



# Hempstalls Primary School

COME AS YOU ARE AND LEAVE AS A CHAMPION



[www.hempstalls.staffs.sch.uk](http://www.hempstalls.staffs.sch.uk)



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# NEWSLETTER

Dear Families and Friends of Hempstalls,

We have had a wonderful week at Hempstalls!

We started the week with our Everybody Writes event, themed around Treasure Island. A big thank you to our talented staff for putting on a fantastic performance and inspiring everyone to write. We are excited to see the Treasure Island-themed displays around school!

We also held our Faith in Focus week on Judaism. A special thank you to Mrs. Kabir for all her hard work.

I hope you've found our Parent Involvement Calendar helpful for planning the upcoming events this year. We will continue to update it as the year progresses, and we will notify you of any additional events happening throughout the year.

Next Wednesday, we are looking forward to our Spooky Disco. Thank you to the PSFA for organising this exciting event!

We are also looking forward to welcoming Year 2, 3, and 4 parents to St. Michael's Church next Thursday for our Harvest celebration. As space is limited, we kindly request that only two parents or carers per child attend to ensure we can accommodate everyone comfortably.

On Friday, we are hosting our Year 1 Harvest Workshop, where we invite all parents and carers to come into school. The children have prepared some lovely songs and would love you to join in with our phonics-themed harvest activities.

As a special treat, next Friday is our Spooktacular Day at school! We'd love all the children to come dressed in their spooky outfits, ready to take part in a day filled with dance, drama, story, crafts, and forest school activities. To add to the fun, the kitchen will also be serving a spooky-themed menu to mark the end of the half-term.

Thank you, as always, for your continued support.

Kind Regards,  
Miss A Bell



**18TH OCTOBER 2024**

## TERM DATES



### AUTUMN TERM 2024

Friday 25th October 2024 -  
School closes for half term  
Tuesday 5th November 2024 -  
School reopens  
Friday 20th December 2024 -  
School closes for Christmas  
Tuesday 7th January 2025 -  
School reopens



## Attendance and punctuality

Be at school every day and on time!



- 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	'Mac and Squash' Cheese	Sausage and Mash with Gravy	Roast Chicken with Roast Potatoes & Gravy	Asian Chicken Noodles or Rice	Crispy Baked Fish with Chips
Vegetarian	Pasta Primavera	Veggie Sausage Traybake with Mash	Roasted Vegetable Tart with Roast Potatoes	Thai Veggie Fried Rice	Onion Bhaji and Chutney Wrap 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, Tuna 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 (Fresh fruit and yoghurt available daily as an alternative to the dessert of the day.)</b>					
Orange Shortbread	Apple & Rhubarb Crumble with Custard	Crispy Cake	Coconut Berry Vegan Cake	Dessert	

Fresh seasonal salad and bread available daily.



# CHAMPION AWARD

- |                      |                      |
|----------------------|----------------------|
| <b>RB - Mabel</b>    | <b>3MP - Rory</b>    |
| <b>RMC - Freya</b>   | <b>4B - Oliver R</b> |
| <b>1E - Isaac</b>    | <b>4K - Ruby Mai</b> |
| <b>1T - Hunter</b>   | <b>5P - Kaan</b>     |
| <b>2H - Byron</b>    | <b>5T - Willow</b>   |
| <b>2M - Cezar</b>    | <b>6P - Aidan</b>    |
| <b>3C - Isabelle</b> | <b>6R - Irene</b>    |

# 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

1E - Riley & Ruby, 2H - Macie, 2M - Ava

### KS2

3C - Albie, 3MP - Maahirah, 4B - Xander & Chloe, 4K - Liara, 5P - Alice, 6P - Kourtney, 6R - Cathryn

### 100% Attendance

Reception & KS1 - Theo (2H) KS2 - Cara (6P)

### Class Attendance

1T



# JACKSON 5 AWARD

- |                       |                    |                     |                      |                      |                   |
|-----------------------|--------------------|---------------------|----------------------|----------------------|-------------------|
| <b>1E - Lilly</b>     | <b>2H - Kasey</b>  | <b>3C - Bobbie</b>  | <b>4B - Oliver M</b> | <b>5P - Harrison</b> | <b>6P - Riley</b> |
| <b>1T - Alexandra</b> | <b>2M - Tobias</b> | <b>3MP - Nicole</b> | <b>4K - Arlo</b>     | <b>5T - Virat</b>    | <b>6R - Zakk</b>  |

## WATER BOTTLES

# 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*

Only water please in your child's water bottle



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

# SPOOKY DISCO



**2:15-3PM AND BUTTERFLIES (COME DRESSED IN YOUR SPOOKY CLOTHES)**

**3:15-4PM - RECEPTION BRING CLOTHES LABELLED IN A BAG)**

**DROP OFF - MAIN OFFICE AND COLLECT - KS2 PLAYGROUND**

**4:15-5PM- KS1 (YEAR 1&2)**

**5:15PM -6PM (YEAR 3&4)**

**6:15-7PM (YEAR 5&6)**





# Wellbeing corner

**Parent or carer of a child with SEN?**  
Would you like to learn about sensory processing?

Join us at this free event where we will look at sensory processing and how we can support SEND children who experience differences with sensory integration



## Sensory processing information COFFEE MORNING

**Monday 4th November at 10.15am**

Venue: at Newcastle Family Hub, Cemetery road, Knutton, N-U-L ST5 6DH



Scan the QR code to let us know if you are coming!



## 5 Ways to Build Emotional Intelligence with your child



1. Allow my child to express all emotions, to feel is to be human.
2. Provide a calm steady presence throughout big emotions.
3. Teach emotion words, emotions need to be identified before they can be worked through.
4. Model empathy for others, reflecting and considering the feelings of others.
5. Practice different coping strategies together.

[www.parentswithconfidence.com](http://www.parentswithconfidence.com)

## HAPPY HORMONES & HOW TO HACK THEM!

### Endorphins "The Pain Killer"

- Laughter
- Exercise
- Dark Chocolate
- Perform a random - act of kindness
- Take a bath



### Dopamine "The Reward Chemical"

- Listen to music
- Exercise
- Dance
- Self-Care
- Positive Affirmations
- Quality Food & Sleep



### Oxytocin "The Snuggle Hormone"

- Hold Hands
- Pet your dog or cat
- Hold a baby
- Hug your family
- Snuggle
- Give a compliment



### Serotonin "The Mood Stabilizer"

- Aerobic exercise
- Meditation, Yoga
- Take a nature walk
- Practice Gratitude
- Eat fruits, veggies & nuts
- Get a healthy dose of sunlight



Empowering Kids Media

@lalise\_counselor

## HALLOWEEN DRAMA DAY

Monday 28th October - 10am - 4pm

Penkhull Village Hall £25 Per Child (£20 each Sibling)



A DAY OF CREATIVE/ SPOOKY FUN



FULLY SUPPORTED BY DBS STAFF



WITH DRAMA SCHOOL STOKE

FANCY DRESS ENCOURAGED!

Book a Place Now  
Text - 07808 473588

[DramaSchoolStoke.co.uk](http://DramaSchoolStoke.co.uk)  
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