

Friday Post

Friday 11th October 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,

This week we marked World Mental Health Day. We spent time in our classes talking about the importance of human connection and the people in our lives we like to spend time with. I was with Y4 and their Reception buddies, and we had some really thoughtful responses about getting the balance right between spending time with people you love, and taking time out to be by yourself.

Alison Lloyd joined us for lunchtime and enjoyed continuing this theme with the children through some colouring activities. After half-term, Alison will be running a session for parents on worry; we are really looking forward to hosting this event and hope you will be able to join us. The children will also be bringing home a 'Helpful Heroes' booklet to help you explore the theme of worry at home.

If worry or mental health is something you are concerned about for your child, please do speak to their class teacher. The Education Mental Health Team run sessions for parents which may support, and in school we are able to offer ELSA sessions. Spaces are limited, but we will always do all we can to support as many pupils as possible.

Next week, we are looking forward to the second of our Learn With Me sessions; thank you to those who joined this week - it was a great session and we loved welcoming you into school!

Have a wonderful weekend,

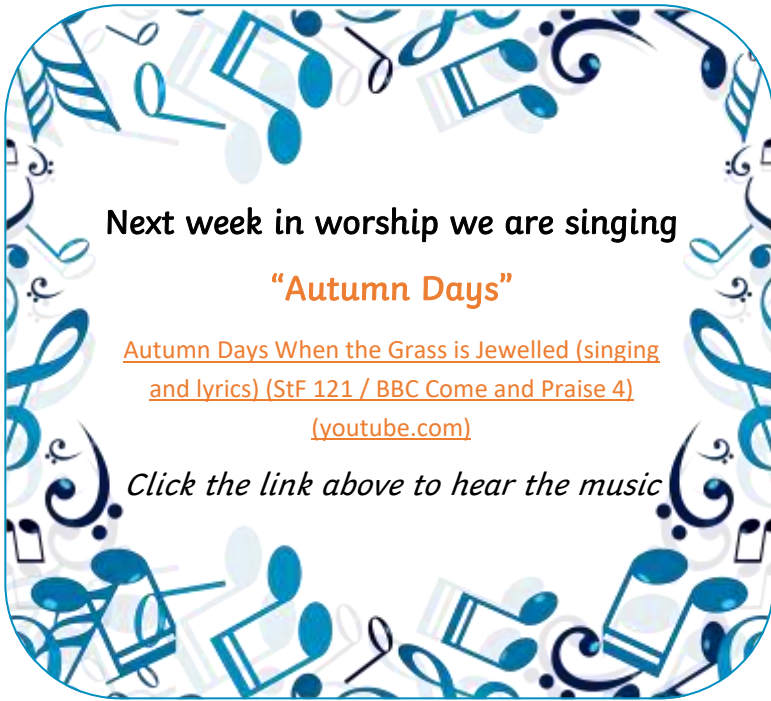
Miss Phillips

Please note: There will be a charge for damaged reading books at £5 per book. This will be payable via Parent Pay.



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





Next week in worship we are singing

"Autumn Days"

[Autumn Days When the Grass is Jewelled \(singing and lyrics\) \(StF 121 / BBC Come and Praise 4\) \(youtube.com\)](#)

Click the link above to hear the music



Year 1 & Year 2

All children in Year 1 and Year 2 have had log-ins for Numbots this week - there is a sticker on the inside of their reading diaries with the details.

Many thanks

Miss Laing

Flu Vaccinations

Thursday 24th October



If you wish your child to have the flu vaccine then you **MUST OPT IN** on the link emailed to you on Monday 7th October.

Information videos from the school nurses reference the flu vaccines,

Video for children

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

Video for adults

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

An introduction to Worry

Tuesday 12th November 9am - 10am

Alison Lloyd, our Education Mental Health Practitioner, will be running a workshop for parents.

- What is worry
- How to talk to your child about their worries
- Ways to manage worries at home

There will be a sign up sheet in the entrance hall closer to the date.

HARVEST FESTIVAL

Friday 26th October

9.15am

St Leonard's Church

Dunston

EVERYONE WELCOME

We welcome donations from the list below which will be taken to
Rising Brook Food Bank.
Thank you for your support.

Food List

- Tinned vegetables
- Tinned fruit
- Tinned custard
- Tinned rice pudding
- Tinned fish
- Tinned meat
- Long life milk
- Tea bags
- Instant coffee
- Cereal
- Tinned soup
- Baked Beans
- Tinned spaghetti
- Biscuits
- Crisps
- Packets of instant rice
or pasta meals
- Jars of pasta sauce

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Attendance figures

School Attendance 7th - 11th October 2024

Hedgehogs 94%

Owls 91%

Foxes 93%

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.

Uniform Reminders!



Please remember: School uniform for children in Y1-Y4 includes a shirt and tie. Please note that after half-term we will be texting parents where uniform is not consistently in line with our policy. If you need support in sourcing correct uniform, please speak to the school office.

Trim Trail

Trim Trail: At parents' evening we will be updating Year 1 children's permissions. In the meantime, if you **do not** want your child on the trim trail, please let the office know.

Learn With Me:

ELS Essential Letters and Sounds

A reminder to Year 1 and Reception parents to sign up to our Learn with Me phonics sessions. Sign up sheets are in the entrance hall.

Weekly House Point Tally

Sycamore



242

Oak

187

Holly

151



A logo for 'OWLS' featuring a stylized red owl on the left and the word 'OWLS' in white capital letters on a teal background to the right.

Owls were
decorating their
clay pots with
autumnal objects
found in Forest
School.





Owls have been using their classifying skills in Science. They were asked to think about the question 'does each type of tree always have the same shaped leaves?' We went outside with our clipboards and pencils to see what we could find out. Back in the classroom we sorted and classified leaves we had found on various trees in the school grounds.



HEDGEHOGS




We have read Funny Bones this week and the children have been trying to show their scariest faces as we read it. Through our topic work we have looked at human skeletons and found out what they do for our bodies. We also looked at some x-rays to see if we could work out what body parts they were. In maths, we have started to use the word subitise and understanding what 1, 2 and 3 are and Nursery have been thinking about patterns. The children have enjoyed pretending to be doctors in the writing area. In RE we have been looking at each other and seeing how differences should not stop us caring for each other. We got together with our buddies as well to talk about why sharing time together is special.





Use your child's home learning tasks below to support their learning outside of school. Tasks should be brought in throughout the half-term to be shared and celebrated in class.

Thank you!

Hedgehogs: Please share your homework by email or bring in for Show and Tell

Mathematics: Play counting games and count objects that are ordered or unordered. Match amounts with numerals up to 5

Understanding of the world 2: Learn about where we live. The name of your town or village. The street you live on and the number of your house.

Writing: Draw pictures of family members and label them. Drawing, writing and mark-making centred around their favourite books.

Understanding of the World 3: Encourage your child to point to parts of their body. Play 'Simon says' and encourage your child to move body parts in different ways.

Reading: Spend time reading favourite books together especially bedtime stories. Visit the library

Expressive Arts & Design: Draw and paint pictures of faces and encourage to add detail such as hair colour and eye colour. Make a model of a person and add labels for the body parts.

Understanding of the World: Bring in a family photo to add to our topic display in class. Look at photo albums and talk about family photos.

Physical Development: Talk about the parts of their body they are using as your child plays at the park or in the garden. Encourage your child to take part in team games.

Owls:

- **Art:** Find out about the artist Andy Goldsworthy who uses natural materials in the outdoors. Make your own artwork using natural materials e.g leaves, stones, twigs. Bring in a photo of your art work.
- **Science:** Grow your own spring onions using these instructions: <https://www.youtube.com/shorts/HCcp-C35vKI> Can you think of a tasty way to eat them? Write down the recipe to show how you used them.
- **Geography:** Think of an interesting place you have visited in the UK. Design and make an information leaflet all about your chosen place which would encourage other people to visit. Include a map of the UK showing its location.
- **Science:** Choose a deciduous tree in your garden/local area. Over a few weeks, take a photo or draw a picture of the tree once a week and note any changes.
- **Maths:** Exciting information coming soon about Numbots. Watch this space.

Foxes:

Geography - Design your favourite meal. Find out where each item of food originally comes from and how much of it is produced in the country each year.	Art - Write the definition of 'Still Life'. Take a 'still life' picture of an object in your house - for example, a piece of fruit. Practise drawing it using shading to show lighter and	Spellings need to be practised daily ahead of our quiz on a Friday. Remember to spot the spelling rule and think about other words you would use it in.
Science - Draw and label the different types of adult teeth and write their functions.	English - Draw and label your favourite meal. Write a persuasive advert and include reasons why people should buy it. Use persuasive phrases ambitious	TTRS will help increase accuracy and speed with times tables. Practise daily to increase both of these and move up the leader board!

All children should be heard reading their school book a minimum of 4 times a week. Re-reading a book helps develop fluency and comprehension.

Books will be changed on **Tuesdays** and **Fridays**.



Amazon Book Wish Lists

Are you able to help us to acquire new books for our children?

Reading is at the heart of our curriculum here at St. Leonard's. We encourage children to read for pleasure and incorporate reading into every subject at every opportunity. Following a recent overhaul of our curriculum, staff are now desperate for a range of books which link to the learning which goes on in school over our new curriculum's 2-year cycle.

Each teacher has drawn up a wish list of books on Amazon and we are hoping to gradually accumulate them. If you would like to donate a book from your child's class list, we would be extremely grateful. Some children bring sweets to share with their classmates when it is their birthday – how about donating a book instead? A book really is a gift which keeps on giving and will give pleasure to many children (and their teachers!) for years to come.

If you choose to donate a book from the list to your child's class, the book will be presented to the whole school during assembly and will have a sticker placed on the inside cover stating the name of the child who kindly donated it. Please do check if Amazon sell any second hand copies of the books, as these can be picked up quite cheaply and we will be more than happy to receive them.

The books on each wish list have been prioritised and are labelled either high, medium or low priority. The high priority titles will match the topics being taught straight after Christmas.

Foxes

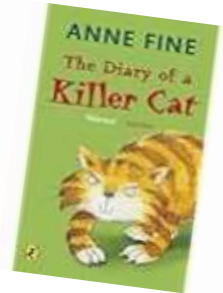
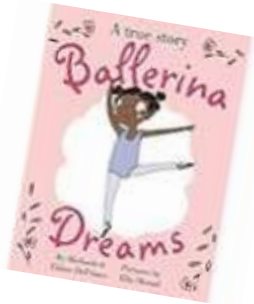
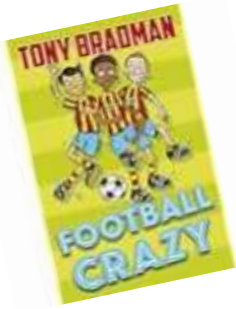
https://www.amazon.co.uk/hz/wishlist/ls/1QSQNM3YGS06H?ref_=wl_share

Owls

https://www.amazon.co.uk/hz/wishlist/ls/36FQL4RYEKU3S?ref_=wl_share

Hedgehogs

https://www.amazon.co.uk/hz/wishlist/ls/16ZCE13CMXH2T?ref_=wl_share



Prayer for Peace

Peace go with you.
God's quiet within the noise.
God's hope within uncertainty.
God's rest within the toil.
God's presence within your soul.
Peace go with you.

www.lords-prayer-words.com



Penkriddle Middle School
open days

Year 4 please let the school office know if you have booked to go to the Penkriddle Middle school open days next week. The booking link can be found on our school Facebook page. Or by visiting their website <https://www.penkriddle-middle.org/page/?title=Open+Mornings&pid=92>



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.



Stars of the Week



Proudly receiving their badges in Worship this morning



October Ark payments

Invoices have been sent home for October after school care please make your payment via your Parentpay account asap.

Achievements from home



Swimming



Football



Football



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.

Do you like to write stories?



"Write a story you would love to read". BBC's 500 Words, the UK's largest children's writing competition for children aged 5-11, is open for entries now! Submit before the competition closes at 9pm on Friday 8 November 2024.

<https://www.bbc.co.uk/teach/500-words>



If your child has a school lunch it is important to keep your ParentPay account topped up with funds.

For children in our Nursery, Year 3 and Year 4 there is a cost of £2.95 per day or £14.75 per week,

WC 14th October - Week ONE



	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)	Mac & Cheese (V) 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)
	21/10/24, 23/10/24, 14/11/24, 4/11/24, 25/11/24, 16/12/24, 6/1/25, 27/1/25	9/10/24, 30/10/24, 21/11/24, 11/11/24, 2/12/24, 23/12/24, 13/1/25, 3/2/25	16/10/24, 7/11/24, 28/10/24, 18/11/24, 9/12/24, 30/12/24, 20/1/25, 10/2/25

Choice of **Classic Tomato Pasta** or **Filled Jacket Potatoes** 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.



Foxes had a 'live lesson' with The British Library on Thursday. They have created a self portrait and had to decide what 'gives them a spark' eg football, reading or adventures. They were also pleased to see that the text the presenter was using, was the book that they are currently reading!



Should we live on the moon?

Amelie "No, you can't breathe and there's no food"

Koby "No, you can't breathe and our bones will get smaller"

Finley "No, you will float and there's no food"

Dexter "Yes, you can go in a rocket and take water and food. You can use a space-suit to help you breathe"

Darcie "You could but it would be very hard, you could take food & oxygen, but you'd have to keep travelling to earth"

Freya "Yes, you might see an alien"

Romy "You can't breathe"

Vinny "No, you feel uncomfortable"

Tommy "Yes, if we have a space suit on and you can store your stuff in a hole and find cool rocks"

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

Is anything pointless?



Don't forget to keep up to date by following us on ..



Our School website

<https://www.st-leonards-dunston.staffs.sch.uk/>

dates to Remember

Monday 14th October	Reception Learn with Me: Phonics 9 - 10am
Thursday 10th October	Wear Yellow to raise awareness of Mental Health
Monday 21st October	Year 3 & 4 Cross Country @ Marshbrook 3.45pm
Tuesday 22nd October	Year 1 Learn with Me: Phonics 9 - 10am
Tuesday 22nd October	Parents Evening - Owls & Foxes
Wednesday 23rd October	Parents Evening - Hedgehogs, Owls & Foxes
Thursday 24th October	Year 1 Learn with Me: Phonics 9 - 10am
Thursday 24th October	Parents Evening - Hedgehogs
Thursday 24th October	Flu Vaccinations
Friday 26th October	Harvest Celebration in church - everyone welcome to join us at 9:15am at St Leonards Church, Dunston
Monday 28th October	Half Term
Friday 1st November	
Tuesday 12th November	An introduction to worry - parent workshop 9-10am
Friday 29th November	Christingle & Christmas lights switch on gates open 2:45pm
Tuesday 17th December PM	Christmas Play - <i>more info to follow</i>
Wednesday 18th December AM	Christmas Play - <i>more info to follow</i>
Monday 23rd December	Christmas Holidays
Friday 3rd January 2025	
Monday 6th January	Back to school

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.



Reception
16/10/2024

Nursery
23/10/2024



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

10 Top Tips for Parents and Educators TEACHING CHILDREN FIRE SAFETY

Fire safety is especially important around Bonfire Night, as fireworks, bonfires and sparklers add extra risks for families and young children. Every year in the UK, thousands of accidents occur due to improper handling of fireworks and neglecting fire safety measures. This guide offers practical tips for keeping children safe when handling everything from fireworks to space heaters.

1 BONFIRE NIGHT AWARENESS

Bonfire Night is exciting, but it comes with several inherent risks. Educate children about the dangers of fireworks and open flames. Teach them that only adults should handle fireworks and that bonfires should never be approached. Keep children at a safe distance (at least five metres away) from bonfires and explain why supervision is crucial during these events.

2 SUPERVISE FIREWORK USE

Fireworks should only be handled by responsible adults who are following UK laws and guidelines. Make sure to buy fireworks that meet British Standards and adhere to all instructions that come with them. Keep children a suitable distance from any firework activity and designate an adult to supervise the event. Ensure no one goes near fireworks after they've been lit.

3 SPARKLER SAFETY

Sparklers are often captivating for little ones, but they can burn at extremely high temperatures – over 1,000°C! Only allow children over the age of five to use sparklers, and make sure they wear gloves. Teach them to hold sparklers at arm's length and never wave them near others. Once a sparkler has burned out, extinguish it fully in a bucket of water – which you should prepare beforehand and always keep nearby.

4 ORGANISED DISPLAYS ARE SAFER

If possible, families should attend an organised fireworks display rather than holding one at home. These tend to be far safer as they're run by professionals adhering to strict safety regulations. Organised displays also provide a controlled environment where children can enjoy the event from a safe distance, reducing the risk of accidents.

5 KEEP FIREWORKS AWAY FROM THE HOME

If you are hosting your own fireworks display, set them off well away from homes, sheds or fences to avoid starting accidental fires. Choose a wide-open space with no flammable materials nearby and keep a means of putting out fires to hand in case of emergency – such as a bucket of water, a hose or a fire extinguisher. Afterwards, ensure that all fireworks are fully extinguished and never attempt to relight one if it doesn't go off.

6 BONFIRE SAFETY

If you're building a bonfire, place it well away from trees, buildings, fences or anything else flammable. Make sure it's structurally sound and not at risk of collapsing. Only burn natural materials like wood and leaves, avoiding petrol or other accelerants. Children should be kept far away from the bonfire, and it should always be supervised by adults. Be sure to fully extinguish the bonfire before you leave it.

7 "STOP, DROP AND ROLL"

Ensure that children know what to do if their clothing catches fire. Teach them the simple "stop, drop and roll" technique, which can quickly extinguish flames. Practice this with them before events like Bonfire Night, so they feel confident if the need to use it arises. It can also be helpful to keep another means of putting out these sorts of fires on standby, just in case. An extinguisher or flame-retardant blanket are both sound choices.

8 SECURE CANDLES AND OPEN FLAMES

Beyond Bonfire Night, everyday fire safety is also crucial. Candles can be a common fire hazard, especially in homes with young children. Teach children not to touch any open flames, and ensure candles are placed in sturdy holders away from combustible materials. Never leave candles, incense burners or other such items unattended, and always extinguish them fully before leaving a room or going to bed.

9 EDUCATE ABOUT FIREWORKS HAZARDS

Make sure children understand the dangers of playing with fire or fireworks, and how to handle such things responsibly. Emphasise that fireworks are not toys and can cause serious injuries when improperly used. Demonstrate the importance of treating fire with respect and the consequences of misuse, which can help temper any curiosity and any resultant dangerous behaviour.

10 FIRST AID FOR BURNS

Even if you have the best possible precautions in place, accidents can still happen. Keep a first aid kit on hand. Ensure you know how to apply basic first aid to burns, so you can teach children these techniques too. If someone suffers a burn, run it under cool water for 20–30 minutes. Never use creams or ointments, as these retain heat and can cause further damage. Instead, seek medical help if the burn is serious.

Meet Our Expert

James Whelan is an experienced health and safety expert who is a Chartered Member of the Institution of Occupational Safety and Health. He provides services to educational settings and many other industries, helping them to maintain a safe working environment.



#WakeUpWednesday

The National College

Source: See full reference in this guide page at <https://www.nationalcollege.com/guides/fire-safety>

INTRODUCING CASHPOT FOR SCHOOLS

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

CASHPOT
FOR
SCHOOLS



With
Parentkind

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

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 St Leonard's, 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 £79.00

Thank you!!

Forest Bathing for Families

Free, 4 week, online course starting Friday 18th October. For parents and carers with children aged 8-16 years

Immerse yourself in the benefits of connecting to nature through exploring the ancient Japanese practice of 'Forest Bathing'. Discover how this regular practice can support stress reduction, manage anxiety and build resilience for you and your family.

To reserve your place or for more info contact Rebecca on 07525 120117 / communityforestservices@gmail.com.

This course provides an introduction to Forest Bathing with a specific focus on how it can be beneficial for the mental health and **wellbeing of older children and teenagers**.

Each week the group receives an email pack to introduce a variety of exercises and ideas to deepen a connection to the world around us, this ranges from outdoor breathing exercises, to barefoot walking, to foraged art. The exercises can be completed flexibly at times to suit your family, and can be tried at home, in a garden or local park.

This course is free for families in Staffordshire.

