



Friday Post

Friday 3rd October 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*

Dear families,

It has been another busy and exciting week in school with lots of amazing learning, friendship and enjoyment.

A highlight was our first trip to the Church today for our 'Harvest' Worship. This was the first time that many new children in Hedgehog Class have visited the Church. We wanted to introduce our youngest children to Church in a nurturing way in preparation for when parents join us. It was also great for me to gain an understanding of how the walk and set up in Church works. We can't wait to welcome families to church with us at the end of each half term throughout the year. On Thursday 23rd October, we will be celebrating our 'Champions of Thankfulness.' As part of our service, we will also be thanking God for the wonders of our world and harvest. Today helped us to prepare for this.

Learn with Me Sessions and Meet Mrs Keay Coffee and Cake

Next week, we have so much to look forward to including our 'Learn With Me' sessions for Hedgehog and Owls Classes which will focus on phonics. Reception and Year One parents are invited to join their child for a phonics session which is really exciting for all of us. Please sign up if you haven't done so already; we are looking forward to welcoming you to school next Thursday or on Monday 13th October. We are also looking forward to a similar 'Learn With Me' session for Foxes on Monday 3rd November with a focus on multiplication facts and fluency. Each of these sessions will start with an introduction in the hall which will also be a great chance for me to introduce myself, my values and my vision for our school here at St Leonard's. There will also be cake and refreshments after the 'Learn with Me' sessions. It will be lovely to chat over coffee and cake; I'm so thankful for all of your support and kindness for your children and our school.

Welcoming Families To Our School

Excitingly, this year, we also have lots more opportunities planned where we will be inviting families in to school or church to share our love of learning. We appreciate that different dates don't work for everyone but hope that by offering events throughout a whole school year, it will support everyone in being able to join your child when it works for you and your commitments.

- End of the day 'Read with Me' sessions so we can share our love of reading at St Leonard's (Friday 28th November; Friday 27th February; Friday 1st May from 2.50pm)
- Family Picnic with Forest School where you can join your child in one of our Forest lessons to see the learning and fun that we have. (Summer Term)
- Performances/exhibitions of stories, poems, music and art crafted by your very talented children for you to enjoy. (Spring Term Focus).
- End of term Harvest; our annual Christmas Nativity; Easter and end of half term celebration worship in Church.

We will share dates prior to half term so that you have these for the full academic year.

Looking forward to welcoming everyone to school throughout the year ahead, Mrs Keay.

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

 **Staffordshire
University
Academies
Trust**

Thank you for your kind donations of food for our 'Harvest Worship' today. We had a visit from Jo from Rising Brook Foodbank who talked to us about how our donations will support families in need. The pumpkin in the photo was grown by gardening club with Mr Atkins and the apples are from our school trees also. The leeks and rhubarb were grown by my parents. It was lovely to share and thank God for all of the produce grown or donated from our school. Our new worship leaders enjoyed helping in Church today; they will continue to contribute at each service throughout the year.





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

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!

PE STARS OF THE WEEK



Learn to Love, Love to Learn



Attendance figures

School Attendance 29th September - 3rd October 2025

Hedgehogs 97%

Owls 98%

Foxes 99%

Whole School 98%

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

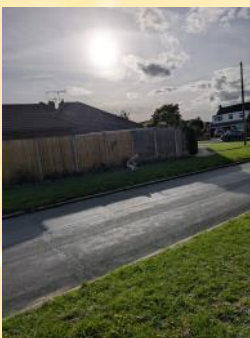
15 minutes late every day = 10 days absent

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

Ozzy has been litter picking around his local area over the last few weeks as he wants to make a difference and the world a better place. He has even had people stop him and praise him for doing something so amazing! Ozzy all the staff at school think you are amazing too!



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.

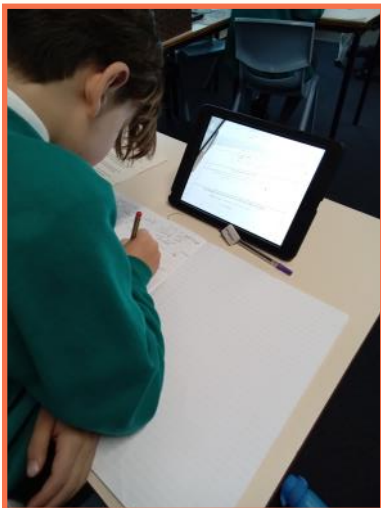


Music Tracing Maps



A music tracing map is a simple but brilliant way to reset children's minds before their next lesson. They listen to music while tracing patterns on the screen with their finger, following the shapes as they appear. It is a calming, relaxing activity that can help refocus.

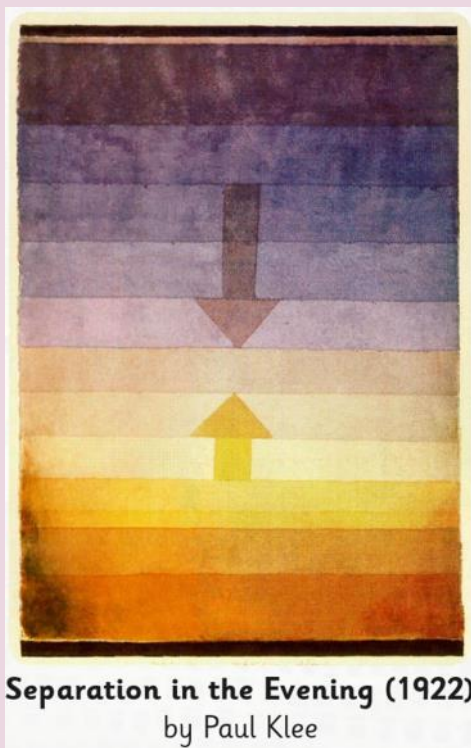
Perfecting our writing



To help us to perfect our writing we took a picture of our draft work which then helped us to write our diary entry as a World I soldier.



Owls have been continuing to find out about a range of abstract artists and their use of colour. This week we have been learning how to add white to a colour to create different tints. We looked at *Separation in the Evening*, a painting of the sunset by the abstract artist Paul Klee and noticed the different tints of colour. We then created our own tints paintings by adding increasing amounts of our chosen colour to a pot of white paint.



Separation in the Evening (1922)
by Paul Klee





Postcard from the Headteacher

Learn to Love, Love to Learn

Dear God,

Thank you for the wonders of our world
For the food you give us and sun to warm us.
Thank you for our Harvest and the farmers who tend your earth.

Amen

HEDGEHOGS



We are reading The Large Family collection of books in Hedgehogs and continuing to think about how our families are different. We have started to understand the meaning behind vocabulary such as auntie, uncle and cousin and other vocabulary linking to our family. In maths the children have learnt the word mass and how it relates to light and heavy. In science we have gone on an Autumn walk around school to identify signs of the season. We found some amazing coloured leaves, berries and some fascinating toadstools. Finally we harvested the pumpkin and gave it a wash.



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

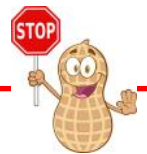
Miss Laing is our Deputy Safeguarding Lead

Should you hear or see something that concerns you, please contact the office to speak to either of them.



Well done Miss Tina!

A huge well done to Miss Tina who has gained a 5 star rating from her unannounced inspection from Staffordshire County Council hygiene team. Miss Tina has done a fantastic job this term since the move to our new catering provider, it hasn't been easy and we still have lots of questions we are waiting answers for. Please bare with us through this transition time we are trying our best!



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

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

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.

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>Broccoli, 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 Information' document. *Gluten free products are prepared in a kitchen that handles gluten containing products. **Our school has opted to include fresh meals. All allergen information is provided at the point of selection. All allergen information is subject to change without notice. Please check the menu 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 8th October	Forest School - Year 2
Thursday 9th October	Parent Phonics Workshop - Reception & Year 1 parents
Thursday 9th October	Open Day @ 11am & 5pm
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 ..



facebook
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


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



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)

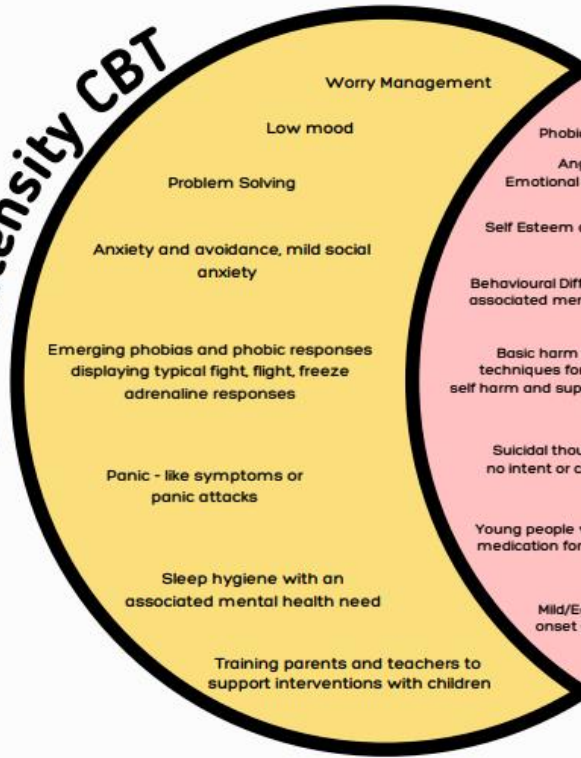


May support with but
requires further discussion



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