

# Friday Post

Friday 6th September 2024

Our School Value: Thankfulness

**Key verse:** *Give thanks whatever happens. That is what God wants for you in Christ Jesus. Thessalonians 5.18*



Dear families,

What a brilliant week we have all had! A particular mention must go to our Hedgehogs who have settled into St Leonard's wonderfully.

Over the next half-term we will be introducing our new phonics scheme - Essential Letters and Sounds. Children in Owls will be bringing books home at the end of next week, and Hedgehogs will do so in the coming weeks. We will also be inviting parents of Reception and Year 1 children into school for 'Learn With Me' sessions to give you an overview of the new scheme.

Don't forget, we open our library weekly on a Friday after school to allow families to choose books to borrow to read at home. We love seeing children develop their love of reading, please do pop in to pick something to borrow.

This week, we were pleased to welcome Mr Hastilow (Mr H), to the team. He is our sports coach and will be running lunchtime games, PE lessons and after school clubs.

Next week, we will be exploring the British Value of democracy by voting for our house captains and new school council and worship team leaders. These roles are an important part of school life, and we would encourage anyone interested to put themselves forward.

Have a wonderful weekend,

Miss Phillips

**Watch out!**

From next week, children in Owls and Foxes will be taking turns to wear a watch for a week in school. This is to help embed their time telling skills. **If your child should come home wearing one of these watches, please send it back to school the following day.**



Headteacher: Miss C Phillips,  
St Leonard's First School & Nursery,  
School Lane, Dunston, ST18 9AG  
Tel: 01785 712488  
E-mail: [office@st-leonards-dunston.staffs.sch.uk](mailto:office@st-leonards-dunston.staffs.sch.uk)

 **Staffordshire  
University  
Academies  
Trust**



## Illness / Absence

If your child is unwell please notify the school office before 8.45am. A message can be left on the answer machine if the telephone isn't answered. It is part of our Safeguarding procedures to contact you if your child isn't in school by 9:15am and we haven't heard from you. If your child has a medical appointment during the day please bring your appointment card to the school office so we can mark the absence as 'authorised'

## Lost Property



Please may we remind you to name **EVERY** piece of school clothing, drinks bottles and lunch boxes. A permanent marker on a washing label works just as well as sew in or iron on tags. If your child has lost any uniform please take a look in our Lost Property box which can be found by the School Reception entrance.

## Drinks Bottles

Please make sure your child has a drinks bottle at school every day. It is important that they are clearly marked with the child's name and that they can easily identify them so that they don't drink from the wrong bottle. As part of the schools healthy eating policy, bottles should only contain water.



## Medication

Don't forget if you took your child's medication home before the holidays you will need to return it to school. A form will need to be completed and medication should be handed over to the office staff. Please do NOT leave any medication in a child's bag. Thank you for your co-operation.

## Contact Details

Don't forget if you have moved, changed your mobile phone number or email address over the summer to let the office know. It is important we can get in touch with you should your child become unwell.

Call us on 01785 712488 with any changes or email: [office@st-leonards-dunston.staffs.sch.uk](mailto:office@st-leonards-dunston.staffs.sch.uk)



**Do you shop at ASDA?** If so we need you to help us raise funds at no cost to you!! **Between 2nd September and 30th November 2024**, every time customers shop with Asda using their Rewards app, they can choose a primary school to receive a percentage of their spend. And that's not all — every time a customer chooses your primary school, Asda will donate £1 to your school's Cashpot. All you need to do is to follow the steps below and choose our school (use our postcode **ST18 9AG**) on their App. As this doesn't apply to high schools please pass our school name on to any friends and family. - We have currently already raised £54.00 Thank you!!

# INTRODUCING CASHPOT FOR SCHOOLS

Download and opt-in with Asda Rewards  
and we will donate **££s** to schools.

**CASHPOT  
FOR  
SCHOOLS**



## HERE'S HOW

- 1** Download the Asda Rewards app & sign up today
- 2** Opt-in to Cashpot for Schools and follow the steps in your app
- 3** Shop, scan and we donate

With  
**Parentkind**



Selected stores. Minimum spend £2+. Exclusions apply including Asda Express & George.com. Subject to availability. UK 18+ App & Opt-in required. 0.5% of the value of a customer's eligible shop is donated. Parentkind funds primary schools, must register with Parentkind charity 1012833. Full T&Cs at [asda.com/cashpotforschools](https://asda.com/cashpotforschools). Rewards T&Cs at [asda.com/rewards/terms](https://asda.com/rewards/terms). Ends 30/11/24



In worship we are singing

"This little light of mine"

["This Little Light Of Mine" - YouTube](#)



Clubs start on Monday 9th September, for children in Reception and above. Please speak to the office if your child would like to join in with any of the following:

Monday - Gardening      Tuesday - Choir

Thursday - Basketball Friday - Tag Rugby

Sports clubs are all weather and children will be expected to have appropriate kit for this e.g. joggers, jumper, trainers suitable for outdoors, waterproof coat.



## PE Days

Please make sure your child has their PE kit in school on the relevant days.

Hedgehogs - Fridays

Owls - Thursdays & Fridays

Foxes - Thursday & Friday



### *New to you rail!*

Please help yourself to any of the items on our rail which can be found either outside of school or in the entrance hall. If your child has outgrown any uniform and you would like to donate for others to use, please make sure you have removed any names and then place on the rail for others. Thank you.

## Fruit



Children in Nursery

through to the end of Year 2 are supplied with 1 piece of fruit per day from the Government.

Please could children in Foxes (Y3 & Y4) remember to bring a piece of fruit to eat at break time, no crisps or chocolates please.



Owls have been comparing two numbers using the  $<$  &  $>$  signs.



### Owls Timetable

<https://www.st-leonards-dunston.staffs.sch.uk/year-1-year-2-owls/>

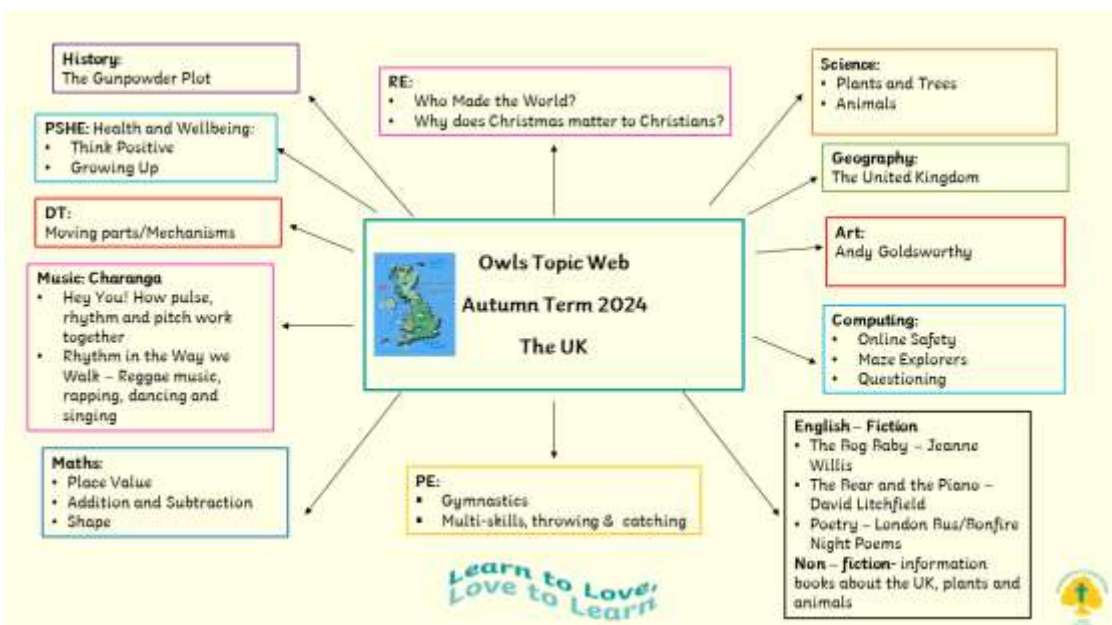
Time table - Owls Autumn 2024

	Registration - 8:45am 8:55am - 10:30am	Break 10:30	10:50am - 12noon	Lunch 12pm	1pm - 3:10pm	Daily Reminders	
<b>M</b> <b>O</b> <b>N</b>	Whole School Worship Year 1 Phonics Year 2 Phonics/Spelling/ Spag	English	Maths 12345 67890 + - =	Class Read	Geography/ History	PSHE/RE	
<b>T</b> <b>U</b> <b>E</b> <b>S</b>	Class Worship Year 1 Phonics Year 2 Phonics/Spelling/ Spag	English	Maths 12345 67890 + - =	Class Read	Art/DT	Handwriting abc	
<b>W</b> <b>E</b> <b>D</b>	Whole School Worship Year 1 Phonics Year 2 Phonics/Spelling/ Spag	English	Maths 12345 67890 + - =	Class Read	Science	RE	
<b>T</b> <b>H</b> <b>U</b> <b>R</b>	Class Worship Year 1 Phonics Year 2 Phonics/Spelling/ Spag	English	Maths 12345 67890 + - =	Music	PE	Water bottle, Reading books, Diaries, PE kit, Wellies, Coat.	
<b>F</b> <b>R</b> <b>E</b> <b>I</b>	Celebration Assembly Year 1 Phonics Year 2 Phonics/Spelling/ Spag	English	Maths 12345 67890 + - =	Class Read	Computing		PE



### Owls Topic Web

<https://www.st-leonards-dunston.staffs.sch.uk/hedgehogs-learning-nursery-reception-duplicate-1/>



# HEDGEHOGS

## Hedgehogs have enjoyed their first week in class!



## *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.



Helen Ashwood is our Safeguarding representative on our LAC. She supports the school in ensuring that Safeguarding is a priority.

# Stars of the Week





## Foxes are circuit training in PE



## Foxes Daily timetable

<https://www.st-leonards-dunston.staffs.sch.uk/year-3-year-4-foxes/>

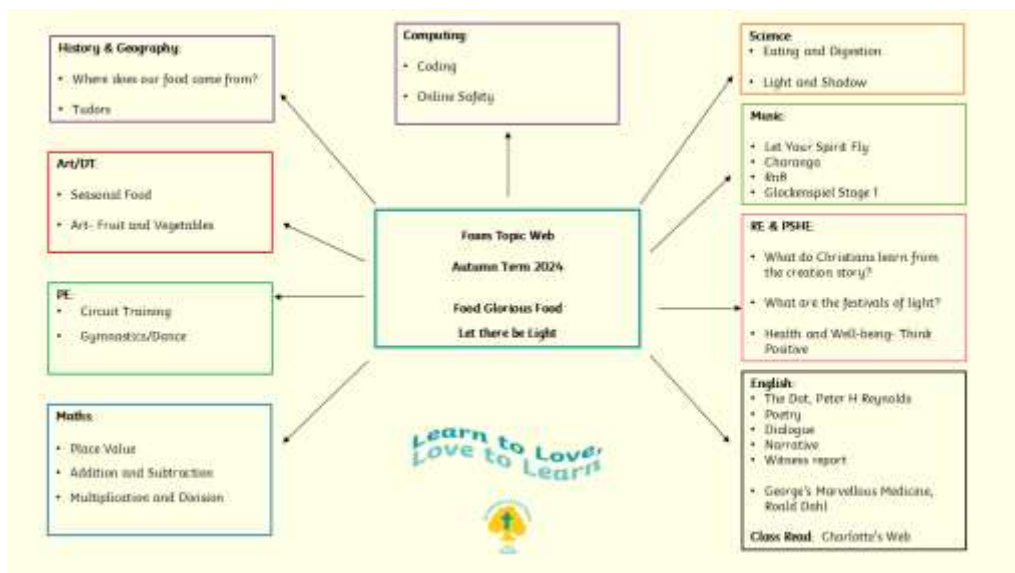
Time table – Foxes – Autumn 2024

	Registration – 8:45am 8:45am – 10:30am			Break 10:30	10:50am – 12noon	Lunch 12pm	1pm – 3:10pm				Homework	
<b>M O N</b>	Whole School Worship	Whole Class Reading	English		Maths 123+5 67890 + - =		Class Read	Geography / History	Mile a Day	PSHE/RE		A short reading session is recommended at least 3 times a week
<b>T U E S</b>	Class Worship	Spelling Rules / Handwriting	Whole Class Reading	English	Maths 123+5 67890 + - =		Class Read	Art / DT	Mile a Day	ICT		
<b>W E D</b>	Whole School Worship	Whole Class Reading	English		Maths 123+5 67890 + - =		Class Read	Science	Mile a Day	French	Spelling Rules / Handwriting	Daily Reminders
<b>T H U R</b>	Class Worship / Picture News	Spelling Rules / Handwriting	Whole Class Reading	English	Maths 123+5 67890 + - =		Class Read	Music		PE		Water bottle, Reading books, Diary, Spellings, Well-being Card, PE kit, Thumbs & Trudy
<b>F R I</b>	Celebration Assembly	Spelling Quiz		English	Maths 123+5 67890 + - =		Class Read	RE		PE		



## Foxes Topic Web

<https://www.st-leonards-dunston.staffs.sch.uk/owls-learning-year-1-year-2-duplicate-1/>





Miss Gibson, our chair joined the children in Worship today, she loved how enthusiastic it was and told the children that she is looking forward to seeing the children learn and grow this year.

## WC 9th September - Week Two



	WEEK ONE	WEEK TWO	WEEK THREE
MONDAY	Margherita Pizza with Jacket Wedges (V) Veg of the Day Vanilla Shortbread (Ve)	Margherita Pizza with Jacket Wedges (V) Veg of the Day Chocolate Shortbread (Ve)	Margherita Pizza with Jacket Wedges (V) Veg of the Day Sultana Shortbread (Ve)
TUESDAY	Pork or Veggie (Ve) Sausages with Mash & Gravy Veg of the Day Apple Sponge (V)	Sausage Roll with Mash & Gravy Veg of the Day Carrot Cake (V)	Chicken Meatballs with Mash & Gravy Veg of the Day Pineapple Upside Down Cake (V)
WEDNESDAY	Roast of the Day with Roasties & Gravy Veg of the Day Jelly (Ve)	Roast of the Day with Roasties & Gravy Veg of the Day Jelly (Ve)	Roast of the Day with Roasties & Gravy Veg of the Day Jelly (Ve)
THURSDAY	Penne with Beef Bolognese Veg of the Day Sultana Flapjack (Ve)	Chicken Korma with Rice Veg of the Day Apple Flapjack (Ve)	Mac & Cheese (V) Veg of the Day Flapjack (Ve)
FRIDAY	Fish Fingers or Salmon Fish Fingers with Chips Veg of the Day Vanilla Ice Cream with Banana (V)	Fish Fingers or Salmon Fish Fingers with Chips Veg of the Day Vanilla Ice Cream with Banana (V)	Fish Fingers or Salmon Fish Fingers with Chips Veg of the Day Vanilla Ice Cream with Banana (V)
	2/9/24, 23/9/24, 14/10/24, 4/11/24, 25/11/24, 16/12/24, 6/1/25, 27/1/25	9/9/24, 30/9/24, 21/10/24, 11/11/24, 2/12/24, 23/12/24, 13/1/25, 3/2/25	16/9/24, 7/10/24, 28/10/24, 18/11/24, 9/12/24, 30/12/24, 20/1/25, 10/2/25
Choice of <b>Classic Tomato Pasta</b> or <b>Filled Jacket Potatoes</b> also available daily along with freshly baked bread, salad, fresh fruit, yoghurts, jelly and fresh drinking water.			

V - Vegetarian, Ve - Vegan



*No nuts please*

Please note due to children in school with allergies please do not send any products containing nuts into school for break or lunch times. Thank you for your co-operation.

# What is love? Do you agree with Emma?

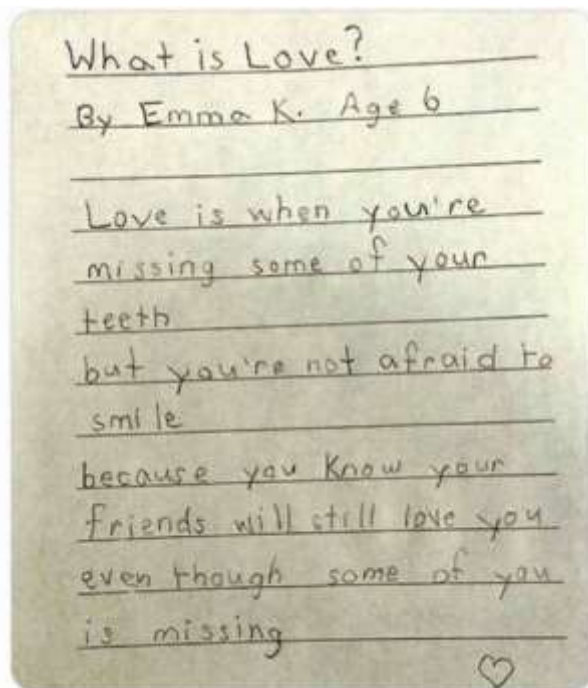
**Teddy P** "You can feel love all the time, if people know you they always give you a hug you feel loved"

**Alex** "Love is many things, mainly kind things"

**Thomas** "I feel like Emma, when I was younger I had gaps in my teeth but people still loved me"

**Aoife** "You can show love, if one of your friends is hurt you look out for them"

**Fran** "If you start something new you can feel nervous but that's fine as friends help you and that shows love"



To develop our philosophical thinking we ask a BIG question each week! As a family take time to discuss the following question! Miss Phillips will listen to the children's thoughts on this question during Worship on Friday.

## BIG QUESTION

Do animals have feelings?



Lunchtime is a social time spent with friends



# dates to Remember

Tuesday 22nd October	Parents Evening - more info to follow
Wednesday 23rd October	Parents Evening - more info to follow
Friday 26th October	Harvest Celebration in church - everyone welcome to join us at 9:15am
Monday 28th October Friday 1st November	Half Term



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.

Year 4	Year 3	Year 2
18/09/2024	25/09/2024	2/10/2024
Year 1	Reception	Nursery
9/10/2024	16/10/2024	23/10/2024



## Achievements from home



Mountain biking

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.



I hear there is a special service at church on 28<sup>th</sup> September and we can take our human pets along.

Now I have trained them I can take mine.

Yes, I'm taking mine - I just hope they will behave and not embarrass me!  
It should be fun!!



# **PET SERVICE**

## **SUNDAY 28<sup>TH</sup> SEPTEMBER**

9:30 AM - AT - ST. LAWRENCE CHURCH, COPPENHALL

11:00 AM - ST. LEONARD CHURCH, DUNSTON

**YOU AND YOUR PETS ARE WARMLY INVITED TO JOIN US FOR A SPECIAL SERVICE OF SONGS AND READINGS TO CELEBRATE AND BLESS FAMILY PETS, FARM AND WORKING ANIMALS**



Smaller pets will be welcome inside church

- dogs on leads and other pets in suitable carriers please.

Larger pets are also very welcome

- but will remain outside church to greet people.

# THE STEPLADDER EXERCISE

Think of situations that make you feel nervous or anxious, and imagine them as steps on a ladder. At the top, put the things that make you feel the most nervous, and at the bottom, put the ones that don't bother you as much. In the middle, list the things that are somewhere in between. Rate each situation from 0-100% based on how anxious you would feel in that moment. To build confidence, start facing these situations from the bottom of the ladder, where they're less scary, and work your way up. Check out the example below:



## SITUATION

Giving a presentation in front of the whole school

Answering a question in front of the class

Going to school after being absent for a while

Walking into the canteen during lunch

Starting a conversation with classmates

Going to the teacher to ask a question during class

Entering the class when you're a few minutes late

Walking into the school building in the morning

Sitting in your usual spot in the classroom

Going to the school library to study or read

Walking in the hallways between classes

Saying hi to a friend when you see them at school

## ANXIETY (0-100%)

100%

90%

85%

80%

75%

70%

65%

60%

55%

50%

40%

15%



LET'S LEARN A LITTLE BIT MORE  
ABOUT HOW TO USE THIS EXERCISE...

# HOW TO USE THE LADDER



1

## START WITH THE EASIER STEPS

Begin by practicing the situations that cause you less anxiety, like walking into the school building or saying "hi" to a friend. The goal is to build confidence in these situations.

## GRADUALLY WORK YOUR WAY UP

2

Once you feel comfortable with the easier steps, try tackling the situations that make you more anxious, like walking into the canteen or asking a teacher a question.



3

## TACKLE THE TOUGHEST CHALLENGES LAST

When you're ready, face the most anxiety-provoking situations, like giving a presentation or answering a question in front of the class.



## TIPS FOR SUCCESS:

- Take your time: move at a pace that feels right for you
- Celebrate small wins: every time you move up a step, recognise your progress
- Ask for support: you don't have to do this alone. teachers, family, or a therapist can help you along the way

## NOW LET'S TRY CREATING YOUR OWN LADDER!



# THE STEPLADDER EXERCISE



**SITUATION**

**ANXIETY (0-100%)**

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## 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

# 10 Top Tips for Parents and Educators SUPPORTING CHILDREN GOING BACK TO SCHOOL

Change can be hard for children to manage. Going back to school after a long summer break might cause them to feel uncertain about their friendships, school routines and relationships with new teachers. However, trusted adults play an important role in providing both practical and emotional support.

## 1 LEARN WHAT EQUIPMENT YOU NEED

Figure out a list of all equipment needed for the start of the school year, so you can comfortably get your hands on the necessary items in time. If children have any financial issues and receive free school meals, the school may be able to provide some monetary aid or offer other support.

## 2 COMMUNICATE WITH THE SCHOOL

If you notice that a child is feeling anxious about a change of teacher or school, arranging a one-to-one meeting with their new teacher can be a good way to alleviate some of the anxiety. Just knowing that they understand the child's worries and will be able to help them if the need arises can build the foundations of a good working relationship. Knowing that you can contact them with any queries can also be reassuring.

## 3 CHECK THE SCHOOL WEBSITE

There will be plenty of information about the start of term on the school's website to keep you updated. Furthermore, you should be able to find other useful information such as contact details for staff, important school equipment, clubs, and news about any special events on the school calendar for the year. It could be helpful to look through this with children for anything which might reassure them.

## 4 HELP TO MANAGE FRIENDSHIPS

If a child is feeling anxious about making new friends – especially if they're moving up to secondary school – it can be a good idea to remind them of what they could do or say when meeting new classmates. Investigating the extracurricular activities available could be a good way to open a conversation about their hobbies and pastimes, and joining such clubs could allow new friendships to be built on this mutual interest.

## 5 PLAN SELF-CARE

Talking to children about how they can manage their self-care can be an effective way of helping them understand its importance. This might involve playing a computer game they love with friends, a weekly visit to the library, getting to bed at the same time each night, or a range of other activities that support their wellbeing and provide the familiarity and safety of a routine that works for them.

## 6 MANAGE TRICKY FEELINGS

Explain that it's okay to have difficult feelings around returning to school. This can help reduce any shame or embarrassment a child might be feeling over these emotions. Emphasise that other children – even some of the teachers – will be feeling the same way. Consider practical ways to manage these feelings and help children feel more in control of their emotions. Some examples include fidget toys, breathing exercises or a notepad for doodling.

## 7 SECURE A SCHOOL UNIFORM

Parents and carers should try to buy a child's uniform for the new academic year well in advance of the new term, (although allowing for potential holiday growth spurts) and give them time to adapt to any changes. Make sure they can comfortably change into and out of it for PE lessons. Double check the requirements for PE on the school's website, as some schools will also have requirements for PE kits.

## 8 PREPARE FOR TRANSITION DAYS

Ensuring that children attend transition days is a vital step in preparing for the new year. Some schools also have transition evenings for parents and carers to attend, offering extra opportunities to reach out for any additional support.

## 9 READ THE MENTAL HEALTH POLICY

If a young person struggles with their mental health, it's important to understand their school's mental health policy and provision to know what support is available. This should be on the school's website. A range of aid is typically offered – from individual timetabled amendments to group sessions on emotional wellbeing. You can then discuss these options with the child to reassure them that help is there if they need it.

## 10 LEARN ABOUT SEN SUPPORT

If a child has SEN and receives help in school, try to confirm exactly what support is available, to ensure they're having their needs met. If they're moving up to secondary school, it's a good idea to meet with the SENCO to ensure that all teachers receive the most relevant, up-to-date information about the child's needs and have a contact to raise with if these change over time.

### Meet Our Expert

Amy Soyer is a freelance mental health trainer for schools, an author and a content writer. She is an Associate for Diverse Educators, a Fellow of the Chartered College of Teaching and IIT wellbeing coach. Amy has previously been a SMH coach, helping many different settings audit their mental health provision and support them to create and implement a strategic plan based on the specific needs of each setting.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/supporting-children-going-back-to-school>

## FREE Transition Check-in For Parents/Carers

Please note, this session is for parents/carers of children with a diagnosis or on the pathway.  
(Inc. those not yet referred to our service).

DATE	SESSION OVERVIEW	LOCATION	TIME
Tuesday 10 <sup>th</sup> September 2024	<b>Back to School: Transition Check-in</b> Parents/Carers are invited to join a member of the Autism Inclusion Team for an online check-in session with time for questions.	Microsoft Teams	16:30-18:00

### SPACES ARE LIMITED

To reserve your space, please email: [rachel.woollaston@staffordshire.gov.uk](mailto:rachel.woollaston@staffordshire.gov.uk)  
and include any questions to be answered in the session along with the name of the school your child attends.



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# LOOKING FOR ALLERGEN SAFE SCHOOL SNACKS?

- ✓ Top 14 Allergen Free
- ✓ Vegan & Standard recipe
- ✓ Only 2-3 Ingredients needed

**NO CHILD HAS TO MISS OUT WITH FOOD  
ALLERGIES!**

AVAILABLE IN  FREE FROM AISLE!

