

Friday 13th October 2023

# FRIDAY POST

## Our School Value: Thankfulness

*Give thanks whatever happens. That is what God wants for you in Christ Jesus. Thessalonians 5.18*

Dear Families,

Happy Friday - we are flying through the first half-term here at St Leonard's!

Thank you to everyone for your patience and understanding yesterday with the traffic. Children who arrived late because of the hold-ups will not be penalised; we have clarified this with VIP Education. Thank you also for your support at the end of the day; letting the children out gradually as you arrived helped ease any congestion within the village for which the residents are always grateful.

As a teaching staff, we are spending lots of time looking at reading across the school. Reading underpins so much of the wider curriculum and we want to do everything we can to support our pupils to become fluent readers. Regardless of your children's year group, it is important that they are heard reading aloud at home. Our newly purchased reading books will particularly support our Foxes with this. We also love hearing about the other books children enjoy reading at home, so do feel free to record these in their reading diaries too.

Next week we are looking forward to welcoming families into school for Parents' Evening. This is always a great opportunity to celebrate the children's progress and learning. The School Council and Worship Team will also be meeting next week - watch this space for more information from them!

Have a wonderful weekend,

Miss Phillips



Learn to Love, love to learn

St Leonard's First School & Nursery





Year 1 made mobiles using natural materials during their forest school session this week.



# Attendance figures

School Attendance 9th - 13th October 2023

Hedgehogs 94%

Owls 89%

Foxes 90%

Whole School 90.6%

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

## Christmas Jumper swap



Christmas is coming and along with that will be Christmas jumper days! These can be expensive and children grow out of them so quickly! If you have any jumpers that you are willing to donate to other families please place them on our Uniform exchange rail and help yourself to any that have been donated.

# Stars of the Week



# Achievements from home



Horse Riding



Dance Show



Beavers



Acrobatics

If your child has recently received an award they would like to share with us, eg swimming, football, dance, Beavers, Brownies etc please send them into school & we will share them during our Celebration Worship on Friday.

## Phonics

### Reception & Year 1 Parents

Parents in Reception and Year 1 are invited to a rescheduled Phonics workshop for parents. The session is on **Thursday 9th November** at 3:15pm - Children can be booked into the Ark at a cost of £3.80 for the hour, please speak to the office to book.

Next week in worship we are singing

**"Autumn Days"**

[Autumn Days When the Grass is Jewelled](#)  
(singing and lyrics) (StF 121 / BBC Come and Praise 4) - YouTube

*Click the link above to hear the music*

## Parents Evening

Don't forget it's parents evening next week, if you haven't booked a time slot please do so, there is still some availability. If you can't make any of the times available please speak to the office, who will arrange a mutually convenient time with your class teacher. We will be handing out data collection sheets for all children during the session, it is important that these are checked and returned to the office, so that we have the correct contact information should we need to contact you in an emergency. For ALL children in Year 1 and above there will be a Parental Consents form which will need to be completed. If your child has a Care Plan in school, a copy of this will also be given to you for checking.





In Computing, Owls have been using Purple Mash to learn how to login, save, retrieve and edit their work. In RE, they have found out about the Bible story of Jonah and the Big Fish, so they used Purple Mash to draw pictures from the story.



Owls have been finding out about the abstract artist Jackson Pollock, who was famous for his 'drip paintings' in which he often used dark, dull shades of colour. We practised mixing black paint with a range of colours to make them darker and then used these dark shades to create our own drip paintings.



## Speeding Cars

We have been informed of some speeding cars around school and drop off and pick up times. Please can we all be aware of how dangerous this is, we need to keep all our children safe.

### REMEMBER

- ◆ Young children are small and inexperienced.
- ◆ They can't judge speed or distance of approaching traffic.
- ◆ They can't see over parked cars as you can.
- ◆ They can't cope with traffic on their own - it is not fair or realistic to expect them to do so.
- ◆ They can't be easily seen by motorists



## Flu Vaccination - Thursday 26th October

### Reception to Year 4 only

A reminder that the school nurses will be in school on the morning of Thursday 26th October. Please remember to complete the consent form using the details below:

To complete the on-line consent form, please using the following link: <https://forms.mpft.nhs.uk/>

Choose the following from the dropdown list:

St Leonard's CofE (C) First School (Dunston) – 26 Oct 2023 – Flu

Your school code is: SS124248-23

All details have been emailed to yourselves on 20th September 2023

# Weekly House Point Tally

Sycamore

92



Holly

92

Oak

66

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.



Owls welcomed Sarah from The YouthNet and took part in a range of interactive activities related to the parable of The Wise Man and the Foolish Man.



## *Harvest Service*



All parent/carers are invited to join us for our Harvest church service at St Leonard's church, Dunston on 25th October. The doors to church will be open from 9am and the children will arrive at approx. 9:20am

We welcome donations of: UHT milk - Meal tins - tinned meat - cereal - tinned soup - tinned veg - tinned potatoes - tin fish - tin rice pudding - custard - tinned fruit - jam - marmalade - pasta - pasta n sauce packets - baked beans - tinned spaghetti - biscuits - tea bags - coffee - toilet rolls - shower gel - shampoo - deodorant

Your kind donations will be handed to Rising Brook Food Bank who support and help local families - please bring to church on the morning.



This week in Science, Foxes have been exploring which objects in their classroom and outside are magnetic. We were very surprised by some of our findings.



To develop our philosophical thinking we will be asking a BIG question each week! As a family take time to discuss the big question! Miss Phillips will listen to the children's thoughts on the question during Worship on Friday.

## Next week's BIG QUESTION

Do stairs go up or down?

What do good ideas feel like?

**Alfie** "jelly"

**Trixie** "it makes you feel very smart"

**Ellis** "good but sometimes bad"

**Thomas H** "they don't change, it's a natural behaviour"

**Aliyah** "it makes you feel good, and that you want to share your idea"

**Teddy P** "really, really good"

**Edie** "makes you want to jump around the place"

**Alex** "nervous, you don't always think you've got it right"

**Thomas T** "joyful"

## Lunchtime Menu - next week is week ONE

	WEEK ONE	WEEK TWO	WEEK THREE
<b>MONDAY</b>	Mac & Cheese (V) Mixed Bean Chilli with Rice (Ve)(Wg) Jacket Potatoes with a Choice of Filling Rainbow Veg Scoop of Vanilla Ice Cream (V)	Vegetable Lasagne (V) Lentil & Mushroom Keema Curry with Rice (Ve) Jacket Potato with a Choice of Filling Rainbow Veg Scoop of Vanilla Ice Cream (V)	Pizza Mac & Cheese (V) Mild Sweet Potato & Chickpea Curry with Rice (Ve) Jacket Potato with a Choice of Filling Rainbow Veg Scoop of Vanilla Ice Cream (V)
<b>TUESDAY</b>	Mild & Sweet Chicken Curry with Rice (Wg) Margherita Pizza with Jacket Wedges (V) Jacket Potatoes with a Choice of Filling Sweetcorn & Peppers, Cauliflower Apple Crumble (Ve)(Wg) with Custard (V)	Chicken Paella (Wg) Margherita Pizza with Jacket Wedges (V) Jacket Potatoes with a Choice of Filling Sweetcorn, Green Beans Apple & Pear Crumble (Ve)(Wg) with Custard (V)	Chicken Tandoori with Golden Rice (Wg) Margherita Pizza with Jacket Wedges (V) Jacket Potatoes with a Choice of Filling Sweetcorn, Green Beans Peach & Pineapple Crumble (Ve)(Wg) with Custard (V)
<b>WEDNESDAY</b>	Roast of the Day with Roasties & Gravy Chickpea & Veggie Puff with Roasties (Ve) Jacket Potatoes with a Choice of Filling Broccoli, Sliced Carrot Strawberry Jelly & Peaches (Ve)	Roast of the Day with Roasties & Gravy Homemade Veggie & Stuffing Roll with Roasties & Gravy (Ve) Jacket Potatoes with a Choice of Filling Cauliflower, Carrot Batons Orange Jelly & Mandarins (Ve)	Roast of the Day with Roasties & Gravy Veggie Sausage Toad in the Hole with Roasties & Gravy (V) Jacket Potatoes with a Choice of Filling Cabbage, Sliced Carrot Strawberry Jelly & Pineapple (Ve)
<b>THURSDAY</b>	Tuna & Pea Pesto Pasta (Wg) Penne with Tomato Super Sauce (Ve) Jacket Potatoes with a Choice of Filling Green Beans, Beans Chocolate Mousse with Peas (V)	Penne with Chicken Meatballs in Classic Tomato Sauce (Wg) Penne with Classic Tomato Sauce (Ve)(Wg) Jacket Potatoes with a Choice of Filling Cabbage, Garden Peas Banana Custard (V)	Chicken, Broccoli & Sweetcorn Pasta Bake (Wg) Penne with Beany Bolognese (Ve)(Wg) Jacket Potatoes with a Choice of Filling Sweet, Shredded Carrots Chocolate Mousse with Mandarins (V)
<b>FRIDAY</b>	Fish Fingers or Salmon Fish Fingers with Chips Falafel Wrap with Mint Yoghurt & Chips (V) Jacket Potatoes with a Choice of Filling Baked Beans, Garden Peas Flapjack (Ve)	Fish Fingers or Salmon Fish Fingers with Chips Vegetable Marinara Sab with Chips (V) Jacket Potatoes with a Choice of Filling Baked Beans, Garden Peas Chocolate Shortbread (Ve)	Fish Fingers or Salmon Fish Fingers with Chips Garden Vegetable Goujons with Chips (Ve) Jacket Potatoes with a Choice of Filling Baked Beans, Garden Peas Iced Shortbread (Ve)

MONDAY: 11:30-12:30, 12:30-1:30, 1:30-2:30, 2:30-3:30, 3:30-4:30, 4:30-5:30, 5:30-6:30, 6:30-7:30, 7:30-8:30, 8:30-9:30, 9:30-10:30, 10:30-11:30  
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Freshly baked bread, fresh fruit, yoghurts and fresh drinking water available daily

Hedgehogs have started noticing the seasonal changes and made some leaf rubbings with Mrs Jordan. In R.E. we have been thinking about why Christians think Jesus is special and made a big picture all about it. Some of the children wanted to know how to make playdough so Mr Atkins brought the ingredients in to make some (with added glitter!). In maths we looked at the numeral 4 and found out how to make a square shape with it. We played a dot-to-dot game and drew a square, diamond and kite with 4 dots.



# DATES TO REMEMBER

Tuesday 17th October	Parents evening
Wednesday 18th October	Parents evening
Wednesday 25th October	Church service everyone welcome at approx. 9:20am
Thursday 26th October	Flu Vaccinations - Rec to Year 4
Friday 27th October	Inset Day
Monday 30th Oct - Fri 3rd Nov	Half Term
Thursday 9th November 3.15pm	Reception & Year 1 Parent Phonics Workshop
Friday 1st December	Christmas lights switch on
Wednesday 13th December PM	Christmas play - <i>more info to follow</i>
Thursday 14th December AM	Christmas play - <i>more info to follow</i>
Thursday 21st December	Last day - school closes at 1:30pm
Friday 22nd December	Inset Day
Monday 8th January	Back to school
Friday 9th February	Inset Day
Mon 12th Feb - Fri 16th Feb	Half Term
Mon 25th Mar - Fri 5th April	Easter Holiday
Monday 6th May	Bank holiday school closed
Friday 24th May	Inset Day
Mon 27th - 31st May	Half Term
Friday 19th July	Last day of academic year
Monday 22nd July	Inset Day



On your child's forest school day, please send them to school dressed in old clothing you 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 wet weather.

17/10/2023

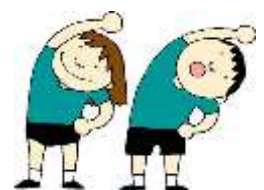
Reception

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

## PE Timetable Autumn 2023

Thursday - Owls & Foxes

Friday - Hedgehogs & Foxes





**102,000 children  
starting school in  
England are at risk  
of catching measles**

**Check your child is up**

**to date with their**

**MMR vaccinations**

# SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT

## A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From climate change to the war in Ukraine and the conflict in Israel, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

### 1 FIND OUT WHAT YOUR CHILD KNOWS

There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they've seen.

### 2 RIGHT TIME, RIGHT PLACE

Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.

### 3 KEEP IT AGE APPROPRIATE

With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what's happening – but again, do stay aware of their emotional state.

### 4 EMPHASISE HOPE

Upsetting content can make anyone feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.

### 5 MONITOR REACTIONS

All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.

### 6 CONSIDER YOUR OWN EMOTIONS

It's not only young people who find upsetting news difficult to process; adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.

### 7 SET LIMITS

Managing screen-time and content can be difficult even in normal circumstances, but especially in unusual or stressful periods (at the start of the pandemic, for example), it's virtually impossible to keep children away from upsetting content completely, but it's important to try to limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screen-time limits.

### 8 TAKE THINGS SLOWLY

Try not to overwhelm your child with information all at once. Instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.

### 9 ENCOURAGE QUESTIONS

Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access, even if the content is actually inappropriate. Encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate – you want to be their ultimate source of information, not their device.

### 10 FIND A BALANCE

There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.

### 11 BUILD RESILIENCE

News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generically with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.

### 12 IDENTIFY HELP

It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are. It is essential that children understand that they're not alone, and that help is available if and when they need it.

## Meet Our Expert

Gayle Jorgensen is the director of *Facelife* South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying around the world. *Facelife* helps give a voice to bystanders by encouraging them to speak up and get the help they not only want but need.



**NOS**  
National  
Online  
Safety  
#WakeUpWednesday