

Friday 15th March 2024

FRIDAY POST

Our School Value: Forgiveness

"Be kind and loving to each other. Forgive each other just as God forgave you in Christ". Ephesians 4:32

Dear Families,

Another week has gone by and it has been packed full as always!

On Monday, we welcomed Louisa Harrop into school, who is our Christian Distinctiveness Advisor from Lichfield Diocese. She visits termly and always loves a trip to St Leonards - have a look at her feedback on our RE learning later in the Post!

We have enjoyed making links with other schools in our Trust this week - working together is a great way to develop what we do in school. Mr Atkins went to visit Perton Primary Academy on Monday to share ideas with their Early Years team and I spent Tuesday morning visiting Tynsel Parks CE Primary to share ideas as church schools. Next week, we look forward to welcoming visitors from schools across the Trust to St Leonards.

Yesterday evening, our Local Academy Council (LAC) met. This is our governing body who support the school with strategic direction, offering challenge and support. Members of the LAC have been into school over the last few months and it is great to have such a supportive team around the school.

Today we carried out our termly fire drill. The children conducted themselves excellently and continue to move safely and sensibly around the site. Well done everyone!

We have also enjoyed sharing jokes and making each other chuckle, as well as seeing silly socks across the school! Thank you everyone for your generous donations to Chuckle Productions. We will be continuing to fund-raise for them over the coming months so watch this space for more details.

Have a wonderful weekend,

Miss Phillips

Learn to Love, love to learn

St Leonard's First School & Nursery



Louisa is our Christian distinctiveness advisor from Lichfield Diocese and works with our school as well as all the SUAT schools to support with our vision and values, the RE curriculum and collective worship.

From Louisa:

It was a real treat to work with Miss Phillips and discuss RE at St Leonard's. Miss Phillips and I worked together looking at pupils RE books and staff and pupil feedback. The quality of the RE that I had the privilege to look at, especially the detail and level of understanding of Christianity and other world faiths, as well as the personal knowledge and responses was excellent. It is obvious that the children at St Leonard's are used to asking and thinking about big questions and this was clearly visible in the RE work, where there were many thoughtful and mature responses to challenging issues. I especially liked the creative arts tasks, the reflections on key texts and quotes and the application of the subjects being learnt to the world in which we live. Thank you to all the staff for their hard work and enthusiasm and to the children who are working very hard to think deeply about what they are learning and why they are learning it! I look forward to my next visit.

A question to get you thinking: Is a hot cross bun, really cross?



LDDBE
Lichfield Diocesan
Board of Education



Meet our Chair of the Local Academy Council (Governors).

Katrina Gibson is the Chair of our Local Academy council, she is responsible for chairing our meetings and overseeing the LAC. Katrina attended a small school growing up so knows first hand what a special place they are!

In DT, Owls have been learning how to prepare a range of fruits and vegetables ready for eating. They have washed, peeled, sliced, chopped and grated. In our next lesson we will be working in groups to design our own salads.





Stars of the Week



This term we are singing ...

Lord I lift your name on high https://www.youtube.com/watch?v=c12Ta6_WJrw

Mighty to Save <https://www.youtube.com/watch?v=68uitaNXtUo>

He calls me friend <https://www.youtube.com/watch?v=2PpiezP6xRM>



Achievements from home



Gymnastics



Swimming



Football

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.

Nursery - September 2024



We are now taking names for children wishing to start at our school nursery in **September 2024**. Places are limited so please could you drop in / contact the office for a form so we can add your child's name to our list no later than **Monday 8th April** - places will be allocated w/c **15th April 2024**. If you are already in our nursery and wish to change or increase sessions for September then please email the office with your request.

BOOK REVIEWS

Don't forget to keep your book reviews coming! Blank review sheets are available in The Reading Tree which is open every Friday at 3:10pm

Weekly House Point Tally

Sycamore

125



Oak

80

Holly

78

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.

School Meal Price Increase

Edwards & Ward, our catering service, have announced an increase in the cost of a meal. After Easter children in **Nursery, Year 3 and Year 4** will be charged £2.95 for a school dinner, an increase of 4%.

FREE SCHOOL MEALS

If your child is in Reception or above you might be eligible for free school meals. Please visit Staffordshire County Council's online checking tool where, if eligible, you can apply today. Here is the link: <https://www.staffordshire.gov.uk/Education/Educational-awards-benefits/FreeSchoolMeals/Apply-online.aspx>

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) Veg Penne with Vegballs in Tomato Sauce (Ve)(WG) Choice of Jackets, [redacted] or Tomato Pasta Green Beans, Sweetcorn St Clement's Shortbread (Ve) <small>Better Health</small>	Margherita Pizza with Jacket Wedges (V)(WG) Veg 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) Veg 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)	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 Veggie 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 Veggie 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 Veggie 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) Veggie Mac & Cheese (V) Choice of Jackets, [redacted] or Tomato Pasta Rainbow Veg Banana Bread (V)	Breakfast for Lunch with Diced Potatoes Veggie 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) Veggie 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 Veggie 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 Veggie 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 Veggie Quorn Dippers with Chips (Ve) Choice of Jackets, Sandwiches or Tomato Pasta Baked Beans, Garden Peas Vanilla Ice Cream with Fruit Cocktail (V)
	<small>15/01, 22/01, 19/02, 11/03, 01/04, 22/04, 13/05, 05/06, 24/06, 15/07</small>	<small>16/01, 05/02, 26/02, 16/03, 06/04, 29/04, 20/05, 10/06, 01/07, 22/07</small>	<small>22/01, 12/02, 04/03, 25/03, 16/04, 06/05, 27/05, 17/06, 08/07</small>

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

V - Vegetarian Ve - Vegan WG - Wholegrain



NO NUTS!

Please note do not send children to school with any items containing nuts due to children who have allergies. Thank you

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

What does it mean to have hope?



If you could invent anything, what would it be and why??

Danny "a flying tank so it can cut off a bit of the moon"

Thomas "a chocolate cake machine"

Fran "a joke machine, so you can always have a joke up your sleeve"

Imelda "a machine that helps you to get ready"

Edward "a spy machine"

Thomas "a time machine, so I can go back in time to the dinosaurs"

Dexter "a new Pokémon card, as I've got them all"

Alfie "a robot that cuts grass, for the farm"

Jarrold "a money machine, so I can buy things"



Attendance figures

School Attendance 11th March - 15th March 2024

Hedgehogs 86%

Owls 97%

Foxes 95%

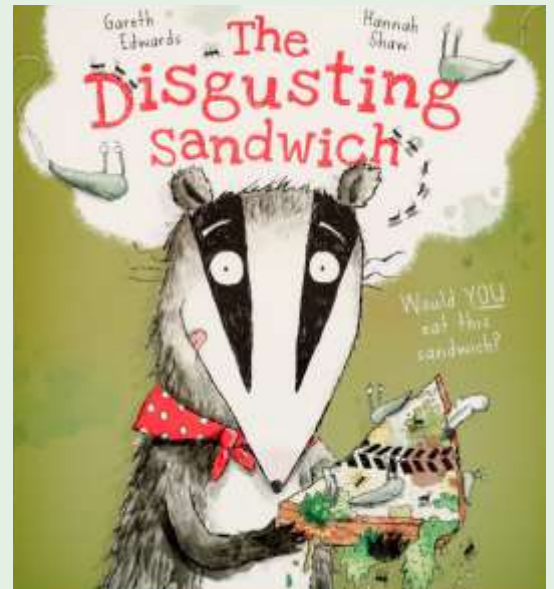
Whole School 92.9%

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.



In English, Owls have been reading *The Disgusting Sandwich* by Gareth Edwards. In the story, a sandwich goes through a series of unfortunate mishaps, so we decided to make our own sandwiches and put them through the same series of mishaps. We dropped them in sand, dipped them in the pond, rode over them on scooters, stuck feathers on them, then left them in a flowerbed, in the hope that slugs will slither over them. In our next lesson we plan to write instructions for making a disgusting sandwich. Please see Miss Laing if you'd like the recipe!



Finley "This has been the best day of my life"
 Miss Laing: "What, even better than Christmas?"
 Finley "yes"
 Miss Laing "even better than your birthday?"
 Finley "yes"
 A bit later in the day:
 Miss Laing "is it still the best day ever?"
 Finley "YES!"





Foxes have explored the inventor of waterproof coats: Charles Macintosh. He was able to find a way of making fabric waterproof by layering fabric with natural rubber. We all thought about how we could make our resources waterproof. We then took turns to place our boats into water to see if we'd made any waterproof, and if so how long for.



We have been finding out about palaeontology this week and have been playing and exploring in our dino dig site. We are continuing the Easter Story and children are starting to bring in their Easter Gardens to show the class. The children are trying really hard to develop their sentence writing skills regularly and Nursery are developing their name writing abilities. In maths we have been thinking about the words long, tall and short. Nursery have used these ideas to help them order dinosaurs by their size





Marshmallow towers

Rockets

Rubber Egg challenge

Oobleck



BRITISH
SCIENCE
WEEK

8-17 March 2024



We had eggs that didn't bounce and rockets that didn't fly, but none the less the children had a fabulous time completing these science activities!



DATES TO REMEMBER

Tuesday 19th March	Parents Evening - <i>booking sheets in entrance hall</i>
Wednesday 20th March	Team Oak can wear their own clothes - Team winners!
Wednesday 20th March	Parents Evening - <i>booking sheets in entrance hall</i>
Friday 22nd March	Easter Church Service - parents welcome to join us at 9.15am
Mon 25th Mar - Fri 5th April	Easter Holiday
Monday 6th May	Bank holiday school closed
Friday 10th May	Academy Photography - Class photos & Leavers
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

Team point winners this 1/2 term

Team Oak!

Children in Oak can come to school in non-uniform on Wednesday 20th March



Laches Wood

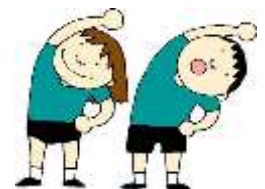


A reminder to parents in years 3 & 4 that payment for their over night residential visit to Laches Wood is now due, payment is via your ParentPay account. Staggered payments can be made.

PE Timetable February 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



A Parent's Guide to Cyberbullying



Many young people who are victims of cyberbullying suffer in silence.

They feel they can't turn to parents or a trusted adult for support as they fear they may get in trouble or have their devices taken away from them. It can carry on all day, all evening and all weekend for the world to see, causing a lot of emotional stress to the victim and their family.



scan the QR code with your phone's camera for Parent Guides on how to help keep your children safe online



It can very quickly lead to the victim feeling trapped, scared and vulnerable to grooming and blackmail.



Online safety is when young people know who they can tell if they feel upset by something that has happened online.

Parents please contact your school to enquire attending their next e-safety workshop or have any concerns.

Working with Home Office 'PREVENT', The Police and Crime Commissioner and Children's Safeguarding Partnerships to help keep children safe online.

Skips Educational Email: info@skipssed.com Tel: +44 121 227 1941

Developed in partnership with



10 Top Tips for Parents and Educators

DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they've switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night. It's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals living them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intense periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to steer towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gilbert – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.

