

# Friday Post

Friday 25th 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,

Our first half-term is over, it has flown by and there is much to be thankful for!

Thank you to everyone who came to Parents' Evening this week - we have had an excellent turnout. Building relationships between staff and families is vital for good learning, and our teachers always enjoy the opportunity to celebrate your children's achievements. Please know that this is not limited to Parents' Evenings, so do catch them on the door at the end of the day if you ever want to check in.

Thank you also to our Year 1 parents who came along to our Learn With Me Phonics Sessions this week. We know your children have enjoyed sharing their learning with you and we hope this approach has helped improve your understanding of how we teach children to read and how you can support this at home.

We loved being able to celebrate and give thanks together this morning at our harvest festival. Your generous donations will go a long way in supporting the work of the Rising Brook foodbank. We are looking forward to being joined by the foodbank manager, Jo, after half-term to hear about the difference our donations made. Thanks also go to Rev. Manda and her team for the refreshments upon arrival.

Congratulations must go to all our Foxes children who took part in this week's cross-country event, and thanks to Mrs Carrington for supporting this. We also want to say well done to Mrs Trumble who this week completed her ELSA training.

Next half-term will no doubt be as packed as ever. However you spend the next week, I hope you find time to pause and be thankful for something, no matter how small.

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)

 **Staffordshire  
University  
Academies  
Trust**



Next week in worship we are singing

**"God Suit"**

[Cheeky Pandas | DANCE WITH HERBIE: God Suit On](#)

*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



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.

Permissions:

If you would like to amend or update your child's permissions for photos please speak to the school office.

Poppy Appeal items are on sale in the entrance hall - payment amount is at your discretion



# Attendance figures

School Attendance 21st - 25th October 2024

Hedgehogs 92%

Owls 97%

Foxes 94%

Whole School 94.6%

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.

## After School Clubs - Autumn 2 2024

Clubs will change after 1/2 term to:



Monday Chromebook

Wednesday Choir

Thursday Basketball

Friday Football

Please note the change of day for Choir Club

All clubs are charge for the 1/2 term with the last club finishing on Friday 13th December - Ark will be running the final week of term for those that need it.

Contact the office should you child wish to take part.

## Weekly House Point Tally

Oak



87

Holly

79

Sycamore

63

## School Council and Worship Team:

This week, I met with both teams to begin to make plans for the rest of the year.

It has been decided that our entrance hall display this year will be photos of children reading in a place they love. Please send in either hard-copies or email your photos to the school office. We can't wait to see what comes in!



The teams have also been discussing different charities to support. Ideas included; a children's hospital, a local foodbank, a climate change charity, and a charity supporting children affected by the war in Ukraine. We are currently exploring options for a global link with a charity closely supported by Wolgarston High School - Link for Life - who support communities in Africa. In the meantime will be setting up a foodbank donation point in the entrance hall over advent. Watch this space for more information!

The two teams also discussed ideas they had received from their classmates including:

- Replacing the 'Duck, Duck, Goose' game with a trampoline
- Wearing home clothes instead of school uniform and school PE kits
- Building a skate park

## Cross Country at Marshbrook

This week Year 3 & 4 were given the opportunity to race against other schools in a Cross Country event held at Marshbrook First School. All the children tried their best with Olivia taking first place in the Year 4 girls group - well done everyone!





Owls had a great fun with Alison from The Youth Net doing a creation workshop.





In PSHE Owls have been learning about mindfulness and how concentrating on a calm, relaxing activity can give our minds a rest and make us feel happy. We discussed different activities which help us to be mindful. We each spent a few minutes mindfully looking at a sycamore leaf whilst listening to calm, relaxing music. Miss Laing was very impressed that everyone was able to identify their own leaf after she muddled them up all over the classroom!



# HEDGEHOGS





# Champions of Thankfulness



## 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>



Class Foxes will need to bring to school **two different pieces of seasonal fruit and a reusable tub** for a fruit salad that they are making on either Monday 4th or Tuesday 5th November. This is part of their DT topic where they will be discussing the importance of food safety and hygiene.

Mrs Carrington & Mrs Webb



Emma, Freddie (Y4) & Lilly (Nurs) mum and Laura Alfie (Y3) mum are thinking of arranging a parents Christmas meal. More information to follow after half term.

Do you like to write stories?

TEACH

"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 4th November - 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, 28/11/24, 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, yoghurt, 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.

Miss Phillips will be asking the children's thoughts on the following question during Worship on Friday 8th November.

## BIG QUESTION

Who decides what we should remember?



### *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 28th October	Half Term
Friday 1st November	
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
Friday 20th December	Wear Christmas Jumpers - School closes at 1.30pm
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.



## 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)



**GRACE 2 GRACE**

# **EMOTIONAL HEALTH & WELLBEING SERVICES FOR YOUNG PEOPLE & FAMILIES**

Are you struggling with your Emotions or  
Mental Health?

At Grace2Grace we will support you.

**ANXIETY BULLYING SELF ESTEEM FAMILY OR SCHOOL DIFFICULTIES  
ANGER & MORE**

**121 Support  
Workshops  
Parent Support  
Counselling Service**

**We Care - (Supporting  
Young People in Care).  
School/ College Groups &  
More!**

## ***South Staffs***

***Thursdays 12-5pm @  
Codsall Fire Station. Duck  
lane, WV8 1 HU***

## ***Wolverhampton***

***Fridays 1-4pm @ Bob Jones  
Community Centre, Bromley  
St WV2 3AS***

# 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.

### 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.

### 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.

### 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 Insley 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

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- 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