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Newsletter

Dear Parents/Carers

It's been a chilly week at Hempstalls and the children have enjoyed the snow flurry that settled this week.

As we come to the end of our History block we reflect on the legacy of our learning that we have covered in our year groups.

Thank you to Father Simon who led one of our assemblies this week about Epiphany.

A shout out to Team Year 6 who have been continuing to come to boosters on a Monday after school, Tuesday, Wednesday and Thursday morning and thank you to the teaching staff, showing their commitment of wanting the best for our Champion children.

Year 1 parents, we welcome your to school on Tuesday 23rd January for a phonics meeting as the children approach the national phonics screening in the summer term. The children are really excited about showing you their learning in class on the day for the watch me learn sessions in their classrooms.

Wishing you a lovely weekend,

Miss A Bell
Headteacher

19th January 2024

Term Dates



School Closes For Half Term:
Friday 9th February 2024

School Reopens:
Tuesday 20th February 2024

Attendance and Punctuality



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

Champion Moments

  <p>Balance and Beam</p>	  <p>Swimming</p>	  <p>Skiing</p>
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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](#)



Wellbeing corner

8 Ways to Help Children Develop Self-Awareness and Self-Regulation Skills

1. Emotional Check-Ins: Ask children to reflect on and express their emotions daily.
2. Mindfulness: Practice paying attention to their thoughts and feelings during meditation.
3. Journaling: Encourage children to write about their experiences and reactions.
4. Breathing Exercises: Using deep or box breathing to regulate emotions.
5. Role-Playing: Practicing responses to different challenging situations.
6. Self-Reflection: Encouraging reflection on their behavior and its impact on others.
7. Goal-Setting: Set and achieve realistic goals. Check in after.
8. Positive Self-Talk: Practice using positive self-talk to regulate emotions.

ThinkPsych

Better Health NHS Let's do this

Better Health Families is here to help

Search Better Health Families for lots of:

- Easy tips
- Healthier snack ideas
- Tasty recipes
- Easy lunchbox ideas
- Fun activities



Want to know what's really inside your food and drink?

See for yourself and download our FREE Food Scanner app to find healthier options. Use the 'traffic light' labels to choose more greens and ambers, and cut down on reds.



We're on Facebook and Instagram too @betterhealthfamilies and want to hear from you!

Phones



How to start a conversation about using a phone safely.

- Talk with your child about responsible use of their phone
- Discuss what to do if something upsetting or worrying happens
- Explore parental controls



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	Margherita Pizza (v)	Cottage Pie	Roast of the Day with Roast Potatoes and Gravy	Build your own Chicken Wrap with Mexican Rice	Fish and Chips
Vegetarian	Teriyaki Noodles with Edamame (v)	Bean and Spinach Enchilada (v)	Quorn Fillet with Roast Potatoes and Gravy (v)	Cheese and Tomato Quesadilla with Mexican Rice (v)	Veggie Nuggets 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.)					
Iced Carrot Cake	Flapjack	Autumn Cake with Custard	Jelly Crunch Pot	Fruit Mousse	

Fresh seasonal salad and bread available daily.



CHAMPION AWARD

- | | |
|---------------|--------------|
| RB - Tilly | 3P - Thomas |
| RM - AJ | 4B - Connor |
| 1C - Isabella | 4K - Ronni |
| 1E - Mia | 5P - Olive |
| 2C - Julia | 5T - James |
| 2M - Lucas | 6M - Ibrahim |
| 3MC - Oliver | 6P - Owen |



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

RM - Isaac, 1C - Isabella, 2C - Albie, 2M - Leah

KS2

3MC - Tilani, 4K - Darian, 5P - Betsy, 5T - Ava, Elizabeth, 6M - Ibrahim, Lexi, Wilfred

100% Attendance

Reception & KS1: 1E - Aurora, KS2: 5T - Chloe-Mai

Class Attendance

RB & 5P



Jackson Award

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

- | | | | | | |
|--------------|---------------|---------------|------------------|-------------|-------------|
| 1C - Rome | 2C - Jenson | 3MC - Charlie | 4B - Lara-Jayne | 5P - Zakk | 6M - Lucas |
| 1E - Charlie | 2M - Isabella | 3P - Maria | 4K - Olivia-Rose | 5T - Maddie | 6P - Darcie |

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



Play is a great way to relieve stress and burn off any excess energy. You could create simple games to play with your child that don't take a long time to set up. This could be something like a scavenger hunt around your home (eg: 'go find me something grey').

Pre-loved UNIFORM

PLEASE ASK AT THE OFFICE FOR MORE DETAILS

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

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 NEWCASTLE TOWN FOOTBALL CLUB

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.

<h3>BENEFITS</h3> <ul style="list-style-type: none"> * Learn new skills and techniques * Enter competitions * Pathway to teams * Have fun and make friends 	<h3>WHAT YOU WILL NEED</h3> <ul style="list-style-type: none"> * Drink * Suitable outdoor clothing * Suitable 3g pitch footwear
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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/