



YEWDALE PRIMARY SCHOOL NEWSLETTER



Yewdale Primary School



Dates for your Diary

Friday 12th January

Fire Engine Visit – Year 3 and 4

Friday 19th January

Fire Engine Visit – Year 1 and 2

Tuesday 6th February – 3.15pm

Year 4 Robin Wood Parent Meeting

Monday 12th – Friday 16th February

Half Term

Monday 19th – Friday 23rd February

Year 5 Cyclewise

Monday 18th – Wed 20th March

Year 4 Robin Wood

Tuesday 26th March

Tempest Class Photos

Please keep an eye on
“Dates for your Diary” every week
as we add more and more exciting
information.

Parking

Once again we have been approached by residents of Yewdale Road asking us to please ask parents to park responsibly and sensibly at pick up and drop off times.

We advise all residents who have a complaint to call the police to report any parking offences.

Please help us to keep our children safe, with safe places to cross the busy road.

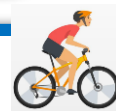
School Lunches and Free School Meals

Please top up school lunches every week for the following weeks lunches.

Please remember that you can no longer top up children’s lunch accounts in the school office in cash.

If you need your child’s Parent Pay details to pay for school lunches please contact the school office.

If you receive benefits like Universal Credit you may be entitled to free school meals. You also currently receive vouchers in the school holidays, to help when children are not in school. If you would like any help applying for free school meals please contact Mrs Swailes or the school office on 01228 830036.



Bicycles

Please can we ask that when children ride bikes to school that they are reminded of the dangers of cars and roads.

We have had a few reported instances of children riding their bikes dangerously in and out of cars on Yewdale Road.

Please can we ask that all children wear a helmet.



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Packed Lunches



Please can we ask parents not to send sweets or lollipops into school for snack or lunch. Lollipops can be super dangerous if the children run around with them in their mouth or if they come off the stick.

Change of Menu



Thursday 18th January

Hot Dog and Wedges
Vegetable Burgers and Wedges
Jacket Potato

Friday 19th January

Fish Fingers and Chips
Cheese Omelette and Chips
Jacket Potato

Jewellery



Please can we remind parents that children should not wear any form of jewellery in school other than one or a pair of stud earrings.

Year 4 Robin Wood



Please return all Year 4 Robin Wood forms as soon as possible.

Year 5 Cyclewise



Please return all Year 5 Cyclewise forms before 9am on 16th January.

Any forms returned after this time cannot be guaranteed a place on the Bikeability course.

Sickness

If your child is sick (vomit) or has diarrhoea, they must remain at home for 48 hours after their last bout of sickness or diarrhoea.



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House Team Points



690



819



798



631

Total House Points awarded for two weeks:

2,938

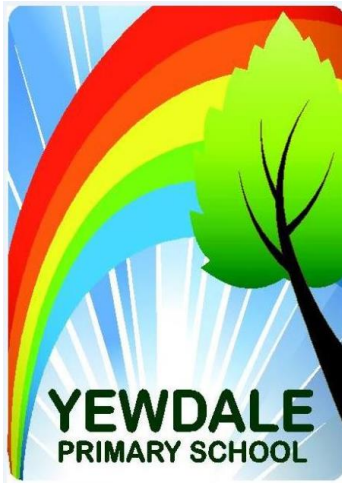
Our winners this week are the **Green Team**

Well done!

Respect ...

Responsibility...

Resilience ...



Key Stage 1



Stars of the Week

Jeffers



Kohen

Donaldson



Lucy

Peake



Josie-Jean

Shackleton

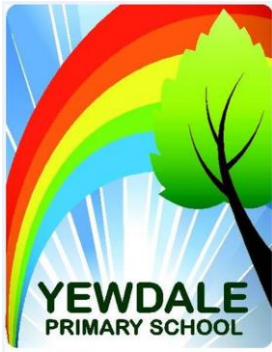


Emilia

MacArthur



Lexi-Jayne



Key Stage 2



Stars of the Week

Simmonds



Esme H

Lowry



Kai

Holmes



Emily P

Malala



Lilly

Attenborough



Charlie

Hawking



Alex

Yewdale School After School Club and Breakfast Club



**Wraparound Care from
7.45am – 5.15pm**

Breakfast Club

Open from 7.45am
£3.50

After School Club

Open until 5.15pm
3.15pm – 4.15pm £4.50
3.15pm – 5.15pm £7.00

Book via Parent Mail

For more information, please call the
school office, 01228 830036

Children
from
3 – 11
years



Price
includes
snack

Spacious
indoor and
outdoor
environment



Ofsted
Good
Provider

*School term after third birthday

DO YOU KNOW
ABOUT...

FREE



UNIVERSAL INFANT
SCHOOL MEALS?



EVERY child in Reception, Year 1 and Year 2
can have a cooked school lunch

FRESHLY MADE

HEALTHY

NUTRITIOUS

at absolutely no cost to you! -
funded by the Government

Please contact your school for more information!

caterlink
feeding the imagination

WHY CHOOSE A CATERLINK SCHOOL MEAL?

95% of our meals are made **FRESH** on site daily



All of our menus are compliant to the **SILVER STANDARD** as a minimum



Our meals are **NUTRITIOUS & BALANCED** and include a portion of protein, a portion of carbohydrates and two portions of vegetables



QUALITY INGREDIENTS

such as MSC fish, red tractor meat

Our nutrition team ensure all menus meet the

We offer a **SALAD BAR & FRESHLY BAKED BREAD** for children to help themselves to



SCHOOL FOOD STANDARDS for dishes and portion sizes



We have increased our range of **SUSTAINABLE OPTIONS** including our Added Plant Power dishes, our vegan dishes and through encouraging meat free days on menus



Our **DESSERTS** not only contain important nutrients such as calcium and zinc but are also in line with guidance on sugars. Fresh fruit and yoghurt are also offered daily



All of our **PORTION SIZES** are compliant, ensuring that we are not offering children too much or too little food for their **ENERGY** requirements.

FREQUENTLY ASKED QUESTIONS

What are the School Food Standards?

The School Food Standards were developed by government and are a set of food-based standards to ensure menus are nutritious, balanced and healthy. Examples include offering wholemeal starchy foods, having oily fish on the menu, and limiting pastry. Find out more: www.schoolfoodplan.com

How much sugar are in your desserts?

In line with recommendations to reduce free sugars (free sugars are added sugars – those not naturally found in fruit or milk) and the Children's Food Trust guidance, Caterlink have reduced the sugar content of all desserts to under 6.5g of free sugars per portion. Across our menus the average sugar content per day is 4.5g of free sugars, so you can be sure your child is getting healthy desserts.

Is my child getting enough food?

All recipes are created in line with the School Food Standards recommended portion sizes and are checked by a nutritionist. As well as the main meal, vegetables and dessert, we also offer bread and salad daily for the children to take.

What is MSC fish?

By choosing fish with a Marine Stewardship Council blue label, we can ensure that we are supporting sustainable fisheries and protecting the ocean. All fish on our menu is MSC certified.

What is red tractor meat?

Red tractor ensures that we can trust that all of the meat that we buy and know that it has to meet strict standards such as animal welfare, traceability, food safety and environmental protection. We have a British First Policy and all of our meat products are traceable from farm to fork.

How much salt is in your food?

We work with suppliers to ensure products are in line with the Government Salt Targets. We also don't add salt to our recipes as per the School Food Standards.

What is the Food for Life Served Here award?

Food for Life Served Here is a set of criteria ensuring that food served is healthy, local, seasonal and fresh. We operate all of our schools on their silver standards as a minimum. We were the first education caterer to be awarded the Food For Life award. Find out more: www.foodforlife.org.uk

What are Added Plant Power dishes?

Added plant power dishes are recipes where the protein comes from a mixture of meat and plant-based proteins such as beans, chickpeas, or lentils, such as a chilli con carne with kidney beans in. This makes the dishes more environmentally friendly (a 50% reduction in greenhouse gases), whilst reducing saturated fat content and increasing fibre.



07494213903



GUTTER CLEANING / REPAIR
PATIO / DRIVEWAY CLEANING
ROOF CLEANING
CONSERVATORY CLEANING
FASCIA CLEANING
FULLY INSURED



Walker's External Cleaning Services

07494213903



Butterworths

Solicitors

FREE LEGAL ADVICE SURGERY

**Yewdale Community Centre
Hutton Way
Carlisle
CA2 7TH**

**10am- 1pm
Tuesday 16th January 2024**

Call in and ask us about:

Wills, Lasting Powers of Attorney,
Trust Wills, Care Home Fee Planning and Probate.
Conveyancing Including Equity Release,
Personal Injury and Clinical Negligence.

We will also be joined by:

Ian Watters and Ewa Brzeska from Truly independent who are
Independent Financial Advisers who can assist with
Mortgage Advice, Equity Release and Protection.

**FREE REVIEW OF EXISTING WILLS AND POWER OF ATTORNEY
FREE HOME VISITS**



01228 593939





**CARLISLE
DANCE
ACADEMY**

CDA FREE DANCE TASTER VOUCHER

BOYS DANCE CLASSES

WEDNESDAY 4:00PM - 8+
THURSDAY 4:00PM - 4-7

To book drop us a message

EMAIL - CARLISLEDANCEACADEMY@HOTMAIL.COM

FACEBOOK - CARLISLE DANCE ACADEMY