



Friday Post

Friday 26th September 2025

Our School Value: Thankfulness

Key Verse: *My command is this: Love each other as I have loved you. Greater love has no one that this; to lay down ones life for one's friends. John 15:12-13*

Thank you to our whole school family for another inspiring week at St Leonard's. Every day, I am overwhelmed by the care and kindness shown from our children, families and staff. Each week, I join the children in class and our 'love to learn,' ethos really does shine through. I am dazzled by the curiosity, creativity and concentration that everyone demonstrates.

A further highlight this week was joining Hedgehog class during Forest School. The children really enjoyed using clay and natural resources. I enjoyed joining the game of hide and seek! Fortunately, we are also able to use our outdoor areas throughout a school day so please remember to send your child with a waterproof coat each day. We are so lucky to have such a beautiful outdoor area to enrich our learning and play. I will be starting a club at lunch time next week where we will be exploring the wonder of nature. This will involve activities such as sketching, planting, poetry, music, story-telling and more. We will share photographs of our new lunch time club next week.

Our focus in worship has been on our school value of 'Thankfulness.' Next week, we will be exploring ways in which we show thanks to each other at home. I look forward to hearing all about 'Thankfulness' in your family.

Our new 'book snuggle' boxes have been shared today. Each week, six lucky children will have the reading boxes to enjoy as a family. There's nothing better than snuggling up together for a bed-time read. In the boxes, you will also find paper and a journal so that children can draw pictures, write stories, poems, letters and more linked to the books. Please could 'book snuggle' boxes be returned on Wednesday. If you wanted to email over a photograph of your 'book snuggle' family times, we can add these to the Friday Post too.

Thank you to everyone this week for the care, kindness and learning we have shared together this week.

Hope that you enjoy lots of fun and creativity over the weekend,
Mrs Keay

Headteacher: Mrs C Keay
St Leonard's First School & Nursery,
School Lane, Dunston, ST18 9AG
Tel: 01785 712488

 **Staffordshire
University
Academies
Trust**

Stars of the Week



Care, Love and Kindness Award



Let all that you do, be done in love' 1 Corinthians 16:14



Next week we are learning:

'Harvest Samba'

[Harvest Samba](#)

Click the link above to find the lyrics & music

Weekly House Point Tally

Holly  96

Oak 90

Sycamore 75

Dear God,
Thank you for creation.
Thank you for our differences.
Thank you that we are all unique and have so many different ways of
thinking and doing.
Help us to work together, to listen to each other and to care for what
other people are feeling and saying.
Help us to be a school family where we can love and grow together.
Amen

Lots of useful videos can be found on CBeebies Parenting - please follow the link <https://www.bbc.co.uk/tiny-happy-people/topics/cpvk1rgzv7nt>

CBeebies PARENTING

[Home](#) [About](#) [Activities](#) [Tips and advice](#) [Child development](#) [Parenting Life](#) [Professionals](#) [Cymraeg](#)

Playful little people



Activity inspiration for 4-6-year-olds

Simple, fun and free activities to try with your child.



Tips and advice

Experts and parents give their advice on language learning and child development.



Child development and milestones

Learn about your child's brain and how they understand the world.

Headteacher Award



PE STARS OF THE WEEK



Ark - October 2025

Please could make sure that you have returned a booking sheet to the school office should you need any after school care in October.

Thank you



Junk Modelling

Mr Atkins welcomes cereal boxes, tubes, egg boxes, yoghurt pots etc for children in Early Years. Please drop off at the office or hand to either Mr Atkins or Mrs Jackson. Thank you



Harvest Festival

On Friday 3rd October the **CHILDREN** will be having their Harvest church service at St Leonard's church, Dunston. We welcome donations of: UHT milk - Meal tins - tinned meat - cereal - tinned soup - tinned veg - tinned potatoes - tin fish - tin rice pudding - custard - tinned fruit - jam - marmalade - pasta - pasta n sauce packets - baked beans - tinned spaghetti - biscuits - tea bags - coffee - toilet rolls - shower gel - shampoo - deodorant Your kind donations will be handed to Rising Brook Food Bank who support and help local families - please bring to school next week. This is a children only event but we look forward to seeing parents joining us in church on Thursday 23rd October for our end of 1/2 term service.



Parking

Please can we ask that people do not park cars on the corner of Church Close and School Lane. We appreciate that parking can be a difficult at times but safety of the children is important.

Coats

Please can we ask all children have a coat in school everyday. Thank you



We will be re-visiting the NSPCC Pants message with all children over the next few weeks. You can use the resources to support with conversations at home as well. They children love the song that goes with it too! Take a listen by going to the link below!

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/>

HEDGEHOGS



FOREST
SCHOOL



Attendance figures

School Attendance 22nd - 26th September 2025

Hedgehogs 94%

Owls 97%

Foxes 93%

Whole School 95%

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



Cycling



Swimming



Football



Messy Church

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.



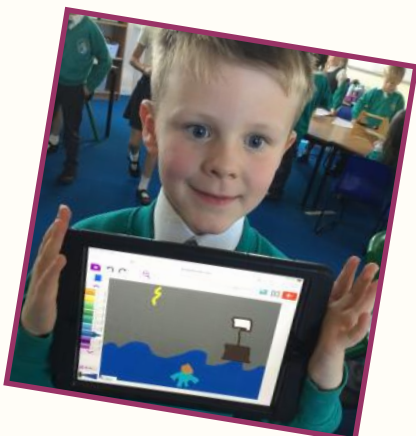
Safety in the home



In PSHE, Owls have been learning about how to stay safe. The focus of this week's lesson was safety in the home. We looked at pictures showing different rooms in the home and looked carefully to spot any potential dangers. Miss Laing heard lots of excellent discussion going on as the children looked at the pictures and recorded their thoughts on post-it notes. We learnt all about the dangers of electrical appliances, household cleaning products and medicines and, most importantly, how to keep ourselves safe.



In Computing, Owls have been using Purple Mash to learn how to login, save, retrieve and edit their work. In RE, they have found out about the Bible story of Jonah and the Big Fish, so they used Purple Mash to draw pictures from the story.





Class Owls have been continuing to learn about colour in their art work. This week we found out about the work of the abstract artist Mark Rothko, who loved to mix colours. We used our colour mixing skills to create colour field paintings in the style of Mark Rothko.



No.3/No.13 (1949)
by Mark Rothko





Postcard from the Headteacher

Learn to Love, Love to Learn

Easy fundraising

<https://www.easyfundraising.org.uk/causes/stleonardsdunston>



Support our school at no added cost to yourself! By registering with Easy Fundraising every time you order on line you could gain commission for school. There are lots of companies registered including Amazon, Currys, Booking.com to name a few. Rest assured nobody at school sees what you are purchasing. - please support your school community!



In Science, Foxes have been busy exploring the classroom to discover which items are magnetic

Team Captains

2025 - 2026



Sycamore - Ted & Olivia

Holly - Alfie & Lola

Oak - Belle & Edward

The votes have been counted!

Introducing our new

Worship Team

2025 - 2026



School Council

2025 - 2026



Big Question: Can you touch the wind?

Lola: I don't think you can touch the wind because it actually touches us.

Pippa: I think you can touch the wind because you can reach out to feel it.



Art & Craft club displayed their creativity
decorating rocks this week!



Low Income Help

Parents claiming some benefits can claim free school meals for any of their children who are registered at a Staffordshire school and who would normally be at school at lunch time. School meals are a good way to ensure that your child eats well at lunchtime and you can save yourself time and money.



Children at our school also benefit from subsidised trips and subsidised Before & After School Care.

Please note: This is a different scheme to the free school meals your child is eligible for in Reception, Year 1 and Year 2.

Apply here: [Apply online - Free School Meals - Staffordshire County Council](#)

Phonics

Reception & Year 1 Parent/carer workshops
Thursday 9th October & Monday 13th October

Mr Atkins & Miss Laing invite parent/carers to attend a Phonics workshop on either Thursday 9th or Monday 13th October.

Sessions will begin at 9am and will last approximately 30minutes.

You will spend time with your child in class seeing how they learn Phonics at school. There is a maximum of 8 parents per year group, per session.

Please put your name on the sign up sheet in the entrance Hall.

We look forward to seeing you then.



Our Safeguarding Team

Mrs Key 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.



Census Day

Thursday 2nd October 2025

We need your help! Please could as many of the children in Reception, Year 1, Year 2 and those who qualify for Free School Meals have a lunch on Thursday 2nd October as this helps our school with funding received from the Government.

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.



Don't forget to book your school meals via your School Grid account

<https://app.schoolgrid.co.uk/login.aspx?ReturnUrl=%2F>

DAY AT THE MOVIES

2nd October 2025
Census Day

MAINS
MARGHERITA PIZZA (V)
BBQ CHICKEN PIZZA
PEPPERONI PIZZA
PLANT BASED FRENCH BREAD PIZZA (VG)
JACKET POTATO & CHOICE OF FILLINGS

SIDES
POTATO WEDGES
COLESLAW
SWEETCORN

DESSERT
POPCORN CRISPY CAKE
FRUIT YOGHURT
FRESH FRUIT

dolce

New dishes for 2025

VILLAGE AUTUMN

Mega Monday

Tasty Tuesday

Roast Wednesday

Try It Thursday

Fishy Friday

WEEK 1	WEEK 2	WEEK 3
Weeks starting: 1st Sept, 22nd Sept, 13th Oct 3rd Nov, 24th Nov, 15th Dec	Weeks starting: 8th Sept, 29th Sept 20th Oct, 10th Nov, 1st Dec	Weeks starting: 15th Sept, 6th Oct 27th Oct, 17th Nov, 8th Dec
<p>Margherita Pizza & Garlic Slice (V) Jacket Potato & Fillings (V) (VG) (GF) Soft Roll with a Choice of Fillings (V) (VG)</p> <p>Green Beans, Sweetcorn Fresh Daily Salad Selection, Fresh Sliced Bread</p> <p>Vanilla Ice Cream (V) Dolce Homebake, Seasonal Fruit, Fruit Yoghurt</p>	<p>Margherita or Vegetable Supreme Pizza (V) Jacket Potato & Fillings (V) (VG) (GF) Baguette with a Choice of Fillings (V) (VG)</p> <p>Baked Potato Wedges, Sweetcorn, Green Beans Fresh Daily Salad Selection, Fresh Sliced Bread</p> <p>Ice Cream & Fruit (V) Dolce Homebake, Seasonal Fruit, Fruit Yoghurt</p>	<p>Margherita or Sweetcorn Pizza with Pasta Salad (V) Jacket Potato & Fillings (V) (VG) (GF) Sandwich with a Choice of Fillings (V) (VG)</p> <p>Green Beans, Sweetcorn Fresh Daily Salad Selection, Fresh Sliced Bread</p> <p>Crispy Cake (VG) Dolce Homebake, Seasonal Fruit, Fruit Yoghurt</p>
<p>Crispy Chicken Dippers & Tomato Based Sauce Jacket Potato & Fillings (V) (VG) (GF) Soft Roll with a Choice of Fillings (V) (VG)</p> <p>Steamed Rice, Sweetcorn, Broccoli Fresh Daily Salad Selection, Fresh Sliced Bread</p> <p>Marble Sponge & Custard (V) ★ Dolce Homebake, Seasonal Fruit, Fruit Yoghurt</p>	<p>Mild Fajita Chicken, with Nachos & Steamed Rice Jacket Potato & Fillings (V) (VG) (GF) Baguette with a Choice of Fillings (V) (VG)</p> <p>Cabbage, Carrots Fresh Daily Salad Selection, Fresh Sliced Bread</p> <p>Fruit Crunch & Custard (V) Dolce Homebake, Seasonal Fruit, Fruit Yoghurt</p>	<p>Macaroni Cheese (V) Jacket Potato & Fillings (V) (VG) (GF) Sandwich with a Choice of Fillings (V) (VG)</p> <p>Cauliflower, Peas Fresh Daily Salad Selection, Fresh Sliced Bread</p> <p>Apple Cake & Custard (V) Dolce Homebake, Seasonal Fruit, Fruit Yoghurt</p>
<p>Roast Chicken (GF) or Plant Based Sausages (VG) Jacket Potato & Fillings (V) (VG) (GF) Soft Roll with a Choice of Fillings (V) (VG)</p> <p>Roast Potatoes, Carrots, Peas, Gravy Fresh Daily Salad Selection, Fresh Sliced Bread</p> <p>Raspberry Jelly & Peaches (VG) Dolce Homebake, Seasonal Fruit, Fruit Yoghurt</p>	<p>Sausage Stuffed Yorkshire Pudding Jacket Potato & Fillings (V) (VG) (GF) Baguette with a Choice of Fillings (V) (VG)</p> <p>Mashed Potatoes, Carrots, Peas, Gravy Fresh Daily Salad Selection, Fresh Sliced Bread</p> <p>Lemon Drizzle Cake (V) Dolce Homebake, Seasonal Fruit, Fruit Yoghurt</p>	<p>Roast Chicken (GF) Jacket Potato & Fillings (V) (VG) (GF) Sandwich with a Choice of Fillings (V) (VG)</p> <p>New Potatoes, Carrots, Savoy Cabbage, Gravy Fresh Daily Salad Selection, Fresh Sliced Bread</p> <p>Strawberry Mousse (V) Dolce Homebake, Seasonal Fruit, Fruit Yoghurt</p>
<p>Homemade Beef & Vegetable Pie ★ Jacket Potato & Fillings (V) (VG) (GF) Soft Roll with a Choice of Fillings (V) (VG)</p> <p>Mashed Potatoes, Savoy Cabbage, Carrots Fresh Daily Salad Selection, Fresh Sliced Bread</p> <p>Winter Fruit Crumble & Custard (V) Dolce Homebake, Seasonal Fruit, Fruit Yoghurt</p>	<p>Cheddar & Chicken Pasta Bake Jacket Potato & Fillings (V) (VG) (GF) Baguette with a Choice of Fillings (V) (VG)</p> <p>Broccoli, Sweetcorn Fresh Daily Salad Selection, Fresh Sliced Bread</p> <p>Jam Sponge & Custard (V) ★ Dolce Homebake, Seasonal Fruit, Fruit Yoghurt</p>	<p>The Dolce All Day Breakfast Jacket Potato & Fillings (V) (VG) (GF) Sandwich with a Choice of Fillings (V) (VG)</p> <p>Hash Brown, Baked Beans, Peas Fresh Daily Salad Selection, Fresh Sliced Bread</p> <p>Fresh Fruit Salad (VG) Dolce Homebake, Seasonal Fruit, Fruit Yoghurt</p>
<p>Breaded Fish Fingers or Vegetable Grill (VG) Jacket Potato & Fillings (V) (VG) (GF) Soft Roll with a Choice of Fillings (V) (VG)</p> <p>Chips (VG) (GF), Peas Baked Beans (VG) (GF), Ketchup (VG) (GF) Fresh Daily Salad Selection, Fresh Sliced Bread</p> <p>Lemon Cookie (VG) Dolce Homebake, Seasonal Fruit, Fruit Yoghurt</p>	<p>Breaded Fish Fingers or Salmon & Sweet Potato Fishcake Jacket Potato & Fillings (V) (VG) (GF) Baguette with a Choice of Fillings (V) (VG)</p> <p>Chips (VG) (GF), Peas Baked Beans (VG) (GF), Ketchup (VG) (GF) Fresh Daily Salad Selection, Fresh Sliced Bread</p> <p>Chocolate Cookie (VG) Dolce Homebake, Seasonal Fruit, Fruit Yoghurt</p>	<p>Breaded Fish Fingers or Fishless Fingers (VG) Jacket Potato & Fillings (V) (VG) (GF) Sandwich with a Choice of Fillings (V) (VG)</p> <p>Chips (VG) (GF), Peas Baked Beans (VG) (GF), Ketchup (VG) (GF) Fresh Daily Salad Selection, Fresh Sliced Bread</p> <p>Hot Chocolate Fudge Pudding (V) ★ Dolce Homebake, Seasonal Fruit, Fruit Yoghurt</p>

For full allergen information please refer to our allergen key. *Gluten free products are prepared in a kitchen that handles gluten containing products. **Our school has opted to include fresh meals. All products are prepared in our kitchen. We do not have a dedicated nut free kitchen. We are not responsible for any menu changes.

Do you know anyone who is looking to start school in 2026?
Please let them know about our open day.



Are you looking
for a Reception
or Nursery place
in 2026?



- Varied after school clubs
- Morning/After School Care available
- 30 hours Nursery funding available
- Irresistible enrichment including our extensive gardens, forest school and outdoor learning opportunities.

School Open Day

Thursday 9th October between 11am - 11.30am

Thursday 9th October between 5pm - 5.30pm



Headteacher: Mrs C Keay
St Leonard's First School & Nursery
School Lane, Dunston, Stafford ST18 9AG
01785 712488
office@st-leonards-dunston.staffs.sch.uk
www.st-leonards-dunston.staffs.sch.uk

Learn to Love,
Love to Learn

Come and visit our beautiful school where every child excels within our ambitious and caring school family.

DATES TO REMEMBER

Wednesday 1st October	Forest School - Year 1
Wednesday 8th October	Forest School - Year 2
Thursday 9th October	Parent Phonics Workshop - Reception & Year 1 parents
Wednesday 15th October	Forest School - Year 3
Monday 13th October	Parent Phonics Workshop - Reception & Year 1 parents
Wednesday 22nd October	Forest School - Year 4
Wednesday 22nd October	Parents evening - more info to follow
Thursday 23rd October	Church Celebration @ 9:10am - all parents welcome to join us
Thursday 23rd October	Parents evening - more info to follow
Friday 24th October	Inset Day - school closed to pupils
Monday 27th October	Half Term
Monday 3rd November	Back to school
Thursday 18th June 2026	Sports Day
Thursday 25th June 2026	Reserve Sports Day



Please see the dates above for Forest School sessions.

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, **a coat & wellies are a MUST!** Please make sure all items are named.

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



Please search for

St Leonards First School
& Nursery



Our School website

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

Holiday Crash Courses available!



Learn to Swim in Staffordshire this October Half Term!

Dear Parents,

Check out our Private Lessons this October Half Term!

Book directly with your local leisure centre.

Stafford Leisure Centre – call to book on 01785 619500

3 Day 121 Crash Courses (Monday, Wednesday & Thursday)

9am, 9:30am, 10am or 10:30am

£60.12 for the 3 days

1 off 121 Lesson

Monday 27 October

9am, 9:30am, 10am or 10:30am

£20.04 per session

Stone Leisure Centre – call to book on 01785 334855

Crash Course Private Lessons

Monday 27 – Friday 31 October

1:30pm, 2pm or 2:30pm

£100.20 for 5 lessons

Best regards,

Megan Brier

Area Swim Manager - Derbyshire Dales, Stafford & Stone

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



HM Government

NHS

THINK PHARMACY FIRST

Prescription
medicine without
seeing a GP for
patients in eligible
age ranges

Earache

1 to 17 years

Impetigo

1 year and over

Infected insect bites

1 year and over

Shingles

18 years and over

Sinusitis

12 years and over

Sore throat

5 years and over

Uncomplicated urinary tract infections

Women 16-64 years



What does MHST do?

Support can be offered in the following ways:

- One to one interventions between young person and practitioner
- Groupwork (online)
- Online parent-led anxiety workshops (How to help my child with fears and worries)
- Supporting school staff to develop their whole school approach to mental health and wellbeing



We offer 6 to 8 sessions of guided self help, informed by Cognitive Behavioural Therapy (CBT) principles.

Our sessions are confidential but we hope to foster open communication. We follow confidentiality policies, therefore if we have any immediate concerns with your child these will be discussed with you.

Where can I get further support?

We are a low intensity early intervention support team. If you feel your child needs more urgent support, please reach out to one of the services below:



@SOUTHSTAFFSMHST
Follow us on Twitter, Facebook and Instagram.

Mental Health Support Team

Information for parents



Burton and Uttoxeter – 01283 504487
Cannock and Seisdon – 01283 352113
Stafford – 01283 352097
Tamworth and Lichfield – 01785 301027

Who are MHST?



We are a team of Mental Health Practitioners that work with children and young people.

We understand the difficulties young people can face and how this can affect their mental health.

We offer low intensity CBT based support to give children and young people the skills they need to manage these difficulties.



Who MHST can support

We support young people aged 5 to 18 when there is a clear mental health need present, such as:

- Low mood
- Anxiety
- Sleep difficulties
- Worry
- Panic
- Exam stress
- Phobia



Our interventions work best when a young person wants to access support and is willing to put the work in both in and outside of our sessions.



Right service right time

There will be occasions when the team are unable to offer support; we always endeavour to explain our reasoning and to signpost to more appropriate services. The following list gives an indicator of some difficulties that are unsuitable for low intensity intervention:

- Trauma
- Difficult family dynamics
- Bereavement
- Self-esteem / confidence issues
- Drug or alcohol addiction



How can I refer into MHST?

If you believe your child could benefit from support from the Mental Health Support Team, you can reach out to the Mental Health Lead at their school. Alternatively, you can refer your child directly by contacting your local MHST.

SOUTH STAFFORDSHIRE MENTAL HEALTH SUPPORT TEAMS



Will support with
(when no risk present)

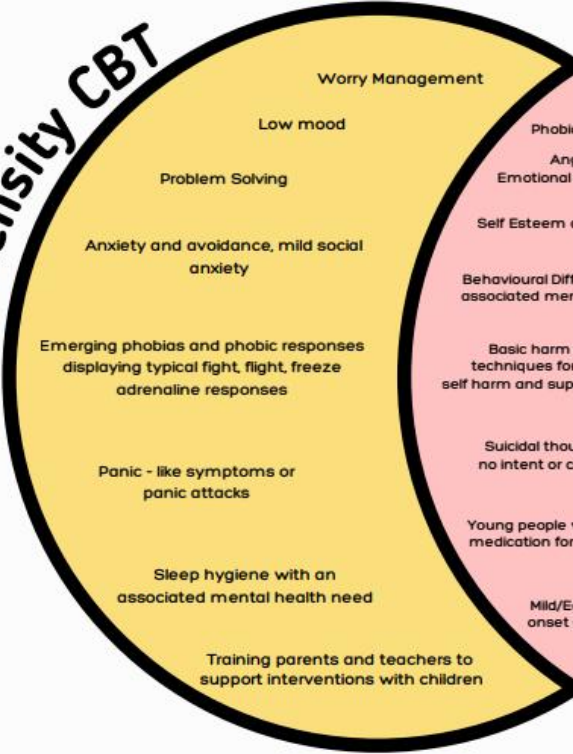


May support with but
requires further discussion



Will not support with

Low Intensity CBT



High Intensity CBT

*Sometimes we may work with parents/carers and schools to support the young person in the delivery of intervention
 *When schools have Trainee EMHP's/CWP's, the offer may look different due to the training curriculum


Staffordshire wildlife Trust provide free outdoor sessions to families registered with Aiming High all over the country.

Aiming High Activities Oct & Nov


with Staffordshire
Wildlife Trust



Staffordshire
Wildlife Trust

 @swtactivities

 @StaffsWildlife

 @staffswt

Aiming
High



At The Wolseley Centre

Wildlife Watch- Autumn Seed Hunt
Wildfamilies Halloween Wildplay
Wildfamilies Wild Survival
Dark Skies
Snap, crackle & campfire Wildfamilies
Wildlife Watch
Weekend Wildplay

Saturday 4 October, 10am - 12pm
Monday 27 October, 10.30am - 12.30pm
Tuesday 28 October, 10am - 12pm
Tuesday 28 October, 6pm - 7.30pm
Wednesday 29 October, 10.30am - 12.30pm
Saturday 1 November, 10am - 12pm
Saturday 15 November, 11am-1pm

At Ladderedge Country Park, Leek

Autumn Adventures Wildfamilies
Weekend Wildplay

Tuesday 28 October, 10.30am - 12.30pm
Sunday 9 November, 10.30am - 12.30pm



At Biddulph Grange Country Park, Biddulph

Halloween Wildfamilies

Tuesday 28 October, 10.30am - 12.30pm

At Fountains School, Burton-upon-Trent

Wildfamilies

Wednesday 29 October, 11am - 1pm

At Dosthill Park, Tamworth

Halloween Wildfamilies

Thursday 30 October, 10.30am - 12.30pm

 Booking essential via: eequ.org