



Welburn Hall Weekly

Friday 13 February 2026

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

We kindly request that all outstanding Spring 1 items on ParentPay including payments for lunches, food technology contributions, and school trips (excluding residential) **are settled by the end of half term today, Friday 13th February.**

Prompt settlement means that all arrangements for our next half term can proceed smoothly and we are up to date.

If you have already paid, thanks for your prompt attention. We appreciate your cooperation and support. **Thank you**



ParentPay

Parent Pay activation letters have been sent home in book bags.

If you haven't already done so, can we please request that you log in and activate your account. Even if your child has free school meals we still need parents to have their own Parent Pay account.

Your help is greatly appreciated. Thank you.

Lunch Wk 1	Main option 1	Vegetarian option 2	Options 3 or 4	pudding
Mon	Chicken nuggets 	Nacho pasta V 	Tuna panini Or Cheesy bean jacket v	Shortbread V 
Tues	Beef burrito 	Pizza V 	Tuna pasta Or Cheese jacket potato v	Victoria sponge V 
Weds	Roast gammon 	Toad in the hole V 	Creamy pesto pasta v Or Egg mayonnaise wrap v	Jelly & ice cream V 
Thurs	Spaghetti Bolognese 	Veggie burger VG 	Ham sandwich Or Cheese jacket potato v	Crumble sponge & custard V 
Fri	Fish fingers 	Cheese & bean quesadilla V 	Tomato pasta VG Or Baked bean jacket potato VG	Brownie V 

We are a nut aware school

V - Vegetarian VG - Vegan. Jan 2026



RESPECT



PERSEVERANCE



EXCELLENCE



Heads-up!

Dear Parents and Carers,

Happy Half Term!

Despite the wind, rain, sleet, snow and floods, we have made it to half term and I am sure staff and learners are all ready for a break. It has been a busy few weeks; work experience has really taken off, there has been Valentine baking and arts and crafts, we had random acts of kindness and some excellent work on wellbeing and mental health.

We have also been digesting the news from Marianne that she will be moving on in September. We will all miss her and the immense contribution she has made to the school. Marianne, the governors and I want to reassure you that it will be business as usual at Welburn Hall for the rest of the academic year.

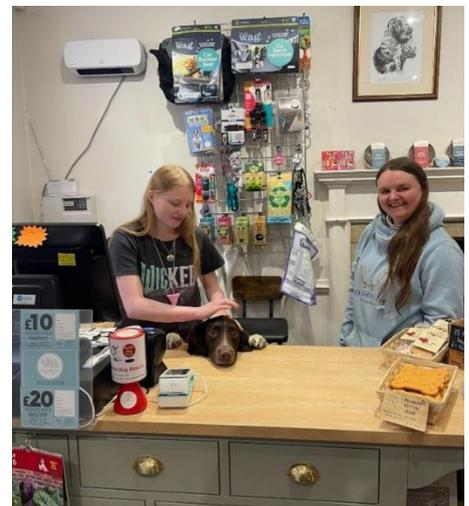
There are a number of events planned for next half term; College are hosting a fashion show on 24th March in aid of their residential trip to Peat Rigg, details are below and also Welburn's Got Talent tickets are on sale through Helmsley Arts Centre.

A huge thank you to the HSA for their fund-raising quiz event which raised £377. We really appreciate the time and effort that goes into planning these events and I look forward to seeing the new outdoor activities kit when it arrives.

I hope you all enjoy a relaxing half term.

Alison

One of our College learners started her work experience placement at a local pet shop! Her first job was to learn how to scan items into the till and she is already looking forward to going again next week (and not just for the doggies)! Well done!



Very well done to our HSA who have raised £377 at the quiz night.

They would like to thank everyone who attended and the Sun Inn pub for their support. This money will be going towards outdoor activities in the play area outside Food Tech.



RESPECT



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EXCELLENCE

Andrew's class have had lots of fun doing Valentine's themed crafts for their families this week. They've enjoyed making love bugs and monsters



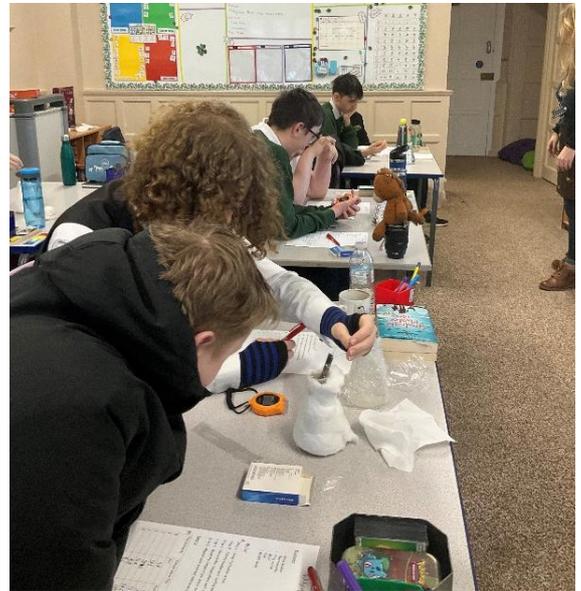
RESPECT



PERSEVERANCE



EXCELLENCE



Last week in Christina's class they explored insulative materials, as well as conducting a practical experiment.

The class showed great team work and achieved good results.



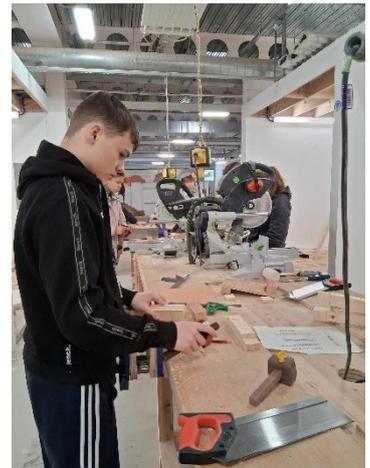
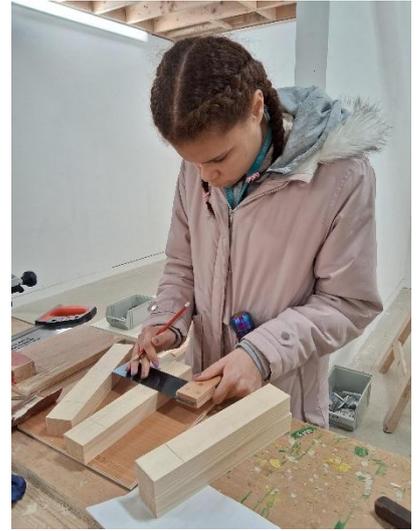
RESPECT



PERSEVERANCE



EXCELLENCE



This week at construction the learners started making a photo frame.
They continued to practice corner halving joints



RESPECT



PERSEVERANCE



EXCELLENCE

Fashion Show

HIGH STREET LABELS & BOUTIQUE FASHION
GOODS FOR SALE AT THE EVENT

Welburn Hall School



Tuesday 24 March

7pm

doors open from 6.15pm

For tickets complete the form or email
Admin & they will be sent home.

Tickets also available from Home
Decorating Centre, Kirkbymoorside

£5 per Ticket
includes refreshments

★ Raffle ★



Complete Clothing
Company

Proceeds in support of
Our College residential trip to Peat Rigg

Email Admin@welburn-hall.n-yorks.sch.uk for tickets

 WWW.COMPLETE-CLOTHING.CO.UK

 COMPLETECLOTHINGCOMPANY

Ticket order forms have been sent home for our forthcoming
Fashion Show.

The show is being organised by our College learners in aid of
their forthcoming Peat Rigg residential.
We hope to see you there!!



RESPECT



PERSEVERANCE



EXCELLENCE



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/>

What Parents & Educators Need to Know about MENTAL HEALTH MISINFORMATION ONLINE

WHAT ARE THE RISKS?

A research study by Ofcom revealed that children aged 9–15 increasingly use online platforms like TikTok for mental health advice, with 50% relying on social media for information. Unverified medical content online is concerning, with the potential to cause confusion, anxiety, or incorrect self-diagnoses. This guide provides expert strategies to help parents and educators tackle misinformation effectively and ensure safer digital experiences for young people.

POPULAR ONLINE SOURCES

Platforms like TikTok and Instagram are two of the main sources of young people's mental health content. Videos and posts frequently feature unqualified influencers, contributing to misinformation, myths, and oversimplifications. While appealing to young audiences, this unverified content can distort perceptions, and create unrealistic expectations and misunderstandings about mental health conditions.

RISK OF SELF-DIAGNOSIS

Social media's misleading content encourages young people to self-diagnose complex mental health conditions inaccurately. Misdiagnosis can exacerbate anxiety, cause unnecessary worry, or delay essential professional intervention. This has the potential to escalate manageable conditions into more significant mental health issues requiring comprehensive clinical support.

LACK OF FILTERS

Social media platforms struggle to filter misinformation effectively, allowing false content to spread widely and quickly. Without proper guidance, young viewers may not discern fact from fiction, potentially internalising inaccurate beliefs about mental health. This can negatively influence their decisions about seeking professional help or managing mental wellbeing.

IMPACTFUL PAST TRENDS

Historically, online mental health misinformation has led to harmful trends, including inappropriate coping strategies or sensationalised symptoms. For example, past TikTok trends on self-harm or anxiety 'hacks' have spread damaging advice, underscoring the risk when misinformation is not promptly addressed or corrected by knowledgeable adults.

MISLEADING CLINICAL TERMS

Online trends often include the misuse of clinical terms, such as 'trauma' or 'OCD', making serious conditions seem trivial or inaccurately understood. Such misinformation can diminish empathy, and lead young people to misunderstand mental health complexities, potentially preventing them from identifying real mental health issues in themselves or others.

REPLACING PROFESSIONAL HELP

Frequent reliance on digital content can deter young people from seeking professional mental health care, substituting expert support with unverified online advice. This substitution can prolong issues, complicate recovery, and reduce the effectiveness of future professional interventions, ultimately impacting overall mental health and wellbeing negatively.

Advice for Parents & Educators

MONITOR ONLINE ENGAGEMENT

Regularly review and discuss a young person's online activity, providing appropriate guidance on discerning accurate content. Tools such as parental controls or co-viewing content can help mediate exposure to harmful misinformation, facilitating safer digital habits and informed critical thinking about mental health.

IDENTIFY RELIABLE SOURCES

Teach young people to critically evaluate mental health content by checking credentials, source authenticity, and evidence-based information. Encourage them to refer to trusted medical or educational platforms and to consult healthcare professionals for clarification. This reduces young people's reliance on potentially harmful or misleading online sources.

SCHOOL-HOME COLLABORATION

Strengthen collaboration with educators to integrate digital literacy into the school curriculum, emphasising misinformation awareness. Jointly delivered education sessions on identifying and responding to misinformation can significantly improve pupils' ability to critically assess mental health content, supporting their mental wellbeing effectively both online and offline.

ENCOURAGE OPEN DIALOGUE

Foster a non-judgemental environment where young people feel comfortable discussing online content. Regularly talking about their online experiences and perceived mental health concerns helps clarify misunderstandings, mitigates misinformation, and builds trust, thereby enhancing their resilience and digital literacy. Model situations where you have sought advice from accurate sources and not solely relied on social media for health advice.

Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.

