

Friday Post

Friday 4th July 2025

Our School Value: Respect

Key verse: Do for other people the same things you want them to do for you. **Matthew 7:12**

Dear Families,

We have been busy with transition this week!

On Wednesday, many of our Year 4 pupils went to visit their new settings ready for Year 5. They came back to school full of stories about new friends, teachers, lessons and tasty snacks! We also enjoyed seeing pupils in school moving to their new classrooms in preparation for September, and we loved welcoming new Nursery and Reception children into school.

We also welcomed Mrs Keay into school this week ahead of her new start as Head Teacher in September. Mrs Keay has enjoyed hearing children read and is looking forward to doing more of this when she visits again on Wednesday. She will be out on the gate again so please do say hello.

Yesterday we had our final LAC meeting of the academic year. Our LAC is our school's governing body and they oversee the strategic direction of the school, providing challenge and support to ensure we are delivering the best possible outcomes for pupils. We have a vacancy for a foundation governor to join our team, please speak to the office if you would like more information on this post.

Next week Foxes have a Stone Age workshop to look forward to, and we have more new nursery children visiting. Please note that next week is the last week for gardening, choir, multi-skills and rounders clubs.

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



Message from Mrs Keay

Dear parents and carers,

It has been lovely visiting school this week; I can't wait to become the Headteacher at St Leonard's C of E First School from September.

Thank you to the children, families and staff who have all made



me feel so welcome during my visits. I have been meeting with Miss Phillips, staff and governors to learn more about the wonderful things which happen at St Leonard's. The School's Christian Distinctiveness and values have really shone through.

On Thursday afternoon, I had a lovely time meeting and reading with the children from 'Owls' class who enjoyed telling me all about their hobbies and interests. I'm really looking forward to joining the children from Hedgehog and Foxes classes next Wednesday.

As a Headteacher and Trust Leader, I am driven by the principles of 'Children at the Heart' and 'Always Aiming Higher.' The children, aspiration and excellence will be our inspiring guides at St Leonard's as we venture excitedly into the 2025-2026 academic year. I'm very excited to be working with everyone from September.

Wishing everyone a wonderful weekend ahead,

Mrs Keay



Prayer Prompts

I'm so thankful for:

I'm so grateful that you gave me:

Thank you for helping me with:

_____ today.

I really need help with:



YEAR 3

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

Foxes

A reminder that payment for your Stone Age workshop is due for payment via your ParentPay account.

Thank you

ParentPay balances

As we are heading towards the end of the summer term please make sure that you check your ParentPay accounts for any outstanding balances. If you need any help please contact the school office.



YEAR 4

decimal
denominator
perimeter
analogue
geometric

acute
obtuse
isosceles
equilateral
scalene



Ark invoices have all been issued for July, payment is due via your ParentPay accounts.



This week we are learning

'Peace like a River'

<https://www.youtube.com/watch?v=7it5W1FVtTs>

Click the link above to find the lyrics & music



PTFA Payments

The PTFA are now able to accept on-line payments.

If you follow the link below you can make a direct payment for the school disco.

https://st-leonards-ptfa.sumupstore.com/?fbclid=IwY2xjawLUemZleHRuA2F1bQlXMQBicmlkE_TBodmNocVM2OTBUOVFBeldXAR5d-mWA_OD9zy6pDepwP41gMCAyva4JOcu65pVQawBfmXE-o_v9yUveg_bYw_aem_OQNyd9WUaoCbrNwf3ckj_ZQ



Leavers Service
Friday 18th July

Everyone is welcome to join us for our final Worship of the term and to wish our leavers all the best as they take their next steps to their new schools. Children will arrive at St Leonard's church at approx. 9.15am

Please put your money in a NAMED ENVELOPE and put in the PTFA box in the entrance hall.



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LEAVERS DISCO 2025

16TH JULY

£7 per child
Drinks and sweet cone
included

RECEPTION to YEAR 4

**CHILDREN TO BE
COLLECTED PROMPTLY
AT 4.30PM**



Wood whittling, making potions, making clay animals and bug hunting were all enjoyed in Forest School this week.



Postcard from the Headteacher



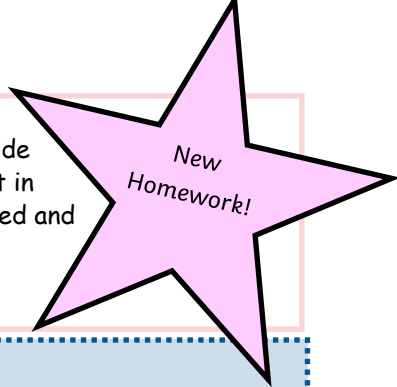
Stars of the Week





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:

Maths - dice games and shape matching games. Create number posters with objects that match the amounts.

English - Reading and writing words with Phase 5 graphemes. Writing sentences about jobs family members do.

History - find out about jobs in the past. Children who worked in mills and factories before school became compulsory.

Science - nature walks to explore habitats and protected nature reserves.

Art and D&T - Create a robot out of recycled materials. Describe what job the robot will do. Make an object that links to a job you like. (fire engine, digger, aeroplane, dog, cat or farm animal).

Owls:

Maths – Numbots/TTRockstars – Little and often is best

Science / PSHE: Design a poster to help people know how to stay safe in the sun.

Science: Look for and record signs of summer in your garden or local area.

English / Science: Research and write some facts about creatures you might find in rock pools at the beach



Foxes:

Create a leaflet for 'How to survive the Stone Age.' Imagine you are transported back to the Stone Age and need a guide to help you survive. What would the guide say? What tips would it have? Use ICT, if you wish.

Stone Age people build shelters to live in using materials they had gathered. Gather some natural materials and build a model shelter.

We know that the first recordings of art were Cave Art. Design a piece of cave art using materials of your choice. i.e. paint, chalk, crayon.



Draw and label a Stone Age person. Can you add any similarities and differences compared to us?



Draw a Stone Age feast, thinking carefully about the food and drink that would be on offer.



Design and make an ancient stone circle or a replica of Stonehenge. Be creative in the way you make your stone circle.



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**.



Attendance figures

School Attendance 30th June - 4th July 2025

Hedgehogs 96%

Owls 89%

Foxes 88%

Whole School 91%

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.

Achievements from outside school



Ballet



Football

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.



Healthy Snacks

Children in Hedgehogs and Owls get a free piece of fruit every day in school, if you are sending your child with an additional snack please could you make sure it is a healthy snack which doesn't contain nuts.



Children should also have a drinks bottle in school every day, especially in this hot weather. Thank you for your support.

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

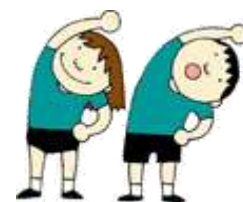
Tel: 01785 712488

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.

HEDGEHOGS



It has been an exciting week in Hedgehogs. Our Reception children went to Owls for the day to experience what it is like in Year 1. We also welcomed some of our new Nursery children and our three new Reception children. We have continued to look at different jobs and read 'Mrs Wobble the Waitress'. We talked about the food we like and used it in our craft activities and imaginary play. We also continued to think about last week's story and made flatbread with flour and natural yogurt. In our class worship we carried on the robot theme from the start of term and talked about driverless cars and how they made us feel - we thought it was exciting but at the same time, we were a bit worried!



Weekly House Point Tally

Oak

56



Sycamore

56

Holly

49

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

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

V - Vegetarian - Ve - Vegan



No nuts please

Please note due to children in school with allergies please do not send any products containing nuts into school for break or lunch times. Thank you for your co-operation.



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.



Reminder

After School Clubs finish on Friday 11th July. After School Care will be available the last week of term if you need it, please book in with the office.



Mr H's PE Stars

Darcie	Amelie	Ozzy
Arthur	Georgie	Evie
Elsie	Maddox	

Well done!

Do you always learn something when you open a book?

Alfie "Yes and no sometimes it can be a normal book and sometimes it's not"

Arthur "It's a mixed answer because there's fiction and non-fiction"

Orla "If you read a book there's lots of information"

Henri "If there are no words, you might look at the pictures"

Rohan "Yes and no because not everyone can read"

Pippa "You can only learn so much by reading a book"

Savannah "Sometimes but not always"

Jarrold "Yes and no, sometimes you have to re-read a page to make sure"

Darcie "No, not all books have words, some books have pictures"

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

BIG QUESTION

Why do we have emotions?

dates to Remember

Tuesday 8th July	Foxes Stone Age Workshop
Tuesday 8th July	Year 4 Football at Wolgarston - 4pm
Wednesday 16th July	PTFA Disco - Reception to Year 4
Friday 18th July	Leavers Service in St Leonard's Church all welcome to join us Last day of school - finish at 1.30pm
Tuesday 22nd July Friday 29th August	Summer Holidays
Tuesday 2nd September	Back to School
Thursday 4th September	Academy Photography - individual pupil photos

Children should arrive at school in clothing suitable for getting muddy on their Forest school day. Please also send your child with a sun hat/ waterproof clothing depending on the weather!



09/07/2025
Year 4



Please could you bring an empty 2, 4 or 6 pint milk bottle by Friday 11th July.

Thank you Mrs Carrington.



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



Our School website

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



www.staffordsport.co.uk



Summer Holiday Sports

At Blessed William Howard Catholic School



Monday 21st July to Friday 22nd August 2025



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

facebook

www.facebook.com/staffordsport



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



www.staffordsport.co.uk



FREE Summer Holiday Sports*

*Free spaces available to children on FREE SCHOOL MEALS Programme



Monday 21st July - Friday 22nd August 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



IDEAL FOR AGES 5-13

Twitter: @staffordsport

facebook

www.facebook.com/staffordsport

For Information please call 07793891029 or email holidayclubs@staffordsport.co.uk
To Book: <https://eequ.org/book/sspa-sports-holiday-clubs-haf-with-stafford-sports-and-performance-academy-8870>

HANDLING ANXIETY ABOUT THE FUTURE

PART 1

The Sandboxes

WORRIED ABOUT THE FUTURE? YOU'RE NOT ALONE.

It's normal to feel anxious about the future, especially when things feel uncertain. But you're not alone; lots of people worry about what's next. The good news is there are ways to manage these feelings so they don't take over.

The Sandboxes

CONTROL WHAT YOU CAN

Some things are within your control, and some aren't. Focus on what you can do, set goals, make a plan, and take small steps. Let go of what's outside your control.

The Sandboxes

STAY IN THE PRESENT

Anxiety can pull us into thoughts like "what ifs" about the future. But worrying about the future won't take away from what we can do right now. Focus on the present instead.

What if things go wrong?

I can handle today. One step at a time.

The Sandboxes

GROUND YOURSELF

Try techniques like deep breathing, mindfulness, or focusing on your surroundings to bring yourself back to the present moment.

The Sandboxes

ACTIONS FOR NOW

Take small steps to act on your worries now. Try writing down your thoughts, reaching out for support, or tackling a simple task.

The Sandboxes

FURTHER SUPPORT



24h Mental Health Access Team - urgent NHS mental health service who will provide support and advice over the phone.

☎ 0808 196 3002 (24/7)

<https://camhs.mpft.nhs.uk/urgent-help>

THE MIX

The Mix offers support for anything that's troubling you. They offer email support, one-to-one webchat service and free short-term counselling.

☎ 0808 808 4994 (4pm-11pm, 7 days a week)

<https://www.themix.org.uk/>

childline

Childline is free, confidential helpline that can help with any issue no matter how big or small. They offer telephone support, one-to-one webchat and an email service.

☎ 0800111 (24/7)

<https://www.childline.org.uk/>



You can get advice from 111 or ask for an urgent appointment with the GP if you aren't able to speak to the urgent helpline, you need help urgently (but it's not an emergency) or you're not sure what to do.

☎ 111

YOUNGMINDS

YoungMinds provides young people with tools to look after their mental health. Their website is full of advice and information on what to do if you're struggling with how you feel.

<https://www.youngminds.org.uk/>

SAMARITANS

Samaritans provide emotional support to anyone in emotional distress or who is struggling to cope. They offer different ways of contact such as webchat, email and letters.

☎ 116123 (24/7)

✉ Email: jo@samaritans.org

<https://www.samaritans.org/>

EMERGENCY

In an emergency / risk to life (either your own or someone else's) and/or you do not feel you can keep yourself or someone else safe.

☎ 999 OR GO TO A&E



The Sandbox is an online mental health support service for Children and Young People in South Staffordshire. The Sandbox provides information, a space to discuss concerns with both professionals and peers and a library of internet delivered CBT exercises. They also offer one-to-one support through chat, text, phone or video consultation.

<https://sandbox.mindler.co.uk/>

shout 85258

Shout 85258 is a free, confidential, text messaging support service for anyone who is struggling to cope.

✉ Text: SHOUT to 85258 (24/7)

<https://giveusashout.org/>



NHS
Midlands Partnership University
NHS Foundation Trust

23 JULY 10-3
Stafford Family Hub

30 JULY 10-3
Tamworth Community
Together CIC

CTRL+YOU

Children, young people, parents and carers are invited to:

- Take part in some fun digital activities
- Discover helpful digital resources for wellbeing
- Help shape MPFT's digital youth forum.



JOIN US & FIND
OUT MORE



Email:
participation@mpft.nhs.uk



Midlands Partnership University



CTRL+YOU

A Family Digital Day Out!

WED 23 JULY 10-3



Stafford Family Hub
Faraday Road, Stafford ST16 3NQ



JOIN US &
FIND OUT MORE



Have fun | Get involved | Make a difference

Step into the future of youth support with Ctrl+You.

A FREE family-friendly event packed with digital fun, interactive workshops, tasty food, and a chance to help shape the future of MPFT's Children & Families digital developments.

What's on for you

Take part in **set sessions** or enjoy all day **experience zones** — your call.

10.00	Arrival
10.30-11.00	Movement & Mindfulness
11.00-12.00	Minecraft and Wii Gaming
12:00-1.00	Pizza & Puds
1:00- 2.00	Minecraft and Wii Gaming
1:00-1.30	Social Media Workshop
1:30-2.30	Minecraft and Wii Gaming
3.00	Finish

Experience zones



Help shape a Digital Youth Forum



Try out VR Headsets



Discover awesome Apps & Digital Tools



Design a National Care Opinion Logo



Have your say on Participation Podcasts & Website



Find out more about digital mental health support

Come for the day or just drop-in

Join us for gaming, mindfulness, and chilled-out vibes – whether you're up for the whole day or just want to dip into a session or two.

To help us plan how much food to order, please book ahead if you can. It's free and only takes a minute.



About Us!

We are the CYPMH Participation Team, working with mental health services across South Staffordshire. We work with children, young people and their families to make sure that their voices are heard.

If you have any questions or would like to know more about our team, you can contact us at participation@mpft.nhs.uk

PENKRIDGE SUMMER FOOTBALL FUN WEEKS 2025



Rural Enterprise

Rodbaston Drive, Penkridge ST19 5PH



Week 1: Monday 21st July- Friday 25th July

9am-3pm

Week 2: Monday 4th August- Friday 8th August

9am-3pm

(For all abilities, girls and boys, aged 4 - 15)

(Please note children aged 4yrs old can only attend for 4 hours a day due to government guidelines)

Dear Parents,

I am pleased to inform you that following the continuing success of previous year's Football Fun Weeks, we are organising **two** summer holiday football courses at the Rural Enterprise High School.

Summary of the holiday course:

- ☑ All abilities welcome.
- ☑ The football course features fun skills practice, match play, team building games, and small tournaments.
- ☑ All children are guaranteed to receive at least one **trophy and certificate!**
- ☑ The fun week is tightly structured with players fully supervised at all times.
- ☑ Children will play on the outdoor football pitches.
- ☑ Inflatable fun games throughout the week including water fun (weather dependent).
- ☑ The children will be coached by F.A Coaches who are all fully DBS checked & First Aid Trained
- ☑ We are fully insured.

The fun week will run for **5 days from 9am- 3pm** with a lunch break from 12pm-1pm where the children will eat a packed lunch from home. On Friday at 2:30pm, there will be a presentation held where parents/ carers are encouraged to come and see their players receive awards.

The cost of the course is £90 for the week (**SPECIAL OFFER: £55 for second and subsequent brothers and sisters**) Or £20 per day.

If you would like to book your child onto both of our summer holiday camps at Penkridge, we will be offering a discount price of £160 for both weeks.

(Please contact us for a discount code if booking two weeks)

Feel free to contact us for any further enquiries.



07530 868 512



teachsports@outlook.com



Teach Sports

Scan QR code below to book online

Select Penkridge Summer Camp and fill in your details.

(Please note payment can only be made via Bacs or cash, not on the booking platform)



Instructions for folding your Fortune Teller

(There are lots of video instructions online should you struggle with this).

Cut out the square carefully.

Turn the paper over face down so it is just white. The images are on the other side. Fold the square diagonally from one corner to the opposite corner. Unfold it and fold diagonally the other way.

Take each corner of the paper and fold it into the middle point where the creases cross. You'll end up with a smaller square.

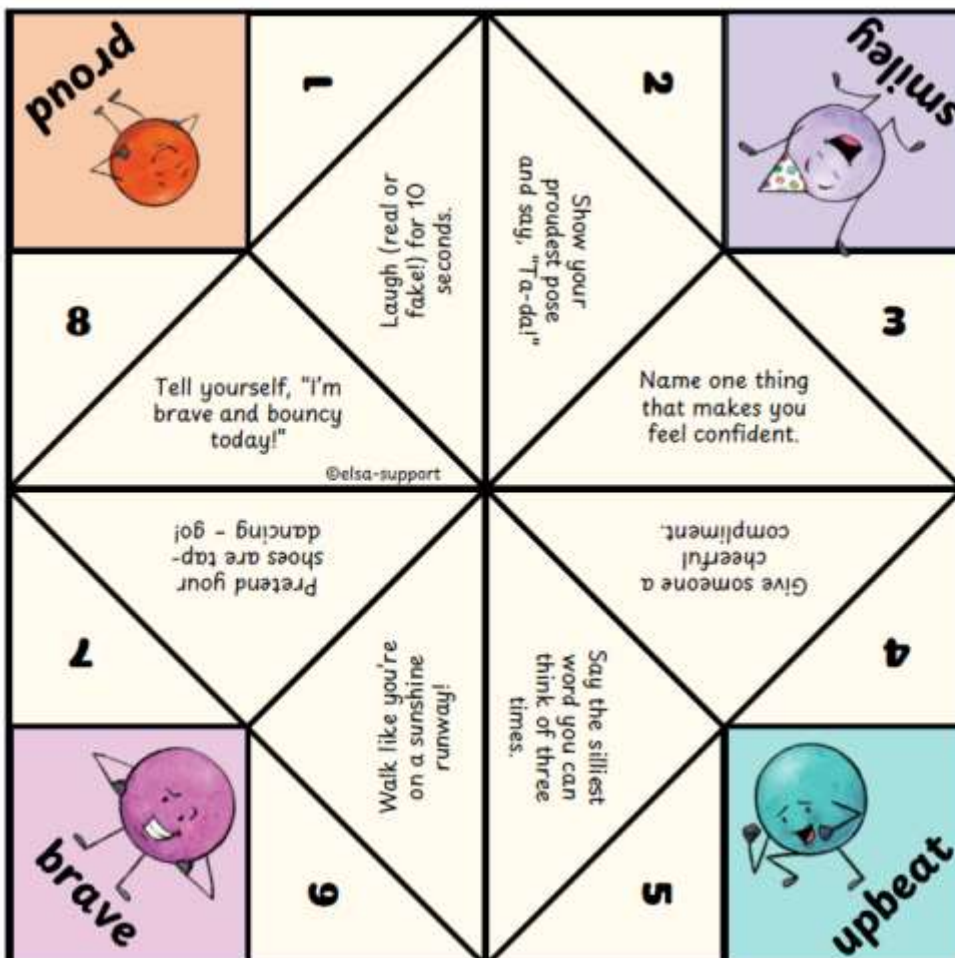
Turn the paper over to the other side (so the folded corners are facing down).

Take each corner and fold them into the centre again. Now you have an even smaller square.

Fold the square in half horizontally, then unfold. Fold it in half vertically, then unfold.

Gently slide your fingers under the four flaps on the front side.

Pinch the paper together so the fortune teller forms its final shape and is easy to open and close with your fingers.



FORTUNE TELLER, CHATTERBOX, COOTIE CATCHER

Print out this sheet.
Cut out the square.
Make up your fortune teller.
(lots of videos online).

Choose a word first and move the fortune teller that number of letters. Then choose a number. Move the fortune teller that number. Then choose a number. Open up the fortune teller to read the task.