

Friday Post

Friday 4th 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,

The last week has flown by and has been as productive as ever! This week I have enjoyed lots of time in Hedgehogs while Mr Atkins has been visiting other schools and carrying out training on early writing. I also spent the morning in Owls where we had a great ELS phonics session, read one of my favourite stories - The Bog Baby - and designed Christmas cards; keep an eye out for these coming home soon, ready to order for December.

Next week we have much to look forward to including the first of our Learn With Me sessions. Reception parents are invited to join Mr Atkins and their children for a phonics session. We are looking forward to rolling these sessions out across the year to all classes.

At this time of year, getting into new habits and routines with reading is really important. We would ask that all children from Reception - Year 4, are listened to reading four times a week. This is one of the best ways you can support your child's learning across the curriculum as they develop confidence and a love of reading. Don't forget, you can call into our school library on a Friday at the end of the day to choose a book to take home and share.

Have a wonderful weekend,

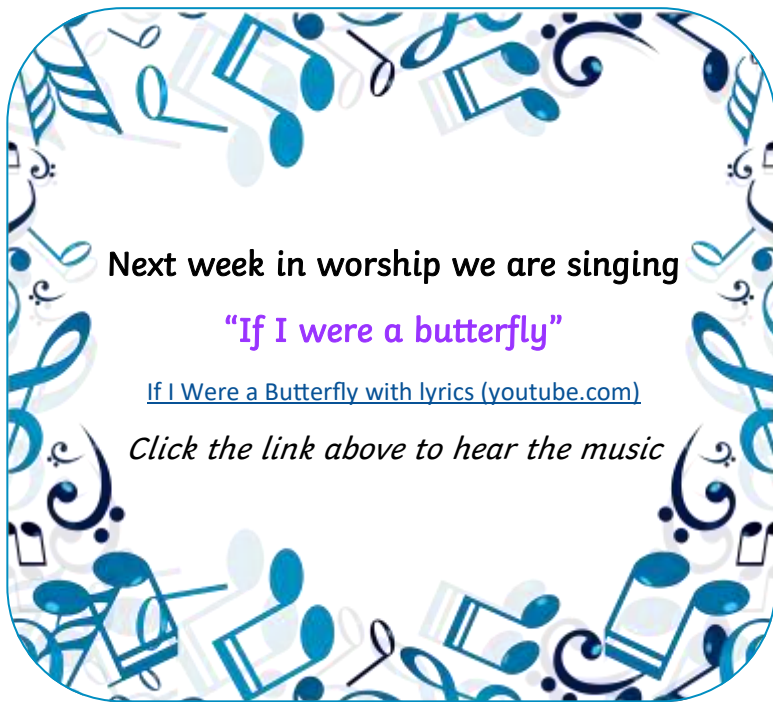
Miss Phillips



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St Leonard's First School & Nursery,
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Next week in worship we are singing

"If I were a butterfly"

[If I Were a Butterfly with lyrics \(youtube.com\)](https://www.youtube.com/watch?v=...)

Click the link above to hear the music

**Quote
of the
Week**

"When you take care of yourself, you're a better person for others. When you feel good about yourself, you treat others better."

Solange Knowles

Wear Yellow - Thursday 10th October 2024

Come together in yellow on Thursday 10 October (World Mental Health Day) to raise vital funds and show children and young people they're not alone with their mental health.

Children are asked to come to school in non uniform and **add a touch of yellow** to their clothing to show their support.

Voluntary donations can be made directly to YOUNGMINDS charity: [Donate](#) | [Help Young People Get Mental Health Support](#) | [YoungMinds](#)



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.

October Ark payments

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



Attendance figures

School Attendance 30th September - 4th October 2024

Hedgehogs 96%

Owls 97%

Foxes 95%

Whole School 96%

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

Oak



160

Sycamore

121

Holly

70

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

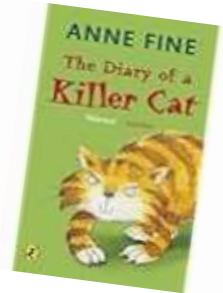
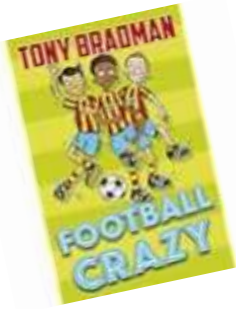
https://www.amazon.co.uk/hz/wishlist/ls/1QSQNM3YGS06H?ref_=wl_share

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





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**.





Owls are continuing to find out about the work of the artist Andy Goldsworthy. They have found out that he often uses circles or spirals and looked at examples of his work. We went outside and collected lots of leaves of different shapes and sizes and used them to create these lovely leaf spirals.



 OWLS



Year 2 forest school fun!



HEDGEHOGS



We have been thinking about Harvest this week and being thankful for the food that is grown for us to eat. This has helped us to think about our Harvest Festival we will be attending at church. We have enjoyed using our imagination outdoors and used plenty of natural materials to improve our gross motor movements. Inside, we had lots of natural objects to help us use language about our families in more imaginary play. Reception have been finding out about size, mass and capacity and experimented with objects in the class to expand their mathematical knowledge.





After School Care

A reminder that after school care is available every day from 3:10 - 5pm for children in Reception and above. Children in Nursery are able to book 3:10 - 4pm, Please speak to the office to book a place.

NSPCC

NSPCC have lots of fun activities to try at home to help your kids understand they have the right to be safe – and that they can talk to you about anything. <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/safety/activities-safety-kids/>



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





As a school we have always benefitted from the generous work of a PTA. Fundraising activities and events are always a great way to come together as a community. The money raised then helps subsidise trips, visitors into school, and equipment that we may not otherwise be able to purchase. We are looking to gather anyone interested in being part of the PTA. We need to elect a Chair and Treasurer, as well as form a group who are willing to run future events. More information on being part of a PTA can be found here: <https://www.parentkind.org.uk/#> This invitation extends to grandparents and wider family members who we know are a huge part of our community. If you would like to be involved, please join us in school on **Friday 11th October at 2.15pm**. Many thanks, Miss Phillips



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>



Thank you!

Mr Atkins is very pleased with his new addition in the mud kitchen, thank you to the Cartwright family for the microwave donation!



THANK YOU!



for your generous donation!



Uniform Reminder!

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.

Achievements from home



Beavers



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.

Information videos from the school nurses reference the flu vaccines,



Video for children

<https://www.youtube.com/watch?v=JepMe0BkDil>

Video for adults

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



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 7th October - Week Three



| | 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 |

V - Vegetarian, Ve - Vegan

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.



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.



A busy week in class Foxes, finishing our clay peppers, exploring the ten commandments and circuit training in PE!



What does Maya Angelou mean? Do you agree?

Fran "Yes, because if you were colouring a picture and went out of the lines, it doesn't matter"

Orla "If you have different colour skin, it doesn't matter you're still human"

Alex "If you lose in football you shouldn't feel defeated it's just a game"

Lucas "If you've made a volcano of sticks and someone knocks it over, it doesn't matter, you don't give up on your dreams"

Bow "It's telling us not to give up even when it's tough"

Tommy "If a builder builds a house and it falls over, it doesn't matter they can build another one"

Rohan "don't be 'phased' by anything"

Miles "Footballs are hard if they hit you but you keep on going"



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

Should we live on the moon?

Grapes

If you send your child with either grapes or small tomatoes please could you cut them in half. We appreciate you may not do this at home but if left whole, they can be a choking hazard. Many thanks.



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/>

Have you talked PANTS yet?

Since 2013, Pantosaurus has helped over six million parents to Talk PANTS and help keep children safe from sexual abuse.

Tips and advice to help keep your kids safe

Talk PANTS is here to help children understand that they have a right to say no and if they need to speak out about something, someone will listen.

We know that a simple conversation can make a BIG difference, and that's what Talk PANTS is all about. Developed with children, parents, carers and teachers, Talk PANTS is here to help children understand that their body belongs to them, and they should tell a safe adult they trust if anything makes them feel upset or worried.

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/>

LEARN ALL ABOUT PANTS WITH PANTOSAURUS!

P RIVATES ARE PRIVATE
Your underwear covers up your private parts and no one should ask to see or touch them. Sometimes a doctor, nurse or family members might have to. But they should always explain why, and ask you if it's OK first. Remember, what's in your pants belongs only to you.

A LWAYS REMEMBER YOUR BODY BELONGS TO YOU
Your body is yours, and no one should touch your private parts or any other parts of your body that you don't want to be touched. No one has the right to make you do anything that makes you feel uncomfortable. If somebody does make you do something, it's never your fault. Even if the person who has made you feel uncomfortable has told you it is your fault.

N O MEANS NO
You always have the right to say 'no' – even to a family member or someone you love. You're in control of your body and the most important thing is how YOU feel. If you want to say 'No', it's your choice.

T ALK ABOUT SECRETS THAT UPSET YOU
There are good and bad secrets. Good secrets can be things like surprise parties or presents for other people. Bad secrets make you feel sad, worried or frightened. You should always talk to a safe adult who you trust about a bad secret or anything that doesn't feel right.

S PEAK UP, SOMEONE CAN HELP
Talk about stuff that makes you worried or upset. If you ever feel sad, anxious or frightened you should talk to a safe adult who you trust. This doesn't have to be a family member. It can also be a teacher or a friend's parent – or even Childline. Talking shouldn't get you into trouble, even if somebody has told you it will. If something has happened that makes you feel uncomfortable, it is never your fault.

You can also talk to Childline. Call 0800 1111 or contact them online at Childline.org.uk. Someone will always be there to listen.

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dates to Remember

| | |
|------------------------------|--|
| Tuesday 8th October | Reception Learn with Me: Phonics 9 - 10am <i>more info to follow</i> |
| Friday 11th October - 2.15pm | PTFA Meeting everyone welcome |
| Monday 14th October | Reception Learn with Me: Phonics 9 - 10am <i>more info to follow</i> |
| 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 <i>more info to follow</i> |
| 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 <i>more info to follow</i> |
| Thursday 24th October | Parents Evening - Hedgehogs |
| 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 |
| Monday 23rd December | 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.



Year 1
9/10/2024

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

What Parents & Educators Need to Know about IN-GAME CHAT

WHAT ARE THE RISKS?

Video games are continuing to grow in popularity – including, of course, among children and young people – and the emergence of gaming communities has been accelerated by the inclusion of chat functionality across many different titles. While in-game chat isn't inherently a bad thing, it can create some concerns about online safety and the people that children might be interacting with.

DIFFERENT TYPES OF CHAT

There are a number of ways that gamers commonly chat with one another online. As the name would suggest, in-game chat happens within the game itself. There's also party chat: a group voice conversation that console users can have with anyone on the same platform. This tends to be more commonly used by players who already know each other. Finally, many gamers – especially on PC – will chat via a third-party app such as Discord.

CONTACT WITH STRANGERS

Whether it's text- or voice-based, in-game chat is frequently open to all players to use. Many games default to making it an opt-in function, but some don't, meaning a child could start seeing messages within the game from people they're playing with, regardless of whether they know those individuals or not. While most strangers won't necessarily have ill intent, there are some who may behave inappropriately when chatting to a child – intentionally or otherwise.

DANGER OF GROOMING

It's been reported that some young gamers have encountered older players online who pretend to be a lower age to manipulate children, sending gifts in exchange for chatting and sending photos. Just as on any messaging platform, it's good to advise young people to avoid speaking to strangers, especially that they shouldn't accept gifts from anyone online that they don't know.

BULLYING AND ABUSE

While some in-game chat can turn toxic because of how a match plays out, others turn that way because of people who engage in trolling – in essence, taunting or an offensive and abusive way simply to cause pain or get a rise out of whoever they're talking to. These trolls often lean on racial abuse, anti-LGBT sentiment and other hateful messages; they normally feel most confident prying on younger, more impressionable gamers.

POTENTIAL FOR PRIVATE CHAT

If a player would like one-to-one chat with a stranger after meeting them in the game, they can send a friend request, or use the party chat together in the future. For the most part, this is harmless – but it might lead to messages being exchanged in private. This could then escalate to the sharing of private information, and potentially attempts to manipulate or scam younger players.

COMPETITIVE ATMOSPHERE

Certain games are very competitive, and players can sometimes get upset if they feel a teammate is underperforming, an opponent was unfairly, or they've just a bad luck. This can lead to unpleasant messages that stray away from playful trash talk and wander into the territory of bullying. Some players have been known to get incredibly abusive in situations like this, and the impact of this on a young gamer's emotional wellbeing could be severe.

Advice for Parents & Educators

LOCK-DOWN IN-GAME CHAT

In-game chat can often be disabled in the game's settings. This allows children to play without risk of contact from strangers – but it will need to be done in each individual game, and chat appears in the corner of the screen in many titles. So it's normally easy to take a quick glance and see what's being said. With voice chat, parents or children, what behavioural is inappropriate, so they can limit the dangers themselves.

REPORT POTENTIAL OFFENDERS

Most games offer a robust means of reporting other players, so you can flag an account as potentially harmful. This normally leads to the account not being matched with yours in the future and, if that person's conduct breaks any of the game's rules, they may be banned from playing entirely. This is done within the game itself, so each title has a slightly different process, but these tend to be designed for simplicity.

Meet Our Expert

Lloyd Corbridge is the Editor in Chief of *GetWired* and has been working in the games media industry for five years. He's also a parent and therefore understands the importance of online safety. Writing mainly about tech and fitness, his work has been published at sites including iD, TechAdvisor, and plenty more.



CONSIDER OTHER CHAT OPTIONS

If a child wants to play with people they know, consider using party chat or a third-party service like Discord. This allows everyone involved to chat on a private server and even enjoy each other's company while playing different games. It's also far more secure, as anyone looking to join will need to request and be granted access – normally by whoever is hosting the chat.

COMMUNICATION IS KEY

Make sure children understand the difference between being competitive and being abusive. Talk about what constitutes unusual or inappropriate behaviour from strangers online. Be clear that if anything ever concerns or worries them, they should tell a trusted adult as soon as possible. Encourage children to identify the risks of in-game chat for themselves and reassure them they won't get in trouble for seeking help if anything goes wrong.

WakeUp
Wednesday

The
National
College

WHAT IS BODY IMAGE?



Body image is how we think and feel about the way our body looks. We all have a picture in our mind of how our body looks and this picture can be influenced by other peoples' opinions, social media and television. The way you feel about your body will vary from day to day, but it's important to remember that all bodies are different and there is no such thing as the perfect body.

POOR BODY IMAGE

It's important to be able to spot the signs of poor body image. Here's an idea of what to look out for:

- Changes in your eating and exercising habits
- Being overly worried about how you look
- Deliberately covering up body parts that you're worried about
- Refusing to engage in activities like swimming that make your body visible
- Avoiding having pictures taken of you



GOOD BODY IMAGE

People with good body image appreciate and respect their body.

Some signs of good body image are:

- Higher self-esteem: feels good about their body
- Self-acceptance: a person is comfortable with their body as it is
- Having a healthy outlook on life and healthy behaviours: a person who takes good care of themselves



The Sandbox

🎮 World Mental Health LiveStream | ADHD 🎮

October is **ADHD Awareness Month**, and we're also celebrating **World Mental Health Day** on 10th October! 🍦

To mark these important events, we're hosting a special **Livestream** where one of our therapists will be answering your questions about **ADHD** while playing **Animal Crossing!**

Join us on **10th October at 5pm** in the **Livestream Zone**.

Got a question you'd like answered?

Click the link to send it in <https://mindleruk.typeform.com/>



LET'S PLAY 

**THE SANDBOX &
THE TOOLBOX LIVESTREAM**

10/10 AT 5PM

**TOPIC: ADHD (WORLD MENTAL
HEALTH DAY)**

The bottom half of the poster features a vibrant screenshot from the game Animal Crossing: New Horizons. It shows a tropical island scene with a yellow tent, a red mailbox, a white eagle, and several animal villagers. A player character is visible in the foreground, and the background includes a beach, palm trees, and a blue sky.

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.

