



www.hempstalls.staffs.sch.uk



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NEWSLETTER

Dear Families of Hempstalls,

We have had had an excellent weekend at Hempstalls. In addition to focusing on maths and English, we have also delved into the world of Science for the next few weeks.

Congratulations to Year 4 for their fantastic launch of the class reader, "Secrets of the Sun King," where they dressed as Egyptians for the day. We also applaud Year 2 for their unique beards during the launch of their class reader, "The Twits."

A warm welcome to all our new families joining us in the cubs room. Already the children are settling into their new routines and making positive relationships.

Looking ahead, next week promises excitement as Year 4 students, along with many other Hempstalls children and some staff, will grace the stage at the Rep Theatre with their perfected dance routines. We wish them the best of luck and hope they enjoy this champion opportunity.

Wishing you a lovely weekend,
Miss A Bell

26TH APRIL 2024

TERM DATES



Friday 24th May - Finish for half term
Monday 3rd June - Inset day
Tuesday 4th June - Return to school



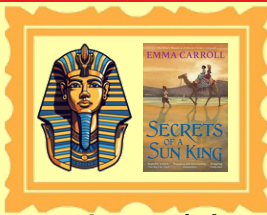
Attendance and punctuality

Be at school every day and on time!

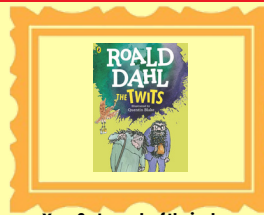
CHAMPION MOMENTS



Year 2 - Clip and Climb



Year 4 - Launch day



Year 2 - Launch of their class reader 'The Twits'

PSFA Chocolate Bingo
Thursday 8th May 5-7pm



Wellbeing corner

THE STRESS RELIEF GIRAFFE

OUT OF CONTROL	WHAT YOUR CHILD CAN DO:
SCARED OF LOSING CONTROL	• Calm breathing exercises
NERVOUS	• Use visualization/meditation techniques
UNSURE	• Body lightening exercises (progressive muscle relaxation)
CALM	• Sign to become fully present in the moment
	• Practice music therapy
	• Change location / surroundings
	• Use a stress ball / fidget toy
	• Give themselves a 10-second hug to boost their mood
	• Colour, draw, write, craft, etc.
	• Practice positive self-talk / words of affirmation
	• Exercise
	• Go outside
	• Play
	• Hydrate with water

Hot Chocolate Breathing

Imagine you have a mug of hot chocolate.
You can breathe in through your nose to smell the hot chocolate - count 1 2 3 4 5
You can blow out of your mouth to cool it down - count 1 2 3 4 5
Deep breathing can calm your body and brain.



- 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	Vegan Sausage Roll with Potato Salad	Meat Feast Pizza	Roast Chicken with Roast Potatoes & Gravy	Chicken Curry with Rice	Oven Baked Fish Fingers with Chips
Vegetarian	Spiced Vegetable Curry with Rice (v)	Margherita Pizza (v)	Roasted Vegetable Quesadilla with Roast Potatoes	Tomato Pasta	Veggie Nuggets with Tomato & Sweetcorn Sala and 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, 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	Hot Seasonal Vegetables
Dessert (Fresh fruit and yoghurt available daily as an alternative to the dessert of the day.)					
Berry Crumble Traybake	Oat & Lemon Cookie	Strawberry Mousse	Pear & Ginger Cake	Jelly	

Fresh seasonal salad and bread available daily

CHAMPION AWARD

- | | |
|-----------------------|----------------------|
| RB - Alexandra | 3P - Sophie H |
| RM - Austin | 4K - Alice |
| 1C - Rome | 4B - Sophie |
| 1E - Tobias | 5T - Harry |
| 2C - Pedro | 5P - Ethan |
| 2M - Alfie | 6P - Ruby |
| 3Mc - Joni | 6M - Deshabi |

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 - Rosie, RM - Riley & Oscar, 1E - Quinn

KS2

4K - Olivia-Rose, 5P - Archie, 6M - Christos & Ava, 6P - Darci D, Holly, Molly, Blossom

100% Attendance

Reception & KS1 - Bram (2C) KS2 - Inayah (4B)

Class Attendance

5T

JACKSON 5 AWARD

- | | | | | | |
|-------------------|--------------------|---------------------|----------------------|-------------------|---------------------|
| 1C - Elsie | 2C - Mason | 3P - Oscar | 4K - Aaradhya | 5T - Luis | 6M - Lucas B |
| 1E - Avah | 2M - Lawson | 3MC - Xander | 4B - Jessie | 5P - Lucas | 6P - William |

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.

We now have a text messaging service for
parents/carers of children aged 0-19 who
live in Staffordshire.

Get advice from our Public Health nurses
(Health Visitors and School Nurses).

TEXT: 07520 615722



Feeding and
nutrition



Child
development

Parenting advice
and support



Emotional health
and wellbeing

Behaviour
difficulties

Family
health



We might inform someone if we were concerned about your safety but we would usually speak to you first. Your messages are stored and can be seen by other health care staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate message back to confirm we have received your text. Texts will only be seen between 9am and 5pm. If you need help before you hear back from us contact your GP, nearest walk in centre or dial 111. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'number masking' mobile apps). To prevent the health visitor from sending messages to you, text STOP to our number. Messages are charged at your usual rates.