

WEST HESLERTON C.E. PRIMARY SCHOOL

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An answerphone is available at all other times.



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

NEWSLETTER 11th September 2026

Our newsletters are available to view on the school website at:

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

WEEKLY ATTENDANCE



ATTENDANCE winners this week

BADGER WOOD

Badger Wood 100%

Keeper Wood 99.02%

Farthing Wood 98.18%

SCHOOL ATTENDANCE

To encourage good attendance from all pupils, we have a cup awarded to the class with the best weekly attendance. We also find ways to praise those individuals with great punctuality and 100% attendance each half term. Please encourage your child to attend school as often as possible. Attendance at school has been shown to link to better progress and outcomes for children. If you are unsure if your child is well enough to come to school, this information may be useful <https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/>

SECONDARY SCHOOL PLACES

The window for parents of Year 6 children to apply for an NYC school place for Year 7 will open on Saturday. Please see Farthing Wood's Class DOJO for all the information needed. Flyers from secondary school about their Open events will be posted here too. These events are for Year 5 and Year 6 families.

DIARY DATES

Monday 14th September, Non uniform day, see box below.

- Friends meeting 2:30pm.

Tuesday 15th September, Gymnastic Club week 1 Y3-Y6. Please sign your child up on ParentPay.

Thursday 17th September, Swimming Y1-Y4.

- Pop up library.

Monday 21st September, Friends Bingo event from 7pm, details next week.

Tuesday 22nd September, Gymnastic Club week 2 Y3-Y6.

Thursday 24th September, Swimming Y1-Y4.

Friday 25th September, MacMillan Coffee Event 9am, all welcome, see box below.

Wednesday 7th October, School Open Evening 3:30-5pm.

Thursday 8th October, FW STEM visit. See box.

Thursday, 22nd October, Harvest Festival at 2pm.

School closes for the half term.

Staff Training Day Friday 23rd October.

See box below for parents evening dates.

48 HOUR RULE

Pupils can return to school 48 hours after the last incident of sickness or diarrhoea. Please phone the school office on each day of sickness on:

01944 728 286.

Please note that we have a 24 hour answerphone and pick up messages daily.

NON UNIFORM DAY

We will hold a non uniform day on **Monday 14th September**, please wear your casual clothes and bring a hamper prize for Friends of School.

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

Your Autumn Menu Week Two

Sept 2026 – Feb 2027

V – Vegetarian Option
VG – Vegan Option



September	October	November	December	January	February
Mo Tu We Th Fr 1 2 3 4 7 8 9 10 11 14 15 16 17 18 21 22 23 24 25 28 29 30	Mo Tu We Th Fr 1 2 5 6 7 8 9 12 13 14 15 16 19 20 21 22 23 26 27 28 29 30	Mo Tu We Th Fr 2 3 4 5 6 9 10 11 12 13 16 17 18 19 20 23 24 25 26 27 30	Mo Tu We Th Fr 1 2 3 4 7 8 9 10 11 14 15 16 17 18 21 22 23 24 25 28 29 30 31	Mo Tu We Th Fr 1 4 5 6 7 8 11 12 13 14 15 18 19 20 21 22 25 26 27 28 29	Mo Tu We Th Fr 1 2 3 4 5 8 9 10 11 12 15 16 17 18 19 22 23 24 25 26

Good to know...

We're committed to our Farm to Fork ethos, all our meat is Red Tractor certified and we use locally sourced produce where possible.

All of our meals are served with a selection of seasonal vegetables or fresh salad.

Don't forget to check our daily specials for your jacket potato and sandwich of the day!



Additional options may be available at your school. Please speak to your school for further information

"The quality of the ingredients used has immediately gained positive feedback from the children and adults... The children feel as though they have an input into their meals again... something that has been missing for a long time."

– Headteacher

Our meals adhere to the Government's mandatory school food standards, which ensure children get the energy and nutrition they need across the whole school day.

Please be aware that we are unable to guarantee a completely food allergen-free environment, as foods containing allergens are used in the kitchen. For more information and to view our allergen matrix please visit: northyorks.gov.uk/education-and-learning/school-meals or scan the QR code.



NYES

Catering

For more information speak to your on-site catering team or email us at NYESCatering@northyorks.gov.uk

Week starting:

14 Sept 5 Oct 2 Nov 23 Nov 14 Dec 18 Jan

Monday

Chicken Burger
OR Vg Veggie Burger
Potato Wedges
Seasonal Vegetables

V Toffee Apple Muffin

Tuesday

V Pizza with Baked Baby Potatoes
Seasonal Vegetables

V Marble Sponge & Chocolate Sauce

Wednesday

Roast Chicken & Yorkshire Pudding
OR V Quorn Pieces
Seasonal Vegetables

V Autumn Jelly Mousse

Thursday

V Crunchy Topped Mac & Cheese
Seasonal Vegetables

V Shortcake

Friday

Battered Fish & Chips
Seasonal Vegetables

V Chocolate Surprise Cake

Fruit and yoghurt served daily



Bread freshly made in your school



MACMILLAN COFFEE EVENT

FRIDAY 25th September from 9am, All welcome. This will be part of the World's Biggest Coffee Morning in aid of MacMillan. Donations of cakes to sell would be warmly received. Please pop these into the office on the morning of the event. We hope that slices to take away will be available too.

ROOF REPLACEMENT

We have been advised that the scaffolding at school should be gone by the 21st of September. Thank you for your continued support.

MENU UPDATE

On Wednesday 23rd September, the school cooked lunch will be roast beef not roast pork.

OPEN EVENING

We will be hosting an Open evening on **Wednesday 7th October, 3:30 – 5pm**. Please pop in at any time to view your child's classroom, meet the staff, view Forest School Club. Uniform will also be available to purchase, please bring cash for donations to Friends.

Pre school pupils and their families are also very welcome to visit, please spread the word!

AIR TAGS NOTIFICATION FROM NYC

Parents and carers both locally and nationally have in the past used devices such as the Apple AirTag to track children on school residential/trips/visits/outings. Other devices can also include electronic watches that are essentially tracking devices with the capability of sending video footage from the device back to the person tracking i.e. parent. Such devices have the potential to post locations of children's whereabouts on social media.

NYC have therefore decided that devices will not be allowed in school under any circumstances and must not be hidden in pockets/bags etc. If any tracking devices are found on pupils they will not be allowed on the trip and will be returned to school.

Apple have released the statement below which can be found on their website:

"AirTag was designed to help people locate their personal belongings, not to track people or another person's property, and we condemn in the strongest possible terms any malicious use of our products"

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

Why do we need a healthy packed lunch?

Stick me on your fridge

A healthy packed lunch will give children the **energy** and **nutrition** they need to get the most from their day – helping them to **stay healthy, feel good** and **be ready and able to learn**. 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
- ✓ pasta
- ✓ noodles
- ✓ potatoes

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
- ✓ small box of raisins
- ✓ cherry tomatoes (chopped)
- ✓ handful of grapes (halved)
- ✓ fruit salad or kebab

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



PROTEIN

- ✓ meat e.g. sliced lean ham, chicken or beef in a sandwich
- ✓ fish – try to include oily fish such as salmon or sardines at least once every 3 weeks (tuna doesn't count – sorry!)
- ✓ eggs
- ✓ lentils, beans, chickpeas

Helps your body to grow and develop

DRINKS – plain tap water is the best option, especially for teeth. Please send your child 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>

Be safe!

- Please cut up food into small sizes for young children. Cut grapes and cherry tomatoes in half (lengthways if oblong).
- Be aware of allergies – please check your school's allergies guidance.

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/freet-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

REMINDER – NUT AWARE SCHOOL

**We are a
NUT AWARE SCHOOL**



PLEASE DO NOT SEND NUTS OR ANY FOOD CONTAINING NUTS TO SCHOOL.

FOREST SCHOOL KITS

Forest School kits and wellies are needed in school everyday please.

Please can Forest School kits be in rucksacks (not drawstring bags for safety).

KEEPER WOOD & FARTHING WOOD

Children in Keeper Wood and Farthing Wood can purchase healthy and homemade snacks from the hatch each morning break. Toast, fruit, healthy muffins, pizza – a different selection each day. Items cost 20p or 25p.

SWIMMING YEARS 1 - 4

Swimming lessons for years 1-4 start on **Thursday 17th September**. Have a good breakfast!

REMINDER – POP UP LIBRARY

Our first NYC pop up library of the school year will be held in the hall on **Thursday 17th September**.

GYM CLUB

Spaces are available for children in Years 3 to 6, please sign up on ParentPay. The club will be held on Tuesdays this year and will start next week.

PARENTS EVENING DATES

Prior notice of our planned Parents Evening dates for this term:

Badger Wood 21st October

Keeper Wood 12th, 19th and 21st October

Farthing Wood 21st and 14th October.

Timings, choices of meeting types and booking details will be sent home in the next couple of weeks.

SCHOOL PE KIT

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

EASY FUNDRAISING

Please support us in raising funds whilst not costing you anything. Download the app below.

An advertisement for the Easyfundraising app. It features a smartphone displaying the app's interface, which includes a home screen with a 'How to raise FR donations using easyfundraising App' video thumbnail. The background is a light yellow with a stylized sun. Below the phone, there is a message from 'Hi Rachel,' and a description of the app as the 'easiest way to raise donations for Heslerton Primary School Friends'. At the bottom, there are buttons for 'Download on the App Store' and 'GET IT ON Google Play'.

VIOLIN LESSONS

Private violin lessons are available with Lucy Brusden, please contact the office for details.

TAX FREE CHILDCARE

We are a registered Childcare provider. Some Employers allow you to pay into a childcare account prior to tax being taken from wages. This reduces childcare costs to you. Please ask your employers if they offer this. Some parents may have money left in tax-free childcare accounts from nursery days. May be worth a check?

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

Friends of West Heslerton School

Meeting Agenda – Monday 14th September 2026

Present:

Apologies:

Welcome to old & new parents

Minutes from the last meeting

Upcoming Events to discuss

Bingo

Macmillan coffee morning

Halloween

Open evening

Bag2School

Panto

AOB:

Grants & funding

School wish list

AGM

Next meeting:

AGM 28th Sept

FRIENDS BINGO EVENT

A Bingo event will be held by the Friends of School on **Monday 21st September**. **This is always a great fundraiser so please come along. Adults, children friends and family all encouraged to attend.**

Donations of snacks and baking etc for selling on the night would be much appreciated.

NYC READING CHALLENGE

Over 8500 children primary aged children in North Yorkshire signed up to take part in the annual Summer Reading Challenge to read 6 library books over the holidays. The Challenge officially finishes this Saturday 12th September. Most children taking part have already finished the challenge which is fantastic! Malton Library 01609 534565 will be open until 5pm on Friday and 9.30-12.30 on Saturday morning please come in to see us return your books and claim your medal!

PIANO AND KEYBOARD LESSONS

We have space for pupils to have a weekly lesson on the piano or keyboard from September. These lessons take place in school individually or in small groups on pupils' own instruments. Details of these sessions can be found

here <https://www.northyorks.gov.uk/education-and-learning/school-music-service/music-lessons-and-instrument-hire/education-and-learning/school-music-service/music-lessons-and-instrument-hire/information-about-music-lessons-available-schools>

Please apply online if your child would be interested. The music service suggest Year 2 and up for these sessions.

FARTHING WOOD STEM VISIT

The children in Farthing Wood will be visiting Scarborough Spa on **Thursday, October 8th** for the Science, Technology Engineering and Maths (STEM) Festival. They will be accompanied by Mrs Bickerton and Mrs Wells. We will leave school at 10.15am and return for the end of the school day. The children will need to bring a packed lunch, drinks only in cartons please, no cans or bottles. School will provide a packed lunch if you wish. **Please consent to the visit on ParentPay by Monday 21st September.** If you would like a school lunch, please request one when prompted.

Children will need a waterproof coat and sensible shoes. School carries insurance for all visits. Pupils will need to take their own inhalers if necessary.

CAR DAMAGE

Unfortunately, a parked car on High Street was damaged around pick up time on Wednesday. Please can we remind everyone to drive slowly and with care around school. We are very thankful that this was not a pedestrian injured. If you have any information about this incident, please get in touch with school.