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# newsletter

Dear Parents/Carers

This week the children have thoroughly enjoyed our Class Reading Book Launch days. Thank you to everyone who has supported these events and for providing costumes for children. To name but a few things: Year 1 have been on an imaginary bus tour of London, Year 4 have been exploring Ancient Egypt and Year 5 have been exploring and designing a dystopian fantasy world.

It has also been wonderful to give out so many awards for 'ROAR' and rewarding children for their independent reading at home.

Just a huge thank you for supporting our PSFA and coming into school in non-uniform for our Chocolate Bingo (date to follow).

Have a lovely long weekend and we will look forward to seeing all the children on Tuesday.



## Champion Moments



Clip 'n Climb



Swimming



Cool Cats PE Sessions

28th April 2023



## KING CHARLES III CORONATION EVENT FRIDAY 5<sup>TH</sup> MAY

Children to come to school in Red, white and blue or kings and queens. No football shirts.

The kitchen will be offering a picnic plate for the afternoon and hopefully a street party or picnic.



## Term Dates

**Bank Holiday (School Closed)**  
Monday 1st May 2023

**Bank Holiday - Coronation (School Closed)**  
Monday 8th May 2023



RECEPTION - 14<sup>TH</sup> JUNE  
(FATHER'S/SPECIAL PERSON  
DAY SESSION)

YEAR 1 - 17<sup>TH</sup> MAY  
YEAR 2 - 24<sup>TH</sup> MAY  
YEAR 3 - 27<sup>TH</sup> JUNE

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

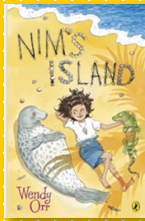
Please ensure that your child is wearing suitable shoes and clothing on that day.

## RECOMMENDED READ

**NIM'S ISLAND BY WENDY ORR**

Age 7+

Nim lives on a beautiful island in the middle of the wide blue sea with her father, Jack, an iguana called Fred, a sea lion called Selkie and a turtle called Chica.



## THE STRESS RELIEF GIRAFFE



OUT OF CONTROL	WHAT YOUR CHILD CAN DO:
SCARED OF LOSING CONTROL	<ul style="list-style-type: none"> <li>Calm breathing exercises</li> <li>Use visualisation meditation techniques</li> </ul>
NERVOUS	<ul style="list-style-type: none"> <li>Body tightening exercises (progressive muscle relaxation)</li> <li>Sigh to become fully present in the moment</li> <li>Practice music therapy</li> </ul>
UNSURE	<ul style="list-style-type: none"> <li>Change location / surroundings</li> <li>Use a stress ball / fidget toy</li> <li>Give themselves a 10-second hug to boost their mood</li> <li>Colour, draw, write, craft, etc.</li> <li>Practice positive self-talk / words of affirmation</li> <li>Exercise</li> <li>Go outside</li> </ul>
CALM	<ul style="list-style-type: none"> <li>Play</li> <li>Hydrate with water</li> </ul>

# Wellbeing corner

**Looking for support without having to call?**

Our new webchat service connects parents and carers with one of our advisors and helps you find the information you need to support your child's mental health.

Contact the YoungMinds Parents Helpline  
[www.youngminds.org.uk/webchat](http://www.youngminds.org.uk/webchat)

**YOUNGMINDS**

Parents Helpline: 0808 802 5544  
youngminds.org.uk



## 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.

## WATER BOTTLES

Only water please in your child's water bottle

Please come to the office if you require a food parcel.



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	Cheese and Bean Slice with Wedges (v)	Please order from Monday's Options	Meatball and Tomato Bake with New Potatoes	BBQ Chicken with Rice	Fish Fingers and Chips
Vegetarian	Roasted Tomato and Basil Pasta (v)		Vegan Sausage with New Potatoes and Gravy (v)	Broccoli and Cauliflower Cheese Rice Bake (v)	Samosa 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, Salmon 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</b> (Fresh fruit and yoghurt available daily as an alternative to the dessert of the day.)					
Fruit Shortbread	Iced Carrot Cake	Jelly	Vegan Summer Loaf	Fruit Cheesecake	

Fresh seasonal salad and bread available daily.



## Golden Book

RB Brylei-Rae

RT Avah-Beux

1K Reggie

1G Bobbie

2C Krystal

2M Sophie

3M Noah

3P Millie

4C Aidan

4N Alfie

5P Xavier

5T Harry

6M Sarah

6P Jenson

## 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

RT - Albert, 1G - Bobbie, 2C - Xander, 2M - Elissa

#### KS2

3M - Adam, Eric, Paisley, Rue-Suzie, 3P - Alice, 4C - Cara-Louise, 6M - Kane, Layla

### 100% Attendance

Reception & KS1: RT - Elakshi, KS2: 3P - Penelope

### Class Attendance

3M



## 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](#)



### Social Media App Age Ratings

- Facebook - age 13+
- Instagram - age 13+
- Snapchat - age 13+

[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 and deepened through progressive and 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.

History	History focus	Concept
Year 1	The Great Fire of London	Significance
Year 2	Victorian Seaside	Similarities and differences
Year 3	Mayans	Significance
Year 4	Ancient Egypt	Significance
Year 5	The Industrial Revolution	Continuity and Change
Year 6	The 60s	Continuity and Change

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



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

Sorry no crèche  
available

# Parenting Programme

## ‘From Pram to Primary School’

(Family Caring Trust)

**Struggling with your child’s behaviour; mealtimes and bedtimes becoming a challenge?**

**If your child is aged between 0—10 years, then this programme could be for you.**

Learn new skills on how to manage challenging behaviour, supporting a child’s uniqueness and identifying how choices and consequences can support positive behaviour.

(Bring with you NI number or another form of ID please)

**FREE Adult and Community Learning funded  
10 week course : Newcastle District**

**Online Virtual delivery by  
Microsoft Teams**

**10am—11:30am & 1pm– 2:30pm  
24th April 2023— 3rd July 2023**

If you are interested in enrolling onto the course please  
email: [groupwork@staffordshire.gov.uk](mailto:groupwork@staffordshire.gov.uk)



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# Free workshop for parents of children who self-harm

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Staffordshire Educational Psychology Service have worked in partnership with the Midlands Partnership NHS Foundation Trust to create four parental workshops that will be running across Staffordshire. These informal workshops will create a safe-space for parents to discuss self-harm. There will be a presentation that will focus on understanding why children self-harm and how adults can support them.

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Castle House, Newcastle  
1pm - 3pm, April 26th 2023



Staffordshire Place 1, Stafford  
1pm - 3pm, May 24th 2023



East Staffordshire Children's  
Centre, Burton  
1pm - 3pm, 7th June 2023



Wolseley Centre, Rugeley  
1pm - 3pm, 7th June 2023

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We only have limited spaces there fore if you are interested in attending please book a place by emailing:

[jessica.hill@staffordshire.gov.uk](mailto:jessica.hill@staffordshire.gov.uk)



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