

Friday 28th June 2024

FRIDAY POST

Our School Value: Respect

Do for other people the same things you want them to do for you. Matthew 7:12

Dear Families,

We have had a very sporting day today! Glow in the Dark Dodgeball was a huge success - thanks go to our School Council for picking such a fun fundraising activity! We are very grateful for all the donations which have been made to Chuckle House. We chose a local charity to support this year to help our children understand the impact of their giving. The students from Chuckle House are back in school before the end of term running an arts day which will be a great way to celebrate our working together.

On Wednesday, we will be missing our Year 4's as they head to Penkridge Middle for the day. However, the extra room in school means we will be welcoming in our newest Hedgehogs and spending time in our classes ready for September. We are very excited to have Mrs Webb joining for the day; Mrs Webb has been appointed to our teaching assistant vacancy and will be working alongside Mrs Carrington in Foxes from September.

Our teachers have been very busy over the past few weeks carrying out assessments and writing reports. These reports will be coming home on Friday. While we don't hold a formal parents' evening in the summer term, if there is anything within your child's report which you would like to discuss, do let us know.

Have a wonderful weekend,

Miss Phillips

**School closes on Friday
19th July at 1.30pm**



Learn to Love, love to learn

St Leonard's First School & Nursery



Leavers church service - Friday 19th July

Everyone is welcome to join us for our Leavers Service on Friday 19th July, at St Leonard's Church, Dunston. We aim for the children to arrive by 9:20am. Seating will be reserved for parents of Y4 children.



SPORTS DAY WINNERS! *Sycamore*

Attendance figures

School Attendance 24th - 28th June 2024

Hedgehogs 97%

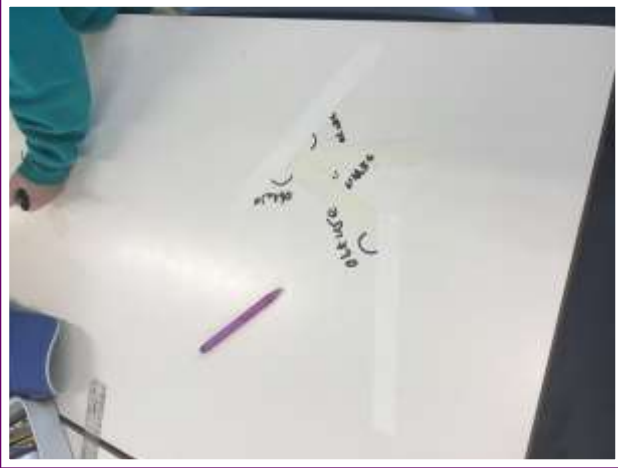
Owls 91%

Foxes 95%

Whole School 94%

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.



Children in Foxes have been naming angles which Mrs Carrington had created in tape on their desks!



Stars of the Week



PARENTS IN YEAR 4 - with the end of year fast approaching, please can you make sure that all outstanding balances on ParentPay are cleared.

PARENTS IN NURSERY - Please make sure any outstanding dinner money is cleared before your child transitions to Reception where they will qualify for 'Universal Free School Meals'
Thank you for your co-operation



Next week during worship we are learning:

'Peace like a river'

<https://www.youtube.com/watch?v=7it5W1FVtTs>

Please follow the link above to hear the music





FOREST SCHOOL

Nature
crowns &
sashes





Raffle Prizes

We have a raffle prize left from last weeks sports day for **Luke Jones** - it is waiting in the school office for collection.

Many thanks

COMING SOON to St Leonard's!!



Achievements from home



Football



5K Inflatable Run



Gymnastics

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.



Enjoying their last forest school session as a Year 1 child!



Glow in the dark Dodgeball

Children have had a fabulous time this morning playing 'glow in the dark dodgeball'! This was a fundraiser for our charity of the year 'Chuckle House'

Any donations can be made via our fund-raising page: <https://www.peoplesfundraising.com/donation/st-leonard-s-first-school>



Weekly House Point Tally

Oak

137



Holly

96

Sycamore

84

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.

Lunchtime Menu - 24th June is week TWO

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) VE 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	Margherita Pizza with Jacket Wedges (V)(WG) VE 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) VE 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) VE Veggie Cottage Pie (Ve) Choice of Jackets, [redacted] Tomato Pasta Broccoli, Garden Peas Apple Crumble (Ve)(WG) with Custard (V)	Cottage Pie VE 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 VE 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 VE 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 VE 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 VE 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) VE Mac & Cheese (V) Choice of Jackets, [redacted] or Tomato Pasta Rainbow Veg Banana Bread (V)	Breakfast for Lunch with Diced Potatoes VE 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) VE 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 VE 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 VE 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 VE 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

NO NUTS!



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

Our Butterflies hatched from their chrysalis this week and the children used all of their minibeast habitat knowledge to choose the best place to set them free. We also used new techniques to discover more minibeasts by using a white sheet and giving a hedge a shake. We also looked at more exotic minibeasts such as poison dart frogs and tried to make them out of egg boxes. The children are continuing to be creative about all of the minibeasts they are introduced to. In maths, we have continued to explore shapes and started to look at the language and methods of grouping and sharing. Outside, Nursery have enjoyed digging up the weeds in our raised beds and

in our RE session we heard the parable of the farmer's seed and decided if we wanted to plant in the good soil and follow our school values or plant seeds in the dry shallow soil and forget our school values.



If someone you know described the way that you treat people, what would you hope people say?

Ted H "Crazy"

Fran "Energetic, kind, helpful, that I believe in them"

Sophie "Caring, I treat people equally, I am South African"

Amelie "Helpful"

Rohan "Probably bonkers and helpful"

Alfie "Kind and helpful"

Xander "Surprising"

Tovah "Optimistic"

Bow "Smiley, kind and helpful"

Aoife "That I'm trusting and courageous"

Jovie "That I like to play with them"

Ralph "I'm funny"

Our next BIG QUESTION

When does the past become history?

We are definitely developing our philosophical thinking! As a family take time to discuss next weeks BIG question above! Miss Phillips will listen to the children's thoughts on the question during Worship on a Friday.



Our Safeguarding Team

Miss Phillips is our Designated Safeguarding Lead

Miss Laing is our Deputy Safeguarding Lead

Should you hear or see something that concerns you, please contact the office to speak to either of them.



DATES TO REMEMBER

Wednesday 3rd July - 9.30am	Penkridge Middle Transition Day - Year 4 only
Wednesday 3rd July	Transition Day to new classes - children spend the day with their September teacher
Wednesday 10th July	Chuckle Productions Arts Day - more info to follow
Friday 19th July - approx. 9:15am	Leavers Service - St Leonard's Church, Dunston
Friday 19th July	Last day of academic year - school closes at 1:30pm
Monday 22nd July	Inset Day
Wednesday 4th September	Back to School

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, the first Sunday of every month is an all age service without communion.

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 weather be on our side!



02/07/2024 Rec

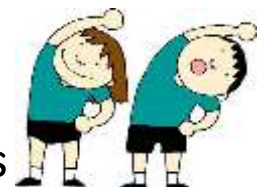
09/07/2024 Nurs

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





FRIDAY

GARY DAVIES
DJ SET



BARRIOKE



Best Dressed Competition



Paul Chuckle
Celebrity Judge



SATURDAY

FIVE

DICK & DOM
DJ SET

BLAZIN' SQUAD

LIVIN JOY

JX ROZALLA



SUNDAY

BRITAIN'S GOT
TALENT
WINNER
VIGGO VENN

Timmy Mallett

Lolly



BMX Stunt Show & Workshop

Food and Drink • Rides and Attractions • Entertainment and Performers

TICKETS AVAILABLE FROM

WWW.PENKRIDGEOPENAIR.CO.UK & TRUDIE'S SWEET SHOP, CROWN BRIDGE, PENKRIDGE

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 firing 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. Being 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 intensive 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 lean 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.





NEW VIC



appetite

Sensasian

A festival of events
celebrating South Asian Culture

Tuesday 9 July

Comedy Night *Desi Central* ft. *Sukh Ojla*

Wednesday 10 July

Dance by *Sonia Sabri Company*

Friday 12 July

Magic with *Ben Hart*

Saturday 13 July

FREE Family Fun Day

newvictheatre.org.uk / appetite.org.uk

Box Office: 01782 717962



From L - R: Comedy Night Desi Central ft. Sukh Ojla; Sonia Sabri Company; Jadoo by Ben Hart

Tuesday 9 July 7.30pm

Stand-up Comedy

Desi Central with Sukh Ojla will be bringing the belly laughs. Sukh has featured on BBC2's Big Asian Stand Up Show and the BBC Asian Network. The line-up includes three comedians who pride themselves on appealing to audiences of all backgrounds.

Friday 12 July 7.30pm

Jadoo

Ben Hart's colourful, mind-popping show is full of wicked humour and influences from his travels across India to discover his family heritage.

Wednesday 10 July 7.30pm

Roshni by Sonia Sabri Company

Sonia Sabri Company bring you an intimate performance of dance and live music inspired by the stories of everyday people.

Saturday 13 July 1pm - 5pm

FREE Family Fun Day

Come along and enjoy a **Bhangra workshop**, **Henna painting**, music by **Amrit Kaur**, **Choogh Choogh** - inspired by the joy of travelling through India on a train - and more!



From L - R: Bhangra Workshop; Henna painting; Choogh Choogh; Amrit Kaur.

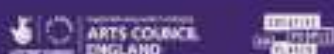
Tickets £15.00 (Concs available)

Season Ticket Offer: Book all 3 evening events at the same time and save 20% off the total cost

newvictheatre.org.uk / appetite.org.uk

Box Office: 01782 717962

Programme Funders



Consortium





SCHOOL TERMS AND HOLIDAY DATES 2024 – 2025

Autumn Term 2024

Inset Day: Monday 2nd September

Inset Day: Tuesday 3rd September

Term Starts: Wednesday 4th September (all students return)

Half Term: Monday 28th October – Friday 1st November

Term Ends: Friday 20th December

Christmas Holiday: Monday 23rd December – Friday 3rd January

Spring Term 2025

Term Starts: Monday 6th January (all students return)

Inset Day: Friday 31st January

Half Term: Monday 17th February – Friday 21st February

Last Day: Thursday 10th April

Inset Day: Friday 11th April

Easter Holidays: Monday 14th April – Friday 25th April

Easter Sunday: Sunday 20th April

Summer Term 2025

Term Starts: Monday 28th April (all students return)

May Day Bank Holiday: Monday 5th May

Half Term: Monday 26th May – Friday 30th May

Inset Day: Monday 2nd June

Last Day: Friday 18th July

Inset Day: Monday 21st July

Summer Holidays: Tuesday 22nd July – Friday 29th August