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www.hempstalls.staffs.sch.uk

# newsletter

Dear Parents/Carers

We have had a great week at Hempstalls.

Please keep checking our Curriculum page on our website for lots of information about what your child is learning about. If children want to bring in learning or awards from home, we would love the opportunity to champion these moments in school as well.

We have lots of places in our after school clubs that you can sign up for on Arbor. After half term we will be launching a few more different clubs suggested by our active school council. Please watch this space.

Parent Consultations will be week beg 16th October (more information will follow). This is a great opportunity to discuss how your child has settled into the new year and how best to support your child throughout the academic year.

We also have began our Harvest preparations in EYFS, Key Stage 1 and Y3/Y4, which are to take place in school or at St Michaels Church.

Wishing you a lovely weekend,

Miss A Bell  
Headteacher

6th October 2023

## PARENT COFFEE MORNING

Tuesday 10th October from 9am until 11am

We are inviting all parents and carers to our coffee and cake morning on Tuesday 10th October from 9am until 11am. This session is aimed at parents who would like to support their child at home, particularly if your child has additional needs. The activities will have an English focus and support will include Emma from SENSS and as well as the school's SEND team. You will have the opportunity to ask questions and explore activities to help you with supporting your child at home.



## 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

## 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](#)

[Healthier Food Swaps Link](#)

#HelloYellow

Next Tuesday 10th October

we are showing our support for young people's mental health day. If children would like to take part they can wear their school uniform with an item of yellow, such as a yellow T-shirt, hair accessory etc.

## Wellbeing corner

### ELEVATOR BREATHING

Try this exercise:

1. Touch your palms together in front of you.
2. As you lift your left arm straight up, breathe in. Keep your right arm still.
3. Breathe out as you slowly lower your left arm, and then join the palms of your hands together again, holding your breath for a moment.
4. Switch sides. This time breathe in as you slowly lift your right arm up. And breathe out as you slowly lower your right arm down, joining your palms together.
5. Continue to switch arms and breathe like this for a minute or two.



NO DOGS ALLOWED on the school grounds



### Tips for Teaching Kids About Their Feelings

Let children define their emotions.

Teach children about feelings via games & activities.

Name the feelings you think the child is having.

When a child offends others, explain how their actions affect others.

Praise children for expressing themselves verbally.



## WATER BOTTLES

Only water please in your child's water bottle

## THE BIG AMBITION

CHILDREN'S COMMISSIONER

The Big Ambition aims to hear from children across England on what they think is important! To take the survey please visit the [Childrens Commission website](#)



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	Cheese and Bean Slice with Wedges (v)	Chicken, Leek and Sweetcorn Pasta	Meatball and Tomato Bake with New Potatoes	BBQ Chicken with Rice	Fish Fingers and Chips
Vegetarian	Roasted Tomato and Basil Pasta (v)	Veggie Biryani (v)	Vegan Sausage with New Potatoes and Gravy (v)	Broccoli and Cauliflower Cheese Rice Bake (v)	Samosa 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, Salmon Mayo or Coleslaw
<b>Deli</b>					
Deli Option with Ham, Tuna Mayo, Egg Mayo or Cheese					
<b>Vegetables</b>					
Hot Seasonal Vegetables	Hot Seasonal Vegetables	Hot Seasonal Vegetables	Hot Seasonal Vegetables	Hot Seasonal Vegetables	Hot Seasonal Vegetables
<b>Dessert</b> (Fresh fruit and yoghurt available daily as an alternative to the dessert of the day.)					
Fruit Shortbread	Iced Carrot Cake	Jelly	Vegan Summer Loaf	Fruit Cheesecake	

Fresh seasonal salad and bread available daily.



## CHAMPION AWARD

- |             |                 |
|-------------|-----------------|
| RB - Indhi  | 3P - Junior     |
| RM - Riley  | 4B - Eric       |
| 1C - Autumn | 4K - Ocearna    |
| 1E - Jenson | 5P - Hollie-May |
| 2C - Lia    | 5T - Elizabeth  |
| 2M - Rory   | 6M - Sophia     |
| 3MC - Anya  | 6P - Dennison   |



## 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 - Zara, RM - Zena, 1E - Henry, 2M - Rory

#### KS2

3MC - Edward, Elissa, Isla-Rose, Oscar, 5P - Irene, Kourtney, 5T - Harriet, Mason

### 100% Attendance

Reception & KS1: RM - Chester, KS2: 5P - Zakk

### Class Attendance

5T



## Jackson Award

For demonstrating the school values of Respect, Resilience, Prepared, Curious, kindness.

- |            |             |             |               |             |             |
|------------|-------------|-------------|---------------|-------------|-------------|
| 1C - Cezar | 2C - Reagan | 3MC - Sasha | 4B - Penelope | 5P - Ethan  | 6M - Thomas |
| 1E - Sarah | 2M - Mollie | 3P - Zain   | 4K - Shivon   | 5T - Dexter | 6P - Harry  |

### Internet Safety For Families



www.nspcc.org.uk

### Tips for keeping your child safe while live streaming

- Explore apps and sites together
- Agree what's appropriate together
- Check your settings



### Attendance and Punctuality

Be at school every day and on time! Every minute of learning counts!

WE'RE LOOKING FOR  
**LEGO DONATIONS**



FOR OUR AFTER SCHOOL CLUB



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



# Young Musician 2024

## Stoke-on-Trent Young Musician of the Year

The Stoke-on-Trent Young Musician of the Year 2024 is organised by the City Music Service. We have listed some questions and answers below, which we hope will encourage you to take part. Young Musician events in Staffordshire and Telford take place later in 2024 with details to follow in future editions.



### When is it?

- Application forms must be received by Fri 1 Dec 2023.
- The preliminary rounds will be held at The Bridge Centre Mon 29, Tues 30 and Weds 31 Jan 2024.
- The final will be held on Fri 19 Apr 2024.

### What do I have to do?

Ask your teachers advice about taking part and plan what you would like to play or sing. You will need to complete the online entry form and email a copy of your music and any accompaniment (for example the piano part) to [citymusicsservice@stoke.gov.uk](mailto:citymusicsservice@stoke.gov.uk)

### Am I eligible to take part?

Yes, if you meet at least one of the following categories:

- You are a resident of Stoke-on-Trent
- You are in full time education within the City boundaries
- You are a member of one of the City Music Service ensembles

### What preliminary rounds are there?

There are six classes split into junior and senior:

1. Strings (orchestral)
2. Woodwind (orchestral and band)
3. Brass (orchestral and band)
4. Piano
5. Voice
6. Open (percussion, keyboard, guitar, recorder etc.)

### How old do I have to be?

There are two age categories for the preliminary rounds and the final:

- Junior – up to and including Year 8 in the 2023/24 academic year
- Senior – Year 9 to Year 13 in the 2023/24 academic year

### What should I play?

Ask your teacher to suggest something that you will feel comfortable performing in public and that will show off your musicianship. Consider a piece you are currently preparing for an important exam; it could be a good opportunity to perform it for an adjudicator. The maximum performance time is five minutes for the preliminary rounds.

### What is the prize for the final?

- Invitation to perform at the Victoria Hall in Summer 2024
- Music Token
- Certificate of Achievement
- Individual Trophy
- All entrants will receive a certificate for taking part

### Why should I enter?

- To improve your self confidence
- An opportunity to hear other pupils perform
- A chance to 'try out' an examination piece

## How to apply

Decide with your teacher what to play and discuss whether you will use a backing track, an accompanist or whether you will play/sing alone. Any of these options are acceptable. Complete the online entry form [here](#) or scan the QR code and email a clear copy of your music and any accompaniment or MP3 backing track to [citymusicsservice@stoke.gov.uk](mailto:citymusicsservice@stoke.gov.uk)



# 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

   @INTOschtravel

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



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