



# Welburn Hall Weekly

Friday 19 December 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

### Food Tech Contributions

There are new Food Tech payments of £7 on ParentPay, only for those learners who are doing Food Tech this half term.

Please look on your ParentPay for this; it's £1 per week for these life skills lessons. Thank you



We kindly request that all outstanding Autumn Term items on ParentPay including payments for lunches, food technology

contributions, and school trips (excluding residentials) are settled by today.

Prompt settlement means that all arrangements for our next term can proceed smoothly and we're up to date for the new year.

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

We are a nut aware school

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

V – Vegetarian VG – Vegan. Jan 2025



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# Heads-up!

Dear Parents and Carers,

It has been a packed final week of term with many lovely moments, some of which you can see in the photos below.

Andrew and Rachel's learners have been rehearsing hard and produced an amazing performance of "Are You An Elf" this week. Thank you to parents for coming to support the children and providing our first live audience in several years. It was a fantastic success and I am already looking forward to next year's production!

A big thank you to the Home School Association for providing a school disco yesterday, the children loved selecting their disco outfits and enjoyed the event enormously.

Today we have our Carols and a Cuppa event. College learners have been involved in the preparations and many of the classes have been practicing their singing and signing. We have approximately 40 parents and carers due to join us and we are thrilled to see so many of you sharing this event with us.

We close today for the Christmas break and reopen to learners on 6<sup>th</sup> January. I hope you all enjoy the festivities and have a rest.

*Alison*



Daisy's class have been learning about Ancient Egypt this half term. In DT, they have been designing and making Ancient Egyptian inspired masks.

We think they look amazing!!!



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We need to say a very special thank you to Newburgh Christmas Trees for their very kind donation of this beautiful tree, currently residing in the house hallway and looking very resplendent!!

*Thank You*



As a treat for all their hard graft, our Birds of Prey work experience group got to hold some of their beautiful owls. It was fantastic!

## School Attendance

Can we politely remind parents and carers that learner absence must be reported before 9.30am. You can either email your class team or call/email reception.

Unless we know that your child/young person has to be off for 48hrs due to vomiting for example, then you must contact us each day that they are away from school.

We cannot take messages from taxi drivers or escorts – it must be from a parent/carers. If the line into school is busy, then an answerphone message is fine.

Many thanks for your help with this.



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Thank you to all  
parents and carers  
who came to our  
Carols and a Cuppa  
sing-song.  
  
Everyone had a  
lovely time!!

## Welburn Hall Minibus – can you help?

Parents and Carers will not yet be aware, but both our green and white minibuses have broken down beyond repair.

We have been raising funds for a new school minibus – and we're very thankful to those who have helped so far – we're currently up to about £14,000, but to get a new bus through Variety Sunshine Coaches, we need get just over £20,000.

Ryedale Lions have contributed, as have some of the other Lions groups around us; Pickering and District Rotary Club pay for our Flamingo Land trip, so understandably, they have to support other good causes.

We are looking for other organisations to approach and wondered whether parents and carers can help us?

- Do you work for a company that has a charitable fund that we can apply to?
- Do you know of other local charities that either support special educational needs or provide funds for transport?
- Do you know of any large national charities that give money for this type of thing?

Our Out and About sessions, as well as work experience are absolutely dependent on having transport; our rural location means that we absolutely must have means of getting our learners out into the community. Staff will be using their cars, but it limits what we can do.

We're not asking parents to contribute, especially at this time of year, but we are grateful for any suggestions that you may have – contact [Admin@welburn-hall.n-yorks.sch.uk](mailto:Admin@welburn-hall.n-yorks.sch.uk)

Thank you



Pre-Formal have been making their own Christmassy chocolates – melting chocolate, then decorating and letting it set!  
All lots of fun!!



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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/>

## What Parents & Educators Need to Know about SCHOOL AVOIDANCE

School avoidance refers to reduced attendance or non-attendance at school by a child or young person. In 2022–23, more than one in five children in England were found to be absent from school over 10% of the time. This guide focuses on school avoidance with an emotional basis, offering expert mental health advice. However, it's important to remember that school avoidance is a hugely subjective experience which requires a tailored, individual approach.

### UNDERSTANDING SCHOOL AVOIDANCE

#### REASONS FOR ABSENCE

School avoidance is sometimes underpinned by several factors rather than one single cause. This could include something going on for the child or young person within the family or at school. A child may have caring responsibilities at home, for instance, or a change in family dynamics; bullying and friendship difficulties at school; pressure to achieve in schoolwork and exams; or moving from primary school to secondary school.

#### PATTERNS OF ABSENCE

You may notice patterns in regular absences or children regularly expressing that they don't want to attend school (particularly being reluctant to leave home on school days). If a child or young person is neurodiverse, there is some evidence to suggest there are more aspects of school life which can cause distress – such as changes in the environment, changes of routine and sensory stimuli.

#### COMPLAINTS ABOUT PHYSICAL SYMPTOMS

There may be an increase in a child or young person's complaints about physical symptoms, particularly on school days or the evening before school. These could include tummy aches, headaches, or saying they feel ill when there doesn't appear to be a medical cause. Always check with the GP first to rule out medical causes or illness.

### IMPACT OF SCHOOL AVOIDANCE

#### LEARNING AND DEVELOPMENT

School refusal can negatively impact a young person's learning and development. Attending school on a regular basis not only supports academic attainment but is also important for the development of key life skills and the growth of children and young people as citizens.

#### LONG-TERM OUTCOMES

The difficulties associated with school non-attendance can be far reaching and may have a negative impact on long-term outcomes. It may, for example, lead to reduced future aspirations, poor emotional regulation, mental health difficulties, limited academic progress and restricted employment opportunities.

#### CYCLE OF ABSENCE

Consistent absences may contribute to sustained school avoidance over time. Further to this, the longer a pupil is out of education, the more likely it is that there is a rise in their ongoing need to avoid the activity making them anxious – increasing their desire to stay at home.

## Advice for Parents & Educators

### WORK TOGETHER

If there's a concern about a child's absence and emotional wellbeing, it's important that there is clear communication and a consistent approach between the child's parents and the school, so you can take a child-centred approach together towards a plan of support or reintegration. This ensures a consistency of approach from both home and school, creating better outcomes for the child.

### MANAGE OVERWHELMING FEELINGS

Acknowledge the child's worries, listen and discuss coping strategies together to help them manage difficulties. These could include mindfulness, deep breathing or going for a walk. This helps them understand that you are working together towards a common goal, and that these strategies can be used when bigger feelings arise.

### FOLLOW REGULAR ROUTINES

Children can benefit from a regular and consistent routine. This could be a morning routine, from waking up and having breakfast through to getting dressed, packing their bag and leaving the house. A consistent evening routine which is calm and spent away from screens can also give children much needed predictability and familiarity. Schools can help create a timetabled routine for the child's school day, if required.

### RECOGNISE POSITIVE STEPS

Drawing attention to a child's successes – be they big or small – can help to give them some much-needed confidence and motivation. Celebrate these daily victories – such as getting out of bed on time or completing school work – and don't hesitate to let the child know when you're impressed or proud of them. Such an approach can go a long way.

### Meet Our Expert

With 30 years' experience as a teacher, trainer, consultant and interim executive board member, Anna Bateman has a superb understanding of what works in pedagogy, school improvement and leadership. She has also advised the Department for Education on their mental health green paper.

