

# Friday Post

Friday 14th February 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,

The daffodils and snowdrops are making themselves seen despite the ever bitter weather - hopefully a sign of warmer days to come.

This week we welcomed Helen Ashwood into school. Helen is a member of our LAC and is responsible for safeguarding. She spent time in school speaking to staff and children about what they would do if they were concerned about something. Helen always loves visiting and was impressed by the confident answers given by everyone she spoke to.

Children in Owls and Foxes have been introduced to some new learning in English over the last couple of weeks. They are beginning each lesson with the question: Sentence/Not a Sentence? And are tasked with identifying whether what their teacher has written is a grammatically accurate sentence or not. We are impressed by their increasing confidence with this and ability to use technical language in describing parts of a sentence.

Thank you to everyone who joined us in the village hall today for our celebration of courage! We loved sharing our big question with you - it is always a hit in our celebration worship on Fridays and we love sharing the children's ideas on the Post.

After half-term, we are looking forward to starting a series of assemblies about the way our brains work and what makes us all different and unique - do ask your children about what they have learnt.

However you spend half-term, I hope you have an enjoyable break.

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)



# Attendance figures

School Attendance 10th - 14th February 2025

Hedgehogs 99%

Owls 98%

Foxes 97%

Whole School 98%

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.



Today we have said thank you and good luck to our student teacher, Miss Tyler, as she finishes her placement with us.



## 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

Sycamore

50



Oak

50

Holly

43



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**.





YEAR 3

Homophones and Near Homophones

grate	plane
great	peace
grown	piece
groan	rain
plain	reign

YEAR 4

Words ending in a 'soft c'  
Sounds spelt 'ce'

centre	sentence
century	notice
certain	celebrate
recent	ceremony
experience	certificate

Dyslexia

Writing

difficulty finding the right words

organisational problems

struggles getting ideas on paper

distracted by background noises

struggles taking notes

Listening

Memory Difficulties

dates

alphabet  
phone numbers  
times tables

issues with sequencing

difficulty with handwriting

issues with co-ordination

Reading

loses place in text

needs to reread

text moves or overlaps

unable to remember what words look like

Spelling

struggles to 'hear' sounds

confused by similar sounds

struggles copying

**If we have courage does that mean we are never scared  
- do you think this?**

**Fran** "You have to be scared to need to show courage"

**Aoife** "When you show courage you are being brave of something you are scared of"

**Lucas** "You can't have courage all the time, just sometimes"

**Richard** I have courage when I go somewhere up high"

**Thomas** "Whenever you're being courageous, you have butterflies in your tummy"

**Dexter** "No, because everyone is scare sometimes"

**Lola** "No, because courage isn't always there, it just means you are sometimes brave if something scares you"

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

## BIG QUESTION

If you draw a letter, are you drawing or writing?

by Erin, Y4



### Vacancy

Miss Parker will be retiring at Easter after over 25 years of being at St Leonard's. After 1/2 term we will be advertising for the role of a lunchtime supervisor if you are, or know of anyone, who would be interested please speak to the office.

# Champions of Courage





On our final week of our sound topic, we have been investigating how the pitch alters depending on the amount of liquid within a bottle. We used teaspoons to test this.



We have been working hard on editing and improving our own work



We have been learning about what impact Romans have on our life today.





We have been reading 'The Emperor's New Clothes' this week and children have enjoyed making crowns for the emperor. We have also been seeing how much our mark-making and drawing have improved by updating our self-portraits. In maths we have been finding out about height and length using the words, long, tall and short. Nursery have been thinking about vocabulary linked to position such as next to, on top and under. To finish our topic work we have been thinking about all of the sights and sounds Marco Polo would see on his journey to China.



HEDGEHOGS

A small illustration of a hedgehog is located below the text 'HEDGEHOGS'. The hedgehog is brown and has a small tail.

# will.i.am



William James Adams Jr (known professionally as will.i.am) was born on 15<sup>th</sup> March 1975 in California, USA. As a child, he found that his ADHD made it difficult for him to concentrate and complete everyday tasks. However, he realised that music helped him to stay focused. He began his music career as a teenager and was signed to a record label in 1992. He later adopted the stage name will.i.am and founded the pop-rap group the Black Eyed Peas.

In interviews, will.i.am has said that his ADHD helps him in his career because it allows him to think about several things at once and fuels his creativity. He has gone on to star in several films, worked as a judge on *The Voice* and produced tracks for other musical artists. He also runs a foundation that provides young people from low-income families with university scholarships.

"For every obstacle, there's some type of solution."

[Celebrity Spotlight: Why will.i.am Says ADHD Fuels His Creativity \(Understood\)](#)



Next week we are learning  
 'Lord I lift your name on high'

[Lord I Lift Your Name on High](#)

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 24th February 2025 - Week ONE

New Menu!



	WEEK ONE	WEEK TWO	WEEK THREE
MONDAY	Margherita Pizza with Jacket Wedges (V) Veg of the Day Chocolate Shortbread (Ve)	Margherita Pizza with Jacket Wedges (V) Veg of the Day Vanilla Shortbread (Ve)	Margherita Pizza with Jacket Wedges (V) Veg of the Day Sultana Shortbread (Ve)
TUESDAY	BBQ Chicken Tortilla with Golden Rice Veg of the Day Pineapple Upside Down Cake (V)	Sausages with Mash & Gravy Veg of the Day Iced Carrot Cake (V)	Chicken Meatballs with Mash & Gravy Veg of the Day Apple Sponge (V)
WEDNESDAY	Roast of the Day with Roasties & Gravy Veg of the Day Fresh Fruit Salad (Ve)	Roast of the Day with Roasties & Gravy Veg of the Day Fresh Fruit Salad (Ve)	Roast of the Day with Roasties & Gravy Veg of the Day Fresh Fruit Salad (Ve)
THURSDAY	Italian Sausage Pasta Bake Veg of the Day Sultana Flapjack (Ve)	Mac & Cheese (V) Veg of the Day Apple Flapjack (Ve)	Penne with Beef Bolognese Veg of the Day Flapjack (Ve)
FRIDAY	Fish Fingers or Salmon Fish Fingers with Chips Veg of the Day Custard Rice Pudding (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 Chocolate Brownie (V)
	24/2/25, 17/3/25, 7/4/25, 28/4/25, 19/5/25, 9/6/25, 30/6/25, 21/7/25	3/3/25, 24/3/25, 14/4/25, 5/5/25, 26/5/25, 16/6/25, 7/7/25	10/3/25, 31/3/25, 21/4/25, 12/5/25, 2/6/25, 23/6/25, 14/7/25

Choice of **Classic Tomato Pasta** or **Filled Jacket Potatoes** also available daily along with freshly baked bread, salad, fresh fruit, yoghurts, jelly and fresh drinking water.

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.

# dates to Remember

Monday 17th February	Half term holidays
Friday 21st February	
Wednesday 26th February	Year 4 Forest School
Thursday 6th March	World Book Day
Thursday 3rd April	Nursery parents stay & play - <i>more info to follow</i>
Thursday 10th April	Easter Church celebration - everyone welcome School closes at 1.30pm
Friday 11th April	Inset Day - School closed to pupils
Monday 14th April	Easter Holidays
Friday 25th April	
Monday 5th May	May Day Bank holiday - School closed
Tuesday 6th May	Foxes - Chasewater Activity day
Monday 26th May	Half Term
Friday 30th May	
Monday 2nd June	Inset Day - School closed to pupils
Friday 18th July	Last day of school
Tuesday 22nd July	Summer Holidays
Friday 29th August	



Year 4	Year 3	Year 2	Year 1	Reception	Nursery
26.02.2025	5.03.2025	12.03.2025	19.03.2025	26.03.2025	02.04.2025

## 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 still need your swimming kits on Fridays.



# THE MENTAL HEALTH SUPPORT TEAM IN SCHOOLS ARE **OPEN** OVER THE SCHOOL HOLIDAYS

Monday 17th February - Friday 21st February  
(excluding weekends and bank holidays)

If your child is experiencing low level mental health difficulties, we may be able to help. Call us\* between 9am - 5pm (Monday to Friday), leave your name and number and one of our practitioners will give you a call back to see what support we can offer.



Burton and Uttoxeter  
01283 504487

Cannock and Lichfield  
01283 352113

Stafford  
01283 352097

Tamworth  
01785 301027



\*Please note that these contact numbers are not to be used in an emergency.

## STAFFORD MHST

### Schools we work with:

- Burton Manor Primary School
- Castlechurch Primary School
- Daxey Primary & Nursery School
- Flash Ley Primary School
- John Wheeldon Primary Academy
- King Edward VI High School
- Penkridge Middle School
- Sir Graham Balfour School
- St. Leonard's CofE First School
- Stafford Manor High School
- Veritas Primary Academy
- St Patrick's Catholic Primary School
- St Leonard's Primary School
- St Austin's Catholic Primary School
- Walton Hall Academy
- Walton Priory Middle School
- Silkmore Primary Academy
- Marshlands School
- Blessed William Howard Catholic School
- Bailey Street Alternative Provision Academy
- St. John's C of E Primary Academy
- The Weston Road Academy
- Tillington Manor Primary School
- Blessed Mother Teresa Catholic Primary School

# STAYING TRUE TO YOUR VALUES



The Sandbox

Values are what is important to you. Your values guide how you live your life. It's important to surround yourself with others who share the same values as you.



The Sandbox

## EXAMPLE

RESPECT      KINDNESS



COURAGE      FAIRNESS

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## IDENTIFYING YOUR VALUES



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## WRITE A LIST

What makes you feel happy, proud, supported?

What qualities do you admire in others?

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## SURROUND YOURSELF WITH LIKE-MINDED PEOPLE



The Sandbox

# WHY ???

People who have the same values as you will make you feel supported and respected.



The Sandbox

# HOW ???

Join clubs or groups with shared interests



The Sandbox

# HOW ???

Be yourself! People who share your values will naturally gravitate towards you



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# ALWAYS REMEMBER

Believe  
in  
Yourself

Good things  
take time

You are Enough

The Sandbox

# 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 practise 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.

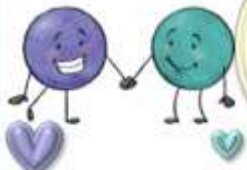
Repeat each affirmation multiple times, ideally at least three to five times. The more you repeat them, the more they become ingrained in your subconscious mind.

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.



I welcome February as a time to celebrate my friend's uniqueness and what makes them special



## Friendly February Affirmations for the month

- I am a kind and thoughtful friend
- I listen to my friends and respect their feelings
- I share and take turns because it makes friendships stronger
- My kind words can brighten someone's day
- I am proud of the way I treat my friends
- I forgive my friends when they make mistakes
- I show others how much I care through my actions
- I enjoy spending time with my friends and making memories
- I choose kindness and understanding in my friendships
- I am grateful for the friends I have in my life
- I make new friends by being open and kind
- I can help my friends when they are feeling sad or worried
- I cheer for my friend's successes
- I am a good listener and let my friends feel heard
- I respect the differences that make my friends unique
- I celebrate my friend's uniqueness and what makes them special
- I am always there for my friends, no matter what
- I love making my friends feel happy and supported
- I trust my friends and know they trust me
- I am proud of the friendships I am building

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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Feb Half Term

2025

# BIG BOUNCE

Kids Giant Indoor Inflatable Play Event

**STAFFORD LEISURE CENTRE**  
**MONDAY 17<sup>th</sup> 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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We Support **TEENAGE CANCER TRUST** OVER **£11500** RAISED SO FAR



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WIN FAMILY BIG BOUNCE TICKETS  
@Big Bounce Events



## FREE Understanding Behaviour For Parents/Carers

Please note, this session is for parents/carers of children with a diagnosis or on the pathway.  
(Inc. those not yet referred to our service).

DATE	SESSION OVERVIEW	LOCATION	TIME
Monday 17 <sup>th</sup> March 2025	<b>Understanding Behaviour</b> Parents/Carers are invited to join a member of the Autism Inclusion Team for an online check-in session with time for questions.	Microsoft Teams	16.30-18.00

### SPACES ARE LIMITED

To reserve your space, please email: [amanda.jackson@staffordshire.gov.uk](mailto:amanda.jackson@staffordshire.gov.uk)  
and include any questions to be answered in the session along with the name of the school your child attends.



With pride. With purpose. With you.