



Friday Post

Friday 23rd 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,

This week really has flown by! Our school motto, 'Learn to Love and Love to Learn,' has really shone through again this week.

I've seen some amazing construction in Hedgehog class linked to the theme of St Leonard's Church along with lots of bird spotting as part of our RSPB Garden Bird Watch mentioned in last week's 'Friday Post.' I hope you get chance to spend time in your garden this weekend counting and looking at the bird life that exists in our local area. Use the link below to register and add your garden bird count. Big Garden Bird Watch

I also taught Owls today and they dazzled me with their music knowledge; we became composers using crotchet and minims to create a piece of music as a class. Similarly, Foxes have stunned me with their use of precise verbs and adjectives linked to their beautiful text, 'The Winter's Child!' I can't wait to see their stories develop.

As Headteacher of St Leonard's C of E First School, I am passionate about providing the highest quality learning and enrichment for every child in hand with strong social, emotional and physical development for all. Continual Staff development is something which I also cherish so that all staff have the best quality learning just like the children in our care.

Over the last two weeks staff have been involved in English training and moderation led by SUAT; I have been fortunate to attend the half termly Headteacher meeting including updates from a practicing Ofsted Inspector. Myself, Mr Atkins and Mrs Jackson also visited the SUAT Early Years Teaching and Learning Lead at St Edward's C of E Academy to observe approaches to writing, phonics, transcription and reading which we are implementing at St Leonard's. Our 'love of learning' continues to grow and blossom in all areas of our school.

The children are very excited about the launch of the 2026 Year of Reading campaign. I've reminded children today about the importance of colouring their reading rocket every time they read so that they can be awarded reading prizes. Please do send us some photographs of your child/family reading to add to our whole school reading display (photographs of your bird watching would be very welcomed too!)

Wishing you a wonderful weekend ahead and time outdoors admiring bird life and nature within our world.

Mrs Claire Keay and our St Leonard's School family

Dear God,
Help us to look outwards through the windows of our world to learn from wonders and mistakes which encircle our lives.
Help us to look in the mirror at ourselves so that we can reflect, learn and become better and better each day.
Help us to go forward through the door of life in to the wider world to make wise choices and to flourish forwards.
Amen

WINDOWS · MIRRORS · DOORS

LOOK OUT INTO THE WORLD, REFLECT AND 'GO AND DO LIKEWISE'



WINDOWS

What are the important facts?
What is challenging to me about this?
What is inspiring to me about this?



MIRRORS

What is my view on this?
How do I feel about it?
How does my worldview affect my opinion about this?
What can I learn from others about this?



DOORS

What can I learn and take away with me today?
How can I respond to this matter?
Where can I find more information about this?
What can I take in order to 'Go and do likewise?' in the week ahead?

Headteacher Award



Important Reminder – Returning Books

Please check book shelves and bedrooms over the weekend and return any school books. There will be 5 leaf tokens for every book found and returned to school. Thank you to everyone for looking and returning our books which support every child's reading development.

stars of the Week



Care, Love and Kindness Award



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

Owls have been learning about the Great Fire of London in History and are creating some fiery artwork to brighten up the classroom. Watch out for the finished pieces coming soon.



Big Question

What is the most important part of a coat?

Joey "the hat because it keeps me warm"

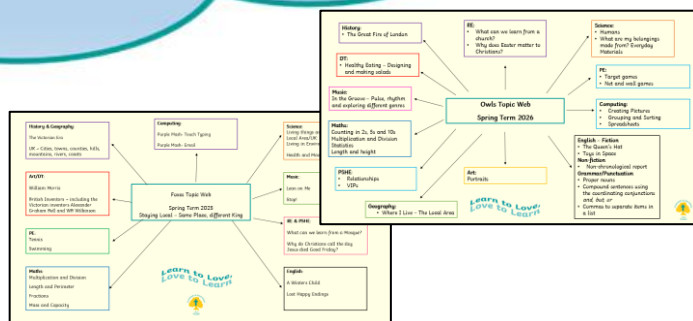
Esther "the zip because when closed it keeps you warm"

Vinny "I like it when my coat is thick"

Cain "the whole coat as it makes me warm"

Maddox "If you don't have a coat then you are cold"

Dexter "If your zip is down and someone grabs you, you can get out of it if you don't want them to"



Topic Webs

You can find out what you child is learning this term by visiting our school website <https://www.st-leonards-dunston.staffs.sch.uk/> and clicking on the Curriculum tab and the relevant class.

Achievements from outside school

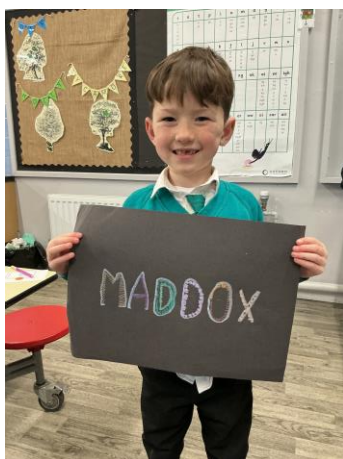
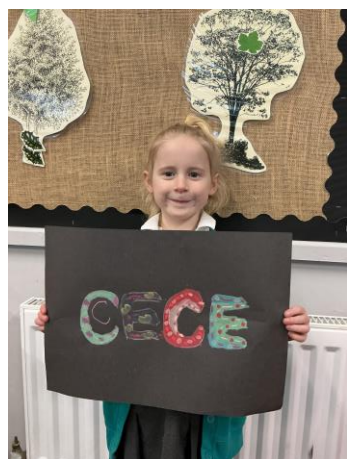


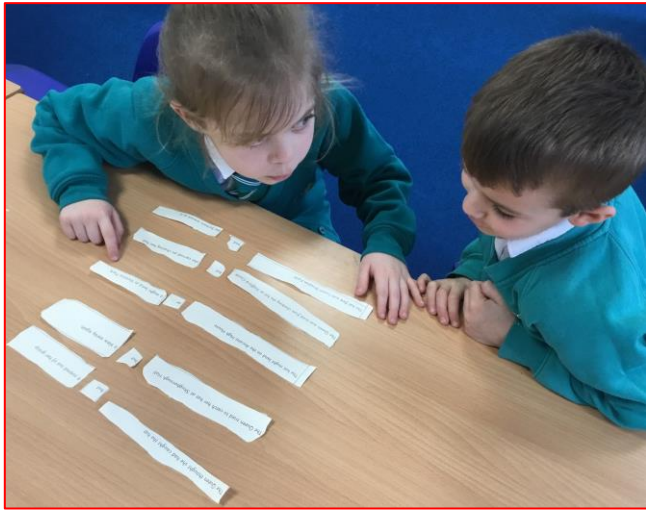
Dancer of the Week

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.

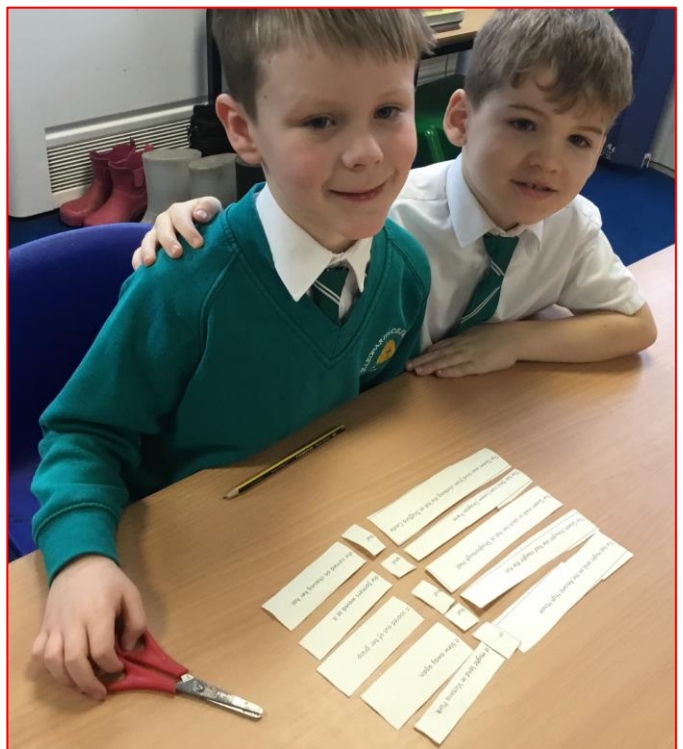
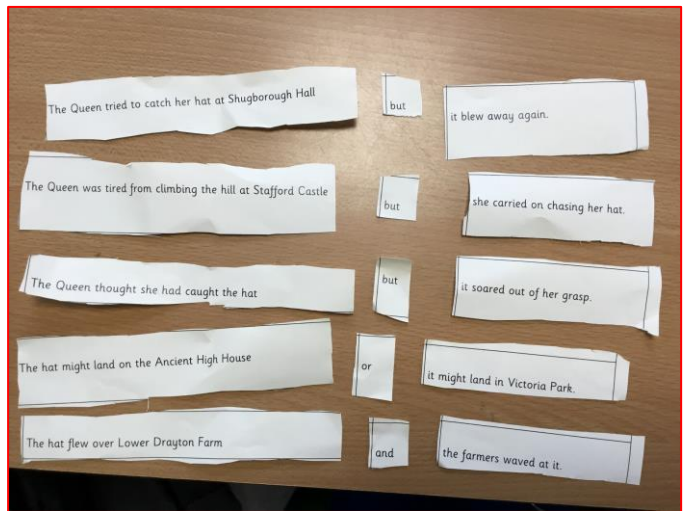


To mark National Handwriting Day this week, art club turned their names into bold, bright bubble art. The room was full of colour, concentration, and a whole lot of personality!





In English, Owls have been working in pairs to create compound sentences based around our current text, The Queen's Hat





This week we are learning:
'Our God is a great big God'

<https://www.youtube.com/watch?v=0K3TUF>

FpmhA

Next week we are been learning:

'Chain of Love'

<https://www.bbc.co.uk/teach/school-radio/articles/z6dvp4j>

Click the link above to find the lyrics & music

Weekly House Point Tally

Sycamore



86

Oak

65

Holly

49

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
	Margherita Pizzas & Potato Salad (V) (VG) Jacket Potato & Fillings (V) (VG) (GF) Soft Roll with a Choice of Fillings (V) (VG) Mixed Salad, Sweetcorn Fresh Daily Salad Selection, Fresh Sliced Bread Ice Cream & Fruit (V) Dolce Homebake, Seasonal Fruit, Fruit Yoghurt	Margherita or Pepper Pizza (V) (VG) Jacket Potato & Fillings (V) (VG) (GF) Baguette with a Choice of Fillings (V) (VG) Baked Potato Wedges, Mixed Salad, Peas Fresh Daily Salad Selection, Fresh Sliced Bread Chocolate Mousse (V) Dolce Homebake, Seasonal Fruit, Fruit Yoghurt	Margherita or Sweetcorn Pizzas with Coleslaw (V) (VG) Jacket Potato & Fillings (V) (VG) (GF) Sandwich with a Choice of Fillings (V) (VG) Mixed Salad, Sweetcorn Fresh Daily Salad Selection, Fresh Sliced Bread Crispy Cake (VG) Dolce Homebake, Seasonal Fruit, Fruit Yoghurt
	Oven Baked Sausages or Plant-based Sausages (VG) Jacket Potato & Fillings (V) (VG) (GF) Soft Roll with a Choice of Fillings (V) (VG) Mashed Potatoes, Savoy Cabbage, Carrots, Gravy Fresh Daily Salad Selection, Fresh Sliced Bread * Peach & Forest Fruit Cobbler with Custard (V) * Dolce Homebake, Seasonal Fruit, Fruit Yoghurt	* Fish Finger or Quorn Dipper (VG) Wrap * Jacket Potato & Fillings (V) (VG) (GF) Baguette with a Choice of Fillings (V) (VG) Broccoli, Sweetcorn Fresh Daily Salad Selection, Fresh Sliced Bread Fruit Crunch & Custard (V) Dolce Homebake, Seasonal Fruit, Fruit Yoghurt	All Day Breakfast Jacket Potato & Fillings (V) (VG) (GF) Sandwich with a Choice of Fillings (V) (VG) Hash Brown, Baked Beans, Peas Fresh Daily Salad Selection, Fresh Sliced Bread Fresh Fruit Salad (VG) Dolce Homebake, Seasonal Fruit, Fruit Yoghurt
	Roast Chicken (GF) Fisherman's Pie (GF) Jacket Potato & Fillings (V) (VG) (GF) Soft Roll with a Choice of Fillings (V) (VG) Roast Potatoes, Carrots, Peas, Gravy Fresh Daily Salad Selection, Fresh Sliced Bread Chocolate & Orange Cookie (VG) Dolce Homebake, Seasonal Fruit, Fruit Yoghurt	Roast Chicken (GF) Jacket Potato & Fillings (V) (VG) (GF) Baguette with a Choice of Fillings (V) (VG) Mashed Potatoes, Cabbage, Peas, Gravy Fresh Daily Salad Selection, Fresh Sliced Bread Jelly & Fruit (V) (VG) Dolce Homebake, Seasonal Fruit, Fruit Yoghurt	Roast Chicken (GF) Jacket Potato & Fillings (V) (VG) (GF) Sandwich with a Choice of Fillings (V) (VG) New Potatoes, Carrots, Broccoli, Gravy Fresh Daily Salad Selection, Fresh Sliced Bread Hot Chocolate Fudge Pudding (V) Dolce Homebake, Seasonal Fruit, Fruit Yoghurt
	Mild Chicken Korma (GF) Jacket Potato & Fillings (V) (VG) (GF) Soft Roll with a Choice of Fillings (V) (VG) Steamed Rice, Broccoli, Sweetcorn Fresh Daily Salad Selection, Fresh Sliced Bread * Jam Doly Doly & Custard (V) * Dolce Homebake, Seasonal Fruit, Fruit Yoghurt	Spaghetti Bolognese Jacket Potato & Fillings (V) (VG) (GF) Baguette with a Choice of Fillings (V) (VG) Green Beans, Carrots Fresh Daily Salad Selection, Fresh Sliced Bread Yorkshire Darkin & Custard (V) Dolce Homebake, Seasonal Fruit, Fruit Yoghurt	* Pasta Bar with a Choice of Toppings * Jacket Potato & Fillings (V) (VG) (GF) Sandwich with a Choice of Fillings (V) (VG) Sweetcorn, Carrots Fresh Daily Salad Selection, Fresh Sliced Bread Dorset Apple Cake & Custard (V) Dolce Homebake, Seasonal Fruit, Fruit Yoghurt
	Breaded Fish Fingers or Fishless Fingers (VG) Jacket Potato & Fillings (V) (VG) (GF) Soft Roll with a Choice of Fillings (V) (VG) Chips, Peas, Baked Beans, Ketchup Fresh Daily Salad Selection, Fresh Sliced Bread Bananas Cake (V) Dolce Homebake, Seasonal Fruit, Fruit Yoghurt	Breaded Fish Fingers or Crispy Crumb Vegetable Grill (V) Jacket Potato & Fillings (V) (VG) (GF) Baguette with a Choice of Fillings (V) (VG) Chips, Peas, Baked Beans, Ketchup Fresh Daily Salad Selection, Fresh Sliced Bread Lemon Cookie (VG) Dolce Homebake, Seasonal Fruit, Fruit Yoghurt	Breaded Fish Fingers or Crispy Golden Dippers (VG) Jacket Potato & Fillings (V) (VG) (GF) Sandwich with a Choice of Fillings (V) (VG) Chips, Peas, Baked Beans, Ketchup Fresh Daily Salad Selection, Fresh Sliced Bread Lancashire Cookie (VG) Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

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.



Swimming – Class Foxes

Thank you to those who have returned their reply allowing their children to wear goggles once they start swimming. Our latest update from the swimming pool is that: *'the custom-made heat exchanger we are waiting for is still in production. We anticipate that it will be installed before the end of January. Once fitted, we will need time to bring the pool back up to the required temperature before reopening.'*

As soon as we hear anything else we will update you.



Foxes enjoyed looking at a range of animal pictures and discussing what they noticed. Together, they explored how many different ways they could sort the animals into groups. The children learned about several classification categories, including vertebrates and invertebrates, as well as mammals, amphibians, reptiles, fish, birds and insects. It was a great opportunity for them to develop their scientific vocabulary and reasoning skills.



Well done to Oak!

Last terms team winners, your captains have chosen a special extra games session with Mr H next week!



Wanted!

Our supply of spare pants, socks, black joggers/leggings have nearly all gone – we welcome donations of any sizes aged 3 – 7.

Attendance figures

19th – 23rd 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	95%
Owls	98%
Foxes	98%
Whole School	97%

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





In Maths we have been using the scales to talk about weight.



Hunting for mini beasts



Looking at maps



Building churches



We have been bird spotting!



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
Thursday 7 th & Friday 8 th May	Foxes @ Laches Wood – letter was sent home this week
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](#)



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>



M3STUDIOS.CO.UK
OUTSTANDING PERFORMING ARTS CLASSES
AGES 3 - 18

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ACCEPTING NEW STUDENTS!

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 ✘ WOLVERHAMPTON ✘ WALSALL ✘ TELFORD ✘

With over 11 years of experience in tutoring young people in the Performing Arts, you can be assured that your child will receive the nurturing they require from our talented bunch of passionate and experienced teachers, who are ready to build their skills and confidence in **Acting, Dancing and Singing.**

Whether your child has established skills in **Performing Arts** or is just showing an interest in exploring this area, we guarantee a Fun, Safe and Creative environment for them to learn not just stage skills but skills for life. We offer a diverse range of classes at M3 including **Ballet/Tap/Jazz, Drama, Lamda, Street, Contemporary, Aerial Hoop, Acro and Musical Theatre.**

Already the most popular choice for Musical Theatre training in the West Midlands, M3's credits and reputation speaks for itself:

- Numerous students achieving places at top London schools
- Annual productions at local theatres including a high calibre Summer Showcase, Christmas Gala and a February Full Scale public show.
- Teachers with professional credits including **Mamma Mia Here We Go Again! Harry Potter, CBBC School for Stars, West End's Jersey Boys and Mamma Mia, Channel 5's nationwide talent competition - Don't Stop Believing** and much more!
- Students gaining professional credits through our connections with casting directors such as Waitress UK Tour, TV commercials and working with CBBC and annual visits from top London Schools with numerous students gaining places each year into 3 year courses.

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BE CONFIDENT, BE A STAR, BE M3!

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We teach **LAMDA** - Exams & Ed Exters

10 Top Tips for Parents and Educators

SUPPORTING YOUNG PEOPLE TO BUILD EMOTIONAL RESILIENCE

With increasing societal pressures, many children struggle with managing emotions, facing challenges and processing failure in a healthy way. This is why building emotional resilience in young people is vital for their mental health and personal success. This guide provides practical strategies for parents and educators to help children develop resilience and foster confidence, adaptability and a positive mindset.

1 ENCOURAGE OPEN COMMUNICATION

Regularly engaging children in open dialogue fosters trust and emotional expression. Encourage them to share their thoughts and feelings freely without judgment. Set aside time daily, perhaps during dinner, to ask open-ended questions such as, "What's made you happy today?". This encourages children to express themselves openly.

2 MODEL POSITIVE BEHAVIOUR

Children often learn how to manage emotions by observing adults. By modelling calm and positive responses to challenges, you can teach them valuable emotional management skills. If you've had a difficult day, verbalise how you're feeling and explain how you plan to handle it, such as "I'm a bit worked-up, so I'm going for a walk to clear my mind."

3 TEACH PROBLEM SOLVING SKILLS

Helping children break down challenges into manageable steps encourages a proactive mindset. Explain that every problem has a solution, even if it's not immediately obvious. For example, if a child is stuck on homework, support them in breaking the task into smaller steps, saying things like "let's focus on just this first question for now."

4 FOSTER A GROWTH MINDSET

Encourage young people to view mistakes as learning opportunities. A growth mindset helps them see setbacks as part of the process, rather than something to be upset about. After a child loses a game or performs poorly on a test, for example, ask them what they've learned from the experience. This reinforces the idea that effort – and even failure – leads to improvement.

5 PROMOTE SELF-CARE PRACTICES

Teaching children about self-care helps them understand the importance of balancing work with relaxation to maintain emotional wellbeing. Parents and carers could start a screen-free hour before bedtime where the family engages in relaxing activities like reading, setting an example to the child for how to unwind.

6 BUILD HEALTHY RELATIONSHIPS

Strong relationships with peers and adults provide a support system that enhances resilience. Encourage positive, respectful interactions to develop social skills. Roleplay or group activities can be instrumental in teaching children how to resolve conflicts with friends by modelling and practising calm communication.

7 SUPPORT EMOTIONAL AWARENESS

Helping children to identify and name their emotions allows them to manage those feelings more effectively. When a child's upset, encourage them to talk to you about what they're feeling in an empathetic and supportive manner, and ask them why they might be experiencing these emotions.

8 ENCOURAGE INDEPENDENCE

Giving children opportunities to make their own decisions boosts confidence and problem-solving skills. A good example of this would be letting children choose and pack their own lunches for school, guiding them with options but allowing them to assume responsibility for the task to help them take ownership.

9 DEVELOP COPING STRATEGIES

Teaching children techniques like mindfulness, deep breathing or journaling can help them to manage stress. Show them how to perform breathing exercises when they're feeling anxious, and practise this regularly. Reinforcing this behaviour in young people will make it easier for them to use these techniques of their own accord during stressful moments.

10 CELEBRATE SMALL WINS

Recognising effort, no matter how small, reinforces perseverance and encourages children to keep trying. After a child completes a difficult task, makes progress on a project or reaches another type of personal goal, praise their efforts. Emphasise the hard work they've put in and be sure to let them know how proud you are!

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Peristone Grammar School and works on secondment one day a week for Minds Ahead, which works with schools on improving their mental health provisions.



#WakeUpWednesday

The National College