



# St. Leonard's CE (A) First School Newsletter

Friday 15th March 2024

'From a tiny spark to a bright flame'



*'In him was life; and life was the light of men. And the light shineth in darkness'. (John 1:4-5)*

Executive Headteacher of St Leonard's CE (A) First School / Executive Principal of Manifold C of E Academy: Mrs Kelly Stanesby Chair of Governors: Mrs Sue Hey and Rev Jane Held: Designated safeguarding lead: Mrs Kelly Stanesby, Deputy safeguarding leads: Mrs Julie Amos and Miss Torr

Monday 18 <sup>th</sup> March 2024	Full uniform Whole school trip to Alton Castle
Tuesday 19 <sup>th</sup> March 2024	Full uniform 2.30pm - Mrs Stanesby, Mrs Crooks, Mrs Amos - Finance meeting
Wednesday 20 <sup>th</sup> March 2024 Welly Wednesday 	Welly Wednesday PE kit
Thursday 21 <sup>st</sup> March 2024	Full uniform Easter service- 1.30pm
Friday 22 <sup>nd</sup> March 2024	PE kit "Telling tales" visit Break up for Easter

### Your lunch menu for the 18<sup>th</sup> March 2024 - 22<sup>nd</sup> March 2024

Monday 18 <sup>th</sup> March 2024	Tuesday 19 <sup>th</sup> March 2024	Wednesday 20 <sup>th</sup> March 2024	Thursday 21 <sup>st</sup> March 2024	Friday 22 <sup>nd</sup> March 2024
Pizza and wedges	Easter lunch chicken pasta	Roast of the day, mashed and roasted potatoes, carrots and cabbage	All day breakfast	Fish fingers and chips
Shortbread	Easter crispie cakes	Jelly	Sponge	Ice cram

### Red Nose Day

The children learned the reason why we celebrate Red Nose Day was to raise funds for impoverished children. They learned that the red nose was symbolic of a clown's make up as red nose day is also called "Comic relief - Do something funny for money!"



### Trip to Alton Castle

On Monday 18<sup>th</sup> March the children will be visiting Alton Castle to finish off this term's learning quest of "Creepy castles and dangerous dragons."

They will leave at 9.15am and return at 2.00pm so in plenty of time for collection at the end of the day.

The cost of the trip is £10 and payable on Parentpay. We appreciate that this is short notice but would ask that all payments are received by Friday 15<sup>th</sup> March.

Full school uniform, warm clothes and waterproof layers please.



## Well Done

Well done to Zara who achieved her Tweens level 4 swimming award this week. Eleanor also received her Tweens level 2 award, Charlie achieved his Tweens level 2 award and Maggie achieved who stage 2 swimming certificate. Last but not least Eleanor achieved her Duckling level 3 swimming award.

Lots of little fishes swimming their way to success this week!

Harriet has made her own bird house which she brought into school to decorate and show everyone. Excellent job Harriet!

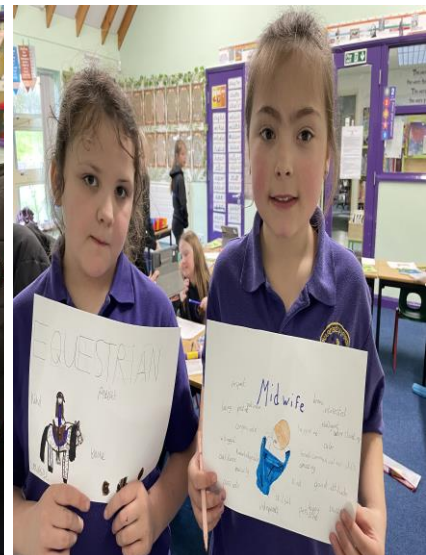
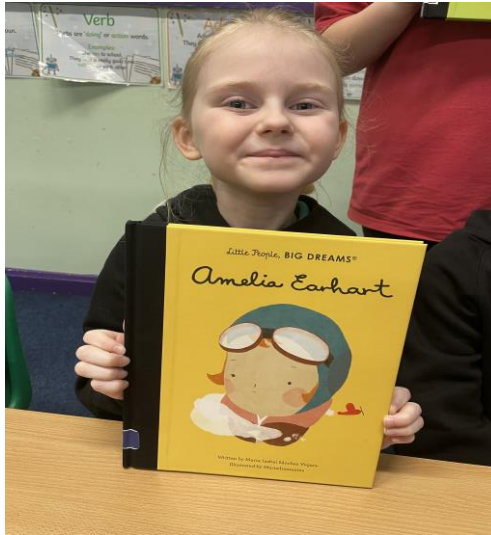


## Careers Day

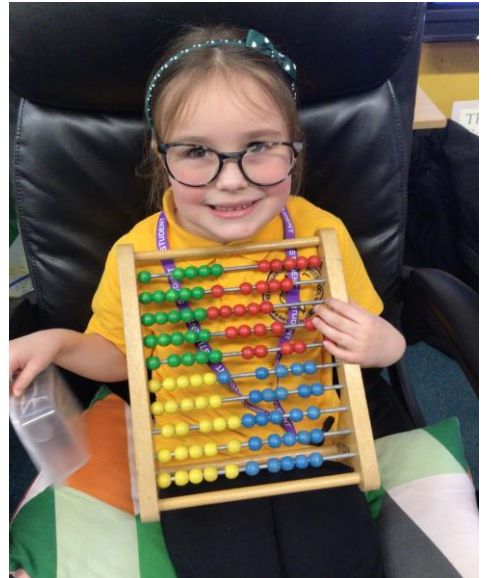
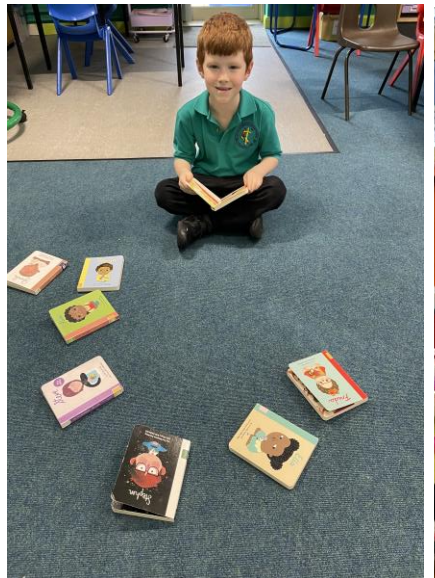
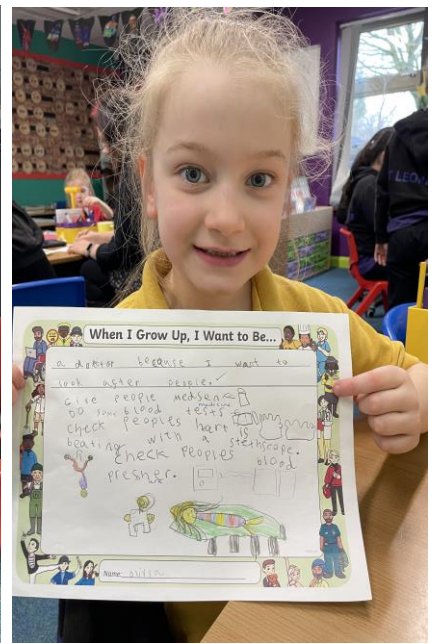
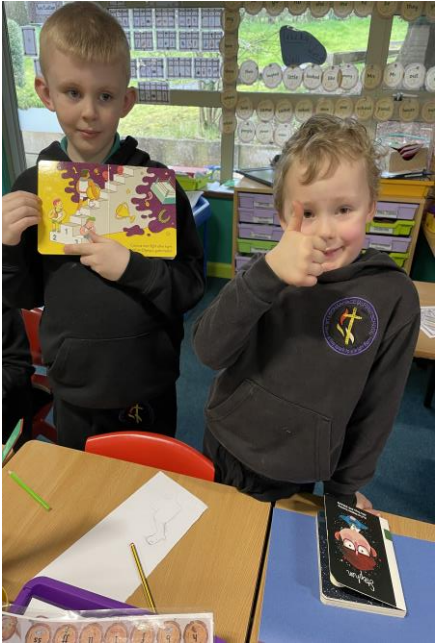
On Wednesday we held a careers day in school. The children talked about what their dream job would be. We had footballers, scientists, lawyers, teachers, paediatricians, horse riders, and lots more exciting career ideas!

They read the "Little people, big dreams" books written about famous and what obstacles they had to overcome to become successful people, such as Stephen Hawking, Albert Einstein and Frida Khalo. They had a visit from the local PCSO's who showed them around their police car and even allowed them to turn the sirens on. They were very loud!

The local PCSO's had lunch with the children and then gave a talk on what it's like to be in the police. The children asked lots of questions too.



# Careers Day



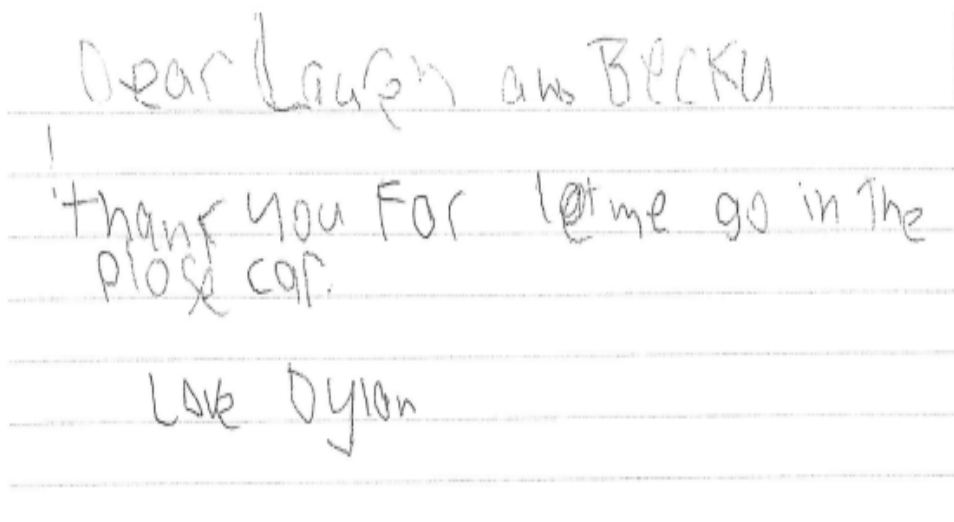
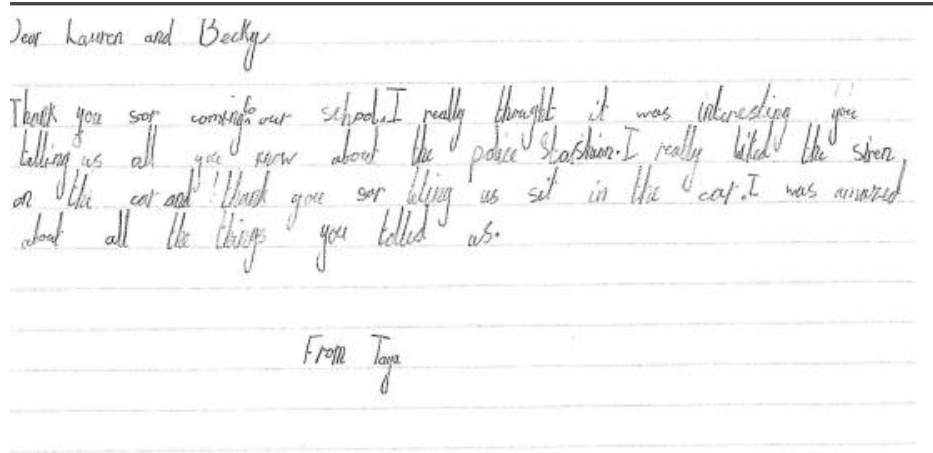
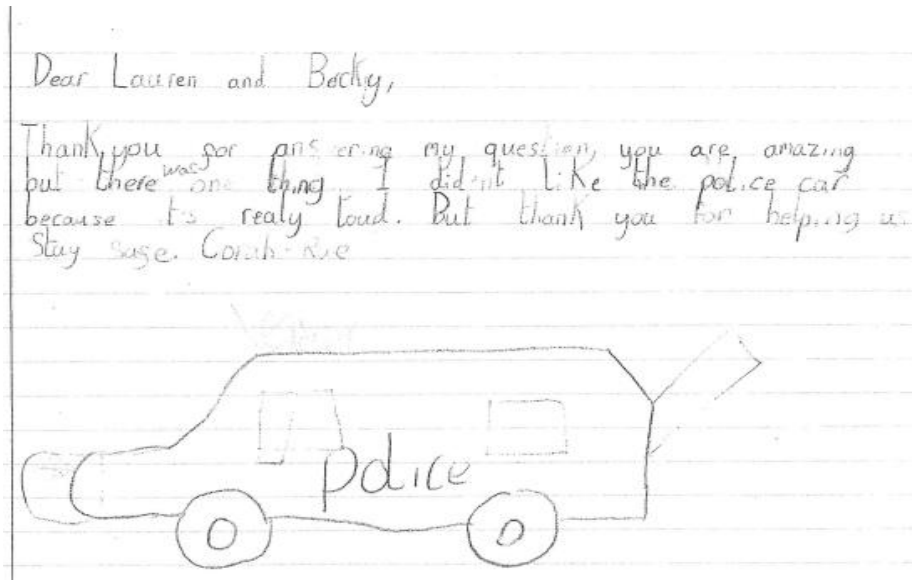


Thank you!

The children enjoyed their visit from the police very much and asked lots of interesting questions such as "How many jail cells are there in prison?" and "How do you catch thieves?"

They learned about taking DNA and that their police car is reflective, and very loud!!!

They wrote thank you letters to the PCSO's who visited.



## Cheadle moon exhibition

"As well as visiting the Moon we have so much wrap around activity happening underneath the moon which is suitable for Young People and families such as:

- Silent Disco - Our Kids Social, Saturday - 16<sup>th</sup> March 6.30-7.30pm
- Childrens Yoga with Natalie Blakeman, Love & Light Yoga - Monday 25<sup>th</sup> March 9-10am.
- A Family Theatre Show, brought to you by The Fabularium on Easter Monday 30<sup>th</sup> April. Two showings from 12pm.
- Films & craft activities - Flatpack festival, Tuesday 2<sup>nd</sup> April & Wednesday 3<sup>rd</sup> April, 3 sessions from 12-4pm.
  - Storytelling and more...

Including events for our kids 13+ like - Lunar poetry workshops with Award winning writer, performer and producer [Keisha Thompson AKA Shebekeke](#) performs from her book of poems: Lunar and music and storytelling from Man on the Moon and album Moonwhile on **Saturday 30th March, 4pm**. There is an astronomy talk & live spoken word performance also programmed.

Tickets for all the programme mentioned above can be purchased via <https://www.tickettailor.com/events/supportstaffordshire>.

For some of the events there may be a small cost, but totally affordable. We would love for as many families and YP to gain the most of this experience under the Cheadle Moon.

What better way to keep the whole family entertained during the Easter break, and it's right on your doorstep!"

Other events happening over the Easter holidays:

OUTSIDE Arts and Pif-Paf Theatre Company will be at four playgrounds over the Easter Holidays building different Adventure Playgrounds and gathering and sharing playground games and challenges. Come and join us, all ages and abilities welcome - don't forget your appetite for play and adventure.

### **What time?**

11am to 3pm drop in throughout.

1. Brough Park Leek - **Sat 6<sup>th</sup> April** (Brough Park, Vicarage Road, Leek ST13 6AS)
2. Tean Rd Rec Cheadle - **Sun 7<sup>th</sup> April** (Tean Road Recreation Ground, Tean Road, Cheadle, ST10 1LG)





### Easter gardens

Please bring your Easter gardens in the week commencing 18<sup>th</sup> March. We can't wait to see your Easter story creations!

These are Zara's and Jack's fabulous entries.



Well done Zara and Jack, they look amazing!

### The Easter story

Reverend Julie came into school to talk to the children about the Easter story. She used picture boards to share the story from the birth of Jesus to his resurrection. The children then drew and explained their own pictures based on the various events throughout the Easter story. Reverend Julie was very impressed with their knowledge.



### Easter service - Thursday 21<sup>st</sup> March at 1.30pm

If you would like to attend the Easter service and faith trail on Thursday 21<sup>st</sup> March please meet up at school. Coats will be needed as we are going on a little faith trail on our way up to the church.

You can take your child home after the service so they will need to bring their belongings. Please let them know they are going home with you.

Thank you.

## St Leonard's church

### WARM WELCOME:

When you are picking up your children on a Friday afternoon, why not drop into the Warm Welcome at the Methodist Schoolroom up the lane from school. Open from 2.00pm to 5.00pm you (and the children) can bob in for a free warm bowl of soup, roll, cake, coffee, tea or juice. There are crosswords and jigsaws as well as the daily papers for adults and games and activities for children. You will be welcomed in warmly and there are always different folk to chat to in a lovely warm room, and warm and friendly atmosphere.

### FOOD BANK AND COMMUNITY HAMPER:

In these ever tougher times we all occasionally will find we need a bit of a hand. One thing that can help if the cash is running out and you still need to eat is to bob into St Leonard's Church porch and help yourself to the groceries in the big Community Hamper box on the floor. If you feel you may need some more long lasting support you can get referred to the Leek foodbank. Contact Revd Jane on 07771 556391 (confidentially) to ask for a voucher - totally confidential and totally non-judgemental support is available both from Revd Jane and the Foodbank itself, as well as access to good debt advice and money management help.

Serving Community  
Serving God



## Best kept village competition

The Parish council have invited the children to enter a poster competition with the theme of Community spirit.

Competition entries should be brought in to school the first week back Easter the Easter holidays please giving you time to create your masterpieces!



**Best Kept Village  
Community Competition**

### **Competitions for Residents**

#### **Children's Poster Competition**

This competition is open to children between 5 & 11 years of age from villages which have entered the Best kept Village Community competition. Posters should be original and based on their community. The age categories for the competition are: 5-7 years and 8-11 years Please include the child's full name, age, school and village on the back of the Poster.

#### **Children's Poetry & Prose Competition**

This competition is open to children between 5 & 11 years of age from villages which have entered the Best Kept Village Community competition. The age categories for the competition are: 5-7 years and 8-11 years Please include the child's full name, age, school and village on the back of the entry.

#### **Spirit of BKVC**

This competition is open to entrants over 18 years of age. Entries can include photography, paintings, drawings, tapestry, cross-stitch, poetry and prose, short stories.

#### **Spirit of BKVC (11-17 years)**

This competition is open to entrants aged 11-17 years (submissions either online or via post) Entries can include photography, paintings, drawings, tapestry, cross-stitch, poetry and prose, short stories. The theme of 'Community'

**Please Pass entries to a member of Parish Council or the Clerk  
or Call 07973522861**

## National online safety

Dreaming of a decent night's sleep? Many of us are and it's a particularly pervasive problem for young people. Concerningly, research has suggested that around 70% of teens get less than the recommended 8-10 hours' sleep per night. The effects of poor-quality sleep on a developing mind, of course, can be harmful over a prolonged period.

Although a significant portion of under-18s struggle for shut eye, there is still plenty we can do to support them in getting the beneficial rest they need during those formative years. Compiled in conjunction with our friends at award-winning mental health charity Minds Ahead, this guide has tips on helping children to develop healthy sleeping habits.

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](https://nationalcollege.com).

# 10 Top Tips for Parents and Educators DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

## 1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

## 2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

## 3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

## 4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

## 5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

## 6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

## 7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

## 8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

## 9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

## 10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

### Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



PE

On Friday Mr Simpson from Churnet View Middle School visited to teach the children archery trampoline rock, paper, scissors. The children had so much fun!

Thank you Mr Simpson.



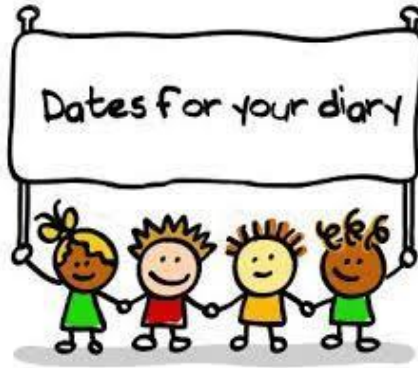
Dates for the diary

Monday 18<sup>th</sup> March - Trip to Alton Castle

Thursday 21<sup>st</sup> March 2024 - Easter lunch

Thursday 21<sup>st</sup> March - Easter service at church - 1.30pm

Friday 22<sup>nd</sup> March 2024 - Break up for Easter



2023 - 2024 Term dates

**Term Ends:** Friday 22 March

**Holiday:** Monday 25 March - Friday 5 April

**Easter Sunday:** Sunday 31 March

Summer Term 2024

**Term Starts:** Monday 8 April

**May Day:** Monday 6 May

**Holiday:** Monday 27 May - Friday 31 May

**Term Ends:** Friday 19<sup>th</sup> July

**Holiday:** Tuesday 23 July - Friday 30 August



## Sparks

This week Sparks class were chopping fruit to make a fruit salad . They used bananas, kiwis and strawberries to make a delicious healthy snack which they thoroughly enjoyed munching on .

They have been making Easter crosses too., They used lolly pop sticks and decorated them. They learned that this is where Jesus died on Good Friday.



## Flickers

Flickers have been making their roller coasters. They looked at their designs carefully to ensure they created death defying drops and twists and turns like the rollercoasters at Alton Towers!



## Flames

Flames class had an afternoon of DT, creating crazy fancy tie dye t shirts, pencil cases and vases. The children used elastic bands to wrap up their plain white tees then very carefully added the dye. The way in which the t shirt was folded would make the eventual pattern. They used special pens to design and decorate clear plastic pencil cases and plain jars with lovely colourful designs. They did a spot of sewing, making cushions and cat toys.

