



Hempstalls Primary School

Come as you are and Leave as a Champion

9th September 2022

Telephone: 01782 950082

Website:

www.hempstalls.staffs.sch.uk



Dear Parents/Carers,

Welcome back to another academic year and a very warm welcome to our new families. We were so excited to welcome all our children back on Wednesday and were so proud to see how smart they all looked in their full Hempstalls uniform.

As always, this year Hempstalls is very busy with an abundance of learning opportunities in and out of the classroom as we continue our Curriculum for Champions; we are very much looking forward to the year ahead.

Next week we are will be concentrating on our Maths, Literacy and History blocks, forest school, swimming and launch days.

Have a lovely weekend,

Kind Regards,

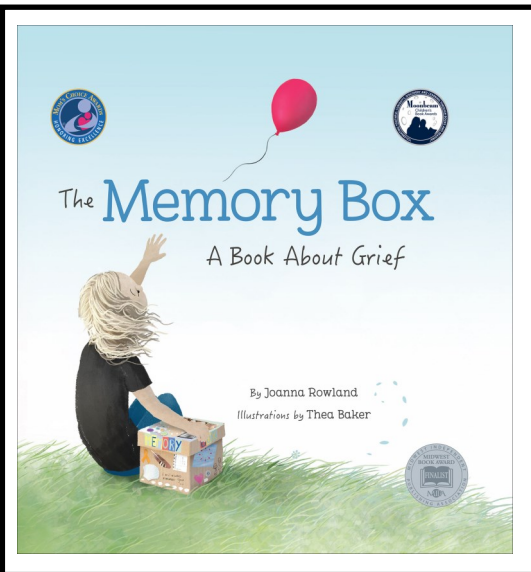
Miss Bell

Following the very sad announcement yesterday of the death of Queen Elizabeth we have paid our respects by observing a minutes silence in school today.

Pre-Loved Uniform - We have an enormous amount of pre-loved uniform in school. On dry days we aim to put it on the grass area near to the office. Please help yourself to whatever you need



Wellbeing Corner



Mrs Kirkham's Wellbeing Book Recommendation

Sunday evening plan

- Soothe** - do some calming activities and make the last things at night soothing - gentle music, story for younger ones, soft lighting, **talk about 3 good things before bed.**
- Understand** - make sure you let them know that you do understand their feelings and you do not negate or dismiss them - you understand how hard it is but it will get better in time! **Develop your script for this if appropriate.**
- Neutralise** - record any worries in a worry book and then talk through each one helping the child to see a solution where they are catastrophising and **show them the evidence against any irrational thoughts thinking patterns.**
- Decide** - on a plan of action and go through it step by step - this is what we will do tomorrow. Work out the schedule and ensure that everything is ready - book, bag, PE kit etc and laid out for the next morning. **Make the plan visual if needed.**
- Attend** - be vigilant to the child's emotional state and give more time if they need it so that they feel nurtured and safe. **Give reassurance and a transitional object for younger children.**
- Yourself** - look after yourself and make sure that you are regulated and feel calm yourself. Engage in some relaxation and take time out after the bedtime routine for you to build up your own resources and **remember that it is ok to feel worried but don't let it overwhelm you.**

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Week 2				
Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Sausage & Tomato Pasta Bake (v)	Meat and Potato Pie	Chilli Con Carne with rice and tortilla chips	Roast Chicken/ Quorn Dinner	Fish Fingers and Chips
Margherita Pizza (V)	Rainbow stir fry vegetables & noodles	Cheesy Tortilla wrap (V)	Salmon pasta bake	Cheese Whirl (V)
Jacket Potato with a selection of fillings (V)	Jacket Potato with a selection of fillings (V)	Jacket Potato with a selection of fillings (V)	Jacket Potato with a selection of fillings (V)	Jacket Potato with a selection of fillings (V)
Ham, Cheese or Tuna Mayo Sandwich	Ham, Cheese or Tuna Mayo Sandwich	Ham, Cheese or Tuna Mayo Sandwich	Ham, Cheese or Tuna Mayo Sandwich	Ham, Cheese or Tuna Mayo Sandwich
A selection of fruit and plain muffins	Raspberry Buns	Iced Sponge and Custard	Cornflake tart	Fruit Flapjack and Custard



Internet Safety FOR Families


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

WWW.NSPCC.org.uk


Free Breakfast Club

Please remember our FREE breakfast club runs from 8:15am every day. Please drop your children off at the main school office.



Free School Meals

If you think you may be entitled to free school meals for your child please call in to the office for more information. You can also complete an application form which is available on the Staffordshire County Council website. This helps your child and the school.



Class Names -
introducing our new class names for this year



Caring Cubs Nursey Care Bears

RT - Timmis' Titians RB- Mrs B's Busy Bees

1K - Incredible Ones 1H - Wonder Ones

2M Tiger Feet Twos 2C - Sunshine Twos

3P Rocking Threes 3M Roarsome Threes

4N - Fantastic Fours 4C VIP Fours



5T Mighty Fives 5P Flourishing Fives

6P Potts' Pioneers 6M Superstar sixes

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.

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

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.

