



# Friday Post

Friday 24<sup>th</sup> April 2026

## Our School Value: Service

**Key verse:** *Just as each one has received a gift, use it to serve one another as good stewards of the varied grace of God. Peter 4.10*

Dear parents,

We've all had such a wonderful week at school which ended with our steel pan extravaganza in the beautiful sunshine this afternoon. Mr Baugh from Rock-it Music taught the children and in just half an hour the children created such incredible music together. We are so proud of the children's musical talents. We hope you enjoyed our carnival style music at collection time today.

As I walk around school and classrooms each day, I'm so proud of the children's learning and friendships which are flourishing. This term's values focus is 'Service' and we are already celebrating acts of service such as spontaneous litter picking, tidying and helping staff. It is so lovely to see the children enjoying their specific monitor roles in class and around school which promotes acts of service and kindness.

### Year 1 - Phonic Screening Check - June

Year One are working really hard on their phonics and reading. All children in Year One will be taking the phonic screening check in June. Please read daily with your child to support their progress. Miss Laing will be getting in touch if there are any specific sounds to target following on from recent assessments to focus on at home.

### Year 4 - Multiplication Check - June

Multiplication knowledge makes everyone strong mathematicians which is why we want to ensure that everyone leaves Year 4 knowing all of their tables facts automatically. Please ensure your child is practising their tables every day (even when driving to and from school, waiting for dinner, walking around the supermarket!). Daily practise is crucial to support your child's confidence and fluency so that they know each table fact instantly. Please enjoy chanting and quizzing each other as a family every day. Mrs Carrington will also be in touch with advice following on from recent assessments.

Also, our Year 4 pupils are looking forward to their next chapter as they move to Year 5 in September. We welcomed Mr Cole into school on Thursday to meet with pupils who are going to Penkridge Middle School. The children asked a range of thoughtful and well considered questions. We look forward to the further transition opportunities this term including for children joining Hedgehog Class in September which we are really excited about.

After such a beautiful day today, we hope that we are blessed with more spring sunshine over the weekend to enjoy with your family.

Warmest best wishes,  
Mrs Claire Keay and our musical school team

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

# Stars of the Week



## Care, Love and Kindness Award



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



## Forest School



# ROCK IT!



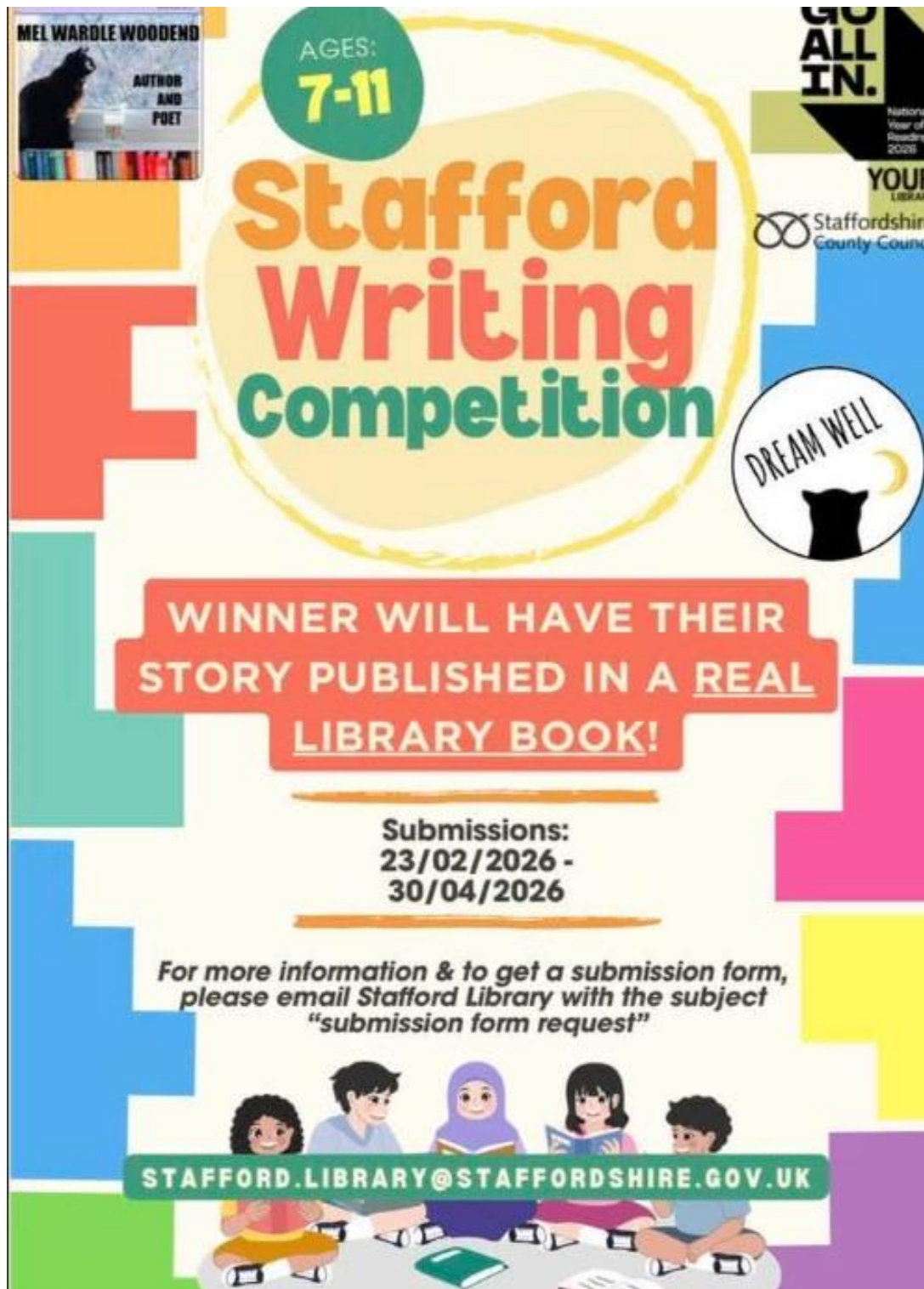
## Real Writing Opportunity

A parent has kindly shared a writing competition which links in to our love of writing.

See email address below to find receive an admission form.

Closing date is soon...Thursday 30<sup>th</sup> April.

Enjoy creative writing with a purpose.



The poster features a large, stylized 'F' on the left side. At the top left is a book cover for 'MEL WARDLE WOODEND AUTHOR AND POET'. A green circle in the top center contains the text 'AGES: 7-11'. The main title 'Stafford Writing Competition' is written in large, colorful letters (orange, red, green) inside a yellow circle. To the right, there are logos for 'GO ALL IN. National Year of Reading 2026', 'YOU LIBRA', and 'Staffordshire County Council'. A circular logo with a black cat silhouette and a crescent moon contains the text 'DREAM WELL'. A red banner in the center reads 'WINNER WILL HAVE THEIR STORY PUBLISHED IN A REAL LIBRARY BOOK!'. Below this, the submission dates are listed: 'Submissions: 23/02/2026 - 30/04/2026'. At the bottom, there is an illustration of five diverse children sitting around a table reading books. A green banner at the very bottom contains the email address 'STAFFORD.LIBRARY@STAFFORDSHIRE.GOV.UK'. The background is decorated with colorful geometric shapes.

MEL WARDLE WOODEND  
AUTHOR  
AND  
POET

AGES:  
7-11

GO ALL IN.  
National Year of Reading  
2026

YOU  
LIBRA

Staffordshire  
County Council

DREAM WELL

WINNER WILL HAVE THEIR  
STORY PUBLISHED IN A REAL  
LIBRARY BOOK!

Submissions:  
23/02/2026 -  
30/04/2026

*For more information & to get a submission form,  
please email Stafford Library with the subject  
"submission form request"*

STAFFORD.LIBRARY@STAFFORDSHIRE.GOV.UK

# HEDGEHOGS



We are looking after the plants in the outside area.



We have been planting different vegetable seeds in the raised beds.



Parachute fun!



Mark making to the music of 'The Flight of the Bumblebee'



## Ordering of school meals

We kindly ask that ALL parents and carers order their child's school lunch every day – this can be done in advance if preferred. Please note if your child has an appointment in a morning but will be needing a school meal then let the office know. If a child is off school poorly, then any ordered meals are cancelled otherwise the school has to pay.

Thank you for your support.

## Weekly House Point Tally

Oak



104

Holly

98

Sycamore

51

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>

## Dinner Times

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

New Menu!

### Week 1

13th Apr, 4th May,  
25th May, 15th Jun, 6th Jul

Hand Stretched Margherita or Vegetable Pizza (V) (VG)  
Jacket Potato & Fillings (V) (VG) (GF)  
Soft Roll with a Choice of Fillings (V) (VG)  
  
Garlic Slice, Green Beans, Sweetcorn  
Fresh Salad Selection, Fresh Sliced Bread  
  
\* Strawberry Ice Cream (V) \*  
Seasonal Fruit, Fruit Yoghurt

All Day Breakfast  
Jacket Potato & Fillings (V) (VG) (GF)  
Soft Roll with a Choice of Fillings (V) (VG)  
  
Hash Brown, Baked Beans, Peas  
Fresh Salad Selection, Fresh Sliced Bread  
  
Fresh Fruit Salad (VG)  
Seasonal Fruit, Fruit Yoghurt

Roast Chicken (GF)  
Jacket Potato & Fillings (V) (VG) (GF)  
Soft Roll with a Choice of Fillings (V) (VG)  
  
New Potatoes, Carrots, Savoy Cabbage, Gravy  
Fresh Salad Selection, Fresh Sliced Bread  
  
Chocolate Cookie (VG)  
Seasonal Fruit, Fruit Yoghurt

Pasta Bar (V) (VG)  
Jacket Potato & Fillings (V) (VG) (GF)  
Soft Roll with a Choice of Fillings (V) (VG)  
  
Sweetcorn, Carrots  
Fresh Salad Selection, Fresh Sliced Bread  
  
\* Summer Fruit Puff & Custard (V) \*  
Seasonal Fruit, Fruit Yoghurt

Breaded Fish Fingers or Crispy  
Crumbed Vegetable Grill (VG)  
Jacket Potato & Fillings (V) (VG) (GF)  
Soft Roll with a Choice of Fillings (V) (VG)  
  
Chips, Peas, Beans, Ketchup  
Fresh Salad Selection, Fresh Sliced Bread  
  
Chocolate Banana Slice (VG)  
Seasonal Fruit, Fruit Yoghurt

### Week 2

20th Apr, 11th May,  
1st Jun, 22nd Jun, 13th Jul

Hand Stretched Margherita Pizza (V) (VG)  
Jacket Potato & Fillings (V) (VG) (GF)  
Baguette with a Choice of Fillings (V) (VG)  
  
Potato Wedges, Sweetcorn, Green Beans  
Fresh Salad Selection, Fresh Sliced Bread  
  
\* Strawberry Mousse (V) \*  
Seasonal Fruit, Fruit Yoghurt

Chicken & Coconut Curry (GF)  
Jacket Potato & Fillings (V) (VG) (GF)  
Baguette with a Choice of Fillings (V) (VG)  
  
Rice, Green Beans, Cauliflower  
Fresh Salad Selection, Fresh Sliced Bread  
  
Red Velvet Brownie (V)  
Seasonal Fruit, Fruit Yoghurt

Sausage Stuffed Yorkshire Pudding  
Jacket Potato & Fillings (V) (VG) (GF)  
Baguette with a Choice of Fillings (V) (VG)  
  
Mashed Potatoes, Carrots, Peas, Gravy  
Fresh Salad Selection, Fresh Sliced Bread  
  
Raspberry Jelly & Peaches (V) (VG)  
Seasonal Fruit, Fruit Yoghurt

Pasta Bar (V) (VG)  
Jacket Potato & Fillings (V) (VG) (GF)  
Baguette with a Choice of Fillings (V) (VG)  
  
Broccoli, Carrots  
Fresh Salad Selection, Fresh Sliced Bread  
  
\* Fruit Crumble & Ice Cream (V) \*  
Seasonal Fruit, Fruit Yoghurt

Breaded Fish Fingers or Quorn Dippers (VG)  
Summer Salmon Salad (GF)  
Jacket Potato & Fillings (V) (VG) (GF)  
Baguette with a Choice of Fillings (V) (VG)  
  
Chips, Peas, Beans, Ketchup  
Fresh Salad Selection, Fresh Sliced Bread  
  
Lemon Cookie (VG)  
Seasonal Fruit, Fruit Yoghurt

### Week 3

27th Apr, 18th May,  
8th Jun, 29th Jun, 20th Jul

Hand Stretched Margherita or Pineapple Pizza (V) (VG)  
Jacket Potato & Fillings (V) (VG) (GF)  
Sandwich with a Choice of Fillings (V) (VG)  
  
New Potatoes, Spaghetti Hoops, Green Beans, Sweetcorn  
Fresh Salad Selection, Fresh Sliced Bread  
  
Ice Cream & Fruit (V)  
Seasonal Fruit, Fruit Yoghurt

\* Crispy Chicken or Quorn Dippers (VG) \*  
Jacket Potato & Fillings (V) (VG) (GF)  
Sandwich with a Choice of Fillings (V) (VG)  
  
Chips, Sweetcorn, Broccoli, Ketchup  
Fresh Salad Selection, Fresh Sliced Bread  
  
Ginger Flapjack Cookie (VG)  
Seasonal Fruit, Fruit Yoghurt

Roast Chicken (GF)  
Jacket Potato & Fillings (V) (VG) (GF)  
Sandwich with a Choice of Fillings (V) (VG)  
  
Roast Potatoes, Carrots, Savoy Cabbage, Gravy  
Fresh Salad Selection, Fresh Sliced Bread  
  
Watermelon Wedges (VG)  
Seasonal Fruit, Fruit Yoghurt

Spaghetti Bolognese  
Jacket Potato & Fillings (V) (VG) (GF)  
Sandwich with a Choice of Fillings (V) (VG)  
  
Cauliflower, Carrots  
Fresh Salad Selection, Fresh Sliced Bread  
  
\* Chocolate Crunch & Custard (V) \*  
Seasonal Fruit, Fruit Yoghurt

Breaded Fish Fingers or Fishless Fingers (VG)  
Jacket Potato & Fillings (V) (VG) (GF)  
Sandwich with a Choice of Fillings (V) (VG)  
  
Mashed Potatoes, Peas, Baked Beans  
Fresh Salad Selection, Fresh Sliced Bread  
  
\* Manchester Tart (V) \*  
Seasonal Fruit, Fruit Yoghurt

LOCALLY SOURCED  
FRESH  
PRODUCE

BREAD  
AVAILABLE  
DAILY

VILLAGE SUMMER

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

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.

# Attendance figures

13<sup>th</sup> – 17<sup>th</sup> April 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	97%
Owls	100%
Foxes	100%
Whole School	99%

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





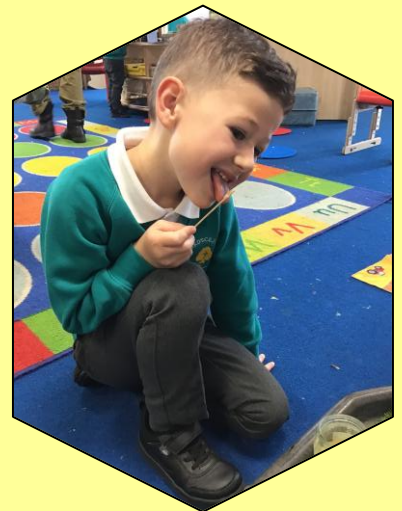
Thank you for supporting us and purchasing books via The Book Bus! The children were so excited to be able to go and choose books for themselves.





Hedgehog Class have loved exploring this week's story 'Bee- Nature's Tiny Miracle.'

The children have learned so much about flowers, bees and pollination there has been a real 'buzz' of learning all week. Hedgehog class really do have a love of science and investigating - as you can see in the photos! Even music took on a 'bee' related theme this week with the 'Flight of the Bumblebees!'



Dear God,

Thank you for the story of the Good Samaritan that we have thought about this week.

Thank you for all of the Good Samaritans in our world who show courage, service and stand up for what is right.

Help us to follow these values in our daily lives.

Amen



Pray



This week we have been learning:

**'Together as a family'**

[All together as a family - BBC Teach](#)

Next week we are learning:

**'All things bright & beautiful'**

<https://www.bbc.co.uk/teach/school-radio/articles/zmgk47h>

Click the link above to find the lyrics & music

## Funding From Businesses

If you (or family/friends) work for businesses who provide grants/funds for schools please do let us know. Miss Susan from the Forestry Commission has mentioned that many school fund additional Forest School through funding from companies such as Tesco/Co-op etc so any support with aspect like this would be of great support.



## Uniform Reminders

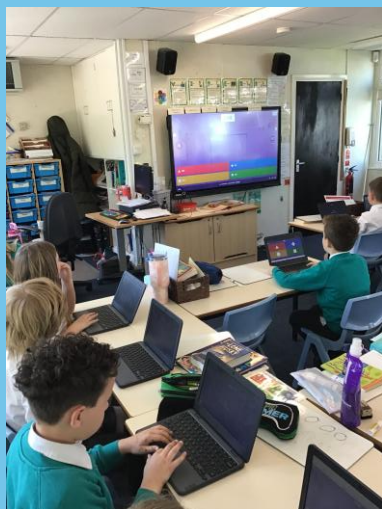
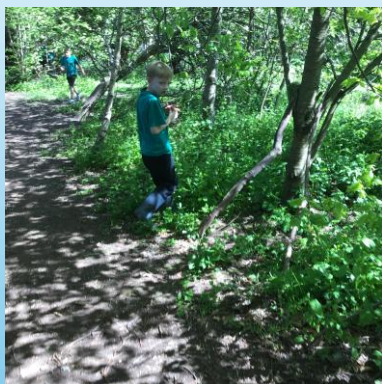
To support our high expectations of uniform, we will be sending a text home as a reminder if clothing isn't in line with our policy. Thank you for your support as it helps all children to feel secure and the same as their peers when they wear full uniform.



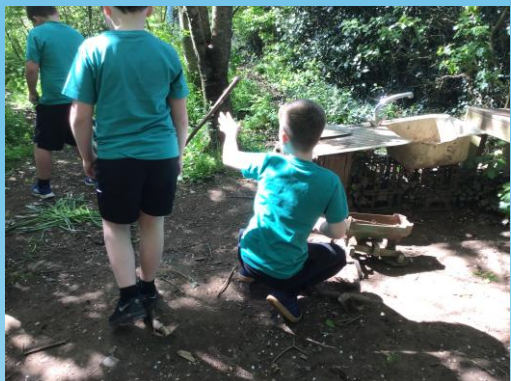
Year 4 had a visit from Deputy Headteacher Mr Cole, to talk about their transition to Penkridge Middle School



Forest time!



We have been using Kahoot to practise our Times Tables.



# Important Dates and INFORMATION

Summer term	
Friday 1 <sup>st</sup> May @2.50pm	Parents 'Read with Me' in classrooms
Thursday 7 <sup>th</sup> & Friday 8 <sup>th</sup> May	Foxes @ Laches Wood
Friday 22 <sup>nd</sup> May	Church service – everyone welcome
Monday 1 <sup>st</sup> June	Inset Day – school closed to pupils
Thursday 18 <sup>th</sup> June	Sports Day
Thursday 25 <sup>th</sup> June	Reserve Sports Day
Friday 17 <sup>th</sup> July	End of Year Leavers Church Service – everyone welcome



**FOREST  
SCHOOL**

Forest School with Miss Susan this  $\frac{1}{2}$  term is Class Owls – please come to school in suitable clothing that might get muddy!



## Our Safeguarding Team

Mrs Keay 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](#)

# Parenting Support Sessions

**Free support sessions for parents in Staffordshire**

Our sessions are a welcoming space to talk through any worries, learn more about our service and find out what other support is available.

## Challenges we support with:

- Behaviour
- Family relationships
- Special educational needs
- Emotional wellbeing
- Family routines
- Housing and finances



These sessions take place Thursday mornings at various locations across Staffordshire

For bookings and more details, please visit [sctsp.org.uk/community-family-support](https://sctsp.org.uk/community-family-support)

School/organisation based sessions are available to book separately  
Please contact [daniellebutcher.fss@sctsp.org.uk](mailto:daniellebutcher.fss@sctsp.org.uk) for more details



# Fine art

## FOR YOUR KIDS

### Term Time Classes & Holiday Workshops

At Cygnets, our focus is on traditional drawing, painting, and sculpture, combined with unique projects, all taught by experienced teachers using professional quality materials.

Hayes Green Community Centre,  
Heath Way, WS12 3XP

#### AGES 5-12 (ALL ABILITIES)

Wednesdays 4:30 - 5:30pm  
Fridays 4:30 - 5:30pm  
Saturdays 9:45 - 10:45 am

#### UPCOMING HOLIDAY WORKSHOPS

We will also be running May Half Term and Summer Holiday workshops!

Monday & Tuesday  
10:30am-12pm and 12:30-2pm  
£27 per session / £50 per day / £95 per week

Hayes Green Community Centre,  
Heath Way, WS12 3XP

✉ [cannock@cygnetsartschool.com](mailto:cannock@cygnetsartschool.com)  
🌐 [cygnetsartschool.com/branch/cannock](http://cygnetsartschool.com/branch/cannock)

 @CYGNETSARTSCHOOLCANNOCK



Book Now!



# Early years food choking hazards



Below is a table of advice on key foods for care givers who are involved with preparing and serving food for babies and young children (under 5 years old)

Vegetable and fruits	Advice
Pips or stones in fruit	Always check beforehand and remove hard pips or stones from fruit.
Small fruits	Cut small round fruits like grapes, cherries, berries, strawberries and cherry tomatoes, into small pieces: cut lengthways and then again cut them in halves (quarters).
Large fruits and firm fruits	Cut large fruits like melon and firm fruits like apple into slices instead of small chunks. For very young children, consider grating or mashing firm fruits, or softening them up by steaming or simmering.
Vegetables	Cut vegetables like carrots, cucumber and celery into narrow batons. For very young children consider grating or mashing firm vegetables and legumes like butter beans, chickpeas and tofu, or softening them up by steaming or simmering.
Skin on fruit and vegetables	Consider removing the skin from fruit and vegetables, especially for very young children. Peeled fruit and vegetables can be swallowed more easily.
Cooking fruit and vegetables	Consider softening firm fruit and vegetables (such as carrots, broccoli, yam and apples) by steaming or simmering until soft. Serve cut into slices or narrow batons.
Meat and fish	Advice
Sausages and hot dogs	Cut sausages and hot dogs into short strips. Cut them in half and then lengthways or as thinly as possible. Peeling the skin off the sausages helps them to be swallowed more easily.
Meat or fish	Remove bones from meat or fish. Cut meat into strips as thinly as possible. Remove skin and fat from meat and fish, it will help the food pass smoothly down the throat.
Cheese	Advice
Grate or cut cheese	Grate or cut cheese into short strips. Cut lumps of cheese as narrow as possible.
Nuts and seeds	Advice
Chop or flake whole nuts	Chop or flake whole nuts, peanuts and seeds. Whole nuts should not be given to children under five years old.
Bread	Advice
White bread and other breads	White bread can form a ball shape with a dough-like texture at the back of a child's throat, if not chewed properly. Brown bread or toasted white bread are good alternatives. Cut bread, chapatis, naan bread and other breads into narrow strips.
Snacks and other foods	Advice
Popcorn	Do not give babies and young children popcorn.
Chewing gum and marshmallows	Do not give babies and young children chewing gum or marshmallows.
Peanut butter	Do not give babies and young children peanut butter on its own, only use as a spread.
Jelly cubes	Do not give babies and young children raw jelly cubes.
Boiled sweets and ice cubes	Do not give babies and young children boiled, hard, gooey, sticky or cough sweets, or ice cubes.
Raisins and other dried fruits	Do not give babies under the age of 1 whole raisins or dried fruits. Cut them into small pieces.

Make sure food is prepared appropriately for children under 5 years old, see: <https://www.nhs.uk/start4life/weaning/>

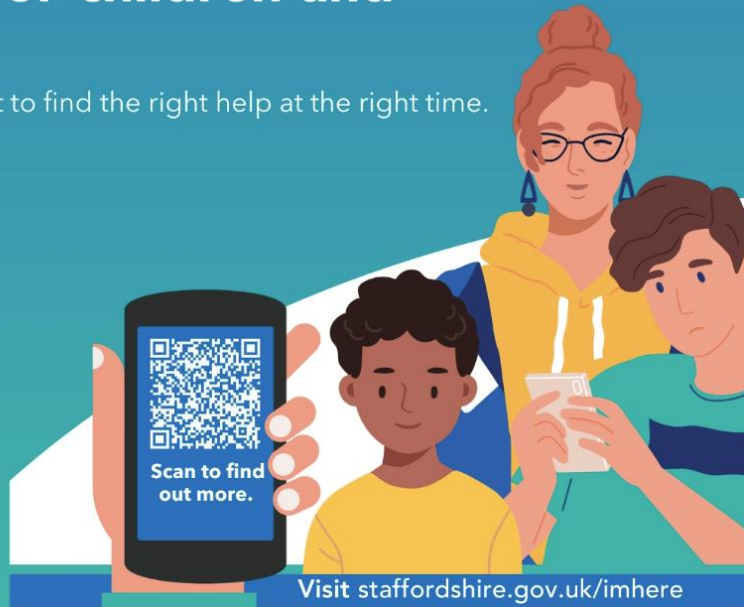
It is also advisable that care givers are familiar with how to respond to a choking incident, see: How to stop a child from choking: <https://www.nhs.uk/conditions/baby/first-aid-and-safety/first-aid/how-to-stop-a-child-from-choking/>

and How to resuscitate a child: <https://www.nhs.uk/conditions/baby/first-aid-and-safety/first-aid/how-to-resuscitate-a-child/>

# Mental health support for children and young people

Follow the **SAFE** steps for mental health support to find the right help at the right time.

- S Self help**  
Advice and signposting to wellbeing activities and digital tools
- A Ask for advice and help**  
Young people's wellbeing services and support
- F Fast specialist support**  
Specialist mental health support for young people
- E Emergency services**  
Mental health crisis and urgent help



Visit [staffordshire.gov.uk/imhere](http://staffordshire.gov.uk/imhere)



## The fundraising challenge for little explorers!

Walk 3km (the same distance a hedgehog can walk in one night) and raise money for wildlife!

**30 March – 30 April 2026**

[wildlifetrusts.org/hedgehog-walk](http://wildlifetrusts.org/hedgehog-walk)



## Will you join Carter and Violet?



Going on a Hedgehog Walk is as easy as 1,2,3!

- 1 Sign up & download your activity pack bursting with Timmy Time fun – posters, activity sheets and tracking timelines!
- 2 Tell lots of people about your fundraising challenge and ask them to sponsor you.
- 3 Walk, wheel, crawl or roll 3km between Monday 30 March and Thursday 30 April – all in one go or in stages!

The donations children collect will help care for wildlife in Staffordshire; **every £27** raised could help a local child engage with nature through play or **every £50** raised could help care for a local nature reserve for a day.

*"We were so inspired to join in with the Hedgehog Walk last year after realising that, during Carter and Violet's lifetimes, hedgehogs could go extinct. We can't wait to take part again this year!"*

Laura ~ Carter & Violet's mum



Carter ~ aged six & Violet ~ aged four

Please tag us in your photos!