



## Headteacher's Introduction

It has certainly turned colder this week! It has been quite chilly in school. We have put the heating on which will help, but still need to keep school well ventilated so windows are staying open. Please make sure your children have a jumper on and maybe a vest or thermal top on underneath their t-shirt to keep them warm.

It has been a real pleasure to chat to some of the children while they eat their lunch this week – they all talk with a big smile on their faces about their lessons and how much they are glad to be back at school. Next week is Healthy Eating Week and there is more information below about how you can get involved. We will be promoting this with children in school too.

I'm also delighted to be announcing our new 'team points' system in this newsletter – it will be a great way to motivate the children and celebrate their successes. We've considered how to keep this Covid safe and won't be mixing the tokens or collection tubes between classes; all tokens will be quarantined before re-use.

## Mental Health and Well-Being Resources

EveryMindMatters have released new, dedicated advice for parents/carers to help look after their children's mental health <https://www.nhs.uk/oneyou/every-mind-matters/childrens-mental-health/>

## Parents' Evening

We would like to invite you to discuss your child's start to school and how they have settled into their new class both socially and academically with his/her class teacher.

The meetings will all be by telephone this term and will be held on:

**Monday 12<sup>th</sup> October     3:30 - 7.00pm**                      and                      **Tuesday 13<sup>th</sup> October     3:30 – 6.30pm**

To make it easier and quicker for parents to book appointments we will be using an electronic booking system that is part of WisePay.



You will be able to access the booking system **from 4pm on Monday 5th October**. We would recommend that you check that you can access the WisePay system before this date, as we would expect the demand for appointments to be high. If you are having difficulty accessing the WisePay system, the school office staff will be happy to support.

There will be one telephone appointment slot available per child (if you require a further parent meeting please contact the school office). Please be aware that all telephone appointments will be for a maximum of 8 minutes to allow time for dialling the next appointment and this will have to be stuck to - should a further appointment be needed after this call, it can be arranged through the school office.

Please note we will use the main contact number on our records to call you. Should we not be able to get through we will leave a voice message and try again within the allocated time slot. We will have a lot of calls to make and don't want to keep people waiting for a call, so please help us stick to the times booked.



## Macmillan Virtual Coffee Morning

So far we have managed to raise over £180 for this worthwhile cause. Thank you for all of your contributions. Please remember to send us the photos of your baking efforts over the weekend for our display in school.

Don't forget to donate too via this link: <https://thyg.uk/BUU004714096>



## New Hempland Teams

We have launched our new Hempland teams this week in school to much excitement! All children should know which colour team they are in and are looking forward to getting started and making a positive contribution to their team. We will be awarding 'tokens' for positive behaviour, attitude, great work etc. These tokens will be collected in special collection points in each classroom and transferred weekly to larger ones in the school halls. At the end of each half term, the team with the most points will win a non-uniform day for the whole team! We will use the teams for other things during the year too – watch this space for more information.

Our teams are currently called Red, Yellow, Green and Blue but we really want to name them something a little more special. We would like to open this up to you and your children to think of four brand new names – perhaps something related to the history of the City of York or the area round school, famous people or places for example. Please email all of your suggestions to [office@hempland.pmat.academy](mailto:office@hempland.pmat.academy) by Friday 2nd October, including a brief reason explaining why you have chosen these names.



## A message from the Governors

A big welcome to all of the Early Years families and welcome back to everyone else, to what is a slightly different start to the new academic year. The school has taken a number of measures to keep children, parents and visitors safe whilst still providing high-class education for pupils. These measures will continue for the foreseeable future and we appreciate your support. We had a productive Local Governors Committee meeting on Monday 21st September 2020, where we welcomed Sean Elliott as a new governor. At the meeting school leaders shared all the hard work which has gone on over the summer. Upgrades and repairs have been made to a number of classrooms as well as outdoor areas, including play areas and the transformation of the school garden. Understandably, cleaning has also been a major focus with a complete deep clean of all areas and an enhanced cleaning regime will be ongoing.

We've been really pleased to hear positive feedback on the return to school and seeing how well the children have settled in and are enjoying being back in the classroom. We'll continue to keep a watch over that with staff, whilst looking at the longer term focus of the school. We look forward to keeping you updated with school matters as the year progresses and encourage you to engage with the school to celebrate positive experiences as well if you have issues, concerns or feedback.



## Sports & Fitness News

As a school we have been invited to take part in a running race. This is open to all pupils from year 1-6 and will replace the Cross-Country event this year. The distance for each year group is below:

- Early Years, Years 1 & 2 – 600m
- Years 3 & 4 – 1km
- Years 5 & 6 – 1.5km

We would love the children to get involved. There are leagues for all levels and medals to be won.

To enter your child's time, please go to the following link:

<https://www.koboca.co.uk/virtual-primary-school-run4/?q=bda5fdd5&s=cb6506e4>

York School Sport Network are in the process of providing a website with leagues from all school competitions which will update in real time. If you would like to track our schools progress in competitions, please follow @YorkSchoolSport on twitter and they will give you more information once it's up and running.

No individual names will appear in the league table, but your child's score could help our school move up the league!

## Walk to School week 5th – 9th October 2020

York will be holding October's Walk to School Week and the competition for the Jack Archer Award from 5<sup>th</sup> – 9<sup>th</sup> October. The winner will be awarded the much coveted Trophy and £300 prize money to be spent on equipment to encourage active travel or sports.

As in previous years cycling and scooting counts as well as walking so we can get as many people as possible joining in! We just ask that the car is left at home and not used at all for the journey to school.



The prize is awarded to the school that has the highest percentage of children leaving the car at home and walking, cycling or scooting to school over the week.

We'd love you to help Hempland get as many people walking, biking and scooting to school as possible.



Next week (w/c 28<sup>th</sup> September) is BNF Healthy Eating Week.

We will be looking at this during the school week, but there are lots of things that can be done at home, including 2 daily cooking videos, to get you cooking together.

There are 7 key challenges for the week:-



Why not try brown rice instead of white, or wholewheat pasta, and now it is definitely porridge weather in the mornings!



Vegetables can be fresh, frozen, canned, dried or juiced. Did you know that 50% of the veg we eat comes from just 4 kinds – tomatoes (canned and fresh), carrots, peas and onions.



Even as it gets colder, we still need to try and drink 6 – 8 glasses of unsweetened drinks a day.



Being active is great for heart health, and it helps to strengthen our muscles and bones. Our target at school is be active for 60 minutes a day.



Do something kind for your mind by getting enough sleep, talking through a worry, or trying something new.



A good way to learn about team work, and shared new experiences.



As a family help plan, prepare and cook a meal together.

Cooking videos can be seen live at 10am and 2pm every day, or watched later at:

<https://www.foodafactoflife.org.uk/whole-school/bnf-healthy-eating-week-2020/>