese and Tomato Pizza</b> 🌱 Cheesy tomato topped pizza slice	<b>Vegetarian Sausage with Mashed Potato and Gravy</b> 🌱 Veggie sausage and mash with rich gravy	<b>Tomato Pasta</b> 🌱 Fresh, homemade tomato and basil sauce with penne pasta	<b>Peas and Carrots</b>	<b>Packed Lunch</b> See below for details	<b>Jacket Potatoes</b> 🌱 A choice of hot and cold fillings	<b>Oaty Biscuit with Fresh Cut Fruit Slices</b> 🌱
TUESDAY	<b>Allegra's Chilli Con Chicken and Sweet Potato Bake</b> 🌱 Baked wedges of sweet potato, topped with tomato chicken & tortilla crunchies	<b>Macaroni Cheese</b> 🌱 Traditional Mac 'N' Cheese, delicious macaroni in a creamy cheese sauce	<b>Tomato Pasta</b> 🌱 Fresh, homemade tomato and basil sauce with penne pasta	<b>Sweetcorn and Broccoli</b>	<b>Packed Lunch</b> See below for details	<b>Jacket Potatoes</b> 🌱 A choice of hot and cold fillings	<b>Apple and Carrot Yoghurt Muffin</b> 🌱
WEDNESDAY	<b>Roast Pork with Roast Potatoes &amp; Gravy</b> Roast pork with fluffy roasties and tasty gravy	<b>Quorn Roast with Roast Potatoes and Gravy</b> 🌱 Delicious Quorn roast with fluffy roosties and tasty gravy	<b>Tomato Pasta</b> 🌱 Fresh, homemade tomato and basil sauce with penne pasta	<b>Carrots and Cabbage</b>	<b>Packed Lunch</b> See below for details	<b>Jacket Potatoes</b> 🌱 A choice of hot and cold fillings	<b>Strawberry Ice Cream with Fresh Cut Fruit Slices</b> 🌱
THURSDAY	<b>Beef Meatballs in Tomato Sauce with Pasta</b> 🌱 Delicious beef meatballs in a tasty tomato sauce with pasta	<b>Veggie Lasagne served with a Bread Wedge</b> 🌱 Delicious sheets of pasta layered with veggies and tomato sauce	<b>Tomato Pasta</b> 🌱 Fresh, homemade tomato and basil sauce with penne pasta	<b>Green Beans and Sweetcorn</b>	<b>Packed Lunch</b> See below for details	<b>Jacket Potatoes</b> 🌱 A choice of hot and cold fillings	<b>Chocolate Sponge Cake with Fresh Cut Fruit Slices</b> 🌱
FRIDAY	<b>Golden Fish Fingers and Chips</b> Crispy fish fingers with scrummy chips	<b>Veggie Soft Taco and Chips</b> 🌱 A soft taco shell filled with a yummy veggie tomato chilli	<b>Tomato Pasta</b> 🌱 Fresh, homemade tomato and basil sauce with penne pasta	<b>Baked Beans, Carrots and Peas</b>	<b>Packed Lunch</b> See below for details	<b>Jacket Potatoes</b> 🌱 A choice of hot and cold fillings	<b>Banana and Apricot Flapjack with Fresh Cut Fruit Slices</b> 🌱

**PACKED LUNCH - AVAILABLE DAILY**  
HAM AND CHEESE OR DAILY SPECIAL  
WITH VEG STICKS AND FRESH FRUIT OR  
BEAR YOYO OR DESSERT OF THE DAY

**AVAILABLE EVERY DAY**  
WATER, SALAD, FRESHLY BAKED BREAD,  
YOGHURT & FRESH FRUIT

🌱 Vegetarian 🐟 Oily fish 🌾 Wholegrain  
🍏 Fruity! 🍷 Nutritionist's Choice



*No nuts please*

Please note due to children in school with allergies please do not send any products containing nuts into school for break or lunch times. Thank you for your co-operation.

## Dinner Money

A reminder that dinners now cost £2:45 per day or  
£12.25 per week



Children in Nursery and Years 3 & 4 need to keep their ParentPay balances topped up.



**In art this week, Owls have been learning about sculpture. We looked at a range of sculptures by Andy Goldsworthy and then used clay to try to create similar shapes.**



Year 4 Parents are invited to an open morning  
at Penkridge Middle School



Penkridge Middle  
School

# OPEN MORNINGS

17TH-20TH OCTOBER

9.30AM-10.30AM / 11.30AM-12.30PM

SECURE YOUR PLACE [HERE](#)

CONTACT THE SCHOOL OFFICE FOR MORE DETAILS

TEL-01785 413400

EMAIL-[OFFICE@PENKRIDGE.STAFFS.SCH.UK](mailto:OFFICE@PENKRIDGE.STAFFS.SCH.UK)

# DATES TO REMEMBER

Tuesday 18th October	Parents Evening
Wednesday 19th October	Parents Evening
Friday 21st October 9.30am	Harvest service at Dunston church
Monday 24th October - Friday 28th October	Half Term
Monday 31st October	Inset Day - school closed to children
Thursday 3rd November	School Nurses - Flu Vaccinations
Monday 7th November	School Disco
Thursday 10th November	Reception & Year 1 Parent Phonics Workshop
Wednesday 14th December - morning	Whole School Nativity - <i>more info to follow</i>
Thursday 15th December - afternoon	Whole School Nativity - <i>more info to follow</i>
Monday 19th December - Monday 2nd January	Christmas holidays
Tuesday 3rd January 2023	Inset Day - school closed to children
Friday 17th February	Inset Day - school closed to children
Monday 20th February - Friday 24th February	Half Term
Monday 3rd April - Friday 14th April	Easter Holidays

This week during worship we are  
learning:

'Autumn Days'

<https://www.youtube.com/watch?v=ByLoE8c6yAk>

Please follow the link above to hear the music



# Phonics

ee ur ow  
wh y au

To parents of Reception and Year 1 children

You are invited to a Phonics and Early Reading workshop at school on Thursday 10th November at 3.15pm

This will be an extremely valuable opportunity for you to find out more about early reading, what we teach in phonics and the strategies we use to teach it. The information will help you to further support your child at home when reading together. You will also be able to find out more about the national phonics screening check which all Year 1 children take in June each year. If you would like to book your child a place in The Ark, at a cost of £3.80 to enable you to attend the meeting, please contact the school office.

We look forward to seeing you there.

Miss S. Laing



CFS  
COMMUNITY FOREST SERVICES



Woodland Wanderers

## WOODLAND WANDERERS - AUTUMN INTO WINTER

5 week course starting Thursday 3rd November. For parents and carers with children aged 5-11

Support your child's development in the core subjects and beyond, through fun, outdoor focused activities. Inspire their curiosity, spark their joy for learning, nurture a love of nature. To reserve your place or for more info contact Rebecca on 07525 120117 / [communityforestservices@gmail.com](mailto:communityforestservices@gmail.com).

Inspired by the Forest School ethos, this online course provides a variety of nature based activities to support children's development. Each week we provide an email pack with ideas to try at times to suit you. We cover maths, science and literacy, as well as the arts and practical skills to raise confidence and build resilience. Families are also introduced to activities to help their mental health and wellbeing. And there's lots of help along the way from two experienced tutors.

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COMMUNITY FOREST SERVICES

## Free 7 week online course starting Tuesday 1st November. For parents and carers with children aged 2-5 years.

Following on from the popularity of our BabyLovesNature courses, we have developed a course designed for the next stages of your little ones development. We provide ideas and inspiration for connecting to nature to support the development of your growing toddler.

Using the outdoors as inspiration we're offering multi sensory, engaging activities to try as a family at times to suit you.

Staffordshire residents can book on this course for free, to access weekly activity ideas straight to your inbox and online resources to support your learning. On completion of the 14 hour course you will receive a certificate and ideas to continue your nature adventures together!

For more information and to reserve your place contact Rebecca on 07525 120117 or [communityforestservices@gmail.com](mailto:communityforestservices@gmail.com)

## GROWING WITH NATURE

Do you have a child who is neurodiverse or has traits of neurodiversity?



## Parent & Carer Support Group

- AUTISM
- ADHD
- TICS
- TOURETTES
- FOETAL ALCOHOL SYNDROME
- DYSPRAXIA
- INTELLECTUAL DISABILITY



Join us at our brand new support group in Armitage every 3rd Friday of the month from 10am –12pm



For more information contact  
Tel: 01782 977877  
Or email:  
staffordshirewb@actionforchildren.org.uk

Staffordshire Emotional Wellbeing Service

# Wellbeing Day

October Half-Term

- ⇒ Practical tips and advice
- ⇒ Fun activities for all ages
- ⇒ Freebies
- ⇒ Safe environment
- ⇒ Free refreshments
- ⇒ Workshops for parents/carers

Feeling low?  
Worried & Anxious?  
Low Self Esteem?  
Feeling Angry?

Bring your children and young people along to learn about their big feelings and emotions in a fun & interactive way!!

See you there!!

5 years to 18 years  
Wednesday 26th October  
10am—3pm  
Brampton Park, Newcastle-under-Lyme, ST5 1JH

Children to be accompanied by parent or carer



Staffordshire SENDIASS is delighted to host this FREE online training session delivered by Midlands Partnership Foundation Trust  
For parents of children with SEND in Staffordshire

### Movement Wise Workshop for Parents & Carers

Aims-

- Help parents/carers understand movement difficulties
- Help parents/carers manage impact of movement difficulties at home / school
- Share ideas resources and sources of help
- Learn from each other
- Signpost to other useful sources of information

Originally designed as a face to face 1 day session the training has been condensed for online and participants will need to be able to access Microsoft Teams to join the session

The session will cover:

- General Approaches to support the teaching and learning of functional/everyday life skills
- Specific ideas and strategies for the teaching and learning of functional/everyday life skills like getting dressed, using cutlery, using the toilet, using school related tools like pencils and scissors

There are 2 sessions to choose from

Wednesday 12 <sup>th</sup> October 2022	6pm – 8pm
Wednesday 19 <sup>th</sup> October 2022	10.30am – 12.30pm

If you would like to attend, please email to request a booking form:

[sun@staffordshire.gov.uk](mailto:sun@staffordshire.gov.uk)

Places are strictly limited and will be allocated on first come first served basis.