



# Friday Post

Friday 31st March 2023

## Our School Value: Forgiveness

*Be kind to one another, tender-hearted, forgiving one another, as God in Christ forgave you. Ephesians 4.32*

Dear families,

What a wonderful week to finish term on! It's been non-stop and we have loved it.

Yesterday Foxes led the school and their families in a fantastic time of worship. They retold the story of Jesus' life beautifully, reminding us all to fix our eyes on the cross; not only at Easter but throughout life when things are good or tough. Their singing was phenomenal and we had a re-run of Oh Happy today as part of our worship this morning.

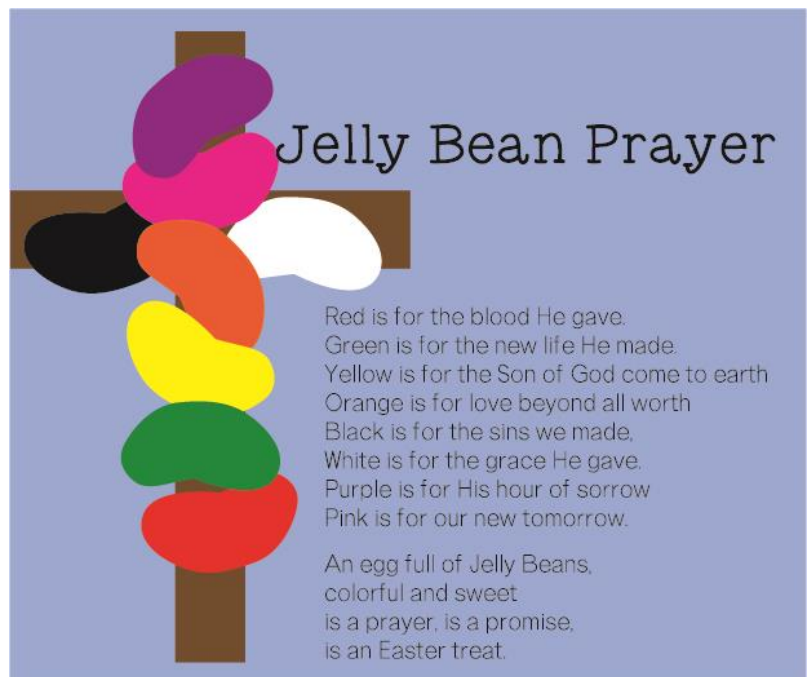
We also loved welcoming Alison from the YouthNet back into school to deliver Easter workshops to Foxes and Hedgehogs. Owls had a fantastic day out at Stafford Castle - avoiding the rain for the most part and learning lots about our local history. Do have a look at the photos of all these events on our Facebook page.

Congratulations to the winners of the PTA's design an egg competition - Danny, Finley and Amelie! Mrs Hubbard, our tutor, had a very tough choice as the standard was so high. Thank you to everyone who entered.

We would like to thank the PTA for the fantastic Easter Egg Hunt on Wednesday afternoon. Feedback has been really positive and it was great to be able to welcome families to join us for the event. Funds from these events go a long way to support learning in school; this year they are subsidising school trips and workshops.

I wish you all a fantastic Easter break, whether you are at home or going away.

*Miss Phillips*



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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**



## After School Clubs - Summer Term

Thank you to everyone who has already returned their club slip. Places have now been allocated payment will be on ParentPay shortly.

Mondays - Gardening / Eco

Tuesday - Art

Wednesday - Choir

Thursday - Athletics

Friday - Football

## After School Care - April 2023

If you haven't already done so please could you email Mrs Briganti with your After School Care requirements for April 2023.  
Many thanks



## Pupil Voice

Belle and Olivia enjoyed showing Miss Phillips what they have been learning this half term. They proudly showed her their Art, DT and Science books.

After Easter during worship we will be learning:

**'This Little Light of Mine'**

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

Please follow the link above to hear the music





Foxes have worked hard to complete their Roman Chariots!



Class Owls have been learning about the seasons and went outside to find and identify signs of spring.



SPRING





## *Class Owls trip to Stafford Castle*

Owls had a fantastic time at Stafford Castle. They used their best battle cries as they attacked the castle and then enjoyed exploring inside the castle walls. They all made a medieval style silver coin and really enjoyed exploring and handling the chain mail, swords, helmets and shields.



Thank you to the PTFA helpers who organised the family Easter Egg hunt. It was lovely to see everyone having fun solving the clues to win an egg!



## Easter competition winners!

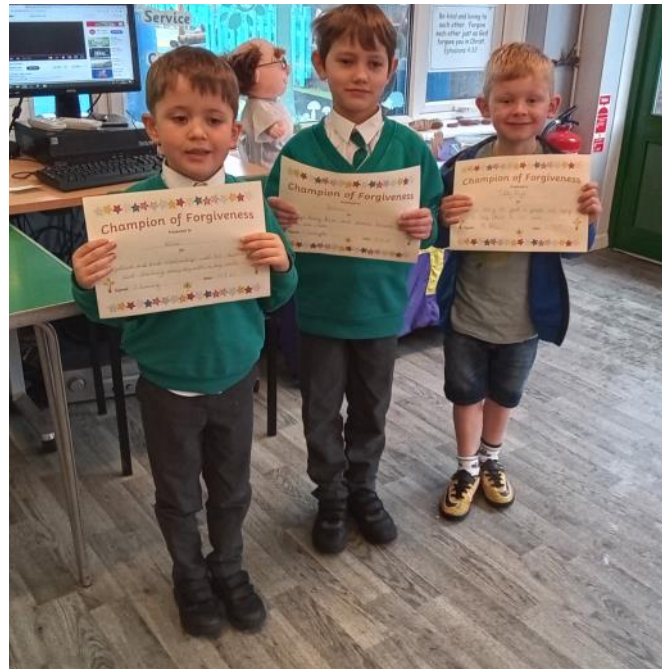


Well done to everyone who entered the PTFA decorate an egg competition. Mrs Hubbard had a very hard job judging but congratulations go to Danny, Finley and Amelie.





# Champions of Forgiveness



Children in Foxes entertained the whole school and Foxes parents at church on Thursday with a story of Easter. They sang their songs beautifully and even did an encore of 'Oh Happy Days' in Worship this morning.

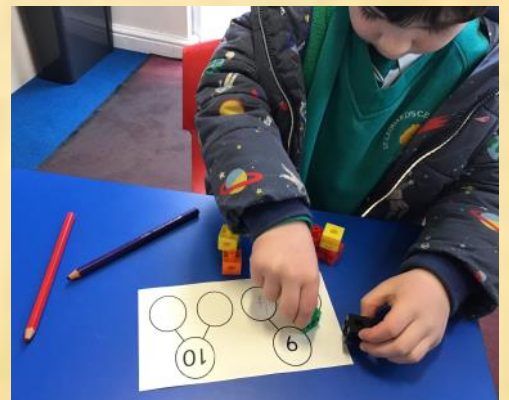


Children and visitors evacuated promptly during our fire drill this week.





Foxes and Hedgehogs have joined with Easter games and activities with Alison from YouthNet.



# UPDATE - SCHOOL MEALS



**PLEASE NOTE:** Due to significant inflationary pressures on the hospitality industry Chartwells, our catering provider, have announced an increase of the cost of a school lunch. As of 17th April unless your child is in receipt of Free School Meals, lunches provided by our school kitchen for children in **Nursery, Year 3 & Year 4** will be at a **cost of £2.70 daily**. Please keep your ParentPay accounts topped up to cover this. Thank you for your co-operation.

## Lunchtime Menu ~ 17/04/2023



WEEK 1 MENU		Chartwells The Healthier, More Tasty, Fantastic Taste				
AUTUMN/WINTER 2022		HOT SPECIALS...	DAILY FAVES...	PACKED LUNCH...	JACKET POTATOES...	PICK A PUDD!
MONDAY	<b>Macaroni Cheese</b> Served with Two Vegetables	<b>Vegetarian Sausage</b> Served with Mashed Potato 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>Vanilla Ice Cream with Fruit Slices</b>
TUESDAY	<b>Chicken Pie</b> Served with Mashed Potato and Gravy	<b>Cheese and Tomato Pizza</b> Served with Potato Wedges	<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, including Salmon Mayonnaise	<b>Hot Chocolate Sponge with Chocolate Custard and Fruit Slices</b>
WEDNESDAY	<b>Roast Turkey</b> Served with Roast Potatoes, Two Vegetables and Gravy	<b>Vegan Sausage Casserole</b> Served with 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>Oat Cookie served with Fruit Slices</b>
THURSDAY	<b>Beef Bolognese</b> Served with Wholemeal Pasta and Two Vegetables	<b>Chinese Vegetable Rice</b> Served with 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 Crumble served with Custard</b>
FRIDAY	<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>Ice Cream Milkshake with Shortbread and 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



Easter activities



Planting beans



Forest School

Measuring activities



# Star of the week



## BIG QUESTION

What colour is forgiveness?

To develop our philosophical thinking we will be asking a BIG question each week!  
As a family take time to discuss the following question! Miss Phillips will be discussing a new BIG question during Worship next week.

# DATES FOR THE DIARY

Monday 3rd April - Friday 14th April	Easter Holidays
Monday 17th April	Reception & Middle School Places allocated
Friday 28th April	Class & Y4 Leavers Photos with Academy Photography
Monday 1st May	Bank Holiday
Tuesday 2nd - Wednesday 3rd May	Foxes at Laches Wood
Thursday 4th May	Foxes - Bikeability
Friday 5th May - 2pm	Coronation Celebrations family afternoon tea - <i>info to follow</i>
Monday 8th May - 2pm	Bank Holiday School Closed - King Charles III coronation
Friday 26th May	Inset Day - school closed to children
Thursday 29th June	Sports Day - <i>more info to follow</i>
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.

18/04/23	Foxes - Y4
25/04/23	Foxes - Y3

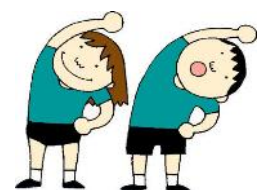
02/05/2023	Owls - Y2
09/05/2023	Owls - Y1

16/05/2023	HHogs - Reception
23/05/2023	HHogs - Nursery

Please make sure your child has their PE kit in school. Thank you for your co-operation

## PE Timetable March 2023

Thursday - Owls & Foxes  
Friday - Hedgehogs & Foxes



# Helping children and young people with MANAGING DEVICE STRESS AND ANXIETY

The internet and advances in the capability of digital devices have afforded us arguably the fastest period of technological and social evolution in living memory: creating opportunities for us to interact with people anywhere in the world, 24 hours a day. It's also, however, blurred safety boundaries and added new stresses for young people, who are often less aware of the hidden hazards. With almost half of 10-18-year-olds experiencing bullying online and algorithms pushing content in front of our children every day, it's important to know how to address some of these challenges.

## WHAT ARE THE RISKS?

### LIVING ONLINE

The internet is rife with sophisticated algorithms that learn from our online behaviour and try to predict our wants and needs. That's very helpful in some respects, but it can make the online world difficult for children and young people to navigate. Content can be brought to them at any time – it may not always be appropriate, and children may not have the ability or the support to deal with it.

### PUSHY NOTIFICATIONS

Content is also directed at us through notifications from our apps: letting us know we have a new message or social post to read, for example. While that's useful in some circumstances, it conditions us to keep going back online (and is designed to do so) and can be a near-constant demand on your child's attention. As such alerts become more common, we are experiencing an "attack of the pings".

### BLURRED BOUNDARIES

There are now so many ways we can communicate online in real time (like instant messaging apps) or with a delay (such as on social media) that it's possible to be constantly in conversation. Young people often prefer suicide encouragement of text – but using fewer words can cause disturbing miscommunications through the lack of non-verbal cues like facial expressions or tone of voice.

### DIGITAL DEPENDENCY

An device offers access to immediate external help in challenging situations, it's a concern that children may not be developing the inner confidence to work things out for themselves. Likewise, group membership is hugely important to young people – both in digital and "real life" – and being excluded from online conversations can cause damaging feelings of loneliness and isolation.

### DISGUISED DISTRESS

Children often haven't yet developed the emotional resources to deal with many of the subtleties of everyday life, so identifying when it's specifically something online that's worried them can be tricky. A certain level of stress is a normal response to a problem: it spurs us into action to keep ourselves safe. If the stress is excessive, though, it can feel overwhelming and potentially lead to anxiety or depression.

### ANTI-SOCIAL SOCIALS

Social media can bring people together in hugely positive ways. Sadly, it does also have a darker side, including "troll war" arguments which can escalate quickly and have harmful consequences. With so many people logging on, group shaming situations are also common – while there are continual opportunities for young people to compare themselves negatively with other social media users.

## Advice for Parents & Carers

### LEARN THE BASICS

It's impossible to keep up with every online change or every new app. The best option is to make you and your child aware of the fundamentals of how the internet operates, so you can help your child to grasp how – and why – content reaches them. Devices and the digital world can be confusing, so learning to understand them better will give you the confidence to talk to your child about them.

### TALK IT OUT

If a child mentions a comment that's been directed at them in a text chat or on social media, it may sound minor but can actually have a much bigger effect than we realise. In our evolved brains, any perceived threat can get internalised while our body reacts as if we were in physical danger – raising stress levels. It's always worth encouraging your child to get any concerns out in the open.

### PUSH DISTRACTIONS AWAY

Notifications to our phones and tablets can be helpful, but they sometimes make one wonder who's really in charge: the person or the device. Checking our phone as soon as it goes off is an easy habit to fall into – especially for young people. Try switching off non-essential alerts on your devices and encourage your child to do the same: you should both feel less triggered and more in control.

### LOOK FOR THE SIGNS

This is tricky – and may depend on the child's age – but any sudden change in behaviour is worth looking out for. If your child seems to be checking their phone or tablet more, doesn't want to be parted from them, or appears unusually sensitive, anxious or withdrawn, it could be a sign that something is amiss in relation to their device – and, possibly, that they're in need of extra support.

### KEEP CHECKING IN

Healthy emotional regulation balances three systems: threat, drive and gratifying. Down the various rabbit holes of the internet, however, that balance can easily slip away – so it's important to help your child manage their emotions when they're online. Check in with them regularly when they're on their device, and remember that "distraction" and "recreation" aren't always the same thing.

### BE KIND: UNWIND

Be kind to yourselves as parents and carers. Remember that we're all in the same boat, trying to safely guide our children through this complex, fast-moving digital environment. Setting into the habit of having natural, relaxed conversations with your child about their online life (and yours) can level the playing field and make it far easier for them to open up to you about any concerns.

## Meet Our Expert

Dr Nicola Farnell-Smith is an experienced counselling psychologist who specialises in providing support and advice to children, young people, the schools with and other agencies relating to behaviour, engagement, supporting positive and effective online communication – often by considering some of the more hidden aspects of the online world.



Source: <https://www.childline.gov.uk/information/the-big-ask-big-screen/>  
<https://www.ncsc.gov.uk/online-safety/parents-and-carers/parents-and-carers-what-to-look-out-for>



## **Understanding The Message Behind The Behaviour**

We are delighted to offer this **FREE** workshop to parents and carers of children and young people with SEND living in Staffordshire.

The workshop is being delivered by Adele Plant a Specialist Practitioner within the Behaviour Support Service.

The workshop is primarily aimed at children in key stages 1, 2 and 3.

The session will try to uncover what messages your child might be trying to tell you through their behaviour.

There will be a small amount of theory and understanding of behaviour, including security and attachment, and will also include some practical activities and relaxation techniques for you to try at home.

A **FREE** light buffet lunch will also be provided.

<b>Tuesday 25<sup>th</sup> April 2023</b>	<b>9.30am – 2.30pm</b>	<b>Entrust, Stafford</b>
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**Places are limited and will be offered on a first come first served basis and therefore booking is essential.**

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

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



[www.staffordsport.co.uk](http://www.staffordsport.co.uk)



## Easter Holiday Sports Clubs

At Blessed William Howard Catholic School



Monday 3rd April - Thursday 6th April  
Tuesday 11th April - Friday 14th April



8.30am- 5.30pm - £19 per day  
10am-4pm - £16 per day



Staff are NGB qualified, DBS Checked and First Aid Trained.  
Staff employed by the Stafford Sports and Performance Academy



The days will be filled with sporting fun including football, rounders, gymnastics, dance, cricket, badminton, table tennis and MORE. Sessions are perfect for boys and

IDEAL FOR AGES 5-13

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To book a place please call or email:  
07793891029 [holidayclubs@staffordsport.co.uk](mailto:holidayclubs@staffordsport.co.uk)



[www.staffordsport.co.uk](http://www.staffordsport.co.uk)



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IDEAL FOR AGES 5-13

**facebook**

[www.facebook.com/staffordsport](http://www.facebook.com/staffordsport)



To book a place please call or email:  
07793891029 [holidayclubs@staffordsport.co.uk](mailto:holidayclubs@staffordsport.co.uk)



## Free workshop for parents of children who self-harm

Staffordshire Educational Psychology Service have worked in partnership with the Midlands Partnership NHS Foundation Trust to create four parental workshops that will be running across Staffordshire. These informal workshops will create a safe-space for parents to discuss self-harm. There will be a presentation that will focus on understanding why children self-harm and how adults can support them.

Castle House, Newcastle  
1pm - 3pm, April 26th 2023

Staffordshire Place 1, Stafford  
1pm - 3pm, May 24th 2023

East Staffordshire Children's Centre, Burton  
1pm - 3pm, 7th June 2023

Wolseley Centre, Rugeley  
1pm - 3pm, 7th June 2023

We only have limited spaces there fore if you are interested in attending please book a place by emailing:

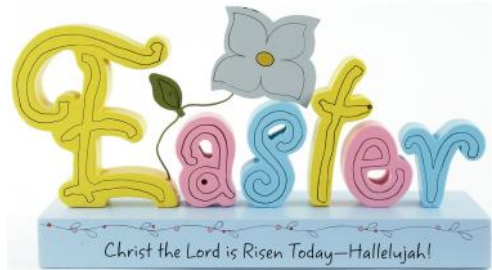
[jessica.hill@staffordshire.gov.uk](mailto:jessica.hill@staffordshire.gov.uk)



## Churches together in Penkridge

### Easter Holiday Club

Easter Holiday Club, run by Churches Together in Penkridge will take place on **Wednesday 5th April, in St Michael's School, from 10am to 12.30pm**. All children from reception class to Y8 are welcome as we enjoy games, singing, bible stories, crafts and much more thinking about the death and resurrection of Jesus. There is no charge for day but donations will be welcome on the day towards the cost of the day. For more information and to register your child please [email penkholclub@btinternet.com](mailto:penkholclub@btinternet.com) or phone 07806 804943



## JOINING UP CARE FOR CHILDREN AND YOUNG PEOPLE

Are you the parent or carer of a young person who has health needs that mean they have appointments with, or visits from more than one health care professional, organisation or service?

Come and join us to play a game of 'Whose Shoes' so we can hear from your perspective on how we better join up care.

**WEDNESDAY 24TH MAY 2023 AT STAFFORD RUGBY CLUB  
ST16 2TT**

**WE WILL PROVIDE REFRESHMENTS FROM 9.30 FOR A 10AM START.**

**LUNCH WILL BE AVAILABLE AND WE WILL FINISH BY 2.30PM.**



Scan the QR code or book [here](#) or contact [involvement@mpft.nhs.uk](mailto:involvement@mpft.nhs.uk)



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# EASTER BIG BOUNCE

Giant Indoor Inflatable Play Event

## STAFFORD - WED 5<sup>th</sup> APRIL

### Stafford Leisure Centre

(MORE VENUES ONLINE)

**TICKETS ARE NOW ON SALE!**

**Unlimited Play on a Huge Indoor Arena Full of Supervised Inflatables & Interactive Games**

**Ideal for 4 - 13 year olds**

Bouncy Castles - Slides - Free Fall Jump  
Obstacle Courses - Sports Games - Rodeo Sheep  
Under 5's Zone - Speed Game - Disco Dome  
Total Wipeout Sweeper Game - nerf guns  
Helter Skelter - Wrecking Ball - Bungee

**UNDER 5's INFLATABLES**

**EasterEggHunt & Charity Raffle**

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