



Whitecote Newsletter

SEPT 2026

M T W T F S S

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

21.Nursery - Making Pizza Faces	21.Acorns - Self Portraits
28. Acorns - All about our Bodies	28.Reception - All about Me Festival
28.All about Me Festival	30. Nursery - Birthday Party for the Nursery Bears

INC Winners!

Challenge – I will learn something new by repeating it often.

R APPLE – Alexi –Jo – You have been doing brilliantly this week with all your learning! You're a star!

R PEAR – Dasiy G – You have been a phonics superstar!

1 LAVENDER – Riley R – You have repeated writing your numbers to 10 and formed them correctly.

1 ROSE – Aaron B – You have worked really hard to learn your new phonic codes, well done Aaron!

2 WILLOW – Isla-Rose O – You have worked hard in your phonics to practise your sounds and you have moved up a reading book band.

2 HAZEL – George C – You have worked really hard in maths to get all your 10 times tables correct. Well done!

3 SPRUCE – Annie-Rae O – Annie has been working really hard in all lessons. She has been improving each week by building on the skills that she already knows.

3 YEW – Max A – You have been using your learning about the Stone Age and repeating it to help you with your writing and reading this week. Well done, Max!

4 ASH – Reggie E – You have been using your previous place value understanding and applying it to your work in Year Four.

4 BEECH –Layla B – You have been developing your understanding of electricity by making circuits.

5 CHESTNUT – Serena D – You have been working hard in your phonics lessons to learn new sounds, well done!

5 ELM – George H – You have repeated skills within maths to help advance and deepen your learning

6 CEDAR – Alexander A – You have been recalling scientific vocabulary when classifying animals.

6 OAK – Lewis S – You showed your learning and progress by working brilliantly in the SATs.

Useful Links!

The links below offer helpful guidance for any families who feel they may need support while caring for children. Whether you are looking for advice, practical resources, or someone to talk to, these services are designed to provide reassurance and assistance whenever it's needed. We hope you find them useful.

- Adoption Uk – [Adoption UK Charity](#)
- Kinship Care – [What is kinship care? – Kinship](#)
- Barnardo's – [Leeds Children's Rights \(Advocacy Looked After\) | Barnardo's](#)
- Coram Voice – [Home – Coram Voice](#)
- Care Leavers and Children in Care Council – [Leeds Youth Voice | Leeds.gov.uk](#)
- ARC – [What is ARC? – ARC Framework](#)
- Leeds Pathways Team (Avoiding NEET) – [Leeds Pathways | Leeds.gov.uk](#)

LUNCHES!

Make mornings easier by pre-ordering!

Please remember to order your child's meals on SchoolGrid (schoolgrid.co.uk). Choosing meals at home means your child knows what they'll be having for lunch each day. You can order up to the end of the half term, or do this weekly or daily – whatever works best for you. Orders can be placed online until 9:00am, or through the school office until 9:45am. After this time we can't guarantee availability as the chef will have already started cooking. Ordering in advance helps mornings run a little smoother and means one less thing to think about! 😊

MIGHTY MEALS MENU 2026/27					
Great school lunches designed to help young people grow and thrive in everything they do! Seasonal vegetables are provided with all meals or children can opt out for our 'Pick Your Own' salad bar.					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mains	Hot Dog Pizza (V)(H) Jacket Wedges Fresh Salad	Beef Spaghetti Bolognese	Chicken Shawarma Wrap Sunshine Rice	Roast Gammon Ham Yorkshire Pudding Roast & Mashed Potato Gravy	Battered Fish (H) Chips
Meat Free	Margherita Pizza (V)(H) Jacket Wedges Fresh Salad	Cheese and Bean Wrap (V)(H) Herby Diced Potatoes	Mixed Pepper Omelette Jacket Wedges	Vegetarian Sausage (VE)(H) Yorkshire Pudding Mashed Potatoes Roast Potatoes Gravy	Vegetarian Meatballs in Homemade Tomato and Herb Sauce (V)(H) Chips
Deli	Egg Mayonnaise Bap (V)(H) Homemade Jacket Wedges	Ham and Tomato Panini Herby Diced Potatoes	Tuna Bap (H) Jacket Wedges	Hot Roast Gammon or Vegetarian Sausage Bap(V)(H) Roast Potatoes	Cheese and Red Onion Panini (V)(H) Chips
Spud Station	Hot Pasta Pot with Homemade Tomato, Cheese and Herb Sauce (V)(H)	Jacket Potato with Baked Beans (VE)(H)	Jacket Potato with Cheddar Cheese (V)(H)		Hot Pasta Pot with Homemade Tomato and Herb Sauce (V)(H)
Desserts	Ice Cream with Toffee Sauce & Peaches	Pineapple Sponge with Creamy Custard	Cherry & Coconut Flapjack Bite with Fresh Fruit	Fun Fruit Thursday	Cheesecake Bite topped with Mandarin Oranges

YUM!
In addition to hot meals your child can choose:

Deli
Filled fresh Soft Bap or Tortilla Wrap with side.

Spud Station
Oven baked Jacket Potato with side.

FOOD FOR LIFE
BRONZE SERVED HERE
soil Association

Healthy Habits

At Whitecote Primary, we're proud to promote healthy habits every day.

💧 Water Only Reminder 💧

To support children's health, concentration and teeth, please remember that **sugary cordials and fruit juices aren't allowed in school, unless your child has a packed lunch** as per the school policy.

Water should be brought in bottles each day to keep children hydrated and ready to learn.

Together, we're building strong, healthy habits for life.

HEALTHY PACKED LUNCH GUIDE

Helping children stay happy, healthy and ready to learn.

A healthy packed lunch provides children with the energy they need for a busy afternoon of learning, play and sport.

To support healthy eating and protect children with food allergies, please follow our packed lunch guidance.

A HEALTHY PACKED LUNCH SHOULD INCLUDE

- A MAIN FOOD**
 - Sandwiches, wraps, pizza or roll
 - Pasta, rice or couscous salad
 - Savory muffins or homemade savory snacks
- A SOURCE OF PROTEIN**
 - Cheese
 - Meat, chicken or turkey
 - Tuna or salmon
 - Egg
 - Hummus or other suitable spreads
- FRUIT & VEGETABLES**
 - Fresh fruit
 - Carrot, cucumber or pepper sticks
 - Cherry tomatoes
 - Milk, strawberries or grapes (not where appropriate)
- A DAIRY ITEM**
 - Yogurt
 - Homemade fudge
 - Cheese cubes or cheese strings
- A DRINK**
 - Water only

FOODS WE ENCOURAGE

- Sandwiches, wraps and rolls
- Pasta or rice dishes
- Fresh fruit and vegetables
- Yogurts
- Cheese
- Water

OCCASIONALLY ALLOWED

- Low-sugar cereal bars
- Crackers or breadsticks
- Small savory baked items
- Small portions of dried fruit

PLEASE DO NOT INCLUDE

- Nuts or nut products
- Processed butter
- Chocolate spreads
- Confetti cakes
- Chocolate bars
- Sweets
- Cakes
- Crisps
- Fizzy drinks
- Sugary drinks or high-sugar fruit juice cartons

5 EASY LUNCHBOX IDEAS

1. Ham sandwich, Carrot sticks, Apple, Yogurt, Water
2. Cheese wrap, Cucumber sticks, Salami, Cheese cubes, Water
3. Tuna pizza roll, Cherry tomatoes, Cucumber, Hummus, Water
4. Egg mayonnaise roll, Pepper sticks, Beans, Yogurt, Water
5. Chicken pizza pocket, Cucumber and carrot sticks, Mashed chickpeas, Cheese cubes, Water

BUDGET-FRIENDLY IDEAS

- Use leftovers from evening meals
- Use frozen fruit and vegetables
- Use frozen fruit in juice for smoothies
- Use frozen fruit and vegetables where appropriate

TOP TIPS

- Plan for a variety of textures and colors
- Include a source of protein and a source of fiber
- Include a source of fruit and veg
- Include a source of dairy
- Remember that a healthy lunch helps children concentrate, learn and be happy

A GREAT PACKED LUNCH LOOKS LIKE THIS:

- Main food
- Fruit
- Vegetable sticks
- Dairy item
- Water

THANK YOU FOR HELPING US PROMOTE HEALTHY EATING AND SUPPORT EVERY CHILD'S WELLBEING.

Don't Forget Coat & Shoes!



The weather's turning colder—keep your child warm and dry!

Our Learning

Leeds United Blue, White and Yellow Attendance Award Day!

💙 100% Attendance Celebration! 💛

Our children had a fantastic day today celebrating 100% attendance for two weeks! 🎉
Every child had the chance to meet and greet Leeds United's very own Kop Cat, while children who achieved 100% attendance took part in exciting activities with Leeds United coaches throughout the day. ⚽

Everyone had a fabulous time — well done to all our children! 🙌💙💛



Our Learning

Year 1 - Designing Clay Animals!

🐾 Clay Creations in Year 1! 🐾

This week in Art, Year 1 had their first go at creating animals using clay! They worked hard to shape, mould and bring their ideas to life. Well done, Year 1 — what fantastic clay sculptures!



Whats on & Things To Do!

JOIN THE ADVENTURE

THE BOYS' BRIGADE
->the adventure begins here



ANCHORS
4 – 8 Years

புதுவர்கள்
8 – 11 Years

Company
11 – 14 Years

Seniors
14 – 18 Years

WE MEET AT 
ST MARK'S METHODIST CHURCH
SWINNOW LANE, LS13 4RG

Everyone's welcome. Every week we play games, learn skills, earn badges and yes, even eat a marshmallow or two.

Looking for something new for your child to do? Learn life skills and make new friends? Scouts have groups from ages 4 - 18.

We are also looking for adult volunteers to join and help with our groups.

Scan the QR code for more information and find your local group

**Less screen time
More green time**



People's Emergency Briefing

on the climate and nature crisis

Sunday 4th October

The evening includes a film on the climate and nature crisis, followed by refreshments and discussion

St Peter's Church,
Hough Lane, LS13 3NE
7:00pm - 9:00pm

This evening is free to anyone who would like to take part.
Appropriate for ages 16+

REGISTER TODAY

<https://stpetersbramley.churchsuite.com/-/forms/mjmctutw>



STOP LOAN SHARKS

Intervention . Support . Education

For immediate release

April 23, 2026

Suspected loan shark arrested in Leeds

A suspected loan shark was arrested in Leeds today following an early morning operation by the England Illegal Money Lending Team (IMLT).

IMLT officers worked in partnership with officers from West Yorkshire Police to execute a warrant at an address in the Pudsey area. A 61-year-old man was arrested on suspicion of illegal money lending and officers seized documents, electronic devices and cash.

The suspect was taken into custody to be questioned by IMLT investigators and later released on bail pending further inquiries.

The IMLT works in partnership with West Yorkshire Trading Standards Service to investigate and prosecute illegal money lenders.

Dave Benbow, head of the IMLT, said: "Illegal money lending will not be tolerated in our communities, and we work with our partners to take action against those who target the vulnerable in this way.

"If you borrowed money from someone you thought of as a friend but are now feeling afraid and you're paying back more than you borrowed, you may have been targeted.

"Our team can offer specialist confidential advice, so if you are worried get in touch now. We are here to help, not to judge and you shouldn't feel ashamed or embarrassed to reach out for support."

There are up to 1.08 million people in debt to loan sharks in England, according to figures from the Centre for Social Justice (CSJ).

The warning signs of an illegal lender include:

- Giving no paperwork or agreement on a loan
- Keeping items until the debt is paid such as your bank card or passport
- Taking things from you if you don't pay on time
- Adding more interest or charges so the debt never goes down
- Using intimidation or violence if you don't pay

Whats on & Things To Do!

Safer Eating in our setting (EYFS)



We follow safer eating practices to help keep the children in our care safe and healthy.

In our setting we...



Ensure children are supervised at all times during meals and snacks.

Provide healthy, balanced meals and snacks that meet children's dietary needs.

Follow allergy and intolerance procedures and keep up-to-date information.

Encourage regular drinks of water throughout the day.

Ensure food is prepared to avoid choking.

A member of staff in the room holds a valid paediatric first aid certificate.

Children are within sight and hearing of a member of staff whilst eating.



Why it's important

Following safer eating guidance reduces the risk of choking and helps children to develop healthy eating habits, supporting their growth and wellbeing.

Your child's safety is our priority

We follow the latest guidance from the Statutory Framework for the Early Years Foundation Stage.

Scan the QR code to read the Statutory Framework for the Early Years Foundation Stage (DfE)



Department for Education

Working together to keep children safe and well

Safe Sleeping in our setting (EYFS)



We follow safe sleeping practices to help keep the children in our care safe and comfortable.

In our setting we...



Child is always placed on their back to sleep.

Once a child can roll independently, they may find their own position.

Child will sleep on a low firm mattress in a safe space.
Safe space clear of loose blankets, pillows, toys.

Room temperature is maintained between 16-20°C for children. Children are dressed appropriately to avoid overheating.

Sleeping children are checked regularly and monitored closely.
Children remain within sight and/or hearing of staff at all times.
Physical checks are carried out (not solely reliant on monitors).
Sleep checks are recorded where appropriate.
Ratios are always maintained during sleep periods.

Children are never left unattended while sleeping.
Children are not left to sleep in bouncers, highchairs, or on sofas.
Any child who falls asleep elsewhere is moved safely to an appropriate sleep space.



Why it's important

Following safe sleep guidance reduces the risk of Sudden Infant Death Syndrome (SIDS) and helps children sleep safely and comfortably.

Your child's safety is our priority

We follow the latest guidance from the NHS to ensure children sleep safely in our setting.

Scan the QR code to read the NHS Safe Sleep Guidance (SIDS)



NHS

We follow guidance from the NHS

Working together to keep children safe and well

Safer Eating Food Preparation

For young children, food can be a **choking hazard**. Food should be prepared appropriately and children supervised while eating.

Think about size, shape & texture

Cut small round foods such as grapes, cherries, berries and cherry tomatoes lengthways and then into quarters.

Soften firm foods such as apples and carrots; cut into slices or narrow batons.

Sausages & hot dogs



Cut in half and then lengthways into thin strips.

Meat & fish



Remove bones and cut meat or fish into thin strips; remove skin and fat where appropriate.

Cheese



Grate or cut into narrow strips.

Bread



Cut into narrow strips.

Nuts & seeds



Whole nuts must not be given to children under 5; chop or flake nuts and seeds.

Foods to avoid



Do not give young children chewing gum, marshmallows, boiled/hard/goosey/sticky sweets or ice cubes.

Hard/boiled sweets



Do not give.

Popcorn



Do not give to young children.



Children must be seated appropriately when eating and supervised at all times.



Whats on & Things To Do!

Thursday
1st October
5:30 – 8:00pm



Join us at our Open Evening

Headteacher talks: 5:30pm, 6:15pm or 7:00pm
Student led tours from 5:30pm.

>> [Book your free tickets here](#)



 Horsforth School
 horsforthschool


HORSFORTH SCHOOL
Inspiring the future of Horsforth

YEAR 6
OPEN EVENING



THE FARNLEY ACADEMY

An **Exceptional** Student Experience



Ofsted
Outstanding
Provider

**Thursday 1
October 2026**
5.30 - 8.00pm

Principal presentations will be at
6.00pm and **7.00pm** in the auditorium.


GORSE

The Farnley Academy
Chapel Lane, Leeds, LS12 5EU

WHITECOTE PRIMARY SCHOOL
Inspire | Nurture | Challenge

**Celebrating Me
Festival**

Starting Reception is a big milestone, and to celebrate this transition, we invite you to join us for our 'Celebrating Me' Festival. The day will include the children sharing their interests and taking part in fun activities.



New Reception classes
stay and Play Session
Friday, 2nd October
9:00 am to 10:00 am




**Oulton
ACADEMY**

**YEAR 5 & 6
OPEN EVENING**

Tuesday 29th September
4:30pm - 7:00pm

Principal's Talks: 5pm, 5:45pm and
6:30pm

Pennington Lane, Oulton, Leeds, LS26 8EX

Ofsted
Outstanding
Provider

Important information!

SAFE PARKING: PLEASE READ.

A reminder to all parents and carers to park safely and considerably during drop-off and collection times.

Please do not park on double yellow lines or block the school gates, and remember to observe the 20mph speed limit. These measures are in place to help keep our children, families and community safe.
Thank you for your support.

SAFE PARKING AROUND SCHOOL

Let's look out for one another

Your care. Their safety. Our community.

Together, we can keep our children safe.

 DO NOT PARK ON DOUBLE YELLOW LINES These restrictions are in place to maintain clear visibility and keep everyone safe.	 DO NOT OBSTRUCT THE SCHOOL GATES Keep entrances and exits clear to ensure safe access to the school site.	 CHILDREN ARE EVERYWHERE With many children walking, cycling and crossing the roads each day, irresponsible parking and driving puts lives at risk.	 20MPH SPEED LIMIT Please observe the 20mph speed limit and remain vigilant, particularly during the busiest times of the school day.	 ACT RESPONSIBLY AND CONSIDERATELY The safety and wellbeing of our children must remain everyone's priority.
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Park safely. Protect lives.

Thank you for setting a good example for our children.

Thank you for your continued cooperation in helping us maintain a safe environment for all.

WHY DO WE GET SICKNESS OR DIARRHOEA?

Sickness and diarrhoea can make us weak and dehydrated. They can be caused by germs (infectious reasons) or by other non-infectious reasons.

INFECTIOUS REASONS (Caused by germs)

1 DIRTY WATER  Drinking water that is not clean or safe.	2 UNCLEAN FOOD  Eating food that is uncovered, stale or contaminated.	3 DIRTY HANDS  Not washing hands with soap before eating or after using the toilet.	4 HOUSEFLIES  Flies carry germs from dirt and waste to our food.
5 CONTAMINATED SURFACES  Touching dirty surfaces and then touching our mouth or food.	6 FOOD NOT COOKED WELL  Eating raw or undercooked food, especially meat and eggs.	7 SHARING FOOD OR UTENSILS  Sharing food or utensils with someone who is sick.	IF CAUSED BY GERMS: Stay away from school for 24 HOURS after the last event (vomiting or loose stool).  Stay home Rest and drink enough fluids

NON-INFECTIOUS REASONS (Not caused by germs)

REFLUX / ACID INDIGESTION  Stomach acid coming up into the food pipe can cause nausea, pain or loose motions.	ANXIETY / STRESS  Worry, stress or fear can affect the stomach and cause nausea, stomach upset or diarrhoea.	EATING TOO MUCH / OVEREATING  Eating large amounts of food can upset the stomach and lead to sickness or diarrhoea.	DIETARY INTOLERANCE  Some people may not digest certain foods (lactose, gluten, etc.) well and may get stomach upset.	ALLERGY / FOOD SENSITIVITY  Some foods can cause an allergic reaction leading to sickness, vomiting or diarrhoea.
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NOT CAUSED BY GERMS:
You can go to school.

Eat well, manage stress and drink enough fluids to feel better.

PREVENT SICKNESS AND DIARRHOEA

 WASH HANDS with soap and clean water before eating and after using the toilet.	 DRINK SAFE WATER. Boil or filter water and store it in a clean, covered container.	 EAT CLEAN, FRESH FOOD. Keep food covered and eat while it is hot and fresh.	 USE TOILETS. Always use toilets and keep our surroundings clean.	 DISPOSE WASTE PROPERLY. Use bins and keep our home and community clean.	 IF YOU HAVE DIARRHOEA, DRINK ORS and plenty of clean fluids. Seek medical help if needed.
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GOOD HABITS. CLEAN SURROUNDINGS. A HEALTHY YOU!

WHITECOTE PRIMARY SCHOOL
Inspire | Nurture | Challenge

WHAT TO DO IN CASE OF SICKNESS BUGS!

Important information!



8:15 – 8:45

Free Breakfast Club



Give your child a great start to the school day!
Our free, government-funded Breakfast Club runs from
8:15am to 8:45am and can be booked quickly and easily
through the Arbor app.

Bookings close at 7:15am on the day.

If you have any questions, please speak to the school office
or wrap around care team – we're always happy to help!

WHITECOTE SCHOOL TRIPS



Packed Lunch



Backpack



Sun Cream



Outdoor Shoes



Waterproof coat



Overnight Bag



Toiletries



Pyjamas



Own Clothes

KEY

Salts Mills at Saltaire Wednesday 14th October

Price: £6.00.

Please return the permission slip to
class and make payment on Arbor
by Wednesday 7th October



Year 5 - Murton Park Date TBC



**New Trips
Coming Soon!**



**New Trips
Coming Soon!**



**New Trips
Coming Soon!**

