

Friday 8th 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,

What a brilliant week we have had!

Thank you to everyone for coming to school in your pyjamas yesterday, armed with your favourite books! We had a great morning in our Leaf Teams sharing stories with one-another. We love hearing the children reading and talking about their love of books - stories, poems, historical books, magazines, encyclopaedias - the range was vast!

Yesterday, our Leaf Teams also worked together to make some beautiful Mothering Sunday cards to celebrate the women in our lives. Mothering Sunday is held on the fourth Sunday of Lent and is a chance to celebrate the women in our lives who show us love and care, giving thanks to them and to God for all that they do.

Next Friday is Red Nose Day, and while we have traditionally raised money that has gone to the Red Nose Day charity, this year we will be collecting donations for Chuckle House. On that note, we'd like to invite children to come into school on Friday wearing 'silly socks', and to bring a joke to make us chuckle! We will share jokes in worship and in classes throughout the day. We will share a link next week for donations direct to Chuckle House.

Have a wonderful weekend,

Miss Phillips

*Learn to Love, love to learn*

St Leonard's First School & Nursery





Foxes were challenged to make a structure that would be strong enough to hold a dictionary using just paper and tape. We needed to work well as a team to decide which would be the best way to reinforce the paper so it was strong enough to bear weight.



Lunchtime library





# Stars of the Week



## This term we are singing ....

Lord I lift your name on high [https://www.youtube.com/watch?v=c12Ta6\\_WJrw](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>





*The weather made a positive change in our outdoor learning and Hedgehogs explored the changes by exploring the flowers and finding insects. We explored eating healthily and balancing our diet with different types of food. As we continued to understand the Easter story we ate hot cross buns and found out how they remind us about Jesus's crucifixion. In maths we have been finding out why some numbers are odd and some are even and in phonics, Nursey have been counting the syllables in words they say*





A book review by:  
 ...Alina Elisabeth...

Book Front Cover



Author:  
ROALD DAHL

Illustrator:  
Quentin Blake



## Book Review



Did you like the book? Write about your favourite part

Mattie the  
porcupine's own  
very special  
house with trees  
and rooms where  
little owls live  
and the way  
the little owls  
do this book reminds me of any  
other stories?

the owls

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

What type of book have you chosen?

Fiction	<input checked="" type="checkbox"/>
non-fiction	<input type="checkbox"/>

Draw your favourite part of the story



Who would you recommend this book to?

MUSKET

\_\_\_\_\_  
 \_\_\_\_\_



# 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

Oak

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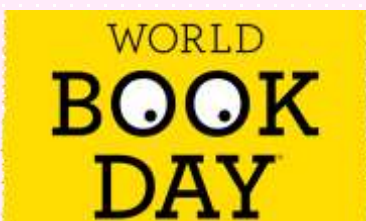
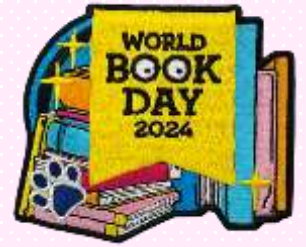
Holly

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Sycamore

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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.



## 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.

## 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%.

## Lunchtime Menu - next week is week ONE

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
<b>MONDAY</b>	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) Better Health logo	Margherita Pizza with Jacket Wedges (V)(WG) Veggie 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)
<b>TUESDAY</b>	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)
<b>WEDNESDAY</b>	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)
<b>THURSDAY</b>	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)
<b>FRIDAY</b>	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)
	15/01, 22/01, 19/02, 11/03, 01/04, 22/04, 13/05, 05/06, 24/06, 15/07	16/01, 05/02, 26/02, 16/03, 08/04, 29/04, 20/05, 10/06, 01/07, 22/07	22/01, 12/02, 04/03, 25/03, 16/04, 06/05, 27/05, 17/06, 08/07

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



**A Prayer for Mothering Sunday**

Loving God,  
 Thank you for mums and children  
 and for all the joy of family life.  
 Be with those who are grieving  
 because they have no mother;  
 Be close to those who are struggling  
 because they have no children;  
 Be near to those who are sad  
 because they are far apart from those they love.  
 Let your love be present in every home,  
 And help your church to have eyes to see  
 and ears to hear the needs of all who come.  
 We ask this in the name of Jesus Christ our Lord.  
 Amen.




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

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



### Books are always better than films? True or false?

**Finley** "Films are better because you can't hear the sounds in a book"

**Edie** "It's just different, you do have to concentrate more when reading a book"

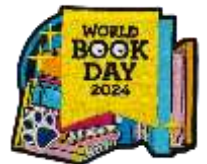
**Pippa** "You learn more from a book"

**Belle** "When you read a book, you make pictures in your head"

**Thomas Th** "At night time reading helps you to sleep"

**Rohan** "It's good to watch TV, but it's good to have some downtime and read a book"

**Myla** "Reading can help you to get to sleep, and doesn't hurt your eyes as much as TV"



## Attendance figures

School Attendance 4th March - 8th March 2024

Hedgehogs 88%

Owls 93%

Foxes 98%

Whole School 93.4%

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.



Owls & Foxes

Gymnastics



Ball skills - Foxes helping Hedgehogs during PE



To celebrate British Science Week, Ark Club will be conducting experiments galore each day wc 11th March! If your child doesn't attend the Ark but they would like to join in, please contact the school office to book them in, it will be £3.80 each night until 4pm (you don't have to do all nights)



 **BRITISH  
SCIENCE  
WEEK**  
8-17 March 2024

Monday - Marshmallow towers

Tuesday - Rockets

Wednesday - Rubber Egg challenge

Thursday - Oobleck



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# DATES TO REMEMBER

Tuesday 19th March	Parents Evening - <i>booking sheets in entrance hall</i>
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

## *Laches Wood*

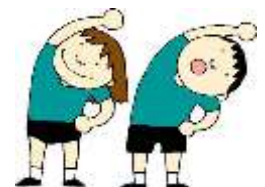
A reminder to parents in years 3 & 4 that payment for their over night residential visit to Laches Wood is now due, payment is via your ParentPay account. Staggered payments can be made.



## *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



This newsletter is designed to raise awareness of the work of the Stoke-on-Trent and Staffordshire Child Death Overview Panel (CDDP) and to bring news on our ongoing campaigns.



## Safer Sleep WEEK

Running from 11-17 March 2024

Safer Sleep Week is The Lullaby Trust's national awareness campaign targeting anyone looking after a young baby

**Always** sleep your baby on their **back**  
in a **clear** cot or sleep space

Tragically, around 5 babies each year die locally from SIDS and if parents were aware of safer sleep advice many lives could be saved.



You might spot some children and colleagues wearing their pj's to work!! – this is all to highlight safer sleep messages and raise awareness with anyone looking after a baby ☺

This year's campaign will show parents and carers the simplest way to create a safe sleep space for their baby; a space that will help to protect babies' vulnerable airway and reduce the risk of SIDS and accidents.

**Go to the ICB's:  
Safe Sleep  
Campaign -  
Staffordshire and  
Stoke-on-Trent, ICS  
([staffsstokeyics.org.uk](http://staffsstokeyics.org.uk))**

# Safer sleep for babies

Steps parents can take to reduce the risk of sudden infant death syndrome (SIDS). Follow this advice for all sleeps and naps not just at night.

## SAFER SLEEP FOR BABIES

Things you can do



Always place your baby on their back to sleep



Keep your baby smoke free during pregnancy and after birth



Place your baby to sleep in a separate cot or Moses basket in the same room as you for the first 6 months



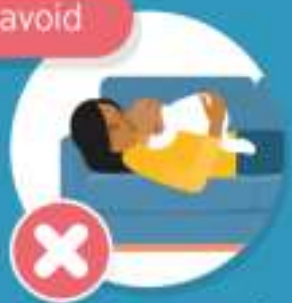
Breastfeed your baby



Use a firm, flat, waterproof mattress in good condition

## Things to avoid...

### Things to avoid



Never sleep on a sofa or in an armchair with your baby



Don't sleep in the same bed as your baby if you smoke, drink or take drugs or if your baby was born prematurely or was of low birth weight



Avoid letting your baby get too hot  
Don't cover your baby's face or head while sleeping or use loose bedding

**Sleeping on a sofa with your baby increases the risk of sudden infant death syndrome by up to 50 times**

For further information about the campaign contact the Lullaby Trust directly at: [communications@lullabytrust.org.uk](mailto:communications@lullabytrust.org.uk) or contact Faith at The Child Death Overview Panel for Staffordshire and Stoke-on-Trent [faith.lindley-cooke@staffordshire.police.uk](mailto:faith.lindley-cooke@staffordshire.police.uk)

To access local Safer Sleep training go to the learning zone [www.staffssc.org.uk](http://www.staffssc.org.uk)

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# What Parents & Carers Need to Know about

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Occurring through messaging apps, on social media and in online games, group chats are among the most popular ways that young people engage with their peers online. Involving, by definition, three or more individuals, these groups allow users to send messages, images and videos to everyone in one place. While they are useful for helping friends, people with shared interests or members of a club to communicate and coordinate activities, they can also leave young people feeling excluded and bullied – as well as providing opportunities for inappropriate content to be shared and viewed.

## WHAT ARE THE RISKS?

### BULLYING

Unkind comments or images which are purposely aimed at an individual can be shared freely in a group chat – allowing and often encouraging others to join in the bullying behaviour. If this content is shared in a group of their peers (especially a larger group), it serves to amplify the hurt, embarrassment, anxiety and isolation that the victim feels.

### EXCLUSION AND ISOLATION

This common issue with group chats can happen in several ways: starting a new group, for instance, but deliberately excluding a certain child. Likewise, the chat may take place on an app which one child doesn't have access to, meaning they can't be involved. A child can also feel isolated when a group chat is used to discuss or share images from an event that everyone else but them attended.

### INAPPROPRIATE CONTENT

Some discussions in group chats may include inappropriate words, swearing and unsuitable images or videos. These could be viewed by your child if they are part of that group, whether they actively engage in it or not. Some chat apps have a disappearing message function, so your child may be unable to report something they've seen because it can only be viewed once or for a short time.

### SHARING GROUP CONTENT

It's important to remember that – while the content of the chat is private between those in the group – individual users can easily share a message, photo or video with others outside of the group or screenshot what's been posted. The risk of something your child intended as private becoming public (and potentially going viral) is higher if there are people they don't know well in the group.

### UNKNOWN MEMBERS

Within larger group chats, it's more likely your child will be communicating with people they don't really know. These strangers may be friends of the host, but not necessarily friendly toward your child. It's wise for young people not to share personal details and stay aware that they have no control over the messages and images they share after they've put them online.

### NOTIFICATIONS AND FOMO

A drawback of large group chats is the sheer number of notifications. Every time someone in the group messages, your child's device will be 'pinged' with an alert; potentially, this could mean hundreds of notifications a day. Not only is this highly distracting, but young people's fear of missing out on the latest conversation results in increased screen time as they try to keep up with the chat.

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## Advice for Parents & Carers

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### CONSIDER OTHERS' FEELINGS

Group chats are often an arena for young people to gain social status. This could cause them to do or say things on impulse, which could upset others in the group. Encourage your child to consider how other people might feel if they engaged in this behaviour. If your child does upset a member of their group chat, support them to reach out, show empathy and apologise for their mistake.

### PRACTISE SAFE SHARING

In any online communication, it's vital for young people to be aware of what they're sharing and who might potentially see it. Discuss the importance of not revealing identifiable details like their address, their school or photos that they wouldn't like to be seen widely. Remind them that once something is shared in a group, they lose control of where it may end up and how it might be used.

### GIVE SUPPORT, NOT JUDGEMENT

Remind your child that they can confide in you if they feel bullied or excluded in a group chat. Instead of responding to the person who's upset them. Validate their hurt feelings and help to put them back in control by discussing how they'd like to handle the situation. On a related note, you could also empower your child to speak up if they're in a chat where others are being picked on.

### AVOID INVITING STRANGERS

Sadly, many individuals online hide their true identity to gain a child's trust – for example, to gather information on them, to exchange inappropriate content or to coax them into doing things they aren't comfortable with. Ensure your child understands why they shouldn't add people they don't know to a group chat – and, especially, to never accept a group chat invitation from a stranger.

### BLOCK, REPORT AND LEAVE

If your child is in a chat where inappropriate content is being shared, advise them to block the users sending the material, report them to the host app or platform and exit the group, if any of this content could be putting a minor at risk, contact the police. Emphasise to your child that it's OK for them to simply leave any group chat that they don't feel comfortable being a part of.

### SILENCE NOTIFICATIONS

Having a phone or tablet bombarded with notifications from a group chat can be a massive irritation and distraction – especially if it's happening late in the evening. Explain to your child that they can still be part of the group chat, but that it would be healthier for them to turn off or mute the notifications and catch up with the conversation at a time which better suits them.

### Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.

