



Welburn Hall Weekly

Friday 3 October 2025



Hello and welcome to our weekly Newsletter.....

School dinner arrears

ParentPay should now be working for everyone. Please settle any outstanding debt.

Thank you for your understanding

Autumn Term 1 Food Tech Contributions

Payments can now be made towards Autumn Term 1 Food Tech.

So, if you are able to contribute, please do so via ParentPay. Thank you



Can we please ask Parents/Carers of our new learners to log in and activate their ParentPay account. Even if your child has free school meals, we still need parents to have their own ParentPay account. Your help is greatly appreciated. Thank you.

Lunch Wk 3	Main option 1	Vegetarian option 2	Options 3 or 4	Pudding
Mon	Beef burger 	Lentil & veg burger VG 	Chicken pie Or Ham sandwich	Summer berry & lemon muffin V 
Tues	BBQ pulled pork noodles 	Quorn dippers V 	Pasta carbonara Or Tuna sandwich	Double mousse pot V 
Weds	Roast chicken & Yorkshire pudding 	Roast veg loaf & Yorkshire pudding V 	Option 3 Tuna jacket potato	Chocolate surprise cake V 
Thurs	Creamy mac & cheese V 	Veg korma & rice VG 	Lemon & herb chicken flat bread Or Tuna sandwich	Summer crumble pot V 
Fri	Fish fingers 	Pizza pinwheel V 	Fish star Or Cheese sandwich V	Biscuit swirl VG 

We are a nut aware school

V – Vegetarian VG – Vegan. Jan 2025



RESPECT



PERSEVERANCE



EXCELLENCE



Heads-up!

Dear Parents and Carers,

What a fantastic day out was had by all last Friday at Flamingo Land. We have included some photos in this newsletter. I wanted to personally thank our sponsors without whom we would not be able to afford these trips!

Thank you to all staff for as always, going the extra mile to make this happen.

Marianne



This week Christina's class have been looking at cells and cell organelles. Alongside learning about chromosomes and inherited genes we got out the light microscopes to look at cells in more detail.

EHCP Annual Reviews

Please can we remind parents and carers that annual reviews take place on Tuesdays and Thursdays with email invites sent at least 6 weeks in advance.

Your invite has a K1 form attached, which you are asked to complete and return at least two weeks before the review; these can be sent into class or photographed/emailed to Admin.

We have to email the first part of the review paperwork to the local authority 2 weeks before the meeting and you are copied in to this. It also includes your child's current EHCP with comments/changes from their teacher. Please read this carefully and come to the review meeting with any changes that you want. Your child's EHCP determines their needs and so it's very important that we get it right.



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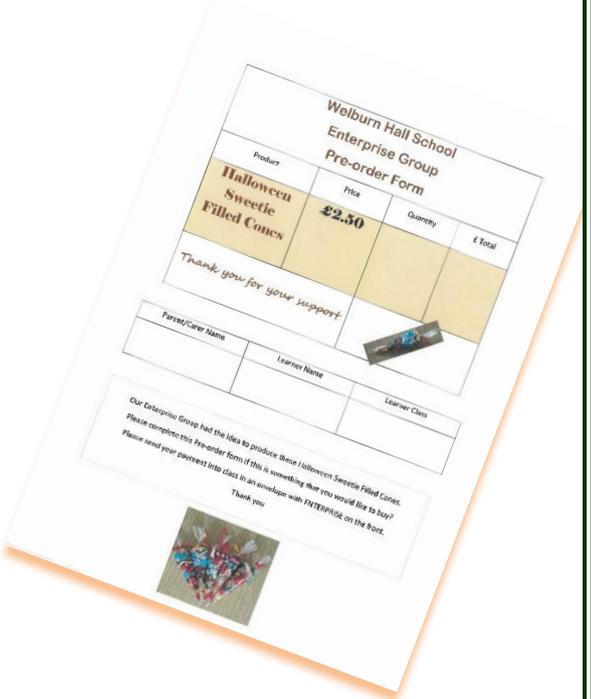


This half term during art lessons with Ellie, Sarah and Daisy's class have been learning about Indian Rangoli Art. In this week's lesson, learners created a nature Rangoli using organic material found on West Lawn. Learners also linked the colours of the natural objects with their symbolism in Rangoli art.



Our Enterprise Group is offering Halloween Sweetie Cones for sale.

Please look out for pre-order forms, which have been sent home.



ART CLUB



Art Clubbers are busy with finishing touches, perfecting their dotwork skills ready to transfer them onto a mask, as the end of topic project.

They have lots of ideas in the pipeline for creative fun, so please watch this space to see more fantastic artwork!



RESPECT



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EXCELLENCE



Paul's class had a fabulous time in Food Tech making chocolate biscuits. There were many skills used and lots of fun was had.

Obviously, the best part is always licking the spoon and eating the biscuits!!



RESPECT



PERSEVERANCE



EXCELLENCE

Thank you!!

Once again to the Pickering & District Rotary Club for our fantastic day out



RESPECT



PERSEVERANCE



EXCELLENCE



RESPECT



PERSEVERANCE



EXCELLENCE



Welburn Hall School

Wellbeing & Safeguarding



North Yorkshire Safeguarding Children Partnership (NYS CP) aims to ensure all children in North Yorkshire are safe, happy, healthy and achieving.



If you are worried about a child – this is the duty number: 0300 131 2 131 Or see their website here:

<https://www.safeguardingchildren.co.uk/about-us/worried-about-a-child/>

WHY 'KINDNESS MATTERS' & HOW DOING GOOD DOES YOU GOOD

'WE MAKE A LIVING BY WHAT WE GET. WE MAKE A LIFE BY WHAT WE GIVE.'

SIR WINSTON CHURCHILL

THE FOCUS FOR THIS YEAR'S MENTAL HEALTH AWARENESS WEEK IS 'KINDNESS MATTERS'. IT IS AN OPPORTUNITY TO LOOK INTO THE BENEFIT OF HELPING OTHERS WHICH IS GOOD FOR IMPROVING OUR OWN MENTAL HEALTH AND WELL BEING. HERE ARE SOME IDEAS TO GET YOU THINKING:

ALTRUISM

Altruism is acting in someone else's best interests in order to improve their welfare. When we feel compelled to donate money, shop for someone, call a relative in need or help a neighbour, we are considering the needs of others even when we may not know them. Showing kindness like this, often motivated by empathy, creates a sense of purpose, making us feel good and developing our wellbeing. Children and young people can take part in altruistic activities at home or school. They could create a video for those in isolation, fundraise for a local cause, bake cakes for neighbours or write letters to older members of the community who may feel isolated.



GENEROSITY

In the context of kindness, being generous with our time, resources and words can provide a low-cost approach to helping others. A generous act is accessible to all. Giving compliments, for example, are a well-researched way of creating a sense of wellbeing and positivity in a community at school or with family. It helps us to recognise the positivity in others as we actively choose to notice and comment on what is valuable and meaningful in someone else. When compliments are given regularly, consistently and with meaning, the community benefits are far reaching!



GIVE TO GIVE. NOT TO RECEIVE

Sometimes when we are kind there is no payback, which can make it more difficult to keep being kind. Our natural reaction is to shrink back and withdraw our kind act, feeling frustrated that it has either not been reciprocated or that it has not been valued. This is probably one of the most difficult concepts for children to understand and where the 'random acts of kindness' approach is helpful. If it is a random act then it is 'just because' and for no other reason than a one-off act for someone.



HOLDING OTHERS IN MIND

By holding someone in mind we show that we have been thinking about them and that they matter to us. This act of kindness is so important now, more than at any other time, due to isolation. A simple text to say 'I saw... on the telly last night and it made me think of you!' or a quick call to say 'I was just thinking about you yesterday and was wondering how you're doing?' can mean so much. We probably all do this naturally as part of showing kindness and care to others, but perhaps may not appreciate the importance of this for wellbeing.



COMMUNITY

When we help others in our community, it improves our wellbeing by helping us to feel less isolated as we connect with others. When we show kindness, it is something which we feel we can control, particularly when things may feel a bit chaotic and unusual. Helping others can often give us a different perspective on our own challenges and our own problems. Peer support, for example, is often overlooked as an important part of improving wellbeing. Older students can often greatly benefit from sharing similar, shared experiences and can offer a level of empathy and understanding that adults may not be able to.



KINDNESS WITH CAUTION

There is a very helpful analogy that is used when we are in an emergency, 'we should put our own oxygen mask on before putting on someone else's'. What's helpful here is that giving to others can often improve our mental health and wellbeing. However, there are times when helping others can create stress or overwhelm us. This is sometimes called 'compassion fatigue'. So, we must balance our own wellbeing with the wellbeing of others. We should notice if we start to feel resentful or negative or if we start avoiding others, have difficulty concentrating or start experiencing unusual sleep patterns. If this happens it's a good time to take a break or ask someone for help or support.



'KINDNESS IS A SILENT SMILE. A FRIENDLY WORD. A NOD OF ENCOURAGEMENT. KINDNESS IS THE SINGLE MOST POWERFUL THING WE CAN TEACH CHILDREN.'
RA KATVIST

The National College

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department for Education, advising them on their mental health action plan.



For further info, check out these online resources:

<https://www.mentalhealth.org.uk/blog/random-acts-kindness>

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week/get-involved>