



Friday Post

Friday 2nd 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,

This week has seen the beginning of advent! The school was buzzing with excitable children on Thursday morning - full of advent treats and stories of elves! We have marked the start of advent by lighting the first of the candles on our beautiful advent wreath which was kindly made by Miss Parker, one of our lunchtime supervisors. We hope you are enjoying using the advent books sent home which will help you explore the Christmas story at home.

A huge thank you must go to our PTA who have gone to great lengths to make today's light switch on special for everyone. If you would like to join, they are always looking for volunteers so please get in touch via the school office or their Facebook page.

Next week we are looking forward to our visit to Amerton Farm! Please ensure your child comes in school uniform, with a warm coat and sensible shoes. They will also need a packed lunch if you have not pre-ordered and all children will need a water bottle.

Keep an eye out on our Facebook page from Wednesday for photos of the day.

Have a wonderful weekend.

Miss Phillips



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 **Staffordshire
University
Academies
Trust**



Christmas tree light switch on





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.

Forest schools timetable

13.12.22	Hedgehogs - Nursery
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The Gigantic Star Whole school Nativity play

Please make sure you have collected your pre-ordered tickets from the office for next weeks Nativity. Donations can now be made via your

ParentPay account, thank you for your support.



Information videos from our School Nursing team

These videos help promote the healthy bladder and bowel in young children and they both contain elements that focus on constipation, a condition that is very prevalent amongst our child population in the UK.



<https://www.youtube.com/watch?v=g9MEcWxcDV4>



<https://www.youtube.com/watch?v=MQKhu7Aul9k>

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.

Everyone is welcome to come to school wearing their Christmas Jumpers on Thursday 8th December. Any donations will be sent to the charity, Save the Children

Christmas JUMPER DAY



Christmas Party

16th December will be party morning and children are allowed to come in non-uniform (sensible shoes please!) There might also be a special visitor on the day!!



Miss Tina will be serving a traditional Christmas meal on Wednesday 14th December. Thank you to those who have returned their order slip.

Children in After School Care will have a treat of popcorn and watching the Christmas film 'The Star' on **Tuesday 13th December** - don't forget to book your place!

The Christmas post box is now open in the school entrance hall. Cards will be delivered to the classrooms once a week!





In RE Foxes have been looking at Festivals of Light. This week we were exploring Christingle, looking at each part and understanding its meaning. We then had a go at creating our own.



This week in DT, we have designed our own gingerbread after using our senses to explore a variety of different foods that contain gingerbread. We enjoyed trying foods but not so much the scents!





Reception had a fantastic time exploring Forest School this week



stars of the week



Arthur

Elliott

Preston

Jovie

Aoife

Tovah

Lunchtime Award





This morning during Worship,
Miss Phillips lit the first candle
on our Advent wreath.





















If you are doing your Christmas shopping on-line this year,
don't forget to go through **Easyfundraising** and help us
to raise funds with no cost to you!

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 or get the App

 GET IT ON Google Play  Download on the App Store



£ Over £35 million raised  Over 2 million users

Weekly House Point Tally



Oak

115

Holly

114

Sycamore

61

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.

Lunchtime Menu ~ 5/12/2022



WEEK 3 MENU		W/C: 14/11 05/12 26/12 16/01 06/02 27/02 20/03 10/04		Chartwells So much more than Fantastic Food			
		HOT SPECIALS...	DAILY FAVES...	PACKED LUNCH...	JACKET POTATOES...	PICK A PUDI!	
AUTUMN/WINTER 2022	MONDAY	Cheese and Tomato Pizza 🍕 Served with Potato Wedges	Vegetable Chili 🍲 Served with Wholegrain Rice	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	Strawberry Ice Cream with Fruit Slices 🍓
	TUESDAY	Sweet and Sour Chicken 🍗 Served with Wholegrain Rice	Vegetable Chow Mein 🍲 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	Fruity Flapjack Bar 🍪
	WEDNESDAY	Roast Pork 🍖 Served with Roast Potatoes, Two Vegetables and Gravy	Vegetable Pastry Roll 🥟 Served with Roast Potatoes, Two Vegetables 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	Lemon Drizzle Cake with Fruit Slices 🍰
	THURSDAY	Cottage Pie 🍲 Served with Two Vegetables	Vegetarian Cottage Pie 🍲 Served with Two Vegetables 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	Chocolate Slice with Fruit Slices 🍰
	FRIDAY	Breaded Fish 🐟 Served with Chips and Three Vegetables	Vegan Meatballs in Tomato Sauce 🍲 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	Chocolate Milkshake served with a Chocolate Biscuit 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

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.

DATES TO REMEMBER

Tuesday 6th December	Amerton Farm Trip
Thursday 8th December	Christmas Jumper day
Friday 9th December	Nativity Costumes to be in school
Wednesday 14th December - 10am	Whole School Nativity
Thursday 15th December - 2pm	Whole School Nativity
Friday 16th December	School closes at 1:30pm - <i>no after school care</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
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



Carols we are learning this festive season:

It was on a Starry Night - <https://www.youtube.com/watch?v=HeRrAzapOQ0>

Away in a Manger - <https://www.youtube.com/watch?v=Zi45JkZtUnM>

Little Donkey - <https://www.youtube.com/watch?v=AHLVM4MJgmo>

Please follow the links above to hear the music





ROUND TABLE DO MORE



SANTA DASH

**Sunday 4th December 2022 | 11am Start
Market Street, Penkridge**

**1 Mile 'Dash' Dressed as Santa | £5 Entry inc Suit
Signed Certificate**

**WANT TO TAKE PART?
Just get in touch to order SUITS!**

Email: cs@penkridgert.org.uk Tel: 07855 387771

Facebook: "Penkridge Round Table"

Suit sizes available:

- Adult
- Youth
- Large Child (7-9yrs)
- Small Child (4-6yrs)

Suits can be purchased at The Star Inn, Market Place,
Penkridge, ST19 5DJ (12pm-Late, 7 days a week)



What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so enthral young people, but we can still help children to be aware of their mental wellness: recognising when something isn't OK – and knowing what to do about content that upsets them.

1. UNDERSTAND THE ALGORITHM

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Algorithms rank content by user interest: someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.

2. AVOID THE MAIN FEEDS

Avoiding the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only scroll through the accounts they follow, use restricted modes, or highlight posts that they don't want to see more of. Explore the platform safety settings to see how you can take control of what your child's phone shows them when they open the app.

3. DISCUSS WHAT THEY'VE SEEN

Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds: if alarm bells ring, it could be time for a more in-depth talk or to seek support.

4. LEARN HOW TO HIDE CONTENT

If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.

5. SET DAILY LIMITS

Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family rules – for everyone to follow – around device use, such as screen time limits and tech-free spaces: involving your child in creating this agreement makes them more likely to stick to it.

6. MONITOR THEIR ACTIVITY

Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence – but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.

7. TURN OFF PUSH NOTIFICATIONS

Even for adults, it's tempting to check an email or message as soon as the alert sound pings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to practice mindful use of tech. Most of us have other things that we need to focus on as a priority – and these notifications will still be there later, when we have more time.

8. USE DEVICES TOGETHER

Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a particular area at home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.

9. ENCOURAGE OTHER ACTIVITIES

Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and restful sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.

10. TALK ABOUT PEER PRESSURE

Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but – just like offline life – the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.

Meet Our Expert

Shazia Sarwar-Azmi is executive headteacher at a specialist primary school and, as an emotional therapy coach, works with school leaders to focus on the SEND, mental health and wellbeing agenda. A passionate advocate for vulnerable learners, Shazia is a Fellow of the Chartered College of Teaching and the author of *The Rainbow Within*, a book which supports children with SEMH needs.



NOS National Online Safety
#WakeUpWednesday

IT'S BACK!



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



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HOLIDAY
ACTIVITIES
AND FOOD