

# Friday Post

Friday 24th 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 another busy week in school with lunchtime visitors and lots of learning taking place.

Rev. Manda joined us for lunch on Monday and enjoyed spending time with children in the library. We also welcomed Rev. Manda into school on Wednesday, for what will sadly be her last time of worship with us as a school. Rev. Manda is moving to a parish in Bromsgrove where she will be looking after two churches. We have really appreciated Rev. Manda joining us in school and at church for worship, and wish her all the best on her new adventure.

This week, Alison Lloyd, our Education Mental Health Practitioner, popped in for a wet and windy lunchtime on Thursday! We have booked a workshop for Foxes looking at Emotional Regulation which will be taking place after half-term. Please find a link later in the Post for a survey from Alison's team which can be completed by parents.

I met with the PTA on Monday and we have put a number of events in the diary - watch this space for more information. We have also been generously given money from our Christmas fundraising to subsidise upcoming trips, again more information will follow.

Next week we are welcoming a teaching student into class Foxes; we look forward to welcoming them into school.

Have a wonderful weekend,

Miss Phillips



31st January  
2025 is an Inset  
Day - school is  
closed to pupils.



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**

# Attendance figures

School Attendance 20th - 24th January 2025

Hedgehogs 92%

Owls 97%

Foxes 96%

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.

## 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.



## Weekly House Point Tally

Oak



115

Holly

93

Sycamore

42



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/>



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**.



## Ark - Before & After School Care

Thank you to everyone who has completed our survey on our Before & After School Care provision, if you haven't already done so you can complete the survey on the link <https://forms.office.com/e/LOzOWsw9N> Please contact the office should you have any questions about accessing the club.



Books

Art

Fun

Films

Games

Snacks

St Leonard's Before & After School Care  
The Ark



	8am	3:10pm	4pm
	8:35am	4pm	5pm
Nursery	n/a	£4:50	n/a
Reception	£3:50	£3.80	£4.00
Year 4			



## What colour would a zebra be if it lost all its stripes?

**Vinny** "It will be white"

**Eliza** "It would be purple"

**Thomas** "It would be invisible because it would lose all it's colours"

**Finley** "Zebras are born white but grow stripes"

**Dexter** "It would be white or black"

**Amelie** " It would be white"

**Darcie** " It would be black"

**Ted** "It would be black and get white stripes"

**Miles** "It would be white"

**Savannah** "It would be black if it lost it's white stripes"

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

### BIG QUESTION

Is it ever right to steal?

### A Prayer for Peace

"Lord Jesus, You are our Prince of Peace and the Captain of our Storm. When our circumstances are overwhelming and You seem far away, we ask that You would remind us that Your presence is with us."

helloHOPE



We are preparing for Chinese New Year on the 29th of January. The children have asked to make a dragon to help protect us and have made up dragon dances using the streamers.. We have also been writing our initials using Chinese symbols. The children have enjoyed listening to the Magic Paintbrush story and used magic paintbrushes to find invisible words and pictures. They also made their own magic paintbrushes in the Creative Area. We have also been learning about being safe by the road in during our health and wellbeing time. The children have loved role playing as lollipop ladies or lollipop men. In maths, Reception have been trying really hard with their number formation and how numerals link to amounts.



Next week we are learning

**'Strong & Courageous**

Strong and Courageous

Click the link above to find the lyrics & music

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 27th January 2025 - Week ONE



	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)
	21/9/24, 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

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.



# OWLS - AFRICAN ANIMAL MASKS



Hello,

I am Lauren Edwards a Mental Health Practitioner supporting St. Leonards CofE First School as part of the Whole School Approach. I am part of the Mental Health Support Team (MHST) for Schools and you may or may not be aware that your child's School has access to an Education Mental Health Practitioner (EMHP for short) who works closely with your Schools designated mental health lead. The EMHP for your child's school is Alison Lloyd and the designated mental health lead in School is Miss Phillips.

MHST deliver low intensity cognitive behavioural therapy (CBT) interventions which are evidenced based, to young people who might be struggling with mild to moderate mental health concerns. As part of the role we also work with teaching staff and groups delivering workshops, assemblies and training around mental health and promoting positive emotional well-being.

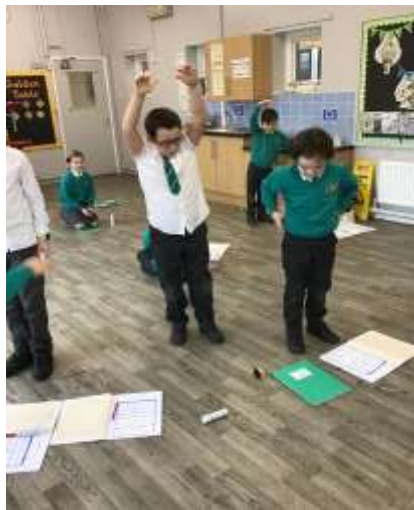
To help our team support St Leonard's First school develop targets in relation to mental health provision in School, we are asking parents/carers to share their views via the attached survey. It is really important that we get as many views as possible from everyone involved in School life – staff, governors, parents/carers and the pupils so a survey similar to this one will also be going out to them. It should take around 5 minutes to complete and your answers and feedback will be key in the development of mental health and well-being provision in School name. Your answers will be anonymous and your opinions are very much valued.

Thank you for your time.

**Parent/Carer Survey:** <https://forms.office.com/pages/responsepage.aspx?id=V2N9w4vIaOK2gN-BZqhu1z5Srx3KNRdFni7vGHkeHrhUMUdRR1dGNOZQNUIWWUR-BRUY2TzNFMINCWiqQCNOPWcu&route=shorturl>



Owls completing their maths learning on the iPads. Don't forget their Numbots log-ins are in front of their reading diary so you can practice at home.



In pairs, we planned and carried out an experiment to see what happens to sound as it gets further away. We then recorded our experiment and results.



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

Foxes have been looking to see which birds we can see around school. 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=EAIaIQobChMIImeDcv7zpigMVL6NQBh35izNDEAA YASAAEgL4WfD_BwE&gclsrc=aw.ds)

[sourcecode=bwmith0230&utm\\_source=googleads&utm\\_medium=paid-](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=EAIaIQobChMIImeDcv7zpigMVL6NQBh35izNDEAA YASAAEgL4WfD_BwE&gclsrc=aw.ds)

[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=EAIaIQobChMIImeDcv7zpigMVL6NQBh35izNDEAA YASAAEgL4WfD_BwE&gclsrc=aw.ds)

[2025&utm\\_content=ppc&gad\\_source=1&gclid=EAIaIQobChMIImeDcv7zpigMVL6NQBh35izNDEAA](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=EAIaIQobChMIImeDcv7zpigMVL6NQBh35izNDEAA YASAAEgL4WfD_BwE&gclsrc=aw.ds)

[YASAAEgL4WfD\\_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=EAIaIQobChMIImeDcv7zpigMVL6NQBh35izNDEAA YASAAEgL4WfD_BwE&gclsrc=aw.ds)



# 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
Tuesday 6th May	Foxes - Chasewater Activity day
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.



Better  
Health

Start  
for Life

NHS

Top tips for

TEETH



Children aged 3+



1.

Help them brush  
**TWICE A DAY**  
to keep decay away

Help your child brush **twice a day** from the moment their **first tooth appears** until they're at least 7 years old.

2.

**PROTECT THEIR SMILE**  
with regular visits to the dentist

Under 18s are entitled to **FREE** NHS dental treatment in England.



Encourage them to  
**SPIT, NOT RINSE**

Don't **rinse** with water after brushing as it washes away fluoride. As they get older teach them to **spit** instead.



4.

**SKIP THE SUGAR**  
they're sweet enough!

Too much food and drink containing sugar can lead to tooth decay. Swap snacks and drinks containing sugar for healthier options like fruit and veg.



At night,  
**SNACKING STOPS**  
when the brushing starts

Protect their smile. **Don't** offer food or drink after brushing teeth at night.



Search **Start for Life** or scan the QR code for more tips and advice for taking care of your little one's teeth.

# Summer swimmers

are made in winter



## Learn to Swim at Stafford Leisure Centre

Dear Parents,

I hope this email finds you well.

Summer Swimmers are made in the winter!

Give your child the skills to dive into summer with confidence! Learning to swim is more than fun – it's a life skill that opens the door to adventure and ensures their safety in and around water.

Member Benefits!

- 30-minute lesson every week for 50 weeks of the year
- FREE Swimming in our lane and open sessions
- Free Swim Cap
- FREE Online Progress portal

All for £33.50 a month!

### February Half Term

We are running our Private Swimming Lessons during February Half Term, we sessions taking place on:

Monday 17<sup>th</sup> between 9am-11:30am, Wednesday 19<sup>th</sup> & Thursday 20<sup>th</sup> between 9am-11am.

Feel free to reach out to the leisure centre directly on (01629) 581322. Let's encourage a healthy and active lifestyle for our children!

The lessons are conducted by certified instructors, ensuring a safe and supportive environment for learning. If you're interested in enrolling your child, please enquire using the following link

<https://bit.ly/4hl0rQs>

Best regards,

**Megan Brier**

Area Swim Manager - Derbyshire Dales, Stafford & Stone

[megan.brier@freedom-leisure.co.uk](mailto:megan.brier@freedom-leisure.co.uk) | [www.freedom-leisure.co.uk](http://www.freedom-leisure.co.uk)

## Daily affirmation practice



Focus on one affirmation each day. Choose a set time each day to practice your affirmation. Many people find that doing it in the morning or before bedtime works well, but you can choose any time that suits you.

Find a quiet and peaceful place where you can focus on your affirmations without distractions. This can be in your room, a cozy chair, or even outdoors in nature.

As you repeat your affirmation, close your eyes and visualise the positive outcomes or situations you are affirming. Try to feel the emotions associated with these affirmations as if they are already true.

Repeat each affirmation multiple times, ideally at least three to five times. The more you repeat them, the more they become ingrained in your subconscious mind.

As you say your affirmations, believe in the words you are speaking. Feel the positivity and confidence that they convey. The more you believe and feel them, the more effective they become.

Writing your affirmations down can reinforce them further. Consider keeping a journal where you write your affirmations daily.



## Joyful January Affirmations for the month

- I am open to finding joy in everyday moments
- My smile brings happiness to myself and others
- I deserve to feel happy and at peace
- Today, I choose to focus on what makes me happy
- I create moments of joy for myself and others
- My positive energy attracts more happiness into my life
- Gratitude helps me see the beauty in every day
- I have the power to create a joyful day
- I celebrate my achievements, no matter how small
- My kindness adds joy to the world around me
- I find happiness in new experiences and opportunities
- I let go of negativity and welcome positive energy
- I am surrounded by love, happiness, and peace
- Each day is a fresh start to find joy
- I focus on what I can control to build a joyful life
- I choose to see the good in people and situations
- Happiness is a choice, and I choose it today
- I welcome January as a time to grow, learn, and find joy
- I embrace the joy of being fully present in this moment



Add your own affirmations below or copy out, one of the ones above. Cut it out and practise it every day.



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# MENTAL HEALTH SUPPORT TEAM IS HERE TO HELP PARENTS

**FREE 1 HOUR ONLINE WORKSHOP TO HELP PARENTS  
SUPPORT THEIR CHILDREN WITH ANXIETY**



Thursday 6th February at 6pm

Book your tickets using the QR  
code below:



**Talk to the Mental Health Lead in your school for  
more information**

Follow us on Twitter, Facebook and  
Instagram @SouthStaffsMHST

# What Parents & Educators Need to Know about HEALTH & FITNESS APPS

## WHAT ARE THE RISKS?

Physical wellbeing apps are useful tools for monitoring and improving our health. They allow us to balance nutrition, set goals, track our activities and sleep patterns, and motivate us to exercise. Nonetheless, there have been some reported drawbacks; this guide outlines some of these concerns and explains how to use fitness apps safely.

### LACK OF PERSONALISATION

Many apps take a one-size-fits-all approach, failing to account for the varying ages and abilities of children. A 16-year-old, for example, will have different physical needs to a child of 8. This can create unrealistic expectations and set exercises which may be too advanced for younger children or too simple for older ones.

### NOT DEVELOPED BY EXPERTS

Some fitness and wellbeing apps are developed by experts in the field – but a concerning number of them aren't. As such, these platforms may contain inaccurate information. They may present safety concerns by giving incorrect advice regarding physical activities or might include age-inappropriate content which would clearly pose more harm than good.

### REDUCED INTERACTION WITH OTHERS

Physical wellbeing apps can remove the social and interactive elements which physical exercise can offer – for instance, meeting people at fitness classes, at the gym or during any other such activities. Research has found that young people generally dislike this aspect of fitness apps, suggesting that they would rather exercise in the company of friends or other like-minded individuals.

### DATA AND PRIVACY CONCERNS

Fitness and wellbeing apps tend to collect a lot of personal information from their users, including name, location, date of birth, details of their physical health and more. It's worth keeping in mind that some of these apps may sell this data to third parties. We'd advise that any apps young people download should have the correct legislation in place to protect their safety and privacy while using the service.

### ADDITIONAL COSTS

While many fitness apps are free to download, the initial content is quite basic. Users will only receive more helpful content (such as new workouts, nutrition advice or a personalised plan) by signing up to a subscription or paying for extra features. This can incentivise users to spend money on the service – a cost which can quickly mount up.

### DEPENDENCY ON THE APP

While physical wellbeing apps can help motivate young users to manage their fitness, there's a possibility that – without being sent frequent rewards and reminders – children could start to lose their natural drive to be active. Young people may also become obsessed with tracking their exercise, health and eating habits; this can have negative effects on their mental and emotional wellbeing.

## Advice for Parents & Educators

### EXERCISE AND SOCIALISE

Highlight the importance of children enjoying fitness activities with family and friends, rather than always exercising alone. Emphasise the fun they can have by interacting with others rather than solely relying on an app to maintain their regime. Remind them of the importance of staying active, as well as the benefits of doing so with company.

### PROMOTE POSITIVE BODY IMAGE

While we want children to be active and healthy, we must also ensure they don't become fixated on how they look and begin take things too far. During childhood and adolescence, the body is still growing and changing. It's vitally important for young people's wellbeing that we promote a positive body image and a healthy relationship with food, empowering them to make informed decisions about their diet and lifestyle.

### REVIEW THE APP FIRST

Before allowing someone under 18 to install a fitness and wellbeing app, check its age rating, read its reviews and scroll through its data policy, to ensure its suitability for younger users. You could also try it yourself, to see if it's appropriate for the child's particular needs and decide if you're comfortable with them using it. Ensure that any privacy-compromising features – such as location tracking – are disabled.

### USE PARENTAL CONTROLS

As with all apps, it's important for parents to familiarise themselves with any controls on the app and to use these on a child's account. The specific settings vary between platforms but – most commonly – these will relate to screen-time limits, disabling or capping in-app purchases, and managing social aspects or features which aren't age appropriate. By utilising these controls, you can help to ensure a child is getting a safe experience.

## Meet Our Expert

Dr Claire Sutherland 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://nationalcollege.com/guides/wellbeing-fitness-apps>

X @wake\_up\_weds

f /www.thenationalcollege

Instagram @wake.up.wednesday

TikTok @wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 22.01.2025

## February 2025 Activity Brochure

### Hello...

This is a list of every Aiming High activity planned to take place in February 2025 across Staffordshire for SEND children and young people aged 0-19 years.

Call to book your places on February activities:

**0300 111 8007**

**(option 2, then option 3)**

The booking team are open:

Monday-Friday, 9am-5pm.

### One more thing...

Please remember, children and young people can have two free activities every month!

## Stafford (1)



Staffordshire  
Wildlife Trust

**Saturday 1<sup>st</sup> February**

**FAMILY**

Watch Group

10:00am – 12:00pm

**SEND aged 0 – 19 years + family members**

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

**\*Available to all Staffordshire families\***

**\*Bookings close 30.1.25 at 12-noon or as soon as fully booked\***



**Wednesday 5<sup>th</sup> February**

**INDIVIDUAL**

Chuckle Chillout

5:00pm – 7:15pm

**SEND aged 5 – 18 years**

The Chuckle House, Unit 10 Stone Business Park, Stoke, ST15 0SR

**\*Available to all Staffordshire children\***

**\*Bookings close 3.2.25 at 12-noon or as soon as fully booked\***



**Wednesday 5<sup>th</sup> February**

**INDIVIDUAL**

Bowling & Meal

5:00pm – 7:00pm

**SEND aged 11 – 19 years**

Tenpin, Grey Friars' Place, Stafford, ST16 2SD

**\*Available to South & East Staffs, Stafford, Lichfield, Tamworth & Cannock Chase\***

**\*Bookings close 21.1.25 at 5pm or as soon as fully booked\***

**\*EXPRESSION OF INTEREST\***



Staffordshire  
Wildlife Trust

**Saturday 8<sup>th</sup> February**

**FAMILY**

Wildplay & Campfire Wildfamilies

11:00am – 1:00pm

**SEND aged 0 – 19 years + family members**

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

**\*Available to all Staffordshire families\***

**\*Bookings close 6.2.25 at 12-noon or as soon as fully booked\***

## Stafford (2)



**Sunday 9<sup>th</sup> February**

**INDIVIDUAL**

Travel Training & Lunch

10:00am – 1:00pm

**SEND aged 13 – 18 years**

Meeting point: Stafford Station, Station Road, Stafford, ST16 2AA

**\*Available to all Staffordshire children\***

**\*Bookings close 22.1.25 at 5pm or as soon as fully booked\***

\*EXPRESSION OF INTEREST\*



**Monday 10<sup>th</sup> / 24<sup>th</sup> February**

**INDIVIDUAL**

Ability Counts

5pm – 7pm

**SEND aged 5 – 15 years**

Alleyes Sports Centre, Oulton Road, Stone, ST15 8DR

**\*Available to Stafford, South Staffs & Cannock Chase children\***

**\*Bookings close Wednesday prior at 5pm or as soon as fully booked\***



**Monday 17<sup>th</sup> February**

**INDIVIDUAL**

Hockerhill Play Barn

10:00am – 12:00pm

**SEND aged 5 – 15 years**

Hockerhill Play Barn, Kiddemore Green Road, Brewood, Stafford, ST19 9BQ

**\*Available to all Staffordshire children\***

**\*Bookings close 10.2.25 at 5pm or as soon as fully booked\***



**Staffordshire  
Wildlife Trust**

**Monday 17<sup>th</sup> February**

**FAMILY**

Wildplay & Campfire Wildfamilies

1:30pm – 3:30pm

**SEND aged 0 – 19 years + family members**

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

**\*Available to all Staffordshire families\***

**\*Bookings close 13.2.25 at 12-noon or as soon as fully booked\***

## Stafford (3)



Staffordshire  
Wildlife Trust

Tuesday 18<sup>th</sup> February

FAMILY

Wild Arts & Crafts Wildfamilies

1:30pm – 3:30pm

**SEND aged 0 – 19 years + family members**

The Wolsley Centre, Wolsley Bridge, Stafford, ST17 0WT

**\*Available to all Staffordshire families\***

**\*Bookings close 14.2.25 at 12-noon or as soon as fully booked\***



Staffordshire  
Wildlife Trust

Tuesday 18<sup>th</sup> February

FAMILY

Wild Yoga

10:30am – 12:00pm

**SEND aged 5 – 12 years + family members**

The Wolsley Centre, Wolsley Bridge, Stafford, ST17 0WT

**\*Available to all Staffordshire families\***

**\*Bookings close 14.2.25 at 12-noon or as soon as fully booked\***



Tuesday 18<sup>th</sup> February

INDIVIDUAL

Stepping Stones

9:00am – 11:00am

**SEND aged 5 – 15 years**

The Chuckle House, Unit 10 Stone Business Park, Stoke, ST15 0SR

**\*Available to all Staffordshire children\***

**\*Bookings close 4.2.25 at 12-noon or as soon as fully booked\***

\*EXPRESSION OF INTEREST\*



Tuesday 18<sup>th</sup> February

FAMILY

(Family) Amerton Farm

10:00am – 2:00pm

**SEND aged 0 – 19 years + 3 family members each**

Amerton Farm, Stafford, ST18 0LA

**\*Available to South & East Staffs, Stafford, Lichfield, Tamworth & Cannock Chase families\***

**\*Bookings close 31.1.25 at 5pm or as soon as fully booked\***

## Stafford (4)



**Tuesday 18<sup>th</sup> February**

**INDIVIDUAL**

Sound Connection

11:30am – 1:30pm

**SEND aged 5 – 15 years**

The Chuckle House, Unit 10 Stone Business Park, Stoke, ST15 0SR

**\*Available to all Staffordshire children\***

**\*Bookings close 4.2.25 at 12-noon or as soon as fully booked\***

**\*EXPRESSION OF INTEREST\***



**Wednesday 19<sup>th</sup> February**

**INDIVIDUAL**

Amerton Farm

10:00am – 1:00pm

**SEND aged 5 – 15 years**

Amerton Farm, Amerton Lane, Stafford, ST18 0LA

**\*Available to all Staffordshire children\***

**\*Bookings close 11.2.25 at 5pm or as soon as fully booked\***



**Wednesday 19<sup>th</sup> February**

**INDIVIDUAL**

Flip Out

1:00pm – 3:00pm

**SEND aged 5 – 19 years**

Flip Out, Opal Way, Stone Business Park, Stone, ST15 0SS

**\*Available to all Staffordshire children\***

**\*Bookings close 12.2.25 at 5pm or as soon as fully booked\***



**Staffordshire  
Wildlife Trust**

**Thursday 20<sup>th</sup> February**

**FAMILY**

Bushcraft Basics Wildplay Wildfamilies

1:30pm – 3:30pm

**SEND aged 0 – 19 years + family members**

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

**\*Available to all Staffordshire families\***

**\*Bookings close 18.2.25 at 12-noon or as soon as fully booked\***



## Stafford (5)



**Friday 21<sup>st</sup> February**

**INDIVIDUAL**

Play at Lower Drayton Farm

10:00am – 1:00pm

**SEND aged 5 – 19 years**

Lower Drayton Farm, Lower Drayton Lane, Penkridge, ST19 5RE

**\*Available to all Staffordshire children\***

**\*Bookings close 13.2.25 at 5pm or as soon as fully booked\***



**Staffordshire  
Wildlife Trust**

**Friday 21<sup>st</sup> February**

**FAMILY**

Wild in the Woods Wildfamilies

1:30pm – 3:30pm

**SEND aged 0 – 19 years + family members**

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

**\*Available to all Staffordshire families\***

**\*Bookings close 19.2.25 at 12-noon or as soon as fully booked\***



**Wednesday 26<sup>th</sup> February**

**INDIVIDUAL**

Chuckle Chillout

5:00pm – 7:15pm

**SEND aged 5 – 18 years**

The Chuckle House, Unit 10 Stone Business Park, Stoke, ST15 0SR

**\*Available to all Staffordshire children\***

**\*Bookings close 24.2.25 at 12-noon or as soon as fully booked\***



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.

*'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: Bridgtown 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.perry@staffordshire.gov.uk](mailto:kate.perry@staffordshire.gov.uk)