



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

Newsletter

21st April 2023

Dear Parents/Carers

It has been wonderful to see the children return to school so smartly and ready for the term ahead. There have been lots of Champion Moments already this week. This week Year 3 have been to Beeston Castle to consolidate their learning based on the Stone age and Bronze age. We have also been very lucky to have an author visit from an author of one of our 100 Great Reads.

We are hoping for lots of sunny weather this term so please ensure that your child has everything they need: sun hats, sun cream and water bottles. Please ensure that all of these are clearly labelled.

Have a lovely weekend!



Champion Moments



Meet an Author:
Jenny McLachlan



Beeston Castle Trip

FOREST SCHOOL SUMMER TERM DATES

RECEPTION - 14 TH JUNE (FATHER'S DAY SESSION)	YEAR 1 - 17 TH MAY	YEAR 4 - 28 TH JUNE
	YEAR 2 - 24 TH MAY	YEAR 5 - 5 TH JULY
	YEAR 3 - 21 ST JUNE	YEAR 6 - 12 TH JULY

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



RECOMMENDED READ

THE BOY WHO GREW DRAGONS
BY ANDY SHEPHERD

Age 6+

Tomas unexpectedly becomes the guardian of some freshly hatched fire-breathers when dragon fruit starts appearing on his grandad's tree.



KING CHARLES III CORONATION EVENT

FRIDAY 5TH 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.



Bank Holiday (School Closed): 8th May

WAYS TO HELP YOUR CHILD LOOK AFTER THEIR MENTAL HEALTH

www.thestillmethod.com



Talk

Set time for children to talk to you about their day and what is worrying them. By talking about worries it can help children feel less anxious.

Coping Skills

Work with your child to develop their own coping skills. Relaxation is also important to help anxiety.

Role Model

As a parent it can be upsetting when you see your child is anxious. Your child will learn from you. Be a positive role model, demonstrate positive behaviours to your child.

Sleep

Children develop during their sleep. Support your child to develop a positive sleep environment.

Play

Play and creativity is a great way to keep your child's mental health positive.

Decision Making
By encouraging your child to make their own decisions, it helps them to build resilience.

Well being
Role model good well being behaviours, such as healthy eating and exercise. Exercise is a great way to combat anxiety.



Wellbeing corner

How to self-regulate using our



Sight

Look at the clouds
Count the stars
Photos

Sound

Listen to calming music
White noise
Nature sounds

Touch

Loose comfortable clothing
Soft fabric
Stroking a pet

Taste

Favourite Food
Warm drink
Something sweet/salty

Smell

Flowers
Fresh grass
Favourite food

Movement

Rocking chair
Swing
Stretching



www.thestillmethod.com



WATER BOTTLES

Only water please in your child's water bottle

Non-uniform Day
Friday 28th April
Non-uniform* for chocolate donation for PFSA chocolate bingo event.

*No football shirts please.



Term Dates

Bank Holiday (School Closed)
Monday 1st May 2023

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



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.



Golden Book

RB Jack	RT Jenson
1K Reuben & Kayden	1G Emily
2C Lucas	2M Tilani
3M Willow	3P Lara
4C Olivia B-W	4N Charlie
5P Emily	5T AJ
6M Amelia B	6P Kaiden

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

RB - Jasper, 1G - Pedro, 2C - Jensen S, 2M - Arlo

KS2

3P - Jacob, 4C - Mavy, Zakk, 4N - Hollie-May, 5P - Owen H, 5T - AJ, 6M - Joshua, Lauren

100% Attendance

Reception & KS1: RB - Douglas, KS2: 3P - Lottie

Class Attendance

3P



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](#)



INTERNET SAFETY FOR FAMILIES



Laptops

How to start a conversation about using a laptop safely.

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

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.

Science	Science focus	Concept
Year 1	Plants	Variation
Year 2	Plants	Growth and health
Year 3	Plants	Variation
Year 4	Living things and habitats	Change
Year 5	Living things and habitats	Life cycles
Year 6	Electricity	Electricity

More details can be found on our school website

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



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

Free workshop for parents of children who self-harm

.....

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.

.....



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

.....

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

jessica.hill@staffordshire.gov.uk



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