

WEST HESLERTON C.E. PRIMARY SCHOOL

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

NEWSLETTER May 21st 2021

A paper newsletter will be sent home each Friday, you may wish to isolate this for 48 hours before reading it. This will also be on the school website. www.westheslertonschool.co.uk

PARKING

May we please remind you not to use the parking place at the top of the road nearest school as the road is too narrow here. Please also watch your speed, a pedestrian had a near miss this week!

SWIMMING

The children currently in years pre-reception to year 3 will be swimming on Tuesdays at Pickering pool from September. Details will follow next half term.

ROTARY CLUB

We would like to thank Malton Rotary Club for providing school with a new iPad mini. This is greatly appreciated and will be well used.

SLEEP SUPPORT FOR FAMILIES

Covid has created sleep issues for many children and young people. Please see details attached should your family members require support with this.



HESLERTON AFTER SCHOOL CLUB

Heslerton After School Club is open to all pupils from 3.30pm-5.30pm Monday to Thursday to relax and have fun with their friends. Children need to be registered before they attend. Please book ahead where possible. If you are booking on the day please contact the school office on 01944 728286 to check availability. This club is very popular. Full sessions cost £8.00 per child and a 1 hour session, 3.30-4.30 or 4.30-5.30, costs £5 per child. At the end of each session, please collect your child from the wildlife area or buzz the front door. A staff member will sign your child out. We look forward to welcoming you all to our exciting provision. Please see attached booking form for next half term.

ATTACHMENTS

Please see attached:

- Gym club places
- Bible story Club – Badger Wood
- Gymnastics club – Farthing Wood
- Cricket evening places
- Sleep flyer

MENU CHANGE

Lunch on Tuesday will be chicken pasta bake, a slight change to the published menu.

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

BADGER WOOD

We have been enjoying investigating new measuring resources and organisation for the water tray.



KEEPER WOOD

Great balancing in Forest schools!



Practising long jump.



FARTHING WOOD

In Forest Schools we worked as a class team to move the epic timber that was sourced and sawn in previous weeks. We had 10 lifting and the rest guiding us and clearing our path. We worked so well that we got it back to camp - a real challenge going uphill.



Class worship was led brilliantly this week by Dexter and Reuben on the theme of blessing others.

CRICKET

INTRODUCTION TO COACHING
YORKSHIRE CRICKET

GET INVOLVED!
SAFE FUN CRICKET

Date: Thursday 17th June
Time: 5.30 - 8.30pm
Venue: Westow Cricket Club
Cost: £15

- Approx 3 hours at the cricket club
- For 12 years +
- Learn new skills
- Support Fun & Safe Sessions
- Can be run during evenings or holiday clubs
- Contact your local CDM for details

YORKSHIRE CRICKET BOARD

NORTH YORKSHIRE AREA

Sleep clinics for families of children age 12 months upwards



Does your child have difficulty sleeping? Is it impacting on their behaviour or on family life? Do you need some support from a trained Sleep Practitioner?

The Sleep Charity has been commissioned by North Yorkshire CCG to provide one-to-one sleep clinics via telephone or online for families in North Yorkshire.

Working with parents, we can help with

- Assessing why sleep issues are happening
- Suggesting strategies to try
- Developing a tailored sleep programme
- Ongoing support available for up to five weeks

The service is also suitable for children with Special Educational Needs and Disabilities. Our Sleep Practitioners have extensive experience in working with these young people.

A recent research study found that our behavioural approach increased the amount of sleep a child with ADHD was having by an average 2.4 hours per night.

YOUR CHANCE TO TALK DIRECTLY TO SLEEP PRACTITIONERS. WE ARE HERE TO HELP YOU AND YOUR CHILD SLEEP BETTER.

“ Having support from the sleep clinic has changed our lives. We were all so tired and thought we'd tried everything. Thank you for giving us the gift of a good night's sleep. ”

- Parent

For more information or to self-refer contact **Claire Earley** on claire@thesleepcharity.org.uk or call **07568 052300**

thesleepcharity.org.uk

   @thesleepcharity

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