



Leonard's Life



'Where everyone is valued and together we seek excellence.'

Issue: 13

8th December 2023

A note from Miss Roberts.....

This week in school, we enjoyed a whole school visit to the pantomime at Rising Brook Church. It was lovely for all of the children to be involved in the visit and everyone had a great time.

The children also took part in their second Sports Enrichment week of the term. This half term's focus was handball. The children really enjoyed the sessions and showed a good understanding of the game and its rules.

Grass in the Woodland Area

Polite reminder: Could we please ask all parents to ensure that their children are not going onto the grass in the woodland area? We are noticing a lot of mud on shoes that is unfortunately being brought into school which is making a bit of a mess in the classrooms. In addition, sadly, some of the new trees that were planted last year have been knocked over by people running on them. We would be extremely grateful for your support with this.

Poppy Appeal

Thank you to everyone who donated to the Royal British Legion's Poppy Appeal.

Together, we raised £172.76.



POPPY APPEAL

Thank you very much for helping with our Appeal.

£ 172.76
was collected by you.

Without your help, we would be unable to continue our vital welfare and benevolent work.

Yours sincerely

Local Honorary Organiser

District Total (if available) £ 466.080
Registered Charity No. 219279

Parent Forum

Reminder: Our next Parent Forum meeting is on Monday 11th December at 9:15 am in school. For parents who are unable to attend, please use the Forms link sent out a few weeks ago to share your views or speak to Miss Roberts or Mrs Callaghan on the school gate.

Earrings in School

Reminder: Children who wear earrings should only be wearing small stud earrings into school. These should be removed on PE days and for swimming lessons. Thank you for your support.

Volunteers Needed for Reading

We would like to ask if there are any parents or grandparents who would like to help us in school and come in regularly to listen to our children read? All volunteers would need to have a DBS check completed prior to them coming into school and would not be placed in the same class as their child/grandchild, as per our volunteer policy. Full training would be provided. Please let Miss Roberts or Miss Cooke know if you would be interested. Many thanks.

School Admissions for Reception Places

The application process for a Reception place in September 2024 is now open. The easiest way to apply is online and further information can be found on the [Staffordshire County Council web site](https://www.staffordshire.gov.uk). The closing date for applications is 15th January 2024.

Picture News

TAKEHOME



Share your thoughts and read the opinions of others

St Mary's Church Christmas Tree

Thank you to the children in Reception, Year 5 and Year 6 for their help in making decorations for our tree which is on display at St Mary's Church in Stafford until Tuesday 12th December. A special thank you also to Miss Bird for decorating the tree for us.





St Leonard's PTFA

WINTER WONDERLAND



There's plenty of ways to get involved & raise money for our school this Christmas...

- ❖ Mufti Day - Fri 01 Dec in return for items for our Festive Raffle
- ❖ Enter our **Festive Hamper Raffle** - £1.00 per ticket
- ❖ Name & win Santa's Little Teddy Helper Competition £1.00 per entry
- ❖ Decorate a **Christmas Bauble competition** £1.00 per entry
- ❖ Join us for our **Festive Disco** Thu 14 Dec - Tickets £3.50

See ParentPay for details





PTFA

FESTIVE WINTER DISCO

THU 14 DECEMBER

Please confirm your children's attendance and submit your payment on PARENTPAY by **WED 13 DEC '23**

St Leonards Primary School
St Leonards Avenue, Stafford, ST17 4 LT
[f stleonardsstaffordptfa](https://www.facebook.com/stleonardsstaffordptfa)

EYFS & KS1
3:30 - 4:30PM

KS2
4:45 - 5:45PM

Disco once again provided by the wonderful
AMP & DECK'S
[@ampdecksstafford](https://www.facebook.com/ampdecksstafford)





Whatever you're
facing this
holiday season
Samaritans are
there to listen.

call free day or night

116 123

SAMARITANS



#TALK
SUICIDE



Macmillan Coffee Morning 2023

This certificate is presented to
St Leonard's Primary School Stafford
& friends

For your kind contribution of
£461.67

To help support those affected by cancer. Thank you.

Celine

Celine & the Coffee Morning Team

7 Nov 2023



THANK
YOU

St. Leonard's Primary School

for raising a fantastic

£109.50

The money you have raised will be used
to help change the lives of children and
young people facing disadvantage in
communities across the UK.

**BBC
CHILDREN
IN NEED**

BBC Children in Need has not verified the above fundraising. This is not a receipt.
© BBC 2007 Reg. charity England & Wales no. 800055 and Scotland no. SC039537.

Cost of Living Household Support

<https://helpforhouseholds.campaign.gov.uk/>

<https://www.staffordshire.gov.uk/Community/Cost-of-living-support/Here-to-help.aspx>

<https://www.staffordshire.gov.uk/Community/Cost-of-living-support/Here-to-help.aspx>

<https://www.warmwelcome.uk/?l=47529173#map>

Cost of living support

If you're struggling financially or concerned about the future, getting help early can make a big difference.

Staffordshire Fire & Rescue have listed some websites that can provide information, advice, and support to help you manage cost of living pressures.

- Help for Households - The gov.uk website contains information on the help available for households.
- Here to Help - Staffordshire County Council have launched a 'Here to Help' campaign. Their website contains advice and support on topics such as money and debt, energy bills, food and essentials, staying warm and staying well.
- Partnership organisations - Details of the help and advice available on topics such as bills, debts and food costs.

Warm spaces

Some local fire stations are providing a warm space this winter for the local community to come and enjoy companionship, conversation, activities and hot drinks.

- Burton Community Fire Station, DE14 3SU. Every Friday, 1:30pm - 3pm
- Chase Terrace Fire Station, WS7 1AQ. Every Tuesday, 12:30pm - 2:30pm
- Longton Community Fire Station, ST3 1NS. Every Wednesday, 2pm - 4pm from 11 January

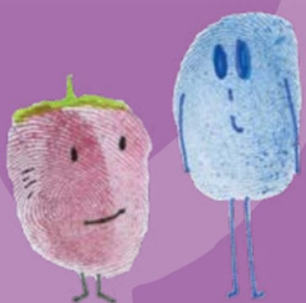
Click here for the Warm Welcome Campaign map which allows you to search for Warm Welcome Spaces near you by entering your postcode.



Anna Freud
National Centre for
Children and Families



You're never too young to talk mental health



Tips for talking for parents and carers

- 1 Make conversations about mental health a normal part of life:** Anywhere is a good place to talk; in the car, walking the dog or cooking together. Model everyday talk about feelings such as by talking about a TV character's feelings. 
- 2 Give your full attention:** We all know it's horrible to be half listened to. Keep eye contact, focus on the child and ignore distractions.
- 3 Check your body language:** Try to keep it open and relaxed and make sure you come down to the child's level.
- 4 Take it seriously:** Don't downplay what the child is saying or tell them they're "just being silly". Resist the urge to reassure them that everything is fine.
- 5 Ask open questions:** Such as "How did your day go today?" This will help to extend the conversation.
- 6 Calmly stay with the feelings that arise:** It can be our automatic reaction to steer away from difficult emotions.
- 7 Offer empathy rather than solutions:** Show that you accept what they are telling you but don't try to solve the problem.
- 8 Remember we are all different:** Respect and value the child's feelings, even though they may be different to yours.
- 9 Look for clues about feelings:** Listen to the child's words, tone of voice and body language.
- 10 Some ways to start a conversation about feelings might be:**
 - "How are you feeling at the moment?"
 - "You don't seem your usual self. Do you want to talk about it?"
 - "Do you fancy a chat?"
 - "I'm happy to listen if you need a chat."

An introduction from our Patron,
HRH The Duchess of Cambridge

"As parents, we all want our children to have the best possible start in life. Encouraging children to understand and be open about their feelings can give them the skills to cope with the ups and downs that life will throw at them as they grow up.

It's important that our children understand that emotions are normal, and that they have the confidence to ask for help if they are struggling.

This is why I am proud to support the *You're never too young to talk mental health* campaign by the Anna Freud National Centre for Children and Families, which is being rolled out across primary schools this autumn.

The campaign's resources are excellent tools to support parents. They demonstrate how we can help children express their feelings, respond appropriately, and prevent small problems from snowballing into bigger ones.



What is mental health?

- ★ **We all have mental health.** Mental health is about our feelings, our thinking, our emotions and our moods. Looking after our mental health is important.
- ★ **We all have small feelings every day:** These sometimes feel strong and overwhelming, whether happy or sad, but they go away before too long.
- ★ **Sometimes we experience big feelings:** These feel strong and overwhelming for a long time. They stop us doing what we want to in our lives.



Talking Mental Health Animation

TALKING
MENTAL
HEALTH

Talking Mental Health is an animation designed to help begin conversations about mental health in the classroom and beyond.

The animation and accompanying resources have been created by a team of animators, children, teachers and clinicians, and is being taught to year 5 and 6 children around the UK.

The animation and resources are freely downloadable from www.annafreud.org



Finding support

ChildLine: For 18s and under
0800 1111

YoungMinds Parent Helpline:
0808 802 5544

NSPCC:
0808 800 5000

Youth Wellbeing Directory:
youthwellbeing.org

About the Anna Freud National Centre for Children and Families

The Anna Freud National Centre for Children and Families has developed and delivered pioneering mental health care for over 60 years.

Our aim is to transform current mental health provision in the UK by improving the quality, accessibility and effectiveness of treatment.

We believe that every child and their family should be at the heart of the care they receive, working in partnership with professionals.



Our Patron: Her Royal Highness
The Duchess of Cambridge
Anna Freud National Centre for Children and Families
is a company limited by guarantee, company number
05819688, and a registered
charity, number 1077106
Supported by
J O M A L O N E
F O U N D A T I O N

Anna Freud Centre
4-8 Rodney Street
London
N1 9JH

Winter Water Safety

Please click on the link below to find out more about water safety tips for Winter:

<https://www.rlss.org.uk/pages/category/winter-water-safety>

Winter WATER SAFETY

Here are some useful tips to keep safe this winter:



KEEP BACK
FROM THE
EDGE



KEEP CHILDREN
AND DOGS WITHIN
REACH

In an emergency...



CALL 999



IF YOU'RE IN
TROUBLE FLOAT AND
CALL FOR HELP

DECEMBER 2023	
Monday 11 th December	9:15 am Parent Forum meeting in school – everyone welcome
Tuesday 12 th December	3:30 pm – Year 5 Parents invited in for a Topic Showcase
Wednesday 13 th December	Christmas Lunch in school - Wear your Christmas Jumper
Thursday 14 th December	School Discos after school
Friday 15 th 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 th December	Termly reports to go home
Monday 18 th December	9:30 am – Nur/Rec Christmas Play 2:00 pm – Y1/2 Christmas Play
Tuesday 19 th December	9:30 am – Y1/2 Christmas Play 2:00 pm – Nur/Rec Christmas Play
Wednesday 20 th December	Y3/Y4/Y5/Y6 Party Day– children to wear party clothes to school
Thursday 21 st 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 nd December	Last Day – Non-uniform - £1 donation for school fund. School closes for Christmas
Mon 22 th Dec to Fri 5 th Jan	School closed – Christmas Holidays
JANUARY 2024	
Monday 8 th January	School reopens to pupils