

Friday 5th July 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,

It has been a week of much change in school!

On Wednesday our Year 4 pupils visited Penkridge Middle School to get a taste of what life will be like in September. They had a great day and came back full of stories to share! In school we spent the day in our new classes - getting used to new seats and new faces. We also had the pleasure of welcoming our new starters into Hedgehogs.

We know times of change can bring about lots of emotions in children, often they don't find it easy to talk about how they are feeling when things are changing. Please be assured that this is normal. If you are concerned, speak to your child's class teacher, or get into with the Education Mental Health Team. The Sandbox is an online platform which also offers support to families: <https://thesandbox.mindler.co.uk/>

Next week, we are looking forward to welcoming our friends from Chuckle House into school for the day on Wednesday. They will be working with each class to celebrate what makes us all unique. They will also be telling us how our recent fundraising has impacted their work. Watch this space for photos of the day!

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



## Prayer about

# CHANGE!

PRAYERSCAPES

Dear God,  
thank you for being with me all the time,  
especially when things are different or changing.  
You know exactly how this can make me feel,  
in my body as well as in my thoughts.  
Thank you that my feelings are important to you.  
Help me to share those feelings  
with people who care.  
Give me courage to accept change,  
to try new and different situations,  
knowing that you are there  
to help and guide me.  
Amen.



### Reminder

Earrings **MUST** be removed for PE on Thursdays & Fridays. Thank you for your co-operation.

# Attendance figures

School Attendance 1st July - 5th July 2024

Hedgehogs 93%

Owls 95%

Foxes 92%

Whole School 93%

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.

# ATTENDANCE

## WHY IS IT IMPORTANT?

### ABSENCE FROM SCHOOL

Children are required by law to attend school 190 days per year. The Government states that every pupil's attendance should be at least 95%.

How do YOU measure up?

Attendance	Days Absent	Weeks Absent	Lessons Missed
95%	9 Days	2 Weeks	50 Lessons
90%	19 Days	4 Weeks	100 Lessons
85%	29 Days	6 Weeks	150 Lessons
80%	38 Days	8 Weeks	200 Lessons
75%	48 Days	10 Weeks	250 Lessons
70%	57 Days	11.5 Weeks	290 Lessons
65%	67 Days	13.5 Weeks	340 Lessons

89% & Below  
Drastic effect on  
academic achievement

95%-90%  
Cause for  
concern

100%-96%  
Excellent



Your child's attendance for the last year is on the front of their report. This picture helps explain what it means. Please note an 'Unauthorised' mark is given for unapproved holidays unexplained absences and late after the register has closed at 8:55am. Children arriving between 8:45- 8:55am receive a late mark.

## 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.



### Quote of the Week

This week Miss Phillips showed a family around school as they are moving to the area - Foxes were asked why they should choose our school:

**Fran** "You couldn't get a better place than this"

**Harrison F** "You'll love it here"

High praise from the children!



Owls have been working with partners to write expanded noun phrases to describe all sorts of strange looking aliens.



Class Owls would like some junk modelling donations next week please, cardboard boxes (no larger than a cereal box) yoghurt pots, tubes etc

# Weekly House Point Tally

Oak

137



Holly

107

Sycamore

95

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.

# Stars of the Week



Thank you to our work experience students who have joined us from Wolgarston this week! Well done for getting stuck in and lending a hand around school.

Community Day: Thank you to the team from Wolgarston who have worked hard to improve our site today. They have filled a skip and done some much needed sorting!

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





Your parent governors Steph and Lucy would like to thank everybody for their help and contributions to the summer fayre after sports day. We raised a whopping £337.00 part of which will be going to an ice-cream van as a surprise for the children in the last week of term, some much needed new atlas' and some watches so the children can learn to tell the time. We would like to thank in particular Nicky and family for the use of the tractor, Laura and Hannah for organising the kind donations from Tesco, Emma for organising various donations and her assistance throughout and Steph, Mrs Hubbard, Karen, Philippa, Lyndsey and Laura for their help and support with the stalls and all our talented bakers for their contributions. A huge thank you to everyone else that got involved and of course the teachers who supported us.

The PTA is a crucial part of school life with an aim to provide additional supplies for the school where there is a need (and I'm sure you can all appreciate there's always a need) as well as things like Easter eggs, Christmas presents, Santa, ice-cream trucks and other fun things for the children to enjoy. As parent governors, we would like to continue to support the PTA but crucially, we need you to take up the mantle so that it remains separate and distinct from the school as it should. You can devote as much or as little time as you want and the more parents that get involved, even on an ad-hoc basis, the more the PTA can do to support the school. It doesn't matter if work commitments prevent you from being there at the gate, there are plenty jobs for all and it would be lovely to see the PTA flourish.

If you would like to get involved please could you email Steph using [s.wilkes@st-leonards-dunston.staffs.sch.uk](mailto:s.wilkes@st-leonards-dunston.staffs.sch.uk) or speak to Lucy or Steph at the school gate or the school office. There will be a meeting in early September so look out for the date as well.

Lucy Haynes

### *Monday 8th July*



Please could all children in Years 3 & 4 come to school in Forest School clothing as they will be taking part in an ecology safari with Ahead Partnerships.

## Achievements from home



Football



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.



Along with enjoying time in our new classes or playing and learning with new members of Hedgehogs, we have had a great week continuing to learn about minibeasts. We have continued to explore the habitats around us and try to spot the butterflies we released last week. We were feeling down about not finding any so we made some butterfly prints to cheer us up. We also created a new habitat for some black crickets who have entertained us with their chirpy songs. We read the very Quiet Cricket and found out how they make their noise. Reception also used their brilliant reading skills to help the nursery find out facts about them. In maths, Nursery have been trying to count accurately and Reception have been sharing and grouping amounts.



**Wednesday 17th July** there will be no hot meals as we are having a whole school picnic on the field. Children will be offered a Picnic Bag from the kitchen (at the normal cost of £2.95 / free for Reception, Y1 & Y2) there will be a choice of a Ham or Cheese sandwich.



## Lunchtime Menu - 8th July is week THREE

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
<b>MONDAY</b>	Margherita Pizza with Jacket Wedges (V)(WG) Veg Penne with Vegetables 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) 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)
<b>TUESDAY</b>	Penne with Beef Bolognese (WG) Veggie Cottage Pie (Ve) Choice of Jackets, [redacted] 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 Veg 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 Veg 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 Veg 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) Veg 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) Veg 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 Veg 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 Veg 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 Veg Quorn Dippers with Chips (Ve) Choice of Jackets, Sandwiches or Tomato Pasta Baked Beans, Garden Peas Vanilla Ice Cream with Fruit Cocktail (V)

18/01, 29/01, 19/02, 11/03, 01/04, 22/04, 13/05, 03/06, 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



Everyone had fun spending time in their September classroom, this week!



# When does the past become history?

**Imelda** *A couple of days or weeks later"*

**Alex** *"A miracle happens and then over 100 or 200 years later it's history"*

**Jenson** *"A couple of centuries"*

**Fran** *"You have to learn something for it to become history"*

**Sophie** *"If something really important happens it will go on a time line and then it will become history"*

**Aoife** *"You learn about the past in history"*

**Alfie** *"It's the past if you want to learn about it, I like to learn about fossils which are old because I am interested in them"*

**Our next BIG QUESTION**  
**Do fish learn to swim?**

**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' We will be emailing you every week to update you on your current outstanding payments. Thank you for your co-operation



Free safeguarding training available to anyone wishing to sign up: <https://www.nspcc.org.uk/support-us/listen-up-speak-up/>



## *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

Monday 8th July	FOXES - come to school in Forest School clothing - Ecology Safari project
Tuesday 9th July	New intake Forest School Session - 9.20am
Wednesday 10th July	Chuckle Productions Arts Day
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!



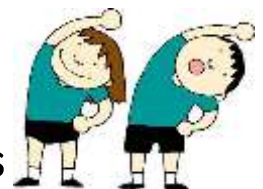
09/07/2024 Nurs

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**



Coke Competition  
Best DJ & Performer  
(UK & IRL)



**BMX Stunt Show & Workshop**

Food and Drink • Rides and Attractions • Entertainment and Performers

## TICKETS AVAILABLE FROM

[WWW.PENKRIDGEOPENAIR.CO.UK](http://WWW.PENKRIDGEOPENAIR.CO.UK) &  
TRUDIE'S SWEET SHOP, CROWN BRIDGE, PENKRIDGE

# What Parents & Educators Need to Know about ONLINE TROLLING

The term "trolling" refers to sending hurtful or provocative comments – often done anonymously online – to provoke a reaction or cause emotional distress. Anonymity can embolden people into saying things they wouldn't dare say in person. Euro 2024 and other tournaments tend to put an emphasis on this, with the abuse of both players and fans often increasing during such events.

## WHAT ARE THE RISKS?

### ESCALATION

Many trolls begin with silly, banal comments before moving on to a broader pattern of offensive messages and posts. They can also turn their attention very quickly to a new target if they grow bored with an existing one, which makes engaging with one fruitless at best – and potentially dangerous at worst.

### HIDING BEHIND A SCREEN

Because trolls tend to use anonymous profiles, they enjoy a lack of accountability. This also means they'll often have multiple profiles, potentially switching between them regularly or posting across several of them at the same time, making a target feel as though there's no escape. After all, once you block one account, what's to stop them reappearing elsewhere?

### 24/7 CONTACT

The Internet has given us the ability to remain in contact at any time, from almost anywhere in the world. A troll having the ability to reach you whenever they want can leave you feeling like their abuse is unavoidable. While they don't see you in real life, they can message you at any time, reach out to your peers online and even try to discover your personal information to scare you.

### HATE SPEECH

Sadly, many trolls resort to spewing racial slurs, homophobic attacks and awful stereotypes, as these often stand the best chance of causing emotional harm. This can add a hefty degree of weight to their attacks, moving from what might charitably be described as "teasing" into a genuine hate crime. After Euro 2020, three England footballers were racially abused, resulting in several prison sentences.

### IMPACT ON VICTIMS

It's not uncommon for the victims of trolls to shut down their accounts, disappear from public life, and try to stay out of the headlines for a time – with some even leaving social media forever. This can have a severe impact on children and young people's connections to friends and the world at large, and may not even actually stop the troll. The victims' families, for example, may have online profiles that trolls can still access.

### NORMALISATION OF TROLLING

It is, regrettably, inevitable that some people will go too far in their criticisms or comments, both online and in the real world. This can lead to many people seeing trolls and their abuse as part and parcel of social media – an inherent risk of interacting with others online. This doesn't mean, however, that it should be considered "normal" or even tolerated.

## Advice for Parents & Educators

### USE PARENTAL CONTROLS

While social media platforms (where most trolling tends to happen) aren't always helpful when responding to abusive behaviour, parents can set up screen time limits, so children only get to use certain apps at certain times. There's always the potential for trolling to occur anyway – such as friends showing screenshots to one another – but this would minimise the likelihood of children seeing it.

### DON'T ENGAGE WITH ABUSE

A well-known adage on social media is "don't feed the trolls". Fundamentally, if a child identifies a potential troll online, it's best not to engage with that individual directly. Instead, consider setting up a log to gather evidence for reporting them later on, including screenshots and quotes where possible.

### ENCOURAGE EMPATHY

While every professional athlete aspires to maintain high standards, it's important to separate the player from the person. A player's performance doesn't make them worthy of abuse, and that can often be forgotten by younger children who simply see the colour of the shirt without considering the person wearing it. For all the rivalry between teams, it's essential children understand that players are still human beings, with families and lives outside of sport.

### BLOCK AND REPORT

While anonymous accounts make it difficult to block trolls permanently – or even for ever-long – it's still good practice to help children learn to combat who can engage with them online. It's not worth "feeding the bots", and it's more helpful to block them, report them, and try to make an blocking and reporting is an anonymous process, too, so there'll be no indication of who specifically blew the whistle.

### Meet Our Expert

Lloyd Coombes is the Editor in Chief of GGRacon, and has been working in the gaming and tech industry for five years. A long-time fan of Arsenal, he's a parent who understands the importance of online safety. He's also a tech and fitness writer whose work has been published on sites including iDM, TechRadar and many more.



The National College



[www.staffordsport.co.uk](http://www.staffordsport.co.uk)



# Summer Holiday Sports Clubs

At Blessed William Howard Catholic High School Stafford



Monday 22nd July - Thursday 29 August

8.30am- 5.30pm - £20 per day  
10am-4pm - £17 per day



Staff are NGB qualified, DBS Checked and First Aid Trained.  
Staff employed by the Stafford Sports and Performance Academy

The days will be filled with sporting fun including football, rounders, gymnastics, dance, cricket, badminton, table tennis and MORE. Sessions are perfect for boys and girls.



IDEAL FOR AGES 5-13

Twitter: @staffordsport

facebook

[www.facebook.com/staffordsport](http://www.facebook.com/staffordsport)

For Information please call 07793891029 or email [holidayclubs@staffordsport.co.uk](mailto:holidayclubs@staffordsport.co.uk)  
To Book: <https://www.staffordsport.co.uk/holiday-clubs-booking>



[www.staffordsport.co.uk](http://www.staffordsport.co.uk)



# FREE Summer Holiday Sports\*



Department for Education

\*Free spaces available to children on FREE SCHOOL MEALS Programme

Monday 22nd July to Thursday 29th August 10am-4pm  
Booking from JULY 1st  
<https://eequ.org/experience/8870>

At Blessed William Howard Catholic High School Stafford

Staff are NGB qualified, DBS Checked and First Aid Trained.  
Staff employed by the Stafford Sports and Performance Academy

To book use QR code:



The days will be filled with sporting fun including football, rounders, dance, cricket, badminton, table tennis and MORE. Sessions are perfect for boys and girls.

FREE MEAL INCLUDED

IDEAL FOR AGES 5-13

Twitter: @staffordsport

facebook

[www.facebook.com/staffordsport](http://www.facebook.com/staffordsport)

For Information please call 07793891029 or email [holidayclubs@staffordsport.co.uk](mailto:holidayclubs@staffordsport.co.uk)  
To Book from July 1st <https://eequ.org/experience/8870>

# TIPS FOR HEALTHY SLEEP

zzz

HEALTHY HABITS HELP US GET BETTER SLEEP. HERE ARE SOME TIPS TO DEVELOP HEALTHY HABITS, WHICH WILL ALLOW YOU TO FULLY REST WHEN YOU SLEEP.

## TIP 1: HAVE A SLEEP ROUTINE

A sleep routine means establishing a bed time and a wake up time that is the same every day. This routine becomes a natural cue for the body to get sleepy in the evening and feel rested in the morning. This routine is important to regulate our circadian rhythms.

## TIP 2: HAVE A ROUTINE BEFORE GOING TO BED

Doing similar activities every night before bed helps your body understand it is time to sleep. Examples of activities are: reading, drinking a warm tea, taking a warm bath, washing your face etc.



## TIP 3: AVOID SCREENS BEFORE BED

All electronic screens emit a blue light which makes our brain and body believe that it is still daytime and keeping us awake. Try to avoid screens for at least 1 hour before bed.



# TIPS FOR FALLING AND STAYING ASLEEP



## TIP 1: SLEEP WHEN YOU'RE TIRED

Forcing yourself to sleep when you're awake is very hard. Listen to your body and try and go to bed when you're tired.

## TIP 2: DON'T CHECK THE TIME

Checking the time puts pressure on yourself to sleep which will not help you. Try to not worry about how long it is taking you to sleep.

## TIP 3: YOUR BED IS FOR SLEEPING

It is important that your brain associates your bed with sleeping. Try not to eat, work, and play in bed. If your brain only associates your bed with sleep you will feel sleepy when in bed and fall asleep faster.

## TIP 4: IF YOU CAN'T SLEEP GET OUT OF BED

If sleeping isn't working it is best to get out of bed and do something that is not exciting. For example, you can read a textbook to bore yourself. Then go to bed when you're sleepy.

## WHEN TO SEEK HELP FOR YOUR SLEEP PROBLEMS

Sleep varies from person to person. If you have tried all the tips, have had the problems for a long time, and continue to struggle, or if your struggles to sleep are interfering with your daily activities, don't hesitate to ask for help. Start by asking for help from your GP.

**IT'S OKAY TO ASK FOR HELP**



## SCHOOL TERMS AND HOLIDAY DATES 2024 – 2025

### Autumn Term 2024

**Inset Day: Monday 2<sup>nd</sup> September**

**Inset Day: Tuesday 3<sup>rd</sup> September**

Term Starts: Wednesday 4<sup>th</sup> September (all students return)

Half Term: Monday 28<sup>th</sup> October – Friday 1<sup>st</sup> November

Term Ends: Friday 20<sup>th</sup> December

Christmas Holiday: Monday 23<sup>rd</sup> December – Friday 3<sup>rd</sup> January

### Spring Term 2025

Term Starts: Monday 6<sup>th</sup> January (all students return)

**Inset Day: Friday 31<sup>st</sup> January**

Half Term: Monday 17<sup>th</sup> February – Friday 21<sup>st</sup> February

Last Day: Thursday 10<sup>th</sup> April

**Inset Day: Friday 11<sup>th</sup> April**

Easter Holidays: Monday 14<sup>th</sup> April – Friday 25<sup>th</sup> April

Easter Sunday: Sunday 20<sup>th</sup> April

### Summer Term 2025

Term Starts: Monday 28<sup>th</sup> April (all students return)

May Day Bank Holiday: Monday 5<sup>th</sup> May

Half Term: Monday 26<sup>th</sup> May – Friday 30<sup>th</sup> May

**Inset Day: Monday 2<sup>nd</sup> June**

Last Day: Friday 18<sup>th</sup> July

**Inset Day: Monday 21<sup>st</sup> July**

Summer Holidays: Tuesday 22<sup>nd</sup> July – Friday 29<sup>th</sup> August