



"Children are at the centre of all we do."

NEWSLETTER 5th SEPTEMBER 2025

Our newsletter is also available to view on the school website at:

<https://heslerton.n-yorks.sch.uk/parents/newsletters>

BADGER WOOD

100%

KEEPER WOOD

84.03%

FARTHING WOOD

82.61%

DIARY DATES

Monday 8th September, Gymnastics Club Y1 – Y3 week 1.

Thursday 11th September, Pop up library.

Monday 15th September, Friends meeting 2:30pm.

- Gymnastics Club Y1 – Y3 week 2.

Thursday 18th September, Swimming Y1 – Y4 week 1.

Monday 22nd September, Gymnastics Club Y1 – Y3 week 3.

Thursday 25th September, Swimming Y1 – Y4 week 2.

There may be changes to these dates. Please check the school website and Dojo for details.

WELCOME

We welcome Mrs. Lynn Lealman to the school team; she will be working as a General Teaching Assistant in Badger Wood.

We wish her the best of luck in her role here.

REMINDER - SCHOOL PE KIT

School PE kit of white T shirt, black shorts or sports trousers and sports trainers should be worn on PE days please.

PE sessions for Years Rec to Year 4 will commence in January.

Forest Schools and swimming will be their PE sessions this term.

A LOVELY COMMENT RECEIVED

I have never witnessed so much love and support for the leavers and you have all made them feel special and confident moving up to their new schools. It was a privilege to be a part of the festivities 📷 x

PARENTS EVENINGS

Thank you to those parents who gave feedback to us about parents evenings last school year.

We have planned the following for this year:

Autumn Term

Open Evening to welcome all parents into school, meet the staff your child works with and for children to show you, their classroom.

Online video calls (you can turn the camera off if you'd like it to be voice only). These appointments will be booked by you, please look out for booking details on the newsletters. These will be held prior to half term to discuss how your child has settled, any concerns you have and share their successes.

Spring Term

Online video calls (you can turn the camera off if you'd like it to be voice only). These appointments will be booked by you, please look out for booking details on the newsletters. These will be held to discuss your child's attainment and progress and discuss any concerns you may have.

Summer Term

Open evening for all parents to come into school, meet the staff your child has worked with and for your child to show you their work. For those children moving classes, there will be a chance to view their new classroom and meet the staff for the year ahead.

School reports will be sent home (with assessment results where applicable) to share your child's successes.

We hope that this mixed approach will match the needs of all families and you will support your child by attending these events.

Of course, we can always be contacted by Dojo, on the phone and in person should you wish to have any other discussions with staff.

If you require this information in a different format, please contact the school office.

REMINDER - SCHOOL FOOTWEAR

Many children are attending school in school shoes, some are wearing trainers. School uniform is smart black shoes please and we will be expecting children to wear these from September.

DOJO PHOTOS

Please can we remind families that photographs you take at school events and those on Dojo are for personal use only, please do not use on social media. This is to help keep all children safe. Thank you for your continued support.

TERM DATES

Term dates and school holidays are listed on our webpage: [Term Dates | West Heslerton CE VC Primary School](#)
Including up until July 2027, for planning ahead.

SWIMMING

School swimming lessons will commence on **Thursday 18th September** for children in Y1 – Y4 for 10 weeks (excluding half term) the last session will be on **Thursday 27th November**.
We will be travelling with Esk Valley Coaches for the duration of the swimming lessons.
Have a good breakfast, children will need their swimming kits – no tights please.
Please ensure children have their inhalers with them if applicable.

FRIENDS SPONSORED WALK

Thank you to everyone for taking part and sponsoring the children in the Friends sponsored walk. A fantastic amount of **£779.50** was raised from the walk and a further **£171.50** on refreshments.
Well done everyone! Thank you for your continued support.

GYMNASTICS CLUB

Gymnastics Club this half term for **7 weeks** for pupils in **Years 1 -3**.
The club will be run by Harry Sheader Sports School, funded by school sports funding, free of charge to children. This will take place from 3.30pm – 4.30pm from **Monday 8th September to Monday 20th October 2025**.

Numbers are limited; therefore, places will be offered on a first come, first served basis.

Please book via ParentPay. There will be no fee.

FRIENDS OF WEST HESLERTON SCHOOL

MEETING AGENDA – MONDAY 15TH SEPTEMBER 2025

Present:

Apologies:

Welcome to old & new parents

Minutes from the last meeting:

Play Performances & Sports Day Refreshments
Frozen Fridays

Upcoming Events to discuss:

Macmillan coffee morning
Halloween
Open evening
Bag2School
Panto

AOB:

Grants & funding
School wish list
AGM

Next meeting:

AGM 20th Oct

POP UP LIBRARY

The first Norton Hive pop up library session will be next Thursday 11th September.

AFTER SCHOOL CLUB

To collect your child, please ring the bell outside the school library. Your child and their belongings will be brought to you. This may take a while as children need to leave the woodland and get changed and collect up all of their belongings!

REVEREND CATE

The Reverend Cate Turner will be visiting school approximately once a fortnight, usually on Thursdays. We welcome her to support children. If you'd like to speak to her to support yourself or someone close to you, please contact school.

FIRST AID

All staff working with children are Trained in Paediatric First Aid. We will always explain to children what treatment we are giving and why. Please contact school if you don't wish your child to receive support.

If you require this information in a different format, please contact the school office.

BRASS BAND HAVE A GO

On Saturday 13th September Malton Library are hosting the Swinton Brass band 9.30-12.00 –families are welcome to 'drop in' and have a go on a variety of instruments and find out more about the band.



HAVE A GO DAY

Learn to play brass

We are recruiting a new intake of beginner brass students for September
Start now and take part in our Christmas concert
Come along to Malton library on the 13th September and see what we have to offer and have a go.
Children and Adults welcome
Instruments and tuition provided for free

SATURDAY | 13 SEPTEMBER
MALTON LIBRARY 9.30 TO 12.00

CONTACT US 07874 746589 membership@swinton.-band.com

SUMMER READING CHALLENGE

North Yorkshire Libraries are delighted to announce that over 400 children aged 4-11 years in the Malton and Norton area have signed up to take part in North Yorkshire Libraries Summer Reading Challenge. Well done to everyone who has started and completed the challenge so far!

For anyone who has not quite finished the challenge please call in at Norton or Malton library on or before Saturday 6th September 12.30 to return your books/ record the 6 books read and receive a medal and certificate (children can opt to receive their certificate at school in celebration assembly).

EARLY BIRDS CLUB

Our 'Early Birds' option is provided by Miss Mitchell and Mrs G, teaching assistants known to the children. Please book via ParentPay as you normally would book the after school club (instructions below). Children will arrive and be signed in by staff at the front door and play board games in the hall. At 8:30 staff will take them to the playground to play outdoors as the school usually do before school. Initially, this 'Early Birds' option will be provided for up to 16 children each day at a highly subsidised cost of £2 per session per child. The Governing Board hope that this will help them to see if there is enough long-term demand for this service. Please get booking!

To view this club please log into your ParentPay account. Click the three bars at the top left. Click payer dashboard. Select the name of the child. Click clubs. Select the days you need.



Children and Young People's Counselling Service

IN RYEDALE

Starting July 2025

- **FREE counselling service for children and young people aged 7-17 in Ryedale**
- **Suitable for clients experiencing a wide range of issues including anger, bullying, mild to moderate anxiety/stress, bereavement, low self-esteem, questions about their sexuality and life changes. See website for a full list**
- **Minimum of 10 sessions of face-to-face counselling at Stanley Harrison House in Malton**

For more information and to refer please see our website www.community-counselling.org.uk

A healthy packed lunch will give children the energy and nutrition they need to get the most from their school day – helping them to stay healthy, feel good and be ready and able to learn. Just like school meals, packed lunches should be made up of foods from the main food groups in the Eatwell Guide www.nhs.uk/live-well/eat-well/the-eatwell-guide and portions should be appropriate for a child's age and size. This will ensure every child has a healthy and nutritionally-balanced lunch.

What should I include in my healthy packed lunch?

Please try to include **ONE** of each of the following in your lunch each day:



STARCHY CARBOHYDRATE

- ✓ bread, wrap, pitta, bagel, rolls, baguette
- ✓ rice or couscous
- ✓ noodles or plain pasta – avoid flavoured instant packet products and limit canned pasta
- ✓ potatoes
- ✓ oatcakes, rice cakes or crackers

Wholemeal/wholegrain options contain more fibre and keep you fuller for longer

Gives you energy for the day ahead!



DAIRY FOOD (or non-dairy alternative)

- ✓ cheese – hard, soft, spread
- ✓ yoghurt or fromage frais
- ✓ milk
- ✓ custard

Choose low fat, low sugar options where possible

Good for healthy bones and teeth!



FRUIT (fresh, frozen, tinned or dried)

- ✓ apple
- ✓ banana
- ✓ satsuma
- ✓ pear
- ✓ plum
- ✓ mango
- ✓ melon
- ✓ dried fruit e.g. raisins, apricots, dates. Add to meals and not as a snack
- ✓ cherry tomatoes (chopped)
- ✓ handful of grapes (halved)
- ✓ fruit salad or kebab

Wash fruit and vegetables prior to preparing.

Ensure canned fruit is in juice not syrup.

Fruit and vegetables give you vitamins, minerals and fibre to stay healthy. Part of your '5 a day'
How much? A portion is one child-sized handful.

VEGETABLES OR SALAD

- ✓ chopped vegetable sticks (e.g. carrot, cucumber, pepper)
- ✓ salad in sandwiches
- ✓ vegetable soup
- ✓ Baked beans count as a vegetable but only once during a week. Ensure beans are reduced in salt and sugar

If you are using canned products, choose those without added sugar and salt.



PROTEIN

- ✓ meat e.g. sliced lean ham, chicken or beef in a sandwich
- ✓ fish – preferably try to include oily fish such as salmon, tinned mackerel, sardines and pilchards. Aim to have one portion a week
- ✓ eggs
- ✓ lentils, beans, chickpeas
- ✓ alternative meat free option

Try to limit processed foods e.g. sausages, meatballs, fishfingers, fishcakes, sausage rolls

Helps your body to grow and develop

DRINKS – plain tap water is the best option, especially for teeth. Please send your child to school with their own named, clean water bottle each day.

Drinking enough each day helps keep your body working well and your skin looking healthy!



Me-sized meals

Young children don't need as much food as teenagers and adults. When they eat more than they need, the excess energy is stored as fat in their bodies.



What about snacks for break time?

The best options for breaktime snacks are:

- Portion of fresh fruit (no dried fruit as snacks please as the sugar can stick in teeth).
- Vegetable sticks.
- Other ideas for healthy snacks could be rice cakes, bread sticks, bag of plain popcorn.

Please check your school's policy on snacks

What should I NOT bring to school?

Please do **NOT** include the following items:

- ✗ Sweets and chocolate bars – these foods are high in sugar and calories, low in goodness, and are harmful for teeth.
- ✗ Squash or fizzy drinks – water is best for teeth.
- ✗ Other items e.g. nuts, sesame, fish – please check your school's allergy policy.

Thank you!



5 top tips for your packed lunch

- Freezer packs can keep food cool. Freeze a (reusable) bottle of water which will be ready to drink by lunchtime.
- Get your child to help pack their lunch box – they are more likely to enjoy it.
- Love to dip? – cut up pitta bread or veg sticks to have with a dip.
- Use pastry cutters to cut funny-shaped sandwiches.
- Protect your fruit by putting it in a small plastic container e.g. apple/banana guard.



Get more vegetables in your lunches!

Here are some GREAT ideas for upping the veg content in your lunchboxes <https://simplyveg.org.uk/lunchboxes>

School dinners are best!

Making packed lunches can be time consuming and expensive – why not try school dinners?

School meals provide your child with a nutritionally-balanced variety of foods. Every infant child (aged 5-7) is entitled to a **FREE** school lunch.

Also, **FREE** school meals for all age groups are provided to families who receive qualifying incomes such as income support and universal credit. Ask your school office how to order yours. More information is available from your school's website or the **North Yorkshire Council website**

www.northyorks.gov.uk/and-learning/school-meals
www.northyorks.gov.uk/free-school-meals



Here are some websites with more information to help your family to stay healthy, happy and well:

healthyschoolsnorthyorks.org/healthy-food
www.nhs.uk/healthier-families
www.nhs.uk/start4life

And some information on saving money, local food banks, financial support and eating well on a budget:

healthyschoolsnorthyorks.org/costsavings

FREE JUNIOR CRICKET COACHING - MCC HUB 2026

Early notice of free cricket coaching

Venue: Bramcote School Sports Hall, Filey Road, Scarborough.

Start date: Sun 11th Jan for 11 consecutive Sundays

Criteria: State school children only

Time: noon to 1.30 girls up to 12

1.30 to 3pm girls 13 to 16

3pm to 4.30 pm boys up to 12

4.30 to 6pm boys 13 to 16

If after 2 weeks, any children are in the wrong group we will make sure they are placed with their ability group

The MCC Foundation are sending out the registration forms out in mid Oct. We hope that this early notice will help children and parents to plan their future Sundays. Please register interest for your child as below:

Andy Inns inzaman187@hotmail.co.uk or WhatsApp 07790243703

John Green johngreen108@btopenworld.com or WhatsApp 07914693116

All players are welcome for these 11 weeks of free coaching.

SENT HOME:

- PG Film permissions to Y2 & Y6, please complete and return to school.
- Autumn menu one per family.
- Home / school agreement one per child, please complete and return to school.
- Intimate Care Policy where applicable.

If you require this information in a different format, please contact the school office.