



www.hempstalls.staffs.sch.uk



office@hempstalls.staffs.sch.uk



01782 950082

NEWSLETTER

Dear Parents/Carers,

What an amazing week we've had at Hempstalls!

Our Monday assembly focused on the importance of 'Mutual Respect and Tolerance', hearing about Eid celebrations and highlighting Hempstalls as a diverse community where we cherish different faiths and cultures.

A huge round of applause to Nursery for their fun-filled trip to Wheelock Farm; it was a fantastic trip for everyone!

We were honoured to host The Dogs Trust, who shared crucial safety tips about interacting with dogs this week.

A heartfelt thanks for your generous donations to our food bank and the upcoming Chocolate PSFA Bingo evening. We're looking forward to seeing you all there!

As our children wrap up their history lessons and discuss lasting legacies they are transitioning into the exciting world of Science next week.

Your unwavering support means the world to us.

Wishing you a lovely weekend,
Miss A Bell
Headteacher

16TH APRIL 2024

TERM DATES



Friday 24th May - Finish for half term
Tuesday 4th June - Return to school



Attendance and punctuality

Be at school every day and on time!

CHAMPION MOMENTS



Visiting a farm



Dogs trust visit



Swimming

PSFA Chocolate Bingo
Thursday 8th May 5-7pm



Wellbeing corner

Breathe Deep

When we breathe deep and slow from our abdomen, we stimulate the vagus nerve, which in turn calms the nervous system. Try lying on your back with a soft toy on your stomach. Take a deep breath in and then breathe out - see if your toy falls off. Breathe out for longer than you breathe in as this helps to activate our parasympathetic nervous system (our relaxation response).

The Very Small Feelings Thesaurus

ANGRY ANNOYED OUTRAGED TERRIFIED RESENTFUL FRUSTRATED OFFENDED REPULED DISGUSTED AGGRESSIVE FURIOUS	HAPPY OPTIMISTIC CHEERFUL FULFILLED DELIGHTED GRATEFUL GLAD SATISFIED CONTENT JOY SENTIMENTAL	SAD DISAPPOINTED GRIEF BLUMMED HURT POWERLESS DOWN EMPTY HELPLESS SORE GAIN DEPRESSED DISCOURAGED
PEACEFUL CALM LOVING TRUSTING NURTURING SAFE GROUNDED RELAXED GENTLE BALANCED CONNECTED	SURPRISE SHOCKED DAZED CONFUSED BEWILDERED EMBARRASSED AMAZED ASTONISHED DUMBFOUNDED TAKEN ABACK	FEARFUL WORRIED CAUTIOUS NERVOUS VULNERABLE FRIGHTENED ANXIOUS SCARED OVERWHELMED HESITANT STRESSED
SHAME LONELY INADEQUATE INSIGNIFICANT JEALOUS REJECTED IGNORED ISOLATED AWKWARD HUMILIATED ABANDONED	EXCITED AMUSED THRILLED HYPER ENERGETIC AWESOME SILLY PLAYFUL CURIOS ANIMATED ENTHUSIASTIC HOPEFUL	POWERFUL CONFIDENT BRAVE PROUD CREATIVE SUCCESSFUL COURAGEOUS INSPIRED IMPORTANT DARING



- Parent Protect - Internet Safety
- Keeping children safe online - NSPCC
- Keep Children Safe Online - Internet Matters

Some useful parent links to help keep our children safe online.



Please be respectful to our local neighborhoods when parking around the school area, please do not block driveways. No dogs allowed on school grounds.

Allergy information available on request

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main	Margherita Pizza (v)	Tuscan Chicken with New Potatoes	Roast Chicken with Roast Potatoes and Gravy	Beef Bolognese with Pasta	Oven Baked Fish Fingers with Chips
Vegetarian	Crispy Noodles	BBQ Baked Beans and Cheese Pastry Pocket with New Potatoes	Loaded Meatless Meatball Bake with Wedges	Lasagne Verdi	Cheese and Tomato Pizza Pinwheel with Chips
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, Salmon 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.)					
Jelly	Fruit Shortbread	Oat Fruit Slice	Garden Brownie	Easiyo Mousse	

Fresh seasonal salad and bread available daily.

CHAMPION AWARD

- | | |
|---------------------|-------------------------------|
| RB - Renesme | 3P - Umair |
| RM - Eli | 4K - Lina |
| 1C - Cezar | 4B - Harrison |
| 1E - Byron | 5T - Rosie |
| 2C - Bram | 5P - Leah |
| 2M - Teddy | 6P - Zoya & Jayden |
| 3Mc - Tilani | 6M - Skye |

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 - Isabell, RM - Maggie, 2C - Logan, 2M - Reuben

KS2

3Mc - Oliver M, 3P - Grayson, 4B - Sophie, 5T - Elizabeth/Cathryn, 6P - Lucy/Lacey-May

100% Attendance

Reception & KS1 - AJ (RM) KS2 - Maria (3P)

Class Attendance

4K

JACKSON 5 AWARD

- | | | | | | |
|-------------------|----------------------|----------------------|----------------------|----------------------|--------------------|
| 1C - Ava | 2C - Maahirah | 3P - Krystal | 4K - Aaradhya | 5T - Daniyal | 6M - Isaac |
| 1E - Jacob | 2M - Rory | 3MC - Rebecca | 4B - Oscar | 5P - Zoriyaan | 6P - Olivia |

WATER BOTTLES

Only water please in your child's water bottle

ZUMBA GOLD®



Hempstalls Primary School
Mondays & Tuesdays
7pm
Class fee £5

A dance/fitness Zumba programme for those who prefer a lower impact workout. No booking required, just turn up at the door and join in with a super friendly group of ladies.
For more information, contact Jennie on 07921820823

Please be respectful to our local neighborhoods when parking around the school area, please do not block driveways. No dogs allowed on school grounds.

What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so entralls young people, but we can still help children to be aware of their mental wellness: recognising when something isn't OK... and knowing what to do about content that upsets them.

1. UNDERSTAND THE ALGORITHM



Algorithms rank content by user interest: someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.

2. AVOID THE MAIN FEEDS

Avoiding the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only scroll through the accounts they follow, use restricted modes, or highlight posts that they don't want to see more of. Explore the platform safety settings to see how you can take control of what your child's phone shows them when they open the app.

3. DISCUSS WHAT THEY'VE SEEN

Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds: if alarm bells ring, it could be time for a more in-depth talk or to seek support.

4. LEARN HOW TO HIDE CONTENT

If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.

5. SET DAILY LIMITS

Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family rules – for everyone to follow – around device use, such as screen time limits and tech-free spaces: involving your child in creating this agreement makes them more likely to stick to it.

6. MONITOR THEIR ACTIVITY

Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence – but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.

7. TURN OFF PUSH NOTIFICATIONS

Even for adults, it's tempting to check an email or message as soon as the alert sound pings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to practise mindful use of tech. Most of us have other things that we need to focus on as a priority – and those notifications will still be there later, when we have more time.

8. USE DEVICES TOGETHER

Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a particular area at home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.

9. ENCOURAGE OTHER ACTIVITIES

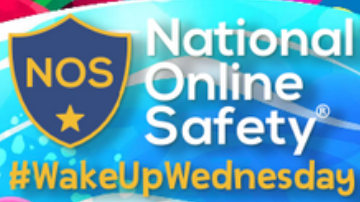
Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and restful sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.

10. TALK ABOUT PEER PRESSURE

Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but – just like offline life – the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.

Meet Our Expert

Shazia Sarwar – Azim is executive headteacher at a specialist primary school and, as an emotional therapy coach, works with school leaders to focus on the SEND, mental health and wellbeing agenda. A passionate advocate for vulnerable learners, Shazia is a Fellow of the Chartered College of Teaching and the author of *The Rainbow Within*, a book which supports children with SEMH needs.



Sources: <https://www.bbc.com/news/technology-63208505>
<https://proudsocial.com/insights/social-media-algorithms/>