



Welburn Hall Weekly

Friday 21 November 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



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 

V – Vegetarian VG – Vegan. Jan 2025

We are a nut aware school



RESPECT



PERSEVERANCE



EXCELLENCE



Heads-up!

Firstly, I would like to thank you all for your support during our school closure due to the weather on Thursday. Whilst the photographs of snow all over the county were very pretty to look at, I know it has been very difficult for some of our families and continues to be so in the Whitby area especially. Opening school today has seen staff fighting their way through the snow drifts and I would also like to thank them for making sure we could open safely.

A big shout out goes to Darren and Dave, our site team, who were here very early, gritting paths and the carpark in sub-zero temperatures.

The children have been outside today, exploring during forest school sessions and enjoying the fresh air and sunshine. What a difference a day makes!

Please check out the arrangements for holiday activities in this newsletter, it is always lovely to see the children attending Feast activities. You'll also see that we now have the Christmas Dinner date, so if your child usually has a pack-up, but wants a hot lunch instead – then please let your class team know.

Enjoy the weekend.

Alison



School Christmas Dinner Tuesday 9 December

If your child or young person doesn't normally have a hot school lunch, but would like to have Christmas Dinner – then please email your class team or Admin.

Our cook needs to know by Thursday 27 November.
Thank you.



RESPECT



PERSEVERANCE



EXCELLENCE



Andrew's class having loads of fun at the Nawton playpark.



RESPECT



PERSEVERANCE



EXCELLENCE

Work experience continues at the Birds of Prey Centre and this week our learners dealt with the water baths. They had to remove them, give them a good scrub and then refill. Everyone enjoyed this task, as it wasn't such a dirty job as cleaning the feeding trays. Everyone worked incredibly hard.



RESPECT



PERSEVERANCE



EXCELLENCE

Help Our Learners Gain



We're reaching out to our amazing school community to see if you can help our **Year 11–14 learners** gain valuable work experience.

Work experience helps our learners develop skills, confidence, and an understanding of the world of work and every opportunity, big or small, makes a difference!

If you, your workplace, or anyone you know can offer a placement, a shadowing opportunity, or even a short project, we would love to hear from you.

All placements are fully checked and supported by NYBEP, so you can be confident the process is safe and straightforward. We are happy to work with you to make it accessible for our learners.

Please contact **Ellie Marr** at e.marr@welburn-hall.n-yorks.sch.uk to discuss how you can help our learners take this important step towards their futures.

Thank you for supporting our young people as they explore careers and develop essential skills!



Our York College construction group have been working hard on making name plaques and also building wooden storage boxes.

Last Sunday our HSA, helped by school staff and one of our learners, held a market café at Sheriff Hutton Village Market. It was an early 7.30am start making bacon and sausage sandwiches, hot drinks, as well as waiting on the stall holders. They also held their own cake stall, which proved to be particularly popular!

With over 55 market stalls it turned out to be a very busy day, but not an unprofitable one with over £800 raised for our learners!! This is in addition to the £985 raised at bingo – so really well done to them.

The HSA want to say a huge thank you to the school staff who helped and also made delicious cakes to sell on the stall – it really is very much appreciated.



RESPECT



PERSEVERANCE



EXCELLENCE



In Pre-Formal a sensory food session turned into messy play. As you can see, it was lots of fun!!



RESPECT



PERSEVERANCE



EXCELLENCE



Really well done to Rebecca Sealy, our Senco, who has passed her postgraduate certificate in autism.

This type of learning enables her to keep up with the latest research in and around autism. She will feed this knowledge into professional development for teaching staff.



A reminder to parents - Flu Vaccinations for our school age learners are on Thursday 27 November.

Some parents have yet to complete the consent – please do so even if you don't want your child to have the vaccine.

Please go to <https://yny.schoolvaccination.uk/flu/2025/northyorkshire> to complete either a **YES or NO consent form**, as soon as possible.

Thank you for your help with this.



Christmas Holiday Activity Days Welburn Hall School



Jenna Kendell has asked to let parents and carers know that places on our Feast Christmas Activity Days are now all booked.

For any queries, please contact Jenna on j.kendell@welburn-hall.n-yorks.sch.uk



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/>

What Parents & Carers Need to Know about THE DANGERS OF VAPING

Data collected for ASH (Action on Smoking and Health) shows an increase in 11 to 17-year-olds experimenting with vaping: from 7.7% in 2022 to 11.6% in 2023. It's concerning that these age-restricted products are getting into the hands of under 18s as most contain nicotine, which can be detrimental to brain development and cause long-term addiction. Some schools have reported students having their focus in lessons affected by nicotine cravings; vaping in school toilets; and even trying vapes found in their local park. Raising awareness of the risks among young people could help to prevent these problems from escalating and reduce the number of young vapers.

WHAT ARE THE RISKS?

NICOTINE ADDICTION

Since they were initially developed to help people stop smoking, the vast majority of vape liquids contain nicotine. Not only is this a highly addictive stimulant, but it can also have detrimental effects on brain development in the under-25s. Nicotine can decrease the ability to pay attention, weaken impulse control, affect mood and increase the likelihood of substance addiction as an adult.

WHAT IS VAPING?

Vapes contain a liquid (vape juice/e-liquid) that is heated by a battery and evaporates, creating a chemical vapour which the user inhales. They can be disposable (once the liquid or battery runs out, the vape is thrown away) or rechargeable (the user replaces the liquid and recharges the battery on demand). Most vape liquids contain nicotine and other chemicals.

LACK OF AWARENESS

A proportion of young people tend to view vapes as harmless, mainly because of the products' appearance and the perception (often strengthened on social media) that "vaping is cool" and on trend. In many instances, young people don't fully appreciate the concept of addiction: that is, they aren't adequately aware of the risk of becoming hooked on nicotine before trying a vape.

POTENTIAL TOXICITY

Many vape liquids have been found to contain 'heavy' metals such as lead, tin, nickel and (in some cases) mercury – all of which are toxic. These metals often take the form of tiny shards inside a device's liquid tank, which are then inhaled into the body. Some media reports have suggested these metals are particularly prevalent in illegally imported vapes which don't comply with UK regulations.

WIDER HEALTH CONCERNS

Studies are already showing a link between vaping and oral health problems such as tooth decay and gum disease. This is because vaping reduces the amount of saliva in the mouth, while increasing bacteria – resulting in bad breath and a build-up of plaque. There are also concerns that, in some users, vaping could lead to the development of asthma, a persistent cough and breathing difficulties.

UNCLEAR LONG-TERM CONSEQUENCES

The liquids in vapes also contain solvents, which can create carcinogens at the point of evaporation. Vapes were only introduced into the UK in 2005 – and, because of the relatively short timeframe involved, there is insufficient medical evidence to assess the long-term harms that regular inhalation of these chemical fluids might have on the human body.

UNREGULATED VAPING PRODUCTS

The number of retailers willing to sell vapes to under-18s is a worry, as the chance of these products being unregulated (and therefore containing illegal chemicals and higher levels of nicotine) is high. A related concern is that the mechanisms inside unregulated products are unlikely to have been tested and safety checked – presenting a possible fire risk if the liquid and battery come into contact.

ATTRACTIVE PACKAGING

The packaging of many disposable vapes is very appealing to young people, frequently echoing the colours and flavours of the sweets or fizzy drinks they're used to buying. There's a relative lack of regulation around vape marketing, and vaping is often depicted positively on social media – which can lead young people to develop favourable views of vaping and overlook the possible harms.

SCARCE INFORMATION

The lack of information about the ingredients and potentially harmful chemicals in a vape is troubling. Some vape fluids (unregulated in the UK) contain traces of nuts, which can cause an allergic reaction or anaphylactic shock. To date, medical warnings aren't required on vape packaging – with only medical disclaimers being found on the websites of the various brands.

ENVIRONMENTAL EFFECTS

In the UK alone, around 5 million disposable vapes go to landfill every week. Due to such significant numbers of these products not being recycled, their components – a lithium battery and a chemical liquid – pose a toxic risk to the environment, the ecosystem and wildlife. Vapes are also predominantly made of plastic and metal; materials that, of course, do not naturally decompose.

VAGUE INGREDIENTS LISTS

Early research has suggested that the chemicals used to produce some strawberry and banana flavour e-liquids can kill cells in the blood vessels and heart. These ingredients aren't identified on the packaging, instead falling under the umbrella term 'natural and artificial flavourings'. Such vague listings mean that consumers aren't aware of the liquid's content so can't identify potential risks.

Meet Our Expert

Run by the Cambridgeshire and Peterborough Healthy Schools Service (commissioned by Cambridgeshire County Council and Peterborough City Council), Catch Your Breath is a school-based project aimed at young people. Its goal is to embed a proactive, coordinated approach among both primary and secondary schools in discouraging smoking and vaping behaviours.



HEALTHY SCHOOLS
CAMBRIDGESHIRE & PETERBOROUGH

The National College