



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


Friday 9th February 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 19 th February 2024 | Full uniform Stoke City assembly 10am - Full Governor's Meeting |
| Tuesday 20 th February 2024 | Full uniform |
| Wednesday 21 st February 2024 Welly Wednesday  | Welly Wednesday PE kit |
| Thursday 22 nd February 2024 | Full uniform |
| Friday 23 rd February 2023 | PE kit |

Your lunch menu for the 19th February 2024 - 23rd February 2024

| Monday 19 th February 2024 | Tuesday 20 th February 2024 | Wednesday 21 st February 2024 | Thursday 22 nd February 2024 | Friday 23 rd February 2024 |
|---------------------------------------|--|--|---|---------------------------------------|
| Pizza and wedges | Sausage and mash | Roast of the day, mashed and roasted potatoes, carrots and cabbage | Mac and cheese | Fish fingers and chips |
| Shortbread | Sponge | Chocolate mousse | Flapjack | Ice cream |

Star Awards



Congratulations are sent out to the following children who won Star Award's this week:

| | |
|---------------------------------|---|
| Headteacher's Award | Dottie |
| Star of the Week Sparks | Autumn |
| Star of the Week Flickers | Eleanor B |
| Star of the week Flames | Emily |
| Spark to a flame Sparks Class | Maggie |
| Spark to a flame Flickers Class | Sophie F |
| Spark to a flame Flames Class | Megan |
| Mrs Amos award | Harriet |
| Cook's Award | Annie |
| Reading Award | Sam |
| PE Award | Sophie, Elise, Ava, Sam, Olivia, Charlie, Nina, Tobias, Rosanna, Ursula, Annie, Taya |

Happy Birthday

A very Happy birthday to Eleanor G who celebrates her birthday in the holidays.

We hope you have a fabulous day!



Well Done

A big well done to Kallum who won "Man of the match" this weekend. Kallum did some spectacular running and passing during his football match and really impressed everyone with his football skills.

Well done also to Nina, Rosanna who have passed their "Improvement" music assessment and to Jacob who has passed his "Beginners" assessment in their keyboard music lessons.

Last but not least very well done to Romily who achieved her Duckling level 1 swimming certificate and Lily who received her 5 metre swimming certificate.

Great job everyone!





PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING FEBRUARY HALF TERM 2024



moneysavingcentral.co.uk/kids-eat-free

ASDA

Kids eat for £1 All Day. Every Day at Asda cafes, with no adult spend required.

TESCO

Kids eat free with a purchase of 60p+ from From Mon 12th - Fri 23rd February 2024

SAINSBURYS CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

THE REAL GREEK

Kids under 12 eat FREE every Sunday for every £10 spent by an adult

GREENE KING PUBS

Kids Eat Free all-day with the purchase of an adult's meal. Deal, Monday-Friday, between Mon 12th - Friday 23rd February 2024

TRAVELODGE & PREMIER INN

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

TGI FRIDAYS

Kids Eat Free When 'Stripes Rewards Members' purchase a full priced adult's main meal (App needed)

IKEA

Kids get a meal from 95p daily from 11am

MORRISONS

Spend £4.49 and get one free kids meal all day, every day.

GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

YOI SUSHI

From Mon 12th - Fri 23rd February 2024 kids eat free with every £10 adult spend

BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

DOBBIES GARDEN CENTRES

At Dobbies, for every adult breakfast or lunch purchase, kids eat for FREE. Every Day!

TABLE TABLE

Two children under 16 can get a free breakfast every day with one paying adult!

PAUSA CAFE @ DUNELM

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

HUNGRY HORSE

Kids eat for £1 on Mondays

FUTURE INNS

Under 5s eat for free with any adult meal.

KIDS EAT FREE

Parentpay

Please ensure that all outstanding bills are paid by the end of Friday 9th February. This includes wraparound care bills, dinner money and morning drinks if applicable.

Thank you.



Number day

Thank you so much for your donations on Number day. We raised £35 for the NSPCC.



The children enjoyed their number biscuits at lunchtime too!



Children's Mental Health Week

This week is mental health week. It can be tricky talking to your child about their mental health. Mrs Crooks led an assembly on "Express yourself Day - My voice matters" and talked the children about their rights as children to express their views, thoughts and feelings.

My VOICE MATTERS

TALKING TO YOUR CHILD ABOUT MENTAL HEALTH

Are you a parent or carer who wants to talk to your child about mental health?

This Children's Mental Health Week we want all children and young people, wherever they are, and wherever they are in the world, to be able to say – and believe – "My Voice Matters".

We visited primary and secondary schools to ask students what they wanted from the week – to help shape the activities we create for schools, the messaging we give to teachers, the tips we give to other children, and the advice we give to parents, carers and families.

LOOKING FOR FREE PRACTICAL ADVICE TO HELP YOU SUPPORT YOUR CHILD?

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour, and set on their views.

PARENTINGSMART.ORG.UK

Here's what children and young people told us they need from you:

- 1 We don't need to have 'one-off' conversations about our mental health' – sometimes a chat on a journey or at bedtime is enough.
- 2 I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say, without interrupting me.
- 3 Please listen to me carefully and acknowledge how I am feeling – it might seem silly to you but what I am going through is important to me.
- 4 Playing with pets can make me feel better. Same with playing football, basketball or whatever type of sport I am into.
- 5 Don't compare my experiences to your own when you were a child.
- 6 Sometimes I just need you to listen and hear what I'm saying – I don't always need answers (or lectures)
- 7 Please don't worry about trying to fix things for me – I often just need to know you are there for me and understand what I am going through.
- 8 If you are open with me about your feelings, this can help me to be more open about mine.
- 9 Sometimes I don't want to talk. Please trust that I will come to you (or another grown-up or someone my own age) when I'm ready. Sometimes it's easier for me to talk to someone nearer my own age – my siblings, cousins, friends, younger teachers at school – because they 'get it'.
- 10 Sometimes a hug is all it takes to make me feel supported.

WHAT MATTERS TO YOU? CREATIVE VIDEO ACTIVITIES FOR FAMILIES

These wellbeing activities can help children and young people think about and share what matters to them.

For primary children: bit.ly/3PnCO08

For secondary children: bit.ly/3L802wk

My VOICE MATTERS

CONVERSATION STARTERS

Some ways to start a conversation with your child about mental health could be...

TELL ME ABOUT YOUR DAY

WHAT WAS THE BEST THING ABOUT TODAY?

WHAT IS THE BIGGEST STRESS / WORRY IN YOUR LIFE RIGHT NOW?

WHAT'S YOUR ONLINE LIFE LIKE?

WHO WOULD YOU TALK TO IF YOU WERE FEELING WORRIED ABOUT YOUR MENTAL HEALTH?

WHAT CAN I DO TO HELP YOU?

CHILDRENSMENTALHEALTHWEEK.ORG.UK

CHILDRENSMENTALHEALTHWEEK.ORG.UK

DO YOU SOMETIMES WORRY ABOUT HOW YOU ARE FEELING?

If so, read on!

Here are some brilliant tips from children just like you! These children have also had ups and downs with their mental health and want to pass on some ideas that have helped them:

- Ask for help – from a teacher, parent, brother, sister, or other family member. Keep telling until someone listens to you.
- Remember you are not alone – everyone goes through tough times. Be kind to yourself – everyone is perfect in their own way.
- Stay calm – Take some breathers or find somewhere to sit quietly for 2 minutes.
- Go outside and get some exercise to make yourself feel stronger.
- Spend time with your family and friends (or pets).
- It's okay to not always be okay.
- Think of your favourite thing and write it down.
- Keep a diary to track all your emotions.
- Stay positive and focus on things that make you happy. If you can't think of anything, maybe a friend can help you.
- Remember you are enough, and you are the only you.
- If you are being bullied, maybe the bully is being bullied or has something going on at home and they're taking it out on someone else. Tell an adult or trusted friend.

DO YOU SOMETIMES FEEL A BIT WORRIED ABOUT HOW SOMEONE ELSE IS FEELING?

If so, read on!

Things you can say to help support someone else:

Do you want to be my friend?

Do you want to play?

I'm here for you.

Shall we tell an adult?

You're a star!

Would you like me to find your friends?

With thanks to the pupils at Seascope Primary School and Ark Globe Primary School.

BEANO CHILDREN'S MENTAL HEALTH WEEK

Mental health assembly

As Mental Health Lead Mrs Crooks held an assembly on Wednesday about children's mental health.

They listened to "I love my life" by Robbie Williams. They discussed the lyrics of the song and talked about the message the song was giving.

They talked about "My voice matters" and how as an individual they should feel confident to speak about good or bad things.

They then discussed that children have rights and adults need to listen to them and take their views and opinions seriously. They talked about how using their voices can change the world, looking at Greta Thunberg as an example of such.

Mrs Crooks played music from "Sing 2" and told the children couldn't tap their feet, sing or dance. As the music was so happy and lively, they couldn't help themselves and they all had a big dance by the end of it. They felt happy!

They wrote about their proud moments.



MY VOICE MATTERS Place2Be's CHILDREN'S MENTAL HEALTH WEEK

MY PROUD MOMENTS

| | |
|--|---|
| At school... When I get a Award | At home... I feel kind |
| I am part of... The world | With my friends... I'm proud |
| I have learnt... To be nice, kind and helpful | Important people... are Jesus, God, Solari's, Kings, Queen's |



FEBRUARY FESTIVAL OF FUN HOLIDAY CLUBS

Come and join us for some sports, games and activities from February 12-16.

Our action-packed program gives children the chance to remain active, develop skills and make new friends within a safe and secure program.



We are inclusive!

We value the importance of accommodating children who have come to us from different backgrounds. We aim to provide an environment where everyone is challenged and given an enjoyable experience.

Search for your venue: asmsports.co.uk

READ OUR REVIEWS



09:00-15:30

Half-Day & Wrap-Around options available



Call: 01782 366332
Visit: www.asmsports.co.uk
Email: info@asmsports.co.uk

From
£10.00
per day

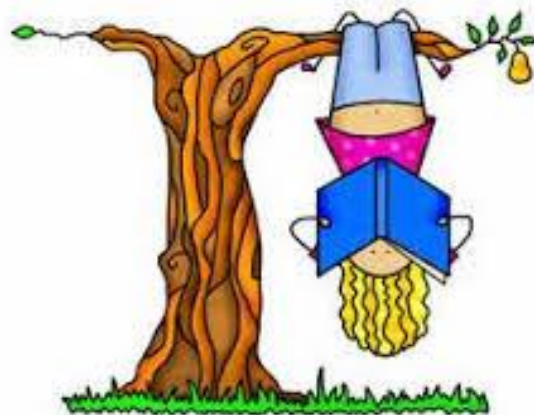


Random reading spot

It's half term again so that means one thing! Random reading!

Take a book, find the most unusual spot and get lost in your reading book.

We love to see your pictures so please send them in to Mrs Amos and we will share them on the newsletter.



Safer Internet Day

The children were looking at ways to stay safe on the internet. They created mind maps and listed all applications they could access online including social media, online shops and games.

They then went on to have a debate about whether children under 16 years old should only have access to children's apps or no smartphones at all.

They also looked at how you can access the internet and what devices will connect you. They learned about what information to never share and if they saw something that made them sad, worried or scared on the internet they should "TAG" - "Tell a grown up". They worked their way through the "Watching videos", "Online Gaming", "Chatting" and "Sharing pictures" certificates.



Chinese New Year

This year is the year of the dragon (As we have all experienced at St Leonard's this term!)

The children have been writing their names in Chinese, writing Chinese numbers in rice and making Chinese lanterns.



Strange sightings

There have been some strange goings on at St Leonard's recently as you may have heard! Dragon eggs found on the school field, shredded scaly skin, squashed treetops, broken branches and ginormous footprints!

We all thought we knew what was causing it but it hadn't been confirmed.... Until now!

Miss Torr set up a secret spy camera! It detected any motion and started to record and it didn't disappoint.

When the children looked back on the footage they saw this!!!



They were gobsmacked! This must be the dragon that laid the two blue eggs!

We wonder if we will see it in real life?!

Lost property

Please could you all check at home to see if you accidentally have Dottie's green school cardigan (28 inch) and Lily Bingham's black PE hoodie. They are both labelled with their names.

Thank for looking.



Online video calling with random strangers. It's hardly a new internet phenomenon but the recent demise of Omegle has prompted the creation of several similar platforms bidding to fill the vacuum. One such contender is Monkey, a service that randomly connects its users for video calls, using their mobile numbers and Snapchat account details.

Monkey has surged in popularity since Omegle's shutdown in November 2023: visits to the site more than doubled within a month and have been climbing steadily ever since. Regrettably, it also seems that Monkey suffers from many of the same pitfalls as its notorious predecessor. This guide highlights these possible risks to young people in more detail.

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many apps which we believe trusted adults should be aware of. Please visit nationalcollege.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about MONKEY

Also known as Monkey Cool, this platform aims to fill the gap left by Omegle (which has now shut down) by placing users in random video chats with strangers. Participants use their mobile number and Snapchat username to connect to the service, where they can make matches, message other people and join group chats. The mobile version has been removed from the App Store due to safety concerns, but iPhone owners can still access the site via their web browser. The app remains available on Google Play, where its listing claims that Monkey has more than 30 million users worldwide.

AGE RESTRICTION
17+

(Although the lack of age verification means that someone younger could easily log in with a false date of birth)

WHAT ARE THE RISKS?

AGE-INAPPROPRIATE CONTENT

The app claims to use AI to detect sexual content or activity that violates its policies, along with having a 24/7 moderation team. However, reports in the media continue to indicate that explicit content remains commonplace on Monkey (including sexually graphic or violent material) and is therefore accessible to anybody who uses the app – including those aged under 18.

UNDER 18

CONTACT WITH STRANGERS

The obvious risk in accepting random video chat partners is that users cannot know what or who they will see on their next connection. Talking to strangers is, of course, potentially dangerous – especially for children who might be persuaded to meet up with these people offline. The app lets users find each other by location, increasing the chances of a child being matched with a stranger from their local area.



IN-APP SPENDING

While Monkey is free to download, it nevertheless offers in-app purchases promising to unlock access to premium features. For example, users who wish to make use of 'Knock Knock chat' (Monkey's text-based messaging option), rather than the app's Chatroulette-style random video calling feature, will need to pay to be able to do so.



INTRUSIONS ON PRIVACY

According to Monkey's privacy policy, personal information (such as name, profile picture and date of birth), user-contributed content (any photos, texts, videos and screenshots shared), and each user's browser and IP address are collected. That is a considerable amount of data for Monkey to gather on its users – and all of this information is shared with third parties.



Advice for Parents & Carers

DISCUSS THE DANGERS

Even if you're comfortable with your child using Monkey, it's still important to talk about the potential dangers. It's crucial, for instance, that young people recognise the risks that stem from video chatting with strangers; that they understand not to share identifying information (like their street or school name); and that they know what to do if they are exposed to inappropriate content.



RESTRICT IN-APP PURCHASING

If your child is accessing Monkey via an Android device, you can prevent them from making in-app purchases through the device's settings. If you do allow your child to use the site, we'd recommend that you enable this feature; young people have been known to spend significant amounts of money in their desire to unlock more features in apps such as this.



REPORT INAPPROPRIATE CONTENT

Monkey states in the safety section of its site that "people are given the power" and that, to a large extent, Monkey is "self-governing." If a user is exposed to sexually explicit or inappropriate content on the platform, they can select the 'police' emoji in the top right corner of their screen to submit a report for Monkey's moderation team to review.



SPOT THE SIGNS

If you're concerned that your child is spending too much time on Monkey – or that they may have been exposed to inappropriate or distressing content – it's important to watch for potential indications that they've been affected emotionally. They could be unusually irritable or unable to concentrate, for example, or failing to complete their homework or even to eat regular meals.



Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



The National College



National Online Safety

#WakeUpWednesday



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety



@national_online_safety

Dates for the diary

Monday 19th February 2024 - Back to school

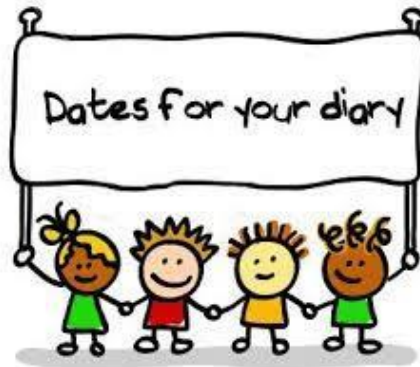
Thursday 7th March 20234 - World book day

Thursday 7th March - Mother's Day treat - Mum's invited into school - 1.30pm - 3.15pm

Thursday 15th March 2024 - Dress down for Red Nose Day

Thursday 21st March 2024 - Easter lunch

Friday 22nd March 2024 - Break up for Easter



2023 - 2024 Term dates

Holiday: Monday 12 February - Friday 16 February

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 19th July

Holiday: Tuesday 23 July - Friday 30 August



Sparks

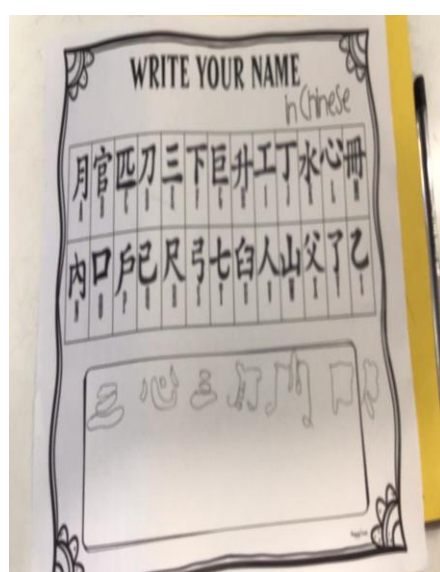
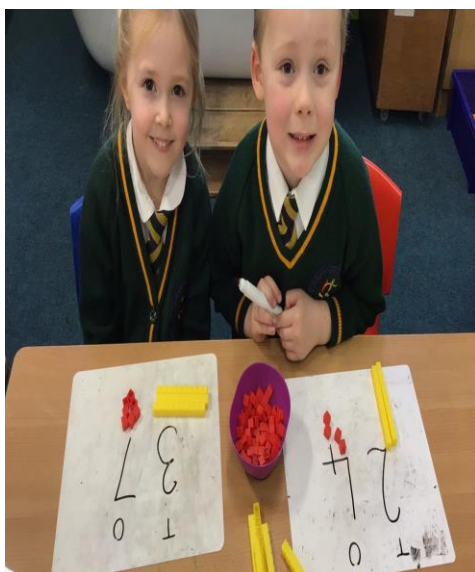
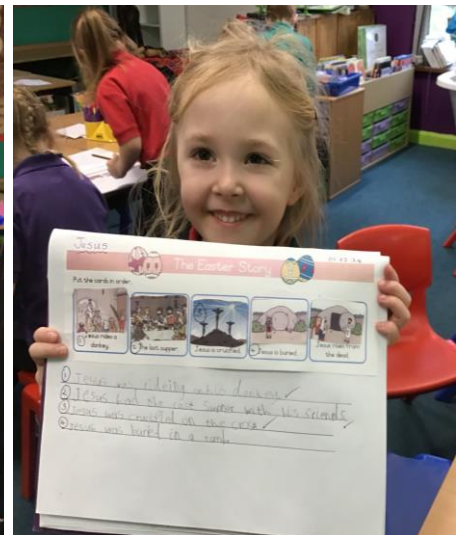
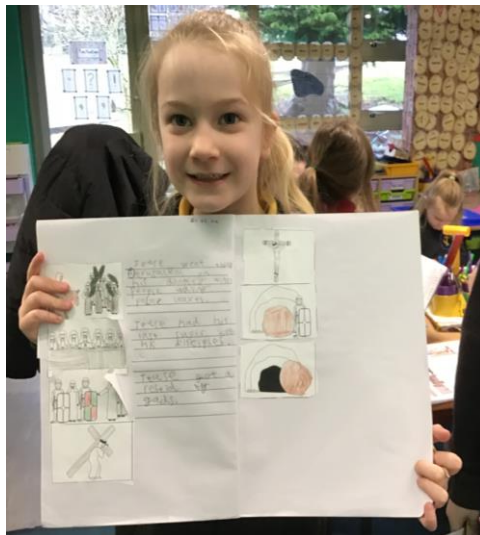
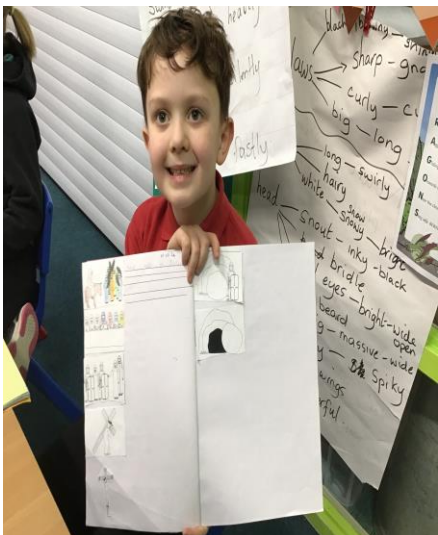
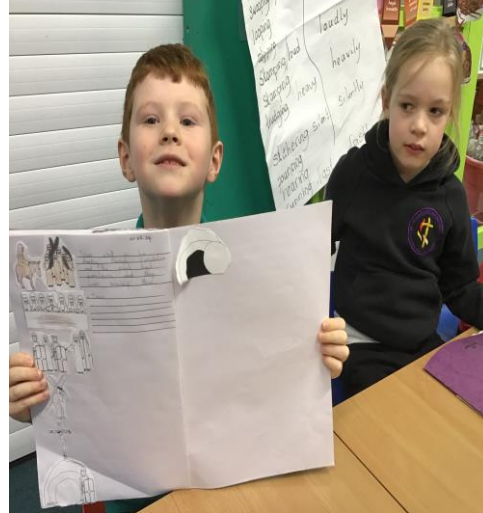
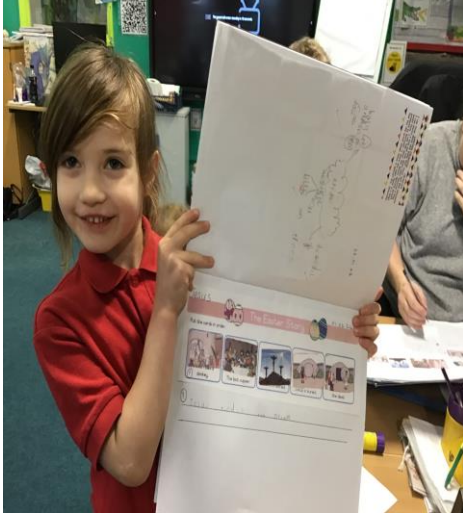
Sparks class have been making Chinese lanterns, doing Chinese dragon dances and eating pretend noodles with chop sticks to celebrate Chinese New Year, the year of the dragon!



Flickers

Flickers class have been learning The Easter story. They wrote a timeline about the events from Jesus travelling to Jerusalem to his ultimate betrayal and demise.

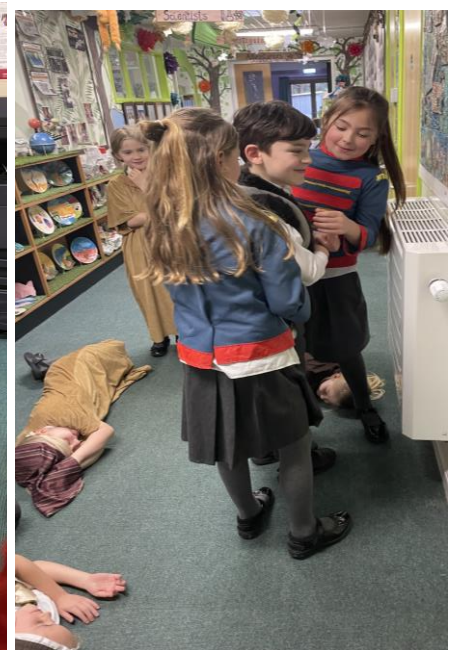
They have been learning about Alton Castle, which we hope to visit next term, and learning about people who used to live in castles. They wrote their names and numbers in Chinese and learned how Chinese people celebrate their new year. They have also been working hard on lots of marvellous Maths!



Flames

Flames class have been reenacting holy week.

They dressed up as Jesus, his disciples and villagers. They acted out Jesus travelling to Jerusalem on a donkey. The king didn't like the fact that Jesus had been pronounced the son of God so he turned to Judas, one of Jesus' disciples, to betray him.



Happy half term

We hope you all have a lovely half term.

Enjoy the break!

