



## St Leonard's Catholic Primary School

Tunstall Village Rd,  
New Silksworth,  
Sunderland  
SR3 2BB

Tele: 0191 5210300

Email: [sle\\_office@stleonardsprimary.org.uk](mailto:sle_office@stleonardsprimary.org.uk)

Parents' email: [parent@stleonardsprimary.org.uk](mailto:parent@stleonardsprimary.org.uk)

Website: [www.stleonardsprimary.org.uk](http://www.stleonardsprimary.org.uk)

Newsletter no. 3

30<sup>th</sup> September 2024

### Dear parents and carers,

#### Wellbeing café

Just a quick reminder that we are holding our first *Wellbeing Café* of the year this Thursday, 3<sup>rd</sup> October, at 8.30 am. It will be lovely to see as many parents as possible joining us for breakfast and a chat. Future cafés will be held on the first Thursday of each month. Please come along – everyone is welcome!

#### Mental Health Day

On Thursday 10<sup>th</sup> October we will be celebrating Mental Health Awareness Day. This will be kicked off with a second opportunity to join staff and families for a morning cuppa and a chat. Talking and being with others are two of the best ways to avoid mental health concerns and something we actively encourage in school. Across the day there will be a range of events or tasks for our children to enjoy that will highlight the importance of adopting a healthy mind approach. There is absolutely no shame or stigma attached to having developed mental health issues and if you are struggling in any way with your own mental health, please reach out and ask for help. There are a number of excellent services that can be contacted, including:

- The Samaritans of Sunderland [www.samaritans.org](http://www.samaritans.org) Support line: [0845 790 9090](tel:08457909090)
- Mind [www.mind.org.uk](http://www.mind.org.uk) Support line: [0300 102 1234](tel:03001021234)
- Mental Health Matters [www.mhm.org.uk](http://www.mhm.org.uk)

#### Autumn has arrived

Now that Autumn is here, the weather is beginning to change. With the rain forecast to continue in the coming weeks, can I remind all parents for the need to ensure your child comes to school wearing an appropriate waterproof and warm coat. As the weather gets colder, children can wear wellington boots to come to school in, but please ensure they have school shoes to change into once in school. Also, this wet spell reminds us about how important it is that children have their PE kit in school every Monday to Friday, as this can provide dry clothes for children to change into if needed.

#### Attendance

The children in St Leonard's have been told about a year long competition to encourage 100% attendance by all children. Can I remind you that routine dentist and GP appointments must be made for outside of the school day at all times. While I appreciate that there are some genuine reasons for children not to attend school, can I remind you of the importance to make every effort to get your children in and on time every day. If your child is ill, it is vital that you inform school before 9:00 am each day that they are off.

#### PE Kit

Just a reminder that all children must wear the appropriate PE kit for PE lessons for health and safety reasons. Children without the correct kit will not be allowed to take part in PE and parents will be contacted. This applies to school uniform too – no coloured trainers!

**Dionne Dunn**

**Headteacher**