

Friday 12th January 2024

FRIDAY POST

Our School Value: Courage

"Be strong and brave. Don't be afraid. The Lord your God will be with you everywhere you go." Joshua 1.9

Dear Families,

It feels a little late in the month to be saying "Happy New Year!" but it has been a happy start to the school term and as always we have loved welcoming the children back into school.

We also have a visit from local PCSO, Phil Millichap, on Monday. Phil was keen to hear about some of the concerns that have been expressed about driving and parking outside school. He is going to support us in looking into how we can request a lower speed-limit. Phil is also keen to get to know the school more and will be arranging to come back and spend time working with the children.

Hedgehogs came back to some unusual discoveries in their classroom on Monday - check out the photos on Facebook and later in the Post! This sparked much excited talk and investigation!

Owls have enjoyed beginning their art learning on portraits. We are very much looking forward to seeing how this learning develops and will no doubt have lots of photos to share with you over the coming weeks!

Foxes had their first swimming lesson today - well done to everyone for having a go and getting stuck in. Mrs Carrington and Mr Waters are excited to see the progress the children will make over the term.

We have also welcomed Miss Tyler into school this week, who is a trainee teacher from Staffordshire University. It is great to develop our links with the University and we are looking forward to working with her.

Miss Phillips



for your generous donations!



COURAGE

We are looking for children who are happy to share examples of times they have shown courage at our next church service. Please speak to your children about this at home and let their class teacher know if they would like to be part of this.

Wanted Class
Foxes



Could all children in class Foxes please bring an empty & clean jam jar to school in the new year. Many thanks Mrs Carrington

Stars of the Week



HEDGEHOGS

All children have settled well after Christmas and we now would like children in **Reception** to become more independent in coming into class on their own in a morning. If parents could say their goodbyes before they walk up the ramp, letting their child find their own coat peg this would be a great start!

Many thanks for your co-operation
Mr Atkins

Lost Property

Please may we remind you to name EVERY piece of school clothing, drinks bottles and lunch boxes. A permanent marker on a washing label works just as well as sew in or iron on tags. Any items with a name on will be returned to their owner! Un-named items will be placed in our Lost Property box which can be found by the School Reception entrance.



Please could you check your ParentPay accounts and pay any outstanding Before or After School club fees and dinner money. Payment for school clubs is also now due Many thanks



ParentPay®

Achievements from home



Horse Riding



Golf



Swimming

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.

Contact Details

Don't forget if you have moved, changed your mobile phone number or email address over Christmas to let the office know. It is important we can get in touch with you should your child become unwell.

Call us on 01785 712488 with any changes or email: office@st-leonards-dunston.staffs.sch.uk



Fruit

Children in Nursery through to the end of Year 2 are supplied with 1 piece of fruit per day from the Government. Please could children in Foxes (Y3 & Y4) remember to bring a piece of fruit to eat at break time, no crisps or chocolates please. If you are sending in grapes or small tomatoes these MUST be cut in half lengthways.

Thank you for your co-operation.

Lunchtime Menu - next week is week TWO

The children get asked each morning what they would like to eat at lunchtime.

Please note we will **NOT** be offering a sandwich option during winter.

	WEEK ONE	WEEK TWO	WEEK THREE
MONDAY	Margherita Pizza with Jacket Wedges (V)(WG) Penne with Vegballs in Tomato Sauce (Ve)(WG) Choice of Jackets, [redacted] or Tomato Pasta Green Beans, Sweetcorn St Clement's Shortbread (Ve)	Margherita Pizza with Jacket Wedges (V)(WG) Beany Chilli with Rice (Ve)(WG) Choice of Jackets, [redacted] or Tomato Pasta Green Beans, Sweetcorn Lime Shortbread (Ve)	Margherita Pizza with Jacket Wedges (V)(WG) Penne with Veggie Bolognese (Ve)(WG) Choice of Jackets, [redacted] or Tomato Pasta Sweetcorn, Green Beans Vanilla Iced Shortbread (Ve)
TUESDAY	Penne with Beef Bolognese (WG) Veggie Cottage Pie (Ve) Choice of Jackets, [redacted] or Tomato Pasta Broccoli, Garden Peas Apple Crumble (Ve)(WG) with Custard (V)	Cottage Pie Veggie Chow Mein (Ve) Choice of Jackets, [redacted] or Tomato Pasta Broccoli, Garden Peas Chocolate & Pear Sponge with Chocolate Custard (V)	Pork or Chicken Sausages with Mash & Gravy Veggie Sausage with Mash & Gravy (Ve) Choice of Jackets, [redacted] or Tomato Pasta Sliced Carrots, Garden Peas Toffee Apple Sponge with Apple Custard (V)
WEDNESDAY	Roast of the Day with Roasties, Stuffing & Gravy Homemade Veggie & Stuffing Roll with Roasties & Gravy (Ve) Choice of Jackets, [redacted] or Tomato Pasta Cauliflower, Sliced Carrots Chocolate Mousse with Pears (V)	Roast of the Day with Roasties, Yorkshire & Gravy Roasted Butternut Squash with Roasties, Yorkshire & Gravy (V) Choice of Jackets, [redacted] or Tomato Pasta Cauliflower, Sliced Carrots Jelly (Ve)	Roast of the Day with Roasties, Stuffing & Gravy Quorn Fillet with Roasties, Stuffing & Gravy (Ve) Choice of Jackets, [redacted] or Tomato Pasta Cabbage, Carrot Batons Chocolate Mousse with Mandarins (V)
THURSDAY	Mild & Sweet Chicken Curry with Rice (WG) Mac & Cheese (V) Choice of Jackets, [redacted] or Tomato Pasta Rainbow Veg Banana Bread (V)	Breakfast for Lunch with Diced Potatoes Veggie Breakfast for Lunch with Diced Potatoes (V) Choice of Jackets, [redacted] or Tomato Pasta Baked Beans, Cooked Tomato Flapjack (Ve)	Chicken with Golden Vegetable Rice (WG) Mac & Cheese (V) Choice of Jackets, [redacted] or Tomato Pasta Rainbow Veg Jammy Dodger Flapjack (Ve)
FRIDAY	Fish Fingers or Salmon Fish Fingers with Chips Quorn Hotdog with Chips (V) Choice of Jackets, Sandwiches or Tomato Pasta Baked Beans, Garden Peas Vanilla Ice Cream with Peaches (V)	Fish Fingers or Salmon Fish Fingers with Chips Garden Vegetable Goujons with Chips (Ve) Choice of Jackets, Sandwiches or Tomato Pasta Baked Beans, Garden Peas Vanilla Ice Cream with Banana (V)	Fish Fingers or Salmon Fish Fingers with Chips Quorn Dippers with Chips (Ve) Choice of Jackets, Sandwiches or Tomato Pasta Baked Beans, Garden Peas Vanilla Ice Cream with Fruit Cocktail (V)

Freshly baked bread, fresh fruit, yoghurts and fresh drinking water available daily.

V - Vegetarian Ve - Vegan WG - Wholegrain



Children in Early Years arrived to mysterious green slime in their outdoor area this week!



After much searching they found 'alien eggs'!!

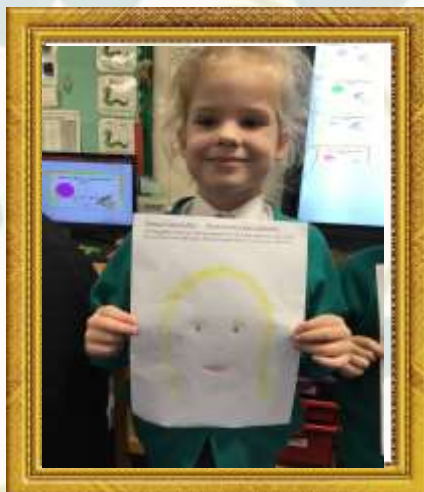
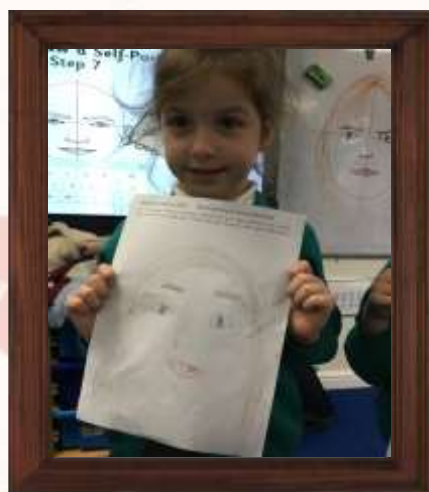


Foxes have been exploring the school grounds looking for animals in their natural habitats.





Children in Owls are learning about portraits in their art lessons. This week they had a go at drawing self-portraits.



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

Our next BIG QUESTION

Do trees feel?

Xanders question - How big is the universe?

Fran "It's as big as you want it to be"

Pippa "23cm"

Jarrold "one thousand"

Jenson "we don't know as we haven't even discovered half"

Elijah "Bigger than the world"

Weekly House Point Tally

Holly

244



Oak

162

Sycamore

162

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.

Attendance figures

School Attendance 8th - 12th January 2024

Hedgehogs

99%

Owls

98%

Foxes

97%

Whole School

97.6%

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

Please note fixed penalty notice referrals will be made to the Local Authority for term time holidays.

IS YOUR CHILD STRUGGLING TO SLEEP? TRY FOLLOWING THIS CHECKLIST

MY CHILD'S BEDROOM: GOOD SLEEP CHECKLIST



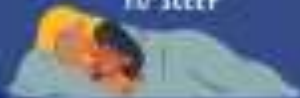
OUR ENVIRONMENT HAS A HUGE IMPACT ON OUR ABILITY TO SLEEP, THIS IS TRUE FOR ADULTS AND CHILDREN



WHY BOTHER?



CREATING A COMFORTABLE AND RELAXING ATMOSPHERE IS A KEY FIRST STEP TO HELPING A CHILD TO SLEEP



ONCE WE HAVE MADE A POSITIVE SLEEP ENVIRONMENT WE CAN MONITOR WHETHER THIS HELPS OUR CHILD'S SLEEP TO IMPROVE



IF WE ARE STILL SEEING ISSUES WE ARE THEN ABLE TO RULE OUT THE ENVIRONMENT AND LOOK INTO OTHER STRATEGIES. SO A POSITIVE ENVIRONMENT MUST ALWAYS BE THE FIRST STEP

1

Bedroom Checklist HELPING YOUR CHILD TO SLEEP

01 BEDROOM TEMPERATURE



If your child is too hot or too cold in the night this can wake them. Make sure there are no drafts around your child's bed in winter and consider using a fan in summer if it is too warm

02 LIGHTING

Your child's room should be completely dark. Light prevents the production of important sleep chemicals so make sure their room is pitch black. Black out blinds are a cheap but effective way of doing so



03 MATTRESS AND PILLOW

Test out your child's mattress and pillow and make sure their bed is a comfortable place to be. Some children respond well to fun duvet covers such as ones showing their favourite characters. This can make going to bed more attractive



04 SOUNDS

Make sure your child is not being disrupted by noise in the night. Ensure windows are closed when possible and that TV's in other room's are turned down



05 CLEANLINESS

A clean and tidy bedroom is absolutely key at promoting good sleep. A messy, cluttered environment can make relaxation more difficult and even stimulate the brain before bed



06 SMELLS

Some children respond well to calming scents on their pillow, such as lavender. If the child smells this each night they will begin to associate that scent with sleep, promoting relaxation. There are a variety of bed time sprays out there that can be purchased



DATES TO REMEMBER

Thursday 8th February	Church Service - parents welcome to join us approx. 9.15am
Friday 9th February	Inset Day
Mon 12th Feb - Fri 16th Feb	Half Term
Friday 22nd March	Easter Church Service - parents welcome to join us
Mon 25th Mar - Fri 5th April	Easter Holiday
Monday 6th May	Bank holiday school closed
Wednesday 15th - 17th May	Foxes - Laches Wood Residential - <i>more info to follow</i>
Friday 24th May	Inset Day
Mon 27th - 31st May	Half Term
Friday 19th July	Last day of academic year
Monday 22nd July	Inset Day



Be on time at quarter to nine!

A reminder that the school gates open at 8:35am and close at 8:45am each morning. Any child arriving once the gate is closed will need to be signed in late via the school office. Thank you.

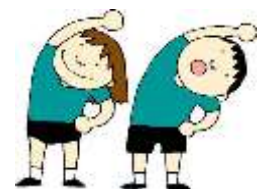
PE Timetable January 2024

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

Thursday - Owls & Foxes

Friday - Hedgehogs & Owls

Friday - Foxes will be swimming





Stafford (1)



Thursday 4th / 11th / 18th / 25th January

4:30 – 6:30pm

Ability Counts

6 – 16 years



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

Please note: No sessions running from 21st December to 29th December



Wednesday 10th / 24th January

5:00 – 7:15pm

Chuckle Chillout

5 – 18 years



The Chuckle House, Unit 10 Stone Business Park, Stoke, ST15 0SR



Wednesday 17th January

5:00 – 7:00pm

Bowling & Meal

11 – 19 years



Tenpin Bowling, Greyfriars Place, Stafford, ST16 2SD



From Friday 1st December:

To book a place on any of
the listed activities call:

0300 111 8007

(option 2, then option 3)



Children can have two free
activities every month!

Click here for further details:

[Aiming High - Activities and short
breaks | Staffordshire Connects](#)

Stafford (2)

Sunday 28th January

2:30 – 4:30pm

Pretty Pots Painting

7 – 18 years

76 Main Road, Milford, Stafford, ST17 0UW



We are still waiting for activities from Doves Care



What Children & Young People Need to Know about **FREE VS HATE SPEECH**

Everyone in the UK has the right of "freedom of expression". That's the right to voice your opinions and share information and ideas with others. It's not the right to say whatever you want without regard for others' feelings and values. We all have a responsibility to use this right properly: being respectful and inclusive to those around us, rather than making offensive and threatening remarks. That's called 'hate speech' and knowing the difference is incredibly important.

Free speech is a person's legal right to share information, opinions and ideas without fear of retaliation, censorship or legal consequences. This freedom of expression is recognised in international human rights legislation, and here's what it does for us in our day-to-day lives ...

The Human Rights Act 1988 states that everyone has the right to express themselves freely – even if their views are unpopular and might offend others.

Freedom of expression encourages listening to others and allowing opposing views to be heard. It's important to respect someone's opinion, even if we disagree with it. Free speech lets us engage in meaningful discussions with people who feel differently.

Any concept could potentially offend someone. Galileo's theories were incredibly offensive to many at the time, while not everyone agrees with Darwin, even today. A frequent exchange of ideas is vitally important for a healthy society.

Free speech allows us to engage people we disagree with in a debate. The ability to challenge others' views is healthy – while having ours challenged helps us learn how to deal with criticism and think deeply about what we say and believe.

Freedom of expression includes the right not to do something, like not standing up for – or singing – the national anthem. Even though some people would find that offensive, it isn't illegal. By law, nobody can force you to say anything you don't want to.

Free speech is a powerful tool for change, justice and reform. Many modern UK rights – such as women being allowed to vote, decent working conditions or same-sex marriage – couldn't have been achieved without it.

Hate speech refers to any communication – like talking, texting or posting online – that negatively targets a group or an individual because they are perceived to be different in some way. Demoralising and dehumanising statements, threats, identity-based insults, offensive name-calling and slurs would all count as hate speech. Here are some common forms it takes...

Targeting people or groups because of a protected characteristic – like race, gender identity, sexuality, nationality, religion or a disability – and verbally abusing them with slurs and name-calling. The Equality Act 2010 has more information on this.

Content that dehumanises people based on the same characteristics: referring to them as if they were animals, objects or other non-human entities, for example. Separating the target from other human beings is usually an attempt to justify the speaker's bigotry.

Calling for violence or hatred against certain people or groups and justifying and glorifying those actions. Suggesting that a certain group should be removed from society could be seen as a call to arms, for example – potentially putting people from that group in danger.

Claiming that specific types of people are physically, mentally or morally inferior (or even that they are criminals) to encourage others to view them in the same way. This kind of thinking is always incorrect – but can be incredibly harmful to the group in question.

Spreading damaging misinformation about a person or group that the speaker views as "different" – essentially, trying to turn others against them by lying. Someone might claim that a recent tragedy is the fault of this entire group, when this is simply not possible.

Promoting the segregation of certain groups, or discrimination against them, because of who they are. This has been illegal in the UK for a long time – but some people still try to promote the exclusion of others, which can cause a huge amount of distress.

Meet Our Expert

The Global Equality Collective is an online community for teachers, schools and teachers' associations, comprised of thousands of subject matter experts in diversity, equality and inclusion, and their experiences behind the scenes. www.theworldofequality.com

GLOBAL
EQUALITY
COLLECTIVE

The
National
College

NOS
National
Online
Safety
#WakeUpWednesday

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