



Welburn Hall Weekly

Friday 19 September 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 1	Main option 1	Vegetarian option 2	Options 3 or 4	Pudding
Mon	Sticky pork noodles 	Italian pasta bake VG 	Tuna sandwich Or Jacket potato & beans VG	Chocolate Sponge & Custard V 
Tues	Minced beef loaded wedges 	Veg sausage with wedges VG 	Onion bhaji burger VG Or Cheese sandwich V	Jam doughnut muffin V 
Weds	Sausages, gravy & mashed potatoes 	Tomato & herb pasta pot VG 	Ham sandwich Or Jacket potato & beans VG	Flapjack VG 
Thurs	Chicken Korma 	Cheese & tomato pasta V 	Mexican beef taco Or Cheese jacket potato V	Sponge & custard V 
Fri	Fish fingers 	Cheese whirl V 	Chicken parmesan Or Cheese sandwich V	Jam shortcake VG 

V – Vegetarian VG – Vegan. Jan 2025



We are a nut aware school

ART CLUB



We are happy to report that our Art Clubbers are enjoying their lunchtime activity in the new Creative Arts room within the house.

Their current project is African inspired dotwork. Learners are perfecting their technique with paint, pens and various utensils to create some fantastic pieces before they transfer their skills to the main project which is a dotwork mask.

We have lots of new faces to the group, which is fantastic to see!



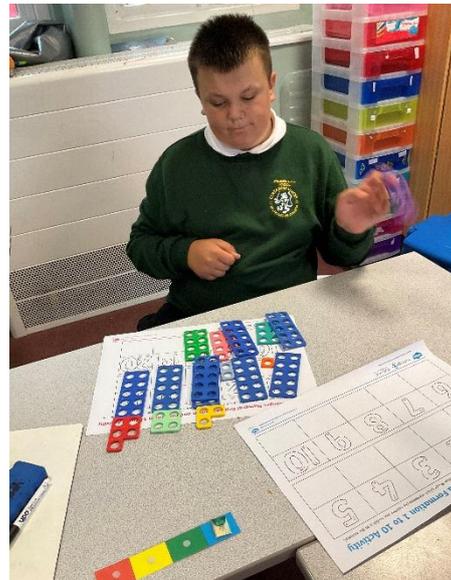
RESPECT



PERSEVERANCE



EXCELLENCE



This week we want to welcome the second of our new teachers, Mrs Emma Smith.

In her Semi-Formal class they used bucket time (attention autism) to improve focus, communication and shared attention. They really enjoyed these activities and are getting really good at it.

In maths, they're working on understanding digits up to 20, including place value. Everyone has done great work!



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/>

10 Top Tips for Parents and Educators SUPPORTING CHILDREN GOING BACK TO SCHOOL

Returning to school after the summer holidays can be both exciting and daunting for children of all ages. Different routines, classes, schools, and academic pressures can cause anxiety or uncertainty. Parents play a vital role in easing this transition. This guide will help you support your child emotionally, mentally, and practically as they return to school.

1 RE-ESTABLISH ROUTINES

Gradually shift back to school-time routines a week or two before term starts. Regular bedtimes, wake-up times, and mealtimes can help children feel more secure and reduce the shock of change when school begins. Having a routine creates predictability and stability, helping to reduce anxiety while improving sleep and concentration.

2 TALK ABOUT FEELINGS

Encourage open conversations with children about their feelings. Ask them how they feel about returning to school, such as what they're looking forward to and anything they might be feeling unsure or worried about. Validating their emotions can help reduce anxiety and show them it's okay to talk about their emotional wellbeing.

3 SUPPORT WITH SLEEP

Children need adequate sleep for concentration, brain function, memory, and emotional regulation. Establish a wind-down routine without screens at least an hour before bed, and encourage relaxing activities like reading or listening to calming music.

4 LOOK OUT FOR SIGNS

Some children hide their anxiety. Watch for changes in their behaviour, such as withdrawal, stomach aches, and irritability. If worries persist, speak with their teacher or the pastoral team early to ensure your child receives support.

5 REFRESH SOCIAL CONNECTIONS

Help children reconnect with school friends by arranging playdates or video chats in the week before school starts. Familiar faces and social interactions help the transition and provide emotional comfort on that first day back.

6 CREATE A CALM MORNING

Mornings set the tone for the day. Plan ahead with a consistent morning routine that allows time for breakfast, getting dressed, and talking calmly about the day. Avoid last-minute rushing to reduce stress for everyone.

7 FOCUS ON POSITIVES

Talk about the fun and interesting parts of school – seeing friends, favourite subjects, or exciting activities. One simple but powerful change parents can make is swapping “How’s your day been?” for “What’s been good about your day?” This invites more of a positive, open response. Focusing on positives can help shift children’s anxious thoughts and reframe school as a safe and engaging place.

8 VISIT OR VISUALISE SCHOOL

If possible, encourage visits to the school grounds before the first day, especially if it’s a new school. Walking the route or even looking at photos of classrooms and teachers can make the environment feel familiar. The school website is always a great go-to place for this. This is particularly helpful for younger children or those with additional needs.

9 PLAN AHEAD TOGETHER

Involve children in preparing for school – buying supplies, packing their bag, or choosing lunch options. This gives them a sense of control and builds excitement. Use checklists or calendars to prepare together, helping reduce last-minute stress.

10 STAY POSITIVE AND PRESENT

Children pick up on your outlook. Stay calm, positive, and present, especially during drop-offs. Avoid lingering goodbyes, and let them know you’ll be there at pick-up. A consistent, reassuring presence builds their confidence and resilience.

Meet Our Expert

This guide was created by Jo Morton-Brown, an Emotional Health Practitioner with nearly 15 years’ experience supporting children and young people’s mental health. She produces uplifting YouTube content for pupils and trains adults to better support young people’s wellbeing, with a mission to help every child feel valued and understand their emotions.



#WakeUp
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