

Friday Post

Friday 9th May 2025

Our School Value: Service

Key verse: God has shown you his grace in giving you different gifts. And you are like servants who are responsible for using God's gifts. So be good servants and use your gifts to serve each other. **Peter 4:10**

Dear Families,

Another packed week has flown by - shorter than normal but no less busy!

Foxes enjoyed a fantastic day of out door activities at Chase Water on Tuesday. I was able to join for the afternoon and loved watching the children get stuck into new activities and overcoming nerves and uncertainty. We have received some really positive feedback from families about the day which we are very grateful for, thank you! Check out the photos later in the Post.

Today has been a busy day too with photos this morning and VE Day celebrations this afternoon. The children spent the afternoon in their teams completing different activities to celebrate and reflect on the occasion. The children reflected thoughtfully on the significance of the occasion.

We have a few places left for piano lessons in September. Since we started lessons, we have seen great uptake of these sessions and the children have all made super progress. If you would like to secure a place for September, please let the office know.

Next week, Hedgehogs have an oral health session on Wednesday and we will be continuing with all the fantastic learning that takes place across the school day to day.

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





YEAR 3

These will be in their reading diary today.
They are individual to each child.

Foxes 'parent learn with me' workshop



Mrs. Carrington is inviting one parent per family to attend a Times Tables workshop. There are 12 spots available on either Wednesday, May 14th, or Wednesday, June 5th. Interested parents can sign up on the sheet located in the school reception area.

YEAR 4

Adding the suffix -ous

various
furious
glorious
victorious
mysterious

humorous
glamorous
vigorous
odorous
rigorous

SENCO update:

In light of Miss Phillips leaving at the end of the summer term, we have begun working with Mrs Stafford. Mrs Stafford is an experienced SENCO and works in schools across our Trust. She will be working with Miss Phillips this term to transition into the role, ready to continue to support staff and our pupils with SEND in September.



Perkins Eco Award

We will be working on our entry for the Perkins Eco-Awards during Ark on a Wednesday afternoon. Please email the office if your child/ren for a session if they would like to take part in this - it will be for the first session in Ark at a cost of £3.80 per child.



Next week we are learning

'What a might God we serve'

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

Click the link above to find the lyrics & music

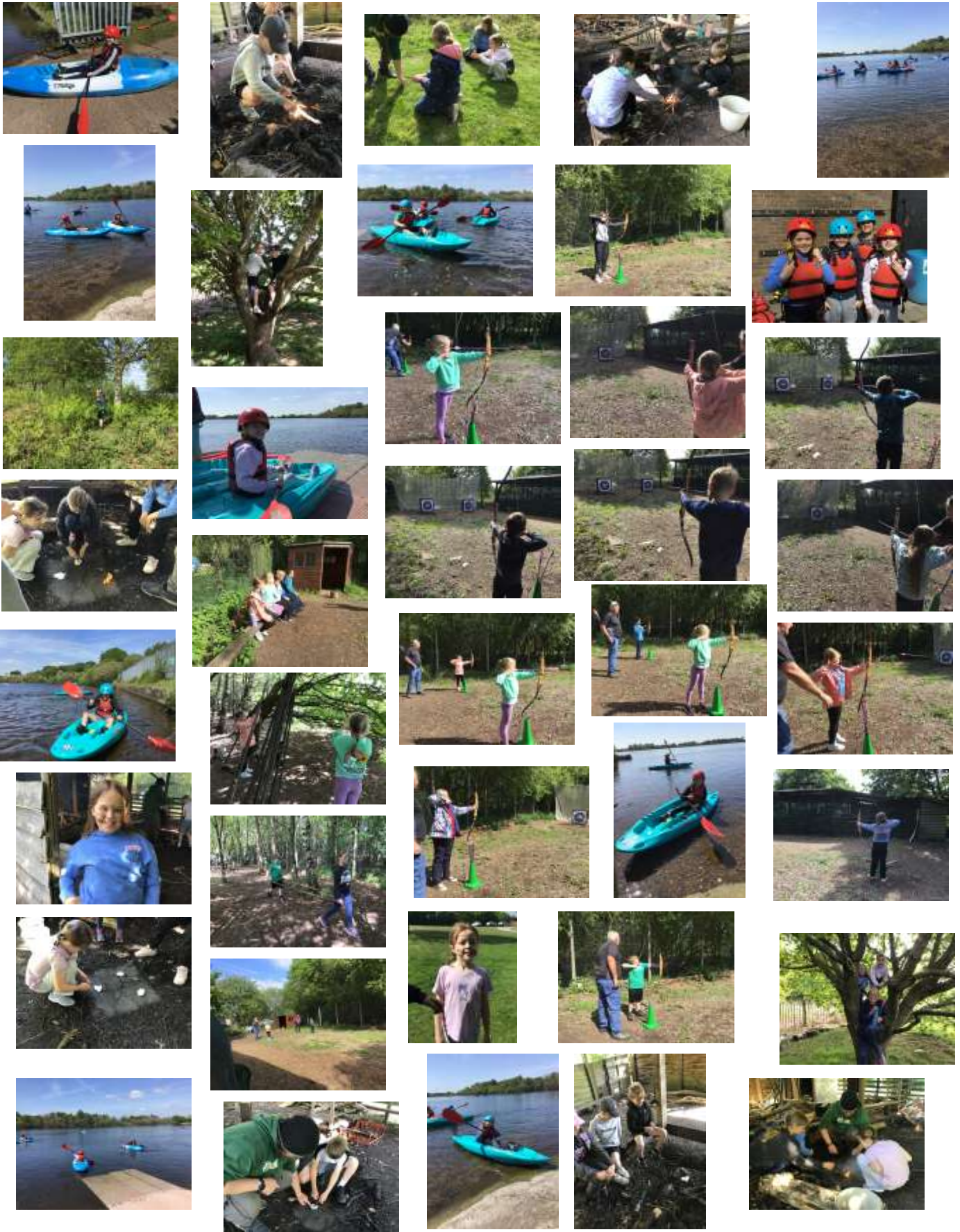
Wanted black joggers,
shorts or leggings.

Our supplies of spare joggers, PE shorts or leggings have gone very slim for both boys and girls - if you are having a clear out we would gladly take them off your hands!

Please hand in to the office.
Thank you



The children had a great day!



After School Clubs & Ark



May Ark invoices and After School Club payments are due - please pay via your ParentPay accounts asap. Thank you



Weekly House Point Tally

Oak



75

Holly

69

Sycamore

56

Sentence not sentence

In Owls and Foxes, we have introduced Sentence not Sentence at the beginning of each English lesson. We use this as a verbal exercise to support children with the grammar skills. We ask the children to work with their peers to spot what makes a sentence and what doesn't.

Examples of this are:

'The volcano was dripping with lava and it was rumbling through the city of Pompeii.'

Children might respond by saying ' I know that this is a sentence because it starts with a capital letter, ends with a full stop and has a subject (volcano) and a verb (dripping & rumbling).

As we do this daily, the children are able to use their retrieval skills from previous skills taught to support their learning and understanding.

Since starting Sentence not Sentence, we have seen huge progress within written outcomes of the children.



Linked to our topic of 'The Seaside' Owls have been exploring different rocks in Science.



Owls have been using notes and coins to make a given total.





Stars of the Week



Achievements from home



Dancing



Gymnastics



Swimming

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.

Attendance figures

School Attendance 5th - 9th May 2025

Hedgehogs 92%

Owls 98%

Foxes 98%

Whole School 96%

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

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

Impact of lateness



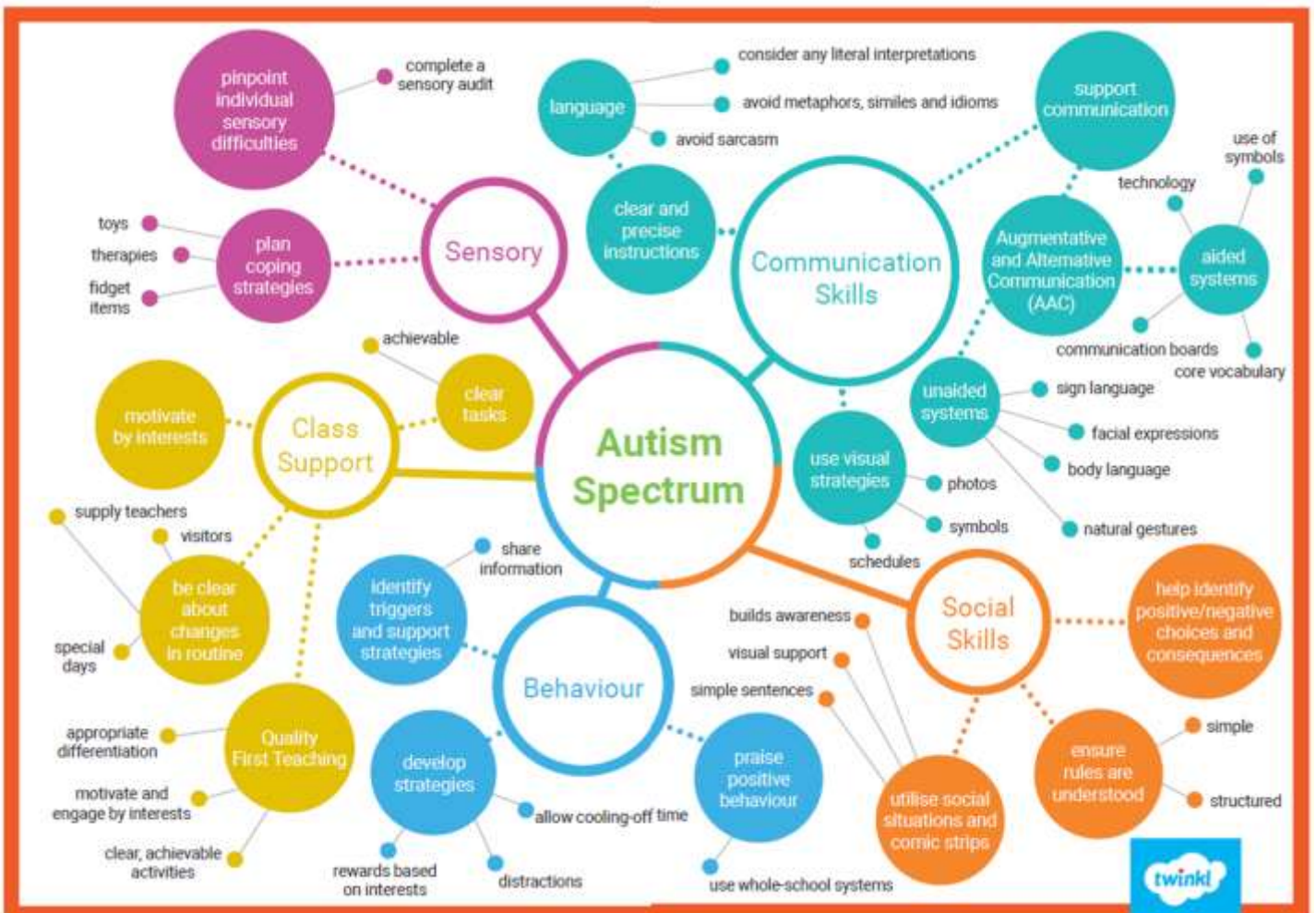
Over a school year –

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.



Foundation Governor Vacancy



A vacancy has arisen for a Foundation Governor on our Local Academy Council (School Governing Board)

Like all LAC members (Governors) Foundation Governors work to support the Headteacher and staff and they have a special responsibility to support the Christian ethos of the school.

You will be expected to attend Governor's meetings which happen after school hours and to also visit school so that you are aware what is happening in classrooms talking to both staff and children.

Although preference may be someone from our parish church, we are grateful for the support of anyone who maybe outside our parish. Successful candidates must be over 18 years of age and will need to have a DBS check which will be organised through the school office.

If you are interested in finding out more about the role, please contact:

Email: office@st-leonards-dunston.staffs.sch.uk

Tel: 01785 712488



<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.

VE Celebrations



Why is peace worth celebrating?

Savannah "Because we won't lose our lives"

Jarrold "We don't need to worry no more"

Lucas "We celebrate peace as it's when things are quiet"

Lola "It means we can go



Dear God,
Thank you for all those who fought to bring peace during the Second World War.
Thank you that peace eventually came.
Please be with all those who are living in areas of the world that are affected by wars today.
Please help us to do our bit in creating peace wherever we are.
Amen.



HEDGEHOGS




This week we have started to zoom in on planet Earth and look at the natural features of the planet. The children have built mountains out of the large loose parts and pretended to be mountaineers by adding in mountain passes. We have written about forests and the plants you can find in them. The children explored the trees in our outdoor area and notice how insects use them for their homes. This encouraged the children to look after the plants in the raised beds and keep them watered but also understand how the sun helps them to grow. In PSHE we have continued to think about British Values. To understand the ideas behind rule of law, we played a game of 'Simon says'. During PE time Mr H is getting us ready for Sports Day by honing our skills in track and field events like Javelin. In our RE topic What happens in our church? We examined different churches and spotted key features on them. The children then use the blocks to make their own. This gave us inspiration for a drawing competition to see who could draw the best archway on the whiteboard.





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:

Art - Make a balloon model of planet Earth or the Sun.

Science 1 - Make a mini terrarium in a see-through container

Geography - Visit a local river, lake or go on a walk on the Chase.

Science 2 - Plant a sunflower seed and observe what happens by keeping a plant diary.

English - Continue to practice mark-making, letter formation, name writing, labelling and phrase/sentence writing.

English 2 - Visit the library and find information books about our planet.

Maths - practise forming numbers correctly, play with jigsaws and board games and arrange 10 objects in different ways.

Owls:

Geography/Writing - Write a postcard to Miss Laing from a seaside location which you have visited. Tell her about the things you saw and did.

DT/Science - Design and make a boat which floats using a range of junk materials.

Science - Test a range of everyday objects to see if they float or sink. Make a prediction before you test each object.

Geography - Either think about two coastal locations which you have visited or research two coastal locations online (either in the UK or abroad) Compare the two locations thinking about similarities and differences.

Maths - Numbots/TTRockstars - Little and often is best

Foxes:

Design your own Rainforest animal Invent your own rainforest creature. Draw or make your animal and write a description of it. This must be at least half a side of A4. Think about: - what it is like; - where it lives (which layer of the forest); - what it looks like; - what it eats (diet) -who hunts it (predators).

People of the Rainforest Find out about a tribe who live in the Rainforest. - Where do they live? - Do they have houses? - What do they eat? - How do they get their food? - What do they wear? - What language do they speak? - Do children attend school? Be creative with the presentation of your findings.

Find out about products which come from the Rainforest. - Identify what they are used for and who uses them. Which of these products do you use in your home? - How far have these products had to travel for you to use them? Present your findings on a fact sheet.

Save the Rainforest! An area of rainforest the size of a football field is being destroyed each second. Create a poster or a leaflet to persuade people to help protect the Rainforest. Think about: - Why are they cutting down the rainforests? Who is doing this? - Who does it affect? - What can we do to help?

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**.



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 \(The Times\)](#)



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.



Cost - Nursery, Year 3 & Year 4

The cost of a school meal for children in Nursery, Year 3 and Year 4 is **£3.20**

WC 12th May 2025 - Week THREE



	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)	<p>Ham or Cheese Sandwich</p> <p>Tomato Pasta</p> <p>Due to problems with the gas in our school kitchen we can currently only serve the above. Engineers will be in school on 12/5 we will update you asap Apologies for any inconvenience.</p>
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)	
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)	
THURSDAY	Italian Sausage Pasta Bake Veg of the Day Saltana Flapjack (Ve)	Mac & Cheese (V) Veg of the Day Apple 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)	
	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	

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

Wednesday 14th May	Year 3 & 4 parent timetables workshop (12 spaces) - 9am - 9.30am
Friday 23rd May	Parents welcome to join our 'Champion of Service' service at the Village Hall at 9:15am
Monday 26th May Friday 30th May	Half Term
Monday 2nd June	Inset Day - School closed to pupils
Thursday 5th June	Year 3 & 4 parent timetables workshop (12 spaces) - 9am - 9.30am
Wednesday 11th June	Perkins ECO Day - by invite
Friday 20th June	Sports Day & Family picnic - No Rounders Club
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/>

Making up the Little book



Print onto A4 or A3. Fold inwards along the horizontal dotted line.




Then fold inwards along the vertical dotted line.

You will have a title page and 3 pages to fill in or read.




2


Stretch up your arms and draw it



Stretch high into the sky like a kite




Step on one leg for 5 and on the other leg for 5



To 10 star jumps

Fun Fitness Challenge

1



How does it make you feel?

How does it make you feel?

How does it make you feel?

How I like to be active

How you will do something active that you like

Can you be active every day this week?


Write something you love to do in each box.

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	


3



MY LITTLE BOOK OF FITNESS



Let's get moving and feel great!




Find out more



🎉 All Stars Cricket Programme at Church Eaton Cricket Club 🎉

ST20 OAG

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





www.staffordsport.co.uk



May Holiday Sports Clubs

At Blessed William Howard Catholic School

Tuesday 27th May to Friday 30th May

8.30am- 5.30pm - £26.50 per day
10am-4pm - £24.50 per day
*Plus a small booking fee also applies

Staff are NGB qualified, DBS Checked and First Aid Trained.
Staff employed by the Stafford Sports and Performance Academy
07793891029 or email holidayclubs@staffordsport.co.uk

The days will be filled with sporting fun including football, rounders,, dance, cricket, badminton, table tennis and MORE.

IDEAL FOR AGES 5-13



www.facebook.com/staffordsport



To book a place please click on link below or QR Code:
<https://eequ.org/experience/10978>



ADHD NOT JUST ABOUT FOCUS!

The Sandbox

ADHD WHAT IS IT?

ADHD stands for Attention Deficit Hyperactivity Disorder. It's a condition that affects how people focus, control impulses, and manage their energy.

The Sandbox

ADHD EXAMPLE

Dory from Finding Nemo is a beloved character who is cheerful and optimistic, but she has trouble with remembering things and staying on task.

The Sandbox

ADHD MYTH 1 ADHD IS JUST ABOUT FORGETFULNESS

People often think ADHD is forgetfulness like Dory's, but ADHD is much more complex. It affects focus, emotions, impulse control, and energy levels, and it doesn't just make you forget things.

The Sandbox

ADHD MYTH 2 ADHD IS JUST BEING HYPER

Dory's character is shown as super energetic, but ADHD isn't just about being hyperactive. Some people with ADHD may have trouble focusing or sitting still, but others might have a quiet, inattentive type of ADHD.

VS

The Sandbox

ADHD MYTH 3 PEOPLE WITH ADHD JUST NEED TO TRY HARDER

In reality, people with ADHD often work harder than others to stay on task, but their brains work differently, which makes it harder to manage certain things.

The Sandbox

ADHD

WHAT IT REALLY IS...

ADHD is a condition that affects how people focus, organise tasks, and control impulses.



The Sandbox

ADHD

WHAT IT REALLY IS...

Not everyone with ADHD acts like Dory. Some people might be more quiet or withdrawn, while others might struggle with extreme impulsivity or hyperactivity.



The Sandbox

MANAGING ADHD

ADHD can be managed with therapy, medication, and strategies that help people stay organised and focused. With the right support, people with ADHD can thrive and succeed.



The Sandbox

ADHD TAKEAWAYS

If you or someone you know has ADHD, it's important to understand that it's not about just "trying harder." It's a real struggle but it can be managed with the right care and support.



The Sandbox

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 1st April 2025 onwards.

From 9am on Tuesday 1st 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 18th April & Monday 21st 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 7th May

INDIVIDUAL

Chuckie Chitout

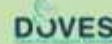
5:00pm - 7:00pm

SEND aged 5 - 18 years

The Chuckie 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 13th 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 17th May

INDIVIDUAL

Cinema & McDonalds

10:00am - 2:00pm

SEND aged 7 - 15 years

Meeting point: Odeon, Waterfront Way, Stafford, ST16 3HQ

Available to all Staffordshire children

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

EXPRESSION OF INTEREST



Wednesday 21st May

INDIVIDUAL

Chuckie Chitout

5:00pm - 7:00pm

SEND aged 5 - 18 years

The Chuckie 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 27th 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 OF INTEREST



Tuesday 27th 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



Wednesday 28th May

FAMILY

Really Wild Wildfamilies

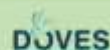
10:30am - 12:30pm

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 28th 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 28th 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



Friday 30th 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



Friday 30th 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 gap@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.





Early years choking hazards food safety advice

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For babies and young children, food can be a choking hazard, especially when they do not chew their food well or they try to swallow it whole.

Choking can happen with any foods, but 'firm foods', bones and small round foods that can easily get stuck in the throat present a higher risk. Therefore, care givers should follow these five essential steps:

- 1** Make sure food is **suitably prepared and served** for babies and children under 5 years old. For suitable foods, see <https://www.nhs.uk/start4life/weaning/> Introduce babies to solid foods from around 6 months of age.
- 2** **Think about size, shape and texture of food.** Cut food into narrow batons, avoid round shapes and firm foods. Firm fruit & vegetables can be softened by cooking.
- 3** Ensure that babies and young children are **alert and seated safely upright** in a highchair or appropriately sized low chair whilst eating.
- 4** **Babies and young children should be supervised at all times** while eating. You will be able to identify the early signs of choking and prevent harm.
- 5** **Encourage babies and young children to chew food well.** Teach children how to chew and swallow food properly, and ensure they take their time during meals. This will reduce their risk of choking.

Care givers and parents should be familiar with how to respond to a choking incident in line with guidance on first aid for children:

How to stop a child from choking: <https://www.nhs.uk/conditions/baby/first-aid-and-safety/first-aid/how-to-stop-a-child-from-choking/>

How to resuscitate a child: <https://www.nhs.uk/conditions/baby/first-aid-and-safety/first-aid/how-to-resuscitate-a-child/>

Early years food choking hazards

Below is a table of advice on key foods for care givers who are involved with preparing and serving food for babies and young children (under 5 years old)

Vegetable and fruits	Advice
Pips or stones in fruit	Always check beforehand and remove hard pips or stones from fruit.
Small fruits	Cut small round fruits like grapes, cherries, berries, strawberries and cherry tomatoes, into small pieces: cut lengthways and then again cut them in halves (quarters).
Large fruits and firm fruits	Cut large fruits like melon and firm fruits like apple into slices instead of small chunks. For very young children, consider grating or mashing firm fruits, or softening them up by steaming or simmering.
Vegetables	Cut vegetables like carrots, cucumber and celery into narrow batons. For very young children consider grating or mashing firm vegetables and legumes like butter beans, chickpeas and tofu, or softening them up by steaming or simmering.
Skin on fruit and vegetables	Consider removing the skin from fruit and vegetables, especially for very young children. Peeled fruit and vegetables can be swallowed more easily.
Cooking fruit and vegetables	Consider softening firm fruit and vegetables (such as carrots, broccoli, yam and apples) by steaming or simmering until soft. Serve cut into slices or narrow batons.
Meat and fish	Advice
Sausages and hot dogs	Cut sausages and hot dogs into short strips. Cut them in half and then lengthways or as thinly as possible. Peeling the skin off the sausages helps them to be swallowed more easily.
Meat or fish	Remove bones from meat or fish. Cut meat into strips as thinly as possible. Remove skin and fat from meat and fish, it will help the food pass smoothly down the throat.
Cheese	Advice
Grate or cut cheese	Grate or cut cheese into short strips. Cut lumps of cheese as narrow as possible.
Nuts and seeds	Advice
Chop or flake whole nuts	Chop or flake whole nuts, peanuts and seeds. Whole nuts should not be given to children under five years old.
Bread	Advice
White bread and other breads	White bread can form a ball shape with a dough-like texture at the back of a child's throat, if not chewed properly. Brown bread or toasted white bread are good alternatives. Cut bread, chapatis, naan bread and other breads into narrow strips.
Snacks and other foods	Advice
Popcorn	Do not give babies and young children popcorn.
Chewing gum and marshmallows	Do not give babies and young children chewing gum or marshmallows.
Peanut butter	Do not give babies and young children peanut butter on its own, only use as a spread.
Jelly cubes	Do not give babies and young children raw jelly cubes.
Boiled sweets and ice cubes	Do not give babies and young children boiled, hard, gooey, sticky or cough sweets, or ice cubes.
Raisins and other dried fruits	Do not give babies under the age of 1 whole raisins or dried fruits. Cut them into small pieces.

Make sure food is prepared appropriately for children under 5 years old, see: <https://www.nhs.uk/start4life/weaning/>

It is also advisable that care givers are familiar with how to respond to a choking incident, see: How to stop a child from choking: <https://www.nhs.uk/conditions/baby/first-aid-and-safety/first-aid/how-to-stop-a-child-from-choking/>

and How to resuscitate a child: <https://www.nhs.uk/conditions/baby/first-aid-and-safety/first-aid/how-to-resuscitate-a-child/>