

# Friday Post

Friday 10th January 2025

## Our School Value: Courage

**Key verse:** "Be strong and brave. Don't be afraid. The Lord your God will be with you everywhere you go." **Joshua 1.9**

Dear families,

We have had a great first week back in school, all be it a bit chilly!

Our new topics have begun and children have enjoyed getting stuck into these. We put lots of supporting information on our website so you can understand the learning that is taking place in school. Please also see your child's homework tasks which can be brought into school and shared throughout the next half-term.

Thank you to everyone who has sent a reading picture into school for our display board - we love to see you enjoying books in all sorts of places, from Stafford Castle to cosy spots at home! Please continue to send photos in - either physical copies, or emailed to the office.

On Monday, I shared images and information with the children about this year's chosen charity - Link for Life. They are based locally and work throughout the diocese to support the work of three Christian, non-profit organisations in Southern Africa - Hands at Work in Africa, The Baby Bear Project and Mercy Air. This week, our children have been choosing books to send to one of the projects in Mafambisa in South Africa with a team of students from Wolgarston High School. We look forward to welcoming the Wolgarston students into school later in the year to tell us about their trip and the impact of our support.

Next week, we are welcoming a visitor from the NSPCC into school to lead a workshop with Year 2 children. This is building on the Speak Out, Stay Safe message delivered in school on Wednesday - do ask your children about this. The NSPCC have a great bank of resources online which parents can access.

Have a wonderful weekend,

Miss Phillips



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Today, we went on a sound walk around school to see if we could find any objects that would vibrate. Back in the classroom, on each table, we set up one of the sounds to investigate: rice on a drum skin; ruler clamped to a desk; elastic bands to twang;



We have been choosing the most appropriate conjunctions to add to our sentences





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:

**Writing** - Write or paint your name in Chinese symbols.

**Writing** - make a list of food you would order for a Chinese meal.

**Reading** - look at labels of Chinese food in the supermarket and menus for Chinese takeaways

**Science** - experiment freezing different objects. What happens when you freeze washing up liquid?

**Geography** - Find China on a map or globe, look at pictures of people who live there or videos that explain what it is like to live there.

**Geography** - help prepare a Chinese meal. What is the difference between rice noodles and egg noodles?

**Creative Arts & Design** - Draw, paint or craft a Chinese Dragon.

### Owls:

**Science** - What microhabitats can you find in your garden/local park etc? Try turning over stones and logs to see what is living underneath. Draw/write/photograph what you find and where you found it.

**Science** - Go for a walk and look out for signs of winter. Draw/write/photograph what you find, e.g bare trees, frost etc.

**Geography** - In class we are learning about the continent of Africa and the country of Kenya. The equator runs through Kenya. Use a world map to find another African country on the equator. Find out and write down some interesting facts about this country.


**Geography/Art** - Look at some African patterns online. Can you create your own African pattern?

**Maths** - Numbots. Little and often is best to support fluency in number bonds.

### Foxes:

Choose at least five countries, other than Britain, that were invaded by the Romans. Draw their flag and write an interesting fact about each country.

Choose an aspect of Roman life: Roman Houses, Roman Baths, Roman Clothing or Roman Religion Create a fact file including information and pictures.

Research three musical instruments that the Romans played. Draw a picture and write one piece of information about each instrument. Which instruments would sound similar today? 



Write a job advert for the position of a Roman Soldier.



Children should be accessing TT Rockstars regularly to support their fluency in their times table knowledge. Please speak to Mrs Carrington if you require the log in for this.

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**.



# Attendance figures

School Attendance 6th - 10th January 2025

Hedgehogs 94%

Owls 97%

Foxes 93%

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.

## Special Educational Needs and Disabilities

If your child is on our SEND register you should now have received updated ILPs or Pupil Passports. Please make an appointment with the office to see your child's class teacher if you would like to discuss these targets. For those children receiving Speech and Language support, the targets come from your child's therapist. If you are concerned about your child, or think they may have a special educational need, please speak to their class teacher.

## Snacks in Ark

Next week we will be starting Ark sessions with a small snack of biscuits and raisins. Children are welcome to bring their own snack if they prefer. We have purchased Gluten Free options too.



## January Invoices

All invoices for The Ark after school care have now been issued. Reminder that payment is due by Monday 13th January.

If you need after school care and have not yet booked in, please contact the school office.



## RSPB Big Garden Birdwatch 24th-26th January 2025

Children have been learning about the RSPB Big Garden Birdwatch.

### What is Big Garden Birdwatch?

Big Garden Birdwatch is the world's largest garden wildlife survey. Every year, hundreds of thousands of nature lovers take part, helping to build a picture of how garden birds are faring. Please follow the link below to find out how you can join in with the campaign at home:

[https://www.rspb.org.uk/whats-happening/big-garden-birdwatch?](https://www.rspb.org.uk/whats-happening/big-garden-birdwatch?sourcecode=bwmith0230&utm_source=googleads&utm_medium=paid-search&utm_campaign=bgbw-2025&utm_content=ppc&gad_source=1&gclid=EAIaIQobChMImeDcv7zpigMVL6NQBh35izND EAAAYASAAEgL4WfD_BwE&gclsrc=aw.ds)

[sourcecode=bwmith0230&utm\\_source=googleads&utm\\_medium=paid-search&utm\\_campaign=bgbw-](https://www.rspb.org.uk/whats-happening/big-garden-birdwatch?sourcecode=bwmith0230&utm_source=googleads&utm_medium=paid-search&utm_campaign=bgbw-2025&utm_content=ppc&gad_source=1&gclid=EAIaIQobChMImeDcv7zpigMVL6NQBh35izND EAAAYASAAEgL4WfD_BwE&gclsrc=aw.ds)

[2025&utm\\_content=ppc&gad\\_source=1&gclid=EAIaIQobChMImeDcv7zpigMVL6NQBh35izND EAAAYASAAEgL4WfD\\_BwE&gclsrc=aw.ds](https://www.rspb.org.uk/whats-happening/big-garden-birdwatch?sourcecode=bwmith0230&utm_source=googleads&utm_medium=paid-search&utm_campaign=bgbw-2025&utm_content=ppc&gad_source=1&gclid=EAIaIQobChMImeDcv7zpigMVL6NQBh35izND EAAAYASAAEgL4WfD_BwE&gclsrc=aw.ds)



This week we are learning

**'Be bold, Be strong'**

VBS SONG - BE BOLD, BE STRONG

Click the link above to find the lyrics & music

## Lost Property

We have 2 items of lost property that have been handed in. If they are yours please see the office.



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.

## 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://ems.staffordshire.gov.uk/CitizenPortal/en?](https://ems.staffordshire.gov.uk/CitizenPortal/en?_gl=1*1x3jc6v*_ga*NzA1OTE3MzQ1LjE3Mjg1NDcwNzU.*_ga_L5SP43WS7L*MTczMjI3OTE1Mi42My4xLjE3MzIyNzIxODkuMC4wLjA)

[CitizenPortal/en?](https://ems.staffordshire.gov.uk/CitizenPortal/en?_gl=1*1x3jc6v*_ga*NzA1OTE3MzQ1LjE3Mjg1NDcwNzU.*_ga_L5SP43WS7L*MTczMjI3OTE1Mi42My4xLjE3MzIyNzIxODkuMC4wLjA)

[\\_gl=1\\*1x3jc6v\\*\\_ga\\*NzA1OTE3MzQ1LjE3Mjg1NDcwNzU.\\*\\_ga\\_L5SP43WS7L\\*MTczMjI3OTE1Mi42My4xLjE3MzIyNzIxODkuMC4wLjA](https://ems.staffordshire.gov.uk/CitizenPortal/en?_gl=1*1x3jc6v*_ga*NzA1OTE3MzQ1LjE3Mjg1NDcwNzU.*_ga_L5SP43WS7L*MTczMjI3OTE1Mi42My4xLjE3MzIyNzIxODkuMC4wLjA)

Closing date for making an application is: 15th January

# Weekly House Point Tally

Holly



80

Oak

43

Sycamore

61



## How long do you think you will live for?

**Fran** "It's your choice, if you die it's like going on an aeroplane to another world, life starts again"

**Lucas** "If you eat good food, you will live for longer"

**Olivia R** "It depends, it can be anywhere between older & younger as sometimes even babies die"

**Elsie G** "If you eat too much chocolate you can die"

**Ralph** "I'm going to live a 1000 years"

**Orla** "I'm going to live 93 years - I counted down from 100 and I am 7"

**Savannah** "I think I will die in my 90's"

**Rohan** "I don't think we actually know, scientists don't know, sometimes you just die, you could die tomorrow, you could reincarnate"

**Teddy P** "You can live to 100, if you eat apples & oranges"

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

## BIG QUESTION

Do you think that scientists are always right?

### The Reading Tree



The school library is open every Friday afternoon at 3:10pm for parents & children to choose a book of their choice to take home. Returns can be brought back the following week.



### After School Clubs

**REMINDER:** payment for after school clubs for the HALF term should be paid using ParentPay by Monday 13th to secure your child's place in the club.

PLEASE NOTE that there are a few places left in all clubs with the exception of Chromebook which is currently full - please contact the office if you would like your child to join.



Hedgehogs have really enjoyed being introduced to our new topic about China. The children have had some good ideas about what they want to learn about, particularly Chinese dragons. We spent lots of time learning about the Great Wall of China and Chinese palaces. They are also starting to realise the importance of the colour red to the Chinese and created lanterns using red paper and fans using red card. Nursery have started learning the first graphemes and phonemes to start building their phonics knowledge ready to start reading and writing. Reception have continued to build their reading and writing independently during choosing time. All of the children have loved the icy weather – exploring what happens outside when the temperature drops and experimenting with water and ice.



# 2025



Father, I pray that this new year is filled with refreshed hope, renewed strength and restored faith. I pray that this year is filled with miracles and answers to prayer. I ask that You keep Your protective wings around my family and I, keeping us safe from evil, sickness and harm. I pray this is our best year ever in You. Amen!



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 13th January 2025 - Week TWO



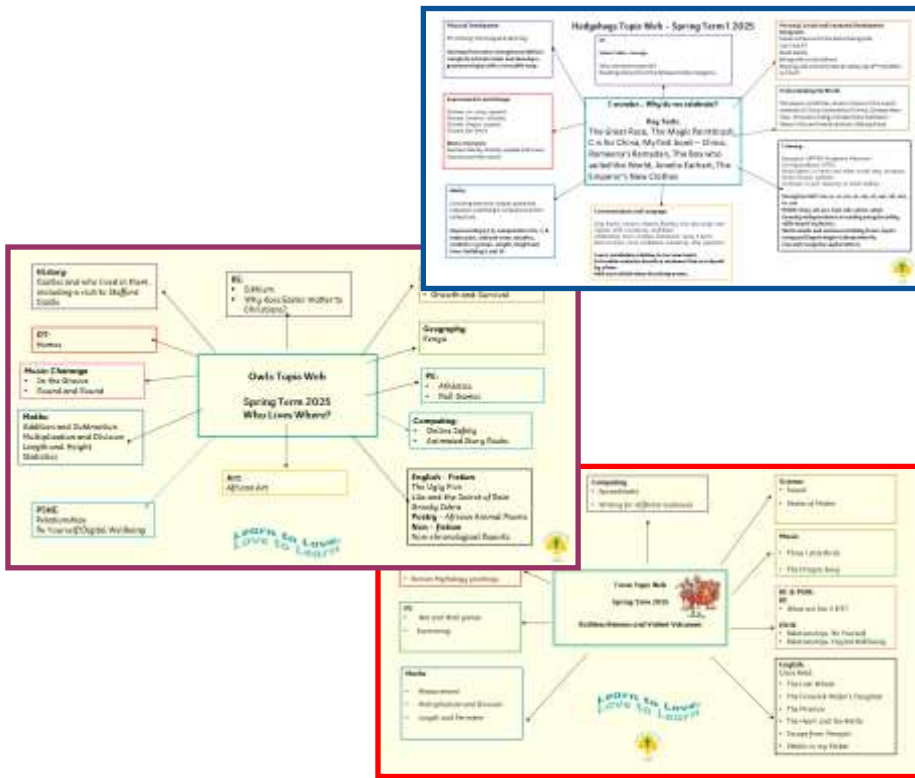
	WEEK ONE	WEEK TWO	WEEK THREE
<b>MONDAY</b>	Margherita Pizza with Jacket Wedges (V) Veg of the Day Vanilla Shortbread (Ve)	Margherita Pizza with Jacket Wedges (V) Veg of the Day Chocolate Shortbread (Ve)	Margherita Pizza with Jacket Wedges (V) Veg of the Day Sultana Shortbread (Ve)
<b>TUESDAY</b>	Pork 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)
<b>WEDNESDAY</b>	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)
<b>THURSDAY</b>	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)
<b>FRIDAY</b>	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)
	21/1/24, 23/1/24, 14/10/24, 4/11/24, 25/11/24, 16/12/24, 6/1/25, 27/1/25	9/1/24, 30/1/24, 21/10/24, 11/11/24, 2/12/24, 23/12/24, 13/1/25, 3/2/25	16/1/24, 7/10/24, 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.



**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.



Topic Webs  
 Don't forget you can check out our website to find out what your child is currently learning in class.

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

Once on our website go to the 'Curriculum tab' and choose your current class.



## CURRENT NURSERY PARENTS - 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://ems.staffordshire.gov.uk/CitizenPortal/en?\\_gl=1\\*1x3jc6v\\*\\_ga\\*NzA1OTE3MzQ1LjE3Mjg1NDcwNzU.\\*\\_ga\\_L5SP43WS7L\\*MTczMjI3OTE1Mi42My4xLjE3MzIyNzIxODkuMC4wLjA](https://ems.staffordshire.gov.uk/CitizenPortal/en?_gl=1*1x3jc6v*_ga*NzA1OTE3MzQ1LjE3Mjg1NDcwNzU.*_ga_L5SP43WS7L*MTczMjI3OTE1Mi42My4xLjE3MzIyNzIxODkuMC4wLjA).

**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.

### 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

Friday 31st January	Inset Day - School closed to pupils
Monday 17th February	Half term holidays
Thursday 10th April	Easter Church celebration - everyone welcome
Friday 11th April	Inset Day - School closed to pupils
Monday 14th April Friday 25th April	Easter Holidays
Monday 5th May	May Day Bank holiday - School closed
Monday 26th May Friday 30th May	Half Term
Monday 2nd June	Inset Day - School closed to pupils
Friday 18th July	Last day of school
Tuesday 22nd July Friday 29th August	Summer Holidays

## PE Days

Please make sure your child has their PE kit in school on the relevant days.

Hedgehogs - Fridays    Owls - Thursdays & Fridays    Foxes - Thursdays & Fridays

**Please tie long hair back and children who wear earrings MUST remove them in advance of school if they can not remove them, themselves.**



**FOXES** - you will need your swimming kits on Fridays.





**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 of supporting 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!



 **Staffordshire  
County Council**

## 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 JUSTALK KIDS

## WHAT ARE THE RISKS?

JustTalk Kids is a child's version of the JustTalk app - a highly popular social networking platform - designed for users up to 13 years of age, allowing them to video call, message and participate in group chats. While adults can link their own JustTalk account to their child's and make use of parental controls, it's important to understand the risks associated with the app.

### SUBSCRIPTION FOR PREMIUM ACCESS

While JustTalk Kids is free, there's the option to subscribe to a kids' premium account or a premium family account. At a cost, this feature allows children to have access to more fun features such as games they can play with others in a call, exclusive stickers, a badge showing them as a premium subscriber, and exclusive emoticons and themes.

### RESISTANCE TO CONTROLS

JustTalk Kids endeavours to allow children the sense of having a chat-based app while allowing parents to set controls (within the app) to limit their own child's JustTalk account. The logic behind this is positive, however, some children are challenging their parents by refusing to use JustTalk Kids, preferring to use the adult version without any restrictions in place.

### KNOWING THE PARENT PASSCODE

After downloading JustTalk Kids, parents can set a passcode which users must enter to add contacts. The parental controls help to manage which contacts can be added and who children can add as a contact. This then gives children to chat with friends in a controlled environment. However, prospective contacts don't have to know a specific identifier, so theory, someone could type in a random name and then add them as a friend.

### POTENTIAL DATA LEAKS

JustTalk and JustTalk Kids claim to be secure and encrypted, going so far as to state that even the developers themselves won't access your data. However, a security issue in 2022 highlighted that messages were not in fact encrypted - leading to concerns around the security of the app and the transparency of the development team.

### CYBERBULLYING

Group chats can provide a sense of anonymity, leading some users to post things something wouldn't normally say in person. Combined with the option of group chats, there's a risk that young people might join in with this kind of behaviour, mistaking it for fun and potentially turning what should be a fun experience into something deeply negative.

### TOO MUCH SCREEN TIME

A report by the UK Parliament Education Committee highlighted a 83% increase in children's screen time between 2020 and 2022 - as well as finding that 25% of children used their smartphones in a manner consistent with screen addiction, introducing children to social networking apps when they're too young can lead to bad digital habits and a reliance on technology from an early age.

## Advice for Parents & Educators

### JUSTIFY THE CONTROLS

If parents allow their child to use JustTalk Kids, they should explain that they're putting parental controls in place to make the app safer. Make sure the child knows not to put their full name on the account and doesn't use a photo of themselves on their profile picture. This type of open discussion will help to ensure that a child is aware of the app's parental rules and knows how to resolve them.

### TALK ABOUT ONLINE FRIENDSHIPS

Young children could be excited to use this app. However, highlight that they must do so in a positive, respectful and responsible manner. While it can be easy to get caught up in a group chat, it's important to talk to others politely and call out any unpleasant behaviour. Discuss the importance of limiting their contacts to people they know in real life and use parental controls to enforce this.

### DOS AND DON'TS OF SHARING

Some children might not understand the potential dangers of oversharing online. Set clear guidelines around what is and isn't safe to share on the internet, and discuss the concept of a digital footprint. Children need to understand that the things they say and share online can never be completely erased. Even if they delete it themselves, it can be saved and distributed by others.

### ENCOURAGE OPEN COMMUNICATION

Apps like JustTalk.com sometimes lend themselves to bullying behaviour. Parents should monitor what their child is sending and receiving, check in with them regularly and encourage them to share their feelings (both positive and negative) at home. Remind them that they can block a contact if someone is treating them disrespectfully.

### Meet Our Expert

Dr Claire Letherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at <https://thenationalcollege.com/guides/justtalk-kids>

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# 10 Top Tips for Parents and Educators

## SUPPORTING CHILDREN TO RETURN TO ROUTINE

Most of us look forward to the school holidays as an opportunity to slow down and relax, stay up later, sleep in and generally approach life in a more leisurely fashion. However, this does mean that returning to normal school-day routines can feel like an uphill battle. Here are some practical tips to ease that transition, reduce stress and set children up for success.

### 1 START SMALL AND EARLY

Begin reintroducing elements of the school routine at least a few days before term starts. Gradually adjust bedtimes, wake-up times and mealtimes to be more in line with school-day rhythms. Small changes can make a big difference in avoiding last-minute panic and helping children to readjust smoothly.

### 2 REVISIT THE SCHEDULE

Involve your child in mapping out their daily routine so they understand what's going to change. Visual tools like charts or calendars can help keeping to that schedule feel more engaging. When children understand and anticipate their personal timetable, they feel more secure and in control.

### 3 CREATE A SLEEP PLAN

Sleep can present one of the biggest challenges, as children can sometimes become night owls, prone to staying up late during the holidays. Limit screen time before bed and encourage winding-down activities like reading or listening to calming music. A regular night's sleep improves focus, mood and overall wellbeing, making morning much smoother.

### 4 ENCOURAGE FRIENDSHIPS

Help your child to reconnect with school friends by organising playdates, catch-ups or arranging to go to other school clubs. Re-establishing social bonds can make the return to school more exciting and less intimidating, allowing youngsters to focus on the positive aspects of the new term.

### 5 GRANT RESPONSIBILITY

Give children control over some aspects of the morning routine. Maybe they could be in charge of waking everyone up, serving breakfast or choosing the radio station that everyone listens to while getting ready. Something that gives them a sense of ownership over their morning schedule can help them view the task as one they've chosen to do, rather than being told to do it.

### 6 FOCUS ON NUTRITION

Make sure children are receiving balanced meals (with regular healthy snacks to boost energy and concentration), putting them in the best possible state to return to education. A nutritious breakfast is particularly crucial for a positive start to the day. Involve children in meal planning to make it enjoyable and collaborative.

### 7 COMMUNICATE OPENLY

Talk with your child about how they're feeling about returning to school, whether they're excited, nervous or a mix of both. Validating their emotions helps them feel supported and understood. Try asking them about the things they're looking forward to at school, such as seeing their friends again. Focusing on the positives can be useful for children struggling with change.

### 8 RECONNECT WITH LEARNING

Take children back into a learning mindset by incorporating fun, educational activities into their home life. Reading a favourite book, playing games that involve maths or discussing an interesting topic can gently reawaken their focus and prime their minds to learn, which can have helpful impacts on their academic performance.

### 9 PREP TOGETHER

Turn preparation into a shared activity, to shoulder the responsibility together and provide support where needed. Pack school bags, lay out uniforms and plan lunch the night before. This not only reduces early morning stress but also gives children a sense of ownership over being ready for school.

### 10 BE PATIENT AND FLEXIBLE

Transition takes time, and every child adjusts differently, so, it's important to stay calm and supportive, especially if they're reacting adversely to the change in their daily life. Be ready to tweak routines as needed, and work with the child to make the return to education as easy as possible for them. Patience can go a long way to setting a positive tone for the new school year.

## Meet Our Expert

Becky Dawson is an education expert with a focus on mental health and wellbeing. Passionate about empowering adults who spend time with and care for young people, Becky specialises in creating practical strategies that promote wellbeing and resilience in children during life's transitions.



#WakeUpWednesday

The National College

Source: See full reference in our guide page on <https://thenationalcollege.com/guides/10-top-tips-for-parents-and-educators-supporting-children-to-return-to-routine>

# WHAT IS SELF-CARE?



Self-care is the practice of taking care of your physical, mental, and emotional well-being. It's about recognising your needs and meeting them in healthy ways.



# SELF-CARE IS...



## PHYSICAL



The Sandbox

## EXAMPLE

You can take care of your physical wellbeing by moving your body.



The Sandbox

# SELF-CARE IS...



## EMOTIONAL



The Sandbox

## EXAMPLE

You can take care of your emotional wellbeing by journaling to recognise your feelings.



The Sandbox

# SELF-CARE IS...

## SOCIAL



The Sandbox

## EXAMPLE

You can take care of your social wellbeing by spending quality time with your loved ones.



The Sandbox

# SELF-CARE IS...

## SPIRITUAL



The Sandbox

## EXAMPLE

You can take care of your spiritual wellbeing by taking time to connect with what's important to you.



The Sandbox

**REMINDER SELF-CARE IS...**

**NOT SELFISH**

**ESSENTIAL FOR EVERYONE**

**DIFFERENT FOR EVERYONE**

The Sandbox



**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.

*'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

Staffordshire Autism Inclusion Team will be delivering this course at: **Bridgetown 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    |  |

For more information and to register for this free course please contact:  
[kate.pery@staffordshire.gov.uk](mailto:kate.pery@staffordshire.gov.uk)

Before You... 

**THINK**

**T** = Is it True?

**H** = Is it Helpful?

**I** = Is it Inspiring?

**N** = Is it Necessary?

**K** = Is it Kind?