



Leonard's Life



Issue: 18

26th January 2024

A note from Miss Roberts.....

We've had another week of super learning in school. On Tuesday, I looked at Maths learning across school and visited all classrooms with an external visitor to the school. We were really impressed by how much the children enjoy their Maths lessons and they could all talk to us about their learning and how they challenge themselves further. Also this week, Year 5 and Year 6 have enjoyed taking part in a follow-up Air Aware session following the special assembly last week.

NEXT PTFA MONTHLY MEETING

Wed 31 Jan 2024 | 7.00pm



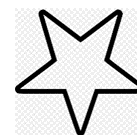
Starbucks, The Hough
Retail Park

Everyone is welcome to join us and help us organise events to raise money to support the school in providing additional activities & resources for your children.

Please email: ptfa@st-leonards-stafford.staffs.sch.uk
to confirm your attendance



School AWARDS



w/c	Class Award	Presentation Award	Punctuation Award
15/01/24			
Year N	Thomas		
Year R	Ewan		
Year 1	Isla	Willow	Charlie
Year 2	Ollie	Tamim	Isla G
Year 3	Aria	Jessica	Ryan
Year 4	Isaac H-S	Mikey	Ashton
Year 5	Jasper	Jessica	Max
Year 6	Matthew	Mabel	

w/c	Class Award	Presentation Award	Punctuation Award
22/01/24			
Year N	Rory		
Year R	Skye		
Year 1	Scarlett	Webb	Norah
Year 2	Bobby	Ivy	Harri
Year 3	Ted	Harry	Joseph
Year 4	Phoebe	Isaac Ho	Lucy
Year 5	Yassmin	Noah	George
Year 6	Flynn	Nilax	Cara

Well done everyone!

SPRING TERM 2024 DATES	
JANUARY 2024	
FEBRUARY 2024	
Friday 2 nd February	9:15 am – Special celebration assembly Parents will be contacted the week before if their child has been chosen for an award
Monday 5 th February	Wear it Red—wear Red clothing in support of the Midlands Air Ambulance £1 per pupil
Monday 5 th February	9:15 am Parent Forum meeting in school – everyone welcome
Tuesday 6 th February	Sports Enrichment Day – all children to wear their school PE kit
Thursday 8 th February	School closes – last day of half term
Thursday 8 th February	EYFS Wow Day—dress up as a fairy tale or nursery rhyme character EYFS parents invited in for Stay and Play at: 9:00—10:00 for Nursery 2:15—3:15 for Reception
Friday 9 th February	INSET Day – School closed to pupils
Mon 12th to Fri 16th Feb	School closed- half term
Monday 19 th February	School reopens for all children
MARCH 2024	
Thursday 7 th March	World Book Day – Bedtime stories theme - Wear your pyjamas to school (non-uniform)
Tuesday 12 th March	Sports Enrichment Day – all children to wear their school PE kit
Friday 15 th March	Comic Relief—wear something red (non-uniform)
Friday 15 th March	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 March	Termly reports to go home
Friday 15 th March	School Discos after school
Monday 18 th March	9:15 am Parent Forum meeting in school – everyone welcome
Tuesday 19 th March	Parents’ Evening – booking information to come out nearer to the time
Thursday 21 st March	Easter Services in school 9:15 am for Y4/Y5/Y6 10:15 am for Y1/Y2/Y3 11:00 am – Nursery in class 2:30 pm - Reception Easter in class
Friday 22 nd March	Last Day – Non-uniform - £1 donation for school fund School closes for Easter
Mon 25 th Mar to Fri 5 th Apr	School closed – Easter Holidays
APRIL 2024	
Monday 8 th April	School reopens for pupils



w/c 15/01/2024		w/c 22/01/2024	
Class	Attendance %	Class	Attendance %
R	93.67	R	94
1	96.33	1	94.33
2	98	2	92.67
3	92.26	3	92.90
4	93.44	4	90.31
5	94.52	5	94.84
6	90.34	6	90

Wear It Red Day

Wear It Red Day encourages local primary schools to wear something red to show their love for Midlands Air Ambulance Charity.

We will be taking part on **Monday 5th February**, the day will help raise important funds for the charity's pre-hospital emergency service, while raising awareness of the vital impact the charity has in the local area. Please donate £1 via your ParentPay account.

Toy Sale

We need donations of good quality, unwanted toys and books. A group of girls in Year 6 are hosting a toy sale to make money for the children's ward at Royal Stoke Hospital. Please bring in any donations to school between 5th and 8th February.

Come along to the Toy Sale in the School Hall on:
Thursday 8th February
3.30pm—4.30pm

Picture News



Will self-driving vehicles change our lives?



In the news this week

Motorists in Britain could be completing journeys using driverless cars by 2026 the transport secretary, Mark Harper, has predicted. He believes that fully autonomous vehicles, in which people become passengers in their own cars, will arrive in the UK that year and follow a gradual rollout. The government introduced a bill in a speech by King Charles III that paved the way for autonomous cars, without a safety driver, after pressure from industry, MPs, and Sir Patrick Vallance in his recent review of technology regulation.

Things to talk about at home ...

- > Do you think you would like to travel in a self-driving vehicle?
- > Make a list of the positives and negatives of self-driving vehicles.
- > Do you believe we will see more self-driving vehicles on the roads over the next few years?

Please note any interesting thoughts or comments

Share your thoughts and read the opinions of others

www.picture-news.co.uk/discuss



© Picture News 2024

Next YUMU Workshop

Miss Bayliffe is holding another workshop next half term where parents and children will be invited into school to use our computer suite after school. During the session, everyone will be able to access YUMU online (a service we use as part of your child's music education). This will be really beneficial for anyone who wants to explore the creative tools on YUMU further and create a piece of music. More information/a letter will be provided next week but as there are only 10 places available, you can secure a place by emailing Miss Bayliffe directly.

Music Explorers

The activities for music explorers over the coming weeks are focusing on growth mindset. There are many rewards and opportunities available for children who would like to take part in the activities. If you need some help getting started or would like some helpful tips at how to access these activities at home then please get in contact with Miss Bayliffe.

Children in Years 4 and 5 - Do you have what it takes to be a Science ambassador?

Are you in
Year 4 or 5?

Would you like to
share your
knowledge and
skills with
others?

Do you love
science?

Mrs Watton is looking for children in Years 4 and 5 who would like to become science ambassadors in school.

Your duties would include:

Helping teachers to get equipment ready for lessons
To run playground science sessions at playtime for other children to enjoy
To help to run a science club in school
Helping to organise, tidy and check science equipment.

You should be:

Enthusiastic about science
Willing to develop your communication skills
Keen to give up some of your own playtime/lunchtime to share your passion with others.

Training will be given to successful applicants by Dr Lorraine Coghill from The University of Durham in partnership with The Ogden Trust on Tuesday 27th February 2024.

See Mrs Watton for an application form!

Spring Term After School Clubs

Club	Year	Day	Teacher
Commando Joe's	All	Monday 8:00—8:50 am Monday 3:25—4:15 pm	CJ's instructor *charge Starting 08/01/24
German	3/4/5/6	Tuesday 3:25—4:15 pm	Miss Roberts Starting 29/1/24
Multi-Sports	Rec/1	Tuesday 3:25—4:15 pm	Miss Jones Starting 23/01/24
Lego	1/2	Wednesday 12:45—1:15 pm	Mrs Hitchen Starting 24/01/24
Art	1/2	Wednesday 3:25—4:15pm	Miss Ball Starting 24/01/24
KS2 Sports	3/4/5/6	Wednesday 3:25—4:15 pm	Miss Bird and Miss Cooke Starting 24/01/24
Computing Programming Club	2/3/4	Thursday 3:25—4:15 pm	Miss O'Neill Starting 25/01/24
Choir	3/4/5/6	Thursday 3:25—4:15 pm	Miss Bayliffe Starting 25/01/24
Calm Club	Invite only	Every lunchtime	Miss Bayliffe and Mrs Callaghan Starting 09/01/24
Dappa Dance	All	Friday 3:25—4:30 pm	Dappa Dance *charge Starting 19/01/24

Big Garden Birdwatch

What is Big Garden Birdwatch?

Big Garden Birdwatch is the world's largest garden wildlife survey. Every year, hundreds of thousands of nature lovers like you take part, helping to build a picture of how garden birds are faring.

How to take part:

Get your free guide and stock up on supplies, with 15% off and free delivery on food and feeders at the RSPB shop.

Spend an hour watching the birds in your patch, between 26 and 28 January, and record the birds that land.

Tell us what you saw (even if that's nothing at all)! You can submit your results online or by post.

Register here: [Big Garden Birdwatch \(rspb.org.uk\)](https://www.rspb.org.uk)

Sporting Events

On Thursday 18th January, girls from Year 1 and 2 took part in a football taster session at Beaconside Sports Centre. Berkswich Wildcats ran the event, which gave the girls the opportunity to practise their dribbling skills, shooting and ball control. Despite it being a bitterly cold afternoon, the girls had a great time and were a credit to the school. A big thank you to parents and grandparents for braving the cold and supporting the children!



On Thursday 25th January, six of our boys from Year 4 took part in a Sport4All event at Stafford Manor High School. The purpose of the event was to encourage the children to show teamwork skills and resilience, which they most certainly did! Split into two teams, The Leonards Lions and The Leonards Llamas, the boys showed their skills in archery, boccia, New Age Kurling and seated volleyball. They worked brilliantly together and came joint 4th! Well done to Evan, Harry, Joshua, Harvey, James and Zhayne! Thank you to parents for your support with this event too.



Nursery

Nursery are continuing with their Theme of Nursery Rhymes. Last week the Nursery Rhyme was 'The Wheels on the Bus' and this week we are learning the rhyme 'Five little ducks'. We have been very busy junk modelling buses, making duck puppets and exploring water play to recognise and count numbers. In our outdoor play we have been concentrating on making arrangements and pictures of ponds and making groups of 1,2, and 3 with natural objects.



Reception

Reception have been enjoying our new topic 'Let's Imagine'. We have focused on two stories the over the past two weeks, Hansel and Gretel and The Gingerbread Man. There has been lots of learning in the construction area, building gingerbread houses and bridges for the Gingerbread Man to cross the river. The children have been developing their planning and evaluating skills and have worked well in pairs or small groups. There has also been lots of book sharing in our book corner, the fairy tales are very popular and the children have been using some super language retelling the stories.



Year 1

Year One have had another busy two weeks! In Topic, the children have been learning about the seasons. They compared the seasons in the UK to the wet and dry seasons in Africa and discussed the clothes that people wear in each season. In English, the children have been reading Handa's Surprise. They made story maps to help them learn the story, ready to begin writing next week. The children have also been looking at African art and creating their own patterns, thinking carefully about their choice of shapes and colours.



Year 2

Year 2 have been working very hard over the last 2 weeks, learning lots of facts and information about Africa. In Geography, children have learnt about mountains, rivers, capital cities, languages and facts about Kenya. In English, they have completed a wonderful class fact file book all about cheetahs, rhinos, giraffes and meerkats.



Year 3

Year 3 have really enjoyed their Topic day last week. Our spring topic is all about adversity and survival. We used the outdoor area to create shelters for our mini figures. Year 3 worked as a team to plan a structure for the shelter and then made it only using natural resources. Each group decided to make their shelters in different ways and in different places in the woodland area. Some shelters were under a tree, underground and on top of a tree stump. Then we tested the shelters by pouring water on them to see if the figures stayed dry. Luckily, all of them worked!

Year 4

Last Friday, Year 4 thoroughly enjoyed being outside for our WOW topic day. The children took part in a range of challenges including a measuring scavenger hunt, shelter building for a toy figure and den building for themselves. I was impressed with the children's perseverance and resilience during the scavenger hunt when they were challenged to find natural objects of particular sizes. The children were all very creative in finding ways to protect their toy figure from the wind and rain using just the natural resources available to them. All of the children really enjoyed being able to explore our new woodland area and we are looking forward to lots more outdoor learning opportunities.



Year 5

Year 5 are now back into the swing of things after the Christmas break! We are fully immersed in our new topic about North America and the children are showing great enthusiasm in lessons. This week, we have learnt about the different biomes that can be found and what creatures and plants live in the vastly different areas – from the freezing conditions of northern Canada to the tropics of the Caribbean. We have read a story called Snow White in New York in English and are now about to write our own traditional stories, set in modern day New York City. In art, we have been looking at the work and life of Clarice Cliff. We are building up to painting a scene of New York City in her style, which includes famous New York City landmarks. We can't wait to show you our final pieces!



Year 6

Over the past two weeks, Y6 have been working really hard! They have produced some brilliant setting descriptions in writing, describing in depth Times Square in New York. As well as this, we have begun to explore the state of New York and the continent of North America, as well as learning details about the Equator and the 2 hemispheres. We have continued to enjoy Commando Joes, building our teamwork and resilience skills which are now showing in our approach to learning. We have also started a new focus in PE: hockey! The children have really enjoyed getting outside and mastering some of these skills. We look forward to another two weeks!



Leo's Den

The children in Leo's Den have been busy with art activities over the last two weeks. The theme for this half term is winter. The younger children have made a polar bear picture using water-based paints and glitter. The older children have created art work using cool pastel colours creating a winter scene



We are Staffordshire's Special Educational Needs and Disabilities Information, Advice and Support Service and provide free, impartial, confidential advice and support around Education, Health and Social Care.

Our team supports Parents and Carers of Children and Young People with SEND (0-25) and also Children and Young People with SEND.

You can contact us in the following ways:

Telephone: 01785 356921

Email: sfps@staffordshire.gov.uk

In school we focus on the Zones of Regulation to support your child's wellbeing and self regulation strategies.

How can you help yourself?

The BLUE zone	The GREEN zone	The YELLOW zone	The RED zone
How might you feel?	How might you feel?	How might you feel?	How might you feel?
sad tired bored moving slowly	happy okay focussed ready to learn	nervous confused silly not ready to learn	angry frustrated scared out of control
What might help you?	What might help you?	What might help you?	What might help you?
Talk to someone Stretch Take a brain break Stand Take a walk Close my eyes	The goal of this exercise is to get to the GREEN zone. What can you do to be happy, calm and ready to learn?	Talk to someone Count to 20 Take deep breaths Squeeze something Draw a picture Take a brain break	Stop what I'm doing Make sensible choices Take deep breaths Ask for a break Find a safe space Ask for help

Mental Health and Wellbeing Support

The Mental Health Support Team are a team of Mental Health Practitioners that work with children and young people.

They understand the difficulties young people can face and how this can affect their mental health. They offer low intensity CBT based support to give children and young people the skills they need to manage these difficulties.

They 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

Alison who is allocated to our school can offer one off workshops on the above areas. Please complete the survey to indicate your interest in any workshops. <https://forms.office.com/e/hkmWubCF79>



Staffordshire Emotional health and wellbeing service

With so many pressures on families currently parenting can be the hardest job of all, and supporting a child or young person with new emotional health and wellbeing can be challenging. Their difficulties often impact the whole family and especially you as parent/carers its ok not to be ok, and important to reach out

and ask for help and support when you need it.

At Action for children, we want to support you too!

Visit our website ...to see our advice and support for parents and carers.

Whether you need a listening ear or advice tailored to your situation speak to a trained parent coach via our parent talk.

[Parent Talk - Support for Parents from Action For Children](#)

Get help with your feelings of worry or find out how to support your anxious child or young person.

[Silvercloud. Making Space For Healthy Minds \(silvercloudhealth.com\)](#)

Or if you want to understand more and access tips and resources quickly on issues such as low mood, stress, self-harm, anger and more, see the self-help videos and information in the Advice and Guidance section of our website.

[Staffordshire Emotional Health and Wellbeing Service \(actionforchildren.org.uk\)](#)

And follow the Advice for parents' link

You can also sign up to one of our virtual workshops or join one of our in-person peer support sessions. Hearing others have similar difficulties helps us understand we are not alone.

Focus on....Adult /Staff emotional wellbeing



Time to Talk Day

Time to Talk Day is on 1 February 2024. It's the nation's biggest mental health conversation. It's a day for us all to start a conversation about mental health. Talking about mental health isn't easy. But a conversation has the power to change lives.



Time to Talk Day is run by Mind and Rethink Mental Illness, in partnership with the Co-op.

Start a conversation [#TimeToTalk](#). Posters, digital/social media and activities are downloadable here: [Download a Pack - Time To Talk Day](#)

1 in 4 of us will experience a mental health problem in any given year. It's not always easy to say how you really feel. **But talking openly and honestly can be the first step towards better mental health.** And the more we talk about mental health, the better life is for everyone.

[#TimeToTalk is the perfect opportunity to start a conversation about mental health](#)

There is no right way to talk about mental health. But these tips can help make sure you're approaching it in a helpful way.

Ask questions and listen: Asking questions can give the person space to express how they're feeling and what they're going through, it will help you to understand their experience better. Try to ask questions that are open and not leading or judgmental, like "how does that affect you?" or "what does it feel like?"

Think about the time and place: Sometimes it's easier to talk side by side rather than face to face. So, if you do talk in person, you might want to chat while you are doing something else. You could start a conversation when you're walking, cooking or stuck in traffic.

Don't try and fix it: It can be hard to see someone you care about having a difficult time but try to resist the urge to offer quick fixes to what they're going through. Learning to manage or recover from a mental health problem can be a long journey, and they've likely already considered lots of different tools and strategies. Just talking can be really powerful, so unless they've asked for advice directly, it might be best just to listen.

Treat them the same When someone has a mental health problem, they're still the same person as they were before and they don't want to be treated any differently. If you want to support them, keep it simple. Do the things you'd normally do.

Be patient No matter how hard you try, some people might not be ready to talk about what they're going through. That's ok – the fact that you've tried to talk to them about it may make it easier for them to open up another time.



Have you heard of **5 ways to wellbeing?** you might have heard about eating at least 5 pieces of fruit & veg, but what about mental health? Research carried out by the New Economics Foundation found that there are five ways to wellbeing. [Five ways to wellbeing | New Economics Foundation](#) 5 Ways to wellbeing aim to prompt people into thinking about those things in life which are important to their well-being and perhaps should be prioritised in their day-to-day routines. **Connect; Be active; Take notice; Keep learning and Give.** They're not complicated and it's easy to fit them into your day, you're probably doing some already.

Connect: Connecting with the people around us is a great way to remind ourselves that we're important and valued by others. Arrange to meet up with friends, reach out to someone – send a letter or give them a call. Having a chat can give your mood a boost, talking and especially laughing, releases endorphins, a natural feel-good chemical that promotes an overall sense of happiness and wellbeing.

Be Active: physical activity can help maintain positive mental health, being more active can help with sleep, reducing stress, anxiety and unhelpful thoughts. It doesn't mean having to run marathons, you can just use the stairs rather than the lift, go for a walk at lunchtime (maybe connect with a colleague at same time) do some stretches, potter in the garden.

Taking Notice: Paying more attention to the present moment, to our thoughts and feelings and to the world around us boosts our wellbeing. It can be using Mindfulness – stopping, calming, resting and noticing. Simple things like noticing changing seasons, take some time to enjoy the moment and the environment around you. Being aware of the world around you and how you are feeling to understand what makes you feel happy or stressed or anxious.

Keep Learning: We're always learning new things – often without realising it. Learning can help improve and maintain your well-being, it can boost self-confidence and self-esteem; help build a sense of purpose. People engaged in learning report feeling better about themselves and a greater ability to cope with stress, as well as feeling more self-confidence, hope and purpose. Why not sign up for a class to learn a new skill, read a book (maybe try a book you normally wouldn't pick up), research something you are curious about.

Give: There's been lots of research about the effects of taking part in social and community life. Some studies have shown that people who help others are more likely to rate themselves as happy. Is there anything you can do today, to be kind or helpful to someone else? Make a brew for a colleague, offer to help out with something they are finding difficult to complete. Maybe volunteer at a local group/charity.

Need urgent help? If you need urgent support, feel unable to cope, are worried about your own mental health or someone you care for, help is available.



Call your local NHS urgent mental health helpline 24 hours a day, 7 days a week:

North Staffordshire (Stoke-on-Trent, Newcastle, Staffs Moorlands) on 0800 0 328 728 (option 1). If you have a hearing impairment or are unable to use the telephone, you can text the All Age Access Team on 07739 775202 and the team will respond as soon as possible (please note: this text service is charged at your network provider's rate).

South Staffordshire (Stafford, Stone, Rugeley, Cannock, South Staffs, Lichfield, Burton, Uttoxeter, Tamworth) on 0808 196 3002. If you have a hearing impairment or are unable to use the telephone, you can email the All Age Access Team mhs1.staffordshire@mpft.nhs.uk and the team will respond as soon as possible.

Samaritans – confidential crisis support helpline, 24 hours a day, 365 days a year – 116 123. [Contact Us | Samaritans](#) they have email service and self help app

Is it an emergency? If someone's life is at risk because they have seriously injured themselves or taken on overdose call 999. If you do not feel you can keep yourself, or someone else safe from immediate risk of harm, call 999.