



Friday Post

Friday 10th February 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,

We have had a great week in school this week and we have marked both Children's Mental Health Week and Safer Internet Day.

Didn't the children - and staff - look fantastic on Wednesday as they dressed to express! Our Leaf Team Captains did a wonderful job of leading their teams in a time of worship. They are shared stories and prayers of courage and celebrated the things that make us each unique. This week's prayer was written by Team Oak during their time of worship. Do take time to pray this prayer together as a family.

Safer Internet Day is always a good opportunity to remind ourselves of important e-safety messages. We have shared a video on our Facebook page which might help you start conversations around online safety at home. https://www.youtube.com/watch?v=rl_gZTQ9F7w

Next week we have our church celebration at St Leonard's Church. Please do come along - the children have prepared songs and prayers and Rev. Yerbury will be joining to share a story of courage. We will be aiming for a 9.30am start but I will be at the church to welcome you shortly after 9am.

Have a wonderful weekend.

Miss Phillips



WORLD
BOOK
DAY

*World Book Day
Monday 6th
March*

Children are invited to come dressed as a character who celebrates any of our school values eg Fireman Sam shows courage. Children are also welcome to enter our competition of designing a wooden spoon character, there will be a prize per class.



Friday 17th
February is Inset
Day – school is
closed to pupils.

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 **Staffordshire
University
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We went to visit the church for part of our RE Topic 'What happens in our church' we looked at the christening font and where people get married.



In forest school Reception made clay models and decorated them with any natural materials we could find.





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.



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



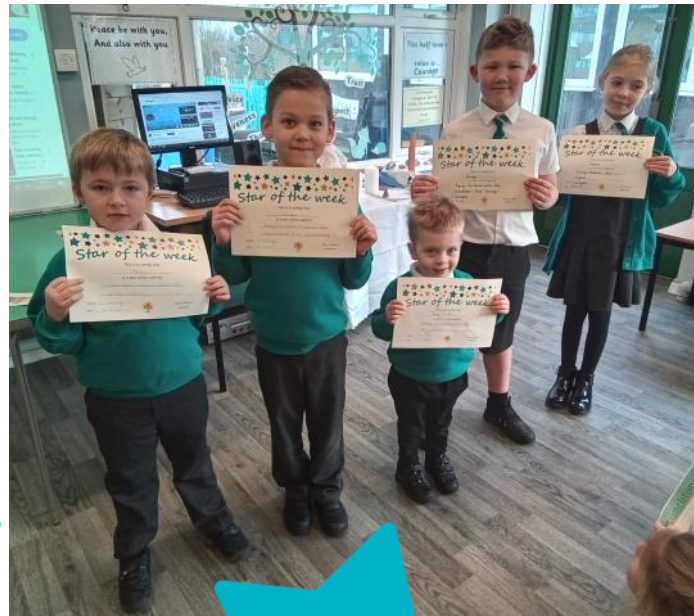
Let all that you do be done in love

This week children love baking with Nanny, riding their bike on The Chase, football & winning trophies, playing rugby & horse riding





Star of the week



Lunchtime Award





In support of children's mental health week we spent time in our house teams. House captains led prayers & stories about courage.




Sycamore read - The Crocodile that didn't like water




Holly read - Brave Little Owl

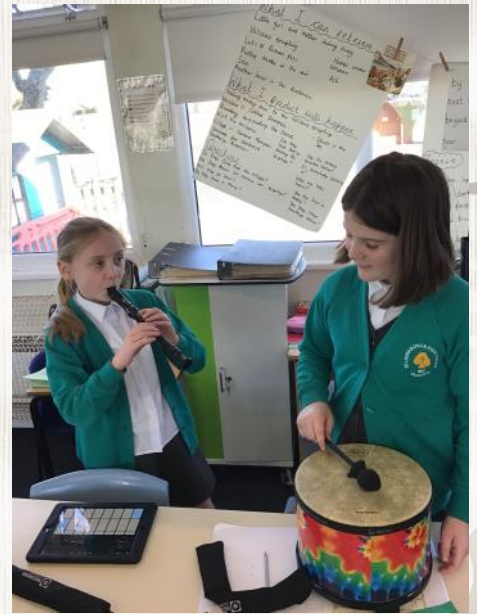
Dear God,
Thank you for creating the world,
Thank you for friends and family,
Please give us courage to step out
of our comfort zone,
Please let us look after our planet.
Amen
by Team Oak

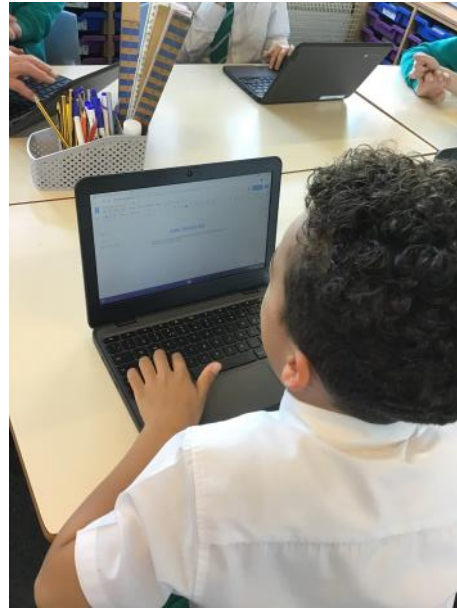
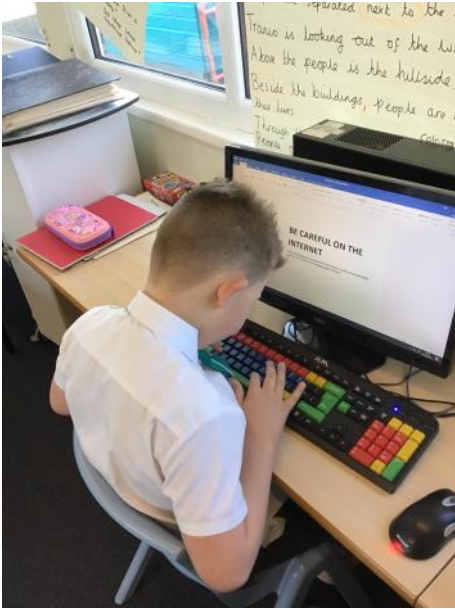


This week during worship we are learning the songs for our church service on Thursday morning.



This week, we have been exploring a range of stringed instruments. In small groups, we investigated the instruments and explored what happens to the pitch when the string is shortened and how the thickness of the strings affects the pitch. We even enjoyed Mr Waters playing us a few tunes on his guitar!





Safer Internet Day 2023 | Tuesday 7 February

Coordinated by the UK Safer Internet Centre

saferinternetday.org.uk

Foxes have been looking at the importance of being safe on the internet. We discussed the definition of 'cyber bullying' and how we can ask for help if needed. We thought about who we trust and discussed that we should never share our passwords and important information with others. We created posters in small groups on the Chromebooks.



Weekly House Point Tally



Oak

162

Holly

106

Sycamore

93

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 ~ 13/02/2023



WEEK 1 MENU W/C: 31/10 21/11 12/12 02/01 23/01 13/02 06/03 27/03

AUTUMN/WINTER 2022

	HOT SPECIALS...	DAILY FAVES...	PACKED LUNCH...	JACKET POTATOES...	PICK A PUDDING	
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

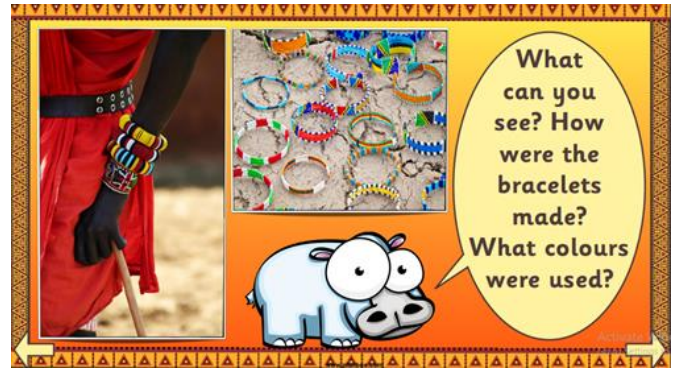
ALL MAIN MEALS SERVED WITH TWO VEGETABLES

🌿 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



Following on from our African mask-making, Class Owls have been exploring Maasai culture and have been looking at Maasai jewellery. We have made our own Maasai inspired headpieces and bracelets. We threaded tiny beads on to pipe cleaners to make the bracelets and drew patterns on headbands before adding beaded decorations to hang from them.





Thursday 16th February - 9.30am	Church Service - <i>parents are welcome to join us</i>
Friday 17th February	Inset Day - school closed to children
Monday 20th - Friday 24th February	Half Term
Monday 6th 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	Easter Holidays
Monday 17th April	Reception & Middle School Places allocated
Friday 28th April	Class & Leavers Photos with Academy Photography
Monday 1st May	Bank Holiday
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 family afternoon tea - <i>info to follow</i>
Monday 8th May	Bank Holiday - King Charles III coronation
Friday 26th May	Inset Day - school closed to children
Friday 7th July 2023	Inset Day - school closed to children

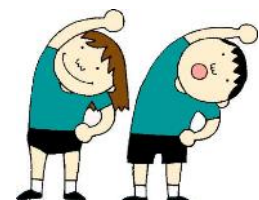


Please see the timetable below. On your child's day, please send them to school dressed in old clothing they do not mind getting dirty. Please also ensure they have wellies to change into if they are not kept at school. Layers and waterproofs are advised because of the winter weather.

14/07/2023	Hedgehogs - Nursery
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PE Timetable January 2023

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



10 WAYS GAMING CAN SUPPORT POSITIVE OUTCOMES

in Children and Young People

Gaming, of course, is phenomenally popular with children and young people. In 2021, for instance, more than three-quarters of teenagers played on-line games, with almost 70% of primary school aged children doing likewise. If enjoyed in moderation and supported by a healthy routine (staying hydrated, good sleep habits, taking breaks and so on), gaming can actually benefit a person's mental health. As long as we stay alert for potential risks, games can be much more than what we see on the surface: they can be a way to socialise, an avenue for creativity and a route to solving problems. Check out our top ten tips on how gaming on-line can sometimes work to your child's advantage...

THE FEEL-GOOD FACTOR

Gaming is so popular because at the base level, it's enjoyable for the player. Succeeding in any game or contest releases dopamine in our brains: the "feel-good" chemical that makes us happy or excited. These emotions can be incredibly beneficial for mental well-being – as long as young players don't become reliant solely on playing video games to make themselves feel happy.

ACHIEVEMENT & PRIDE

A sense of achievement is incredibly important to all of us and can be particularly valuable to someone who's feeling unhappy or distracted. It's easy to get caught up in our thoughts, which can sometimes take a negative turn. So even achieving something small – like finishing a difficult level in a Mario or Sonic game – can feel like conquering Everest and give us renewed optimism.

SOCIAL SALVATION

Gaming can be an incredibly social activity. When playing online with trusted friends, what usually starts out as chats specifically about the game can often develop into conversations about school and life. Even if they've had a bad day, simply knowing that a friend is there, on the other end of their headset, can provide young gamers with a sense of security and some welcome laughs.

TEAMWORK MAKES THE DREAM WORK

In many online games, teamwork is crucial to winning. Often, people who are struggling with their mood tend to feel like they fall or let others down a lot. Working as a team with trusted friends or family in a game can reinforce a young person's self-importance: striving for a common goal and succeeding together can remind them that they're an integral part of something bigger.

REAL-WORLD RELATABILITY

Because many major releases are shooting or action games, what some people hear "gaming" they think of guns, explosions and violence. What's less recognised is how many titles explore relatable issues such as overcoming anxiety or coping with grief. These games allow young players to understand their emotions more deeply and realise they aren't alone in how they might be feeling.

A DIGITAL COMFORT

Video games can provide a reliable constant. No matter what happens in school or between friends, playing a favourite game is something that youngsters can look forward to all day and can help them de-stress. Let's not forget, games are fun – and, when approached safely, an interactive activity in which the player has a degree of control over what happens next can feel immensely reassuring.

PROBLEM-SOLVING PRACTICE

It can be difficult for young people to handle the feeling that nothing is going right or that their problems are insurmountable. Gaming can help alleviate that by presenting challenges to be overcome, either solo or alongside trusted friends. Defeating a powerful monster or solving a tricky puzzle reminds young gamers that even the most daunting obstacles can be faced and conquered.

THE GREAT ESCAPISM

A certain amount of escapism is fabulous – allowing us to temporarily park some stress while exploring a world other than our own. For children, gaming can be like reading a novel or watching a film: a moment in the day when the fantastical becomes real, firing their imagination and immersing them in a story. Who wouldn't want to venture to the stars or battle monsters to save the planet?

TRIED & TRUSTED

There can be reassurance in repeating tasks. It often promotes a controlled outcome, which is ideal when life feels overwhelming or out of control. Replicating an experience, such as playing the same level of a game over and over to perfection, gives the player a sense of control and familiarity. It's like listening to a favourite song that always makes you feel happy or confident.

ENCOURAGING CREATIVITY

Inventiveness is a huge part of many modern games: in Minecraft and Roblox, for example, players regularly dream up amazing structures or new ways to play. Using our imagination to create something (whether digitally or physical) is massively beneficial for the brain, that's why Lego is sometimes used in the medical sector as both a stress reliever and a brain injury rehabilitation tool.

Meet Our Expert

Daniel Upcombe is a writer who specialises in technology, video gaming, virtual-reality and Web3. Author of 35 guidesbooks for children on games such as Fortnite, Apex Legends, Valorant, Roblox and Minecraft, his work has also been published in the likes of PC Gamer, Kotaku, Pocket Gamer and VICE.



NOS
National
Online
Safety

#WakeUpWednesday