

Friday Post

Friday 31st 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,

A shorter week in school, ending with a productive day of staff training. We are looking forward to implementing all we have learnt in the coming weeks.

On Wednesday, we went into 'lockdown' as we practiced what we would do if there was a danger outside of school. The children followed staff direction brilliantly, and showed a real understanding of the importance of staying safe in school. We will repeat these practices annually, along with our termly fire drills.

We also had our monthly visit from Shell Smith, who works for VIP Education, this week. Shell supports us with attendance and has been really pleased by the overall good levels of attendance across the school. Should you have any concerns or questions around attendance, Shell is available to meet with families.

There has been lots of creative learning taking place across the school this week. Hedgehogs have been learning about how people around the world celebrate the Lunar New Year; they looked great in their red clothing yesterday! Owls have crafted some fantastic African headbands - they look fantastic! Finally, Foxes have been getting stuck into some clay work, inspired by the Romans.

Next week, we have a visit from Severn Trent Water, last time they came we learnt about the sewerage systems! We look forward to finding out what the topic will be this time around.

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

 **Staffordshire
University
Academies
Trust**

Attendance figures

School Attendance 27th - 30th January 2025

Hedgehogs 97%

Owls 95%

Foxes 96%

Whole School 96%

The National target for attendance, as set out in guidance from the DFE is 95%

Please note fixed penalty notice referrals **will** be made to the Local Authority for term time holidays.



Free on-line parent workshop from NSPCC

A new Keeping Children Safe Online workshop provides parents and carers with information about how to support their child in their online world. <https://www.nspcc.org.uk/keeping-children-safe/online-safety/free-online-safety-group-workshops/>



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

Holly



103

Oak

87

Sycamore

82



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/>

Stars of the Week



Lunchtime Award!



Well Done!



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**.



Is it ever right to steal?

Elise G "No, if you're playing with something it's really mean to take it"

Miles "No, You would go to jail"

Ted H "Depends, if you are playing a game it's different to going into a shop and stealing"

Koby "No, if you steal a gem they'll be poor"

Marcie "No"

Ruby "No, if something belongs to someone it's not nice"

Freya "No, they might cry"

Amelie "No, you could call a police officer"

Alfie "No, it could lead to bad consequences"

Finley "Depends if someone has stolen from you"

Darcie "Depends, if some one lives with you you'll find it but if it's a stranger, no"

Fran "If you are pickpocketing it's classed as stealing, but I do it to my friends but I always give back"

Rohan "If someone dropped something and they weren't around you could always pick it up"

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

BIG QUESTION

Can the internet take us to new places?



Golden Table Award

Xander Harrison F Orla

Dexter Ozzy Amelie

Awarded by our Lunchtime Supervisors



Owls are learning about microhabitats in Science. We went outside to see what we could find under stones and plant pots. We collected woodlouse to make a colony.



African inspired headbands





It was officially Chinese new year this week so we celebrated on Thursday by eating spring rolls and hunting for fortune cookies. The children have continued to enjoy role playing Chinese stories and using loose parts to build houses, palaces and using hoops as fireworks to scare away Chinese monsters. Nursery and Reception have both been creating 'Helicopter' stories and the whole class have been excited to take part when we act out the stories altogether. In maths, Reception have been learning about the numbers 6, 7 and 8. Nursery are finding out about shapes and learning the 'a' grapheme in phonics. In our PSHE time, the children have been sorting things that are hot in our Staying Safe topic.



HEDGEHOGS






Next week we are learning

'One more step along the world I go'

[One more step along the world I go \(with Lyrics\)](#)

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 3rd February 2025 - 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)
	2/9/24, 23/9/24, 14/10/24, 4/11/24, 25/11/24, 16/12/24, 6/1/25, 27/1/25	9/9/24, 30/9/24, 21/10/24, 11/11/24, 2/12/24, 23/12/24, 13/1/25, 3/2/25	16/9/24, 7/10/24, 28/10/24, 18/11/24, 9/12/24, 30/12/24, 20/1/25, 10/2/25

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.



This week, we have been adding detail to our Roman pots.

We looked closely at examples that have used a range of symmetrical patterns.



dates to Remember

Monday 17th February Friday 21st February	Half term holidays
Thursday 3rd April	Nursery parents stay & play - <i>more info to follow</i>
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.



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 17th between 9am-11:30am, Wednesday 19th & Thursday 20th 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 | 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.

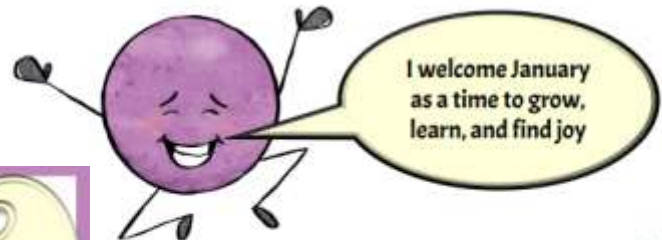
Find a quiet and peaceful place where you can focus on your affirmations without distractions. This can be in your room, a cozy chair, or even outdoors in nature.

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.



10 Top Tips for Parents and Educators

SUPPORTING CHILDREN TO DEVELOP EMOTIONAL LITERACY

Emotional literacy refers to the ability to recognise, understand and express our feelings effectively. It plays a crucial role in strengthening a child's wellbeing by enhancing their relationships and resilience. However, emotional literacy is not necessarily an innate talent, and its development may present challenges. This guide gives parents and educators practical tips on supporting children to cultivate this essential skill.

1 NAME THE EMOTION

Encourage children to identify and name their emotions. This helps them understand what they're feeling and why. Use simple language and relatable examples to make it easier for them to share their emotions. This builds a foundation for emotional understanding and open communication.

2 MODEL EMOTIONAL EXPRESSION

Demonstrate healthy emotional expression by sharing your feelings visibly. When children see adults properly displaying how they're doing and what they're thinking, they learn to do the same. Discuss how you handle emotions in different circumstances, providing a real-life framework for young ones to follow.

3 MINDFULNESS ACTIVITIES

Teach children mindfulness practices to help them stay present and manage their emotions during more challenging moments. Activities like deep breathing, meditation or yoga can reduce stress and enhance emotional regulation. Regular practice can improve focus and emotional stability, which can significantly help children both as they're growing up and throughout their adult life.

4 USE STORYTELLING

Incorporate storytelling to help children understand emotions. Stories can offer relevant scenarios illustrating how the characters experience and manage their feelings. Discuss the emotions depicted in stories and ask children how they might feel in similar situations.

5 PRACTISE EMPATHY

Teach children to consider others' views and emotions – and to explore why they might think or feel this way. Role-playing and discussing various scenarios can enhance their ability to empathise. Understanding others' emotions helps children to develop compassion and improves their social interactions.

6 ENCOURAGE JOURNALING

Suggest keeping a journal to make note of thoughts and emotions, as writing can provide an outlet for self-reflection and emotional processing. Encourage children to write about their daily experiences and feelings, helping them gain insight into their emotional world. Do this alongside them, so they can see and experience how to do it effectively.

7 TEACH PROBLEM-SOLVING

Do what you can to help children develop problem-solving skills to assist in managing emotional challenges. Discuss potential solutions to emotional conflicts and encourage them to think critically about what they (and others) can do to process their feelings in a healthy way. This empowers children to handle emotions positively and build resilience.

8 CREATE A SAFE SPACE

Establish an environment where children feel safe to display their emotions without judgement. Encourage open exchanges and reassure them that all feelings are valid. This supportive atmosphere promotes trust and encourages children to express themselves with confidence.

9 USE VISUAL AIDS

Take advantage of visual aids like emotion charts or mood meters to help children identify and express their feelings. Use these tools regularly in your interactions. They provide a visual representation of emotions, making it easier for children to communicate their emotional state.

10 CELEBRATE EMOTIONAL GROWTH

Acknowledge and celebrate progress in emotional literacy, and praise children for expressing their emotions and handling them effectively. Positive reinforcement is a useful tool that will encourage continued growth and reinforces the importance of emotional literacy – encouraging young people to maintain the good habits and healthy behaviours that you've taught them.

Meet Our Expert

Adam Gillett is Associate Vice-Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, an organisation that supports schools in improving their mental health provision.



WakeUp
Wednesday

The
National
College



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

Feb Half Term

2025

BIG BOUNCE

Kids Giant Indoor Inflatable Play Event

STAFFORD LEISURE CENTRE
MONDAY 17th FEB

90 Minutes Unlimited Play on a
Huge Indoor Arena Full of Supervised
Inflatables & Interactive Games

100% Inflatable FUN

Ideal for Toddlers - 13 year olds

Bouncy Castles - Slides - Free Fall Jump
Obstacle Courses - Sports Games - Rodeo Ride
Under 5's Zone - Speed Game - Disco Dome
Total Wipeout Sweeper Game - nerf guns
Helter Skelter - Wrecking Ball - Bungee



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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 1st February

FAMILY

Watch Group

10:00am – 12:00pm

SEND aged 0 – 19 years + family members

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

Available to all Staffordshire families

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



Wednesday 5th 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 5th 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 8th February

FAMILY

Wildplay & Campfire Wildfamilies

11:00am – 1:00pm

SEND aged 0 – 19 years + family members

The Wolsley Centre, Wolsley 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 9th 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 10th / 24th 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 17th 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 17th 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 18th February

FAMILY

Wild Arts & Crafts 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 14.2.25 at 12-noon or as soon as fully booked



Staffordshire
Wildlife Trust

Tuesday 18th February

FAMILY

Wild Yoga

10:30am – 12:00pm

SEND aged 5 – 12 years + family members

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

Available to all Staffordshire families

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



Tuesday 18th 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 18th 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 18th 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 19th 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 19th 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 20th 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 21st 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 21st 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 26th 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 27th January 2025
2. Monday 3rd February 2025
3. Monday 10th February 2025
4. Monday 24th February 2025
- **Monday 3rd March 2025 **
5. Monday 10th March 2025
6. Monday 17th March 2025
7. Monday 24th March 2025
- **Monday 31st March 2025**
8. Monday 7th April 2025
- **Two individual sessions arranged as convenient

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

kate.perry@staffordshire.gov.uk