



# Hempstalls Primary School

Come as you are and leave as a champion



01782 950082  
office@hempstalls.staffs.sch.uk  
www.hempstalls.staffs.sch.uk

# Newsletter

Dear Parents/Carers

Welcome back and a very warm welcome to our new families to Hempstalls who have settled in extremely well.

The children have been absolutely remarkable this week as they settle into their new classrooms and routines. They all look very smart, happy and prepared for the new academic year.

I will write to you next week about our continuing high expectations and ways in which you can support us in meeting those.

Thank you for continued your support,

Have a great weekend,

Miss A Bell

8th September 2023

## Swimming Pool

Next week the Swimming pool will be closed due to maintenance



## SCHOOL UNIFORM



Please clearly label all school uniform.

## Warm Weather



With the weather still being warm

could your please ensure that your child brings a sun hat, sun cream and a bottle of water into school (all clearly labelled).

**WATER BOTTLES**

Only water please in your child's water bottle

## LOOKING BACK AT LAST YEAR'S CHAMPION MOMENTS



### Choose health

Know what affects your child what makes them grumpy, hyper, disconnected...  
Do they need snacks throughout the day?  
Do they need lots of sleep?  
Do they need to get out and about and do exercise?  
Do they need time alone?

Trust that you know your child and give them the basics that they need to cope with difficult days

### Be calm

Try to stay calm whilst your child is feeling distressed. Your child may show:

- highs and lows
- melodrama
- anger
- blame
- self-centredness

### Be wise

As they discover new things, try to:

- be interested
- be non-judgemental
- give boundaries
- see it from all sides
- act on warning bells
- listen to their point of view
- choose your words carefully

### Work together

Share ideas about how to:

- create action plans
- have a problem-solving approach
- enjoy achievements
- be forward-looking
- show them that we can all get things wrong

### Communicate

The small things you do make all the difference:

Keep talking, texting, listening, hearing, hugging, sympathising, smiling, reassuring, checking, sharing, suggesting, encouraging, respecting

### Move on up

Encourage independence

- help them to move positively from child identity towards teen identity
- increase their responsibilities
- be positive whenever they act maturely

Be aware of your child's changing needs. Sometimes it might feel like one step forwards, two steps back.

### Get learning

Be involved, find out more and talk about:

- social media
- internet benefits and dangers
- new music
- language and slang
- current affairs
- what it's like to be young in the current world

### Be the anchor

In times of change you are:

- constant
- family
- familiar
- routine
- in-jokers
- imitating
- comforting
- home

### Have fun

Provide lots of light relief:

- be silly
- be embarrassing
- play games
- laugh together
- do stuff together
- make jokes
- make things
- be outside

### Look after yourself

Support yourself to best support your child:

- lean on friends
- difficult on other family
- find free time
- see the GP
- relax, exercise
- sleep well, eat well
- remember tomorrow is a new day

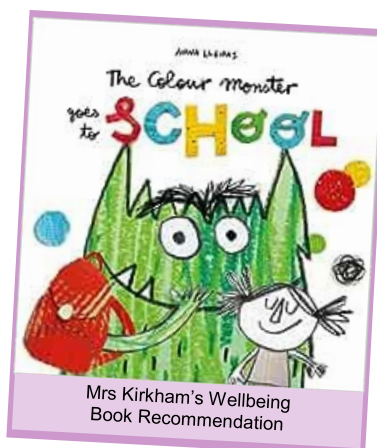
YM Parents Helpline  
0808 802 5544  
youngminds.org.uk  
Mon-Fri 9.30am-4pm

Ten Ways for parents to help children cope with change

ASDA foundation

Find Your Feet  
YOUNGMINDS

# Wellbeing



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	Macaroni Cheese (v)	Butter Chicken Curry with Brown Rice	Roast of the Day with Roast Potatoes and Gravy	Beef Bolognese with Pasta	Pork Sausage and Chips
Vegetarian	Sweet Potato and Bean Chilli with Jacket Wedges (v)	Veggie Enchilada (v)	Vegan Sausage with Roast Potatoes and Gravy (v)	Roasted Vegetable and Mozzarella Tray Bake with Rice (v)	Onion Bhaji with Chutney 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	Hot Seasonal Vegetables
Dessert (Fresh fruit and yoghurt available daily as an alternative to the dessert of the day.)					
Summer Cake	Fruit Jelly	Fruit Flapjack	Vegan Chocolate Kale Brownie	Fruit Mousse	

Fresh seasonal salad and bread available daily.



## Term Dates 2023/24



### Autumn Term

**Autumn Term Starts**  
Wednesday 6th September 2023

**Finish for Half Term**  
Friday 27th October 2023

**School Reopens**  
Tuesday 7th November 2023

**Finish for Christmas**  
Friday 22nd December 2023

### Spring Term

**Spring Term Starts**  
Monday 8th January 2024

**Finish for Half Term**  
Friday 9th February 2024

**School Reopens**  
Tuesday 20th February 2024

**Finish for Easter**  
Friday 22nd March 2024

### Summer Term

**Summer Term Starts**  
Monday 8th April 2024

**Bank Holiday**  
Monday 6th May 2024

**Finish for Half Term**  
Friday 24th May 2024

**School Reopens**  
Tuesday 4th June 2024

**School Closes for Summer**  
Friday 19th July 2024

### Internet Safety For Families



#### Tablets

**How to start a conversation with your child about using a tablet safely**

- Talk with your child about responsible use of their tablet
- Think about the location of the tablet
- Explore parental controls



### HEALTHY LUNCH BOXES & HEALTHY SNACKS

Please visit the [NHS Healthier Families website](#) for tips and ideas for your child's lunch box and snacks:

[Healthy Snacks Web Link](#)

[Healthy Lunch Box Web Link](#)

### Pre-loved UNIFORM



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

### 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.



### General Parent Updates:

Please ensure that all children's belongings are clearly labelled with their name.

All children need to bring a water bottle to school - we have bottles available to purchase in school for £1.

**NO** dogs should be brought onto the school site, even if they are carried. This is a health & safety precaution.

**NO** mobile phones should be used in the school building. If you are in school for any reason, please keep your mobile phone away. For Early Years parents, please ensure that you follow these instructions when dropping off and collecting your child.

Thank you for your support and co-operation with these matters.



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