



# EVERYDAY WRITES NEWSLETTER

Dear Families and Friends of Hempstalls,

This week, we held our Everyday Writes event centred around our Shakespeare theme, Romeo and Juliet. We eagerly await the wonderful writing the children will produce from this inspiring theme.

In the afternoons, the children are enjoying being Champion Scientists, delving into exciting scientific explorations.

It was lovely to welcome some special visitors to our school this week. Reception had a fantastic morning in our forest school, engaging with nature and learning in our beautiful outdoor setting.

Wishing all our Dads and Grandads a Happy Father's Day! We hope you have a wonderful celebration.

Thank you for your continued support.

Miss A. Bell  
Headteacher



## 14TH JUNE 2024

### TERM DATES

Friday 18th July - Finish for Summer



#### Sports Day

Reception sports day - 19th June 1-3pm  
Nursery sports day (Mrs Thompson) - 26th June 9am - 11am  
Nursery sports day (Mrs Davidson) - 3rd July 9am-11am  
Cubs sports day 10th July 9am-11am



## CUBS



This week in cubs, we have continued our story, We are going on a bear hunt, the children have experienced their own bear hunt, by acting out the scenes in the story, using different resources and really getting into character. We have been practicing our colours also, and recognising patterns.

Thank you to everyone who has bought in a photo frame of their families, our wall is looking fantastic, please continue to bring them in if you haven't done so already.

We are really excited to be going on a trip this term linking to big adventures outdoors, please book on Arbor.

Thank you . Team cubs.



## RECEPTION



The children have had such a busy week. We absolutely loved welcoming our special people to our forest school sessions and sharing a cheesy oatcake! This week has been everybody writes week at Hempstalls, we have enjoyed watching a scene from Romeo and Juliet in our hall. In phonics, we have been practicing reading words with longer vowel sounds. In maths, we have been exploring repeating patterns.



Sports Day - 19th June PM, 2 adults per child. Please make sure your child brings in a waterbottle

Whole school transition day - 4th

July

## NURSERY

What a busy week for our Nursery Caring Bears. We have enjoyed getting creative when making our cards ready for Father's Day. We have also taken part in Everybody Writes, our theme for this has been The Very Hungry Caterpillar. We are very proud of the children's fabulous mark-making skills.

In maths this week we have been learning about what comes after. You can have a go at this at home by sequencing events such as your child's morning routine or journey to school. Thank you to those who came for our special persons lunch, it was lovely to see so many of you there.



Reminder - Nursery PJ party Tuesday 25th June 3.00-4.30pm. Please secure a place on Arbor.



Swimming next week - Mrs Davidson's class



Please download the app and set up an account to view your child's profile and your personalised news feed.

## Your trash is our treasure!

At Hempstalls, in the EYFS Department we are in the process of developing our learning environments. We are eager to gather wooden, natural & real resources for our classroom that will enhance learning and vocabulary for our children and create a purposeful, calm and inviting environment.

If you have any of the below you would be happy to donate, or you know where we could source items that are in good condition please speak to your class teacher / room leader.

We are looking for ...

- Old saucepans / kitchen utensils
- Wooden crates
- Electrical cable drums
- Picture frames
- Small Rugs / mats
- Baskets

Thank you for your continued support  
Mrs Mullock ( Assistant head / EYFS Leader)



## Wellbeing corner



Our Lost property area, Grab & Go bags, and Free Pre-loved uniform can all be found at the main reception.

## HEALTHY LUNCHBOXES

We have seen an increase in the amount of chocolate, crisps, and sweets in children's lunch boxes. In order for us to promote healthy eating and wellbeing with the children, please send your child with a maximum of TWO treats to eat after their sandwiches.

Thank you for your continued support.



**PANTS AND SOCKS/TIGHTS: OUR STOCKS ARE VERY LOW. PLEASE CAN WE HAVE ANY DONATIONS OF NEW OR PRELOVED SOCKS, PANTS AND TIGHTS. THANK YOU SO MUCH PLEASE RETURN BORROWED ITEMS ASAP. THANK YOU.**

## LUNCHTIME AWARDS!

**RB - PORSCH'A  
RM - ELI**



## Top Tips for...

# MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

Buy MILK

**GET OUT AND ABOUT**

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

**BE MINDFUL OF TIME**

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

**TRY A TIMED TRIAL**

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

**'PARK' PHONES OVERNIGHT**

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

**GO DIGITAL DETOX**

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

**SWITCH ON DND**

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

**LEAD BY EXAMPLE**

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

**TAKE A FAMILY TECH BREAK**

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

**AGREE TECH-FREE ZONES**

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

**SOCIALISE WITHOUT SCREENS**

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

**HOLD A SCREEN TIME AMNESTY**

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

**WIND DOWN PROPERLY**

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

**Meet Our Expert**

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



DEVICE BOX



National Online Safety  
#WakeUpWednesday

# Parent or carer of a child with SEN?

**JOIN US**

at the Family Hub for a free  
**COFFEE**

**AFTERNOON**

No diagnosis necessary, all welcome!

See what support is available for parents and carers within the community and meet the family support team from Merryfields. Your children welcome to come along too!

**Friday 3rd May 2024 1.30pm**

Venue: at Newcastle Family Hub, Cemetery road,  
Knutton, N-U-L ST5 6DH



**Scan the QR  
code to let us  
know if you are  
coming!**



**Merryfields**  
School  
**Inclusive Circles**

**NEWCASTLE  
FAMILY  
HUB** 

*Empowering families through bespoke pathways*



# Are you concerned about a child?

If you are concerned about a child:

Make a factual record of your concern.  
(Include day, date, time, other witnesses, concern and your signature).

You must share your concerns without delay



**Miss A Bell**  
**Designated Safeguarding Lead Officer**



**Mrs K Timmis**  
**Safeguarding Lead**



**Mrs J Hemmings**  
**Deputy Designated Safeguarding Officer**



**Mrs R Mullock**  
**Safeguarding Lead**



**Miss C McDonald**  
**Safeguarding Lead**



**Mrs E Kirkham**  
**Safeguarding Lead**

**Or Contact Staffordshire Children's Advice and Support Service**  
**0800 111 8007**