

CRAYKE

CHURCH OF ENGLAND PRIMARY SCHOOL

Respect | Friendship | Forgiveness | Determination

"Follow your pathway and we grow together with confidence"



Crayke CE Primary School

Autumn 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

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.

Importance of Attendance

Every child's education is a vital pathway to their future success and well-being. Regular attendance is essential for your child to thrive both academically and personally and it is a shared responsibility between the school and families.

Why Regular Attendance Matters:

- **Maximising Learning Opportunities:** Children who attend school regularly are more likely to achieve good outcomes. Research shows that children with higher attendance rates perform better in reading, writing and maths by the end of Key Stage 2. Missing school means missing vital lessons and experiences that help children grow in confidence and resilience.
- **Supporting Personal Development:** Attending school every day helps children build friendships, develop social skills, and engage fully with our Christian values of respect, friendship, forgiveness and determination.
- **Safeguarding and Well-being:** Regular attendance allows our staff to identify any additional support your child may need early on, ensuring their safety and well-being.

New Attendance Regulations and What They Mean for You:

Recent updates to attendance guidance emphasise the importance of consistent attendance and outline clearer responsibilities for parents and schools. These include:

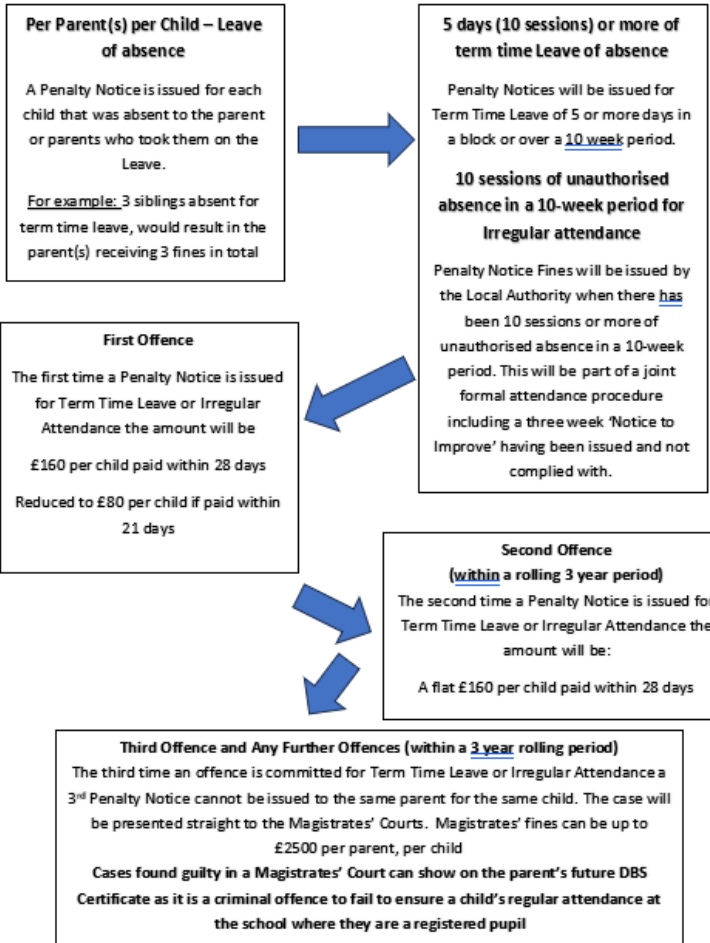
- **Legal Responsibility:** Parents are legally required to ensure their child attends school every day the school is open, except in cases of illness or authorised absence.
- **Attendance Monitoring:** We have strengthened our processes to monitor attendance closely, including first-day calling and follow-ups on unexplained absences.
- **Clear Policies:** Our school attendance policy, available on our website, explains attendance expectations and procedures clearly, including the consequences of unauthorised absences.
- **Support and Intervention:** We are committed to working with families to overcome barriers to attendance and provide support where needed. However, where absence is unauthorised and persistent, formal actions such as Fixed Penalty Notices may be issued.

Your partnership is crucial in helping us maintain a culture of high attendance and ensuring every child benefits fully from their education. If you have any questions about attendance or need support, please contact Mrs Jackson (Attendance Lead).

Attendance and Punctuality

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 19th August 2024





Crayke CE Primary School

Home School Agreement 2026/2027

School will:	Family will:	Children will:
Provide a safe and happy environment where all are valued, enabling your child to be the best version of themselves.	Fulfil our legal responsibility to ensure your child arrives at school on time and is collected on time.	Always try your hardest to follow our school rules, remembering to be Ready, Respectful and Safe
Provide high quality teaching and support by means of a broad and balanced curriculum which considers children's individual needs in line with our school vision and values, in a positive and stimulating learning environment.	Be committed to good school attendance by ensuring your child attends regularly and informing us by 9:30am on the first day of absence by contacting 01347 821767 or admin@crayke.n-yorks.sch.uk	Follow our school core values: Friendship – we include everyone, using kind words and actions Forgiveness – we are honest and we learn from our mistakes Respect – we are active listeners who look after our belongings and each other Determination – we try our best, aiming high without giving up
Model and develop Christian values.	Support the school with our uniform expectations including PE kit, homework policies and with regular reading at home. Support the school policies and guidelines regarding behaviour.	Take responsibility for your own learning and behaviour and bring a positive attitude to school every day.
Keep you informed of your child's progress and welcome your involvement in the learning process.	Attend Parent Consultation Evenings and any other school meetings to discuss your child's progress and support their learning.	Share and talk about any problems you have and ask for help when you need it.
Inform you about what we teach the children each term and provide homework and reading diaries.	Conduct discussions with staff in a respectful manner, raising any concerns directly with the school.	Go to bed at a sensible time during the week to ensure you have enough sleep to be ready to learn the next day.
Teach your child to develop a positive attitude towards everyone regardless of differences.	Ensure that access to online devices and games is restricted (especially overnight) and that your child only has access to age appropriate games.	Follow the rules on using devices safely in school – iPads, laptops and Chromebooks. Leave all other electronic devices at home including Smart watches and phones.
Set high expectations by encouraging children to do their best at all times, both academically and socially.	Make the school aware of any changes, concerns or problems which might affect your child's progress e.g. changes in home circumstances. Keep the school informed of any changes of contact details.	Read at home and bring my reading record into school every day.

Parent/carer name: _____
Parent/carer signature: _____

Child's name: _____
Date: _____

Running Club/ Reading Buddies

This term, we are trialling the opportunity for children to read before school with another child in school. If your child/ren would like to participate in this, they can be dropped at school at 8:30am via the side gate, in the same way as if they were attending Running Club. The gate will be closed at 8:35am. Children wishing to join Reading Buddies can go into the hall to spend up to 20 minutes enjoying reading before the school day starts.

Running Club will continue to be available in the same way as previously – children can be dropped between 8:30am and 8:35am and head straight down to the running track.

Please note this will not take place each Wednesday due to staff training but will be available on all other days of the week.

Birthday Books

We love celebrating children's birthdays at Crayke — and this year we're asking families to consider bringing a book instead of sweets. A birthday book is a small, new or gently loved story gifted to the class; it creates a lasting memory, builds our classroom libraries and supports our reading-for-pleasure priority.

If you'd like to take part, please label the book with your child's name and the date of the birthday; the teacher will read it with the class and it will remain in school for others to enjoy. Picture books for Reception–Y2 and short chapter books for KS2 are perfect; if you'd like suggestions, ask your child's teacher.

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

At Crayke we want every child to enjoy a safe, healthy relationship with technology. Please support our expectations by helping your child to:

- Keep personal devices and mobile phones at home.
- Use screens at home in shared family spaces and agree sensible daily limits for recreational use.
- Share devices with you rather than using them behind closed doors, and charge devices overnight outside bedrooms to protect sleep.
- Talk to you about anything online that worries or upsets them and show you any unfamiliar messages or apps.
- We teach online safety in school and use age-appropriate advice to help children recognise risks, keep private information private, and behave kindly online — all important parts of our values of respect and friendship.
- If you'd like practical tips for parental controls, age-guides or talking points, try resources from Childnet, Internet Matters or the UK Safer Internet Centre. If you have safety concerns about your child's online activity or need an exemption for travel, contact the school office or speak to our DSL (Designated Safeguarding Lead). Thank you for working with us to keep our children safe online

Free School Meals

From September 2026, we can now offer free school meals to more families. The government has expanded eligibility so children in households receiving Universal Credit will qualify for free school meals from the start of the 2026/27 school year.

If you think your child may now be eligible, please contact the school office for an application form or for help checking your eligibility — all enquiries are confidential. Expanding eligibility means more support for families and the school, helping us to provide the best start for every child.

For more information click here: <https://www.northyorks.gov.uk/education-and-learning/education-and-learning/free-school-meals>

Curriculum Information for Autumn Term 2026

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

AUTUMN 2026	Theme	Enquiry Question	Enrichment (<i>Stunning Start/Marvellous Middle/Fabulous Finish</i>)	<i>Link to curriculum tree on website here:</i>
Apple	Starting School	How do we learn the routines of the school day?	Visit from health practitioner	https://craykeschool.org/wp-content/uploads/2025/09/Curriculum-Map-Apple-Class-for-the-year.pdf
Beech	Shiver Me Timbers	What was it like to be a pirate?	Pirate Day	https://craykeschool.org/wp-content/uploads/2026/09/Beech-Class-Curriculum-Tree-Year-A-Autumn-2026.pdf
Holly	Through the Ages	How did life change through the Stone, Bronze and Iron Ages?	Visit to the Yorkshire Museum	https://craykeschool.org/wp-content/uploads/2026/09/Holly-Class-Curriculum-Tree-Year-A-Autumn-2026-1.pdf
Oak	A Child's War	What was it like to be a child during WW2?	Visit to Eden Camp	https://craykeschool.org/wp-content/uploads/2026/09/Oak-Class-Curriculum-Tree-Year-A-Autumn-2026.pdf

Home School Values – Autumn 1

CLICK HERE:

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




GENEROSITY

'God loves a cheerful giver.'

2 Corinthians 9.7

QUOTES & QUESTIONS

Real generosity is doing something nice for someone who will never find out. *(Frank A Clark)*

'If you can't feed a hundred people, then just feed one. *(Mother Teresa)*

? Have you ever been **generous** without telling anyone?

? Remember one small way you have shown **generosity** to one person. (You don't always have to do big things for lots of people.)

A community flourishes when people plant trees under which they will never sit. *(A Greek proverb)*

Use what talent you possess; the woods would be very silent if no birds sang except those who sang best. *(Henry Van Dyke)*

? When has your **generosity** served to help future generations?

? Have you ever been put off doing what you are able to do because someone might be able to do it better?

Home School Values – Autumn 2

[CLICK HERE:](https://craykeschool.org/2026/home-school-values-autumn-term-2026/)

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



COMPASSION



‘Clothe yourselves with compassion, kindness, humility, gentleness and patience.’

Colossians 3.12

QUOTES & QUESTIONS

No act of kindness, no matter how small, is ever wasted.
(Aesop)

No one has ever become poor by giving.
(From the Diary of Anne Frank)

If you want others to be happy, practise **compassion**.
If you want to be happy, practise **compassion**.
(Dalai Lama)

Wherever there is a human being, there is an opportunity for kindness.
(Seneca, a Roman philosopher)

Have you shown an act of kindness today?

Can you explain what Anne Frank means?

How does practising **compassion** make you happy?

Do you think of everyone you meet as offering an opportunity to be kind?

Spellings – Holly Class Autumn 1

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

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



Holly Class: Autumn 1 Spelling list

Test:	14/09/26	21/09/26	28/09/26	05/10/26	12/10/26	19/10/26
Focus:	Year 3 and 4 Statutory Spellings	Adding <u>-ing</u> and <u>-ed</u>	When to double the final consonant before adding a suffix	When to double the final consonant before adding a suffix	Adding suffix <u>-ly</u>	Adding suffix <u>-ly</u> when root word ends <u>-le</u> or <u>-ic</u> and exceptions
1	accident	stopping	beginning	admitted	actually	possibly
2	breath	stopped	deferring	deferred	certainly	gently
3	breathe	multiplying	forgetting	submitting	curiously	simply
4	caught	multiplied	forgotten	forgettable	extremely	humbly
5	disappear	improving	formatted	forgetful	usually	basically
6	early	improved	inferring	inferred	extremely	dramatically
7	experience	worrying	answered	answering	angrily	logically
8	heard	worried	gardener	gardening	easily	sarcastically
9	natural	replying	lightening	questioned	greedily	frantically
10	ordinary	replied	limited	limitless	lazily	duly
11	recent	varying	mentioned	mentioning	luckily	truly
12	through	varied	visited	visiting	noisily	wholly

02/11/26 Spelling test with a mix of spellings from the whole half term.



Holly Spellings Group 1: Autumn 1

Test: Fridays	18/09/26	25/09/26	02/10/26	9/10/26	16/09/26	23/09/26
Spelling Focus:	Curriculum Vocabulary	ea = e	oa = ou	g = j ge/dge	f = ph	l = le
1	stone	feather	boulder	magician	photograph	people
2	bronze	leather	shoulder	gymnastics	geography	candle
3	iron	bread	smoulder	bridge	phase	bottle
5	age	threading	poultry	fudge	physical	table
6	cave	meant	mouldy	larger	phobia	sprinkle
7	hunter	headed	soulless	gently	dolphin	wobble
8	gatherer	spreading		engine	phantom	kettle
Prickly/ homophone	believe lives	hour beautiful	laugh pretty	great grate	main mane	plain plane



Holly Spelling Intervention Group 2: Autumn 1- Spelling list

Test: Friday	18/09/26	25/09/26	02/09/26	09/09/26	16/09/26	23/09/26
Spelling Focus:	Curriculum Vocabulary	Bridge to Spell <u>ar/or</u> sounding <u>ur</u> 'l' endings	Bridge to Spell Plurals drop the 'y' / tch	Bridge to Spell Words with <u>sc/ce/cy/ci</u> sounding 's'	Bridge to Spell 'ous' endings	Bridge to Spell 'ey' endings
1	stone	wart	baby/babies	decided	obvious	hockey
2	bronze	worsen	box/boxes	certain	serious	barley
3	iron	worship	fly/flies	circular	previous	honey
4	age	dollar	library/libraries	medicine	spontaneous	keys
5	cave	bicycle	catch/catches	discipline	poisonous	donkey
6	hunter	material	potato/potatoes	fascinate	tremendous	valley
7	gatherer	nostril	thief/thieves	crescent	dangerous	money
8	believe	magical	wolf/wolves	exercise	mountainous	chimney
homophones	hear/here	main/mane	groan/grown	peace/piece	brake/break	great/grate

Spellings – Holly Class Autumn 2

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

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



Holly Class: Autumn 2 Spelling list

Test:	09/11/26	16/11/26	23/11/26	30/11/26	07/12/26
Focus:	Year 3 and 4 Statutory Spellings	Adding -es to nouns and verbs ending -y	/ei/ sound spelt <u>ei</u> , <u>eigh</u> or <u>ey</u>	Homophones and Near homophones	Personal Spelling Log
1	answer	activities	beige	ball	
2	arrive	carries	eight	bawl	
3	believe	cherries	grey	brake	
4	build	envies	neighbour	break	
5	continue	lorries	obey	fair	
6	different	marries	reign	fare	
7	favourite	parties	reindeer	grate	
8	grammar	puppies	survey	great	
9	imagine	qualifies	they	groan	
10	possible	replies	veil	grown	
11	remember	stories	vein	<u>here</u>	
12	woman	wellies	weight	hear	

14/12/26 Spelling test with a mix of spellings from the whole half term.

Spellings – Oak Class Autumn 1

CLICK HERE:

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



Oak Class: AUTUMN 1 Spelling list

	Test on: 14/09 (wk2)	Test on: 21/09 (wk3)	Test on: 28/09 (wk4)	Test on: 05/10 (wk5)	Test on: 12/10 (wk6)	Test on: 19/10 (wk7)
1	achieve	occurring	usually	should've	eight	Revise all spelling patterns covered this half term for a test on what we have learnt so far. Rules: Adding -ing, -ed to words of one syllable ending in vowel consonant The suffix -ly Contractions Words with the /ei/ sound spelt ei, eigh or ey
2	bruise	regretting	tragically	could've	vein	
3	curiosity	submitting	angrily	would've	weigh	
4	embarrass	transferred	regularly	must've	reign	
5	recommend	admitted	gently	might've	prey	
6	marvellous	allotted	completely	won't	disobey	
7	opportunity	lengthening	occupied	mightn't	bought	
8	especially	happening	horrified	you're	brought	
9	queue	profiting	simplified	shan't	cough	
10	sacrifice	marketed	interfering	it's	rough	
11	temperature	straightened	recognising	its	although	
12	muscle	ticketed	queuing	let's	through	

Spellings – Oak Class Autumn 2

CLICK HERE:

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



Oak Class: AUTUMN 2 Spelling list

	Test on: 09/11 (wk2)	Test on: 16/11 (wk3)	Test on: 23/11 (wk4)	Test on: 30/11 (wk5)	Test on: 07/12 (wk6)	Test on: 14/12 (wk6)
1	aggressive	woman's	disarm	dehydrate	heard	Revise all spelling patterns covered this half term for a test on what we have learnt so far. Rules: Word list – Years 5 and 6 Plural possessive apostrophe Verb prefixes: <i>dis-</i>, <i>mis-</i> Verb prefixes: <i>de-</i>, <i>re-</i>, <i>over-</i> Homophones and other words that are often confused
2	ancient	tree's	dislocate	deflate	herd	
3	conscience	animal's	disobey	deconstruct	lead	
4	environment	children's	disloyal	destabilise	led	
5	mischievous	men's	displease	revise	past	
6	nuisance	women's	disorientated	retrain	passed	
7	neighbour	Anglo- Saxons'	misconstrue	reproduce	father	
8	recognise	parents'	misunderstand	retrain	farther	
9	sufficient	ladies'	misjudge	overstretch	guessed	
10	rhyme	witches'	mistime	overdue	guest	
11	available	Wales's	miscalculate	overthink	there	
12	accompany	James's	misinform	overturn	their	

Lunch Menu – Week 1

Your Autumn Menu Week One

Sept 2026 – Feb 2027

✓ – 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 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 salmon strips are so nice! I like that we're not having the same dinners all the time."

– Pupil

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.



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

Week starting:

7 Sept 28 Sept 19 Oct 16 Nov 7 Dec 11 Jan 1 Feb

Fruit and yoghurt served daily



Monday

Meatballs in a Tomato Sauce topped Pasta
Jacket Potato with Cheese/Beans/Tuna
Freshly cooked vegetables
V Lemon Drizzle Muffin

Tuesday

V Pizza & Baked Diced Potatoes
BBQ Pasta Freshly cooked vegetables
V Pancake, Fruit, Ice-cream

Wednesday

Toad in the Hole with Mashed Potatoes
Cheese and Ham Panini
Freshly cooked vegetables
V Chocolate Krispie

Thursday

Chicken Korma & Rice
Jacket Potato with Cheese/Beans/Tuna
Freshly cooked vegetables
V Sticky Toffee Pudding & Custard

Friday

Fish Fingers
Chips
Cheese Panini
Freshly cooked vegetables
V Fruity Jam Sponge

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



Lunch Menu – Week 2

Your Autumn Menu

Week Two

Sept 2026 – Feb 2027

- Vegetarian Option
 - Vegan Option

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.

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!

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.

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

Week starting:

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

Fruit and yoghurt served daily

Monday	Tuesday	Wednesday
Beef Burger & Wedges Jacket Potato with Cheese/Beans/Tuna Freshly Cooked Vegetables V Fruit Muffin	Pizza or Salmon Baked Baby Potatoes Freshly Cooked Vegetables V Marble Sponge & Chocolate Sauce	Roast Chicken & Yorkshire Pudding Mashed Potatoes Cheese & Ham Panini Freshly Cooked Vegetables V Autumn Jelly Mousse

Thursday	Friday
V Mac & Cheese Jacket Potato with Cheese/Beans/Tuna Freshly Cooked Vegetables V Shortcake	Fish Fingers Chips Cheese Panini Freshly Cooked V Chocolate Surprise cake

Bread freshly made in your school

NYES | Catering

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

Lunch Menu – Week 3

Your Autumn Menu Week Three

Sept 2026 – Feb 2027

✓ – 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 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

"Knowing our boys are having a nutritious, hot meal every day and trying different things has been fantastic. We've really enjoyed hearing about their favourite dishes and wouldn't hesitate to recommend school lunches to other parents."

– 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 or scan the QR code.



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

Week starting:

21 Sept 12 Oct 9 Nov 30 Nov 4 Jan 25 Jan

Fruit and yoghurt served daily



Monday

Chicken Nuggets with Diced Potatoes
Jacket Potato with Cheese/Beans/Tuna
Freshly cooked Vegetables
V Chocolate Orange
Mousse Cake

Tuesday

V Pizza & Chips
Tomato Pasta
Freshly Cooked Vegetables
V Fruit Jelly & Ice-cream

Wednesday

Minced Beef & Yorkshire Pudding
Mashed Potatoes
Freshly Cooked Vegetables
Vg Custard Cookie

Thursday

Pasta Bolognese
Jacket Potato with Cheese/Beans/Tuna
Freshly Cooked Vegetables
Flapjack Apple Crumble & Custard

Friday

Fish Fingers
Potato Wedges
Cheese Panini
Freshly Cooked Vegetables
V Victoria Sponge Muffin

We serve fish from well-managed and sustainable sources, and contains Omega 3



NYES

Catering

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



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 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

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

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



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.

Uniform Expectations

A brief reminder about uniform expectations from the start of term in September 2026.

- **School-branded items:** please buy only Crayke-branded sweatshirts, cardigans and PE tops (showing the Crayke logo). Plain items of the same colour are also acceptable. **Other visible brand logos (e.g. Nike, Adidas) should not be worn on any item of school clothing.**
- **Shoes/trainers:** plain black only — no coloured logos, bright soles, flashing lights or fluorescent trim.
- **PE days:** children should wear plain navy, grey or black shorts only (no patterns or visible brand logos). PE tops should be a Crayke logo tee or a plain white polo; dark joggers and dark trainers are acceptable in cold weather.
- **Pre-loved uniform** is available termly via CHASA and branded items can be purchased from our usual supplier: <https://school-shop.co.uk/school/crayke-primary-school/>

If a child arrives in unsuitable clothing, we may contact parents and ask for more appropriate items to be brought in for the day.

If the cost of replacing uniform is a concern, please contact the school office or speak to me confidentially — we will support families.

Thank you for helping keep Crayke smart, fair and united.

Examples of appropriate footwear for school

