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# newsLetter

23rd June 2023

## Together We Thrive



An event for parents, carers, and families of those living with a disability, mental health condition, Autism, learning disability, and/or additional needs in Stoke-on-Trent.

**Date and Time:**  
Tuesday, June 27 · 10:30am - 5pm

**Location:**  
King's Hall Kingsway  
Stoke-on-Trent ST4 1JH

To book a place please click the link below:

[Together we thrive tickets \(Free\)](#)

Dear Parents/Carers

Children, across the school, have been working hard to complete quizzes. They have approach these with energy and confidence. Their achievements will be shared on their final year report.

Year 6 have been on residential and have had a fantastic time and have made some real memories. A huge thank you to everyone who has supported this wonderful opportunity.

Have a great weekend.

Miss Bell & Mrs Hemmings



**PSFA SUMMER FAIR**  
Wednesday  
28th June  
3:30pm



### Champion Moments



Residential - Adventure activities at PGL - Year 6

Myself



## THE LION KING

Summer Production  
Tickets to be released soon.  
11th July & 12th July.  
More details to follow.

### RECOMMENDED READ

**ORPHANS OF THE TIDE**  
BY STRAWN MURRAY Age 9+

A fast-paced and gripping adventure from start to finish. A terrific debut of strange myths and dark secrets which will be sure to make you audibly gasp along the way.



## SPORTS DAY

KS2

**Monday 26th June:**  
Year 3 & 4 - 9:30am - 11:30am  
Year 5 & 6 - 1:30pm - 3:00pm

KS1 & RECEPTION

**Wednesday 28th June:**  
1:30pm - 3:00pm

## 10 MOTIVATED

1. Don't compare them to other children
2. Display their work
3. Tell how proud you are of them
4. Give your child responsibilities. These don't need to be huge, but ones that you know they will be good at and succeed in
5. Ask your child's opinion
6. Take an interest in their hobbies
7. Don't expect them to be perfect. Reward every effort they make
8. Enjoy spending time together
9. Let them know they can talk to you

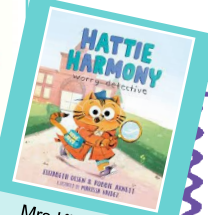


Keep it fun!

## LOST PROPERTY

We now have a lost property area allocated in main reception.

# Wellbeing corner



Mrs Kirkham's Wellbeing Book Recommendation

## Pre-loved UNIFORM

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

## WATER BOTTLES

Only water please in your child's water bottle

## FOREST SCHOOL

YEAR 4 - 28<sup>TH</sup> JUNE  
YEAR 5 - 5<sup>TH</sup> JULY  
YEAR 6 - 12<sup>TH</sup> JULY

Please ensure that your child is wearing suitable shoes and clothing on that day.



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
<b>Deli</b>					
Deli Option with Ham, Tuna Mayo, Egg Mayo or Cheese					
<b>Vegetables</b>					
Hot Seasonal Vegetables	Hot Seasonal Vegetables	Hot Seasonal Vegetables	Hot Seasonal Vegetables	Hot Seasonal Vegetables	Hot Seasonal Vegetables
<b>Dessert (Fresh fruit and yoghurt available daily as an alternative to the dessert of the day.)</b>					
Summer Cake	Fruit Jelly	Fruit Flapjack	Vegan Chocolate Kale Brownie	Fruit Mousse	



## Golden Book

<b>RB - Marcellus</b>	<b>RT - Rome</b>
<b>1K - Oliver</b>	<b>1G - Jensen</b>
<b>2C - Lucas</b>	<b>2M - Isaac</b>
<b>3M - Kaan</b>	<b>3P - Penelope</b>
<b>4C - Jacob</b>	<b>4N - Dexter</b>
<b>5P - Noah</b>	<b>5T - Sophia</b>
<b>6M - Residential Trip</b>	<b>6P - Residential Trip</b>

## 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

1H - Bobbie, Lilly-May, 1K - Lia, 2M - Junior

#### KS2

3M - Alexander, 3P - Emilia, 4C - Mollie, Noah, 4N - Aleksander, Atrisa, Kaiden, 5P - Jacob

### 100% Attendance

Reception & KS1: RB - Brodie, KS2: 4C - Khloe

### Class Attendance

4C



## 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](#)

## HEAD LICE

We seem to have a few cases of head lice in school at the moment. Please could we ask all parents to regularly check their child and all family members hair and treat if necessary. It is always best if children with long hair have it tied up. Thank you for your support.

## Internet Safety FOR Families



Tips for keeping your child safe while using chat rooms.

Remind your child not to share personal information such as:

- Name and address
- School name
- Email
- Phone number
- Photos and videos

[www.NSPCC.org.uk](http://www.NSPCC.org.uk)

## CURRICULUM UPDATE

Hempstalls' Curriculum for Champions is a concept-driven curriculum where knowledge and skills are embedded & deepened through progressive & sequential teaching and learning, which is inspiring and engaging to empower all children for future success in Modern British Life. Foundation subjects are organised into blocks.

Design and Technology	Design and Technology Focus	Concept
Year 1	Textiles	Design
Year 2	Structures	Function
Year 3	Mechanisms	Levers
Year 4	Food Tech	Health and safety
Year 5	Structures	Function
Year 6	Structures	Function

More details can be found on our school website [www.hempstalls.staffs.sch.uk/curriculum-1](http://www.hempstalls.staffs.sch.uk/curriculum-1)



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# Self care and Wellbeing Support for Parents & Carers



## FIVE WAYS TO WELLBEING

INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO YOUR LIFE & YOU WILL FEEL THE BENEFITS

**CONNECT**

TALK & LISTEN. BE THERE. FEEL CONNECTED

**BE ACTIVE**

DO WHAT YOU CAN. ENJOY WHAT YOU DO. MOVE YOUR BODY

**Give**

YOUR TIME, YOUR WORDS, YOUR PRESENCE

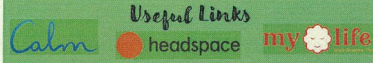
**TAKE NOTICE**

REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY

**KEEP LEARNING**

EMBRACE NEW EXPERIENCES. SEE OPPORTUNITIES. SURPRISE YOURSELF

Mental Health Foundation



### Putting yourself first

It is important to take time for yourself to unwind and relax. Begin by trying to give yourself 10 minutes a day where you can take a breather. This could be stepping outside with a cup of tea.

### Getting things done

Asking for help from others can allow you to complete day to day tasks. It is okay to ask for support and by doing so you are not failing. Friends and family are often happy to help.

### Looking after yourself

Taking care of your physical health can have a positive impact on your mental wellbeing, this could be a daily walk in your local area. Sleep is key for wellbeing, you could try one of the apps listed below.

### Staying connected

Try to stay connected with friends and family as this is important for maintaining good mental health. It is important to remember that it is ok to say 'no' to things and prioritise your wellbeing.

### Free time

Time away from social media can allow you to unwind and can improve sleep quality. Finding time to engage in activities you enjoy can improve self esteem and mental wellbeing.

Tips taken from: [Self-Care for Parents and Carers | Why consider self care?](#) | Anna Freud Centre

## Supporting your child with transition and mental wellbeing

[Transition To Secondary: 5 Tips For Parents \(teachertoolkit.co.uk\)](#)

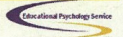
[Find Your Feet: Transition Tips for Parents \(youngminds.org.uk\)](#)

[How Can We Help Kids with Transitions? | Child Mind Institute](#)

[Materials to help support your child's emotional well-being following COVID-19 pandemic - for parents and carers | Staffordshire Connects](#)

[Helping Your Child With Anxiety \(youngminds.org.uk\)](#)

[Anxiety: Mentally Healthy Schools](#)



## DANCE SUMMER SCHOOL



**7-11 August**  
from 9am to 3pm



**Hempstalls**  
Primary School



**£20**  
Per day

### THE ACTIVITIES

Children get involved in different styles of dance and activities through out the week

- Group work
- Confidence building activities
- Games
- Choreography challenges
- Exploring musical theatre and how to create and put together a show
- Drama sessions
- SHOWTIME DAY 5

**AGES 7-11**

**LIMITED SPACE REGISTER NOW**

Call: +44 7740 548081  
Email: [bethanyrosemcgill@hotmail.com](mailto:bethanyrosemcgill@hotmail.com)

\*All staff are first aid trained and have DBS



## DO YOU NEED A BREAK?

Caudwell Children support families with autistic children and children with a disability by providing Short Breaks Activity Sessions.

These sessions are an amazing way for children to learn, play and make new friends in a safe and welcoming environment, while giving families vital respite.

For more information, please scan the QR or email [short.breaks@caudwellchildren.com](mailto:short.breaks@caudwellchildren.com)



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

# SUMMER FUN!



**FREE**

## Holiday Activities and Food

for children and young people aged  
5-16 who get free school meals\*

Registration opens: 4pm, 3rd July 2023

[staffordshire.gov.uk/holidayactivities](https://staffordshire.gov.uk/holidayactivities)

\*Eligible children and young people will be sent a code via school to register



Scan Me



Department  
for Education



Staffordshire  
County Council

HOLIDAY  
ACTIVITIES  
AND FOOD



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