

Sowerby Primary Academy Newsletter No. 1 2025



‘Sowing seeds of success: growing courageous learners’

Tel: 01845 523037

www.sowerbyacademy.org Date: 3rd September, 2025

Newsletter 01 2025

Dear parents, carers,

Happy Wednesday and the first newsletter of the year. It was such a pleasure to see all the children return to school, looking so smart and smiling. I want to extend a warm welcome to all our new starters in Reception but also those in other year groups that have joined us this year. As always our Sowerby pupils are welcoming and help them settle in quickly.

Starting BIG school is exciting but also daunting for little ones. I can reassure you that staff will be spending time helping them to settle and getting to know them. Any problems please do let us know early so that we can address them. Dojo is the best way to reach teachers and if you haven't got joining instructions, they should be coming your way shortly. Please do take the time to register so that you are in the loop.

Keeley Ungerechts

Executive Headteacher

Saplings Nursery

Anyone interested in registering their child for a nursery place please contact Mrs. Clark Tel: 01845 523037. Or email: admin@sowerbyacademy.org

Saplings parents only.

Potential

Before After School care for pre school aged children (3-4Yrs)

We are considering opening our Dragonflys before and after school club to our nursery parents. This can only be pre-school age due to staffing ratios and environment. The prices would be the same as other age groups and not included in Nursery funded hours.

Would you be kind enough as Saplings parents to take part in this survey to help us find out if this would be feasible. Please use the link below to take the survey. Thank you for your time.

<https://forms.office.com/e/j7FXRTw7B5>



Dragonflies

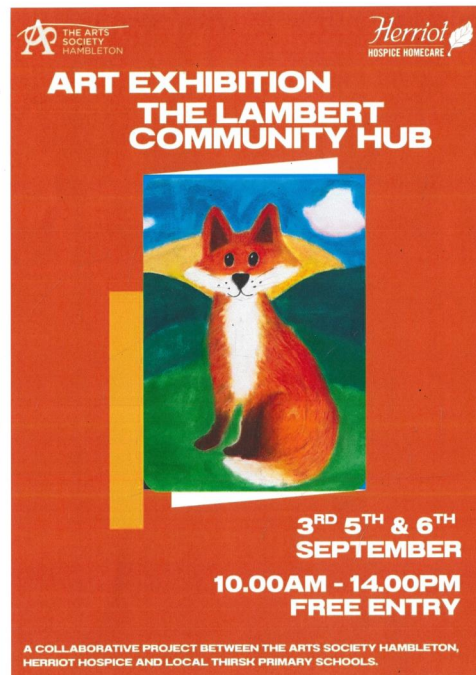
Our wrap around care before and after school club is Dragonflies. A separate registration form is required but this is open to all Rec-Y6 pupils. Booking is essential as we do have limited numbers. It runs from 7.30am and finishes at 6pm. Please can we ask that you inform Dragonflies if your child is not attending a pre-booked session, i.e if they are going home with a friend etc. This can be done by contacting Miss Dixon on dragonfly@sowerbyacademy.org.

Policies and costs are on the school website:

<https://www.sowerbyacademy.org/dragonflies>

Art Exhibition

We were delighted to participate in this project. The children really enjoyed working with talented artists to produce some fantastic pieces of artwork. Entry is free - please pop along and view their work. Details on the poster below.



Flu Vaccination - 10th October, 2025

Dear Parent/Guardian,

*Vaccination UK is attending your child's school to provide flu vaccinations. For your child to receive their nasal flu vaccination in school, please complete a **YES** consent form using the **link below**.*

The nasal spray is quick, painless and is the most effective option for under 18's.



*If your child **cannot** have the nasal spray, the injectable flu vaccine is available, and you will be able to choose that method on the consent form. If you **DO NOT** wish for your child to have a flu vaccination, please complete a **NO** consent via the same link.*

Further information can be found on the website <https://www.schoolvaccination.uk/flu>

The Menu Choice for next week is Menu 2 of our new Autumn menu.


Please note, we have updated the menus for Autumn. If your child is going to be late into school and they require a hot meal. Please can you phone the office and pre-order their meal. Thank you.

Sowerby Autumn Menu Week 1

WEEK 1	 MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Pork steaks with roast potatoes, Yorkshire pudding and gravy (D/F available)	Margherita pizza with homemade wedges (D/F available)	Ham & chesse panini (D/F available)	Chicken pie and creamy mash potatoes (D/F available)	Crispy fish and chips (D/F available) Salmon pieces available if requested
VEGETARIAN MAIN DISH	Veggie hotpot with Yorkshire pudding and gravy (D/F available)	Sweet lentil curry with rice (D/F available)	Cheese panini (D/F available)	Macaroni and cheese	Vegan sausage roll and chips (D/F available)
ACCOMPANIMENTS 	Peas & sweetcorn	Peas & carrots	Salad	Broccoli & sweetcorn	Baked beans
DESSERTS	Homemade Fruit flapjack	Homemade Jam & coconut sponge	Cookie	Homemade Berry sponge	Homemade Banana bread
FRESH FRUIT OR YOGHURT	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	
Jacket potato Sandwich	Jacket with Tuna and Sweetcorn. Ham sandwich	Jacket potato with cheese (D/F available) Tuna and Sweetcorn sandwich	Jacket with Beans. Egg sandwich.	Jacket with Cheese (D/F available) Ham sandwich.	Jacket with Beans. Cheese sandwich (D/F available)





Sowerby Autumn Menu Week 2

WEEK 2	 MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAINS	Chicken dinner with a Yorkshire pudding and creamy mash (D/F available)	Beef burger in a bun with homemade wedges (D/F available)	Chicken korma with rice and fresh herb bread	All day breakfast. (D/F available)	Battered fish and chips. (D/F available) Salmon pieces available if requested
VEGETARIAN MAINS	Quorn chicken fillet with a Yorkshire pudding and creamy mash (D/F available)	Quorn breaded burger in a bun with homemade wedges (D/F available)	Quorn chicken and tomato wrap with rice (D/F available)	Veggie all day breakfast (D/F available)	Cheese and onion quiche
ACCOMPANIMENTS	Peas and carrots	Baked beans	Veg medley	Baked beans	Veggie sticks
DESSERT	Homemade Ginger biscuit	Homemade Oaty Biscuit	Homemade Chocolate orange Brownie	Homemade Lemon drizzle	Homemade Carrot cake
DESSERT OPTIONS	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt
Jacket Potato Sandwich	Jacket with tuna and sweetcorn. Cheese sandwich (DF available)	Jacket with beans. Tuna and sweetcorn sandwich.	Jacket with cheese (DF available.) Ham sandwich.	Jacket with beans. Egg sandwich.	Jacket with cheese (DF available.) Ham sandwich.



Sowerby Autumn Menu Week 3

WEEK 3	 MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Mild chicken curry with prawn crackers and rice (D/F available)	Pork sausage served in a bread roll with homemade wedges	Gammon dinner with Yorkshire pudding, creamy mash and gravy	Chicken goujons with half a jacket potato (D/F available)	Crispy Fish and Chips (D/F available) Salmon piece available if requested
VEGETARIAN MAIN DISH	Baked bean and cheese pastry with wedges (D/F available)	Quorn sausage served in a bread roll with homemade wedges	Quorn sausage and creamy mash and gravy (D/F available)	Cheesy wheel with rice	Quorn Nuggets (D/F available)
ACCOMPANIMENTS 	Peas and sweetcorn	Pea & carrots	Sweetcorn and broccoli	Baked beans Or peas	Veggie sticks
DESSERTS	Homemade Orange Sponge	Homemade Apple Flapjack	Homemade Courgette Sponge	Homemade Chocolate and coconut Crunch	Homemade Custard cream biscuit
FRESH FRUIT OR YOGHURT	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt
JACKET POTATO Or SANDWICH	Jacket potato with beans. Cheese sandwich (DF available).	Jacket with chesse (DF available). Ham sandwich.	Jacket potato with tuna sweetcorn. Egg sandwich (DF available)	Jacket with beans. Tuna and sweetcorn Sandwich.	Jacket with cheese(DF available) Ham sandwich



School Trip packed lunch



A Mellor's school-trip packed lunch is FREE for anyone on a school trip that has Government funded lunches

A Mellor's school-trip packed lunch can also be provided to anyone who pays for a school dinner to save you the hassle!

Items from home can be added to or substituted in the packed lunch to suit your child's tastes (items in-line with general school packed lunch policies)

Mellor's can just provide the fresh items to add to your child's packed lunch on school trip days i.e. sandwich/fruit

SCHOOL-TRIP PACKED LUNCH

Sandwich

Roast ham, Cheddar cheese or Tuna mayonnaise

Cucumber/Veggie sticks

Piece of Fresh fruit

Homemade Cake/Biscuit

(water provided when school doesn't request personal water bottles)

All known allergens can be catered for as when the children are at school

IMPORTANT: Parent Pay Reminder Information

PLEASE ENSURE THAT ALL PARENTPAY ACCOUNTS ARE CLEARED BEFORE THE END OF THE TERM - THANK YOU.

Please can we politely remind parents to keep their Parent Pay account in a positive balance to pay for school meals, breakfast club, Before and After School Club services etc.

School meals and Breakfast Club attendance must be paid on a **weekly basis**.

School meals are £2.85 per day.

Nursery fees and Before and After School Club needs to be paid by the **7th of the following month**.

We regularly send text messages as a reminder. Please do not ignore these.

All negative balances must be cleared by the end of each month. Thank you.

Dates for your diary

15th September, 2025 Individual photos.

10th October, 2025 Flu Immunisation

5th November to 11th November , 2025 - Book Fair

18th November, 2025 - Y6 Crucial Crew

2nd March 2026 Saplings Photographs

26th March, 2026 Class Photographs

Activities

A green poster for 'ASTENNIS COACHING'. At the top, the title 'ASTENNIS COACHING' is in large, bold, black letters, with a yellow tennis ball icon to the right. Below the title, it says 'Programme based at Thirsk Tennis Club' and 'Sessions ran by Adam Scaife'. The poster lists sessions for Monday through Friday. Monday: 5.20pm - 6.20 - 11+yrs. Tuesday: 4pm-5 - 4-8yrs, 5pm-6 - 7-11yrs, 6pm-7 - 10+yrs. Wednesday: 5.15pm-6.15 - 10+yrs (Girls only). Thursday (at Knayton): 5pm-6 - 7-11yrs. Friday: 4pm-5 - 4-8yrs, 5pm-6 - 7-11yrs, 6pm-7 - 12+yrs. There are several tennis ball icons in different colors (orange, green, red). On the right side, there is a cartoon illustration of a boy in a blue shirt and white shorts, swinging a tennis racket. At the bottom, there are sections for 'Addresses' and 'Booking'.

ASTENNIS COACHING

Programme based at Thirsk Tennis Club
Sessions ran by Adam Scaife

MONDAY **FREE TRIAL POSSIBLE**
● 5.20pm - 6.20 - 11+yrs

TUESDAY
● 4pm-5 - 4-8yrs
● 5pm-6 - 7-11yrs
● 6pm-7 - 10+yrs

WEDNESDAY
● 5.15pm-6.15 - 10+yrs
(Girls only)

THURSDAY (at Knayton)
● 5pm-6 - 7-11yrs

FRIDAY
● 4pm-5 - 4-8yrs
● 5pm-6 - 7-11yrs
● 6pm-7 - 12+yrs

Addresses:
Thirsk tennis club, Athletics club, Newsham Road YO7 1QP
Leake Tennis Club Knayton HRAP YO7 4AX (Thursday sessions only)

Booking:
Contact adam on:
07876458168 (Whatsapp)
Adam_Scaife91@hotmail.com
Instagram/Facebook @LTAMiniTennisThirsk

Term Dates Academic Year 2025/2026

The term and holiday dates for the academic year 2025/2026 are on the school website. Please click on the link below to view these. Thank you.

<https://www.sowerbyacademy.org/home/term-dates>

Attendance

I am sorry but we are not able to authorise any holidays in term time. It is imperative that we close educational gaps created by lost learning and we must follow DfE guidance on this. Thank you for your understanding. Exceptional Circumstances Leave [Request form must be submitted prior to leave being taken](#). This is also available on school website (parents tab/parents information)

Attendance is very important and this is monitored for every child. Any child with attendance below 90% is classed as PA Persistent Absence and we have a duty of care to follow this

through to see how we can support this getting better. We would communicate concerns about attendance, in the first instance, by letter. Letters for last term will be sent out this week.

Attendance last week of term

Whole School: 95.9 %

Unauthorised Absence:0.9%

Best class attendance last week: **99.33% Nightingale Class Well done!**

[School Calendar](#)



Please follow the link to calendar of events this term on our website.

[Up and coming events](#)