

Friday Post

Friday 28th February 2025

Our School Value: Forgiveness

Key verse: Be kind and loving to each other. Forgive each other just as God forgave you in Christ. **Ephesians 4:32**

Dear Families,

We have loved being back in school following the half-term break.

We started the week by looking at how our brains work! We talked with the children about our fight, flight and freeze responses and what each looks like. We also talked about different ways we can manage our feelings and emotions when they become too big. Foxes then had a workshop with Alison Lloyd which gave them even more practical strategies to help manage emotions. We know this isn't always easy, and that we don't always get it right, but that learning about our brains can help us all support one another.

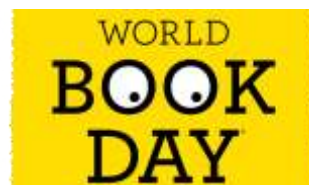
Fight, Flight, Freeze



It has been great to have Susan from the Wildlife Trust back in school this half-term delivering Forest School sessions. We love getting into the outdoor environment and seeing the children coming back smiling and muddy is always a sign of a good session. Do keep an eye out on the dates for your child's year group to ensure they come dressed in the correct clothing.

We have also had visitors from governors this week. Mr Woodward joined for our Friday celebration worship, and then discussed all things health and safety! Mrs Haynes has been in school to have a look at provision for pupils with special educational needs; needs within school are varied and staff work hard to ensure school is a safe and happy place for all our pupils.

Next week, we are looking forward to celebrating World Book Day. Please ensure your child brings in a book as they will be sharing these in their leaf teams during the morning.



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

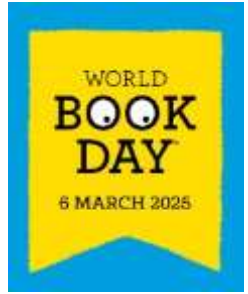




Mr H's
PE Stars
George
Georgia
Darcie
Harry F
Dexter
Aoife

Well done!

World Book Day
Thursday 6th March
2025



This year we are inviting the children to either dress up as a favourite book character or come to school in their pyjamas, if they wish - no football kits please.

Children can bring in a favourite story from home, they will be spending time in their leaf teams to share them.



Children in Owls were delighted, on returning to school after half-term, to see that the daffodils which they planted back in September are now in full bloom.



Parents' Evening
1st & 2nd April 2025
We will be joined by Alison Lloyd, our Education Mental Health Practitioner at Parents' Evening on Alison will be available to chat to parents about the work her team does in school, and to discuss any concerns or questions you may have about your child's mental health.
Booking sheets for Parents' evening will be available closer to the date.



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:

- Expressive Arts & Design** - Make a junk model castle or mythical creature such as a unicorn or dragon. Paint p/ draw pictures of mermaids, knights and princesses. Talk about myths and legends.
- History** - visit castles such as Ludlow or Tamworth and talk about their features. Draw a picture of a knight or castles and write labels for them.
- Maths** - Create a time table for a day in the life of a princess, knight or dragon. Practice counting to 10 and remembering number bonds to 5 and 10.
- English** - Visit the library and find books about castles and the local history of Stafford and the surrounding area. Continue to practise name writing, letter formation and daily reading.
- PSHE** - Encourage your child with their independence - dressing and undressing, washing hands properly and using a knife and fork correctly.

Owls:

- History** - Research and write some facts about Stafford Castle or another castle which you have visited.
- Design Technology** - use junk materials to make a model of a castle. Try to include features such as towers, turrets, keep, bailey etc.
- Science** - Can you find any signs of spring in your garden or local area? Write a list, take photos, or draw pictures to show what you find.
- Science** - In school we are learning about growing, changing and survival. Can you find out how a camel/cactus survives in the desert or how a polar bear/penguin survives in the Arctic/Antarctic?
- Maths** - Numbots. Little and often is best to support fluency in number bonds.

Foxes:

Create a water cycle experiment. Fill a large bowl with water. Put an empty pot in the middle of the water. Cover the bowl with film and place on a sunny windowsill for a few days. You should soon see the water start to evaporate, it will cool and condense on the film before falling into the empty pot as 'rain'. (take photos to email/bring in)

Tell the story of the day a volcano erupted. You could write it or record it. For example, you might want to look at a volcano we have looked at together such as Mt Vesuvius or Mt Etna etc.

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.

Investigate different states of matter. Look around your house and make a list of different solids, liquids and gases that you can find.

Make a 3D model of a volcano



Draw a map showing where volcanoes are around the world.



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**.





Stars of the Week



Achievements from home



Swimming



Swimming



Swimming



Bike Racing



Musical Theatre



Football



Football



Horse riding



Gymnastics



YEAR 3

Adding suffixes beginning with a vowel (er/ed/ing) with words with one of more than one syllable.

- | | |
|-----------|------------|
| gardener | offered |
| gardening | benefited |
| limited | benefiting |
| limiting | focused |
| offering | focusing |

YEAR 4

Words with a 'soft c' spelt with 'ci'

- | | |
|----------|----------|
| circle | cinema |
| decide | decimal |
| medicine | accident |
| exercise | city |
| special | citizen |

Vacancy

Miss Parker will retiring at Easter after over 25 years of being at St Leonard's. We will soon 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.



Attendance figures

School Attendance 10th - 14th February 2025

Hedgehogs 93%

Owls 93%

Foxes 95%

Whole School 94%

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.



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.



Weekly House Point Tally

Holly  99

Sycamore 45

Oak 50



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/>

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

by Erin, Y4

Darcie "you are writing because if you are writing a sentence there are letters in it, and you use writing pencils not colouring pencils so you are writing"

Jovie "It's both"

Bow "It depends you write a letter, but you could add a drawing to the letter"

Lucas "It depends, you don't have to choose what everyone else says"

Pippa "It depends because you use colouring pencils for colouring"

Xander "You draw when you are drawing a picture, you write when you are writing"

Rohan "Drawing is drawing, writing is writing"

Ralph "It's both if you write a letter you might draw a picture on it"

Lola "It depends if you are using writing pencils or colouring pencils"

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

BIG QUESTION

Why does the moon come out in the daytime, does it mean it is still night time?

- Darcie, Y4

Golden Table Award

William Bow Teddy

Lola George Daisy

Awarded by our Lunchtime Supervisors



Year 3 spent time in the Reading Tree enjoying books



Teepee building, fire lighting, bug hunting & just getting muddy was enjoyed by Year 4 in Forest School this week



Emotional regulation workshop



We have started our new topic 'I wonder if they really exist?' by finding a dragons egg. We read the Zog story and talked about the characters in the story like Princess Pearl and Sir Gadabout the Knight. This helped us with our learning when the children were building castles and who they would find inside them. The children enjoyed pretending to be dragons capturing princesses and scaring the knights in the castle.



Richard Branson



Richard Branson was born on 18th July 1950 in Surrey, England. At school, he struggled with reading and writing, but it wasn't until his 20s that he was diagnosed with dyslexia, a specific learning difficulty that mainly affects the development of literacy and language-related skills. He dropped out of school at the age of 15 and started a youth culture magazine called 'Student' shortly after. He went on to set up Virgin Records, a chain of record stores, by the age of 22. There are now over 40 companies worldwide that are part of the Virgin Group. Branson is a billionaire and one of the world's richest people. He has also set various world records, including the fastest ever crossing of the Atlantic Ocean.

According to Branson, his dyslexia is one of the keys to his success. Although he reportedly struggled in school, he found that alternative strategies, such as visual learning, helped him. He says that his dyslexia is the reason he learned how to delegate, making him a successful business person. Branson actively seeks to employ other people with dyslexia, working with the charity Made By Dyslexia to support and empower dyslexic people in the workplace.

"It's time we lost the stigma around dyslexia. It is not a disadvantage; it is merely a different way of thinking."

[Richard Branson: Dyslexia Is Merely Another Way of Thinking \(The Times\)](#)

A reminder that the homework set for the Perkins ECO competition is due to be handed in by Friday 7th March. Thank you.



Please make sure that you have checked your ParentPay accounts and topped up dinner money funds where applicable. Thank you.



Class specifics

Reception, Year 1 & Year 2 - Stafford Castle

Year 3 & Year 4 - Chasewater

Lunchtime Award!



Postcard from the Headteacher





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 3rd March 2025 - Week TWO

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

Thursday 6th March	World Book Day
Tuesday 1st April	Parents evening
Wednesday 2nd April	Parents evening
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 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 20th June	Sports Day & Family picnic
Friday 18th July	Last day of school
Tuesday 22nd July Friday 29th August	Summer Holidays



Year 3 5.03.2025	Year 2 12.03.2025	Year 1 19.03.2025	Reception 26.03.2025	Nursery 02.04.2025
----------------------------	----------------------	----------------------	-------------------------	-----------------------



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.



What Parents & Carers Need to Know about DISCORD

AGE RATING

13+

Servers and channels marked as NSFW require users to be 18 or older to join.

Discord is a free app which allows users to communicate in real time via text, video or voice chat. Available on desktop and mobile devices, it was originally designed to help gamers cooperate – but has evolved into a more general networking platform for a range of online communities, discussing topics like TV series, music, Web3 and more. Discord is organised around closed groups, referred to as ‘servers’. To join a server, users must be invited or provided with a unique link. It’s a space for users to interact with friends, meet others with shared interests and collaborate privately online – but it’s also a place where young people can be exposed to risks if the right precautions aren’t taken.

WHAT ARE THE RISKS?

CYBERBULLYING

Discord’s easy accessibility and connectivity, unfortunately, makes it an ideal place for cyberbullying to occur – especially as audio and video streams disappear once they’ve ended, meaning that bullying could take place without leaving any evidence. Closed groups can also be created, giving young people the opportunity to exclude their peers or send cruel messages without adult oversight.

DIFFICULT TO MODERATE

Like many private communication apps, Discord’s real-time messaging can be difficult to control. The system enables content moderation through each individual server – so different groups can set their own rules for what’s acceptable, and some groups may not monitor for unsuitable content. Anything that happens in an audio or video stream is also virtually untraceable once the stream has concluded.

INAPPROPRIATE CONTENT

Discord mainly hosts private groups, making it easier for unsuitable or explicit content to be shared on channels. Pornography, racism and inappropriate language can be found in some groups. Server owners are required to add an age-restriction gate to channels where 18+ content is being shared – but this solution isn’t foolproof, as the platform doesn’t always verify users’ ages when they sign up.

ACCESSIBLE TO PREDATORS

On many chat platforms, users can lie about their age or true identity – and Discord is no exception. Predators have attempted to abuse the platform by using it to contact and communicate with underage users – by initially chatting with a child on an age-appropriate channel, for example. While Discord has improved its safety settings, some users will still try to bypass them for malicious reasons.

CRIMINAL ACTIVITY

Discord does have strict Terms of Service and Community Guidelines to protect its users – but, sadly, not everyone adheres to them. Criminal activity including grooming, hate speech, harassment, exploitative content, doxing and extremist or violent material have all been found on Discord servers over the last two years. In 2020, Discord received almost 27,000 reports of illegal activity on the platform.

Advice for Parents & Carers

REVIEW SAFETY SETTINGS

Discord has a series of safety settings, enabling users to choose who can direct message them or send them friend requests. Your child’s experience on Discord will be much safer if the app’s privacy and safety settings are configured to only allow messages or friend requests from server members. This will minimise the chances of potential predators from outside the group contacting them.

MONITOR ONLINE ACTIVITY

It’s wise to regularly review your child’s activity on Discord. This can include checking their safety settings to ensure they’re correctly enabled, talking about which servers they’ve joined and reviewing some of their friends and direct messages. Ask if anything has made them feel uncomfortable or unsafe. Things can change quickly online, so plan routine check-ins and follow up frequently.

EXPLAIN AGE FILTERING

While Discord requires users to be at least 13 to sign up, many servers geared towards older users are flagged as NSFW (not safe for work), which indicates they probably contain material that’s inappropriate for children. It can be easy to click through settings without properly reviewing them, so ensure your child understands why age filtering is important and that it’s there to protect them.

DISCUSS GOOD ONLINE BEHAVIOUR

The anonymity offered by the internet often leads people to communicate more openly online and behave differently than they would at school or home. It’s crucial to bear in mind, though, that every internet user is still a real person. Talk to your child about the severe and lasting consequences that cyberbullying or exchanging inappropriate material online can have in the real world.

SCREEN OUT EXPLICIT CONTENT

In the privacy and safety settings, Discord users are offered the ability to filter direct messages for inappropriate content: a setting that should be enabled if your child uses the platform. Discord automatically tries to flag images that are explicit, but the setting must be manually enabled for text. If a young user is sent explicit content in a direct message, Discord will scan and (if necessary) delete it.

HAVE CANDID CONVERSATIONS

It can sometimes be awkward to discuss topics like grooming, pornography, racism or explicit content with your child – but it’s important to ensure they’re aware of the harms these things can pose. Talking openly about these subjects is a great way to help your child feel more comfortable about coming to you if they experience an unwanted encounter on Discord (or anywhere else online).

Meet Our Expert

Coral Cripps is a Canadian-born, London-based tech journalist at [grow2.com](http://www.grow2.com), a website specialising in all things Web3, gaming and XR (extended reality). With a focus on brands and culture, she researches and writes about the ways that our current innovations – including the metaverse and Web3 – are impacting people, places and things.





National Online Safety®

#WakeUpWednesday





Find out more



 All Stars Cricket Programme at Church Eaton Cricket Club 


ST20 0AG

Start Date: Friday, 9th May 2025

Time: 6pm-7pm  Duration: 8 weeks 

Cost: £50 per child  What's Included:
Personalised t-shirt  with your child's name

Backpack  Cricket bat 

Cricket ball 

For more information, scan the QR code or contact 01785 538013



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 th March 2025	Understanding Behaviour 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
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.