

# Friday Post

Friday 8th November 2024

## Our School Value: Trust

**Key verse:** You, Lord, give true peace. You give peace to those who depend on you. You give peace to those who trust you. **Isiah 26.3**

Dear families,

We have had a fantastic week back in school - although it made me smile when one pupil said 'it's only the first week back?!' We must be packing plenty in to every opportunity!

One thing we have loved over the past few weeks, has been seeing the children tackle our autumn leaves! They have loved working together to scoop, transport and pile them up, creating huge piles ready to be composted. Seeing the children playing productively and working to make a difference to the school environment has been wonderful - well done everyone!

This week we welcomed Jo Yendole, from the Rising Brook Food Bank, back into school. Jo passed on her thanks for the generous donations and the children enjoyed hearing about the difference these made. During advent, we will be setting up a donation box in the entrance hall to enable us to continue supporting our local community.

We are looking forward to marking Remembrance as a school on Monday. Children have begun to explore what this means in school this week. We are also looking forward to hosting Alison Lloyd's session - an introduction to worry - on Tuesday. This is open to anyone who would like to explore this topic further - whether your child is a worrier or not, there will no doubt be plenty of helpful tips to take away.

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)





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:** We are looking how the world changes when you visit different parts of it.

**Art:** Linked to hot countries in the first 2 weeks. This could be to do with the African Savannah or Amazon Rainforest. Animals may include lions, zebra, elephant, hippos and rhinoceros. Snakes, chameleons, jaguars and parrots. In the 3rd and 4th week art could be linked to the Arctic and Antarctica.

**Understanding of the World:** Children can find out what countries are really hot and really cold countries. Where the North and South Poles are. What do people look like who live in these places.

**Understanding of the World:** Find out about the weather and how our weather changes and how the weather is different in other countries in places like Africa or Antarctica. How does this make people's lives different?

**Maths:** Recognising all of the numbers up to 5, writing them correctly and linking them to correct amounts. Can the children find ways of grouping amounts in different ways?

**English:** Recognising graphemes and phonemes in different animals they find out about. Practise name

### OWLS

**Art:** Linked to our Gunpowder Plot topic, can you create a firework display picture using paint and toilet roll tubes? <https://www.youtube.com/watch?v=gAa9drkEX4g>

**History/Computing:** Log into Purple Mash, (see login details in back of reading diary) go to 2Do folder and complete the following two tasks: Guy Fawkes Quiz/Fireworks art activity

**Design Technology:** Design and make a Christmas card which has a simple moving part using a slider or a paper fastener, e.g a santa popping out of a chimney, a star moving across the sky above the stable.

**Science:** Draw and write about your favourite wild animal. Include the following information

What type of animal is it? - mammal, reptile, amphibian etc

What does it eat? - Is it a carnivore, herbivore, omnivore?

Describe its habitat

**Maths:** Numbots - little and often is best

### FOXES

This half term in History, we will be stepping back in time to 1485, focussing on the Tudors. We will be looking at what life was like for a Tudor living all of those years ago, being a child during Tudor times and where Tudors lived, just to name a few!

- You could use recycled materials that you find around the home e.g. a cereal box to create a Tudor house.
- You may want to use pencil crayons, paints, materials to create a collage!
- You might want to create a menu, researching foods that may have been eaten during the Tudor times (maybe try some of these too...yum!)



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**.





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*

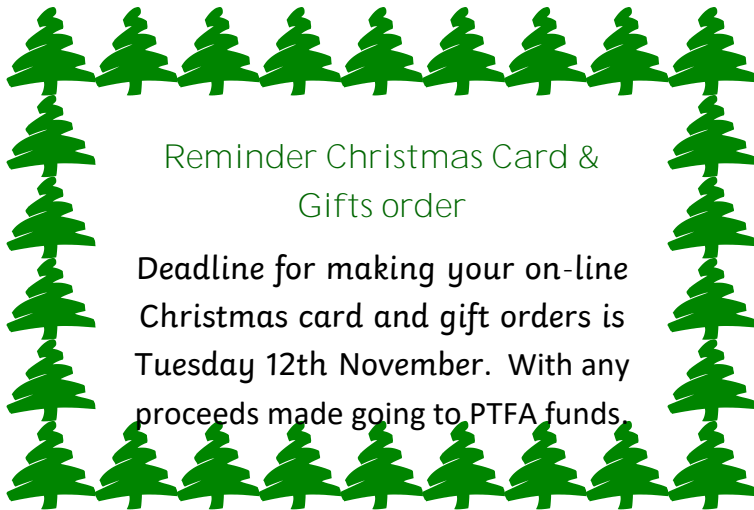
Thank you!

Many thanks to  
the Garwood  
family for their

kind ‘Memory Games’  
donations. Class Hedgehogs  
will enjoy them very much!



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



Reminder Christmas Card &  
Gifts order

Deadline for making your on-line  
Christmas card and gift orders is  
Tuesday 12th November. With any  
proceeds made going to PTFA funds.



## 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 is a sign up sheet in the entrance hall **the workshop is open to family members too.**

Alison frequently spends time with our children at lunchtime, children love to sit and colour & chat with her.



## Foodbank assembly



Jo from Rising Brook Food Bank visited us this week to answer the children's questions about where their Harvest food donations went. The children asked very varied questions!

How long does a food parcel last?

How big is a food parcel?

Do you give away hamburgers?

Do you have to throw anything away?

When do you hand out most of the food parcels?

Do you have tinned pineapple?

Is it just food parcels as some people might be cold?



## Christmas play

Some children will have brought home some words to learn for the Christmas play. More information will be coming out soon about costumes, if they are needed.

Many thanks, Miss Laing

## Reminders

Please note: children who wear earrings **MUST remove them for PE** - if they can not be removed yet, then please send them with tape to cover them up.

Long hair **must** be tied back in a bobble.

Drinks bottles **must** to be sent to school everyday - we do not keep spare bottles due to hygiene.

Thank you



## Help us to fill our display!

Every year, we fill our entrance hall display with photos of the children! This year we are asking you to send in photos of them reading in their favourite place. This could be at home, up a tree, in the library, on a beach or somewhere that will completely surprise us all! Photos can be emailed into the office, or hard copies can be sent in.

# Attendance figures

School Attendance 4th - 8th November 2024

Hedgehogs 96%

Owls 98%

Foxes 96%

Whole School 97%

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

Monday Chromebook (FULL) **Wednesday** Choir  
Thursday Basketball Friday Football



Please note the change of day for Choir Club

Payment for clubs is now on ParentPay please pay by Monday 11th November.

There is **NO football club on Friday 29th November** (you have not been charged) due to the Christmas light switch on - Ark will be available, for those that will need it, please book in with the office.

Contact the office should you child wish to take part in any of the clubs except Chrome-book which is now full.

## Weekly House Point Tally

Oak



147

Holly

77

Sycamore

73

# stars of the week



## Achievements from home



Football



Horse jumping



Swimming  
Motor Racing

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.



In Design Technology, Owls are learning about mechanisms and will be making lots of moving pictures using levers, pivots and sliders. To tie in with Remembrance Day, we began by making these lovely moving poppies, using a paper fastener as a pivot.





## HEDGEHOGS



It has been a busy week of learning in Hedgehogs. We have thought very creatively about Bonfire Night and created firework movements with our bodies and firework prints with different paints to see how they mix. Reception have also spent some time thinking about how to stay safe when watching a fireworks display. The children are trying really hard with their mark making. Their name writing is becoming more accurate and some of the reception children are writing harder to read and spell words independently. We have also started to find out about animals that live in hot countries and found out about the African savannah.





Year 3 enjoyed spending time in the Reading Tree this week.



Forest School learning for Year 4





Foxes have been discussing the importance of food hygiene, we ensured that our surfaces were clean, our hands were washed and we had the correct equipment needed to make our fruit salad. We worked well in groups to create a yummy snack!





A few weeks ago, there was a meeting for anyone interested in being part of the PTFA. Unfortunately, there was no interest. We understand that some people have other commitments and may have found it difficult to attend. Since then, we have had a few people show interest in helping, which is fantastic and really appreciated.

In the past the PTFA have been responsible for events, activities and gifts such as the climbing wall, money towards school trips, Easter egg hunts, movie night, discos, Christmas gifts and more.

The PTFA is a charity that needs help from parents and family members, without the support of those connected to the school, it simply isn't possible to put on events as we would like. When we ask for support, it may be in the form of donations, your time or even just suggestions and feedback. If you have any questions or suggestions please email [ptfa@st-leonards-dunston.staffs.sch.uk](mailto:ptfa@st-leonards-dunston.staffs.sch.uk) or speak to the office.

**Friday 15th November is non-uniform day in exchange for a chocolate donation for a tombola.**

**If anyone would anyone be willing to help on a stall at the Christmas tree light switch on Friday 29th November please let the office know.**

## *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>



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 11th November - 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	9/10/24, 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, 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.

# Who decides what we should remember?



**Alex** "Yourself, if someone says you can't, they can't tell you it's up to you"

**Dexter** "Yourself, some people don't celebrate Christmas but they can't tell you not to"

**Freddie T** "If someone dies in your family you would want to remember"

**Joel** "God created the world"

**Alfie** "You don't have to remember everything"

**Orla** "You decide yourself we are all unique it's up to you"

**Vinnie** "Jesus created our good food"

**Myla** "If something bad happens you might not want to remember it, you might only want to remember good things"

Miss Phillips will be asking the children's thoughts on the following question during Worship next week

## BIG QUESTION

Why should we respect someone even if they are different to us?

CHOOSE  
RESPECT

#ANTIBULLYINGWEEK



### 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
Friday 15th November	Non-uniform day in exchange for a chocolate donation
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**



**SKILLS FOR LIFE**  
Multiply

# MATHSMASTER



## Free Game Packs!

Inspired by 'TaskMaster'! This fun, frantic, family game is FREE for families in Staffordshire! Ideal for SATs preparation, but great for all ages!

## Can you beat the MathsMaster?

If you're a parent or carer looking for a way to support your child to find the fun in maths, MathsMaster is for you! This game will take you through quick, silly challenges to make maths accessible and fun!



## Disclaimer!

Side effects of playing MathsMaster may include:

- Excessive amounts of fun
- Increased family bonding time
- The giggles
- May lead to heightened interest in maths

## Order your FREE pack today!

To get your hands on the MathsMaster game pack, contact Rebecca on 07525 120117 / [beatthemathsmaster@gmail.com](mailto:beatthemathsmaster@gmail.com). Provide your FULL NAME, ADDRESS AND DATE OF BIRTH (it's the adults details we need) and we'll pop your game pack in the post! Easy as that! Plus it's FREEEEEE!



Or sign up here!



## What Parents & Educators Need to Know about

# FORTNITE



### WHAT ARE THE RISKS?

Fortnite was launched back in 2017, but it remains massively popular – with more than 650 million active players. That's partially due to the competitive nature of its player-vs-player combat, its pop culture crossovers and its constantly shifting map. Significant updates are rolled out with each new version of the game – known as 'chapters' – and within these sit shorter 'seasons'.

### ALWAYS ONLINE

There's no single-player offline mode in Fortnite: it can only be played online. Internet access can sometimes be an issue when you're out and about (both in terms of connectivity and using up data), so you may find that dedicated young Fortnite players are often less enthusiastic about trips away – such as days out and holidays – than you might expect.

### IN-GAME COSTS

Fortnite is free to download and play, but it does offer various additional purchases – cosmetic 'skins', music tracks and LEGO items – which don't really impact on gameplay but can cost a significant amount. These items are bought with in-game currency, V-Bucks – earned through completing the Battle Pass (which also costs V-Bucks) and can also be purchased from the game's store for real money.

### POP CULTURE REFERENCES

Part of Fortnite's appeal is its ongoing crossovers with other popular franchises, ranging from movies and TV shows like Family Guy and Avatar: The Last Airbender to comic book characters including Batman to other games such as Street Fighter. This means you could have children asking questions about the monster from Alien or Geralt from The Witcher a little sooner than you otherwise might have.

### CROSSPLAY AND PARTY CHAT

Fortnite is popular with many gamers of various ages. 'Crossplay' lets friends play with each other, regardless of whether they're on an Xbox, PlayStation, Nintendo Switch or PC – while the 'party chat' feature allows them to talk to each other during the game. This can, however, put youngsters at risk of hearing inappropriate language from older players in the heat of virtual combat.

### VIRTUAL VIOLENCE

At its core, there's no avoiding that Fortnite is about shooting other players to eliminate them from the contest. That said, there's no blood or gore. The violence is rendered in a cartoonish style, and there are frequent comical touches to lighten the mood, such as fishing mini-games and dancing emotes. Machine guns, shotguns and other weapons often look and behave realistically, however, so discretion is advised.

### FREQUENT UPDATES

The game's developers release content in 'seasons' that usually run for around ten weeks. Each fresh update sees items added to the in-game store, changes to the environment's map and a different over-arching theme (such as 'medieval', 'pirates' or 'party'). These regular renewals help to hold players' interest – but also give young gamers plenty of reasons to keep coming back.

## Advice for Parents & Educators

### MATCH GAMING TIMES

Younger players tend to play Fortnite with their friends. With that in mind, it could be worth speaking to the parents and carers of a child's social group and coordinating their gaming around certain times of day. Safety in numbers is obviously a factor here, but it will also help children feel that they're getting adequate opportunities to socialise with their friends online.

### SET SPENDING LIMITS

Fortnite's rotating store is a not-so-subtle mechanism for coaxing players into buying sought-after items before they disappear for weeks or months. This could lead to surprise transactions on bank cards if children are tempted into an impulse purchase. Parents could consider getting a prepaid card for the child or ensuring that purchases require adult authorisation. This can be done through parental settings on a console or account settings in the Epic Games app on PC.

### USE UPDATES AS REWARDS

Fortnite's seasonal updates are free, but each also brings the option of a 'battle pass', unlocking exclusive rewards for playing the game and completing set challenges. The passes cost around £8 and are also available as part of larger bundles. The purchase of passes can be an effective reward to young Fortnite fans for good behaviour or academic performance, or as an incentive for completing chores like tidying their room.

### BE WARY OF SCAMS

The immense popularity of Fortnite with younger audiences – that are generally more trusting – means there's no shortage of scammers looking to fraudulently obtain passwords and other personal data through techniques like phishing. As the developers point out on many of Fortnite's loading screens, they never ask for a player's account password outside of the game: make sure any young player knows this.

### ENJOY FORTNITE TOGETHER

Fortnite also offers split-screen gameplay, meaning that two people can play simultaneously on the same console or computer. This can be a good option for siblings or for when a child's friends visit, but it also offers an opportunity for parents and carers to do something fun with their child, while also making sure they're playing the game safely. Who knows? You might even teach them a thing or two!

### Meet Our Expert

Lloyd Coombes is Editor in Chief of gaming and esports site GGRecon and has worked in the gaming media for around four years. A long-time gamer, he is also a parent and therefore a keen advocate of online safety. Writing mainly about tech and fitness, his articles have been published on influential sites including IGN and TechRadar.



# #WakeUpWednesday

The National College

# 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!!



# DEBUNKING MYTHS ABOUT MEN'S MENTAL HEALTH

Men's Mental Health Month



There are many myths about men's mental health. These myths make it hard for men to reach out for help or express their feelings.

This resource is here to set the record straight and show that taking care of yourself is important for everyone.

**LET'S SET THE RECORD STRAIGHT!**

## MYTHS

**MEN DON'T CRY**

Everyone has the same brain with the same emotions and it's healthy to express them.

**FACTS**

**MYTHS**

## MYTHS

**THERAPY IS ONLY FOR GIRLS**

Mental health help is for anyone who needs it, just like going to the doctor for physical health.

## FACTS

**IT'S HEALTHY FOR MEN TO EXPRESS THEIR EMOTIONS**

Everyone has feelings. It's okay to talk about them!



The Sandbox

## MYTHS

**MEN SHOULD ALWAYS BE STRONG**

Strength is not defined by your need for help or not. It takes more courage to ask for help than to ignore your problems.

## FACTS

**PHYSICAL ACTIVITY CAN IMPROVE YOUR MENTAL HEALTH**

Sports, exercise, or simply walking outdoors can boost your mood and reduce stress.

## MYTHS

**MEN DON'T HAVE COPING STRATEGIES**

Men have many coping strategies such as: eating healthily, keeping busy, exercising and humour.

## MYTHS

**MEN SHOULD SUFFER IN SILENCE**

Talking about your problems with friends, family, or a therapist can help you feel less alone.

## FINAL THOUGHTS

If you've ever believed any of these myths, you're not alone. Try and remember everyone's mental health matters and it's okay to ask for help and express your emotions. Being true to yourself and caring for your mental health is a sign of strength not weakness.



**Men's Mental Health Month**

**The Sandbox**

# Seasonal Creativity in Nature

**Free 4 week online course starting Thursday 21st November 2024**

Join us for this festive, flexible learning course, where you will be invited to explore the natural world as inspiration for your own creativity.

Expert tutors introduce a variety of exercises and ideas ranging from creative writing, to foraged art, to festive treats. Each week we also consider the research to show how and why nature can support our wellbeing and why we believe creativity is for everyone!

This 12 hour course is completed online. You will receive an email pack each Thursday, with a menu of seasonal activities, ideas and inspiration to try over the following week.

Booking essential. Contact Rebecca Banks on [communityforestservices@gmail.com](mailto:communityforestservices@gmail.com) or call 07525 120117. This course is free to Staffordshire residents aged 19+.



## 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: [Bridatown Primary School, Cannock](#)

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    |  |

*'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

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

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

# Secrets of the Season

**Free 4-week online course starting Friday 22nd November**

Discover the beauty of the season! Immerse yourself in the wonders of winter, through this online course, full of cosy connections to enjoy as a family.

This course guides families through how to make the most of this magical time of year, through a range of creative activities and simple, seasonal ideas. Drawing upon the Hygge ethos, you will learn how to connect with the season and embrace the darker, cosy winter months, to support the health, wellbeing and happiness of the whole family.

This is a 12 hour online learning course held over 4 weeks, delivered through an introductory zoom session, themed weekly email packs and access to digital resources. You can try the activities and explore the resources at times to suit you and your family.

Book your free place now. Contact Rebecca Banks on [communityforestservices@gmail.com](mailto:communityforestservices@gmail.com) or call 07525 120117. This course is FREE for Staffordshire families.