



Hempstalls Primary School

Come as you are and leave as a champion



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www.hempstalls.staffs.sch.uk

newsletter

Dear Parents/Carers

We have had a wonderful week this week but missed our Year 6s as they have been on residential at PGL, Shrewsbury making the most of their Champion opportunities. We are so proud of them all.

As we come to the end of our History block children will reflect upon the knowledge they have learnt as they move to their Science blocks next week.

Our swimming pool is back up and running and even our smallest children aged 2 years old have been swimming. Please remember your full swimming kits every week.

We welcomed some of our parents into our Champion Assembly yesterday to share some of the awards we have given in school and also celebrate the awards and achievements outside of school.

Thank you for your continued support,

Miss A Bell

22nd September 2023

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ON OUR SOCIAL NETWORKS



twitter.com/HempstallsA



www.facebook.com/HempstallsPS/

SCHOOL UNIFORM

Please remember full uniform including ties.

PLEASE REFRAIN FROM USING BAD LANGUAGE IN OUR SCHOOL GROUNDS.

Attendance and Punctuality

Be at school every day and on time! Every minute of learning counts!

Earrings must be removed for all PE sessions including swimming. All children must be able to remove their own earrings independently.

A swimming cap must be worn by all children with long hair during swimming sessions.



Wellbeing corner

THE EMOTIONAL BOWL

Some ways that children deal with having an empty bowl

- Steal from other people's bowls
- Misbehave to get your attention and show that they need a refill
- Seem to have bottomless bowls, or need constant 'topping ups'
- Can't sit still for refills or actively refuse them
- Bounce off the walls when they approach 'empty'
- Think they have to fight or compete for every refill

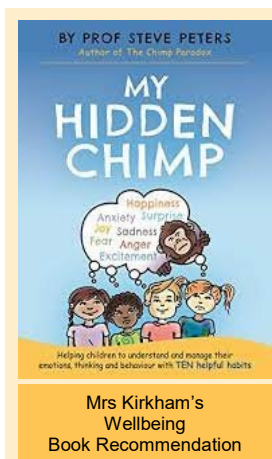
What fills a child's bowl:

- Play
- Friendship
- One-on-one time
- Love and affection
- Connection
- Succeeding
- Doing what they love



What empties a child's bowl:

- Stress and strain
- Rejection by peers
- Loneliness and isolation
- Yelling and punishment
- Failing
- Fatigue
- Doing what they hate



Mrs Kirkham's Wellbeing Book Recommendation



Beat the Street is a free, fun initiative that will transform parts of Newcastle-under-Lyme into a giant game!

See how far you can walk, cycle, run, scoot and wheel in just 4 weeks. There are great challenges to enjoy and prizes up for grabs.

WATER BOTTLES

Only water please in your child's water bottle



Please be respectful to our local neighbours when parking around the school area please do not block driveways.

Allergy information available on request

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main	Veggie Wholemeal Pizza (v)	Mild Chilli con Carne with Brown Rice	Braised Tuscan Chicken with New Potatoes	Sausage Pasta Bake	Fish Fingers and Chips
Vegetarian	Chickpea and Spinach Curry with Rice (v)	Lentil Cottage Pie (v)	Cheese and Potato Pasty (v)	BBQ Vegan Meatball Wrap (v)	Veggie Nuggets and Chips (v)
3rd Options	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw
Deli					
Deli Option with Ham, Tuna Mayo, Egg Mayo or Cheese					
Vegetables					
	Hot Seasonal Vegetables	Hot Seasonal Vegetables	Hot Seasonal Vegetables	Hot Seasonal Vegetables	Hot Seasonal Vegetables
Dessert (Fresh fruit and yoghurt available daily as an alternative to the dessert of the day.)					
	Lemon Drizzle Cake	Fruit Jelly	Mousse	Vegan Ginger Cake	Fruit Turnover

Fresh seasonal salad and bread available daily.



CHAMPION AWARD

RB - Meelah	3P - Bertie
RM - Miller	4B - Daniel
1C - Lucas	4K - Jasper
1E - Jasper	5P - Jacob
2C - Isla	5T - Alfie
2M - Isabella S	6M - Trip
3MC - Jack	6P - Trip



Good To Be Green & Attendance

Congratulations to all the Good to Be Green and 100% attendance winners this week

Good To be Green

Reception & KS1

1C - Elakshi, 2M - Alfie, Rory, Teddy

KS2

3MC - Lexi-Mai, Rebecca, 3P - Chloe, Lucas, Oscar, 4K - Daisy, Ronni, 5P - Riley

100% Attendance

Reception & KS1: 1E - Aurora F, KS2: 3P - Ella W

Class Attendance

4B



Jackson Award

1C - Ivy	2C - Rupert	3MC - Elissa	4B - Sophie	5P - Irene	6M - Trip
1E - Aurora F	2M - Bobbie	3P - Arron	4K - Willow	5T - Paisley	6P - Trip

Pre-loved UNIFORM



Uniform - we have a section of pre-loved uniform available - please call in to see what we have available.

Internet Safety FOR FAMILIES



WWW.NSPCC.org.uk

Tips for keeping your child safe while gaming online.

- Check the game's content
- Change the settings
- Talk to your child regularly
- Make a family agreement

Food Pantry

We are taking donations for the food pantry if anyone has a few items spare, non perishable, no nut items to support families.



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Young Musician 2024

Stoke-on-Trent Young Musician of the Year

The Stoke-on-Trent Young Musician of the Year 2024 is organised by the City Music Service. We have listed some questions and answers below, which we hope will encourage you to take part. Young Musician events in Staffordshire and Telford take place later in 2024 with details to follow in future editions.



When is it?

- Application forms must be received by Fri 1 Dec 2023.
- The preliminary rounds will be held at The Bridge Centre Mon 29, Tues 30 and Weds 31 Jan 2024.
- The final will be held on Fri 19 Apr 2024.

What do I have to do?

Ask your teachers advice about taking part and plan what you would like to play or sing. You will need to complete the online entry form and email a copy of your music and any accompaniment (for example the piano part) to citymusicsservice@stoke.gov.uk

Am I eligible to take part?

Yes, if you meet at least one of the following categories:

- You are a resident of Stoke-on-Trent
- You are in full time education within the City boundaries
- You are a member of one of the City Music Service ensembles

What preliminary rounds are there?

There are six classes split into junior and senior:

1. Strings (orchestral)
2. Woodwind (orchestral and band)
3. Brass (orchestral and band)
4. Piano
5. Voice
6. Open (percussion, keyboard, guitar, recorder etc.)

How old do I have to be?

There are two age categories for the preliminary rounds and the final:

- Junior – up to and including Year 8 in the 2023/24 academic year
- Senior – Year 9 to Year 13 in the 2023/24 academic year

What should I play?

Ask your teacher to suggest something that you will feel comfortable performing in public and that will show off your musicianship. Consider a piece you are currently preparing for an important exam; it could be a good opportunity to perform it for an adjudicator. The maximum performance time is five minutes for the preliminary rounds.

What is the prize for the final?

- Invitation to perform at the Victoria Hall in Summer 2024
- Music Token
- Certificate of Achievement
- Individual Trophy
- All entrants will receive a certificate for taking part

Why should I enter?

- To improve your self confidence
- An opportunity to hear other pupils perform
- A chance to 'try out' an examination piece

How to apply

Decide with your teacher what to play and discuss whether you will use a backing track, an accompanist or whether you will play/sing alone. Any of these options are acceptable. Complete the online entry form [here](#) or scan the QR code and email a clear copy of your music and any accompaniment or MP3 backing track to citymusicsservice@stoke.gov.uk





Staffordshire
Together for Carers
Service

Could you be a YOUNG CARER?

Do you help look after someone in your family who is unwell, disabled, have a mental health or substance misuse issue. Do you...

It is estimated
there are
700,000
Young Carers
in the UK,
many unaware
of the impact
that caring is
having on
their lives



If so, then you could be a Young Carer, and **we can help you**. You are not alone, about **one in 12 high school students are Young Carers**. If you think you are a Young Carer there is support available. **Letting someone in school or us know could help you** get some support. Staffordshire Together For Carers supports Young Carers aged 5-18 through **information, advice, one to one and group activities**.

In your school you can speak to:

For support or more information
about accessing support:

Staffordshire Together for Carers

T: 0300 303 0621

E: enquiries@staffordshiretogetherforcarers.org.uk



To access a Young Carer's Assessment contact:

Staffordshire County Council Young Carers' Team

T: 01785 278444

E: firstcontactcarers@staffordshire.gov.uk

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towards a brighter future

Staffordshire
County Council

NHS
Staffordshire Clinical
Commissioning Groups

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