

Hempstalls Primary School

COME AS YOU ARE AND LEAVE AS A CHAMPION



www.hempstalls.staffs.sch.uk



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NEWSLETTER

Dear Families and Friends of Hempstalls,

This week, we held our Everyday Writes event centred around our Shakespeare theme, Romeo and Juliet. We eagerly await the wonderful writing the children will produce from this inspiring theme.

In the afternoons, the children are enjoying being Champion Scientists, delving into exciting scientific explorations.

A big shout out to Year 2 this week for visiting the Brampton Museum to enhance their knowledge of History whilst learning about seashores in the past.

It was lovely to welcome some special visitors to our school this week. Reception had a fantastic morning in our forest school, engaging with nature and learning in our beautiful outdoor setting.

Wishing all our Dads and Grandads a Happy Father's Day! We hope you have a wonderful celebration.

Thank you for your continued support.

Miss A. Bell
Headteacher

14TH JUNE 2024

TERM DATES



Friday 18th July - Finish for
Summer



Attendance and punctuality

Be at school every
day and on time!



Friday 21st June - Sports Day



**Morning - Year 5 & 6
Afternoon - Year 3 & 4**



TT Rockstars

Keep practicing your times tables every day - it really does make a difference. If you haven't got a log-on, please leave a note in your child's planner. Remember, practice makes permanent!

**wellbeing
corner**



Our Lost property area, Grab & Go bags, and Free Pre-loved uniform can all be found at the main reception.

St Michaels Summer Fayre -
Saturday 15th June at 2pm
There is music, refreshments and
stalls and everyone is welcome.



- Parent Protect - Internet Safety
- Keeping children safe online - NSPCC
- Keep Children Safe Online - Internet Matters

Some useful parent links to help keep
our children safe online.



Please be respectful to our local neighborhoods when parking around the school area, please do not block driveways. No dogs allowed on school grounds.

Allergy information available on request

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|---|---|
| Main | Vegan Sausage Roll with Potato Salad | Meat Feast Pizza | Roast Chicken with Roast Potatoes & Gravy | Chicken Curry with Rice | Oven Baked Fish Fingers with Chips |
| Vegetarian | Spiced Vegetable Curry with Rice (v) | Margherita Pizza (v) | Roasted Vegetable Quesadilla with Roast Potatoes | Tomato Pasta | Veggie Nuggets with Tomato & Sweetcorn Sala and Chips |
| 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 | | | | | |
| Dessert (Fresh fruit and yoghurt available daily as an alternative to the dessert of the day.) | | | | | |
| Berry Crumble Traybake | | | | | |
| Oat & Lemon Cookie | | | | | |
| Strawberry Mousse | | | | | |
| Pear & Ginger Cake | | | | | |
| Jelly | | | | | |

Fresh seasonal salad and bread available daily

CHAMPION AWARD

RB - Zelda
RM - Ivy
1C - Skye
1E - Lily
2C - Reagan
2M - Darla
3Mc - Alaycia

3P - Chloe
4B - Alexis
4K - Lucas M
5T - Linaya
5P - Sophie
6P - Lacey-May & Summer
6M - Xavier

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

1E - Azlan, 2C - Kayden, 2M - Jacob & Mollie

KS2

3MC - Tilani, 4B - Connor, 4K - Isaac, 6M - Alana & Deshabhi, 6P - Zoya & Jayden & Lily-May

100% Attendance

Reception & KS1 - Viaan (1C) KS2 - Mollie (5T)

Class Attendance

4K

JACKSON 5 AWARD

1C - Leon

2C - Lily

3P - Umair

4K - Abd Alrahman

5T - Daniyal

6M - Keanu

1E - Auroroa

2M - Freddie

3MC - Liara

4B - Harrison

5P - Liam

6P - Darci D

WATER
BOTTLES

ZUMBA GOLD®



Hempstalls Primary
School
Mondays & Tuesdays
7pm
Class fee £5

A dance/fitness Zumba programme for those who prefer a lower impact workout. No booking required, just turn up at the door and join in with a super friendly group of ladies.
For more information, contact Jennie on 07921820823



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CHAMPION MOMENTS



Forest school



Year 4 – Kibblestone
Trip



Swimming

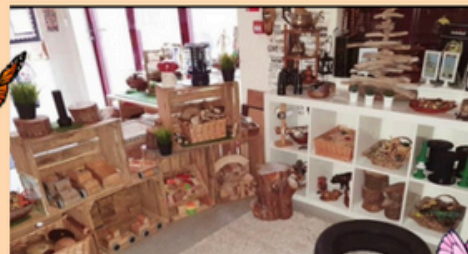
YOUR TRASH IS OUR TREASURE!

AT HEMPSTALLS, IN THE EYFS DEPARTMENT WE ARE IN THE PROCESS OF DEVELOPING OUR LEARNING ENVIRONMENTS. WE ARE EAGER TO GATHER WOODEN, NATURAL & REAL RESOURCES FOR OUR CLASSROOM THAT WILL ENHANCE LEARNING AND VOCABULARY FOR OUR CHILDREN AND CREATE A PURPOSEFUL, CALM AND INVITING ENVIRONMENT.

IF YOU HAVE ANY OF THE BELOW YOU WOULD BE HAPPY TO DONATE, OR YOU KNOW WHERE WE COULD SOURCE ITEMS THAT ARE IN GOOD CONDITION PLEASE SPEAK TO YOUR CLASS TEACHER / ROOM LEADER.

WE ARE LOOKING FOR ...
• **OLD SAUCEPANS / KITCHEN UTENSILS**
• **WOODEN CRATES**
• **ELECTRICAL CABLE DRUMS**
• **PICTURE FRAMES**
• **SMALL RUGS / MATS**
• **BASKETS**

THANK YOU FOR YOUR CONTINUED SUPPORT
MRS MULLOCK (ASSISTANT HEAD / EYFS LEADER)



Top Tips for... MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

Buy Milk

GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



DEVICE BOX

The National College



National Online Safety
#WakeUpWednesday

Parent or carer of a child with SEN?

JOIN US

at the Family Hub for a free
COFFEE

AFTERNOON

No diagnosis necessary, all welcome!

See what support is available for parents and carers within the community and meet the family support team from Merryfields. Your children welcome to come along too!

Friday 3rd May 2024 1.30pm

Venue: at Newcastle Family Hub, Cemetery road,
Knutton, N-U-L ST5 6DH



**Scan the QR
code to let us
know if you are
coming!**



Merryfields
School
Inclusive Circles

**NEWCASTLE
FAMILY
HUB** 

Empowering families through bespoke pathways



Are you concerned about a child?

If you are concerned about a child:

Make a factual record of your concern.

(Include day, date, time, other witnesses, concern and your signature).

You must share your concerns without delay



Miss A Bell
Designated Safeguarding Lead Officer



Mrs K Timmis
Safeguarding Lead



Mrs J Hemmings
Deputy Designated Safeguarding Officer



Mrs R Mullock
Safeguarding Lead



Miss C McDonald
Safeguarding Lead



Mrs E Kirkham
Safeguarding Lead

Or Contact Staffordshire Children's Advice and Support Service
0800 111 8007