

# CRAYKE

CHURCH OF ENGLAND PRIMARY SCHOOL

Respect | Friendship | Forgiveness | Determination

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



# Crayke CE Primary School

Summer Term 1 2026

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:

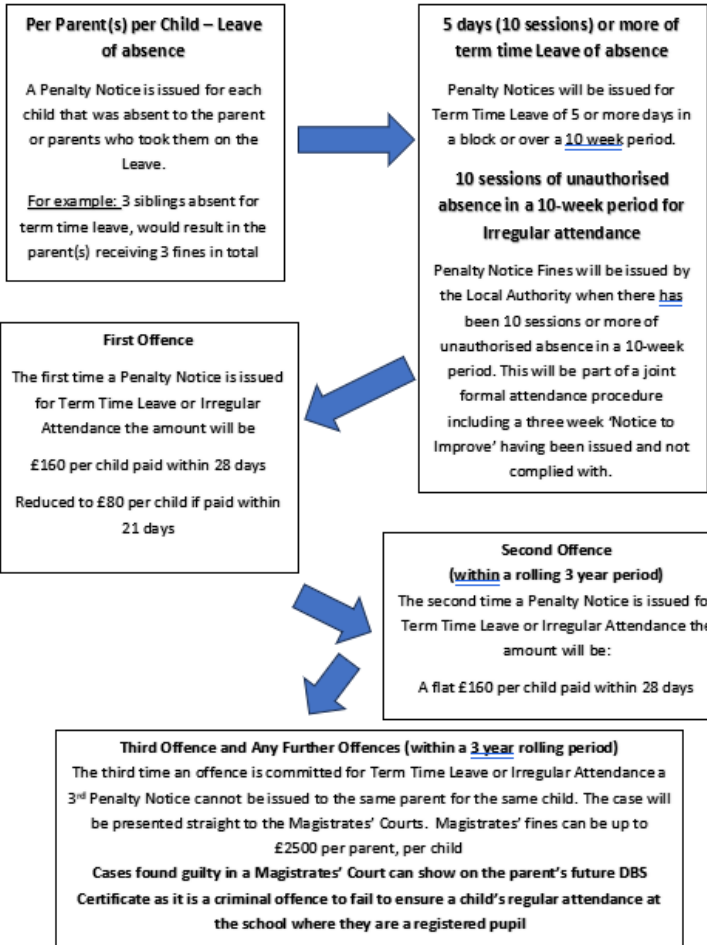
1. They take part in all of the learning opportunities for the day with complete focus and without interruption from late arrivals.
2. Teachers can teach the best possible lessons without complete focus and without interruption from late arrivals.

# 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 Summer Term 2026

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

SUMMER 2026	Theme	Enquiry Question	Enrichment ( <i>Stunning Start/Marvellous Middle/Fabulous Finish</i> )	Further curriculum information available on our website here:
Apple	Ready, Steady, Grow	How do things grow?	Monk Park Farm visit	<a href="https://craykeschool.org/wp-content/uploads/2025/09/Curriculum-Map-Apple-Class-for-the-year.pdf">https://craykeschool.org/wp-content/uploads/2025/09/Curriculum-Map-Apple-Class-for-the-year.pdf</a>
Beech	Step into Summer	How has Crayke changed over time?	Local visit walk	<a href="https://craykeschool.org/wp-content/uploads/2026/04/Beech-Class-Curriculum-Tree-Year-B-Summer-Term-2026.pdf">https://craykeschool.org/wp-content/uploads/2026/04/Beech-Class-Curriculum-Tree-Year-B-Summer-Term-2026.pdf</a>
Holly	Pharaohs, Farms and Feasts	What can we learn from what the Ancient Egyptians left?	Virtual museum visit	<a href="https://craykeschool.org/wp-content/uploads/2026/04/Holly-Class-Curriculum-Tree-Year-B-Summer-2026.pdf">https://craykeschool.org/wp-content/uploads/2026/04/Holly-Class-Curriculum-Tree-Year-B-Summer-2026.pdf</a>
Oak	Journeys	How can we think about different areas of our life and our world as journeys?	Immersive experience	<a href="https://craykeschool.org/wp-content/uploads/2026/04/Oak-Class-Curriculum-Tree-Summer-Year-B-2026.pdf">https://craykeschool.org/wp-content/uploads/2026/04/Oak-Class-Curriculum-Tree-Summer-Year-B-2026.pdf</a>

# Home School Values – Summer 1

**CLICK HERE:**

<https://craykeschool.org/2026/home-school-values-summer-2026/>



**SERVICE**

**‘Serve one another in love.’**

Galatians 5.13

## QUOTES & QUESTIONS

Life is never so busy that there is no time to **serve**.  
*(Anon)*

You are what you do, not what you say you will do.  
*(C. G. Jung)*

? Can you remember ever thinking that you were too busy to help someone in need?

? Is there something important that you have never got around to doing?

Nobody made a greater mistake than he who did nothing because he could only do a little.  
*(Edmund Burke)*

No joy can equal the joy of **serv**ing others.  
*(Sai Baba)*

? Can you think of a small act of **service** by someone else that made a big difference to you?

? Think of a time when helping someone else made you feel joyful.

# Spellings – Beech Class Summer 1

**[CLICK HERE:](https://craykeschool.org/classes/class-2/)**

<https://craykeschool.org/classes/class-2/>



## Beech Class: Summer 1 Spelling list

All spelling rules have been taught during the second spring half-term.

Test: Fridays	24/04	01/05	08/05	15/05	22/05
<b>Spelling Focus:</b>	The /w/ sound affects how graphemes a, ar and or are said.	Add the suffix -es to words ending -sh and -tch.  Double the final consonant to protect a short vowel sound when adding -ing.	Swap the y for an i before adding -es.	Swap the y for an i before adding -es.  When the word ends in ay, oy ey, just add -s.	Double the letter after a short vowel sound. Rule breaker: Don't double the letter v.  Don't double letters in words ending in -al.
1	watch	swaps	flies	jellies	table
2	squash	wants	tries	lollies	bubble
3	swap	squashes	dries	alley	animal
4	reward	washes	pennies	chimney	capital
5	quarter	matches	parties	donkey	tunnel
6	towards	squatting	babies	kidneys	fossil
7	word	working	plays	monkeys	pencil
8	world	watering	enjoys	turkeys	travel
9	who * prickly spelling	whole * prickly spelling	friend * prickly spelling	move * prickly spelling	improve * prickly spelling

# Spellings – Holly Class Summer 1

[CLICK HERE:](https://craykeschool.org/classes/class-3/)

<https://craykeschool.org/classes/class-3/>



## Holly Class: Summer 1 Spelling list

Test:	17/04/26		24/04/26	01/05/26	08/05/26	15/05/26
Focus:	Curriculum vocabulary	National Curriculum spelling pattern	The suffix <u>-ous</u> added to a root word	<u>-ous</u> ending with no obvious root word	Adding <u>-ous</u> <u>suffic</u> when root words ends <u>-our</u> or <u>-e</u> .	Homophones
1	Egyptian		poisonous	tremendous	humorous	whose
2	mummification		dangerous	enormous	glamorous	who's
3	Pharaoh		mountainous	jealous	courageous	heel
4	civilisation		hazardous	fabulous	outrageous	heal
5	tomb	Commonly misspelt words	cloud	suspicious	helped	he'll
6	Nile		found	allowed	looked	wouldn't
7	chew		frowned	aloud	asked	shouldn't
8	decay	KS2 Statutory spellings	mention	though	imagine	believe
9	teeth		occasion	thought	important	perhaps
10	molar		possession	through	interest	regular
11	canine	Bonus Spellings	famous	threw	increase	couldn't
12	incisor		various	delicious	envious	haven't

Week 6 will be a spelling test with a mix of spellings from the whole half term.

# Spellings – Oak Class Summer 1

**[CLICK HERE:](https://craykeschool.org/classes/class-4/)**

<https://craykeschool.org/classes/class-4/>



## Oak Class: SUMMER 1 Spelling list

	Week ending 17/04/26	Week ending 24/04/26	Week ending 01/05/26	Week ending 08/05/26	Week ending 18/05/26	Week ending 22/05/26
1	<i>climb</i>	<i>invasion</i>	<i>option</i>	<i>reluctance</i>	<i>eight</i>	Random selection from the past half term
2	<i>limb</i>	<i>tension</i>	<i>nation</i>	<i>fragrance</i>	<i>beige</i>	
3	<i>bomb</i>	<i>collision</i>	<i>fraction</i>	<i>relevance</i>	<i>foreign</i>	
4	<i>comb</i>	<i>conversion</i>	<i>fiction</i>	<i>appearance</i>	<i>reign</i>	
5	<i>debt</i>	<i>diversion</i>	<i>mention</i>	<i>balance</i>	<i>abseil</i>	
6	<i>doubt</i>	<i>comprehension</i>	<i>motion</i>	<i>clearance</i>	<i>numerous</i>	
7	<i>subtle</i>	<i>erosion</i>	<i>potion</i>	<i>confidence</i>	<i>poisonous</i>	
8	<i>lamb</i>	<i>expansion</i>	<i>position</i>	<i>obedience</i>	<i>mountainous</i>	
9	<i>crumb</i>	<i>permission</i>	<i>condition</i>	<i>innocence</i>	<i>tremendous</i>	
10	<i>thumb</i>	<i>provision</i>	<i>caution</i>	<i>excellence</i>	<i>continuous</i>	
11	<i>numb</i>	<i>syrup</i>	<i>ceiling</i>	<i>intelligence</i>	<i>various</i>	
12	<i>through</i>	<i>symbol</i>	<i>deceive</i>	<i>silence</i>	<i>victorious</i>	
13	<i>enough</i>	<i>pyramid</i>	<i>receipt</i>	<i>optician</i>	<i>mysterious</i>	
14	<i>rough</i>	<i>gym</i>	<i>receiving</i>	<i>electrician</i>	<i>anxious</i>	
15	<i>bought</i>	<i>myth</i>	<i>protein</i>	<i>magician</i>	<i>infectious</i>	

# Lunch Menu – Week 1

## Your Spring/Summer Menu Week One

February – July 2026

- Vegetarian Option  
 - Vegan Option



### 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 our meals are served with potatoes of the day and vegetables or 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 meals are very good – they have a variety of different things to choose from"**  
- Student

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](http://northyorks.gov.uk/education-and-learning/school-meals) or scan the QR code.



February					March					April					May					June					July				
Mo	Tu	We	Th	Fr	Mo	Tu	We	Th	Fr	Mo	Tu	We	Th	Fr	Mo	Tu	We	Th	Fr	Mo	Tu	We	Th	Fr	Mo	Tu	We	Th	Fr
2	3	4	5	6	2	3	4	5	6	1	2	3							1	1	2	3	4	5					
9	10	11	12	13	9	10	11	12	13	6	7	8	9	10	4	5	6	7	8	8	9	10	11	12	6	7	8	9	10
16	17	18	19	20	16	17	18	19	20	13	14	15	16	17	11	12	13	14	15	15	16	17	18	19	13	14	15	16	17
23	24	25	26	27	23	24	25	26	27	20	21	22	23	24	18	19	20	21	22	22	23	24	25	26	20	21	22	23	24
					30	31				27	28	29	30		25	26	27	28	29	29	30				27	28	29	30	31

### Week starting:

23 Feb, 16 Mar, 20 Apr, 11 May, 8 Jun, 29 Jun, 20 Jul

Fruit and yoghurt served daily



#### Monday

Chicken Nuggets & Wedges  
BBQ Cheesy Pasta  
Seasonal Vegetables  
For pudding: Shortbread

#### Tuesday

Pizza & Diced Potato  
Ham & Cheese Panini  
Seasonal Vegetables  
For pudding: Victoria Sponge

#### Wednesday

Roast Gammon  
Cheese/Bean Jacket  
Seasonal Vegetables  
For pudding: Jelly & Ice-cream

#### Thursday

Spaghetti Bolognese  
Cheese or Tuna Jacket  
Seasonal Vegetables  
For pudding: Crumble Sponge & Custard

#### Friday

Fish Fingers  
Cheese Panini  
Seasonal Vegetables  
For pudding: Brownie

At least  
**75%**  
of our meals are prepared from scratch

**NYES** | Catering

For more information speak to your on-site catering team or email us at [NYESCatering@northyorks.gov.uk](mailto:NYESCatering@northyorks.gov.uk)



# Lunch Menu – Week 2

## Your Spring/Summer Menu Week Two

February – July 2026

- V – Vegetarian Option
- V – Vegan Option



February					March					April					May					June					July				
Mo	Tu	We	Th	Fr	Mo	Tu	We	Th	Fr	Mo	Tu	We	Th	Fr	Mo	Tu	We	Th	Fr	Mo	Tu	We	Th	Fr	Mo	Tu	We	Th	Fr
2	3	4	5	6	2	3	4	5	6	1	2	3			4	5	6	7	8	1	2	3	4	5	1	2	3		
9	10	11	12	13	9	10	11	12	13	6	7	8	9	10	11	12	13	14	15	8	9	10	11	12	6	7	8	9	10
16	17	18	19	20	16	17	18	19	20	13	14	15	16	17	18	19	20	21	22	15	16	17	18	19	13	14	15	16	17
23	24	25	26	27	23	24	25	26	27	20	21	22	23	24	25	26	27	28	29	22	23	24	25	26	20	21	22	23	24
					30	31				27	28	29	30							29	30				27	28	29	30	31

### 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 our meals are served with potatoes of the day and vegetables or 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

*"I can see why my child loves the korma so much! I have tried to recreate the recipe at home using many different products from the supermarket but none of them taste as nice as this."*

- Parent

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](http://northyorks.gov.uk/education-and-learning/school-meals) or scan the QR code.



### Week starting:

2 Mar, 23 Mar, 27 Apr, 18 May, 15 Jun, 6 Jul

Fruit and yoghurt served daily



Monday	Tuesday	Wednesday
All Day Breakfast Tomato Pasta Seasonal Vegetables For pudding: Oaty Cookie	Pizza & Wedges Crispy Salmon Strips Seasonal Vegetables For pudding: Lemon Drizzle Bun	Roast Beef, Yorkshire Pudding & Roast Potatoes Tuna Melt Panini Seasonal Vegetables For pudding: Fruit & Ice-cream
Thursday	Friday	<b>Bread freshly made in your school</b> 
Chicken Korma & Rice Cheese/Bean Jacket Seasonal Vegetables For pudding: Fruity Flapjack	Battered Fish Cheese Panini Seasonal Vegetables For pudding: Doughnut Muffin	



**NYES**

Catering



For more information speak to your on-site catering team or email us at [NYESCatering@northyorks.gov.uk](mailto:NYESCatering@northyorks.gov.uk)



# Lunch Menu – Week 3

## Your Spring/Summer Menu Week Three

February – July 2026

 - Vegetarian Option  
 - Vegan Option



### 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 our meals are served with potatoes of the day and vegetables or 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

**"To have healthier foods, and a range of different foods is much better than we had before."**

- Student

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](http://northyorks.gov.uk/education-and-learning/school-meals) or scan the QR code.



February					March					April					May					June					July				
Mo	Tu	We	Th	Fr	Mo	Tu	We	Th	Fr	Mo	Tu	We	Th	Fr	Mo	Tu	We	Th	Fr	Mo	Tu	We	Th	Fr	Mo	Tu	We	Th	Fr
2	3	4	5	6	2	3	4	5	6	1	2	3			4	5	6	7	8	1	2	3	4	5	1	2	3		
9	10	11	12	13	9	10	11	12	13	6	7	8	9	10	11	12	13	14	15	8	9	10	11	12	6	7	8	9	10
16	17	18	19	20	16	17	18	19	20	13	14	15	16	17	18	19	20	21	22	15	16	17	18	19	13	14	15	16	17
23	24	25	26	27	23	24	25	26	27	20	21	22	23	24	25	26	27	28	29	22	23	24	25	26	20	21	22	23	24
					30	31				27	28	29	30		29	30				29	30				27	28	29	30	31

Week starting:

9 Mar 13 Apr 4 May 1 Jun 22 Jun 13 Jul

Fruit and yoghurt served daily



Monday	Tuesday	Wednesday
Chicken Katsu & Rice Cheese Pasta Seasonal Vegetables For pudding: Chocolate Cookie	Pizza & Wedges Tuna Jacket Seasonal Vegetables For pudding: Summer Mousse Pot	Roast Chicken, Yorkshire Pudding & Roast Potatoes Ham & Cheese Panini Seasonal Vegetables For pudding: Jelly & Ice-cream
Thursday	Friday	We serve fish from well-managed and sustainable sources, and contains Omega 3 
Lasagne Tuna Melt Panini Seasonal Vegetables For pudding: Fruit Muffin	Fish Fingers Cheese/Bean Jacket Seasonal Vegetables For pudding: Chocolate Lava Cake	



**NYES**

Catering

For more information speak to your on-site catering team or email us at [NYESCatering@northyorks.gov.uk](mailto:NYESCatering@northyorks.gov.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](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/costsaving](http://healthyschoolsnorthyorks.org/costsaving)



# Safeguarding Update – Allergies

We would like to remind all families of the importance of **not sending nuts, nut-based products, sesame seeds, or foods containing sesame** in your child's snacks or packed lunches. This precaution is vital to protect children with severe allergies, as exposure to these allergens can cause serious and potentially life-threatening reactions. We appreciate your cooperation in helping us maintain a safe and inclusive environment for all children.

Thank you for your ongoing support in helping us create a safe, healthy and welcoming environment where every child can thrive.