



Friday Post

Friday 16th January 2026

Our School Value: Respect

Key Verse: *So, in everything, do to others what you would have them to do you.* **Matthew 7:12**

Dear families,

We have enjoyed a full week back at school with so many memorable moments to celebrate and enjoy. Every day, as I walk around school, I am so proud of the friendship, learning and our values which shine through.



We were greeted by a wonderful frosty morning and pink sky on Wednesday morning. We looked at photographs of our school grounds and have celebrated the wonders of our immediate environment and wider world during worship this week. The children thought of lots of high level vocabulary linked to the theme of 'Winter at St Leonard's.' During class worship, children also had great fun creating freeze frames of the Bible Story, 'The Walls of Jericho.'

Today, myself, Mr Atkins and Mrs Jackson have been visiting St Edward's C of E Primary School which is another school in our Trust. We have been learning more about approaches to reading and writing which we have introduced at our school following our SUAT Early Years conference in November. We look forward to sharing our learning with you during the term ahead.

We pride ourselves on the highest of expectations at St Leonard's – a polite reminder that children should come to school in full uniform every day which includes a school jumper, tie (Y1 upwards) and black school shoes. Only school jumpers/hoodies and black bottoms should be worn on Thursday. Thank you for ensuring that your child has the correct uniform and the impact this has on their self-esteem and attitude to learning.



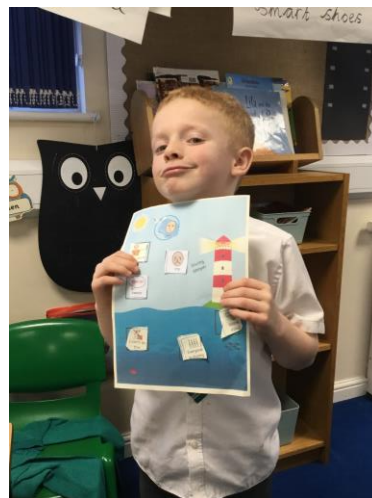
Next week, we will also be discussing the Big Garden Bird Watch. This is a lovely activity to take part in as a family where you can enjoy counting the birds in your garden over an hour during 23rd to 25th January - details attached. The children can share how many birds they have counted; we will also be observing the birds in our school garden during the week ahead. The following link has lots of information about the event :[Big Garden Bird Watch](#)

We are also looking forward to Chris Beardsmore visiting us on Monday to lead our worship.

A highlight this week has been the arrival of new resources and furniture in Hedgehog class from Early Excellence. We have made a significant investment to improve the Early Years learning environment and the impact has been astounding due to the increased independence and creativity which the children are demonstrating. Nursery and Reception have really enjoyed making cup-cakes in the dough area, using the new puppets in the reading area as well as making breakfast and pegging out the washing the role play area.



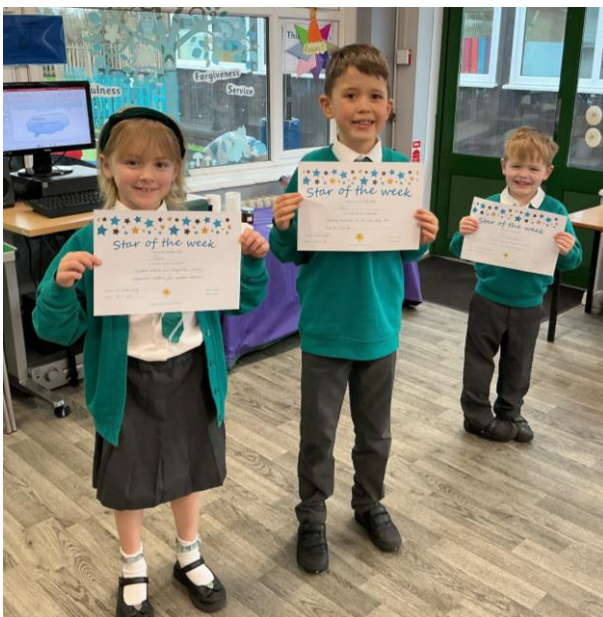
Alison Lloyd from the Mental Health Support Team was back in school with us on Tuesday. She enjoyed joining our lunch time colouring and puzzle club. Following this, she joined Owls class to lead a workshop based on emotions and strategies to support us when we are feeling overwhelmed. We look forward to Alison joining us again in February to build on our learning. She will also be available to speak to parents during our next Parents' Evening on Thursday 12th February.



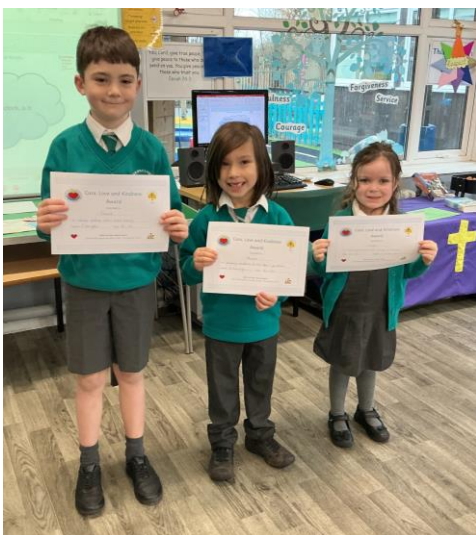
Warmest best wishes for a lovely weekend ahead,

Mrs Claire Key and the whole team at St Leonard's C of E First School

stars of the Week



Care, Love and Kindness Award



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



In art Owls have been finding out how colours can be used to convey emotions. We have been learning about Picasso and have studied some of the portraits he painted during his 'Blue Period' when he used lots of shades of blue in his work to convey sadness. The children had a go at drawing their own portraits using cool colours.



Big Question

If the hands fall off a clock, is it still a clock?

Matilda "Yes & no, because if the hands fall off you can't see the time"

Harrison EH "What is a clock if it doesn't tell time?"

Edward "It's not a clock if it doesn't tell the time"

Ralph "It's still a clock because it's there but it's broken"

Hallie "If the hands fall off then you can't tell the time"

Ruby "you cant tell the time if the hands fall off, you won't know what time to go out"

Finley "You can't tell the time with no hands but it's still a clock"

Dexter "It's still a clock but it's broken"

Achievements from outside school



Swimming



Biking

If your child has recently received an award they would like to share with us, eg swimming, football, dance, Beavers or Brownies etc please send them into school & we will share them during our Celebration Worship on Friday.



In Art Club this week the children created a vibrant pop-art robin to coincide with the RSPB Big Schools' Birdwatch. Some also finished their origami Respect Stars from last week as we celebrate our school value of Respect and mark Epiphany, the time the wise men finally visited Jesus.





This week we have been learning:

'When I needed a Neighbour'

When I needed a neighbour - BBC Teach

Next week we are learning:

'Our God is a great big God'

Great Big God (Lyric Video)

Click the link above to find the lyrics & music

Weekly House Point Tally

Oak



166

Sycamore

116

Holly

130

Don't forget to book your school meals in advance via your school grid account before 8am.

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

VILLAGE SPRING

Dinner Times

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

V = Vegetarian VG = Vegan
GF = Gluten Free *NEW RECIPE for 2025*

Week 1 5th Jan, 26th Jan, 16th Feb 9th Mar, 30th Mar	Week 2 12th Jan, 2nd Feb 23rd Feb, 16th Mar	Week 3 19th Jan, 9th Feb 2nd Mar, 23rd Mar
<p>Margherita Pizzas & Potato Salad (V) (VG) Jacket Potato & Fillings (V) (VG) (GF) Soft Roll with a Choice of Fillings (V) (VG)</p> <p>Mixed Salad, Sweetcorn Fresh Daily Salad Selection, Fresh Sliced Bread</p> <p>Ice Cream & Fruit (V) Dolce Homebake, Seasonal Fruit, Fruit Yoghurt</p>	<p>Margherita or Pepper Pizza (V) (VG) Jacket Potato & Fillings (V) (VG) (GF) Baguette with a Choice of Fillings (V) (VG)</p> <p>Baked Potato Wedges, Mixed Salad, Peas Fresh Daily Salad Selection, Fresh Sliced Bread</p> <p>Chocolate Mousse (V) Dolce Homebake, Seasonal Fruit, Fruit Yoghurt</p>	<p>Margherita or Sweetcorn Pizzas with Coleslaw (V) (VG) Jacket Potato & Fillings (V) (VG) (GF) Sandwich with a Choice of Fillings (V) (VG)</p> <p>Mixed Salad, Sweetcorn Fresh Daily Salad Selection, Fresh Sliced Bread</p> <p>Crispy Cake (VG) Dolce Homebake, Seasonal Fruit, Fruit Yoghurt</p>
<p>Oven Baked Sausages or Plant-based Sausages (VG) Jacket Potato & Fillings (V) (VG) (GF) Soft Roll with a Choice of Fillings (V) (VG)</p> <p>Mashed Potatoes, Savoy Cabbage, Carrots, Gravy Fresh Daily Salad Selection, Fresh Sliced Bread</p> <p>* Peach & Forest Fruit Cobbler with Custard (V) * Dolce Homebake, Seasonal Fruit, Fruit Yoghurt</p>	<p>* Fish Finger or Quorn Dipper (VG) Wrap * 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>Fruit Crunch & Custard (V) Dolce Homebake, Seasonal Fruit, Fruit Yoghurt</p>	<p>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>Roast Chicken (GF) Fisherman's Pie (GF) 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>Chocolate & Orange Cookie (VG) Dolce Homebake, Seasonal Fruit, Fruit Yoghurt</p>	<p>Roast Chicken (GF) Jacket Potato & Fillings (V) (VG) (GF) Baguette with a Choice of Fillings (V) (VG)</p> <p>Mashed Potatoes, Cabbage, Peas, Gravy Fresh Daily Salad Selection, Fresh Sliced Bread</p> <p>Jelly & Fruit (V) (VG) 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, Broccoli, Gravy Fresh Daily Salad Selection, Fresh Sliced Bread</p> <p>Hot Chocolate Fudge Pudding (V) Dolce Homebake, Seasonal Fruit, Fruit Yoghurt</p>
<p>Mild Chicken Korma (GF) Jacket Potato & Fillings (V) (VG) (GF) Soft Roll with a Choice of Fillings (V) (VG)</p> <p>Steamed Rice, Broccoli, Sweetcorn Fresh Daily Salad Selection, Fresh Sliced Bread</p> <p>* Jam Doly Doly & Custard (V) * Dolce Homebake, Seasonal Fruit, Fruit Yoghurt</p>	<p>Spaghetti Bolognese Jacket Potato & Fillings (V) (VG) (GF) Baguette with a Choice of Fillings (V) (VG)</p> <p>Green Beans, Carrots Fresh Daily Salad Selection, Fresh Sliced Bread</p> <p>Yorkshire Parkin & Custard (V) Dolce Homebake, Seasonal Fruit, Fruit Yoghurt</p>	<p>* Pasta Bar with a Choice of Toppings * Jacket Potato & Fillings (V) (VG) (GF) Sandwich with a Choice of Fillings (V) (VG)</p> <p>Sweetcorn, Carrots Fresh Daily Salad Selection, Fresh Sliced Bread</p> <p>Dorset Apple Cake & Custard (V) Dolce Homebake, Seasonal Fruit, Fruit Yoghurt</p>
<p>Breaded Fish Fingers or Fishless Fingers (VG) Jacket Potato & Fillings (V) (VG) (GF) Soft Roll with a Choice of Fillings (V) (VG)</p> <p>Chips, Peas, Baked Beans, Ketchup Fresh Daily Salad Selection, Fresh Sliced Bread</p> <p>Banana Cake (V) Dolce Homebake, Seasonal Fruit, Fruit Yoghurt</p>	<p>Breaded Fish Fingers or Crispy Crumb Vegetable Grill (V) Jacket Potato & Fillings (V) (VG) (GF) Baguette with a Choice of Fillings (V) (VG)</p> <p>Chips, Peas, Baked Beans, Ketchup Fresh Daily Salad Selection, Fresh Sliced Bread</p> <p>Lemon Cookie (VG) Dolce Homebake, Seasonal Fruit, Fruit Yoghurt</p>	<p>Breaded Fish Fingers or Crispy Golden Dippers (VG) Jacket Potato & Fillings (V) (VG) (GF) Sandwich with a Choice of Fillings (V) (VG)</p> <p>Chips, Peas, Baked Beans, Ketchup Fresh Daily Salad Selection, Fresh Sliced Bread</p> <p>Lancashire Cookie (VG) Dolce Homebake, Seasonal Fruit, Fruit Yoghurt</p>

LOCALLY SOURCED FRESH PRODUCE

BREAD AVAILABLE DAILY

If your school has dietary requirements, such as halal, this will be automatically applied to your menu via SchoolGrid and does not change the type of menu you select here. Please contact your Area Manager if you ever need to change this.

Year of Reading

As mentioned last week, 2026 is the Year of Reading. A reminder that children should read their reading book at least 4 times a week and if possible every day. Regular reading enables children to gain fluency and automaticity as well as a life long love of reading. Please do hear your child read at least 4 times a week. Also remember to fill out your reading rocket for each entry and prizes are as follows:

Rocket 1	20 reads	Bookmark
Rocket 2	40 reads	Pencil
Rocket 3	60 reads	Eraser
Rocket 4	80 reads	Book Prize
Rocket 5	100 reads	Reading Experience with Mrs Keay

Dear God,

Thank you for all of the respect which blossoms at our school.
Thank you for the kindness and care that we have for each other.

Thank you for the safety which our adults provide us with.
Help us to flourish in class, on the playground, in worship and around school – showing respect and care for others.

Amen.



In art we have been introduced to the artist Willian Morris. We imagined we were working as part of a production line in a factory. We were exploring what is better quality or quantity? Children decided that quality out shone quantity.



We have been learning to match direct speech to the correct reported clause

Attendance figures

12th – 16th January 2026



Holiday forms must be handed into the office – these are available in the entrance hall.

Unless in exceptional circumstances, holidays will be counted as unauthorised absence.

Hedgehogs	98%
Owls	99%
Foxes	98%
Whole School	98%

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

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 learning time and it can contribute to them becoming anxious when they enter the classroom late.

PE STARS OF THE WEEK





HEDGEHOGS



Important Dates and INFORMATION

Spring term	
Monday 9 th February	Church Service 9:15am – everyone welcome
Wednesday 11 th February	Parents evening – more info to follow – NO CHOIR CLUB
Thursday 12 th February	Parents evening – more info to follow
Friday 13 th February	Inset Day – school closed to pupils
Friday 27 th February @ 2.50pm	Parents 'Read with Me' in classrooms
Monday 30 th March – Friday 10 th April	Easter holidays

Summer term	
Monday 13 th April	Back to School
Friday 1 st May @2.50pm	Parents 'Read with Me' in classrooms
Monday 1 st June	Inset Day – school closed to pupils
Thursday 18 th June	Sports Day
Thursday 25 th June	Reserve Sports Day

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.



St Leonards First School
& Nursery



Our School website

[Home - St Leonards COFE
First School](#)



Stafford Music Centre

Rehearsals and Concerts 2025/26

mark.glover@entrust-music.co.uk



Scan the QR code to sign up or visit:
www.entrustmusic.co.uk



entrust
Inspiring Futures



Church Eaton Cricket Club are running a **Junior Winter Indoor Cricket programme** at Sir Graham Balfour School in Stafford, starting in January, and we would be very grateful if you would consider sharing this opportunity with parents and pupils at your school.

The sessions are open to **boys and girls aged Under 9 to Under 15**, and are suitable for:

- children who already play cricket, and
- children who are **completely new to the sport** and would like to give it a try

Our focus is on **fun, confidence, teamwork and skill development**, delivered by qualified volunteer coaches in a safe and inclusive environment.

Key details:

- Venue: Sir Graham Balfour School (indoor sports hall)
- Dates: Mondays from 12th January to 30th March
- Cost: £60 for the full block, or £6 per session
 - U8s-U12s - 6pm-7pm
 - U13s - U15s - 7pm-8pm
- New players very welcome

Parents can find full details and register via our website:

👉 <https://www.churcheatoncricketclub.co.uk>

(All bookings and payments are managed through our Pitchero system.)

We are keen to **grow junior participation locally** and give as many young people as possible the chance to get involved in cricket, particularly those who may not have played before.

If you are happy to share this via a newsletter, email to parents, or noticeboard, we would be extremely grateful.

In addition to our winter programme, we will also be running the **ECB All Stars Cricket programme** this coming summer. All Stars is a nationally recognised England & Wales Cricket Board initiative and is a fantastic introduction to cricket for **boys and girls aged 5–8**, focusing on fun, movement, basic skills and confidence in a safe, inclusive environment. We will be in touch with schools closer to the time with **dates and availability**, and would again be grateful for your support in helping us promote the programme and encourage children to get active and involved in cricket locally.

Thank you very much for your time and support.

Kind regards,

Matthew Burslem

Church Eaton Cricket Club

✉ Fundraising@churcheatoncricketclub.co.uk

🌐 <https://www.churcheatoncricketclub.co.uk>



www.staffordsport.co.uk



February Holiday Sports

At Blessed William Howard Catholic School



Monday 16th - Friday 20th February 2026



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>



10 Top Tips on Supporting Children with SELF-REGULATION

Children need to learn to understand and recognise their emotions, while finding healthy ways to process them. Emotional self-regulation, however, depends heavily on age and development. While very young ones or children with special educational needs and disabilities (SEND) may find it particularly challenging to self-regulate, nurturing these important skills can be hugely beneficial. Here are ten top tips for supporting children with their self-regulation.

1. DESIGNATE A TRUSTED ADULT

It's vital that children feel safe and know that there's someone they can always go to for help if they need it. Schedule consistent times for the child to develop a relationship with this person – ideally through play and games – allowing trust to grow and ensuring that the child is more likely to come forward if anything is wrong, rather than hiding their emotions.

2. MEET CHILDREN HALFWAY

Unless you know where a child is developmentally and tailor your approach to their needs, you're less likely to have an impact. In particular, younger ones and children with SEND can struggle to self-regulate and instead rely on others to help them. We call this 'co-regulation'. Rather than offering strategies for self-regulation, it could be better to start co-regulating with a trusted adult first.

3. FACTOR IN THEIR BASIC NEEDS

Remember that for a child to develop emotional regulation skills, their basic needs must be met first. Children who are hungry, tired, cold and so on – as well as those who have experienced adverse childhood experiences – may struggle to self-regulate. Before you develop strategies with any child, make sure they feel safe, secure and comfortable in themselves.

4. REMAIN PATIENT

If a child is struggling with their emotions, it can often become difficult to stay calm. Remember that dysregulation is beyond their control, so a display of frustration or anger could negatively impact the situation. Instead, children need to be met with comfort and understanding to help them manage these problematic feelings.

5. BE 'A DYSREGULATION DETECTIVE'

While some children can tell you why they become dysregulated, many others can't. You could investigate potential triggers by observing the child and talking to their family. When the child becomes dysregulated, note down details like the time, what they're doing and who they're with – the trigger may be someone they sit near, an unmet sensory need or something else entirely. Once we identify some triggers, we can help to avoid or overcome them.

6. USE SUITABLE LITERATURE

There are some wonderful books that can help you teach self-regulation to children. Reading these with a child can be especially powerful. Take time to discuss the content, ask questions about what feelings the characters had, why they felt that way and what strategies helped them. It can also be useful to refer back to snippets of these books at appropriate moments.

7. TRY SENSORY RESOURCES

An overlap between sensory needs and emotional regulation is possible. Children may struggle to self-regulate if they're experiencing sensory overload (a noisy classroom, for example). Positive sensory input can help calm them down. Use resources such as weighted blankets and fibre-optic lights. Of course, what works for one child might not work for another – so it's important to offer a choice of resources to discover which they prefer.

8. NURTURE INDEPENDENCE

If you feel it's appropriate, let children try out these strategies alone. Always offer them a choice: they could listen to music when they're feeling stressed, for example, or they could write down their worries or draw something to represent how they feel. This may take time for the child to get used to, so be patient. Encourage them to share any helpful strategies with a trusted adult.

9. MODEL GENUINE FEELINGS

Children learn a lot just from watching grown-ups. Don't be afraid to show your own emotions and self-regulation strategies. While you'll obviously want to avoid sharing anything too personal with children, they should still see us experiencing and handling our own feelings. Tell them how you are feeling, then show them how to respond in a healthy manner.

10. FORMULATE A PLAN

As much as we try to prevent children from experiencing dysregulation, it's always wise to have an appropriate plan for when it does happen. Discuss this strategy with the child (if appropriate) and their family. The best approach for an individual child is often a bespoke one; it's hugely important to know in advance what might help and what could worsen the situation.

Meet Our Expert

Osengina Dumort is an author, former teacher, Special Educational Needs Coordinator and the founder of the award-winning SEN Resources Blog, where she shares activities, advice and research insights for parents and teachers of children with SEND.



#WakeUpWednesday

The National College

@natonlinesafety

/NationalOnlineSafety

@nationalonlinesafety

@national_online_safety

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Should I keep my child off school?

Yes

Until...

Chickenpox	at least 5 days from the onset of the rash and until all blisters have crusted over
Diarrhoea and Vomiting	48 hours after their last episode
Cold and Flu-like illness (including COVID-19)	they no longer have a high temperature and feel well enough to attend. Follow the national guidance if they've tested positive for COVID-19.
Impetigo	their sores have crusted and healed, or 48 hours after they started antibiotics
Measles	4 days after the rash first appeared
Mumps	5 days after the swelling started
Scabies	they've had their first treatment
Scarlet Fever	24 hours after they started taking antibiotics
Whooping Cough	48 hours after they started taking antibiotics



SCAN ME

Advice and guidance

To find out more, search for health protection in schools or scan the QR code or visit <https://qrco.de/minftec>.

No

but make sure you let their school or nursery know about...

Hand, foot and mouth	Glandular fever
Head lice	Tonsillitis
Threadworms	Slapped cheek