

Friday 19th April 2024

FRIDAY POST

Our School Value: Service

"God has shown you his grace in giving you different gifts. And you are like servants who are responsible for using God's gifts. So be good servants and use your gifts to serve each other. Peter 4:10"

Dear Families,

I'm not sure where the spring, let alone the summer, has gone this week! Never-the-less, we have made the most of another busy week in school.

On Monday, Foxes welcomed Alison from The YouthNet back into school for a session on 'The Five Ways to Well-Being'. The session was engaging and gave the children lots of ways to support their own well-being in and out of school.

We love welcoming visitors into school and on Wednesday, Rev. Manda joined us for worship. She shared the story of Esther from the Old Testament. The children were able to identify examples of service from the story, and we all agreed that by saving her people, Esther's act of service was pretty huge!

Our lunch time supervisors - Miss Parker and Miss Ward - completed training with the Autism Inclusion Team this week on supporting children with sensory needs. Lunchtimes are a great chance for children to play and relax, but we know not everyone finds them easy all the time.

Finally, we would like to share the news with our families, that after 13 years at St Leonard's, Mr Waters will be retiring at the end of the summer term. Mr Waters is a huge part of our school community and we will all be sorry to see him go, but we promise to give him the send off he deserves, so watch this space!

Have a wonderful weekend,

Miss Phillips

Learn to Love, love to learn

St Leonard's First School & Nursery



In Maths, year 3 have been learning about Mass & Capacity. They enjoyed weighing objects from around the classroom.



Hedgehogs are starting to develop ideas and new knowledge from our transport theme we introduced last week. We have been finding out about boats and how waves are made. The children made some brilliant boats in the creative area and tested them to see if they floated. In our writing we created a story map of the snail and the Whale and labelled the different illustrations. We have re-told the story in different ways and the children enjoyed recreating parts of the story in their play. They particularly enjoyed being squirted with water as the story was read to them! In P.E. we have started to think about how we use different equipment in games.





STAFFORDSHIRE POLICE

As part of their safety topic in PSHE, Reception and Year 1 had a visit from PCSO Phil and local police officer Kelly, to tell them about their job and how they help us to stay safe.



Next week during worship we are learning:

'What a mighty God we serve'

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

Please follow the link above to hear the music



Y1 have been learning the concept of a $\frac{1}{2}$ and cutting and folding 2D shapes into two equal parts.



Attendance figures

School Attendance 15th April - 19th April 2024

Hedgehogs 91%

Owls 94%

Foxes 97%

Whole School 94.6%

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.

for your generous donations!



TIMES TABLES ROCKSTARS





THANK YOU!

For attending our Allergy Awareness Assembly and helping us keep children with allergies safe

TO CELEBRATE THIS WEEK



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Creative Nature has a range of baking mixes, confectionery & snack bars. All free of the TOP 14 ALLERGENS. Making these 100% SCHOOL SAFE!

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Owls have just started a new Science topic all about life-cycles. They were very excited at the arrival of five tiny caterpillars this week. Watch this space to see how they change!

Achievements from home



Swimming



Swimming



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.



Foxes had a Well-being workshop with Alison from Youth-Net this week.



"I love spending time in the week with the children at St Leonard's, as I feel like I learn something from them!"

Reverend Amanda Arthur - Curate in the Penkridge Team



Church services

Reverend Amanda welcomes any families to join in with her services at St Leonard's church, Dunston.

Dunston service is weekly at **11am** with communion and the first Sunday of every month is an all age service without communion.





Year 2 were given a list of challenges in Forest School including whittling, bridge and den building.



IMPORTANT

ParentPay Accounts



Please note that ParentPay accounts need to be topped up regularly if your child uses 'Before School Club' or if they have a school meal and they are in Nursery, Y3 or Y4.

Invoices are only issued for After School Care, due to bookings being based on individual needs and **MUST** be paid in advance.

Lunchtime Menu - next week is week ONE

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

Cost of a school meal for children in Nursery, Year 3 & Year 4 is £2.95 as of April 2024

	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) 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)
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)
	15/01, 29/01, 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, 15/04, 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

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 is the point in laughing?

<https://www.bbc.co.uk/cbeebies/watch/whats-the-big-idea-jealousy>

How do you know if you're getting jealous?

Alex "If someone got a new toy for Christmas and it was something you really wanted, you would wish that you'd had it too"

Aoife "If you're left out, that's not fair"

Edie "It can make you feel cross"

Finley "If you both have a toy and yours runs out of batteries, that could make you jealous"

Edie "It's not always fair if someone has something and you don't, that can make you jealous"

Fran "If it's some ones birthday, sometime you think I wish that could be me"

Maddox "Sometimes someone has a toy I really want"

Aria "Being jealous, can make you feel like you have butterflies in your tummy"

Weekly House Point Tally

Sycamore

104



Holly

91

Oak

75

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.

DATES TO REMEMBER

Thursday 25th April	Foxes Laches Wood Parent meeting @ 3.10pm
Monday 6th May	Bank holiday school closed
Friday 10th May	Academy Photography - Class photos & Leavers
Wednesday 15th - 17th May	Foxes - Laches Wood Residential
Thursday 23rd May	Church service
Friday 24th May	Inset Day
Mon 27th - 31st May	Half Term
W/C Monday 3rd June (2 wks)	Y4 multiplication checks
Friday 21st June	Sports Day - afternoon
Wednesday 3rd July - 9.30am	Penkridge Middle Transition Day - Year 4 only
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., or sunhats should the wear be on our side!

23/04/2024	Year 1
30/04/2024	Year 3
7/05/2024	Year 4
14/05/2024	Nursery

Laches Wood



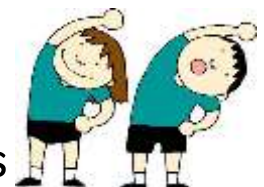
A reminder to parents in years 3 & 4 that payment for their over night residential visit to Laches Wood is **now overdue, payment needs to be made by tonight**, please contact the school office if you have any problems.

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

PE Timetable - Summer Term

Thursday - Owls & Foxes

Friday - Hedgehogs, Owls & Foxes



What Parents & Educators Need to Know about ENERGY DRINKS

WHAT ARE THE RISKS?

Energy drinks are highly caffeinated beverages often consumed for a quick energy boost. However, excessive intake can lead to health risks like increased heart rate and sleep disturbances. Statistics underline these products' popularity among young people – many of whom consume them regularly. Here's our expert's advice on addressing the concerns surrounding energy drink consumption in adolescents.

HIGH CAFFEINE CONTENT

Most energy drinks contain high levels of caffeine: often much more than a typical cup of coffee or fizzy drink. Excessive caffeine consumption can lead to increased heart rate, high blood pressure, anxiety, insomnia, digestive issues and – in extreme cases – even more severe conditions. For children and adolescents, whose bodies are still developing, excessive caffeine intake can be particularly harmful.

INCREASED RISK OF HEART PROBLEMS

The combination of high caffeine levels and the other stimulants found in energy drinks can put extra strain on the cardiovascular system. Potentially, this could lead to irregular heart rhythms, palpitations and increased future risk of heart attack – especially in individuals who have an underlying heart condition.

IMPACT ON MENTAL HEALTH

The significant levels of caffeine and sugar in energy drinks can exacerbate anxiety, nervousness and even – in susceptible individuals – contribute to panic attacks. Additionally, the crash that often follows the initial energy boost can actually make mood swings worse and possibly lead to feelings of depression and irritability.

DISRUPTED SLEEP PATTERNS

Consuming energy drinks, especially during the afternoon or evening, can disrupt normal sleep patterns. The stimulating effects of caffeine can make it difficult for children and young adults to fall asleep – leading to insufficient rest and its associated health risks, including impaired cognitive function, mood disturbances and decreased academic performance.

LINKS TO SUBSTANCE ABUSE

Some research has suggested a correlation between energy drink consumption and higher rates of alcohol and drug use among young adults. Young people may mix energy drinks with alcohol, mistakenly believing that the energy drinks' stimulant effects will counteract the sedative nature of alcohol. This combination, however, can be dangerous and increase the risk of accidents, injuries and alcohol poisoning.

POTENTIAL FOR DEPENDENCY

Frequent consumption of energy drinks can lead to tolerance – meaning that individuals may need to consume increasing amounts to continue achieving the desired effects. This can potentially lead to dependency and addiction, especially in younger individuals who may be more vulnerable to addictive substances.

Advice for Parents & Educators

LIMIT CONSUMPTION

It's wise to educate young people about the potential risks related to energy drinks, emphasizing the consequences of excessive caffeine consumption. Encourage healthier alternatives like water, herbal teas or natural fruit juices. You can model healthy behaviours by restricting your own consumption of energy drinks and creating a supportive environment for informed choices.

PROMOTE HEALTHIER HABITS

Schools can help with this issue by including discussions about the possible dangers of energy drink consumption into their health education curriculum. Encourage children and young adults to critically evaluate the marketing messages they see and make informed choices about their health. Teachers could also provide resources and support for children to identify healthier alternatives.

ADVOCATE FOR REGULATION

If this is something you're particularly passionate about, you could work with local health organisations and policymakers to advocate for regulations on energy drink sales to children and young people. Raise awareness among parents, educators and community members about the potential health risks associated with energy drinks and support initiatives promoting healthier options in schools and communities.

SET A POSITIVE EXAMPLE

Adults can model healthy behaviours by visibly choosing alternative beverages instead of energy drinks. Maintain open communication with children and young adults about the reasons for limiting energy drink consumption – underlining the importance of balanced nutrition, adequate hydration and sufficient sleep for overall wellbeing and academic success.

Meet Our Expert

Dr Jason O'Rourke, Headteacher at Washington Academy, champions food education and sustainability – and his school holds the Soil Association's prestigious Gold Catering Mark. Jason has spoken about local education at Westminster briefings and overseas. A member of the All-Party Parliamentary Group on School Food, he co-founded Tasted, a sensory food education charity.



#WakeUpWednesday

The National College

Source: See full reference list on this page at nationalcollege.com/guides/energy-drinks

ALLERGY AWARENESS WEEK IS COMING UP!

(22nd-28th April)



TO CELEBRATE THIS WEEK
WE WOULD LIKE TO GIVE YOU:

30% OFF EVERYTHING

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Creative Nature has a range of baking mixes, confectionery & snack bars. All free of the TOP 14 ALLERGENS. Making these 100% SCHOOL SAFE!

FREE Parent/Carer Training

Delivered by the Specialist Teaching Support Service
Autism Inclusion Team

PLEASE NOTE – THIS TRAINING IS FOR PARENTS/CARERS OF CHILDREN WHO HAVE A DIAGNOSIS OF AUTISM (inc. those not yet referred to our Service)

BITESIZE DAY: 25.06.2024

Location = Families First at Faraday Road, Stafford, ST16 3NQ (Stafford Children's Centre)

TIME	COURSE TITLE
09.30-11.00	Understanding Autism
12.00-13.30	Raising Self-Esteem
14.00-15.30	Managing Transitions

*** PARENTS CAN SIGN UP TO A MAXIMUM OF TWO SESSIONS ***

TO BOOK YOUR PLACE PLEASE EMAIL RACHEL.WOOLLASTON@STAFFORDSHIRE.GOV.UK



With pride. With purpose. With you.