

# Friday Post

Friday 18th 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,

Another busy week has flown by, and it has been as packed as ever!

Today we have enjoyed welcoming our trust CEO - James Capper, and Chair of the Board of Trustees - Mary Walker into school. They had an expertly guided tour first thing and loved seeing the learning taking place across the school. We then discussed the journey we have been on as a school and the plans we have moving forward.

We also enjoyed welcoming back Alison from The YouthNet to run a workshop on the creation story for Foxes. They were immersed in a variety of activities, giving them chance to choose how to explore the story. Alison will be back next week for a workshop with Owls.

Mr Atkins led a review of our new ELS phonics with a visiting lead teacher on Tuesday. Feedback was great and it was clear to see how well the new scheme is supporting our youngest children with their reading. Next week, we look forward to hosting our Learn with Me phonics sessions for Year 1 parents.

Next week I will be meeting with our worship team and school council to discuss plans for the upcoming year. Following the success of our work with Chuckle House last year, we'd love to partner with a more global charity this year. If you have a charity you already support as a family, we'd love to hear about it - just let myself or the office know.

Have a wonderful weekend,

Miss Phillips



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)



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*

## Wanted

### Memory Games

If you are having a clear out for Christmas over 1/2 term we are looking for some Memory Games for Class Hedgehogs.

Many thanks

Mr Atkins



## 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=JepMeOBkDiI>

#### Video for adults

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

## An introduction to Worry

Tuesday 12<sup>th</sup> 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

### 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

### 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

# Attendance figures

School Attendance 14th - 18th October 2024

Hedgehogs 97%

Owls 98%

Foxes 92%

Whole School 95%

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.



## Parents Evening Consultations

A reminder that it is parents evening next week, if you haven't already booked an appointment please place your name next to a convenient time slot on the sheets in the entrance hall. There is also an opportunity for you to look at your child's books before hand.



## After School Clubs Autumn 2 2024

Clubs will change after 1/2 term to:

Monday Chromebook      **Wednesday** Choir  
Thursday Basketball      Friday Football

## Learn With Me:

**ELS** Essential Letters and Sounds

A reminder to Year 1 parents to sign up to next weeks 'Learn with Me' phonics sessions. Sign up sheets are in the entrance hall.

# Weekly House Point Tally

Holly



120

Oak

86

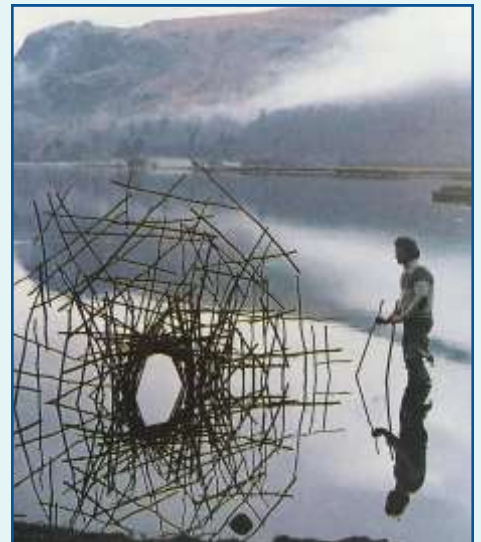
Sycamore

77



Playing in mud, collecting apples, finding the biggest leaves, hide & seek - Reception certainly enjoyed their time in forest school this week!





This week Owls have been finding out how Andy Goldsworthy has used reflection in his art work. The children were fascinated with his work using sticks in a lake. We then used the Purple Mash 'River' art activity and created our own water reflection artwork.



James Capper, CEO, looking at the learning in Class Owls.



Owls have been working in their mixed year buddy pairs to find the difference between two numbers





This week we have continued to think about our bodies and tried hard to develop our scissor skills by cutting out parts of a skeleton. We have also continued to think about Harvest and what the fruits and vegetables can give us to help our lives. The children enjoyed scraping the seeds and flesh out of the giant pumpkin and making pumpkin patterns with halved apples. Nursery enjoyed using the clay to squash and manipulate it with their fingers and Reception also enjoyed using clay in their Forest School activities adding natural objects to them to create hedgehogs and other designs. All of these activities have helped the children strengthen their hands and fingers which will help develop their fine motor skills. Along with this, in PE, the children have been using their hand-eye co-ordination to throw balls at targets. Reception have also been increasing their independence and collaboration in team building activities outside and paired reading in Phonics.





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**.



# Lunchtime Award



## Stars of the Week



## Reception 2025

If your child's fifth birthday is between 1st September 2025 & 31st August 2026 then you will need to apply online for a place in our Reception class from **Friday 1st November 2024** the closing date is 15th January 2025.

Applications should be made directly at <https://www.staffordshire.gov.uk/Education/Admissions-primary/Apply/Overview.aspx>

**Please note children who currently attend our school nursery will still need to apply for a Reception place.**

If you know of anyone who is looking for a Reception place, then please ask them to give the office a call and book an appointment to look around our school with Miss Phillips.

## Year 4 Middle School Applications

Applications for Middle school will open from **Friday 1st November**. All Year 4 parents **MUST** apply for the next school of their choice. <https://www.staffordshire.gov.uk/Education/Admissions-primary/Apply/Application-forms-for-admission-to-school.aspx>



## Achievements from home

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.



Unfortunately we had little interest in the PTFA posts last week. If you would be interested in running and/or supporting a fundraising event ahead of Christmas, please let us know. PTFA fundraising during the autumn term has always supported the purchasing of festive gifts and treats for the children.

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 21st October - 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)	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	9/9/24, 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

V - Vegetarian Ve - Vegan

Choice of **Classic Tomato Pasta** or **Filled Jacket Potatoes** also available daily along with freshly baked bread, salad, fresh fruit, yoghurt, jelly and fresh drinking water.



**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.



# CREATION WORKSHOP

## YOUTH NET



Foxes took part in a creation workshop with Alison from the Youth Net. Together we discussed what Christians believe happened as part of the creation story and the bible story was shared with us. We completed a range of activities based on this. At the end of the session, Alison shared a variety of verses and stories from the bible and we were asked to draw pictures and images to represent them.



# BIG QUESTION

## Is anything pointless?

**Jarrod** "if you play a game you don't know, it's pointless"

**Darcie** "Sometimes yes, sometimes no - if you don't know how to use something you're given that's pointless"

**Rohan** "Most things aren't pointless, but if someone bought you something you didn't want that's pointless"

**Savannah** "Living isn't pointless, but something really expensive could be pointless"

**Fran** "A few things are, but most things do have a point"

**Thomas** "If can give you an example of something pointless - if you jump off London Bridge that's pointless as you have to know how to jump properly and water can hurt"



### 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.



Please search for  
St Leonards First School  
& Nursery

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 21st October	Year 3 & 4 Cross Country @ Marshbrook 3.45pm
Tuesday 22nd October	<b>Year 1</b> Learn with Me: Phonics 9 - 10am
Tuesday 22nd October	Parents Evening - Owls & Foxes
Wednesday 23rd October	Parents Evening - Hedgehogs, Owls & Foxes
Thursday 24th October	<b>Year 1</b> 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 Friday 1st November	Half Term
Tuesday 12th November	An introduction to worry - parent workshop 9-10am
Tuesday 26th November	Foxes trip to Ancient High House
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>
Thursday 19th December	Christmas Lunch
Monday 23rd December Friday 3rd January 2025	Christmas Holidays
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.



**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

# October Half Term


**The Wolseley Centre**  
Wolseley Bridge, Stafford,  
ST17 0WT



**Staffordshire  
Wildlife Trust**

 @swtactivities

 @StaffsWildlife

 @staffswt

## Wildfamilies Workshops- Create something to take home!

**Halloween Mask Making Workshop**

Monday 28 October, 10am - 12pm

**Wildfamilies Willow Lantern Workshop\***

Thursday 31 October, 10.30am - 12.30pm



£7.50 per child and £4.50 additional siblings. Activities tailored to 8+ but all ages welcome

\*This is an Aiming High integrated session - visit the Staffordshire Connects website for more information and to book a free SEND space.

## Wildfamilies Spooktacular- crafts, activities, and outdoor fun!

Wednesday 30 October, 1 - 4pm

£10 per child and £7 adult. Suitable for all ages.

## Halloween Macrame Workshop-Create spooky home décor

Tuesday 29 October, 10am - 12.30pm

£15 per person. Suitable for ages 10+.

## Wildlings- Discover, explore, and play outdoors!

Monday 28 October, 10.30am - 12pm

£6.50 per child. £3.50 per additional siblings. Suitable for ages 6 months - 5 years.

## Wildfamilies- Outdoor fun for the family

**Halloween Wildfamilies \***

Monday 28 October, 1.30 - 3.30pm

**Spooky Strolls**

Wednesday 30 October, 6 - 7.30pm

**Halloween Woodland Adventures** Thursday 31 October, 1 - 3pm

£7.50 per child and £4.50 for additional siblings. Suitable for all ages.

\*This is an Aiming High integrated session - visit the Staffordshire Connects website for more information and to book a free SEND space.

## Wildlife Watch Group- Environmental Action Club

**Terrific Trees** Saturday 2 November, 10am - 12pm

£1 per child. Activities aimed at a broad range of ages, most appropriate for 5-13.

**Booking essential: [www.staffs-wildlife.org.uk/events](http://www.staffs-wildlife.org.uk/events)**

For more details, contact [getwild@staffs-wildlife.org.uk](mailto:getwild@staffs-wildlife.org.uk)

# What Parents & Educators Need to Know about HORROR FILMS & AGE RATINGS

The 'on-demand' availability of streaming platforms in many homes creates extra possibilities for young viewers to be exposed to age-inappropriate content. Material which features horror or violence can cause anxiety and nightmares for children, especially since it can be hard for young ones to grasp that what they're watching isn't real.

## CLASSIFICATION BREAKDOWN

The British Board of Film Classification has the following age ratings:

U: Suitable for all ages

PG: For children aged 8 and above, this content shouldn't unsettle them

12A: Children under the age of 12 should not watch without an adult; this content potentially features bad language, nudity or sexual references

15: Suitable only for 15-year-olds and above

18: Exclusively for an adult audience, with potentially explicit themes of violence, nudity or sex

## WHAT ARE THE RISKS?

### STREAMING IS EVERYWHERE

Modern mobile devices make it very easy for children to watch streamed films without the need for a TV. The availability of inappropriate content has risen significantly on streaming platforms, almost all of which host 18-rated content. If not restricted by parental controls, this could be viewed by children who aren't quite ready for such adult themes, concepts and imagery.

### FACT VS. FICTION

Many children have no trouble separating fact from fiction. However, with modern day technology making pretend violence and horror look ever more realistic, it's becoming harder for youngsters to tell the difference. For instance, consider remakes of older films, where dated special effects (making it easy to discern that something wasn't real) have been replaced by far more convincing monsters and gore.

### PEER PRESSURE

Friends encouraging each other to watch the latest film featuring violence or horror can lead to children consuming content that they're not ready for. As 18-content is available on many streaming platforms, youngsters can watch these together – potentially without their parents' or carers' knowledge.

### CHILDREN SCARE DIFFERENTLY

It can be difficult to decide what content is appropriate for children. What's fine for one child could be extremely frightening for another. As many children admit to not sharing or discussing the content they watch with their parents, encouraging an open dialogue around the kind of media that young people consume can help avoid exposing them to any inappropriate content.

### PSYCHOLOGICAL IMPACTS

Horror prides itself on its ability to startle or induce genuine fear in the viewer – so it's no surprise that this genre isn't usually intended for children. A natural side-effect of this is that 'jump scares' or a creepy, suspenseful atmosphere can have lasting effects on younger minds. The resulting anxiety can impact a child's sleeping patterns or eating habits.

## Advice for Parents & Educators

### WATCH THE FILM FIRST

If you're concerned that a film might be unsuitable for children (whether it's their first dive into the horror genre or a step up in age classification), then take a look for yourself. There's no better way to judge whether this content is something you'd deem appropriate for a child – and if a parent, for example, has actually seen the film (or at least a portion of it), they can construct a far more credible case if they decide it's inappropriate.

### REMEMBER – IT'S NOT REAL

Emphasise to children that the content they're viewing is entirely fictional and has no chance of affecting them in real life. If a child is upset after watching a film, try to understand what exactly has unsettled them; this can help you approach the topic in a healthy and informative manner, to dispel any fears or anxieties they may have.

### DISCUSS THE CONTENT OF FILMS

If a child has seen a film that you think may have exposed them to potentially uncomfortable themes and ideas, don't shy away from talking about it, and answer any questions they may have. This is especially important if they watched the film without an adult present. Ask them to summarise the story for you, as this will give you an understanding of what they've learned from watching it.

### USE PARENTAL CONTROLS

Most streaming platforms have the option to put age ranges on children's accounts. This means that films and shows that are inappropriate for children won't be advertised while they're browsing and won't even appear if a child specifically searches for them. This can be changed any time at parents' discretion, but it's wise to protect these settings with a password, so a child can't alter anything on their own.

### Meet Our Expert

John Inley is an assistant principal at a secondary school. He has been involved with e-safety in schools for over 10 years, writing policies and supporting various schools in developing their e-safety provision. John has introduced a range of strategies at multiple schools aimed at helping parents to better support their child in the ever-changing digital world.



#WakeUpWednesday

The National College

# 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 [REDACTED] your family.

**To reserve your place or for more info contact Rebecca on  
07525 120117 / [communityforestservices@gmail.com](mailto: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.**



**Staffordshire  
County Council**

## Instructions for kids aged 5-7



Have a look together at the statements below – and talk about what they mean.

You could print them out, cut them up, write them out or just talk about them.

### OK:

- Speaking to a trusted adult if you feel worried or scared.
- Talking to Childline.
- Talking to a trusted adult about your feelings.
- Going to sleep with your favourite teddy bear.
- Falling asleep during story time at home.

### Not OK:

- A child being hurt by someone.
- Children being mean to each other.
- Hurting a child's feelings.
- A child being asked to keep something secret that upsets them.
- A child not being cared for in the right way.

**Repeat the messages so they remember them.**

You can help your kids remember these by getting active – asking them to move to different sides of the room, house or garden if they think a statement is OK or not OK.

While you are doing this activity, ask your child to think about whether each statement is OK or not OK and start a conversation about why.

# 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

**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!!



National  
Autistic  
Society

EarlyBird  
Plus  
Licensed



EarlyBird Plus Course  
for Parents

## Has your child received an autism diagnosis?

Join the National Autistic Society's EarlyBird Plus programme delivered in Staffordshire by the Autism Inclusion Team to understand more about autism and how you can support your child.



Meet other parents and share experiences on our ten-week programme. Designed for parents of children aged from four to nine, we can help you understand autism and support your child, including:

- supporting interaction
- understanding sensory differences
- developing play
- interpreting behaviour.

Staffordshire Autism Inclusion Team will be delivering this course at: Bridgtown Primary School, Cannock

*'Lots of strategies to use with my child / share with others. Thank you so much for all of the amazing tools and inspiration to make a difference.'* Parent 2024

The course runs over **ten weekly sessions** including two individual sessions. You will need to be able to commit to attending all 10 sessions.

On the following dates from 9.30am – 12.30pm – tea and coffee provided

- |  |  |
|--|--|
| 1. Monday 27 <sup>th</sup> January 2025  | 6. Monday 17 <sup>th</sup> March 2025            |
| 2. Monday 3 <sup>rd</sup> February 2025  | 7. Monday 24 <sup>th</sup> March 2025            |
| 3. Monday 10 <sup>th</sup> February 2025 | **Monday 31 <sup>st</sup> March 2025**           |
| 4. Monday 24 <sup>th</sup> February 2025 | 8. Monday 7 <sup>th</sup> April 2025             |
| **Monday 3 <sup>rd</sup> March 2025 **   | **Two individual sessions arranged as convenient |
| 5. Monday 10 <sup>th</sup> March 2025    |  |

For more information and to register for this free course please contact:

[kate.perry@staffordshire.gov.uk](mailto:kate.perry@staffordshire.gov.uk)

# Parents/Carers Weekly Activity Suggestions ADHD Awareness Month 2024



## WEEK 1

- ACCESS VIDEOS TO DEVELOP YOUR UNDERSTANDING OF ADHD
- EXPLORE WHAT WORKS WELL FOR YOUR HOME - USING MATERIALS PROVIDED

## WEEK 2

- USING THE MATERIALS PROVIDED (CASE STUDIES AND VIDEOS) CONSIDER WHAT IT'S LIKE TO LIVE WITH ADHD
- HOW MIGHT THIS DIFFER FOR GIRLS AND BOYS?
- HOW MIGHT THIS DIFFER FOR CHILDREN VS ADULTS

## WEEK 3

- EXPLORE AND TRY OUT DIFFERENT RESOURCES AND ACTIVITIES AT HOME: STORIES / GAMES / WORKBOOKS / VIDEOS / CONVERSATIONS
- TAKE SOME TIME TO ACCESS HELPFUL TIPS FOR PARENTS: PODCASTS / WORKBOOKS / ADVICE AND GUIDANCE INFORMATION

## WEEK 4

- EXPLORE HOW OTHERS CAN HELP YOUR YOUNG PERSON
- ACCESS RESOURCES FROM OTHER SERVICES

## YOUR IDEAS



### Helpful Books

1. 'Putting on the Brakes: Young Peoples Guide to Understanding Attention Deficit Hyperactivity Disorder', by Patricia Quinn.
2. 'A Walk in the Rain with a Brain', by Edward Hallowell.
3. 'Attention Girls! A Guide To Learn All About Your ADHD', by Patricia Quinn.
4. '50 Activities and Games for kids with ADHD', by Patricia Quinn and Judith Stern.
5. 'Learning To Slow Down and Pay Attention: A Book for Kids about ADHD', by Kathleen G. Nadeau.
6. 'Jumpin' Johnny – Get Back to Work! A Child's Guide to ADHD/Hyperactivity', by Michael Gordon.
7. 'The ADHD Workbook for Kids; Helping Children Gain Self – Confidence, Social Skills and Self Control', by Laurence Shapiro.
8. 'Cory Stories; A Kids Book about Living with ADHD', by Jeanne Kraus and Whitney Martin.
9. 'Thriving with ADHD Workbook for Kids: 60 Fun Activities to Help Children Self- Regulate, Focus and Succeed', by Kelli Miller