

Friday Post

Friday 7th 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,

There has been lots going on in school this week. We ended the week by welcoming Rev. Richard Westwood into school, along with Wolgarston student, Isabelle. They came to talk to the children more about the charity work they are part of in South Africa, and to collect the books the children have chosen to send to the children at the care centre in Mafambisa. We look forward to hearing more about the trip when the team returns.

We also welcomed Severn Trent into school on Monday morning for an assembly on the water cleaning process. A number of Foxes were asked to read aloud - and wear some interesting head gear - as part of the presentation. It was a really informative session and we hope the children have taken lots away from it.

Alison also called in for a lunchtime drop in this week to mark Children's Mental Health Week. Alison spent time with the children, talking to them about the importance of understanding their own feelings. She was very impressed by their articulation of this and is looking forward to her workshop with Foxes after half-term.

Mrs Hubbard spent the day on Wednesday looking at writing from Owls and Foxes. She was really pleased with the progress in books, even taking photos of some writing to share with other schools!

We wanted to raise awareness around Special Educational Needs through our Friday Post - please look out for the information graphics we will be sharing over the coming weeks.

Next week, we look forward to welcoming you to our church service on Friday. Sadly, Rev. Manda has now moved on, so please wrap up warm as the heating will probably not be on!

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



Attendance figures

School Attendance 3rd - 7th February 2025

Hedgehogs 97%

Owls 96%

Foxes 97%

Whole School 97%

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.



Church - Friday 14th February 9.15am

Everyone is welcome to join us for our service of Courage on Friday 14th February at St Leonard's Church, Dunston. We aim to arrive at church for 9.15am



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  99

Holly 82

Oak 78



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



**Mr H's
PE Stars**

George
Orla
Bow
Jovie
Mason H
Elliott
Heidi
Cian

Well done!

A decorative border surrounding the text, featuring various fitness-related icons such as a person jumping rope, a stopwatch, a scale, dumbbells, a water bottle, a kettlebell, a jump rope, a person on a stationary bike, a person lifting weights, and a person running.



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

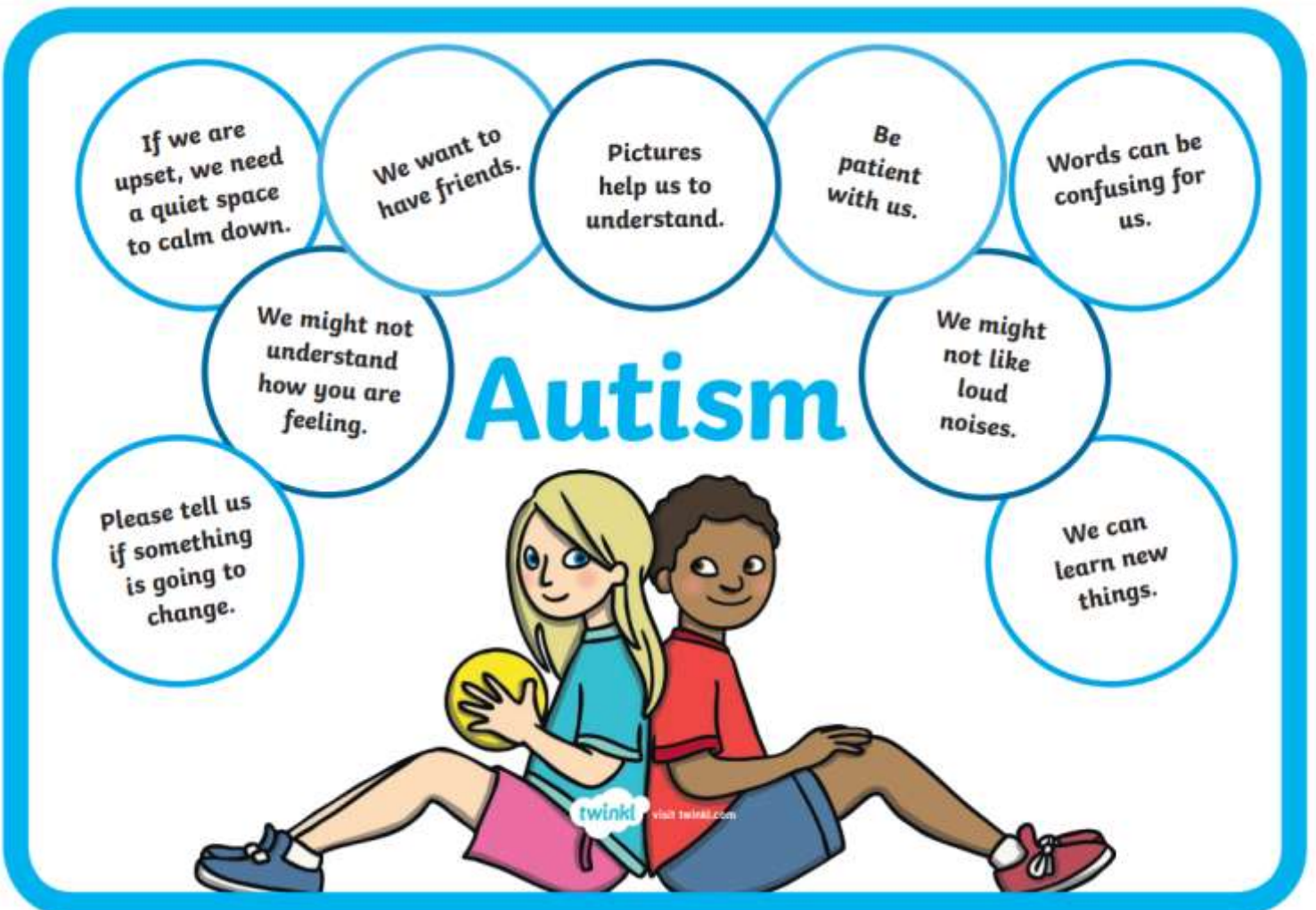
Words with a/k sound spelt with 'ch'

- scheme
- chorus
- echo
- character
- ache
- chaos
- stomach
- chemistry
- orchestra
- technology

YEAR 4

Words with the /s/ sound spelt with the 'sc'

- science
- crescent
- discipline
- fascinate
- scent
- scissors
- ascent
- descent
- scientist
- scenery



Autism

If we are upset, we need a quiet space to calm down.

We want to have friends.

Pictures help us to understand.

Be patient with us.

Words can be confusing for us.

We might not understand how you are feeling.

We might not like loud noises.

Please tell us if something is going to change.

We can learn new things.

twinkl visit twinkl.com



We have painted and evaluated our Roman Pots



We were investigating if the tightness of the string impacts on the pitch, by making our own guitars



We worked with our partners to edit and improve each others writing



Throwing & catching games in PE



Can the internet take us to new places?



Fran "It can and it can't - the internet can't get us to Egypt but it can get you the tickets"

Bow "Yes, it can help you to go to places"

Teddy P "No, because even when you want it to, it doesn't always work"

Savannah "It can help you buy a holiday for £20"

Aoife "Yes, to get where you want to go on a plane, the plane needs the internet"

Joel Yes, you can make a phone call and use something called an app to take you to places"

Ted H "Yes it can take you to new places as you can get a VR headset"

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?

- Erin, Y4

ParentPay items

The following items are due for payment on ParentPay:



Dinner Money - Nursery, Year 3 & Year 4

Before School Club fees

After School Care fees

Foxes: Chasewater trip

Please check your balances and make any outstanding payments asap.

Thank you



Great news the PTFA have had confirmation from 'ASDA Cashpot for Schools' that together we have raised £195.88 for our PTFA funds - a huge thank you to everyone who supported us!



Achievements from home



Swimming



Swimming



Shooting



Football



Swimming



Squirrels

If your child has recently received an award they would like to share with us, eg swimming, football, dance, Beavers, Brownies etc please send them into school & we will share them during our Celebration Worship on Friday.

Children's Prayers for the World

My prayer
for the world is that
children would "do to others as you
would like the to do to you. Luke 6:31
I also pray that people will have
food and water. I hope and pray that
people should be free Amen
Audrey





We have been super helpful, helping Mr Ross to tidy up!

We are learning about Marco Polo



Nursery have been learning about shapes



We have made our own pasta!



We have been pirates sailing the seven seas



We have been writing messages to put in a bottle





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 10th February 2025 - Week TWO



Please note there is a change to the menu this week - Miss Tina will be serving week two NOT week three as advertised. Thank you!

	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)
	3/9/24, 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, 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.



Severn Trent Assembly - all the children took part in an assembly on Monday held by Severn Trent Water, they learnt all about the water cleaning process.



Mafambisa assembly

Our Worship team passed over the books the children had chosen to Reverend Richard, Mrs Linney & Isabelle from Wolgarston High School to take to South Africa next week.

<https://8603050.sharepoint.com/:p/g/EfmsMYUGEbZKs3oXAJC2UrUBkbtongQZH7SMeJik25atMg?rtime=q8XQVGxH3Ug>



We were shown how to do a special handshake that the children and adults do in South Africa.



dates to Remember

Friday 14th February	Church Service .- 9.15am everyone welcome
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.

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.

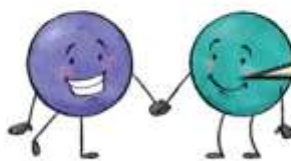
Find a quiet and peaceful place where you can focus on your affirmations without distractions. This can be in your room, a cozy chair, or even outdoors in nature.

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.



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.

What Parents & Educators Need to Know about SCAMS AND FAKE NEWS

WHAT ARE THE RISKS?

"Fake news" refers to falsified or misleading material presented as a legitimate account of events. It's often used by malicious actors online to push an agenda, or even by criminals as a way of making scams more persuasive. Scammers can trick us into handing over personal information, security details and even our hard-earned cash.

"CLICKBAIT" PHISHING SCAMS

A message arrives saying "Have you seen this video of yourself?" or you might be sent an attention-grabbing headline about a celebrity that's been shared on social media. This kind of "bait" is produced by scammers to drive us to click on an unsafe link, where malware could be downloaded to our devices. These scams rely on our curiosity and our "need-to-know" instinct.

SALES, DEALS & DISCOUNTS

Some scams appear as adverts, offering a chance to buy something – such as designer products, expensive gadgets or tickets to a popular show – at a reduced price. Such adverts often include a time limit or countdown, urging us to hurry so we don't miss out on the deal. This pressure encourages us to input personal details or payment information before pausing to check if it's legitimate.

YOU'RE A WINNER!

This kind of scam involves fake giveaways, opportunities or prizes. It could be a message saying we've won a prize draw or competition. Or it could be a gift, free trial, bonus credit, and so on. It might claim that a package or refund is waiting. All these techniques are used to prompt us to share our personal information, thinking that there's something to be gained by doing so.

FALSE FRIENDSHIPS

Scammers often pretend to be someone they're not to gain their victims' trust. They might attempt to convince any children they connect with that they're a child of similar age with shared interests. Warning signs include a high volume of messages (often with an intense tone), secrecy, inappropriate levels of intimacy, guilt tripping, emotional manipulation, threats or blackmail.

PANIC MODE

To trigger a sense of panic, scammers may claim that a child's account has been hacked, or a virus has been installed on their device, or any number of other scary scenarios. They may claim to be able to fix the problem or offer a solution – if the child hands over control of the device or sensitive information. Similar scams involve impersonating a friend or relative, claiming that they're in trouble and need help.

FAKE CELEBRITY ENDORSEMENTS

Impersonating influential people online is a common tactic for scammers, who can use technology to create fake photos, audio and even videos that look authentic. These can be used to convince us, for example, to buy products, sign up for so-called "business opportunities" or invest in cryptocurrency schemes – all of which are fake or otherwise malicious. Many scams also involve the impersonation of popular companies' social media accounts, as well as those of individuals.

Advice for Parents & Educators

STAY INFORMED

Stay up to date with the latest information and best practice on cyber-security. See what scam stories are reported in the news and make note of what tactics were used. Keep up with young people's digital lives; talk about what they're doing online and use properly endorsed resources to learn what risks certain sites and apps pose to their younger users.

ENCOURAGE HEALTHY SCEPTICISM

Most scams rely on emotional or psychological manipulation, tapping into our human instincts – whether that's to keep ourselves safe, help others, find answers, make friends, avoid looking out or to secure something we really want. Encourage children to recognise that pressure to act and to always consult with an adult – especially if what's on offer sounds too good to be true.

Meet Our Expert

Dr Holly Powell-Jones is the founder of Online Media Law UK and a leading expert in digital safety, media law and young people. Her PhD investigates children's understandings of risk online. She works with schools, businesses, and universities to provide award-winning education on the criminal, legal and ethical considerations for the digital age. Visit OnlineMediaLaw.co.uk for more.



TALK TOGETHER

Chat often and openly with young people about fake news, online scams and how they both work. Encourage them to talk to you about anything they're unsure of or worried about online. If a child claims to have been scammed, don't pass judgement, blaming the victim may deter young people from asking you for help. Remember: adults are scammed just as often, if not more.

BE PROACTIVE

Children increasingly use digital devices for education, socialising, shopping and play. Don't wait for a problem to arise before you discuss the risk of scams, false information and fake news. Highlight what to look out for and clearly communicate under what circumstances the child ought to speak to an adult. Finally, ensure that they're aware of the support services that are available to them (such as Childline).

#WakeUpWednesday

The National College



AWESOME ANIMALS

A free, flexible, 4-week online,
family learning course

Starting Friday 28th February 2025

For families in Staffordshire, with children
aged 3-8 years

Your family will receive a fantastic weekly email activity pack, full of themed ideas to try at times to suit you! From crafts, to cooking, to activities to help local wildlife, we will support you to adapt the activities for your family.

- Is your child curious about animals?
- Are you looking for something flexible to do as a family around work and school?
- Would you like to support your child to develop a wide range of skills, as well as an early love of the natural world?

Book Now!

For more information and to reserve your place contact
Rebecca on 07525 120117 or
communityforestservices@gmail.com





Staffordshire
County Council



GOING WILD!



For Random Acts of Kindness Week

Free 2-week course starting Monday 10th February 2025!
For families in Staffordshire, with children of all ages.

This 10-hour course is run over 2 weeks, with an in-person session and things to do at home. The aim of the course is to celebrate kindness, to ourselves, our communities and the planet, through fun ideas to try as a family.



The course begins on Monday 10th February, where you will receive an email pack to get you started. There will also be a Zoom session to introduce the course and tutors.

We will then get together at Marquis Drive, Cannock Chase, WS12 4PW on Saturday 15th February from 1-4 pm. There will be fun, hands-on nature themed activities to celebrate kindness! Make bird-feeders, medals or try woodland yoga. Free refreshments. Pick up your pack (including your free sapling!) to then complete at home over the following week.

The pack contains kindness challenges for your family to complete over the half-term holiday. You will receive a certificate of achievement at the end of the course!



For more information and to reserve your place contact Rebecca
on 07525 120117 or communityforestservices@gmail.com



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

 **BOOK NOW!** 

www.BigBounceEvents.co.uk

Hosted By THE BEST FUN

OVER £11500 RAISED SO FAR

FACEBOOK COMPETITION
 WIN FAMILY BIG BOUNCE TICKETS
 @Big Bounce Events 

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/4b30rQs>

Best regards,

Megan Brier
 Area Swim Manager - Derbyshire Dales, Stafford & Stone

megan.brier@freedom-leisure.co.uk | www.freedom-leisure.co.uk