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newsletter

Dear Parents/Carers

This week Year 3 have visited Middleport Pottery museum to consolidate their topic based on local history. The children were super ambassadors for the school and asked so many questions.

Thank you to all the Year 1 parents who attend the phonics workshop this week, the partnerships between school and home is so important for children's learning.

Year 5 have had a very busy week with opportunities to take part in bikeability and police cadets. PCSO Neil Moffat was very complimentary of the children who had taken part in the sessions.

Have lovely weekend.

Miss A Bell
Headteacher

26th January 2024







Term Dates



School Closes For Half Term:
Friday 9th February 2024

School Reopens:
Tuesday 20th February 2024

Champion Moments

 <p>Sport</p> <p>Skiing</p>	 <p>Arts</p> <p>Middleport Pottery Visit</p>	 <p>Sport</p> <p>Fencing - Year 3</p>
 <p>Myself</p> <p>Bikeability</p>	 <p>Sport</p> <p>Football Team Tournament</p>	 <p>Community</p> <p>Year 5 Police Cadets</p>



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](#)



Families' Health and Wellbeing

NHS
Midlands Partnership
NHS Foundation Trust
A Keele University Teaching Trust

School Nurse virtual drop in clinic

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



TIPS TO HELP YOUR CHILD TO COPE WITH WORRY

Talk about feelings. Talk openly and honestly to your child about feelings, by doing this they can learn to identify and find ways to manage them.

Have fun together. Find fun things you can do together which means that you can both forget about your worries.

Mistakes help us grow. Teach your child that by making mistakes is not bad and that by doing so it helps us to improve ourselves. Tell them about times you have made mistakes and how you coped and improved.

Model ways that you cope with stress. Children learn by watching your behaviour. Show them successful ways in which you manage stress.



Wellbeing corner

10 ways to CO-REGULATE with your child

Offer a hug	Listen while they are talking
Deep Breathing together	Problem-solve together
Get down to their level	Help them name their feelings
Show empathy	Model calming strategies
Do an activity that they like	walk outside

Attendance and Punctuality

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



Please be respectful to our local neighbours 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	Macaroni Cheese (v)	Pork Sausage and Mashed Potatoes	Roast of the Day with Roast Potatoes and Gravy	Chicken Curry with Rice	Fish and Chips
Vegetarian	Mild Chickpea Coconut Curry with Rice (v)	Vegan Sausage and Mashed Potatoes (v)	Roasted Vegetable Tart with Roast Potatoes and Gravy (v)	Vegetable and Mozzarella Traybake with Rice (v)	Cheese Toastie 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, 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.)					
Ginger Cake with Custard	Fruit Shortbread	Berry Crumble Traybake with Custard	Chocolate Brownie	Fruit Jelly	

Fresh seasonal salad and bread available daily.



CHAMPION AWARD

- | | |
|---------------|--------------|
| RB - Zara | 3P - Oscar |
| RM - Mia | 4B - Sophie |
| 1C - Viaan | 4K - Darcy |
| 1E - Tanush | 5P - Betsy |
| 2C - Oliver H | 5T - Paisley |
| 2M - Flynn | 6M - Lucas |
| 3MC - Huxley | 6P - Lucy |



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, 1C - Isabella, 2C - Mason, Sophie
KS2

3MC - Rebecca, 4B - Emilia, Emily, 4K - Olivia P,
5P - Charlie, Theo, Zakk, 6P - Leonardo

100% Attendance

Reception & KS1: RB - Ivy, KS2: 6P - Blossom

Class Attendance

5T



Jackson Award

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

- | | | | | | |
|------------|-------------------|--------------|-------------|-----------------|-------------|
| 1C - Logan | 2C - Lily | 3MC - Jack | 4B - Alexia | 5P - Sophie | 6M - Alicia |
| 1E - Leen | 2M - Flynn & Rory | 3P - Llaneya | 4K - Shivon | 5T - Chloe-Maii | 6P - Zoya |

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

WATER BOTTLES

Only water please in your child's water bottle



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SEND

Special Educational Needs & Disabilities



Building in time for discussing worries about school in your daily routine can help over time freeing the mind from worrying during other parts of the day.

Pre-loved UNIFORM

PLEASE ASK AT THE OFFICE FOR MORE DETAILS

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

Internet Safety FOR FAMILIES



Tips for keeping your child safe while on social media

- Review the location settings
- Get to know the safety and privacy settings.
- Get to know the age ratings of the apps that your child uses.

REMINDER!

Order your children's daily meals via Arbor. Children will have a jacket potato if not ordered.



NEED TO TALK?

If you need to talk - we will listen.

You can talk to any adult in school, but some staff who have a key responsibility for making sure you are safe and well cared for.

Our Designated Safeguarding Leads (DSL) are:



Miss A Bell
Designated Safeguarding Lead Officer



Mrs J Hemmings
Deputy Designated Safeguarding Officer



Mrs K Timmis
Safeguarding Lead



Mrs E Kirkham
Safeguarding Lead



Miss C McDonald
Safeguarding Lead

Connecting you with help and support in your community.



Visit the new Staffordshire SEND Local Offer (Special Educational Needs and Disability) www.staffordshireconnects.info

For children and young people aged 0-25 years

The best place to go to find information about SEND support in Staffordshire.

- Early years and childcare
- Education
- Social Care
- Health and Wellness
- Travel and transport
- Places to go, things to do
- Preparing for adulthood
- Money Matters
- Extra Help available to children, families and settings
- Information and support including support groups and organisations
- Policy information, referral mechanisms, forms and templates

Email: localoffer@staffordshire.gov.uk



caudwell children



FANCY A KICK ABOUT?

In collaboration with Newcastle Town FC, Caudwell Children have hit the back of the net and are excited to announce the launch of our brand-new pan-disability football sessions for children aged 8-16 years old.

BENEFITS

- Learn new skills and techniques
- Enter competitions
- Pathway to teams
- Have fun and make friends

WHAT YOU WILL NEED

- Drink
- Suitable outdoor clothing
- Suitable 3g pitch footwear

VENUE & TIMES

Football sessions take place every Friday from 4:15pm until 5:15pm at Roe Lane Playing Fields, Roe Lane, Newcastle-under-Lyme, ST5 3PH.

For more information, please scan the QR code.



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Follow us on our social networks:



twitter.com/HempstallsA



www.facebook.com/HempstallsPS/