



Dear Parents/Carers,

Hello and welcome to our weekly newsletter. We have had our annual safeguarding visit from our Senior Education Advisor this week and I am pleased to tell you that she was very impressed with everything we have in place and in particular, how confident the children could speak about how we keep them safe. Mrs Miller spent some time in the dining hall and noted that there has been a big improvement in packed lunches compared to her previous visits. She saw a lot more fresh fruit and veg and less packaged and processed food. Our new packed lunch guidelines are having a big impact and I would like to say a huge thank you to parents for supporting us with this, keep up the good work.

Here are our guidelines for anybody who is new to our school and a visual reminder with ideas:

<https://www.easingwoldprimary.co.uk/lunchtime-menu-and-packed-lunch-guidance/>

**Love your packed lunch!**  
Create a healthier packed lunch by choosing foods from the 5 main food groups below:

- 1 Starchy Carbohydrates**  
to re-fuel your body  
Base your lunchbox on starchy carbohydrates.  
**CHOOSE ONE EVERY DAY FROM:**  
Bread, rolls, bagels, wraps, pizza or baguette  
Pasta  
Couscous  
Noodles  
Potatoes  
\*Choose wholegrain!
- 2 Fruit and Vegetables**  
to keep you healthy  
Pack one portion of fruit and one portion of veg every day.  
**CHOOSE TWO EVERY DAY FROM:**  
Apple, banana, pear, orange, plums  
Small pot of mixed berries or grapes  
Prepared melon or mango  
Chopped vegetable sticks: carrots, cucumber, pepper, celery, sausage meat, mini corn  
Salad vegetables  
Vegetable Soup  
\*Add salad to your lunchbox!  
\*Use a reusable flask for milk!
- 3 Dairy and Alternatives**  
for healthy teeth and bones  
Don't forget the dairy!  
**CHOOSE ONE EVERY DAY FROM:**  
Milk  
Cheese - hard cheese, soft cheese, cheese spread  
Yoghurt or fromage frais  
Custard  
\*Choose low-sugar dairy products!
- 4 Protein Foods**  
for growth and repair  
Pack a protein punch!  
**CHOOSE ONE EVERY DAY FROM:**  
Meat  
Fish  
Eggs  
Non-dairy protein e.g. lentils, chick peas, beans  
\*Keep processed meat to a minimum!  
\*Choose oily fish like salmon once every 3 weeks!
- 5 Drinks**  
to hydrate your body  
A large glass of water  
Demi-skimmed milk - or skimmed milk for children over 5 years.  
Unsweetened fruit juice/smoothie  
\*Milk with a 100ml juice  
\*Occasionally!  
Meat products such as sausage, mince, pies, sausages  
Plain cakes / scones and biscuits of appropriate portion sizes  
For more healthy packed lunch ideas and recipes visit [www.phunkyfoods.co.uk/recipes](http://www.phunkyfoods.co.uk/recipes)

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Here is a link to the Phunky Food website that is full of ideas and advice:

<https://www.phunkyfoods.co.uk/parent/a-healthy-lunch-parents-information/>

### **SAFEGUARDING:**

To keep our children safe in school when they are online, we have a robust filtering and monitoring system which alerts me if a child searches for something of concern. I also get a weekly report that highlights any trends that I may need to address.

I am pleased to say that our children are very aware of our expectation of how they use their devices and the alerts are a very rare occurrence. When I do get them, they are often innocent typos. If you would like any support with how to set up parental controls on devices at home, you can find it here:

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/parental-controls/>

### **£1 BUS FARES:**

If you are looking for a cheap way to get out and about over half term or looking to cut down on petrol costs, this may be of use to you:

Between 15th September and 31st December, young people aged 18 or under will pay only £1 for a single journey on most bus routes in North Yorkshire.

The £1 fare scheme is funded by UK Government. It is available on most bus journeys within North Yorkshire and to York and the Tees Valley.

The fare scheme does not include school routes, tours and bus services closed to the public. You might be asked to prove your age when buying a ticket. More details can be found here: [Bus service changes and news | North Yorkshire Council](#)

### **ODD SOCKS DAY:**

On Wednesday 13th November our Equality Embassadors would like mark Anti-Bullying Week by supporting Odd Socks Day. Children will take part in a special assembly on this day and are invited to wear odd socks - the brighter the better!



## ***HALLOWEEN DISCO:***

We are so excited about our Halloween Disco next Thursday 24th October. Please see details and reminders below:

**4.30-5.30pm - Reception/KS1 (Reception, Years 1 & 2)**

**5.45-7pm - KS2 (Years 3, 4, 5 & 6)**

Entry is £2 to be paid on the door. If children would like to buy any snacks or glow sticks etc. at the disco we suggest bringing a purse/wallet/money bag with their names on.

Prices are below:

**Entry: £2**

**Bag of sweets: 50p**

**Crisps: 80p**

**Drinks: 50p**

**Tattoo: 50p**

**Face Paint: 50p**

**Flashing Party Items range from 50p-£2**



\*Children need to arrive at the correct time with their money to pay their entrance fee - the correct change would be appreciated.

\*They will also need to bring money, preferably in a named purse/wallet if they would like to buy snacks/drinks.

\*At the end of the Reception/KS1 disco the Reception children will be dismissed from the Reception classroom door and the KS1 children one class at a time via the back of Miss Ripton's classroom. The gates will be open for you to come onto the playground. Please stand back until it is your child's class so that we can see the parents for each class.

\*At the end of the KS2 disco, children who have permission to walk home alone will be dismissed first and then we will bring each class out at a time, again, please stand back until your child's class come out.

\*It is vital that children are collected on time. It is very distressing when children are left way after everybody else has gone home so please make sure this does not happen.

\*Mobile phones are only permitted if children are walking home by themselves and these must be handed in to an adult on arrival. They will be returned before the children set off home.

\*So that we know where all children are at all times, if the children need the toilet during the disco they need to ask an adult for a toilet pass and hand it to the adult supervising the corridor. Please remind them of this before the night.

**Don't forgot to let us know if you can help out, your child is walking home alone or can not have a tattoo and/or face paint. Slip to be handed into the school office.**

## ***HALLOWEEN COSTUMES:***

A reminder that costumes should be age appropriate and child friendly. We noticed last year that some children came in costumes and masks from horror films such as Scream and Squid Games which are not appropriate. Some children also brought plastic knives, daggers and other weapons which again are not suitable. Your child may not be admitted to the disco if we feel their costume is not age appropriate. Some ideas may include: Pumpkins, cats, witches, wizards, Dracula, bats, ghosts, skeletons or spiders.

If you are unsure about costumes, please ask and we will be happy to advise you.

## ***PTA NEWS:***

### **Pumpkin Competition**

Don't forget the pumpkin competition on the 24<sup>th</sup> October before school, please bring your pumpkins to the back of the school hall at 8.30am and add it to the appropriate table. The categories will be reception, KS1 and KS2. There will also be a table for adult pumpkins. Each entry is £1.



### **Halloween trail**

You can now sign up for the Easingwold Halloween Trail. It will run on the 30th and 31st October and registrations close on the 23rd October. Add the group on FB and message to get involved. The maps will be available from the Co op and will be £1 including a bag of sweets.



## **Secret Santa**

Save the date for Friday 6<sup>th</sup> December. We always need volunteers to help, it is a fabulous event for children and adults. Please get in contact with Mrs Burton, Devon Wells or Faye Kraemer if you are free 9am-12.30pm, 1pm-3.30pm or all day. Help on the Thursday evening from 3.30pm to set up is always greatly appreciated. More information about Secret Santa to follow after half term.

## **WORKERS OF THE WEEK:**

Our Workers of the Week this week are:

Darla D-L - Mrs O'Neill's Class  
Elizabeth F - Mrs Cooper's Class  
Jasmine H - Mrs Scott-Mills's Class  
Magnus O - Miss Housley's Class  
Cooper B - Mrs Wass's Class  
Lucifer S - Miss Ripton's Class  
Eva S - Miss Galtrey's Class  
Jamie M - Mrs Hargreaves's Class  
Edith B - Mrs Teasdale's Class  
Chloe I-C - Miss Mossop's Class  
Noah S - Mrs Robson-Beck's Class  
Harvey L - Miss Potter/Mrs Hannam's Class



Well done to you all!

## **YEAR 5/6 FOOTBALL:**

ECPS Year 5/6 football team played in a competition at Huntington, York on Friday 11th October. The standard of football was very high and the team grew in confidence and success over the tournament. Their behaviour and support for one another was exemplary.

We had three losses, three draws and finished our final



match with a resounding win! Well done boys!

## **GOLDEN LETTERS:**

Congratulations to our Golden Letter recipients this week:

**Gracie B, Jasmine G, Elliot S & TJ S-R**



Keep up the great work!

## **FREE ONLINE COURSE:**

We've been asked to share the details of this free online course which may be of interest to parents/carers:

SUPPORTING YOUR CHILD WITH KEY STAGE 2 MATHS - FREE ONLINE COURSE BY ADULT LEARNING NORTH YORKSHIRE

Audience: NY Primary and secondary schools

Cascade: Headteachers, Safeguarding Leads, Senco, Parents, carers and adult family members

Adult Learning North Yorkshire is offering a free online course, 'Supporting Your Child with Key Stage 2 Maths'.

Starting on Monday, 11th November, from 6:30 PM to 8:30 PM, this 6-week course is designed for parents and caregivers who wish to enhance their child's mathematical skills while also improving their own understanding of the subject.

Participants will:

- Explore the current Key Stage 2 maths curriculum.
- Learn effective strategies to support their child's learning.
- Engage with other parents in a collaborative environment.

To enrol, please visit the link: <https://tinyurl.com/KeyStage2Maths11>

Contact Email: [adultlearningservice@northyorks.gov.uk](mailto:adultlearningservice@northyorks.gov.uk)

## **CROSS COUNTRY:**

Well done to the children who represented our school at the cross country event held on Monday at Askham Bryan. Your behaviour was brilliant and you truly were a credit to our school. Huge Congratulations to George H who came in 3rd place for Year 3. Well done, this is an amazing achievement!



## EDAS ART COMPETITION:

Well done to all of the children who had their art on display at the EDAS art exhibition last weekend - what a talented bunch you are! Also, a huge thank you to EDAS who have kindly donated £100 to the school for art supplies!



**EDAS**  
Art Exhibition



## MENU CHANGE—HALLOWEEN LUNCH:

On Thursday next week the children are having a special Halloween lunch! Please see the menu below:

Mummy Sausages with Creepy Wedges OR

Slimy Eyeball Spaghetti (V)

With Blood Beans and Spooky Spuds

Followed by

Jelly Goo or Vampire Pudding



## GOVERNOR VACANCY:

We are looking for two governors to join our Governing Body. As a Governor you will be a volunteer who makes a vital contribution to the success of the school. This role may be particularly of interest if you have skills in finance/accounting, human resources, data or education but we invite applications from anyone who is interested in helping the school be the best it can be. Full training is available and governors are encouraged to attend regular training sessions, either in person or online. Please contact Nikki Rowbottom for more information:

[chairofgovernors@easingwoldprimary.co.uk](mailto:chairofgovernors@easingwoldprimary.co.uk)

Wishing you a lovely weekend.

A handwritten signature in blue ink, which appears to be 'A Cottrell'.

Mrs A Cottrell  
Headteacher

Your support for your child's education is crucial to their progress. Please let us know if there are any adjustments we need to make to help you support your child, for example: letters in large font; in different languages; wheelchair access; explaining things over the phone?

Spare newsletters are available in the rack outside the school office, together with holiday forms and permission to administer medicine forms. Tel: 01347 821282 email: [admin@easingwoldprimary.co.uk](mailto:admin@easingwoldprimary.co.uk). Copies of this newsletter can also be viewed on the display board near to the Key Stage 1 playground.

Primary Menu Week 1	'Green Earth Monday'	TUESDAY	WEDNESDAY	HALLOWEEN LUNCH!	FRIDAY
Main Meal	Pizza & Potato Wedges	Spaghetti Bolognese	Chicken Pie & Mashed Potato	Mummy Sausages with Creepy Wedges	TRAINING DAY
Vegetarian Main Meal	Veggie Burger & Potato Wedges	Sweet & Sour Vegetable Noodles	Veggie Cottage Pie	Slimy Eyeball Spaghetti	SCHOOL CLOSED
Grab & Go Offer YEARS 5&6 ONLY	N/A	Main or Veggie option as above	N/A	Main or Veggie option as above	
Vegetable Selection	Mixed Vegetable	Peas, Cauliflower	Carrots, Broccoli	Blood Beans, Spooky Spuds	
Jacket Potato Option	Freshly Baked Jacket Po- tato with your Choice of Toppings: Tuna Mayon- naise, Grated Cheese or Baked Beans	Freshly Baked Jacket Po- tato with your Choice of Toppings: Tuna Mayon- naise, Grated Cheese or Baked Beans	Freshly Baked Jacket Po- tato with your Choice of Toppings: Tuna Mayon- naise, Grated Cheese or Baked Beans	Freshly Baked Jacket Pota- to with your Choice of Toppings: Tuna & Mayon- naise, Grated Cheese or Baked Beans	
Sandwich Option	Freshly Made Sandwich with a choice of Cheese	Freshly Made Wrap with a choice of Cheese or Tu-	Freshly Made Sandwich with a choice of Cheese	Freshly Made Sandwich with a choice of Cheddar,	
Dessert	Vanilla Sponge & Custard	Chocolate Shortbread	Iced Banana Cake	Jelly Goo or Vampire Pudding	



## ***AUTUMN TERM DIARY DATES:***

Parents Evening: Tuesday 22nd October

Year 6 Anglo Saxon Experience in School: Tuesday 22nd October

Year 5 Anglo Saxon Experience in School: Wednesday 23rd October

PTA Pumpkin Competition: Thursday 24th October (entries to hall at 8.30am)

Halloween Disco: Thursday 24th October - Reception & KS1 - 4.30pm-5.30pm  
- KS2 - 5.45pm-7pm

**Training Day - School Closed: Friday 25th October**

**Half Term: Monday 28th October - Friday 1st November**

Pupil Premium Parents Evening: Wednesday 6th November (letter to follow)

Individual School Photographs: Tuesday 12th November

Odd Socks Day (Anti Bullying Week): Wednesday 13th November

Year 6 Crucial Crew: Thursday 14th November (letter to follow)

Year 6 Bewerley Park Residential: Monday 10th - Friday 14th February

Year 5 Liverpool Residential: Wednesday 2nd - Friday 4th April

Year 4 East Barnby Residential: Wednesday 14th - Friday 16th May

## Autumn 2024 club timetable

Day	Club	Teacher	Location	Time
Mon	Drawing (Year 3/4)	Miss Galtrey	Miss Galtrey's room	12.15pm -12.45pm
	Mindfulness Colouring (Year1)	Mrs Scott-Mills	Mrs Scott-Mill's room	12.30pm - 1.00pm
Tues	Board games (Year 3/4)	Mrs Hargreaves	Mrs Hargreaves' room	12.15pm - 12.45pm
Thurs	Mindfulness Colouring (Year 2)	Miss Ripton	Miss Ripton's room	12.45pm -1.15pm
	Coding (Year 5/6)	Mrs Robson-Beck	Mrs Robson-Beck's room	1pm - 1.25pm
Fri	Forest School (Year 2)	Mrs Wass	KS1 Field	12:15pm - 12:45pm