



# Leonard's Life



Issue: 4

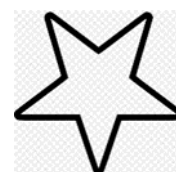
29<sup>th</sup> September 2023

## A note from Miss Roberts.....

This week in school, we've thoroughly enjoyed taking part in the European Day of Languages. The children especially loved finding out about other countries and learning new languages.

Most of our after-school clubs are now back up and running. There will be a few more clubs that start in the next few weeks. Please keep checking the newsletter for more information.

Thank you to everyone who came along to our MacMillan Coffee Morning today. It was lovely to see so many of you in school. We will let you know how much we raised in next week's newsletter.



w/c 18/9/23	Class Award	Presentation Award	Punctuation Award	w/c 25/9/23	Class Award	Presentation Award	Punctuation Award
Year N	Aiden			Year N	Cody		
Year R	Rhys			Year R	Sebastian		
Year 1	Lola	Charlie	Remi-Rose	Year 1	Timi	Nancy	Annika
Year 2	Athiyah	Isla G	Florence	Year 2	Robyn	Bobby	Wyatt
Year 3	Ollie	Ivy	Mason	Year 3	Hope	Charlie	Jamie
Year 4	Eilidh	Cora	Freddie	Year 4	Victoria	Arlo	Ashton
Year 5	Liam	Phoebe	Henry	Year 5	Jessica	Tom	Lewis
Year 6	William	Maisy	Daniel	Year 6	Cara	Evie-Mai	Skye

Well done everyone!



**w/c 18/09/2023**

**w/c 25/09/2023**

Class	Attendance %	Class	Attendance %
R	94.7%	R	98.7%
1	92.35%	1	94.0%
2	97%	2	96.0%
3	94.8%	3	94.8%
4	96.25%	4	97.2%
5	99.7%	5	93.5%
6	97.55%	6	92.8%

### Autumn Afterschool Clubs

Club	Year	Start Date	Teacher
German	3/4/5/6	26/09/2023	Miss Roberts
KS2 Sports	3/4/5/6	27/09/2023	Miss Bird and Miss Cooke
Lego	1/2	28/09/2023	Mrs Hitchen
Multi-Sports	Rec/1	02/10/2023	Miss Jones
Choir	3/4/5/6	Friday lunchtimes 13/10/2023	Miss Bayliffe
Calm Club	Invite only	24/10/2023	Mrs Callaghan

## Snacks



Can we politely remind parents that children should have one snack for playtimes and where possible, it should be a healthy snack, e.g. a piece of fruit, a cereal bar, malt loaf. Please speak to your child's class teacher if you need further information.

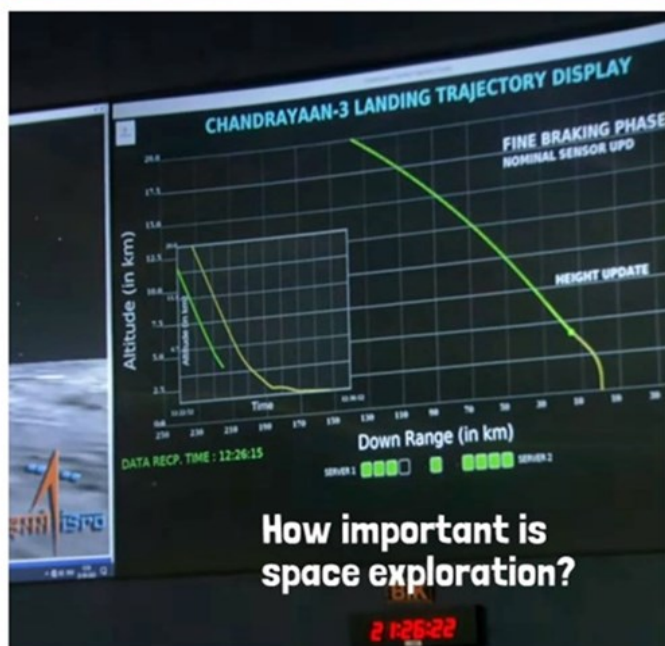
## Uniform

We have a number of children who are not coming to school in the correct school uniform. A reminder of our school uniform:

- Grey or black trousers or a skirt or a pinafore dress
- White shirt or blouse or a navy blue polo shirt
- Navy blue sweatshirt, pullover/cardigan.
- Navy blue fleece
- In the summer, a blue and white dress is permissible.
- Children should come to school in sensible shoes, preferably black or grey.

Children should wear black shorts and a red polo shirt with school logo. Trainers/pumps are required for Games lessons.

# TAKEHOME



How important is space exploration?

## In the news this week

In recent weeks, both India and Russia's space agencies have tried to send unmanned missions to the Moon. They were heading to the lunar South Pole, which is a less explored part of the Moon. Whilst Russia's shuttle crashed into the Moon's surface after spinning out of control, India has become the first nation to land near the Moon's South Pole. The mission, named Chandrayaan-3, has been declared a success as the Vikram lander touched down at the end of August. The lunar South Pole is covered by shadow and largely unknown.

### Things to talk about at home...

- > Share your thoughts on the recent competition for countries to reach the Moon's South Pole.
- > Is space exploration something that interests you? What do you think we can learn from exploring space?

Please note any interesting thoughts or comments

Share your thoughts and read the opinions of others

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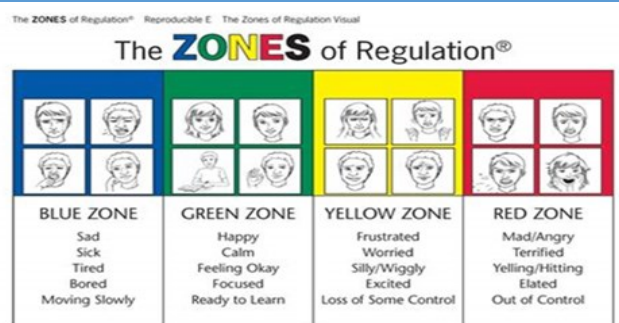
**Alison Lloyd**

**Education Mental Health Practitioner (EMHP)**

**Stafford Mental Health Support Team (MHST)**

This week in school, we have met with Alison from the Stafford Mental Health Support Team. Alison will be working alongside Miss Roberts and Mrs Callaghan this year to offer a range of support to our children and their families.

Alison looks forward to meeting you all over the coming months.



At St Leonard's Primary School, we are launching the Zones of Regulation throughout the whole school. We want to teach all of our children good coping and regulation strategies so they can help themselves when they experience anxiety and stress. In the classroom, sometimes children panic when faced with a tricky learning problem or challenge.

By teaching them how to cope with these feelings might make them better at tackling learning challenges and build better resilience so they don't give up so easily when faced with difficulty. We want children at St Leonard's to grow into successful teenagers then adults. Teaching the children at a young age about managing their feelings will support them in later life so that they don't turn to negative coping strategies which affect their mental and physical wellbeing.

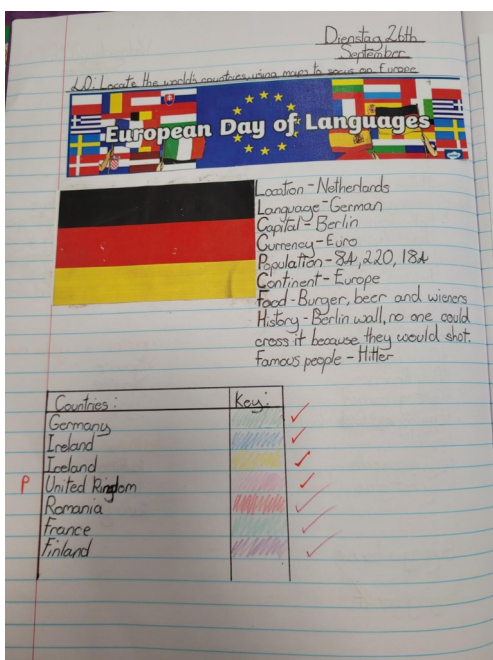
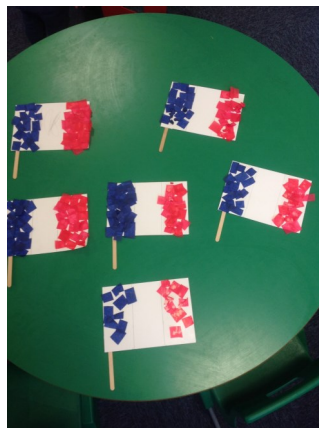
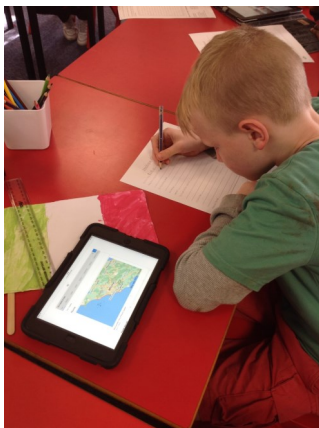


# European Day of Languages

## Tuesday 26th September

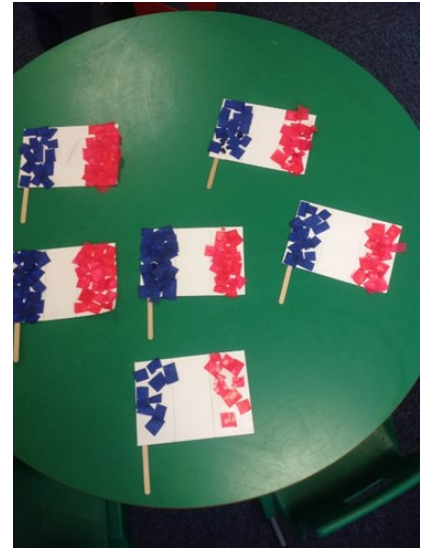


We had a great day in school on Tuesday celebrating the European Day of Languages. Each year group enjoyed out about a different European country. At the end of the day, we had a special showcase assembly in the hall where each class shared what they had learnt, showed us things that they had made, sang songs to us and counted in the new language, and much more. Year 5 and Year 6 told us all about the German food they had tried earlier in the day and they had mixed reviews! All in all, we had a great day.



## Nursery

We are very proud of all the children for settling in brilliantly. We are continuing to learn the routines/ boundaries and how to follow simple instructions. The children have thoroughly enjoyed talking about and showing the group their 'All about me' boxes that have been brought in from home. We have started learning some new songs with actions at circle time and have played some listening games. We have all had a really good try at painting our portraits ready for a display. On Tuesday we celebrated European Day of Languages. Nursery joined Reception in learning all about the country France. We came dressed up in red, white and blue, we all learnt a song in French and collaged the French flag.



## Reception

It has been another busy two weeks in Reception, we have been focusing on 'houses and homes'. Most of our learning has been based around the traditional tale of 'The Three Little Pigs', we have discussed our own homes and the different features, investigated homes around the world and discussed why houses are altered in different climates. We used a range of materials to make some houses for the pigs using 'straw, sticks and bricks'. The children have continued to work very hard and I am so proud of all of the super learning that has took place.

## Year 1

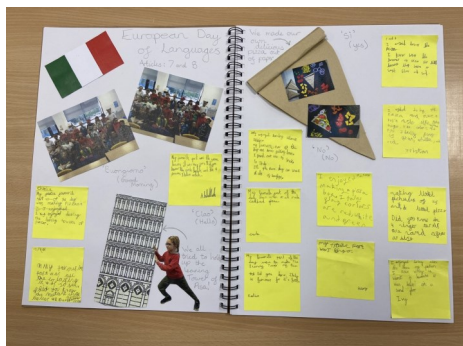
Year 1 have had a very busy couple of weeks! In English the children have been reading Dinosaurs in the Supermarket and writing letters to the dinosaurs from the story. In Maths, they have been learning how to find one more and one less and writing numerals as words. In Science the children have been learning about different materials; they enjoyed guessing the material of the hidden objects in the bag!





## Year 2

Year 2 had a lovely day on Tuesday, celebrating European day. Our chosen country was Spain. The children came in dressed in the colours of the flag and they enjoyed singing in Spanish, counting to 20, greeting each other and learning colours in Spanish.



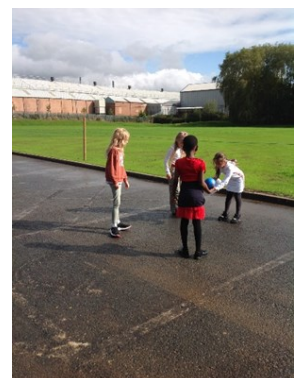
## Year 3

Year 3 have really enjoy learning all about Italy for European Day of Languages this week. We said 'buongiorno' during the register and took an online 360-degree tour of some of the cities in Italy including: Rome and Pompeii. After that, we made our own paper pizza and created artwork of us trying to hold up the Leaning Tower of Pisa! In English, we have started our new class book George's Marvellous Medicine and we collected adjectives to describe Grandma.

## Year 4

On Tuesday, Year 4 enjoyed studying Italy for European Day of Languages. We learned 'Twinkle, twinkle little star' in Italian, how to count to 10, we researched some facts about Italy and in PE we enjoyed learning some football skills as football is a very popular sport in Italy.

On Thursday, visitors from Action for Children came in to talk to us about how to deal with worries. We watched a brand new film especially designed for children and gave our feedback on how we thought it was useful as well as parts we thought could be improved. We all learned some useful tips and strategies for dealing with our worries.



## Year 5

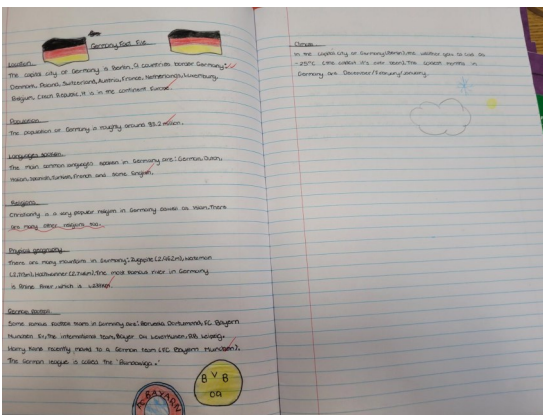
Year 5 have had such a fun packed couple of weeks! We kicked off our new term's topic, How Do Our Beliefs Drive Our Actions? - which is all about World War 1 and 2, last Monday with our WOW Day. Many of the children dressed up, we had soldiers, nurses, land workers and one child came as a conscientious objector - they looked amazing! Thank you to all of the parents/carers for their help with this. We learnt about rationing, evacuation, Morse code, made propaganda posters and made and ate Anzac biscuits.

This week we had a great day on Tuesday, learning all about Germany for European Day of Languages. We made fact files, learnt to count to ten in German, practised our map skills and tried some traditional German foods, including frankfurters, German cheese, pretzels and sauerkraut. A few of the children loved the sauerkraut so much, they went back for seconds!



## Year 6

Year 6 have had a jam-packed two weeks filled with establishing routines and rules, a WOW day, a language day, rewards for great learning behaviours and an afternoon as history inspectors! Everyone has worked extremely hard demonstrating focus and resilience when faced with any learning challenges such as new grammar concepts complex maths problems. I was extremely impressed by our interest in Germany, our focus country for European Languages day. The children created fantastic fact files and showed a keen interest in the history of the Berlin Wall. We have also prepared ourselves for Standon Bowers next week and are raring to go. I will send photos and updates from our week away!



## Leo's Den

The children in Leo's Den have been busy with an art activity creating leaf hedgehogs. The children learnt why the leaves on the trees turn different colours in the Autumn.

We have taken the opportunity to be outside while it has been dry. The children played with their favourite toys such as the scooters, tricycles, hoola hoops and skipping ropes.

To book a session in Leo's Den please contact the School Office.



<b>OCTOBER 2023</b>	
Mon 2 <sup>nd</sup> to Fri 6 <sup>th</sup> October	Y6 Residential trip
Monday 2 <sup>nd</sup> October	9:15 am Parent Forum meeting in school – everyone welcome
Thursday 5 <sup>th</sup> October	Y5 Level 1 Bikeability
Friday 6 <sup>th</sup> October	Y3/Y4 Topic Day
Monday 9 <sup>th</sup> October	Leo’s Den closed after school due to staff training
Tuesday 10 <sup>th</sup> October	Hello Yellow Day – Mental Health Charity - £1 donation on ParentPay for charity
Friday 13 <sup>th</sup> October	Reception to Y6 Flu Vaccinations in school for pupils Consent forms have been sent out
Monday 16 <sup>th</sup> October	Y6 Level 2 Bikeability
Tuesday 17 <sup>th</sup> October	Y6 Level 2 Bikeability
Tuesday 17 <sup>th</sup> October	Early Years parents invited in for Stay and Play sessions 9:00 – 10:00 am for Nursery                      2:00 - 3:00 pm for Reception
Wednesday 18 <sup>th</sup> October	7:00 pm – PTFA AGM meeting in school. Everyone welcome.
Friday 20 <sup>th</sup> October	School Harvest – donations of non-perishable food items for the House of Bread food bank Parents are invited into school at the following times: 9:15 am in school for Y1, Y2 and Y3                      10:15 am in school for Y4, Y5 and Y6 11:00 am – Nursery activities and songs in class    2:30 pm -Reception activities/songs in class
Tuesday 24 <sup>th</sup> October	Sports Enrichment Day – all children to wear their school PE kit
Friday 27 <sup>th</sup> October	9:15 am – Special celebration assembly Parents will be contacted the week before if their child has been chosen for an award
Friday 27 <sup>th</sup> October	Wear it Pink - £1 donation on ParentPay for charity – wear something pink Last day of term
Mon 30 <sup>th</sup> Oct to Fri 3 <sup>rd</sup> Nov	Half Term Holiday
<b>NOVEMBER 2022</b>	
Monday 6 <sup>th</sup> November	School reopens for pupils
Tuesday 7 <sup>th</sup> November	Year 2 Dinosaur Topic Workshop in school
Wednesday 8 <sup>th</sup> November	Parents’ Evening – booking information to come out nearer to the time
Sunday 12 <sup>th</sup> November	Remembrance Sunday – poppies will be on sale week beginning 6 <sup>th</sup> November
Monday 13 <sup>th</sup> November	Odd Socks Day as part of Anti-Bullying Week – wear odd socks with your uniform/PE kit
Friday 17 <sup>th</sup> November	Children in Need – £1 donation for charity on ParentPay - wear spotty non-uniform)
Monday 20 <sup>th</sup> November	Open Afternoon for parents of children starting in Nursery and Reception in September 2024 1:30 – 3:30 pm
<b>DECEMBER 2023</b>	
Friday 1 <sup>st</sup> December	Non-uniform in exchange for donations of gifts for the Christmas hampers
Tuesday 5 <sup>th</sup> December	Sports Enrichment Day – all children to wear their school PE kit
Wednesday 6 <sup>th</sup> December	Morning – Whole school panto visit
Friday 8 <sup>th</sup> December	Nursery and Reception Santa Trip – details to follow
Monday 11 <sup>th</sup> December	9:15 am Parent Forum meeting in school – everyone welcome
Tuesday 12 <sup>th</sup> December	3:30 pm – Year 5 Parents invited in for a Topic Showcase
Wednesday 13 <sup>th</sup> December	Christmas Lunch in school - Wear your Christmas Jumper
Friday 15 <sup>th</sup> December	9:15 am – Special celebration assembly Parents will be contacted the week before if their child has been chosen for an award
Friday 15 <sup>th</sup> December	Termly reports to go home
Friday 15 <sup>th</sup> December	School Discos after school
Monday 18 <sup>th</sup> December	9:30 am – Nur/Rec Christmas Play    2:00 pm – Y1/2 Christmas Play
Tuesday 19 <sup>th</sup> December	9:30 am –Y1/2 Christmas Play    2:00 pm – Nur/Rec Christmas Play
Wednesday 20 <sup>th</sup> December	Y3/Y4/Y5/Y6 Party Day– children to wear party clothes to school
Thursday 21 <sup>st</sup> December	Christmas Services for Key Stage 2 at 9:15 – 9:45 for Y5/Y6 and 10:15 – 10:45 for Y3/Y4 Nur/Rec/Y1/Y2 Party Day – children to wear party clothes to school
Friday 22 <sup>nd</sup> December	Last Day – Non-uniform - £1 donation for school fund. School closes for Christmas
Mon 22th Dec to Fri 5th Jan	School closed – Christmas Holidays
<b>JANUARY 2024</b>	
Monday 8 <sup>th</sup> January	School reopens to pupils



## What does the MHST do?

Support can be offered in the following ways:

- One to one meetings between young person and practitioner
- Groupwork (in person)
- Groupwork (online)
- Parent support / workshops



We offer 6 to 8 sessions of guided self help, informed by Cognitive Behavioural Therapy (CBT) principles.

Our sessions are confidential but we hope to foster open communication. We follow confidentiality policies, therefore if we have any immediate concerns with your child these will be discussed with you.

## Where can I get further support?

We are a low intensity early intervention support team. If you feel your child needs more urgent support, please find further information via the QR code below.



SCAN ME

- Open the Camera app on your mobile phone.
- Select the rear-facing camera. Hold your device so that the QR code appears in the viewfinder in the Camera app. Your device will recognise the QR code and display a notification.
- Tap the notification to open the link associated with the QR code.



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# Mental Health Support Team

Information for parents



## Who are MHST?



We are a team of Mental Health Practitioners that work with children and young people.

We understand the difficulties young people can face and how this can affect their mental health.

We offer low intensity CBT based support to give children and young people the skills they need to manage these difficulties.



## Who MHST can support

We support young people aged 5 to 18 when there is a clear mental health need present, such as:

- Low mood
- Anxiety
- Sleep difficulties
- Worry
- Panic



Our interventions work best when a young person wants to access support and is willing to put the work in both in and outside of our sessions.



## Who MHST can't support

In the absence of a mental health need, we can't support young people who are struggling with:

- Trauma
- Autism or ADHD
- Difficult family dynamics
- Bereavement
- Self-esteem / confidence issues
- Drug or alcohol addiction



## How can I refer into MHST?

Contact the Senior Mental Health Lead at your school if you feel your child would benefit from support from the Mental Health Support Team.