

Friday 30th 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,

In spite of the wet, windy and cooler weather this week, we've been warmed by the love of each other, our learning and our world. Every day, when I walk around school, it is so lovely to be greeted with smiles from everyone and to feel the excitement for learning and friendships.



In Wednesday worship, children are really enjoying exploring the theme of justice and injustice in our world. This week we learned about endangered leopard sharks in Thailand. We watched a shark being released in to the ocean who will join seven leopard sharks who were bred last year. The programme has been set up to support the on-going work to protect the leopard shark species. We also learned about a school in the UK who has set up electrical recycling campaign to support the environment. We were fascinated to learn that 100,000 tonnes of electricals are thrown away each year. Items often contain hidden treasure such as copper, gold and lithium. Staggeringly, 75% of the electricals thrown away could be recycled. Tablets, consoles, phones and anything with a plug can be recycled. School and Worship Council met with me today to explore how we can register our school as part of the 'Electrical Recycling Campaign.' We look forward to sharing more details with you.



Last week, I contacted Wolgarston School to see if there had been any updates following our book donations in support of Care Point. Mr Leonard has shared some photos of the children in Mafambisa with the books that were sent by our school. It is lovely to see how the generosity and kindness from St Leonard's is supporting other children. It costs £20 a month to support a child in Mafambisa and School Council are keen to include this in their charity work alongside supporting Birmingham Children's Hospital and local homeless charities. It is lovely to hear how much our children care about others. We will keep you updated via our Friday Post.



Wishing everyone a wonderful weekend ahead, Mrs Claire Keay and our inspiring whole school team



Thank you for making sure that your child arrives at school every day with full uniform including a tie. This supports children in feeling equal to their peers. It also reinforces our high expectations in all areas of school life.

Parents Evening

Due to Mrs Keay and Miss Laing being at a conference the dates have been changed for this terms parents evening, they are now running on Monday 9th & Wednesday 11th February.

School Reading Books

Thank you to everyone for returning school books. A reminder that there are 5 team tokens for every book returned. Please check books shelves and bedrooms for school books.

Uniform Policy Ear-ring Reminder

A reminder that children should not wear earrings on Thursday (PE day).

For health and safety reasons, children should only wear small stud earrings at school.

After School Clubs

After school clubs remain unchanged for after $\frac{1}{2}$ term. If your child no longer wishes to continue please email the school office and let them know. Should any child wish to join a club for next term we still have places please get in touch with the office.

Monday – Chromebook
Wednesday – Choir

Tuesday – Art & Craft
Thursday - Basketball



Headteacher Award



stars of the Week

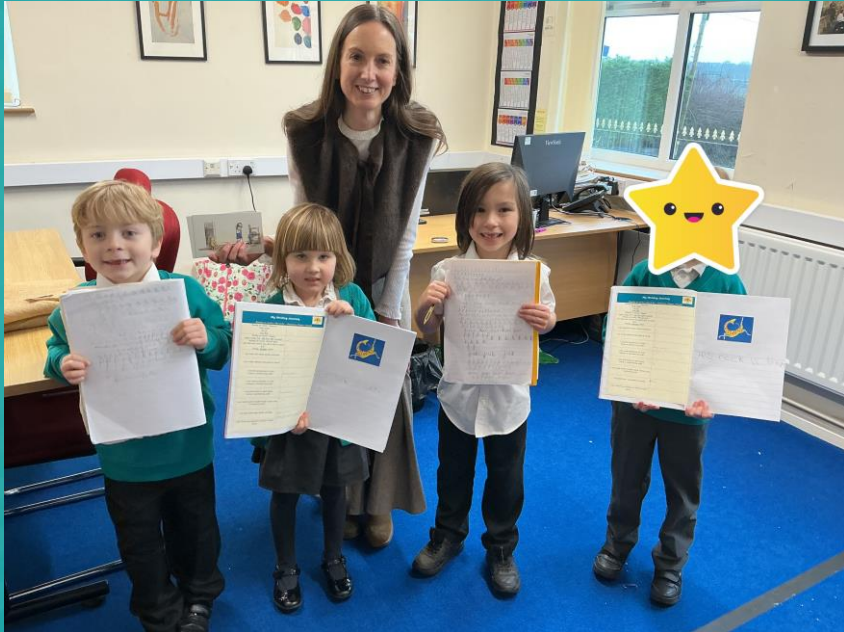


Care, Love and Kindness Award



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

Postcard from the Headteacher



Achievements from outside school

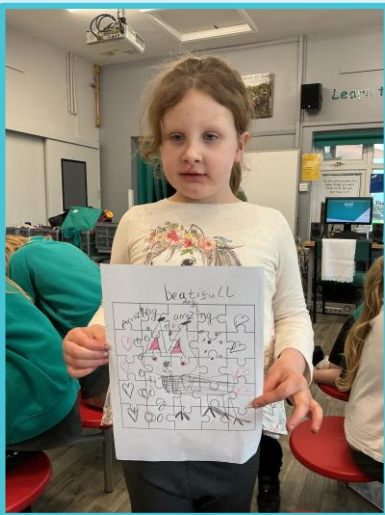
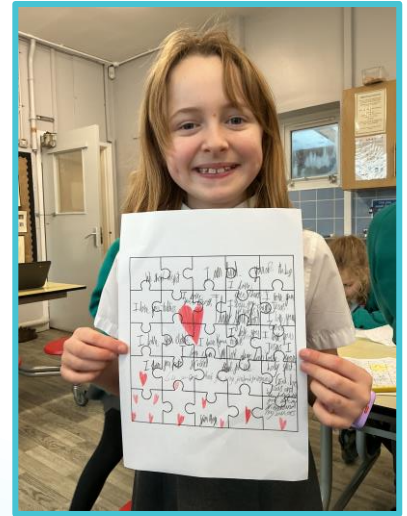
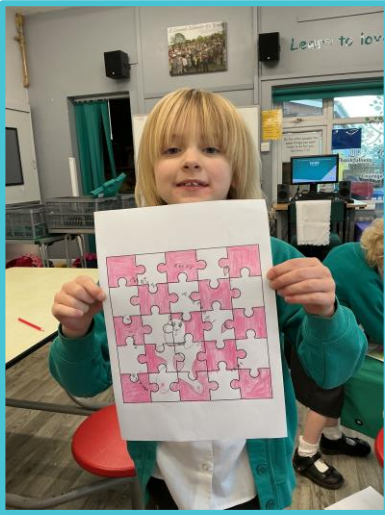


Performing Arts

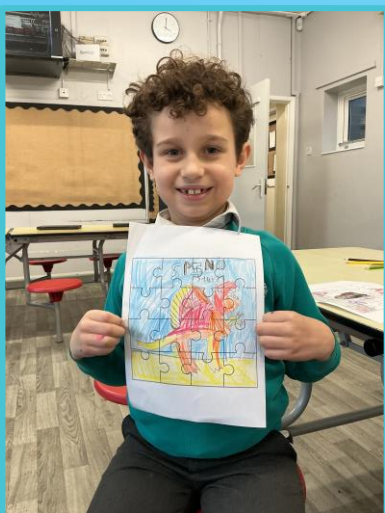


Bike Racing

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.

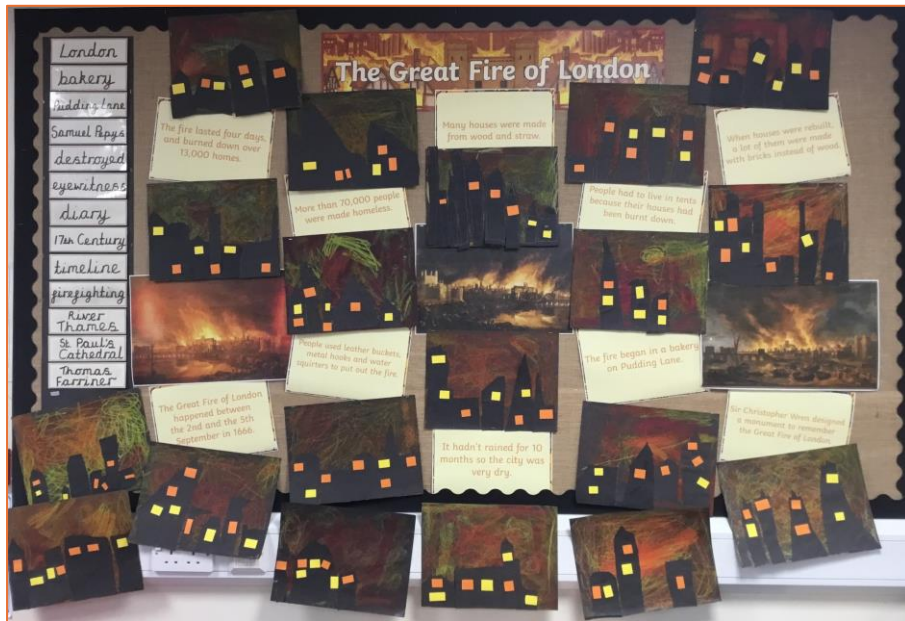


In Art Club children designed their own puzzles.





OWLS



Owls have completed their Great Fire of London pictures and they look great on the wall



Owls have been continuing to learn about portraits in their art lessons. This week they have been learning about Pop Art. They found out about the famous artist Andy Warhol who created repeated images of famous people and used lots of bright colours. The children were given photos of King Charles and used lots of different colours to create Warhol-style images of him.



This week we have been learning:

'Chain of Love'

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

Next week we are learning:

'Peace like a River'

[Peace Like A River](#)

Click the links above to find the lyrics & music

Weekly House Point Tally

Holly



89

Sycamore

66

Oak

67

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 Darkin & 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>

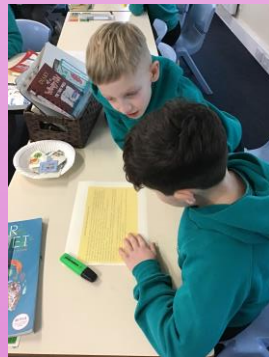
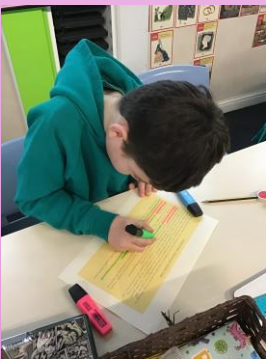
LOCALLY SOURCED FRESH PRODUCE

BREAD AVAILABLE DAILY

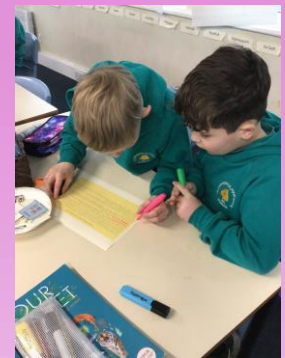
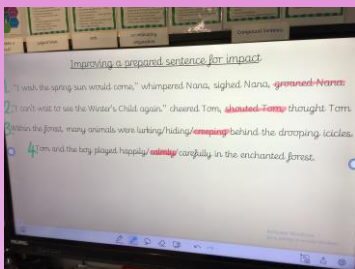
If your school has dietary requirements, such as halal, this will be automatically applied to your menu via SchoolGrid and does not change the type of menu you select here. Please contact your Area Manager if you ever need to change this.



In Art we have been creating still life drawings of everyday objects.



In English we have been Grammar features from a modelled write based on our text 'Winter's child'





In PHSE we have been playing teambuilding games.



Dear God,

Help us to look outwards through the windows of our world to learn about our local environment and wider world.

Help us to look in the mirror at ourselves so that we can grow, improve and flourish each and every day.

Help us to go forward through the door of life with happiness, harmony and good health.

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?

Attendance figures

26th – 30th 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	%
Owls	%
Foxes	%
Whole School	%

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





We followed Apollo the Swallow all the way on his migration to Africa. We have been finding out about what it is like there. Finding out about animals while listening to the music from the Lion King and creating African masks. The music has inspired us and we have been drumming out beats on an African drum and learning to follow the beat in music. Mr Atkins has been teaching us Three Little Birds by Bob Marley and we have used the instruments to add a reggae drum beat to the song as we sing it. As part of our learning about being safe we went on a tour of the school to find things that might be hot. We found a kettle and watched the steam coming out of it as it got hot. In science we experimented with warm water outside and explored what steam was. The children loved pouring the warm water on icy surfaces to see what happened and the nursery children acted out being a steam train.



Important Dates and INFORMATION

Spring term	
Monday 9 th February	Church Service 9:15am – everyone welcome
Monday 9 th February	Parents evening – CHANGE OF DAY
Wednesday 11 th February	Parents evening – NO CHOIR CLUB
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](#)



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

All teachers enhanced DBS checked and first aid trained
TWO WEEK TASTERS AVAILABLE
ACCEPTING NEW STUDENTS!

The West Midlands leading Theatre School

✦ BURNTWOOD ✦ CANNOCK ✦ RUGELEY ✦
 ✦ 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.

So what are you waiting for?
BE CONFIDENT, BE A STAR, BE M3!

APPLY ONLINE TODAY:
M3STUDIOS.CO.UK

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



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>

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