



# Friday Post

Friday 27th January 2023

## Our School Value: Courage

*Do not be frightened, and do not be dismayed, for the 'Lord' your God is with you wherever you go'. Joshua 1.9*

Dear families,

Happy Friday! This week has been a busy one and as always the children have done lots of new learning.

Thank you to everyone who took the time to complete our school day consultation - we had an overwhelming response and we are very grateful for this. We will now take time to consult with our LAC before we make a final decision. We are particularly mindful of the Penkridge Middle School times and want to make sure our decisions support families with children with us and attending there.

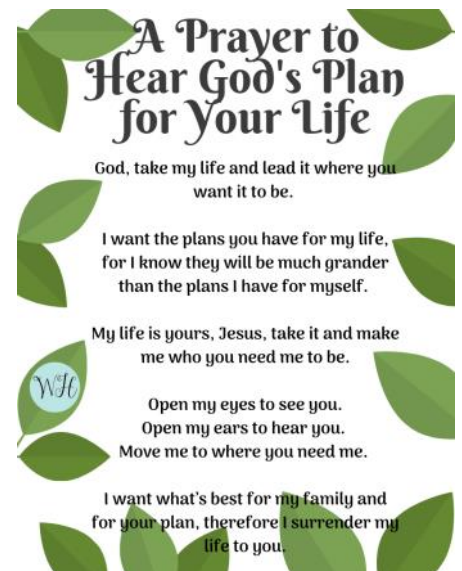
I spent some time with the Worship Team last Friday, exploring how we can celebrate our over-arching school value of love. They have put a special message in the post this week, inviting you to send photos into school - please read it and get in touch with memories and moments we can celebrate as a school!

We are looking forward to welcoming you to join us in church on Thursday 16th February at 9.30am to celebrate the value of courage. We have invited Rev. Greg Yerbury to join who will share a story of courage as part of our celebration. Have a wonderful weekend.

*Miss Phillips*



Please note that a school tie is part of our school uniform for all children from Year 1 upwards.



Headteacher: Miss C Phillips,  
St Leonard's First School & Nursery,  
School Lane, Dunston, ST18 9AG  
Tel: 01785 712488  
E-mail: [office@st-leonards-dunston.staffs.sch.uk](mailto:office@st-leonards-dunston.staffs.sch.uk)  
Chair of LAC: (Governors) K Gibson  
Email: [chair@st-leonards-dunston.staffs.sch.uk](mailto:chair@st-leonards-dunston.staffs.sch.uk)

 **Staffordshire  
University  
Academies  
Trust**



# NURSERY

## *Nursery places September 2023*

We are now taking names for children wishing to start at our school nursery in September 2023. Places are limited so please could you drop in / contact the office for a form so we can add your child's name to our list. If you are already in our nursery and wish to change sessions then please email the office with your request.



We have found out that people do live in Antarctica. There are Science Research Stations and a post office called the Penguin Post Office. We made a Science Station with the loose parts and created letters to send to the South Pole.





# Star of the week



Emelie

Belle

Elliott

Edward

Freddie



## Golden Table Award

Ellis  
Sophie  
Ava

Emelie  
Elijah  
William

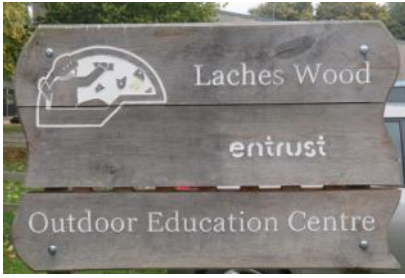
Awarded by our Lunchtime Supervisors





This week we have planned our own experiment to find out which materials will be best for soundproofing. We had a variety of everyday materials which we tested to see which were best/worst. We worked in small groups to enable our experiment to be a fair test. We then drew conclusions from our findings. We were very shocked by the results of some of the materials!





## Laches Wood - Information Session

An information session will be held with Mrs Carrington on **Wednesday 22nd March** to go through any questions you may have. A reminder to parents in years 3 & 4 that payment for their over night residential visit to Laches Wood is now due, payment is via your ParentPay account.

In support of Children's Mental Health week, on **Wednesday 8th February** we are holding a 'Dress to Express' day, where children can wear their favourite clothes or something that expresses their personality Pj's, scout uniform, football kits are all suitable .



After School clubs will continue after 1/2 term for those that currently attend. If you need after school care for February please let the office know. Thank you



### A message from the Worship Team:

We have been thinking about the verse, *'Let all that you do, be done in love,'* which comes from the book of 1 Corinthians.

We want to celebrate the things our school community loves and the loving things we do! Please email into the office, or bring in photos, certificates or awards, which showcase your child doing something they love, or doing something which shows love to others. We will be collecting these in and displaying them in our entrance hall to celebrate our loving community!



This week during worship we are learning:

**'Strong & Courageous'**

<https://www.youtube.com/watch?v=t34ajxa7TCI>

Please follow the link above to hear the music





Class Owls have been learning about Africa in their topic work.

In art we explored African masks and have started to make our own out of paper plates.



Looking smart in our new art aprons!



Look out for photos of the finished masks next week.

# Weekly House Point Tally



Oak

112

Holly

81

Sycamore

97

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 ~ 30/01/2023



**WEEK 2 MENU** W/C: 07/11 28/11 19/12 09/01 30/01 20/02 13/03 03/04

**AUTUMN/WINTER 2022**

	HOT SPECIALS...	DAILY FAVES...	PACKED LUNCH...	JACKET POTATOES...	PICK A PUDDING	
<b>MONDAY</b>	<b>Cheese and Tomato Pizza</b> ●● Served with Potato Wedges	<b>Mixed Bean Pasta</b> ●●● Served with Tomato Pizza Bread	<b>Tomato Pasta</b> ●● Fresh, homemade tomato and basil sauce with penne pasta	<b>Packed Lunch</b> See below for details	<b>Jacket Potatoes</b> ●● with a choice of hot and cold fillings	<b>Jam Sponge with Fruit Slices</b> ●
<b>TUESDAY</b>	<b>Pork Sausages</b> Served with Mashed Potato, Two Vegetables and Gravy	<b>Vegetable Lasagne</b> ● Served with Garlic and Herb Bread Wedge	<b>Tomato Pasta</b> ●● Fresh, homemade tomato and basil sauce with penne pasta	<b>Packed Lunch</b> See below for details	<b>Jacket Potatoes</b> ●● with a choice of hot and cold fillings	<b>Banana and Apricot Flapjack served with Fresh Fruit</b> ●
<b>WEDNESDAY</b>	<b>Roast Gammon</b> Served with Mashed Potato, Two Vegetables, Yorkshire Pudding and Gravy	<b>Vegetable Pie</b> ● Served with Mashed Potato, Two Vegetables and Gravy	<b>Tomato Pasta</b> ●● Fresh, homemade tomato and basil sauce with penne pasta	<b>Packed Lunch</b> See below for details	<b>Jacket Potatoes</b> ●● with a choice of hot and cold fillings	<b>Chocolate Ice Cream with Fruit Slices</b> ●
<b>THURSDAY</b>	<b>Beef Lasagne</b> Served with Garlic and Herb Bread Wedge	<b>Cauliflower and Sweet Potato Masala</b> ●● Served with Wholegrain Rice and Two Vegetables	<b>Tomato Pasta</b> ●● Fresh, homemade tomato and basil sauce with penne pasta	<b>Packed Lunch</b> See below for details	<b>Jacket Potatoes</b> ●● with a choice of hot and cold fillings	<b>Apple and Berry Crumble served with Custard</b> ●●●
<b>FRIDAY</b>	<b>Breaded Fish</b> Served with Chips and Three Vegetables	<b>Quorn Dippers</b> ● Served with Chips and Three Vegetables	<b>Tomato Pasta</b> ●● Fresh, homemade tomato and basil sauce with penne pasta	<b>Packed Lunch</b> See below for details	<b>Jacket Potatoes</b> ●● with a choice of hot and cold fillings	<b>Chocolate Shortbread with Fruit Slices</b> ●

**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

Wednesday 8th February	Dress to Express for Children's Mental Health week
Thursday 16th February - 9.30am	Church Service - <i>parents are welcome to join us</i>
Friday 17th February	<b>Inset Day - school closed to children</b>
Monday 20th - Friday 24th February	<b>Half Term</b>
Wednesday 1st March	World Book Day celebrations
Wednesday 8th March	Parents Evening - <i>more info to follow</i>
Thursday 9th March	Parents Evening - <i>more info to follow</i>
Wednesday 22nd March - 3pm	Laches Wood information session
Wednesday 29th March	Owls - Class trip to Stafford Castle <i>more info to follow</i>
Thursday 30th March	Foxes Easter celebration at church - Foxes parents only
Monday 3rd April - Friday 14th April	<b>Easter Holidays</b>
Monday 17th April	Reception & Middle School Places allocated
Monday 1st May	<b>Bank Holiday</b>
Tuesday 2nd - Wednesday 3rd May	Foxes at Laches Wood
Thursday 4th May	Foxes - Bikeability - <i>more info to follow</i>
Friday 5th May	Coronation Celebrations
Monday 8th May	<b>Bank Holiday - King Charles III coronation</b>
Friday 26th May	<b>Inset Day - school closed to children</b>
Friday 7th July 2023	<b>Inset Day - school closed to children</b>

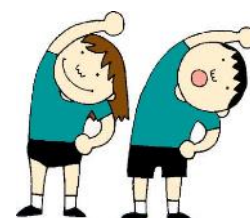


Please see the timetable below. On your child's day, please send them to school dressed in old clothing they do not mind getting dirty. Please also ensure they have wellies to change into if they are not kept at school. Layers and waterproofs are advised because of the winter weather.

31/01/2023	Owls - Year 1
07/02/2023	Hedgehogs - Reception
14/07/2023	Hedgehogs - Nursery

## PE Timetable January 2023

Thursday - Owls & Foxes  
 Friday - Hedgehogs & Owls  
 Friday - Foxes will be swimming



# 12 Top Tips for BUILDING CYBER RESILIENCE AT HOME

As a society, we're increasingly using technology and tech services in the home. Digital assistants which can adjust the heating or turn lights on and off; streaming services for shows and movies on demand; games consoles; smart speakers; phones; laptops ... the list goes on. As we introduce each new gizmo to our homes, however, we increase the level of threat from cyber criminals. It's essential, therefore, that we learn to become more cyber resilient in relation to the devices and digital services that the people in our household use.

## WHAT IS 'CYBER RESILIENCE'?

Cyber resilience focuses on three key areas: reducing the likelihood of a cyber attack gaining access to our accounts, devices or data; reducing the potential impact of a cyber incident; and making the recovery from a cyber attack easier, should we ever fall victim to one.

### 1. PASSWORDS: LONGER AND LESS PREDICTABLE

The longer, less common and predictable a password is, the more difficult it becomes for cyber criminals to crack. The National Cyber Security Centre's 'three random words' guidelines are ideal for creating a long password which is easy to remember but hard to guess.

### 2. AVOID RE-USING PASSWORDS

When you use the same password across different logins, your cyber resilience is only as strong as the security of the weakest site or service you've signed up for. If cyber criminals gain access your username and password for one site or service, they'll definitely try them on others.

### 3. USE A PASSWORD MANAGER

A good way to juggle different passwords for every site or service you use is to have a password manager. This software stores all your passwords for you, so you simply need to remember the master password. LastPass, Dashlane, 1Password and Keeper are all excellent password managers.

### 4. BACK UP YOUR DATA

Keep a copy of your data using OneDrive, Google Drive or another reputable cloud-based storage solution. If it's extremely important or sensitive information, you could even decide to keep more than one back-up version - by saving it to a removable USB drive or similar device, for example.

### 5. ENABLE MULTI-FACTOR AUTHENTICATION (MFA)

Multi-factor authentication is where you need access to your phone (to receive a code, for example) or another source to confirm your identity. This makes it far more difficult for cyber criminals to gain entry to your accounts and your data, even if they do manage to get your username and password.

### 6. CHOOSE RECOVERY QUESTIONS WISELY

Some services let you set 'recovery questions' - such as your birthplace or a pet's name - in case you forget your password. Take care not to use information you might have mentioned (or are likely to in future) on social media. More unpredictable answers make cyber criminals' task far harder.

### 7. SET UP SECONDARY ACCOUNTS

Some services provide the facility to add secondary accounts, phone numbers and so on to help with potentially recovering your account. Make sure you set these up: they will be vital if you're having trouble logging in or if you're trying to take back control of your account after a cyber attack.

### 12. STAY SCEPTICAL

Cyber criminals commonly use various methods, including emails, text messages and social media posts. Be cautious of any messages or posts that are out of the ordinary, offer something too good to be true or emphasise urgency - even if they appear to come from someone you know.

### 11. KEEP HOME DEVICES UPDATED

Download official software updates for your household's mobile phones, laptops, consoles and other internet-enabled devices regularly. Security improvements and fixes are a key feature of these updates - so by ensuring each device is running the latest version, you're making them more secure.

### 10. CHANGE DEFAULT IOT PASSWORDS

Devices from the 'Internet of Things' (IoT), such as 'smart' home appliances, are often supplied with default passwords. This makes them quicker to set up, but also less secure - criminals can identify these standard passwords more easily, so change them on your IoT devices as soon as possible.

### 9. CHECK FOR BREACHES

You can check if your personal information has been involved in any known data breaches by entering your email address at [www.haveibeenpwned.com](http://www.haveibeenpwned.com) (yes, that spelling is correct!). It's useful if you're worried about a possible attack - or simply as motivation to review your account security.

### 8. KEEP HAVING FUN WITH TECH

Consider our tips in relation to the gadgets and online services your household uses. Protect yourself and your family, and don't let the bad guys win: devices are not only integral to modern life but also a lot of fun - so as long as you keep safety and security in mind, don't stop enjoying your tech.

## Meet Our Expert

Gary Henderson is the Director of IT at a large boarding school in the UK, having previously taught in schools and colleges in Britain and the Middle East. With a particular interest in digital citizenship and cyber security, he believes it is essential that adults and children alike become more aware of the risks associated with technology, as well as the many benefits.



Source: [www.ncsc.gov.uk/collection/top-tips-for-staying-secure-online/three-random-word](http://www.ncsc.gov.uk/collection/top-tips-for-staying-secure-online/three-random-word) | <https://haveibeenpwned.com>



[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 25.01.2023