

# CRAYKE

CHURCH OF ENGLAND PRIMARY SCHOOL

Respect | Friendship | Forgiveness | Determination

*"Follow your pathway and we grow together with confidence"*



# Crayke CE Primary School

Autumn Term 2025

Crayke Chronicle - Standing Items

# Our Safeguarding Team

At Crayke, we have two members of staff and a governor who make up our Safeguarding Leadership Team. Mrs Jackson is the Designated Safeguarding Lead, which means that she is the lead person responsible for child protection and safeguarding issues. Mrs Helfferich is our Deputy Designated Safeguarding Lead (Deputy DSL); a deputy DSL supports the DSL in their role of safeguarding and child protection. Mrs Andrea Hayes is our Safeguarding Link Governor. The role of the Safeguarding Governor is to support the DSL as well as to regularly review, ask questions and make suggestions about our safeguarding policies and procedures and to report back to the governing body. All staff at Crayke know that safeguarding is EVERYONE'S responsibility. Find out more on our dedicated website Safeguarding page: <https://craykeschool.org/safeguarding/>

You can also report any safeguarding concerns to our DSL email: [dsl@crayke.n-yorks.sch.uk](mailto:dsl@crayke.n-yorks.sch.uk)

Please also be aware that as a school we subscribe to Operation Encompass, whereby we are notified of any incidences of domestic violence where a pupil at our school has been present.

# Attendance and Punctuality

## Attendance

We strive for high levels of attendance at school. Please try, wherever possible, to book holidays out of term time. The impact of even one day's absence on your child's learning is huge. Also, please try to book medical appointments out of school hours if possible as this also minimises the time missed. If your child is very unwell and unable to attend school, please inform the office by phoning **01347 821767** no later than **9:15am**. Thank you for your support with this important matter.

## Punctuality

It is very important that the children arrive to school on time so that:

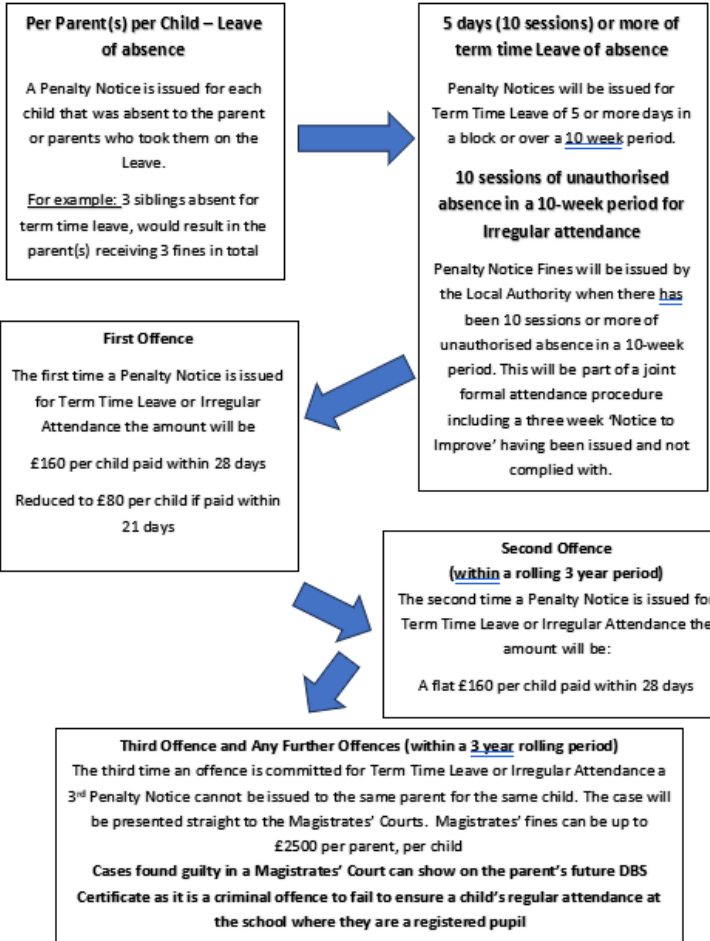
1. They take part in all of the learning opportunities for the day with complete focus and without interruption from late arrivals.
2. Teachers can teach the best possible lessons without complete focus and without interruption from late arrivals.

# Attendance and Punctuality

New rules around attendance are now in force. Further details are outlined here.

## Attendance is Changing

With the introduction of the new National Framework for Penalty Notices, the following changes will come into force for Penalty Notices issued after the 19<sup>th</sup> August 2024



# School Website

- Our school website contains a wealth of information on all matters relating to school life.
- Please visit the curriculum section here: <https://craykeschool.org/curriculum/> to find out more about what your child is learning in school.
- Please also visit the 'Parents' section for more information about school routines and expectations and the 'Children' section for other useful information.

# Online Safety

We recognise the importance of online safety and also understand that it is a fast paced, ever changing online world where parents can struggle to keep up with the technical knowledge and understanding demonstrated by their children. The National Online Safety organisation produce guides, which we share with parents and carers regularly. These leaflets are also made available on the Online Safety section of our website. Should you wish to access any of the other online safety parent guides available on a whole range of topics including what parents need to know about Amazon Fire Tablets, Google Chromebooks, and ways to champion equality online, please have a look at this weblink: <https://nationalonlinesafety.com/guides>

Should you wish to access more information about how to support your child/ren with online safety at home, this course is available which explains in detail the risks they might be exposed to and what you can do to support them. <https://info.nationalonlinesafety.com/myleene-uk>

# Cost of Living Crisis – Pupil Premium

- We are very aware that costs continue to rise and look set to do so for some time. If you are encountering financial difficulties, we may be able to signpost support. Please get in touch.
- If your circumstances have changed and you think your child may be eligible for free school meals, it has never been easier to apply. There is no stigma attached to this, it is not highlighted to the children in any way, and the school gets valuable funding too. If you would like a confidential conversation about whether you may be eligible for free school meals, please do not hesitate to speak to me. To apply directly please use this weblink: <https://www.northyorks.gov.uk/free-school-meals>

# Curriculum Information for Autumn Term 2025

We look forward to an exciting term with each class focussing on the following themes and enquiry questions in their learning:

AUTUMN 2025	Theme	Enquiry Question	Enrichment ( <i>Stunning Start/Marvellous Middle/Fabulous Finish</i> )
Apple	Starting School	How do we learn the routines of the school day?	Visit from health practitioner
Beech	Happily Ever After	How do people live happily ever after?	Castle visit
Holly	Our Blue Planet	How do we care for our Blue Planet?	Sea Life centre visit TBC
Oak	It's All Greek to Me	How have the Ancient Greeks influenced the world we live in?	Visit to British Museum in London



# Staffing - Autumn Term

Should you wish to contact a member of staff, please do so via Mrs Bacon on [admin@crayke.n-yorks.sch.uk](mailto:admin@crayke.n-yorks.sch.uk)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
APPLE	Mrs Helfferich	Mrs Helfferich	Mrs Helfferich	Mrs Helfferich (am) Mrs Gears (pm)	Mrs Helfferich
	Mrs Smith	Mrs Smith	Mrs Smith	Mrs Smith	Mrs Smith
BEECH	Miss Walker	Mrs Dobson	Mrs Dobson	Mrs Dobson	Mrs Dobson (am) Mrs Walsh (pm)
	Mrs Walsh	Mrs Walsh	Mrs Walsh	Mrs Walsh	Mrs Walsh
HOLLY	Miss Williams (am) Mr Brown (pm)	Miss Williams	Miss Williams (am) Mr Brown (pm)	Miss Williams	Miss Williams
	Miss Ford	Miss Ford	Miss Ford	Miss Ford	Miss Ford
OAK	Mrs Seligman	Mrs Seligman	Mrs Seligman	Miss Walker	Miss Walker
	Miss Clarke	Miss Clarke	Mrs Peacock	Mrs Peacock	Mrs Peacock

# Home School Values – Autumn 1

<https://craykeschool.org/2025/home-school-values-autumn-2025/>



## THANKFULNESS



**‘Always be thankful.’**

1 Thessalonians 5.16

## QUOTES & QUESTIONS

It is not happy people who are **thankful**; it is **thankful** people who are happy.  
*(Anon)*

Write your troubles in the sand, but carve your blessings in stone.  
*(Anon)*

Think about your friends. Which of them always seems thankful and happy?

What do you think this proverb means? Try to put it into your own words.

Every day may not be good, but there is something good in every day.  
*(Alice Morse Earle)*

When eating a fruit think of the person who planted the tree.  
*(A Vietnamese proverb)*

At night do you look back on the day and remember the good things?

What would you like to achieve in your life, that will make future generations **thankful**?

# Home School Values – Autumn 2

<https://craykeschool.org/2025/home-school-values-autumn-2025/>



## TRUST



**‘My God is my strength in whom I trust.’**

Psalm 18.2

## QUOTES & QUESTIONS

Never be afraid to **trust** an unknown future to a known God.  
*(Corrie Ten Boom)*

Corrie Ten Boom faced many risks and challenges in her life. She got through them because she **trusted** God to provide what she needed. Do you **trust** God to help you?

**Trust** yourself, you know more than you think.  
*(Benjamin Spock)*

Can you remember an occasion when you surprised yourself by what you were able to achieve?



**Trust** is the most valuable thing you will ever earn.  
*(Anon)*

How **trustworthy** are you?

**Trust** takes years to build, seconds to break.  
*(Anon)*

What do you think this saying means? Try to put it into your own words.

# Spellings – Holly Class Autumn 1

<div>  <div>Holly Class: Autumn 1 Spelling list</div>  </div>								
Test	12/09/25	National Curriculum spelling pattern	19/09/25	26/09/25	03/10/25	10/10/25	17/10/25	23/10/25
Focus	Curriculum vocabulary		Adding suffixes beginning with vowel letters to words of more than one syllable	Adding suffixes beginning with vowel letters to words of more than one syllable	Adding the suffix <b>-ation</b> to verbs to form nouns.	Adding the suffix <b>-ly</b> to an adjective to form an adverb.	Exceptions to adding the suffix <b>-ly</b> ( <b>root word ending y, le or ic</b> ).	Homophones and near-homophones.
1	melt		forgotten	gardener	information	sadly	happily	accept
2	freeze		forgetting	gardening	sensation	completely	simply	except
3	vapour		beginning	limited	preparation	usually	dramatically	peace
4	cycle	Commonly misspelt words	beginner	limitation	admiration	finally	gently	piece
5	pollution		any	they	friends	people	through	until
6	flooding		many	were	because	pretty	throw	coming
7	solid	KS2 Statutory spellings	busy	said	interesting	some	though	different
8	liquid		early	often	eight	straight	surprise	popular
9	gas		earth	sentence	weight	strength	fruit	particular
10	condense	Optional extras	favourite	grammar	position	naughty	group	peculiar
11	evaporate		frightened	occurring	evaporation	comically	basically	medal
12	precipitation		happened	admitted	condensation	suddenly	frantically	meddle



# Spellings – Holly Class Autumn 2

Holly Class: Autumn 2 Spelling list								
Test	07/11/25		14/11/25	21/11/25	28/11/25	05/12/25	12/12/25	18/12/25 Thursday
Focus	Curriculum vocabulary	National Curriculum spelling pattern	Adding prefixes which don't change the spelling of root word. <b>Dis-</b> , <b>mis-</b> and <b>in-</b> have negative meanings.	Adding the prefix <b>in-</b> to a root word starting with l, m or p or r, the prefix becomes <b>il-</b> , <b>im-</b> or <b>ir-</b> .	Adding the prefix <b>re-</b> meaning again or back.	Adding the prefixes <b>sub-</b> meaning under and <b>super-</b> meaning above.	Adding the prefixes <b>anti-</b> meaning against or among and <b>auto-</b> meaning self or own.	Adding the prefix <b>inter-</b> meaning between.
1	living		disagree	illegal	return	subheading	anti-clockwise	interact
2	organism		disappoint	impossible	reappear	submarine	antiseptic	international
3	movement		misbehave	irrelevant	redecorate	superstar	autobiography	interrelated
4	respiration	Commonly misspelt words	incorrect	immature	refresh	supermarket	autograph	interview
5	sensitivity		woman	would	their	then	your	meat
6	growth		women	wood	there	than	you're	meet
7	reproduction	KS2 Statutory spellings	caught	children	they're	threw	again	surprise
8	excretion		learn	guard	answer	centre	quarter	length
9	nutrition		exercise	busy	complete	minute	question	extreme
10	habitat	Optional extras	potatoes	build	continue	guide	material	possess
11	environment		dishonest	irresponsible	rewrite	submerge	antidote	interrupt
12	invertebrate		incomplete	irregular	replace	superman	automatic	interfere

# Spellings – Oak Class Autumn 1

Oak Class: Autumn 1 Spelling list								
	Week ending 12/9		Week ending 19/9	Week ending 26/9	Week ending 3/10	Week ending 10/10	Week ending 17/10	Week ending 24/10
<b>Focus</b>	Curriculum vocabulary	National Curriculum Spelling Pattern	Use –ant and –ance/–ancy if there is a related word with a /æ/ or /eɪ/ sound in the right position; –ation endings are often a clue.	Use –ent and –ence/–ency after soft c (/s/ sound), soft g (/dʒ/ sound)	Hyphens are used to join a prefix to a root word.	Words ending in –able	Words ending in –able	Words ending in –ible
1	myth		observant	innocent	re-enter	adorable	changeable	horrible
2	ancient		expectant	decent	co-ordinate	applicable	noticeable	sensible
3	heroes		hesitant	frequent	co-operate	considerable	comfortable	possible
4	soldier	Commonly misspelt words	substance	confident	co-own	reliable	reasonable	terrible
5	Olympics		received	interesting	frightened	together	believe	probably
6	civilisation		beautiful	happened	stopped	through	forty	definitely
7	artefact	KS2 Statutory Spellings	surprise	friends	different	people	government	pretty
8	goddesses		correspond	definite	desperate	determined	develop	dictionary
9	electricity		accommodate	according	aggressive	awkward	apparent	available
10	circuit		accompany	achieve	amateur	attached	appreciate	average
11	insulator		bargain	bruise	category	community	conscience	curiosity
12	conductor		committee	competition	controversy	communicate	conscious	criticise

# Lunch Menu

# NYES

Catering

For more information about food items, menus, or recipes, please speak to your on-site catering team, or contact our Technical Support Team:  
E: [NYESCatering@northyorks.gov.uk](mailto:NYESCatering@northyorks.gov.uk) T: (01609) 535324  
W: [www.northyorks.gov.uk/schoolmeals](http://www.northyorks.gov.uk/schoolmeals)

# Autumn 2025 Menu

**WEEK 1**

Served w/c 1st Sept, 22nd Sept, 13th Oct, 10th Nov, 1st Dec 2025, 5th Jan, 26th Jan 2026

**WEEK 2**

Served w/c 8th Sept, 29th Sept, 20th Oct, 17th Nov, 8th Dec 2025, 12th Jan and 2nd Feb 2026

**WEEK 3**

Served w/c 15th Sept, 6th Oct, 3rd Nov, 24th Nov, 15th Dec 2025, 19th Jan, 9th Feb 2026

**Monday**

**Fresh fruit or yoghurt options available every day!**

**Vegetarian** **Vegan**

**Our menus are not only tasty, but comply with the Government School Food Standards, meaning they are good for your children too. They will very occasionally need to change due to circumstances beyond our control, so please check with your catering team if your child has any dietary requirements.**

<b>✓ Cheesy Tomato Pasta Bake</b> <b>✓ Vanilla Swirl Cookie</b>  Chicken Korma with 50/50 Rice <b>✓ Fruity Jam Sandwich &amp; Custard</b>  Minced Beef & Dumpling <b>✓ Mashed Potatoes</b>  <b>✓ Jelly &amp; Ice-cream</b>  Hot Dog <b>✓ Potato Wedges</b>  <b>✓ Toffee Apple Muffin</b>  Battered Fish <b>✓ Chips</b>  <b>✓ Chocolate Orange Mousse Cake</b>	Chicken Burger <b>✓ Diced Potatoes</b>  <b>✓ Oat Cookie &amp; Cheese</b>  <b>✓ Crunchy Topped Mac &amp; Cheese</b> <b>✓ Sticky Toffee Pudding &amp; Custard</b>  Roast Gammon <b>✓ Mashed Potatoes</b>  <b>✓ Berry Mousse Pot</b>  Beef Mexican Taco with Rice <b>✓ Chocolate Sponge &amp; Chocolate Sauce</b>  Fish Star <b>✓ Chips</b>  <b>✓ Lemon Drizzle Shortbread</b>	<b>✓ Pizza</b> <b>✓ Potato Wedges</b>  <b>✓ Chocolate Brownie</b>  Spaghetti Bolognese <b>✓ Cheese &amp; Biscuit</b>  Roast Chicken & Yorkshire Pudding <b>✓ Mashed Potatoes</b>  <b>✓ Rice Pudding &amp; Jam</b>  Pork Meatballs in a Tomato Sauce with Rice <b>✓ Rhubarb Crumble Sponge &amp; Custard</b>  Fish Fingers <b>✓ Chips</b>  <b>✓ Fruit Muffin</b>

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Find out if you are eligible to receive free school meals and apply in a matter of minutes by scanning here:**

[www.northyorks.gov.uk/free-school-meals](http://www.northyorks.gov.uk/free-school-meals)

Please be aware that we are unable to guarantee a completely food allergen-free environment, as foods containing allergens are used in the kitchen. Additional items may be available at your school, i.e. jacket potatoes and sandwiches. Please speak to your school for further information.



# Healthy Packed Lunch Guidance for Parents/Carers with Children at Primary School

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](http://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>

## 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/education-and-learning/school-meals](http://www.northyorks.gov.uk/education-and-learning/school-meals)

[www.northyorks.gov.uk/free-school-meals](http://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](http://healthyschoolsnorthyorks.org/healthy-food)

[www.nhs.uk/healthier-families](http://www.nhs.uk/healthier-families)

[www.nhs.uk/start4life](http://www.nhs.uk/start4life)

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

[healthyschoolsnorthyorks.org/costsavings](http://healthyschoolsnorthyorks.org/costsavings)

