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Newsletter

27th January 2023

Dear Parents/Carers

We have had a delightful week this week at Hempstalls.

Could I kindly ask if you would like to speak to school about a matter that you please in the first instance speak to your children's class teacher or key stage lead (EYFS - Miss Mott, KS1- Miss McHugh or KS2 Miss McDonald SEND - Mrs Timmis). We have regular discussions and if anything needs escalating it will come to Mrs Hemmings and then myself. This will allow us to respond and resolve matters as quickly as possible. Thank you for your cooperation.

We have held pupil progress meetings in school this week and very proud of childrens attitude to learning.

Next week some of the children will continue learning Cookery, Art or DT and computing in the afternoon. Please have a look at our curriculum page on our website for further details. (www.hempstalls.staffs.sch.uk/curriculum-1)

Thank you for your continued support,

Miss A Bell



Thank you

We'd like to say a huge thank you to

★ **North Staffs Mind** ★

for coming into school this week to do a FREE workshop with years 3 & 4 around general mental health and wellbeing.

CHAMPION OPPORTUNITY STAFFORDSHIRE POLICE CADETS - 5P

5P will begin Staffordshire police cadets after February half term. We are hoping that 5T will have the chance to take part after Easter.



Champion Opportunities

Sport



Football Match

Community



Chinese New Year

Sleep Tips

Bedtime routine

Make your own bedtime routine and stick to it. You need to set a time with your adults and stick to that too. It might be something like 'BATH, HOT DRINK, HAPPY BOOK, BED'

Relaxation exercises

Learn some relaxation exercises so you can get yourself relaxed for bedtime.

Physical exercise

During the day do some physical exercise. This will make your body feel tired at bedtime.

Happy mind

Watch only happy movies and read happy books before bedtime. You could also try drawing a happy picture which will give you nice things to think about as you drift off to sleep. It might even give you nice dreams.

Big feelings

Share any BIG feelings with an adult before bedtime so you don't have to think about them. Worry thoughts aren't good for sleeping. You could also make a worry doll and tell your worries to that. Pop it under your pillow and take the worries away. Make a dream catcher to catch any nightmares

Ready for sleep

Put some warm socks on, grab a cuddly toy, pop a night light on if you find having a little light helps, get into a comfy position and close your eyes and dream lovely dreams.

Night night sleep tight!



Wellbeing corner

the one minute MEDITATION

Take a deep breath.

Breathing in through the nose,
Breathing out through the mouth.

Breathing in feeling the lungs expanding,
Breathing out feeling a sense of letting go.

Breathing in to feel the body getting fuller,
Breathing out to feel the release of any tension.

Breathing in feeling alive and awake,
Breathing out feeling muscles relaxing.

Breathing in that sense of fullness,
Breathing out that unnecessary tension.



Mrs Kirkham's Wellbeing Book Recommendation

★ 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.

WATER BOTTLES

Only water please in your child's water bottle

PLEASE CAN WE REMIND EVERYONE, NO PRIME OR FIZZY DRINKS ALLOWED IN SCHOOL. THANK YOU FOR YOUR CO-OPERATION.



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

Week 3

Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Quorn Creamy Tarragon Pasta (V)	Pork or Vegetarian Sausage and Mash	Chicken Curry, Rice and Naan Bread	Spaghetti Bolognese	Breaded Chicken and Chips
Margherita Pizza (V)	Cheese Oatcake (V)	Fish Whirl	Cheese Pie (V)	Ham and Tomato Sub
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
Chocolate Crispy Cake	Shortbread and Custard	Melting Moments	Iced Sponge and Custard	A Selection of Flavoured Ice Cream

Golden Book

RB Sarah	RT Armish
1K Rory	1G Flynn
2C Oliver	2M Huxley
3M Thomas	3P Emilia
4C Noah	4N Demi-Leigh
5P Keira	5T Layla
6M Madison	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 - Alice, Jenson J, 1G - Pedro, 2C - Ella

KS2

3M - Oliver B, 3P - Daniel, 5P - Leonardo, 5T - Olivia A, 5T - Zoya, 6M - Joshua, 6P - Ektoras, Uma

100% Attendance

Reception & KS1: 1K – Maahirah, **KS2:** 3P - Alexia

Class Attendance

3P



CLUBS

Free Breakfast Club

Every day at 8:15am - children can have a free breakfast and chat with their friends. (No need to book)



After School Clubs

We hope everyone is enjoying all the after school clubs on offer. If you have not selected an after school club please log on to parent pay to see if there are any spaces left or contact the school office.



Internet Safety FOR Families



Smart Speakers

How to start a conversation with your child about using smart speakers

- Talk with your child about responsible use of their phone
- Discuss what to do if something upsetting or worrying happens
- 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.

	Foundation Subject	Foundation Focus	Concept
Year 1	Art	Printing	media
Year 2	Food Technology	Cooking	Safety
Year 3	Art	Shape and space	Interpretation
Year 4	Computing	Creating Music	Logical thinking
Year 5	Design and technology	Mechanisms	Function
Year 6	Art	Sculpture	Style

More details can be found on our school website
www.hempstalls.staffs.sch.uk/curriculum-1



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the
national
sleep
helpline

Does your child suffer with sleep issues?

Do you struggle
with your child's
bedtime?

Will your child
not sleep in
their own bed?

WE CAN HELP

 **03303 530 541**

Sunday - Tuesday & Thursday 7pm - 9pm
Wednesday 9am - 11am



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Around 50% of children will have a sleep issue at some point*

WHAT IS THE NATIONAL SLEEP HELPLINE?

In partnership with Furniture Village, The Sleep Charity has launched a brand new National Sleep Helpline to ensure that everyone has access to high quality, evidence-based advice.

HOW CAN THE NATIONAL SLEEP HELPLINE HELP YOU?

- Run by a team of specialist trained sleep advisors
- Offer you some practical strategies and recommend services that could help
- Ensuring you understand how sleep plays an important part in your child's mental health and wellbeing
- Listen without judgement and help you decide what next steps are right for you
- Empower you with sleep knowledge so you can understand why your child might not be sleeping well and how that can change

03303 530 541

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Wednesday 9am - 11am

POWERED BY



IN PARTNERSHIP WITH

**Furniture
Village**

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*Survey of 2,000 adults by OnePoll, Aug 2021



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