



# Friday Post

Friday 16th December 2022

## Our School Value: Trust

*You, Lord, give true peace. You give peace to those who depend on you. You give peace to those who trust you. Isaiah 26:3*

Dear families,

Happy Christmas!

What a wonderful week we have had in school, celebrating Christmas time. We are so proud of the way the children performed during The Gigantic Star performances. Thank you to everyone who joined us, it really was a very special performance. Photos have now been shared on a Facebook page for you to enjoy with friends and family who couldn't make it.



Today we celebrated our school value of trust and awarded three Champions of Trust awards to pupils who have gone above and beyond in displaying our school's values, in particular the value of trust. Next half-term, we will be learning about the value of courage.

We also enjoyed our Christmas parties today and a visit from a very special guest! Thank you to our wonderful PTA for arranging the visit, providing prizes for the parties, and for the much needed warm drinks at our performances this week.

I would like to thank you all for your support and warm welcome over the last term, and wish you a very happy Christmas and a wonderful new year.

Miss Phillips



**Reminder**

We look forward to welcoming you back to school on Wednesday 4th January.

### A Christmas Blessing

May love come alive within your heart  
As Christmas time draws near.  
May hope fill each room you decorate  
And bring joy to those you hold dear.  
May peace be before you at every meal  
And faith ring through every song.  
For Christ is alive, the light of the world  
May he bless you all season long.

[www.lords-prayer-words.com](http://www.lords-prayer-words.com)

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 **Staffordshire  
University  
Academies  
Trust**



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HO

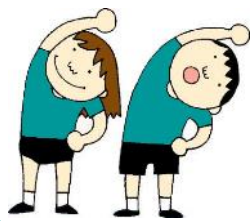






Please see the timetable below. On your child's day, please send them to school dressed in old clothing they do not mind getting dirty. Please also ensure they have wellies to change into if they are not kept at school. Layers and waterproofs are advised because of the winter weather.

10/01/2023	Foxes - Year 4
17/01/2023	Foxes - Year 3
24/01/2023	Owls - Year 2
31/01/2023	Owls - Year 1
07/02/2023	Hedgehogs - Reception
14/07/2023	Hedgehogs - Nursery



### *Owls - extra PE session*

After Christmas Class Owls will be having an extra PE session on Friday afternoon, please could you make sure your child has a kit in school on Thursday & Friday. Thank you



### *Swimming - Foxes*

After Christmas children in class Foxes will start swimming lessons on a Friday afternoon. They will travel by mini-bus to Wolgarston pool with Miss Phillips and Mr Waters. If your child needs to wear goggles please return the permission slip to the school office. Thank you

### *Reception 2023*

Do you have a child born between 1/09/2018 to 31/08/2019? If so you will be able to apply online for a place in our Reception class from Friday 1st November 2021 the closing date is 15th January 2023. Applications should be made directly at <https://www.staffordshire.gov.uk/Education/Admissions-primary/Apply/Overview.aspx>



**Please note that an application must be made for EVERY child regardless of whether or not they are already in our Nursery class.**

# Christmas Party



# Champion of Trust



Edward

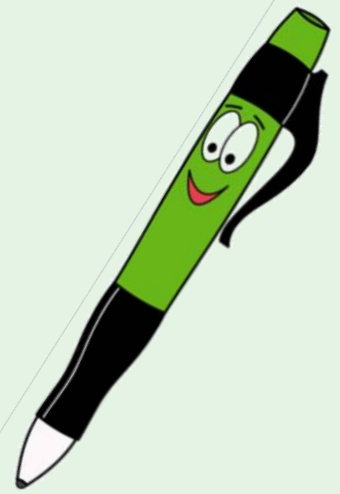
Darcie

Amber

# Lunchtime Award



# Pen Licence



**P T F A**

Christmas shopping

• means more than just gifts

Raise **FREE** donations for

**St Leonards School Dunston PTFA**

with  **easyfundraising**  
feel good shopping



You **Shop**. 6,100 sites will **Donate** to us. For **Free**



Find us on [easyfundraising.org.uk](http://easyfundraising.org.uk) or get the App



£ Over £35 million raised

★ Trustpilot ★★★★★

👤 Over 2 million users

# Nativity



# Nativity





Nursery made some wonderful pictures using natural materials they collected during forest school this week.



# Lunchtime Menu ~ 2/01/2023



WEEK 1 MENU		W/C: 31/10 21/11 12/12 02/01 23/01 13/02 06/03 27/03		Chartwells So much more than just a meal			
		HOT SPECIALS...	DAILY FAVES...	PACKED LUNCH...	JACKET POTATOES...	PICK A PUDDING	
AUTUMN/WINTER 2022	MONDAY	Macaroni Cheese Served with Two Vegetables	Vegetarian Sausage Served with Mashed Potato and Gravy	Tomato Pasta Fresh, homemade tomato and basil sauce with penne pasta	Packed Lunch See below for details	Jacket Potatoes with a choice of hot and cold fillings	Vanilla Ice Cream with Fruit Slices
	TUESDAY	Chicken Pie Served with Mashed Potato and Gravy	Cheese and Tomato Pizza Served with Potato Wedges	Tomato Pasta Fresh, homemade tomato and basil sauce with penne pasta	Packed Lunch See below for details	Jacket Potatoes with a choice of hot and cold fillings, including Salmon Mayonnaise	Hot Chocolate Sponge with Chocolate Custard and Fruit Slices
	WEDNESDAY	Roast Turkey Served with Roast Potatoes, Two Vegetables and Gravy	Vegan Sausage Casserole Served with Two Vegetables	Tomato Pasta Fresh, homemade tomato and basil sauce with penne pasta	Packed Lunch See below for details	Jacket Potatoes with a choice of hot and cold fillings	Oat Cookie served with Fruit Slices
	THURSDAY	Beef Bolognese Served with Wholemeal Pasta and Two Vegetables	Chinese Vegetable Rice Served with Two Vegetables	Tomato Pasta Fresh, homemade tomato and basil sauce with penne pasta	Packed Lunch See below for details	Jacket Potatoes with a choice of hot and cold fillings	Apple Crumble served with Custard
	FRIDAY	Breaded Fish Served with Chips and Three Vegetables	Quorn Dippers Served with Chips and Three Vegetables	Tomato Pasta Fresh, homemade tomato and basil sauce with penne pasta	Packed Lunch See below for details	Jacket Potatoes with a choice of hot and cold fillings	Ice Cream Milkshake with Shortbread and Fruit Slices

**PACKED LUNCH - AVAILABLE DAILY**  
HAM OR CHEESE SANDWICH OR DAILY SPECIAL, VEGETABLES, FRESH FRUIT AND DESSERT OF THE DAY

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

**ALL MAIN MEALS SERVED WITH TWO VEGETABLES**

🌿 Vegetarian
🐟 Oily Fish
🌾 Wholegrain  
🍌 Fruity!
👩 Nutritionist's Choice
🍴 Halal Available

## NO NUTS!



Please note do not send children to school with any items containing nuts due to children who have allergies. Thank you

# DATES TO REMEMBER

Monday 19th December - Monday 2nd January	Christmas holidays
Tuesday 3rd January 2023	Inset Day - school closed to children
Friday 6th January	Foxes - Swimming lessons
Thursday 16th February - 9.30am	Church Service - <i>parents will be welcome to join us</i>
Friday 17th February	Inset Day - school closed to children
Monday 20th February - Friday 24th February	Half Term
Wednesday 8th March	Parents Evening - <i>more info to follow</i>
Thursday 9th March	Parents Evening - <i>more info to follow</i>
Monday 3rd April - Friday 14th April	Easter Holidays
Monday 8th May	Bank Holiday - King Charles III coronation
Friday 7th July 2023	Inset Day - school closed to children



Sorry  
You're  
leaving

So sorry to hear you're leaving  
you'll be missed so much  
Good luck for the future  
and try to stay in touch!



## Being able to swallow tablets or capsules is an important life skill

Many medicines come in chewable or liquid form. But some are best taken as a pill or tablet.

As with any skill, learning to swallow a pill takes practice. Teach your child at the right time and in the right way to make it a positive experience that builds your child's confidence.

Below are 6 simple tips to help children learn :

### TODAY WE ARE LEARNING HOW TO **SWALLOW PILLS**



100 1110 10000  
Tic Tacs  
Smarties

START WITH THE SMALLEST  
PRACTISE PILL OR SWEET



GIVE SOME  
CONTROL TO THE  
CHILD BY LETTING  
THEM CHOOSE  
ONE FOR  
YOU TOO!



SEAL LIPS  
AROUND THE  
TOP OF  
THE BOTTLE  
AND TAKE 3 GULPS  
OF LIQUID  
WITHOUT PUTTING  
THE BOTTLE  
DOWN

PLACE THE  
SWEET OR PRACTICE  
PILL IN THE MIDDLE OF YOUR  
TONGUE



DON'T THROW  
YOUR  
HEAD BACK

TRY ANOTHER PILL OR  
SWEET FOLLOWING THE SAME STEPS  
(NEVER SAY BIGGER ONE!)

REMEMBER, PRACTICE  
MAKES PERFECT!



**WELL  
DONE!**

For further resources  
and tips go to :  
[KidzMed - elearning  
for healthcare \(e-  
lfh.org.uk\)](https://www.kidzmed.com)

**Mental Health Support Team's in schools are open over the Christmas holidays \***

If your child is experiencing a mild to moderate mental health difficulty, we may be able to help.

We can help with low mood, anxiety, sleep issues, worry and panic

Please call us on 01283 352113 (Cannock and Stafford) or 01283 504487 (Burton and Uttoxeter)\*\* 9am-5pm Monday-Friday  
15th Dec 2022- 6th Jan 2023

Please leave your name and number and one of our practitioners will give you a call back

\*Identified schools in Cannock, Stafford, Burton and Uttoxeter areas covered

\*\*PLEASE NOTE, THESE NUMBERS ARE NOT TO BE USED IN AN EMERGENCY

**IT'S BACK!**

**FREE**

**Holiday Activities and Food**

for children and young people aged 5-16 who get free school meals\*

\*Eligible children and young people will be sent a letter via school to register

Registration opens: 4pm, Thursday 1st December 2022  
[staffordshire.gov.uk/holidayactivities](http://staffordshire.gov.uk/holidayactivities)

the national sleep helpline

**Does your child suffer with sleep issues?**

Do you struggle with your child's bedtime?

Will your child not sleep in their own bed?

**WE CAN HELP**

**03303 530 541**

Sunday - Tuesday & Thursday 7pm - 9pm  
Wednesday 9am - 11am