

WEST HESLERTON C.E. PRIMARY SCHOOL

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Telephone: 01944 728286. The School Office is open for enquiries 8.30-12, 1-3.30pm.

An answerphone is available at all other times.



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

NEWSLETTER 17th JULY 2026

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

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

DIARY DATES

Staff Training Day Monday 20th July.

SUMMER BREAK

Staff Training Day Monday 7th September.

Tuesday 8th September, School opens for pupils.

Monday 14th September, Non uniform day

- 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

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

Thursday 24th September, Swimming Y1-Y4

Friday 25th September, MacMillan Coffee Event 9am.

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

Thursday, 22nd October, Harvest Festival at 2pm

Staff Training Day Friday 23rd October.

GOOD LUCK TO Y6s

Good luck to Y6s heading to Malton, Norton and Ryedale Schools. We will miss you. We will be thinking of you as you start your new adventure!

SUMMER SAVINGS

From 25 June to 1 September 2026, the Government is temporarily cutting VAT from 20% to 5% on children's meals in restaurants, children and family tickets to cinemas, theatres, concerts and exhibitions, and admission to a wide range of attractions. Combined with free bus travel during August for children aged 5 to 15 in England, families and young people will be able to enjoy experiences that make summer special, including visits to the kinds of cultural and educational attractions that enrich children's lives outside the classroom.

The government have launched an **attraction finder** website which allows families to type in their postcode and find participating venues near them to make the most of summer savings. To use the attraction finder, please visit <https://summersavings.gov.uk>.

UNIFORM

We have a lot of school branded clothing that has been donated when too small. We will put this on sale at £1 per item at the School Open Evening. This will be held on Wednesday 7th October.

Edge Clothing are expecting a uniform rush towards the end of term. Please consider your family's uniform needs to guarantee delivery before Friday 17th July.

Available online – www.edgeclothing.co.uk

In store – Barry's Lane, Scarborough, YO12 4HA

SCHOOL ROOF

During the summer North Yorkshire Council will be replacing the school roof. This will be a welcome improvement. This is due to be complete before the start of the new term, however the weather may affect these improvements. School may have scaffolding up in September. Children will be able to access the playground as usual and the front door will be available for visitors to school to use. We have been waiting for this work for a long time so we are looking forward to seeing this completed.

MENU CHANGE

Please note that the pudding on Tuesday 8th September will be fruit and ice cream. This is a result of delivery issues during this last week.

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

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.

NORTH YORKSHIRE COUNCIL READ to the BEAT

What's on at Malton Library? July

Date	Event	Time
Saturday 4th July	Summer Reading Challenge Launch Join us and Swinton & District Excelsior Band at our have a go morning!	09:30- 12:30
Tuesday 7th July	Wonderful Windchimes	10:30-11:30
Tuesday 14th July	Xylo-fun Make your own Xylophone	10:30-11:30
Tuesday 21st July	Storytime with PCSO Geoff 'Life on the beat'	10:30-11:30
Tuesday 28th July	Make a musical instrument from recycled materials Suggested for 3-8 years	10:30 - 12:00 Drop in
Friday 31st July	Adult Learning Services Family Craft : The Lighthouse Keeper's Lunch BOOK ONLINE VIA THE ADULT LEARNING WEBSITE	10:00 - 12:00

Malton Library - 01653 543565 - malton.library@northyorks.gov.uk - Follow us on Facebook

WELLBEING IN MIND TEAM

Transition webinar

2 September 2026 6pm-7pm

This webinar is aimed at young people in Year 6 about to transition into Year 7 and their parents/carers to offer advice and support.

The webinar will focus on:

- What is transition
- Exploring how this change may affect us
- Things to help with transition
- Top tips and strategies for dealing with upcoming changes
- Things to look forward to at secondary school

Joining Information

To join our transition webinar please scan the QR code and follow the instructions to join using Microsoft Teams. You can also join using the following details:

Meeting ID: 325 079 312 934 159
Passcode: im6tk9Tw

If you have any issues logging on or any questions prior to the workshop please contact teww.wimtsa@nhs.net

[@wellbeinginmind.mhst](https://www.wimtsa@nhs.net)

CAR PARKING

We ask all families to keep the top car parking space on High Street clear. This is to maintain the flow of traffic and to help with visibility for drivers whilst providing as much pavement as we can for pupils and families walking to school.

RSE FEEDBACK

Thank you to the parents who responded to our consultation on our school's Relationships and Sex Education Policy. Governors were pleased to receive positive comments and have approved the policy for September. Please find this below.

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

RSE POLICY

West Heslerton CE Primary School Policy

Personal, Social and Health Education including Relationships and Sex Education



Document Status Version 1.1		Date from May 2026	
Author/Owner		School	
Responsibility		Full Governing Body	
Date of most recent Staff Policy Review:	Summer 2026	Date of Next Staff Review:	Autumn 2027
Date of most recent Governor Policy Review:	Summer 2026	Date of Next Governor Review:	Spring 2028
Reason for Review		National regulations updated	
Method of Communication (e.g Website, Noticeboard, etc)		Website	

"Children are at the centre of all we do"

We encourage everyone in our school community to live life well reflecting Christian attitudes and values and working in partnership with families as part of a wider, caring community.

The hallmarks of a Christian life lived well are shown in the fruits of the Spirit – But the fruit of the Spirit is Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness, Self-control. Against such things there is no law. Galatians 5:22 – 23

This policy covers our school's approach to Relationship and Sex Education, not only in lessons but through the attitude of our staff and students alike, our ethos and approach and commitment to equality both within and outside of the classroom. It is important that we approach this subject with a clear and unified voice, and it is equally important that we provide unambiguous guidance for the benefit of our staff, parents and carers, and ultimately, our children.

At West Heslerton CE Primary School we recognise all relationships that are founded in mutual and consensual love as being equal and valid in all respects. We recognise that individuals may identify with genders that differ from that assigned at birth, and we celebrate people's right to do so. In short, we promote a culture where the breadth of relationships, sexualities and genders are not merely tolerated but are celebrated as being integral to the tapestry of society. We believe that this culture will help allow children to fulfil their potential in all aspects of their personhood: physically, academically, socially, morally and spiritually.

This policy was produced in consultation with staff, parents and Governors.

It was produced with reference to the Equalities Act 2010

www.legislation.gov.uk/ukpga/2010/15/contents and following guidance from the Department for Education (Relationships Education, Relationships and Sex Education

(RSE) and Health Education 2019) and through consultation with our staff, governing body, and most importantly with our pupils and parents. School has established policies and practice to ensure all pupils are kept safe. Please refer to our Child Protection Policy for further details.

Definitions

Health Education is defined as the learning about our bodies and puberty in the context of emotions, relationships and healthy choices.

Relationships education will focus upon how to form and sustain positive relationships and will help children to identify risks and harms.

Sex Education is defined as the learning about human reproduction.

Content and Delivery

In school we meet the age related learning objectives as set out in the Relationships Education, Relationships & Sex Education (RSE) and Health Education (England) Regulations 2025 for primary schools with a whole school approach, following the North Yorkshire PSHCE and Citizenship Entitlement Framework, adapted for our setting.

Relationships and Sex Education (RSE) is an integral part of the Personal, Social and Health (PSHCE) Education curriculum. We aim to offer pupils a carefully planned programme on human development, relationships, sexuality and family life within a safe, comfortable atmosphere and in a relaxed relationship between teacher and pupil. The programme is set within a moral framework and matched to the pupils' level of maturity. These aims complement those of the Science curriculum in KS1 and KS2

Specific arrangements will be made, when required, for children with Special Educational Needs and disabilities (SEND) through consideration of timetabling, staffing, resources etc.

Delivery may be:

- Through planned aspects of science
- Woven across curriculum areas
- Through PSHCE lessons
- Through story time
- Through pastoral time
- Through circle time
- Through small group work
- Through planned visits and visitors
- Through collective worship, including The Street

Should questions arise from pupils during the delivery of this curriculum about areas that are not covered below, staff will not attempt to answer these. Instead, they should direct children to ask these of a medical professional or trusted adult beyond school. Staff will record these questions on CPOMS which will be monitored by members of the school leadership team. These will be reviewed to consider any adaptations required to the curriculum.

Relationships Education covers:

- Families and people who care for me
- Caring friendships
- Respectful, kind relationships
- Online safety and awareness
- Being safe

Parents can request curriculum teaching materials for relationship education by submitting a written request to the school. An appointment will then be made within 10 working days to view these in school.

Should parents need support in discussing these areas with their children, school can offer assistance. Please contact staff at school.

Health Education covers:

- General wellbeing
- Wellbeing online
- Physical health and fitness
- Healthy eating
- Drugs, alcohol tobacco and vaping
- Health protection and prevention
- Personal safety
- Basic First Aid
- Developing bodies (puberty)

Parents can request curriculum teaching materials for health education by submitting a written request to the school. An appointment will then be made within 10 working days to view these in school.

Should parents need support in discussing these areas with their children, school can offer assistance. Please contact staff at school.

Sex Education covers:

- Sexual intercourse
- How conception occurs
- Pregnancy
- Birth

Sex education is delivered through section 5 of the 'busy bodies' resource and is taught to pupils in Year 6 unless parents choose to withdraw consent. The teaching materials for this can be found online here

https://www.healthpromotion.ie/health/inner/busy_bodies

Parents will be informed of the topic through a letter home which details these curriculum elements.

Should parents need support in discussing these areas with their children, school can offer assistance. Please contact staff at school.

Under the statutory guidance for Relationship Education, Relationship & Sex education and Health Education (DfE 2019), parents retain the right to request their child is removed from some or all of the elements of sex education which go beyond the national curriculum for science. Maintained schools are required to teach about the main external body parts and changes to the human body as it grows from birth to old age, including puberty. There is no right to withdraw from the national curriculum.

Any parents who wish to discuss withdrawing their child from sex education should submit their request in writing to the Headteacher. Following this request, a meeting between the

Headteacher and Parents will be held. School will record those attending the meeting, the date and reasons for the request. This request will be confirmed in writing to the parent and recorded on the school management system. The DSL and DDSL will be informed of this parental decision.

Monitoring and evaluating this subject area

PSHCE (including RSE) is monitored by staff and regularly assessed throughout the school. The subject is monitored as per other subjects as detailed in the School's Learning, Teaching and Curriculum Policy. It is evaluated and reviewed biannually using feedback from pupils, local events and the Growing Up in North Yorkshire Survey. Parents and carers are consulted on the production of this policy and at subsequent reviews.

Parents will be informed via the weekly school newsletter on Dojo and on the website of any changes to this curriculum to support emerging issues.



...RESPECT THE WATERS

If you got into trouble in the water, would you know what to do?

What about if it was someone you care about in danger?

Find out how to keep you and your loved ones safe with advice from the RLSS and Everyone Active.

STAYING SAFE AT THE BEACH

- RED AND YELLOW FLAGS** will show the safe places to swim, body board and use inflatables on the beach. You will often see a lifeguard positioned between the red and yellow flags.
- RED FLAG** is the sign for danger and means **NO SWIMMING**. Never go in the water when the red flag is flying, under any circumstances. Possible reasons may be fog, large waves or pollution.
- BLACK/WHITE FLAG** for hard surf craft including surfboards, kayaks, canoes and other craft without engines. Never swim or body board in this area.
- ORANGE WINDSOCKS** indicate offshore winds blowing out to sea or strong wind conditions – never use an inflatable when the sock is flying.



www.everyoneactive.com @everyoneactive

LISTEN TO YOUR HELPFUL LIFEGUARD

Lifeguards are there to help you to stay safe by seeing the dangers, preventing accidents before they happen and responding instantly. They wear a red and yellow uniform, sometimes in black wetsuits, with Lifeguard clearly marked on the back.

Where to find your helpful lifeguard

- At the Beach Lifeguard Unit – a white hut at the beach with an RNLI flag
- They patrol along the shoreline and between the red and yellow flags
- On larger beaches they may be on the sand in a white or red truck
- Wardens operate, patrol and rescue services at large inland lakes

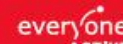


ALWAYS FOLLOW THE WATER SAFETY CODE

Whenever you are in, on and around water:



LEARN MORE ABOUT OUR SWIMMING LESSONS.



FLOAT TO LIVE

If You Get into Trouble in the Water – Float to Live. No matter how you entered the water, if you feel yourself struggling, Float to Live.



Tilt your head back. Let your ears submerge and allow your face to stay clear of the water.



Relax. Slow, steady breathing will help your body float more naturally.



Gently move your arms and legs. Use small movements only if needed to help you stay afloat.



Don't worry if your legs sink. Everyone floats differently – this is normal.



Find your float. Practise floating in a safe, supervised environment so it feels familiar when you need it.



HELP US PROMOTE WATER SAFETY

Help us spread the word about the importance of staying safe in the water by creating an engaging poster.

Share your finished post with us on Facebook by using the hashtag #EASafeSwimming.

Make your poster really stand out by using bold colours, punchy words and different materials.

Keep an eye on our Facebook page as we'll reshare as many as we can!

Scan the code to find our page.



LEARN TO SWIM WITH everyone ACTIVE

SCAN ME FOR AVAILABILITY

or visit joinonline.everyoneactive.com/lessons



HELPING TO KEEP EVERYONE SAFE IN THE WATER



LEARN TO SWIM WITH AWARD-WINNING LESSONS FROM THE UK'S LEADING PROVIDER

We all love to swim! Not only does being able to swim allow you to enjoy your time a little bit more on holiday, but the most important reason is that swimming is the only sport which can save you or your child's life.

Why learn to swim with us?

- All Lessons are lifeguarded
- Free public swimming all year round
- Learn from four months old
- Adult lessons available
- Available up to seven days a week
- All teachers are Swim England or equivalent qualified
- Pay monthly by Direct Debit
- Follow your child's progress on our interactive Sport Passport

DROWNING IS STILL ONE OF THE MOST COMMON CAUSES OF ACCIDENTAL DEATH IN CHILDREN, SO BEING ABLE TO SWIM IS AN ESSENTIAL LIFE-SAVING SKILL.

For details of your nearest centre, visit www.everyoneactive.com



www.everyoneactive.com @everyoneactive

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



SUMMER HOLIDAY

ART WORKSHOPS

FOR CHILDREN AGED 6-12

Creative, imaginative and lots of fun
- with a planet-friendly twist!



WITH CATE GREENER

Author • Illustrator • Creative Educator



LEARN
NEW SKILLS



UPCYCLE
& CREATE



TAKE HOME
YOUR
ARTWORK



CREATIVE
TODAY,
GREENER
TOMORROW

WORKSHOPS RUN
TUESDAY & WEDNESDAY

MORNING SESSION
10AM-12PM

AFTERNOON SESSION
1PM-3PM

£20

PER CHILD

HOSTED AT MALTON REMAKES

23 Wheelgate, Malton YO17 7HT

A creative workshop space
inside this wonderful upcycled art shop.


categreenerauthor@gmail.com


[@categreenerauthor](https://www.instagram.com/categreenerauthor)



NYC SEND Hubs

Communication & Interaction Team

‘Come and talk to us for advice and support around all aspects of your child’s speech, language & communication skills’.

BY APPOINTMENT ONLY ~ PLEASE BOOK

Where & When

- Monday 27th of July 2026 10:00-12:00noon at Whitby & District Children’s centre, Byland Road, Whitby, YO21 1HY
- Monday 27th of July 2026 1:00-3:00pm at Malton Library, 6, Saint Michael Street, Malton YO17 7LJ
- Tuesday 28th of July 2026 10:00-12:00 noon in the Yellow Room, at Our-Space Children’s & Families Hub, Moor Lane Scarborough, YO11 3LW
- Tuesday 28th of July 2026 1.30-3.30pm at Scarborough Library & Information Centre Vernon Rd, Scarborough YO11 2NN
- Wednesday 29th of July 2026 10:00-12:00noon at Norton Hive Library & Community Hub, 86 Commercial St, Malton YO17 9ES
- Wednesday 29th July 2026 2.00-4.00pm at Atmosphere Children and Family Hub, The Old Court House Malton Road Pickering YO18 7JJ

Who will be there?

Amancay Topping – Speech & Language Therapist
Zoe Green – Speech & Language Therapy Assistant

Please contact us to book a slot, or for any queries please ring 07977 710109 or email Amancay.Topping@northyorks.gov.uk. Thank you

OFFICIAL - SENSITIVE



READ to BEAT





What's on at Malton Library?

August

Date	Event	Time
Monday 3 rd August	Author/Illustrator - Neil Clark Stories and draw along fun - Suggested for 4-11 years	10:30
Tuesday 4 th August	Sew Far Sew Good Make your own cross-stitch bookmark BOOKING REQUIRED IN BRANCH	10:30-12:30
Tuesday 11 th August	Author/Illustrator - Liz Million 'Draw Along Event' 4-11 years PLEASE NOTE -BOOKABLE EVENT VIA EVENTBRITE	10:30
Monday 17 th August	Paint your own bookbag BOOKING REQUIRED IN BRANCH	10:30-11:30
Tuesday 18 th August	Dance Storytime with Kirkham Henry Dance School Suggested age 3-8 years old	10:30 - 12.00
Monday 24 th August	Music Therapy Suggested age 0-7 years	14:30
Tuesday 25 th August	Fin-tastic Kites Make your very own fish kite BOOKING REQUIRED IN BRANCH	10:30-11:30

Malton Library - 01653 543565 - malton.library@northyorks.gov.uk - Follow us on Facebook

LEAVERS DAY 2026



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.



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

GAS AND ELECTRIC SUPPORT

Help Available - Gas & Electric: Unity in Community will be providing vouchers to help towards paying for gas and electricity. To qualify you must pay for your energy through a **prepayment meter** and have **not received energy vouchers from Unity in Community** within the past 12 months. This is in response to the ongoing cost of living crisis and beneficiaries can be working, unemployed, self-employed or retired. For more information and to register, call **01482 420836**, Monday to Thursday, 9am – 4pm Friday 9am - 3pm – if busy, please keep trying.

♥ Tasty Tuesdays at Coldyhill Hollow ♥

We know the school holidays can be expensive, so thanks to some very kind community support we'll be offering a small number of funded Tuesday climbing sessions during the summer holidays once again for families who may benefit 😊

These sessions will include:

🧑‍🦲 climbing wall access (ages 3–11 years)

🍷 a free children's lunch

To allow as many local families as possible to benefit, spaces will initially be limited to one funded session per family, for up to 2 children throughout the summer holidays ♥

Spaces will be limited and booking will be essential.

If this is something your family would benefit from, please pop us a private message 😊✨

Please let us know what week you would prefer:

WEEK 1 - Tuesday 21st July

WEEK 2 - Tuesday 28th July

WEEK 3 - Tuesday 4th August

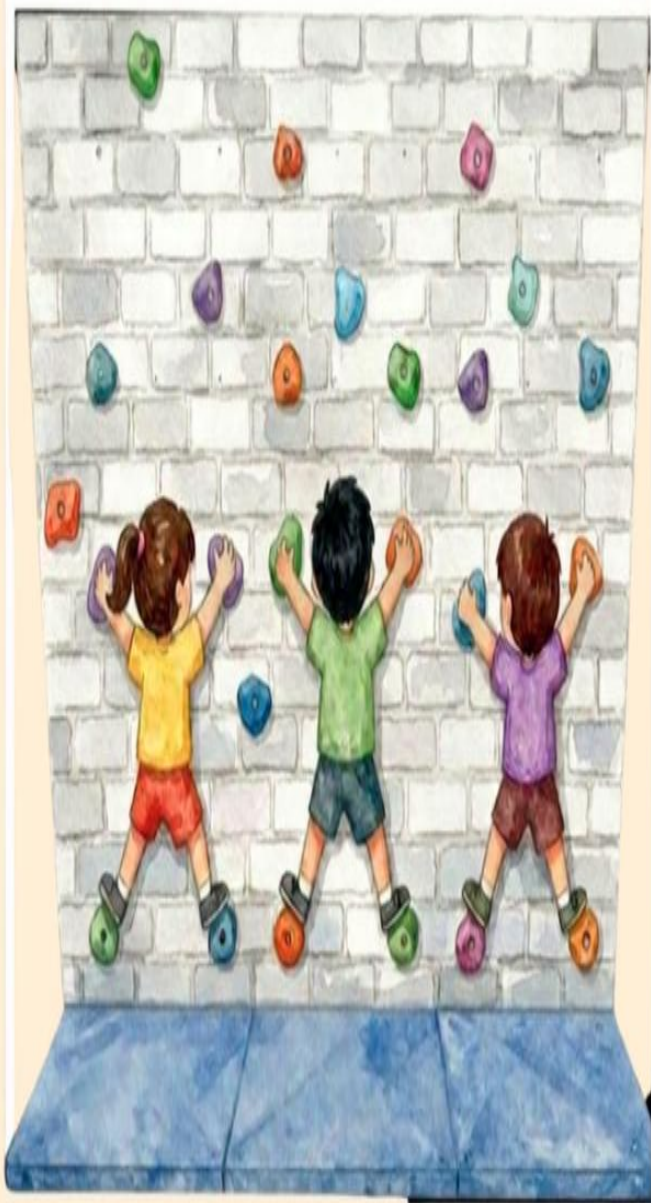
WEEK 4 - Tuesday 11th August

WEEK 5 - Tuesday 18th August

WEEK 6 - Tuesday 25th August

WEEK 7 - Tuesday 1st September

♥ Tasty Tuesdays ♥ at Coldyhill Hollow



🧑‍🦲 Free climbing & lunch for ages 3–11

✉ Message us to book