



# YEWDALE PRIMARY SCHOOL NEWSLETTER



Yewdale Primary School



## Dates For Your Diary

### Reporting Child Absence & Appointments

Please ensure you call school, preferably before 9am, if your child is absent for any reason on 01228 830036.

Please note that 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.

Could we ask that parents refrain from messaging your child's class teacher on Dojo, as they may not be able to respond. Instead, you can message either Mrs Stephenson or Mrs Bradley Muir and they will pass the message on for you.

If your child has an appointment during school time, or you are collecting your child(ren) early from school for an appointment, please ensure you have proof of appointment when you come to pick them up.

Thank you for your cooperation.

Fri 26 <sup>th</sup> September	Macmillan Coffee Morning (see poster below)
Mon 6 <sup>th</sup> Oct	Year 6 Swimming starts
Tues 7 <sup>th</sup> Oct	Individual School Photos
Mon 24 <sup>th</sup> Nov	Nasal Flu Vaccinations

Reminder to complete the Flu vaccination form before **17/11/2025**. If you decide you do not want your child to receive the flu vaccination, please still complete a no consent form through the attached link.

[Flu Vaccination Consent Form](#)

**SCHOOL CODE:**  
**CM141995**



Please remember to book your child's school dinner on Parent Mail over the weekend, as you will not be able to order on Monday morning. Also, reminder that our Breakfast Club must be ordered 2 days in advance.



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## After School Clubs

A letter regarding After School Clubs will be coming out next week. We are aiming for clubs to start again on week commencing 29<sup>th</sup> September and we will keep you informed of any updates.

## Packed Lunches & Break Time Snack

Children are welcome to bring in a healthy snack for morning break for example cereal bar, fruit, cheese etc., but please NO sweets, crisps or chocolate.

Reminder also that we are a nut free school and no items containing nuts should be brought into school (including Nutella products.)



## 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, pitta or baguettes
- ✓ Pasta
- ✓ Couscous
- ✓ Noodles
- ✓ Potatoes



### 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, mange tout, mini corn
- ✓ Salad vegetables
- ✓ Vegetable Soup



### 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



### 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



### 5 Drinks

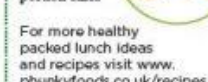
to rehydrate your body

- ✓ A large glass of water
- ✓ Semi skimmed milk - or skimmed milk for children over 5 years.
- ✓ 150ml of fresh unsweetened fruit juice/smoothie



### Occasionally!

- Meat products such as sausage rolls, pies, sausages
- Plain cakes/ sponges 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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## House Team Points



606

396

647

879



Total House Points awarded this week so far:

**2,528**

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

Well done!

**Rowan Class –  
Robbie M**



**Aspen Class –  
Mason B**



**Willow Class –  
Darcie R**



**Yewdale's  
Stars of the  
Week!**

**Hawthorn Class  
– Isla H**



**Birch Class –  
Charlie H**



**Cedar Class –  
Harriett B**



**Oak Class –  
Ellie S**



**Elm Class –  
Daniel T**



# Macmillan coffee morning



**£1 FOR  
CAKE AND  
JUICE**

**FRIDAY 26<sup>TH</sup>**

**SEPTEMBER!**

FROM 9AM - 10AM, CHILDREN WILL BE HAVING A "COFFEE MORNING" WITH THEIR FRIENDS IN CLASSROOMS.

PARENTS ARE WELCOME TO JOIN US FOR TEA/COFFEE & CAKES IN OUR HALL AND WILL BE ABLE TO JOIN THEIR CHILD IN THEIR CLASSROOMS FOR ACTIVITIES.

PLEASE SEND YOUR CHILD TO SCHOOL WITH A DONATION OF £1 IF THEY WOULD LIKE CAKE AND JUICE.

IF YOU ARE ABLE TO DONATE CAKES FOR THE CHILDREN TO BUY PLEASE CAN THEY BE BROUGHT TO SCHOOL ON THURSDAY 25<sup>TH</sup> AND FRIDAY 26<sup>TH</sup> SEPTEMBER. ANY HELP WOULD BE GREATLY APPRECIATED!



If your child is in  
Key Stage 1 or  
Reception you can  
still apply ready for  
Year 3 and receive  
the vouchers.

**FREE**

**SCHOOL**

**MEALS**

## Have you applied for Free School Meals?

You may be entitled to receive free school meals and vouchers  
for your shopping in the holidays.

If you are not sure if you are eligible there is lots of information on the Cumberland  
Council website or just give it a go and apply,  
you never know.

We can help you, if you need help applying please pop in and see us.

To apply:

**Google "Free School Meals Cumbria"**

or visit

**[www.cumberland.gov.uk/schools-and-education/free-school-meals-and-activities/free-school-meals-and-clothing-vouchers](http://www.cumberland.gov.uk/schools-and-education/free-school-meals-and-activities/free-school-meals-and-clothing-vouchers)**



# Yewdale Primary School

## Uniform

Uniform is a very important part of the school.

It brings children together in an inclusive and non-judgmental way.

We are very proud of our uniform and expect that uniform is worn every day to make ALL children feel included.

### Uniform for Nursery, Reception, Year 1 and 2

- White Polo Shirt
- Grey Jumper/Cardigan with school logo
- Charcoal Grey Trousers, Skirt/Pinafore NOT black
- Black / Grey Socks with Trousers
- White / Grey / Black Socks or Grey / Black Tights with Skirt/Pinafore
- All Black polishable leather shoes, boots or trainers (not running type trainers – see overleaf)
- Charcoal Grey Shorts or Blue & White Gingham Summer Dress with Grey jumper or Cardigan with school logo

### Uniform for Key Stage 2 - Year 3, 4, 5 and 6

- White Shirt or Blouse
- Blue Tie
- Grey Jumper/Cardigan with school logo
- Charcoal Grey Trousers, Skirt/Pinafore NOT black
- Black / Grey Socks with Trousers
- White / Grey / Black Socks or Grey / Black Tights with Skirt/Pinafore
- All Black polishable leather shoes, boots or trainers (not running type trainers – see overleaf)
- Charcoal Grey Shorts or Blue & White Gingham Summer Dress with Grey jumper or Cardigan with school logo  
with school logo (optional for the summer – before October Half Term or after Easter)



# Yewdale Primary School

# Uniform

## PE Kit for all Years

- PE T-Shirt with school logo or plain coloured T-Shirt in child's house colour (if in doubt about your child's house colour please ask)
- Black / Navy shorts
- Black / Navy jogging bottoms
- Black / Navy Sweatshirt or Hoody
- Trainers (any kind)



All of these trainers are perfect for school



Please do not buy trainers like these for school



- We have new plain coloured PE T-Shirts, ties, book bags and PE Bags available for sale from the school office.
- We have a selection of good quality second hand jumpers and cardigans for sale in the school office.



Uniform is available from:  
[www.beuniforms.co.uk](http://www.beuniforms.co.uk)

or

**BE Uniforms**  
**11 West Tower Street**  
**Carlisle, CA3 8QT**



# Help with Childcare Costs Before and After School Childcare Tax Free Childcare

Tax-Free Childcare is a scheme open to working parents of children under 12 (or 17 if disabled) to help with childcare costs. For every £8 paid in, the government will pay in an extra £2, up to £2,000 (£4,000 if the child is disabled) per child per year.

## How to apply?

**[www.gov.uk/apply-for-tax-free-childcare](http://www.gov.uk/apply-for-tax-free-childcare)**



We are now a part of the government's tax free childcare scheme.

You can use the tax free childcare to pay for  
Breakfast and After School Clubs.

Once you have signed up and sent a payment all we need is; the amount you have sent, the date and your child's reference number and we can then allocate the money to your Breakfast and Afterschool Club account.

**Please call the school office if you have any questions**



# YEWDAL PRIMARY SCHOOL TRAMPOLINE AFTERSCHOOL CLUB



**YEWDAL COMMUNITY CENTRE**  
**AUTUMN TERM 1 2025 Thursdays 3.20 - \*4.20pm**  
**18 spaces available YRS 1-6**



Sessions will run for a 5 week block:

Thursday 25<sup>th</sup> Sept  
Thursday 2<sup>nd</sup> Oct  
Thursday 9<sup>th</sup> Oct  
Thursday 16<sup>th</sup> Oct  
Thursday 23<sup>rd</sup> Oct



Full block booking essential, £21.50 per child. Spaces will only be confirmed with payment. Booking available online. Please direct any booking queries to [trampoline@yewdalecc.co.uk](mailto:trampoline@yewdalecc.co.uk)  
Bookings to be completed by Wednesday 24th Sept midday.

\* Parents are to collect children from outside the community centre entrance at 4.20pm prompt

**Please ensure enrolment form is completed with school after booking.**

Booking Link

<https://www.trybooking.com/uk/FFEW>



# FREE TASTER SESSIONS!



## THURSDAYS

AGES 4-7 17:00-18:00

AGES 8-13 18:00-19:00

## SATURDAYS

AGES 4-6 09:00-10:00

AGES 7-10 10:00-11:00

AGES 11-15 11:00-12:00

## FRIDAYS

AGES 6-10 17:00-18:00

AGES 11-15 18:00-19:00

VENUE-  
ST.AIDANS CENTRAL PLAYING FIELD



[WWW.ELITEFOOTBALLCARLISLE.CO.UK](http://WWW.ELITEFOOTBALLCARLISLE.CO.UK)



07932 659 482



[INFO@ELITEFOOTBALLCARLISLE.CO.UK](mailto:INFO@ELITEFOOTBALLCARLISLE.CO.UK)



# OCTOBER HALF-TERM CAMP

MONDAY 27<sup>TH</sup> & TUESDAY 28<sup>TH</sup> OCTOBER  
CALDEW SCHOOL, DALSTON

09:30-14:30

AVAILABLE TO AGES 5-15

2 DAYS- £30, 1 DAY-£20



CONTACT US



[WWW.ELITEFOOTBALLCARLISLE.CO.UK](http://WWW.ELITEFOOTBALLCARLISLE.CO.UK)



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