

# newsletter

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www.hempstalls.staffs.sch.uk

Dear Parents/Carers

We have had a great week here at Hempstalls.

Children have been super scientists this week as they have been immersed in Scientific enquiry. Please remember you can follow your children's curriculum journey by looking at our ambitious curriculum on our website under the Curriculum tab. In particular each subject has, 'knowledge organisers' for each year group so you can follow and support what the children will be learning.

Well done to Year 1C this week who visited the Brampton Museum and took part in a History workshop about old and new toys and explored other areas of the museum and the grounds. They were amazing!

It is school census day next Thursday, we have a yummy menu and we would encourage as many children as possible to have a hot school dinner with us.

We have had some lovely feedback as we have introduced our new Champion Award Assemblies and it is really lovely to see so many children receive awards in and outside of school.

From all of Team Hempstalls, enjoy your weekend with your wonderful children,

Miss A Bell

29th September 2023

**FOLLOW US**

ON OUR SOCIAL NETWORKS



twitter.com/HempstallsA

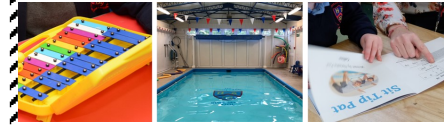


www.facebook.com/HempstallsPS/



**YEAR 6 SKIING  
BEGINS NEXT WEEK**

**NURSERY AND RECEPTION  
OPEN MORNINGS/AFTERNOONS**



If you are interested in a Nursery or Reception place at Hempstalls Primary School, (start date September 2024), we would like to invite you to one of our open mornings/afternoons on the following dates:

**Wednesday 11<sup>th</sup> October at 9:15am**

**Tuesday 17<sup>th</sup> October at 4pm**

**Wednesday 15<sup>th</sup> November 9:15am**

**Tuesday 21<sup>st</sup> November at 4pm**

To book a space or for more information please phone the school office on 01782 950082

**NO DOGS ALLOWED**  
on the school grounds



## HEALTHY LUNCH BOXES & HEALTHY SNACKS

Please visit the [NHS Healthier Families website](https://www.nhs.uk/healthier-families) for tips and ideas for your child's lunch box and snacks:

[Healthy Snacks Web Link](#)

[Healthy Lunch Box Web Link](#)

[Healthier Food Swaps Link](#)

Families' Health and Wellbeing

**School Nurse  
virtual drop in clinic**

**NHS**  
Midlands Partnership  
NHS Foundation Trust  
A Keele University Teaching Trust

Every  
Thursday  
from  
3.30 - 4.30pm

Your School Nurse is here to help you feel healthy, happy and safe during your school years and to get the best from your education.

Join the link and talk to a School Nurse.  
We provide a confidential and friendly service

[mpft.live/schoolnurse](https://mpft.live/schoolnurse)



## Wellbeing corner

### THE EMOTIONAL BOWL

Possible emotions that can fill your bowl:

**Pleasant emotions:**

Calm  
Creative  
Cheerful  
Delighted  
Energetic  
Ecstatic  
Elated  
Excited  
Fortunate  
Free  
Grateful  
Happy  
Inspired  
Joyous  
Kind  
Loving  
Peaceful



**Unpleasant emotions:**

Afraid  
Angry  
Anxious  
Ashamed  
Contested  
Confused  
Depressed  
Disappointed  
Disgusted  
Embarrassed  
Frustrated  
Guilty  
Helpless  
Hurt  
Insecure  
Jealous  
Misunderstood

**WATER  
BOTTLES**

Only water please in your child's water bottle



**★ HEAD LICE**

Please check your child's hair regularly as we have been informed that there are cases of head lice in school. If your child has long hair please tie it back.



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

**SUPERHEROES & PRINCESSES DAY**

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	Superman Chicken Goujons	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)	Princess Peach Veggie Nuggets (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	Supercharged Chips Batman Baked Beans Black Panther Peas	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

**Dessert** (Fresh fruit and yoghurt available daily as an alternative to the dessert of the day.)

Summer Cake    Fruit Jelly    Fruit Flapjack    Snow White Sparkling Shortbread    Fruit Mousse

Fresh seasonal salad and bread available daily.



**CHAMPION AWARD**

- |                 |                 |
|-----------------|-----------------|
| RB - Ava-Anne   | 3P - Eliza-Rae  |
| RM - Eleanor    | 4B - Lara-Jayne |
| 1C - Jenson     | 4K - Noah       |
| 1E - Brylei-Rae | 5P - Archie     |
| 2C - Myley      | 5T - Bentley    |
| 2M - Mollie     | 6M - Lexi       |
| 3MC - Charlie   | 6P - Gracie     |



**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 - Jannat, RM - Oliver F, 2C - Bram, Rosie

**KS2**

3MC - Charlie, 3P - Llaneya, Olive, 4B - Inayah, 4K - Lottie, 5P - Charlie, Ivan, 6P - Harry

100% Attendance

Reception & KS1: RM - Kyra, KS2: 4B - Eric

Class Attendance

6M



**Jackson Award**

- |             |             |              |               |               |             |
|-------------|-------------|--------------|---------------|---------------|-------------|
| 1C - Brodie | 2C - Oliver | 3MC - Jenson | 4B - Ali      | 5P - Olivia D | 6M - Oliver |
| 1E - Leon   | 2M - Eddie  | 3P - Olive   | 4K - Olivia P | 5T - Jolene   | 6P - Lucy   |

**Internet Safety FOR Families**



WWW.NSPCC.org.uk

**Social Media App age ratings**

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

**Pre-loved UNIFORM**



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

**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.



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# October is **Walk** **INTO** school **MONTH**

Get involved and get active by pledging to walk to school at least once a week throughout October.

air  
aware  
Staffordshire

Walking to school is great for your mental and physical health and also helps the environment!



Discover more at

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

 Staffordshire  
County Council

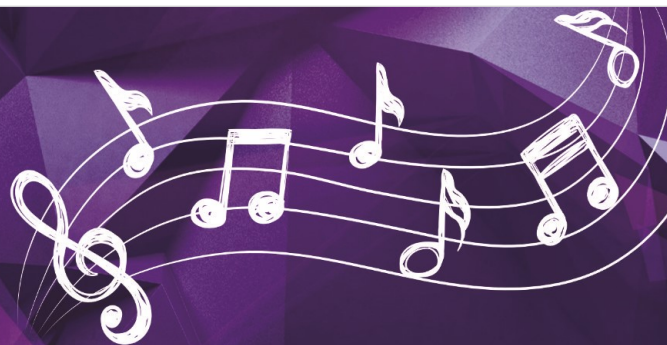
   @INTOschttravel

0300 111 8000  
[into@staffordshire.gov.uk](mailto:into@staffordshire.gov.uk)



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# Newcastle Music Centre



**Venue:** St John Fisher Catholic College, ST5 2SJ  
**When:** Saturday fortnightly rehearsals

Music Centre Manager: Janine Golds ([janine.golds@entrust-ed.co.uk](mailto:janine.golds@entrust-ed.co.uk))

## Newcastle Training Wind Band

Time: 09:30-11:30  
Level: Level 1 to Grade 3  
Tutor: Mr Leighton/Mr Foxall

## Newcastle Stringers

Time: 09:30-11:30  
Level: Grade 1 to Grade 3  
Tutor: Miss West/Mrs Hickman

## Newcastle String Orchestra

Time: 09:30-11:30  
Level: Grade 4 and above  
Tutor: Mrs Hollingshurst

## Newcastle Wind Band

Time: 09:30-12:00  
Level: Grade 4 and above  
Tutor: Mr Farrington/Mr Leighton

## Unplugged (Guitar Group)

Time: 09:30-10:30  
Level: Grade 1 and above  
Tutor: Mr Oxborrow

## 'Vox Fortis' Choir

Time: 10:30-11:45  
Level: All voices/ages/ability  
Tutor: Mrs Golds

## Rock Group

Time: 10:30-11:30  
Level: Beginners and above  
Tutor: Mr Oxborrow

## Newcastle Blast Off

Time: 09:00-10:00  
Level: Beginners to Grade 1  
Tutor: Mr Foxall/Mrs Hickman

### Dates

September 23   October 7, 14   November 18   December 2 (+ Concert)  
January 20   February 3   March 2, 16   April 13, 27   May 11   June 15, 29 (+ Concert)



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