



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

Friday 21st January 2022


'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)

Headteacher: Mrs Kelly Stanesby Designated safeguarding lead: Mrs Kelly Stanesby, Deputy safeguarding leads: Mrs Julie Amos and Miss Torr Chair of Governors Mr Matthew Welton

Weekly Diary

Monday 24 th January 2022	Full uniform
Tuesday 25 th January 2022	Full uniform
Wednesday 26 th January 2022 Welly Wednesday 	Welly Wednesday all day, all pupils - Clothing suitable for PE
Thursday 27 th January 2022	Full uniform
Friday 28 th January 2022 Fitness Friday	PE kit all day, all pupils

Your lunch menu for the 24th January 2022 - 28th January 2022

Monday	Tuesday	Wednesday	Thursday	Friday
Pizza, dough balls, sweetcorn and carrots	Chicken pie, mashed potatoes, peas and broccoli	Roast gammon, mash, roast potatoes, carrots and cabbage	All day breakfast	Fish fingers, chips, peas or beans
Ice cream	Secret brownie	Shortbread	Shortbread	Sponge

Star Awards



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

Star of the Week Sparks	Olivia
Star of the Week Flickers	Taya
Star of the week Flames	Alice
Spark to a flame Sparks Class	Eleanor
Spark to a flame Flickers Class	Lili
Spark to a flame Flames Class	Polly
Reading award Sparks	Charlie
Maths award Sparks	Jacob
Maths award Flames	Joseph
Cooks award	Lili
Mrs Amos award	Ewan
PE stars	Olivia, Jacob, Rosanna, Molly, Ewan, Oscar,
PE stars-Listeners of the week	Eleanor, Vienna

Parentpay texting service

There have been some issues with the text messages that are sent out via parent pay.

Please note this was due to a Parent pay system error which has now been rectified.

We apologise for any inconvenience caused.

A test message was sent out on Wednesday morning to check the issue had been resolved.

If you are still experiencing any issues please let Mrs Amos know as soon as possible so we can investigate.

Many Thanks

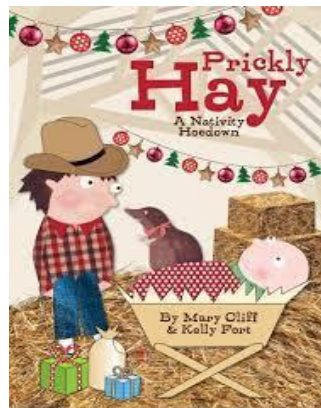


Prickly Hay

DVD's and USB copies of Prickly Hay the nativity, are still available to purchase.

The cost is £10 and in this instance payable in cash.

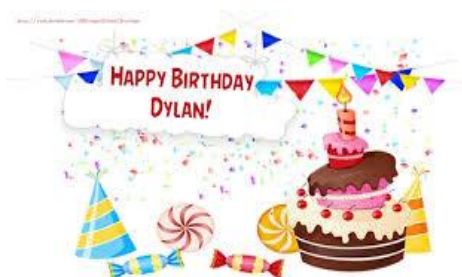
Please ask Mrs Amos in the school office and we'll get them to you as soon as possible.



Happy Birthday

Happy birthday to Dylan who celebrates his birthday this week.

Have a great time Dylan.



Covid update from the Department for Education

The government continues to manage the risk of serious illness from the spread of the virus. The Prime Minister announced on 19 January 2022 that the temporary introduction of Plan B is to end. As a result, we are removing these measures in this guidance for parents. This advice remains subject to change as the situation develops.

COVID-19 continues to be a virus that we learn to live with and the imperative to reduce the disruption to children and young people's education remains.

Our priority is for schools, colleges, childminders and nurseries to deliver face-to-face, high-quality education and care to all children and young people. The evidence is clear that being out of education causes significant harm to educational attainment, life chances, mental and physical health.

We have worked closely with the Department of Health and Social Care (DHSC) and the United Kingdom Health Security Agency (UKHSA) to revise this guidance.

The main messages from this guidance are:

- nationally, education and childcare settings are open, and attendance is mandatory (for schools) and strongly encouraged (at childminders, nurseries and colleges)
- the [Royal College of Paediatrics and Child Health](#) has made it clear that the overwhelming majority of children and young people still have no symptoms or very mild illness only
- your nursery, school or college no longer trace close contacts - close contacts will be identified via NHS Test and Trace
- close contacts of someone with COVID-19, who are under 18 years and 6 months, are advised to test every day for 7 days and continue to attend education unless positive
- under 5s who are close contacts of someone with COVID-19 do not need to do daily testing and are advised to take a PCR test if the positive case is in their household
- continuing to take regular rapid tests will help you to identify infections early and reduce transmission
 - your child no longer needs to remain in a consistent group ('bubble')
- if the number of positive cases substantially increases in your nursery, school, or college, or if your nursery, school, or college is in an enhanced response area, you might be advised that additional measures should be introduced
 - all children aged 12 and over are now eligible for COVID-19 vaccinations
- children and young people previously considered CEV should attend school and should follow the same COVID-19 guidance as the rest of the population
- face coverings are no longer advised for pupils, staff and visitors in classrooms - from 27 January, face coverings are no longer advised for pupils, staff and visitors in communal areas
 - update that education update recovery programmes will continue to be delivered

COVID-19 UPDATE

Healthy food Swaps

The NHS are promoting healthier food swaps for the whole family. You will have probably seen the adverts on the TV.

The children are being encouraged to be a "Be a swap rockstar" by swapping their normal choices of food and snacks for a healthier option.

You can download the NHS food scanner app via the link below;

<https://www.nhs.uk/healthier-families/food-facts/nhs-food-scanner-app>

where you can scan, swipe and swap!

Scan the barcodes of your family's favourite foods, swipe to see the healthier options available and swap next time you shop!

The image shows two parts of a promotional material for the NHS Food Scanner App. The left part is a yellow advertisement for the app, and the right part is a colorful activity sheet for children.

Advertisement (Left):

- Top right: **NHS** logo.
- Text: **Find healthier swaps for the whole family**
- Image: A **Corner pot** of chocolate spread and a glass of milk are shown with a green arrow pointing to a **LOWER SUGAR YUMMY YOGHURT** pot.
- Text: **Just scan, swipe, swap** and **Now it's your turn to try!**
- Image: An apple and two raspberries.
- Bottom left: **Better Health Let's do this** logo.
- Bottom right: A QR code and text: **Download the FREE NHS Food Scanner App**.

Activity Sheet (Right):

- Header: **Be a Swap Rockstar!**
- Instructions: **1 Scan** the barcode on your favourite foods, **2 Swipe** to see healthier choices, **3 Swap** next time you shop.
- Challenge: **Can you make 5 swaps?** Try colouring them in as you go*.
- Swaps shown with star-shaped cutouts:
 - Breakfast:** Choco Pops to Corn flakes.
 - Lunch or Dinner:** Deer to Thin and crispy healthy.
 - Snack:** Fruit & Cream to Popped crunch.
 - Dessert:** Choco to Fruity chew loaf.
 - Drink:** A bottle of juice to Lower sugar juice drink.
- Form: **Name** _____ **has made 5 swaps and is a Swap Rockstar**
- Footnote: *Crayons work best. If you use felt tips make sure you allow time to dry.

Sparks

This week Sparks have been talking about their hopes and dreams and career choices.

The children are encouraged to have career aspirations but also hopes and dreams about what they want to achieve in the school year. This sets goals for the children to work towards.

Here are pictures of our little professionals!

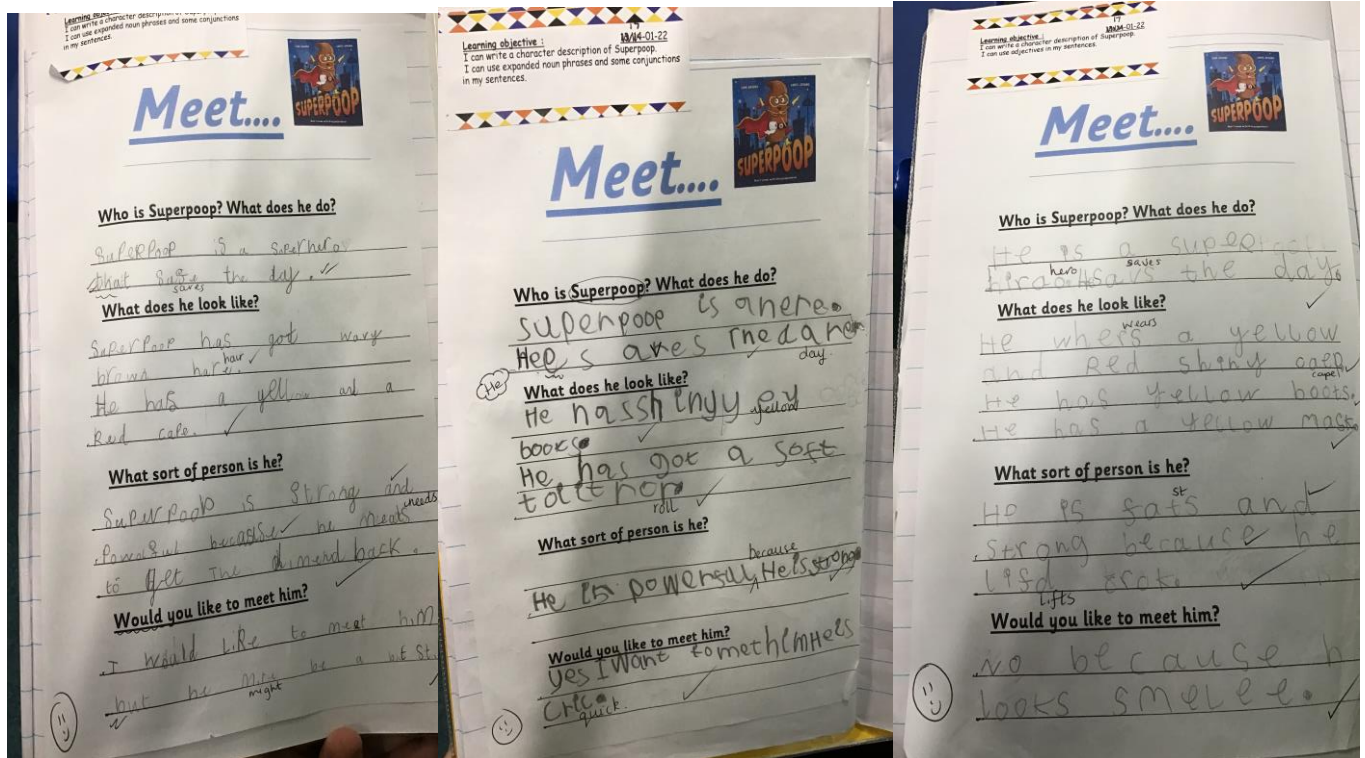


Flickers

Our Superheroes have been at it again - producing some super work!

Flickers class have been writing character descriptions of Superpoop.

Mrs Appiah is so proud of the fantastic work they have done and has chosen three particularly splendid pieces of work to share with you so well done to Eva, Emily and Annie.



Flickers have also been making a movie trailer for the long awaited blockbuster "Superpoop the movie" using I movie on their ipads. Once these are edited we will put them on the school website so you can admire their movie making skills. They look great!



Flames

Flames class have done lots of exciting work.

Last week they took part in an archaeological dig and discovered some Egyptian artefacts, including plates, ornaments and old newspaper articles, from fifty years ago, about previous expeditions. They then cleaned up for closer inspection and wrote about.



They have also been learning about rivers and spent a cold crisp afternoon down at Brookfields to study the characteristics, such as the source and the tributaries of the brook. They then drew and labelled a picture of what they had learned. They children said that rivers of one of the favourite things they had learned about this week!



Climate Change

Here is this week's top tip on ways to reduce our carbon footprint.

Post

Yes, this is also a carbon footprint. 280g CO₂e for 10g letter on recycled paper, increasing to 350g CO₂e for a 25g letter on virgin paper that ends up in landfill.

A small catalogue or magazine is more like 2kg CO₂e.

Make a difference

Check your local authority recycling guidance online regarding envelopes with windows.

Shred then recycle anything containing personal details.

Unsubscribe from unwanted post(to find how search "junk mail" on citizensadvice.org.uk)



Flu vaccination

The NHS has sent out a text message to all parents whose children are outstanding their flu vaccination, whether it is due to missing it during the school session or deciding not to have the vaccination. If you have already taken your child to a community clinic or we have been back in to your child's school do not contact the service, please rest assured we have your child's vaccination on record but there is a slight delay in the national system updating. All other queries or issues follow the 119 guidance as per the message.

The School Immunisation Team.



Replika is an artificial intelligence (AI) chatbot companion that its developers claim users can form an actual emotional connection with. Once users have created an account and chosen a 3D avatar, they select the type of relationship they want with the chatbot. Friend, mentor or romantic partner. Using a neural network to hold an ongoing one-to-one conversation. Replika gradually becomes more like the user as it gathers data from their responses. It isn't the only AI chatbot app available, but Replika pushes the boundaries of the concept to offer highly realistic conversational experience.

In this guide you will find tips on a number of potential risks such as possible addiction, inappropriate content and in-app purchases.

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 that we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about REPLIKA

Replika is an artificial intelligence (AI) chatbot companion that its developers claim users can form an actual emotional connection with. Once users have created an account and chosen a 3D avatar, they select the type of relationship they want with the chatbot: friend, mentor or romantic partner. Using a neural network to hold an ongoing one-to-one conversation, Replika gradually becomes more like the user as it gathers data from their responses. It isn't the only AI chatbot app available, but Replika pushes the boundaries of the concept to offer a highly realistic conversational experience.

AGE RATING
UK & EUROPE: RATED 'MATURE'
17+

WHAT ARE THE RISKS?

INAPPROPRIATE CONTENT

As its age rating suggests, Replika includes content that isn't suitable for children, such as flirtatious messaging and sexual role-play. While the developer has recently updated the app to ensure this can only be accessed by adults who select 'romantic relationship', there are numerous accounts online of sexual content being seen by younger users of the app.

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POTENTIAL ADDICTION

Like many apps, Replika is addictive by nature. It encourages the user to provide more information so it can learn about them and become better at conversation. Not only does this mean your child could end up spending a long time on an app where they might share sensitive information, but also that they could find themselves forming an emotional attachment to the human-like chatbot.

NO SELF-AWARENESS

Replika is designed to seem very human, but it's important to remember that it's still an AI-powered chatbot that has no self-awareness. This means (as numerous users have highlighted online) that the chatbot sometimes fails to filter out inappropriate content: one user reports, for example, that Replika shared upsetting videos of vicious dogs.

IN-APP PURCHASES

Replika is free to download, but its developers do offer in-app purchases. Users can pay to upgrade to a 'Pro' version of the app, which unlocks extra content such as additional activities, conversation topics and the ability to hold voice calls with their AI 'companion'. Users can also spend real-world money on the 'gems' used to buy new outfits or different personality traits for their avatar.

NOT MEDICALLY CERTIFIED

Replika claims to be able to improve users' emotional wellbeing by easing feelings of anxiety and loneliness. However, its disclaimer states "we are not a healthcare or medical device provider... nor should our services be considered medical care, mental health services or other professional help services." There is no guarantee that Replika can help with mental health issues – it could, in fact, have the opposite effect.

Advice for Parents & Carers

SET UP PARENTAL CONTROLS

Replika doesn't feature its own in-game parental controls, but most mobile devices come with these controls built in. On iOS devices, for instance, you can set content and privacy restrictions – so if you don't want your child to be using 17+ rated apps like Replika, you can adjust the settings to prevent these from being downloaded.

TALK ABOUT THE DANGERS

If your child is determined to use Replika and you're happy for them to download it, then it's vital you talk to them first about the possible dangers of this type of app. For example, it's key that they understand not to give out any information which is personal or could be used to identify them – and it would be prudent to warn them about the potential of being exposed to mature content on the app.

WATCH FOR WARNING SIGNS

If you're concerned that your child is spending too much time on Replika and might be forming an unhealthy emotional connection with their chatbot, it's important to look out for the warning signs. They may be giving increasing priority to the app ahead of more important everyday activities (such as doing homework or eating meals) or could be showing signs of irritability and a lack of concentration.

SEEK PROFESSIONAL HELP

If your child is suggesting that they should use Replika for mental health reasons – because they're lonely or having feelings of anxiety, for example – it would be sensible to recommend other options to them. Replika's developers freely admit that they are not a certified mental health service, so if your child needs help it would unquestionably be best to consult a qualified professional instead.

Meet Our Expert

Carly Page is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor of tech tabloid The Inquirer, Carly is now a freelance technology journalist, editor and consultant.

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Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 12.01.2022

Dates for the diary

There have been a few updates to diary dates from the LEP (Leek Education Partnership) who have advised of additional inset days and a change to the end of term date.

Tuesday 1st February - Chinese New Year

Friday 4th February - Winter Olympics begin

Tuesday 8th February - Safer internet day

Thursday 17th February - Dress up as a Super hero day

Friday 18th February - Break up for half term

Monday 28th February - INSET day

Tuesday 1st March - Children back in school after half term

Tuesday 1st March - Pancake Day

Thursday 3rd March - World Book Day

Sunday 27th March - Mother's Day

For future reference **Monday 6th June 2022** is also an INSET day and the last day of term is **Tuesday 19th July 2022**.

