



# Friday Post

Friday 14th July 2023

## Our School Value: Respect

*Do for other people the same things you want them to do for you. Matthew 7:12*

Dear Families,

We have had another excellent week in school and as always there is much to celebrate.

On Monday we held our termly fire-drill - it turns out one of our Foxes had predicted that we'd be holding one that day! The children behaved brilliantly and some of our Nursery children experienced their first ever drill. This is something we hope never to need, but it is reassuring to know it can be carried out so safely.

On Wednesday morning we welcomed three colleagues into school from Perkins. They joined us for worship and presented us with a very generous voucher for Amazon as a well done to the team taking part in the Eco Awards in June. We will be looking to spend the money on something which will improve our school environment.

The choir surprised us all on Thursday with a flash-mob performance of Respect! They were fantastic, although I will definitely be approaching the playground with caution from now on!

This morning, children spent time in their new classes ready for September - there is much excitement in the air. Our Year 4 pupils went back to Nursery with Mr Atkins and Miss King - getting them to leave was somewhat of a challenge! As we approach our final full week, and we prepare to wish a fond farewell to our fantastic Year 4 pupils, I wish you all a restful weekend.

*Miss Phillips*

**School closes on Tuesday 25th  
July at 1:30pm for all children.**



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Email: [chair@st-leonards-dunston.staffs.sch.uk](mailto:chair@st-leonards-dunston.staffs.sch.uk)

 **Staffordshire  
University  
Academies  
Trust**

We have been learning about vets this week. As part of our health and wellbeing the children have been learning how to be safe around dogs. Some of the children drew pictures of their pets and wrote what they were.



In our construction area we have been making different emergency vehicles. One of the challenges was to make a ladder that can go up and down on the fire engine.



In maths we have been looking how we can combine shapes to make new ones.



## Free E-book

Staying safe whilst having  
fun swimming,

[https://wildtribeheroes.com/  
samis-beach-rescue-ebook-  
download/](https://wildtribeheroes.com/samis-beach-rescue-ebook-download/)



## Leavers Service - Tuesday 25th July



Everyone is welcome to join us for our Leavers Service on Tuesday 25th July, at St Leonard's Church, Dunston. We aim for the children to arrive by 9:20am. Seating will be reserved for parents of Y4 children. **Please note** the office will be closed during the service.

## A Prayer for Rest

"Thank you, Lord, for Your promises and Your strong hand to lead and guide us. Please teach us Your ways and lead us into rest."

helloHOPE

This week during worship we are learning:

**'This little light of mine'**

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

Please follow the link above to hear the music





Foxes have been following instructions on how to make our very own woolly mammoth using recyclable materials! We used a variety of brown textures and looked at pictures of woolly mammoths to ensure that we incorporated some of their characteristics!



Please note the following changes to the school day plus the changes to the hours and charges of After School Care with effect from 5th September 2023.

## School Hours September 2023

School hours from September 2023 will be: **8.45am – 3.10pm**

Gates in the morning will open at: **8.35am**

Registers will be taken at: **8.45am**

Registers will close at: **8.55am** (after which point children receive a U mark)

### *Nursery hours:*

Morning session: 8.45am – 11.45am

Afternoon session: 12.10pm – 3.10pm

### *The Ark hours and costings:*

\*an increase of 20p, all other prices remain the same due to the length of the session being shorter than it is currently.

	8.00am - 8.35am	3.10pm - 4.00pm	4.00pm - 5.00pm
Nursery	n/a	£4.50	n/a
Rec - Y4	£3.50	£3.80	£4.00*

## Term dates

Autumn Term	Spring Term	Summer Term
INSET: Monday 4 <sup>th</sup> September	Open: Monday 8 <sup>th</sup> January	Open: Monday 8 <sup>th</sup> April
Open: Tuesday 5 <sup>th</sup> September	INSET: Friday 9 <sup>th</sup> February	INSET: Friday 24 <sup>th</sup> May
INSET: Friday 27 <sup>th</sup> October	Half term: Monday 12 <sup>th</sup> February - Friday 16 <sup>th</sup> February	Half term: Monday 27 <sup>th</sup> May - Friday 31 <sup>st</sup> May
Half term: Monday 30 <sup>th</sup> October - Friday 3 <sup>rd</sup> November	Holiday: Monday 25 <sup>th</sup> March - Friday 5 <sup>th</sup> April	INSET: Monday 22 <sup>nd</sup> July
INSET: Friday 22 <sup>nd</sup> December		Holiday: Tuesday 23 <sup>rd</sup> July - Friday 30 <sup>th</sup> August
Holiday: Monday 25 <sup>th</sup> December - Friday 5 <sup>th</sup> January		



Please can we ask that all debt on ParentPay is paid before we break up for the summer holidays - particularly if you are in year 4. Thank you.

Hedgehogs had a fabulous last Forest School this week, including scavenger hunts and toasting marshmallows!





## Last Week's Big Question: Can you bottle sunshine?

**Harrison F:** "It would burn the plastic" to which **Savannah** replied: "not if it was a glass bottle"

**Ted:** "No, it's too hot"

**Xander:** "No, you can't put fire in a bottle it's too hot, so you can't put sun in a bottle"

**Orla:** "No, it's too big!"

### BIG QUESTION

Do words have power?

We are definitely developing our philosophical thinking! As a family take time to discuss the above question - Miss Phillips will listen to the children's thoughts on this question during Worship on Friday.

# Weekly House Point Tally

Sycamore

238



Holly

160

Oak

190

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.



Earlier this week we welcomed representatives from Perkins, Stafford who presented us with an Amazon voucher of £100, for our Eco competition entry.



Children have received wristbands for raising money for Amy Smith our GB athlete!

# Attendance figures

## School Attendance 3rd - 6th July 2023

Hedgehogs 88%

Whole School 91.5%

Owls 94%

The National target for attendance, as set out in guidance from the DFE is 95%

Foxes 90%



If anyone has any spare, but in good condition, socks &

pants we are in desperate need especially girls pants. Thank you for the donations so far!



WEEK 2 MENU		Chartwells So much more than the average food				
	HOT SPECIALS...		DAILY FAVES...	PACKED LUNCH...	JACKET POTATOES...	PICK A PUDI
MONDAY	Cheese and Tomato Pizza Served with Potato Wedges	Mixed Bean Pasta Served with Tomato Pizza Bread	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	Jam Sponge with Fruit Slices
TUESDAY	Pork Sausages Served with Mashed Potato, Two Vegetables and Gravy	Vegetable Lasagne Served with Garlic and Herb Bread Wedge	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	Banana and Apricot Flapjack served with Fresh Fruit
WEDNESDAY	Roast Gammon Served with Mashed Potato, Two Vegetables, Yorkshire Pudding and Gravy	Vegetable Pie Served with Mashed Potato, 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 Ice Cream with Fruit Slices
THURSDAY	Beef Lasagne Served with Garlic and Herb Bread Wedge	Cauliflower and Sweet Potato Masala Served with Wholegrain Rice and 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 and Berry 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	Chocolate Shortbread with 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

# Transition Morning!

Children have spent the morning in their new class friends! Year 4 had a lovely morning spending time back where they started in Hedgehogs!



# DATES FOR THE DIARY

Friday 7th July 2023	Inset Day - school closed to children
Tuesday 25th July - approx. 9:30am	Leavers Church Service - all welcome
Tuesday 25th July	School closes at 1:30pm
Tuesday 5th September 2023	Back to School!
Friday 27th October	Inset Day
Friday 22nd December	Inset Day
Friday 22nd February	Inset Day
Friday 24th June	Inset Day
Monday 22nd July	Inset Day



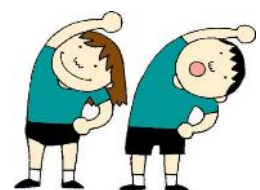
On your child's day, please send them to school dressed in old clothing they do not mind getting dirty. Please also ensure they have wellies to change into, if they are not kept at school. Layers and waterproofs are advised in case of wet weather or sunhats and suncream applied before school for warmer days!

Year 3	18/07/2023
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Please make sure your child has their PE kit in school, long hair tied back & earrings removed. Thank you for your co-operation

## PE Timetable Summer 2023

Thursday - Owls & Foxes  
Friday - Hedgehogs & Foxes

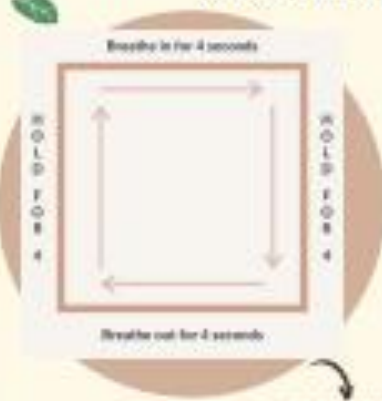




# BREATHING TECHNIQUES FOR ANXIETY



Controlling and slowing our breathing is one of the most effective ways to calm anxiety. Breathing deeply and slowly helps to calm the nervous system and to stimulate relaxation.



## BOX BREATHING

Draw a box with your finger or in your mind. As you trace the first side breathe in for 4 seconds, on the second side hold your breath for 4 seconds on the third side breathe out for 4 seconds and on the final side hold for 4 seconds. Repeat this over and over again until you start to feel calm.

USE THIS DIAGRAM TO HELP YOU

## 4-7-8 BREATHING

Breathe in for 4 seconds, hold your breath for 7 seconds and breathe out for 8 seconds. Repeat until you feel relaxed. This technique can also be used to help you to fall asleep.



USE THIS DIAGRAM TO HELP YOU



## FINGER BREATHING

Put your hand out in front of you. Use a finger from the other hand to trace up and down each finger. As you go up a finger breathe in, hold your breathe at the top and breathe out as you go down.

USE THIS DIAGRAM TO HELP YOU

TRY TO FOCUS ON RISE YOUR CHEST AND RIBBONAGE AND FALL AS YOU BREATHE

## TOP TIP TO REMEMBER WHEN BREATHING

When following any of the above techniques always breathe in through your nose and blow out through your mouth. You can imagine you are blowing through a straw if this helps you.

Sometimes the breathing techniques won't work instantly at that it okay. Keep going - repeat them over and over again until you see the effects. Always repeat the exercises at least 4 times. It can sometimes take 5-10 of consistent breathing minutes to see the full effects.



# THE MENTAL HEALTH SUPPORT TEAM IN SCHOOLS ARE **OPEN** OVER THE SCHOOL HOLIDAYS



Wednesday 26th July - Friday 1st September

If your child is experiencing low level mental health difficulties, we may be able to help. Call us\* between 9am - 5pm (Monday to Friday), leave your name and number and one of our practitioners will give you a call back to see what support we can offer.

We can help with:

- Low mood
- Anxiety
- Sleep difficulties
- Worry
- Panic



Burton and Uttoxeter  
01283 504487

Gannock and Stafford  
01283 352113

Tamworth  
01785 301027



\*Please note that these contact numbers are not to be used in an emergency.

## STAFFORD MHST

Schools we work with:

- Burton Manor Primary School
- Castlechurch Primary School
- Doxey Primary & Nursery School
  - Flash Ley Primary School
- John Wheeldon Primary Academy
  - King Edward V1 High School
  - Penkridge Middle School
  - Sir Graham Balfour School
- St. Leonard's CofE First School
- Stafford Manor High School
  - Veritas Primary Academy
- St Patrick's Catholic Primary School
  - St Leonard's Primary School
- St Austin's Catholic Primary School
  - Walton Hall Academy
- Walton Priory Middle School
- Silkmore Primary Academy
  - Marshlands School
- Blessed William Howard Catholic School

@SouthStaffsMHST

Families' Health and Wellbeing



Midlands Partnership  
NHS Foundation Trust  
*A Keele University Teaching Trust*

# School Nurse virtual drop in clinic

Every  
Thursday  
from  
3.30 - 4.30pm



The School Nurse is here to help your child feel healthy, happy and safe during their school years and to get the best from their education. If you have any concerns about their health and wellbeing please drop in to chat.



Join the link and talk to a School Nurse.

We provide a confidential and friendly service

[mpft.live/schoolnurse](https://mpft.live/schoolnurse)



# JUNIOR GOLF CAMPS



£25 per day

9.00am-3.00pm

Tuesday 25<sup>th</sup> July  
 Thursday 27<sup>th</sup> July  
 Tuesday 1<sup>st</sup> August  
 Wednesday 16<sup>th</sup> August  
 Friday 18<sup>th</sup> August  
 Tuesday 22<sup>nd</sup> August  
 Friday 25<sup>th</sup> August  
 Wednesday 30<sup>th</sup> August  
 Thursday 31<sup>st</sup> August

The Chase Golf Camps promise to be incredible days of fun, excitement and achievement, with prizes and certificates to be won. A fun camp for boys and girls of all ages & abilities covering all aspects of the game.

Find us on:





Please contact the Golf Professional team on  
**01785 712 888 ext 227**  
 email: [katgapro@gmail.com](mailto:katgapro@gmail.com)  
[www.thechasegolf.co.uk](http://www.thechasegolf.co.uk)

THE CHASE



# Wildchild FESTIVAL

Wednesday August 2  
10am - 4.30pm

Get Wild with us at The Wolseley Centre for craft and construction zones, dancing, theatre plays, nature trails, wildlife spotting, delicious food, and so much more. It's going to be a blast!

Booking is required

More info





ARTS COUNCIL ENGLAND

## Winter Coat Drive

PLEASE DONATE ANY UNUSED COATS



This summer Stafford Sports and Performance Academy are looking to collect 300 winter coats. All coats collected will be given to House of Bread Charity to use this coming winter for those people that are in need. Coats need to be in good condition (no rips) and also clean (please have them washed prior to donating.) All sizes appreciated. If you have coats to donate then please contact Stephen Glover on:

07793891029

or email [stephenglover@staffordsport.co.uk](mailto:stephenglover@staffordsport.co.uk). If multiple coats these can be collected in the Stafford Area. Alternatively SSPA will be accepting coats at any of their community dance classes, or their Summer Holiday Sports Clubs at Blessed William Howard School. PLEASE SUPPORT AS MUCH AS YOU CAN.

 Staffordshire County Council



Stafford (2)



Thursday 6<sup>th</sup> / 13<sup>th</sup> / 20<sup>th</sup> / 27<sup>th</sup> July



Ability Counts  
4:30 - 6:30pm  
6 - 16 years



Gnosall Village Hall, Lowfield Lane, Gnosall, ST20 0ET



Thursday 27<sup>th</sup> July

Flip Out  
10am - 12pm  
5 - 19 years



Stone Business Park, Opal Way, Stone, ST15 0SS

