

# Friday Post

Friday 4th April 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,

The Easter holidays are almost here and we have had a jam-packed week! We all loved our Easter workshops with Alison from the Youthnet - check out the photos from these later in the Post.

Thank you to everyone who joined us for parents' evening - we had a great turn out. It is always a pleasure to be able to share the fantastic work the children are doing in school with families. We love seeing the children proud of what they have done when they are sharing their books with you.

Our Nursery families enjoyed a sunny afternoon of Easter activities yesterday - thank you again to everyone who joined us for this. We have parent sessions for children in Y2, 3 and 4 happening later in the year, so do keep an eye out for information on these.

Today Owls and Reception children have visited Stafford Castle - what a beautiful day it was for an outing! This visit will really enrich and bring to life the learning the children have been doing in school. Thank you to the staff and volunteers who made the day out possible. We have loved hearing about the castle visits many of you have been going on as part of your home learning too!

Next week, we are looking forward to Foxes leading our Easter service on Thursday morning. We do hope as many of you as possible can join us. We will also be saying a fond farewell to Miss Parker as she retires from her post as lunchtime supervisor.

Have a wonderful weekend,

Miss Phillips



Headteacher: Miss C Phillips,  
St Leonard's First School & Nursery,  
School Lane, Dunston, ST18 9AG  
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## God's Spring Prayer

Spring is a breath of fresh air, cool – not cold, gentle – not bold. Its life sprouting up from the ground, the birds and insect sounds. A reminder of renewal, a marvel from You. Your gift to me is deserving of all the thanks and praise I can offer. Blessed are You, Creator of seasons.

prayables.com

### Outstanding items on ParentPay

Please check your ParentPay accounts to see if any of the following are outstanding:

Nursery - Dinner money

Year 3 & Year 4 - Dinner money, Chasewater trip

Thank you, the Office



Thank you to everyone who submitted a design for the Perkins Eco-Awards! We have chosen to go with a puffin, which was suggested by a number of pupils - well done if this was you! In order to

create our model, we now need to collect recycled materials.

#### Please leave in the box in the entrance hall:

- Old school shirts and t-shirts (white)
- Old school trousers and dresses (black)
- Chicken wire
- Cardboard
- String
- Plastic bottles
- Egg cartons
- Newspaper
- Magazines
- Tissue paper
- Blue milk bottle lids

We will be building our model during Ark, and will let parents know when this is starting so they can book a session.

Thank you for your help.



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



## Postcard from the Headteacher



## YEAR 3

Children will be tested after the Easter holidays

library

February

dictionary

boundary

salary

summary

primary

secondary

ordinary

necessary

## YEAR 4

Children will be tested after the Easter holidays

interact

interfere

intercity

international

intermediate

internet

intergalactic

interrupt

intervene

interlude



## Weston Park Pretty Muddy 5k

Saturday 17 May 2025

<https://fundraise.cancerresearchuk.org/page/tinas-race-for-life-272535>

Miss Tina is taking part in the Weston Park Pretty Muddy 5K in aid of Cancer research UK, if you would like to sponsor her please follow the link above.



# Easter Workshop



Reverend Sue invites all of our families to join her for her Palm Sunday service.

1

    
at St Michaels Church, Penkridge

**Sunday 13<sup>th</sup> April**

*Palm Sunday* 

Be a part of the palm waving crowd as we re-enact the drama of that 1<sup>st</sup> Palm Sunday. It all starts outside St Michaels First School at

**at 10 o'clock**



We then follow Jesus on his donkey down to church re-enacting how Jesus entered Jerusalem over 2,000 years ago! We then continue the drama within our **Palm Sunday Service at 10.30am.**

The donkey is helping us on his day off from Lower Drayton Farm.

## Foxes - Bikeright

Please make sure that you have completed a permission slip for the Bikeright sessions being held on Tuesday 29th April. If your child does NOT have a bike please let us know as the company may be able to bring some with them. We will be encouraging all the children to 'have a go' but please let Mrs Carrington / office know if your child is not very confident cycling.

Children can arrive at school this day in their PE kits.

## Foxes - Chasewater

Please could children arrive at Chasewater in outdoor clothing (like you would wear for forest school) and bring a changing of clothing NO CROCS please. The activities the children will be taking part in are: Sit-on, Archery, Bushcraft & Shelter building.

## Goodbye

Today we have said goodbye to Miss Wenlock-Evans who has completed her first teaching training placement with us in class Foxes. We are really pleased to hear that she will be coming back on Wednesdays to volunteer when she isn't at University!



### I Have ADHD...

My brain works in a different way. Many other children experience ADHD too.

There are many successful people in the world who have ADHD.

There are lots of positives to having ADHD, such as being creative, imaginative, quick-thinking and good at problem-solving.

With ADHD, I may sometimes need to move around more than others, I might find it hard to concentrate, I may want to talk most of the time or find it hard to get along with others. Sometimes, I might want to wander around the classroom or interrupt others. This is all part of my ADHD.

It may be helpful for me to talk to an adult and have an open conversation about my ADHD. This may help me appreciate my unique characteristics.

To keep myself calm, I can:

- practise deep breathing;
- sit and relax in a safe space (maybe outdoors);
- listen to music;
- read a book;
- go for a walk, run or do some exercise;
- do yoga or meditate;
- drink a glass of water.

It is OK to ask questions about my ADHD and to want to know more.

It is important to remember that everyone is different and unique, with their own talents, interests and qualities.

twinkl visit [twinkl.com](https://www.twinkl.com)

# Attendance figures

School Attendance 31st - 4th April 2025

Hedgehogs 97%

Whole School 97%

Owls 96%

Foxes 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.

## Impact of lateness



Over a school year –

5 minutes late every day = 3 days absent

15 minutes late every day = 10 days absent

30 minutes late every day = 19 days absent

Pupils arriving late miss valuable teaching and learning time and it can contribute to them becoming anxious when they enter the classroom late.

## PE Days

Please make sure your child has their PE kit in school on the relevant days.

Hedgehogs - Fridays   Owls - Thursdays & Fridays   Foxes - Tuesdays & Thursdays

Please tie long hair back and children who wear earrings MUST remove them in advance of school if they can not remove them, themselves.

PLEASE NOTE: Foxes your PE days have changed



# Weekly House Point Tally

Sycamore  59

Holly 36

Oak 55

# Do animals think? How do you know?

**Freddie T** "Yes, Animals know when something is coming, they react, they move out of the way"

**Orla** "Yes, they think happy thoughts and they think sad thoughts, we know by the sounds they make"

**Dexter** "Yes, they have to think to move"

**Pippa** "If they didn't think, they wouldn't do anything"

**Olivia J** "Yes animals think - with horses they have a sense, if I'm riding a horse and I'm nervous that makes them nervous"

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

**BIG QUESTION**  
**Are humans animals?**

As part of keeping children safe, we have to complete regular fire drills. Yesterday the children evacuated the school buildings promptly and calmly.



## After School Clubs

After Easter we will be offering the following clubs until the end of the academic year:

Monday - Gardening      Wednesday - Choir

Thursday - Multisports      Friday - Rounders

Your child should have brought a form home for you to book any of the clubs - please return to the office asap. Thank you



Owls have been learning about the seasons and identifying signs of spring in the school grounds.



In maths we have been measuring a range of objects using cubes. We then have moved on to measuring in centimetres and metres.



# Simone Biles



Simone Biles was born on 14<sup>th</sup> March 1997 in Ohio, USA. She rose to fame as a gymnast in 2013, when she won two World Championship gold medals at the age of 16. She has since gone on to win seven Olympic medals and is tied as the most decorated gymnast of all time.

In 2016, Biles was pushed to talk about her diagnosis of attention deficit hyperactivity disorder (ADHD) when hackers leaked her private medical records. ADHD is a neurological difference that may involve difficulties with organisation, being easily distracted, impulsivity and difficulty staying still. In a tweet, Biles said "Having ADHD, and taking medicine for it is nothing to be ashamed of nothing that I'm afraid to let people know." ADHD can be seen as both an advantage and a disadvantage when it comes to sports, as it may allow an athlete to thrive under pressure and channel their energy. However, a person with ADHD may also struggle to focus on sports. Biles has been praised for helping to address the stigma surrounding ADHD and other neurological conditions.

"I want kids to learn that, yes, it's okay to acknowledge that you're good, or even great, at something."

[Simone Biles on Her GOAT Leotard \(Marie Claire\)](#)





Next week we are learning

**'Hosanna Rock'**

<https://www.youtube.com/watch?v=v8ziKrwRyjc>

Click the link above to find the lyrics & music

Price Increase

Nursery, Year 3 & Year 4

We have been informed by our Edwards & Ward our catering supplier that the cost of a school meal will rise to **£3.20** after the Easter holidays.

# WC 7th April 2025 - Week ONE



	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 Saltana 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 Saltana 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.

# EASTER

at

## St Leonard's

10<sup>th</sup> April



### Easter bonnet competition & Egg hunt

### It's time to get creative!

### From caps to crown and everything in between!

Please bring your eggcellent headwear  
in on the morning of the 10<sup>th</sup> April.

1 prize per class

Suggested donation of £2.50

Egg hunt includes 1  
chocolate egg per child

# dates to Remember

Tuesday 1st April	Parents evening
Wednesday 2nd April	Parents evening
Thursday 3rd April	Nursery parents stay & play email has been sent home
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
Friday 29th April	Foxes - Bikeright - <b>Please come to school in your PE kit</b>
Monday 5th May	May Day Bank holiday - School closed
Tuesday 6th May	Foxes - Chasewater Activity day
Thursday 8th May	Year 4 parent timetables workshop
Thursday 14th May	Year 3 parent timetables workshop
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 - finish at 1.30pm
Tuesday 22nd July Friday 29th August	Summer Holidays



Don't forget to keep  
up to date by  
following us on ..



<https://www.st-leonards-dunston.staffs.sch.uk/>

# Family Activities Easter 2025



Staffordshire  
Wildlife Trust

 @swtactivities

 @staffswt

 @Staffswildlife

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

## Toddler Sessions - Discover, explore, and play outdoors

**Family Wildlings** Monday 14 April, 10.30am - 12pm.  
£6.50 per child and £3.50 per additional siblings. Suitable for 6 months - 5 years.

## Aiming High Wildfamilies- for children with additional needs

**Signs of Spring Wildplay**  
**Wildplay and Wild Flowers**

Monday 14 April, 1.30pm - 3.30pm  
Tuesday 22 April 10.30am - 12.30pm

Free thanks to funding from Aiming High funding and bookable through Aiming High directly only.  
Suitable for all ages.

## Wildfamilies - fun for the whole family

**Easter Fun in the Woods\***  
**Woodland Adventures**  
**Pond dipping and Minibeast Hunting\***  
**Pond dipping and Minibeast Hunting\***

Wednesday 16 April, 10.30am - 12.30pm  
Wednesday 23 April, 10.30am - 12.30pm  
Friday 25 April, 10am - 12pm  
Friday 25 April, 1.30pm - 3.30pm

£7.50 per child, £4.50 for additional siblings. Please check the website for suitable age ranges.  
\*Free places through Aiming High available for this session bookable through Aiming High directly.

## Dark Skies- Night time stroll for the whole family!

Wednesday 16 April, 6.30pm - 8.30pm  
£7.50 per person. Suitable for all ages

## Easter Eggstravaganza!- an afternoon of Easter-based activities

Thursday 17 April, 1pm - 4pm  
£10 per child, £7 per adult. Suitable for all ages

## Pond Dipping at Wolseley - Discover who lives in the pond!

Tuesday 15 April, 10.30am - 11.30am  
1.00pm - 2.00pm  
2.30pm - 3.30pm  
£5.00 per person. Suitable for all ages

**Booking essential: [www.staffs-wildlife.org.uk/events](http://www.staffs-wildlife.org.uk/events)**  
For more details, contact [getwild@staffs-wildlife.org.uk](mailto:getwild@staffs-wildlife.org.uk)



Staffordshire  
Wildlife Trust

Sign up for



The fundraising challenge  
for little explorers!

Walk 3km (the same distance a hedgehog can  
walk in one night) and raise money for wildlife!

31st March - 13th April 2025

[wildlifetrusts.org/hedgehog-walk](http://wildlifetrusts.org/hedgehog-walk)





## 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.



## Celebrate Holy Week at St. Lawrence's, Coppenhall or St. Leonard's, Dunston



**Palm Sunday**  
Sunday 13<sup>th</sup> April  
Coppenhall – 9:30 am  
Dunston – 11:00 am



**Good Friday**  
Friday 18<sup>th</sup> April  
Coppenhall Church open for personal prayer and reflection  
11:00am – 12:00 noon



**Easter Sunday**  
Sunday 20<sup>th</sup> April  
Coppenhall – 9:30 am  
Dunston – 11:00 am

A warm welcome at all services  
Refreshments after the service at Coppenhall  
Activities for children on Easter Sunday  
including egg decorating and an egg hunt

## What Parents & Educators Need to Know about

# INSTAGRAM

AGE RESTRICTION  
**13+**

Instagram remains one of the world's most popular social media platforms, especially among teens – with around 70% of 13 to 17-year-olds using it. Owned by Meta, Instagram allows users to share photos and videos, create interactive 'stories', broadcast live, send private messages and follow others. With regular updates and new features, it's essential for parents and educators to stay informed about how children are using the app – and what the risks are.

### WHAT ARE THE RISKS?

#### EXCESSIVE SCREEN TIME

Instagram's design encourages prolonged use through endless scrolling of trending content and generating a fear of missing out (FOMO). Children can quickly lose track of time browsing posts from friends, influencers, and strangers, which may disrupt their day-to-day activities.

#### AI CHATBOT CONCERNS

Meta's AI, which is available on Instagram, allows users to chat with an in-app chatbot. While often helpful, it can blur boundaries for young users, who may ask for or read content that is inappropriate or see it as a real friend or confidant. Privacy issues also arise, as conversations may not be as secure or private as children assume.

#### RISKS OF GOING LIVE

The livestream feature allows real-time broadcasting to followers – or anyone, if the account is public. This increases the chance of unwanted contact from strangers and pressure to act in ways that gain attention, including engaging in inappropriate behaviour. Viewers may also post offensive or harmful comments during live sessions.

#### THREADS INTEGRATION

Threads is Instagram's sister app for public, text-based conversations. Posts from Threads appear in users' Instagram feeds and can lead children to view, share, and comment on public conversations with strangers. The content may not always be age-appropriate and can be misleading or false.

#### SCHEDULED MESSAGING

Instagram's newer ability to schedule direct messages late at night or early in the morning. This can disrupt their sleep or keep them preoccupied before the school day even begins.

#### EXCLUSION AND LOW SELF-WORTH

Feeling left out online can have a real emotional impact. Being left out of photos, receiving fewer likes, being unfollowed, or being ignored in chats and comments can leave children feeling excluded, which often hurts as much as in real life. There is a risk this can lead to reduced self-esteem and a sense of not belonging.

## Advice for Parents & Educators

### USE INSTAGRAM'S SUPERVISION TOOLS

Instagram's built-in Family Centre lets parents monitor how much time their child spends on the app. Specialised 'teen accounts' are private by default and offer controls on who can message them. Make sure that children use their real age when registering their account to ensure they have these protections.

### OPEN UP THE CONVERSATION

Talk regularly to the children in your care about what they enjoy on Instagram – and what makes them uncomfortable. Encourage honest chats about filters, body image, and online approval. Reassure them that they don't need to edit their appearance or chase 'likes' to feel valued.

### SET BOUNDARIES FOR THREADS AND AI

Parental controls on Instagram also apply to Threads. These allow parents to monitor time spent in the app, check follower lists and adjust exposure to sensitive content. Discuss AI features, too, to ensure helping children understand that chatbots aren't real people and should be used with care.

### BE MEDIA-SAVVY WITH INFLUENCERS

Parents should follow a few of the influencers their child watches, so they can better understand the content they're seeing. Use this as a springboard to talk about the difference between genuine recommendations and paid promotions – and how online personalities can shape opinions and behaviours.

### Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



#WakeUpWednesday

The National College

## May 2025 Activity Brochure



Hello...

This is a list of every Aiming High activity planned to take place in May 2025 across Staffordshire for SEND children and young people aged 0-18 years.

We have separated our activities into the district they will be held in. To quickly jump to a particular district, please follow the links on the next page.

We strongly recommend that you visit the [Staffordshire Connects](https://www.staffordshireconnects.co.uk/) website to read the full details of all Aiming High activities prior to booking. May's activities will be visible on the website from Tuesday 1<sup>st</sup> April 2025 onwards.

**From 9am on Tuesday 1<sup>st</sup> April...**

Call to book your places on May activities:

**0300 111 8007**

(option 2, then option 3)

The booking team are open:  
Monday-Friday, 9am-5pm

\*Lines will be closed on Friday 18<sup>th</sup> April & Monday 21<sup>st</sup> April due to Easter bank holidays



**One more thing...**

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



## Stafford (1)



**Wednesday 7<sup>th</sup> May**

**INDIVIDUAL**

Chuckle Chitout

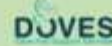
5:00pm - 7:00pm

**SEND aged 5 - 18 years**

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

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

**\*Bookings close 2.5.25 at 5pm or as soon as fully booked\***



**Tuesday 13<sup>th</sup> May**

**INDIVIDUAL**

Bowling

5:00pm - 7:00pm

**SEND aged 5 - 18 years**

Tenpin, Greyfriars Place, Stafford, ST16 2SD

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

**\*Bookings close 6.5.25 at 5pm or as soon as fully booked\***



**Saturday 17<sup>th</sup> May**

**INDIVIDUAL**

Cinema & McDonalds

10:00am - 2:00pm

**SEND aged 7 - 15 years**

Meeting point: Odeon, Waterfront Way, Stafford, ST16 2HQ

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

**\*Bookings close 25.4.25 at 5pm or as soon as fully booked\***

**\*EXPRESSION ON INTEREST\***



**Wednesday 21<sup>st</sup> May**

**INDIVIDUAL**

Chuckle Chitout

5:00pm - 7:00pm

**SEND aged 5 - 18 years**

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

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

**\*Bookings close 19.5.25 at 12:noon or as soon as fully booked\***

## Stafford (2)



**Tuesday 27<sup>th</sup> May**

**INDIVIDUAL**

Amerton Farm

10:00am - 1:00pm

**SEND aged 7 - 15 years**

Amerton Farm, Stafford, ST18 0LA

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

**\*Bookings close 25.4.25 at 5pm or as soon as fully booked\***

**\*EXPRESSION ON INTEREST\***



**Staffordshire Wildlife Trust**

**Tuesday 27<sup>th</sup> May**

**FAMILY**

Fun in the Woods Wildlife

10:00am - 12:00pm

**SEND aged 0 - 18 years + family members**

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

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

**\*Bookings close 22.5.25 at 12:noon or as soon as fully booked\***



**Staffordshire Wildlife Trust**

**Wednesday 28<sup>th</sup> May**

**FAMILY**

Really Wild Wildfamilies

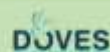
10:30am - 12:30pm

**SEND aged 0 - 18 years + family members**

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

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

**\*Bookings close 27.5.25 at 12:noon or as soon as fully booked\***



**Wednesday 28<sup>th</sup> May**

**INDIVIDUAL**

Flip-Out

2:00pm - 4:00pm

**SEND aged 5 - 18 years**

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

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

**\*Bookings close 21.5.25 at 5pm or as soon as fully booked\***

## Stafford (3)



**Wednesday 28<sup>th</sup> May**

**INDIVIDUAL**

Play at Lower Drayton Farm

10:00am - 1:00pm

**SEND aged 0 - 18 years**

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

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

**\*Bookings close 21.5.25 at 5pm or as soon as fully booked\***



**Staffordshire Wildlife Trust**

**Friday 30<sup>th</sup> May**

**FAMILY**

(Integrated) Pond Dipping & Minibeast Hunting AM

10:00am - 12:00pm

**SEND aged 0 - 18 years + family members**

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

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

**\*Bookings close 28.5.25 at 12:noon or as soon as fully booked\***



**Staffordshire Wildlife Trust**

**Friday 30<sup>th</sup> May**

**FAMILY**

(Integrated) Pond Dipping & Minibeast Hunting PM

1:30pm - 3:30pm

**SEND aged 0 - 18 years + family members**

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

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

**\*Bookings close 28.5.25 at 12:noon or as soon as fully booked\***

### Please note...

Activity bookings can only be made by the person who holds parental responsibility for a SEND child/young person. If you require someone else to book an activity on your behalf, permission must be granted by you prior to the nominated person calling the booking team.

To grant permission for someone else to book on your behalf, you can either call the booking team on 0300 111 8007 (option 2, then option 3), or email [gan@referrals@staffordshire.gov.uk](mailto:gan@referrals@staffordshire.gov.uk).

If prior permission has not been given, the booking team will be unable to make any bookings until they have spoken to or received an email from the person who holds parental responsibility.



## SPOTTING THE SIGNS OF STRESS AND ANXIETY

### PART 1



The Sandbox

Stress and anxiety don't just affect your thoughts. It can also affect how you feel emotionally, physically and how you act towards others.



The Sandbox



## PHYSICAL SIGNS

The Sandbox

## RAPID HEARTBEAT

You may notice your heartrate increases when you are feeling stressed or thinking about stressful events coming up.



The Sandbox

## SHORTNESS OF BREATH

Feeling out of breath? Anxiety can make breathing feel shallow and fast, which can sometimes lead to dizziness.



The Sandbox

## STOMACH ACHES

Stress and anxiety can upset your digestive system, causing stomach pain, nausea, or even bloating.



The Sandbox



## EMOTIONAL SIGNS

The Sandbox

## IRRITABILITY

Feeling snappy or easily annoyed? Stress and anxiety can lower your patience and make small things feel overwhelming.



The Sandbox

## FEELING OVERWHELMED

When everything feels "too much", it might be a sign that your mind is struggling to process stress.



The Sandbox

## DIFFICULTY CONCENTRATING

Struggling to focus on tasks? Anxiety can make your mind feel scattered or foggy.



The Sandbox

# Taking care of your child's teeth



Healthy teeth are important to help children eat, speak, and smile confidently. As soon as your child's 1st milk tooth appears it's time to start brushing to establish good dental habits for life.

## DO's

- Use a smear (the size of a grain of rice) of toothpaste for babies and toddlers up to 3 years



- Use a pea sized amount of toothpaste for children aged 3 to 6



- Brush teeth and gums twice a day for 2 minutes each time, always before bed and one other occasion.

Children aged 7 and over should be able to brush their own teeth, but it's still a good idea to watch to make sure they brush properly

- Take your child to the dentist when their first milk teeth appear. This is so they become familiar with the environment and get to know the dentist.

Use a family strength fluoride toothpaste, look for one containing between 1,350ppm and 1,500ppm

## DONT's

If your child has a dummy do not offer it to them after 12 months of age. Prolonged dummy use can encourage an open bite, which is when teeth move to make space for the dummy. They may also affect your child's speech development

Do not rinse with water after brushing, as it washes away fluoride.

Always discourage your child from eating, swallowing or licking toothpaste from the tube

Do not offer your child drinks from a bottle once they are 12 months old. Using a free flow 'Sippy' cup is recommended

Do not let your child have too many sugary drinks and snacks. Water or milk to drink and snacks that are kind to your teeth such as fresh fruit, vegetable sticks, crackers, chapatti's etc. are best

The NHS website for anyone looking for a dentist is - [Find a dentist - NHS \(www.nhs.uk\)](http://www.nhs.uk)



If a child or adult is experiencing pain and need an emergency appointment but are unable to find an NHS dentist contact Stoke-on-Trent and Staffordshire's Dental Advice Line on 0300 123 0981

<https://www.nhs.uk/start-for-life/how-to-take-care-of-your-baby-or-toddlers-teeth/>

The NHS website for anyone looking for a dentist is

[Find a dentist - NHS \(www.nhs.uk\)](http://www.nhs.uk)

If a child or adult is experiencing pain and need an emergency appointment but are unable to find an NHS dentist contact Stoke-on-Trent and Staffordshire's Dental Advice Line on –

**0300 123 0981**

Better Health Start for Life NHS

To help avoid tooth decay.

**SAY GOODBYE** to the bottle





**CHILL OUT CLUBS**

**YOUTH CLUBS**  
FOR JUNIORS AGED **8-12** &  
SENIORS AGED **12-17**

SPORTS   GAMING   COOKING   Dance   DRAMA   MUSIC

QIING   HEALTH & WELLBEING   TEAM GAMES   TECHNOLOGY   ARTE & CRAFTS   NATURE

**FROM £3.50 PER PERSON, PER SESSION  
REDUCED IF RECEIVE FREE SCHOOL MEALS  
FIRST SESSION IS FREE!**

**CHILLOUT4FREE**  
Use code at checkout on [www.chilloutclubs.com](http://www.chilloutclubs.com)

More information overleaf...

Chillout Youth Clubs available for young people in South Staffs for your information and wider sharing.

Sessions are currently running in:

Penkridge

Huntington

Great Wyrley

Codsall



**CHILL OUT CLUBS**

**VOLUNTEERS WANTED**  
YOUNG LEADERS (14+) - ADULTS (18+)

Looking for an exciting way to give back to your community? Join our chill out clubs volunteers team and make a difference in the lives of young people today!

As a chill out clubs **volunteer**, you'll have the opportunity to mentor, support, and inspire young people to reach their full potential. Whether you have a specific skill set or just a passion for working with young people, we welcome people of all backgrounds and experiences.

**OUR CURRENT YOUTH CLUBS**

Juniors aged 8-12 & Seniors aged 12-17  
Huntington | Penkridge | Codsall | Great Wyrley

<p><b>MONDAY</b> Huntington (Cannock) Huntington Community Centre Juniors - 8pm - 7:30pm Seniors - 7:30pm - 9pm</p>	<p><b>TUESDAY</b> Penkridge Penkridge Peace Memorial Hall Juniors - 8pm - 7:30pm Seniors - 7:30pm - 9pm</p>
<p><b>WEDNESDAY</b> Codsall Trinity Methodist Church Juniors - 8:30pm - 8pm Seniors - 8pm - 9:30pm</p>	<p><b>FRIDAY</b> Great Wyrley Great Wyrley Scout and Guide Centre Juniors - 8pm - 7:30pm Seniors - 7:30pm - 9pm</p>

**MORE YOUTH GROUPS OPENING SOON IN YOUR AREA**

Further details, please call: 0800 388 8068 or 01543 753434  
[chillout@chilloutclubs.com](mailto:chillout@chilloutclubs.com) | [www.chilloutclubs.com](http://www.chilloutclubs.com)

Stay connected through our social media: @ChillOutClubs

All information regarding days/times etc is on the flyers attached and if you require any further information, please contact:

Simon Birkedale

T: 01543 753333

E: [simon.birkedale@chilloutclubs.com](mailto:simon.birkedale@chilloutclubs.com)

M: 07854 451979

It all starts with... 



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







# EASTER BIG BOUNCE

Giant Indoor Inflatable Play Event

## DATES & VENUES NOW LIVE!

**BOOK YOUR SPACE HERE**

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

**Ideal for 4 - 13 year olds**

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

**EasterEggHunt & Charity Raffle**

**BOOK NOW!**

[www.BigBounceEvents.co.uk](http://www.BigBounceEvents.co.uk)

Supported by  **THE BEST FUN**

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Facebook Competition: WIN FAMILY BIG BOUNCE TICKETS @Big Bounce Events

# EASTER BIG BOUNCE 2025

## EASTER DATES

ALL EVENTS ONLINE AVAILABLE TO BOOK

**SUN 23rd MARCH - CHEADLE**  
South Moorlands Leisure Centre - ST10 1HJ

**MON 7th APRIL - KETTERING**  
Kettering Buccleuch Academy - NN16 9NS

**WED 9th APRIL - CORBY**  
Lodge Park Sports Centre - NN17 2SG

**SUN 13th APRIL - SWADLINCOTE**  
The Pingle Academy - DE11 0QA

**TUES 15th APRIL - DAVENTRY**  
Daventry Leisure Centre - NN11 4FP

**WEDNESDAY 16th - STOURBRIDGE**  
Crystal Leisure Centre - DY8 1AE

**THURS 17th APRIL - CANNOCK**  
Chase Leisure Centre - WS11 4AL

**GOOD FRIDAY 18th - WALSALL WOOD**  
Oak Park Active Living Centre - WS9 9BH

**EASTER MON 21st - SOLIHULL**  
North Solihull Sports Centre - B37 5LA

**TUES 22nd - COALVILLE**  
Castle Rock High School - LE67 4BR

**WED 23rd - STAFFORD**  
Stafford Leisure Centre - ST16 3TA

**THURS 24th - BURTON**  
Shobnail Leisure Complex - DE14 2BB

**FRIDAY 25th - BLOXWICH**  
Bloxwich Active Living Centre - WS3 2DA

**SUNDAY 27th - BIDDULPH**  
Biddulph Valley Leisure Centre - ST8 7HL

**\*\*\*SAVE 20% Discount code\*\*\***

Please share with parents "SCH20" to save up to 20% on tickets by going direct to our website [www.BigBounceEvents.co.uk/Tickets](http://www.BigBounceEvents.co.uk/Tickets) and enter discount code at checkout



[www.staffordsport.co.uk](http://www.staffordsport.co.uk)



# FREE Easter Holiday Sports\*



Monday 14th April- Thursday 17th April 10am-4pm  
Tuesday 22nd April - Friday 25th April 10am-4pm

At Blessed William Howard Catholic High School Stafford

Staff are NGB qualified, DBS Checked and First Aid Trained.  
Staff employed by the Stafford Sports and Performance Academy

The days will be filled with sporting fun including football, rounders, dance, cricket, badminton, table tennis and MORE. Sessions are perfect for boys and girls.



**FREE HOT MEAL INCLUDED**

\*Free spaces available to children on FREE SCHOOL MEALS Programme



**IDEAL FOR AGES 5-13**

Twitter: @staffordsport



[www.facebook.com/staffordsport](http://www.facebook.com/staffordsport)