



Welburn Hall Weekly

Friday 28 February 2025

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



School dinner arrears

We are £134.50 in arrears for school meals. Can parents please clear any dept. School lunches must be paid in advance. Automatic top-up, for as little as £5, can be set up on Parent Pay.

Thank you for your understanding

Spring Term Food Tech Contributions

Payments can now be made towards Spring Term Food Tech.

So, if you are able to contribute, please do so via [ParentPay](#). Thank you



Parent Pay activation letters have now 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 2	Main option 1	Vegetarian option 2	Options 3 or 4	Pudding
Mon	Pepperoni pizza 	Cheese & tomato pizza V 	Option 3 Jacket potato & beans VG	Chocolate Crunch V 
Tues	Pasta Bolognese 	Shepherdess pie VG 	Meatball sub with wedges Or Cheese sandwich V	Iced summer shortcake V 
Weds	Chicken & tomato bake 	Potato topped summer veg V 	Cheesy bean jacket potato V Or Tuna sandwich	Apple sponge & custard V 
Thurs	All day breakfast 	Veg all day breakfast V 	Cheese jacket potato V Or Ham sandwich	Jelly & ice-cream V 
Fri	Battered fish & chips 	Sausage roll VG 	Option 3 Jacket potato & beans VG	Custard cookie VG 

We are a nut aware school

V – Vegetarian VG – Vegan. Jan 2025



RESPECT



PERSEVERANCE



EXCELLENCE



Heads-up!

Dear Parents and Carers,

I wanted to highlight World Book Day next week, Mrs Barker is asking for all pupils and staff to feel free to dress up in outfits of their favourite characters for Thursday 6th March. More details in this newsletter.

Good news about the building works. The House is due to reopen for planning in mid to late June and we can't wait to get some classes in there in September 2025. Even if pupil numbers rise to 130 or beyond, the amount of space available will be a total luxury!

Marianne



Well done to Ebony and Ellie for organising the recent quiz at the Moorside Club in Kirkbymoorside, in aid of our school Farm. They raised a whopping £1500!

They want to express their gratitude to everyone who donated one of the 83 raffle prizes and of course to all who attended – it was a fantastic turnout!! Thank you.



RESPECT



PERSEVERANCE



EXCELLENCE

As part of their Design Technology lessons, Miss Swaddle's class are building Tudor houses. We think they've done a great job!



It's not Shrove Tuesday yet, but Miss Swaddle's class have been making delicious pancakes! Perhaps it's a practice run?



RESPECT



PERSEVERANCE



EXCELLENCE

World Book Day is Thursday 6 March

Learners are welcome to come to school in their favourite book character costume. Each class will be doing some fun reading activities.

This years' theme is Read Your Way



What Does it Mean?

1. Reading anything is positive

Comics, magazines, football programmes, recipes, joke books and even game instructions all develop literacy skills. Letting children feel in control of their reading means they're more likely to read for pleasure.

2. Listening is good too!

Audiobooks, podcasts and especially Storytime sessions are fantastic ways for children to experience stories. As activities, they still promote positive reading habits and help build vocabulary, comprehension and a love for storytelling.

3. Read whenever, wherever

Children can enjoy stories anywhere and at any time. Many enjoy cosying up in an armchair; others love reading when they're on the train or to distract them in waiting rooms. Children can enjoy reading shop signs in town or spotting words in their favourite game – anything to engage with the written word.

4. Develop the areas that children enjoy

Some children love action packed plots, so detective stories might be their thing? Others adore funny characters, so perhaps graphic novels would appeal more? Find out what makes reading enjoyable for your child.

5. Share the positives

Reading is more fun when it's shared through book reviews, recommendations, book swaps or buddying up with other children to read.



RESPECT



PERSEVERANCE



EXCELLENCE



In Christina's class, the students have been challenging themselves to learn the rules of lots of different puzzles.

Their chess games have been respectful, intelligent and most of all entertaining!



Hello and welcome to our first Home School Association article...

We are currently a small team of four members who each have a different role.

Our Chair of the HSA is Evette who has been a member for five years. We have Charlotte who is our Treasurer, Jane who is our Staff Liaison Co-Ordinator and Rhiann who has recently rejoined us on the committee as one of our parent representatives.

As you may be aware the biggest part of what we do is fundraising to support the school and pupils. We have recently purchased some new goalposts and gloves for Football Club, College work experience workwear, helped with the cost of class trips out, and renewed and increased our Castle Howard passes. The HSA has further supported pupil enrichment by providing £500 per class in the previous academic year (which totals £6k) for items that the school budget doesn't cover. We spent £28k to purchase new play equipment.

We have also raised enough money to buy several new bikes and sunken trampolines which will hopefully be ordered in the near future once the house maintenance work is completed and we have storage. We would also like to say a big thank you again to one of our parents for kindly raising enough money to help buy some staging for future performances.

We continue to fundraise in our local community, with the hope that we can also go back to holding events once again on the school site after the house maintenance work has finished. We have got lots of great ideas!

We also reached our target amount of £10,000 to support the school's charity application for a new minibus.

Last September we held a bingo evening at Norton Indoor Bowling club and raised £1000. On the 13th February we held a quiz at The Sun Inn in Pickering and raised £400 which is a fantastic amount. We are very grateful to them for supporting us with this.

As always, we would like to say thank you so much to you all for your continued support and generous donations, it is very much appreciated!

Team HSA

FEAST vouchers will be issued to parents in receipt of free school meals on
Tuesday 11 March.

These activity days are also available to learners from other local schools, so
if you want to book – save the date!



Easter Holidays Activity Days Welburn Hall School



Join us this Easter Holiday
for lots of fun activities.

As usual there will be freshly prepared,
delicious food and
all in familiar surroundings.

Dates

Monday 7 April

Monday 14 April

Time

9am—5pm

Each day includes:

Breakfast ☺ Lunch ☺ Dinner
& healthy snacks



Parents who receive benefits-related free school meals automatically get
FEAST vouchers and can book for free via the website here:

www. <https://northyorkshiretogether.co.uk/feast-activities/>

For those not eligible for FEAST, we have 5 paid for places available
at £50 per day.

Please email Jenna Kendell, Behaviour & Safeguarding Manager, if you would
like your child/young person to attend:

J.kendell@welburn-hall.n-yorks.sch.uk





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/>

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about MENTAL HEALTH & WELLBEING APPS

When looking at options for supporting a child's mental health, the sheer volume can be overwhelming. There are many wellbeing apps available, but unfortunately not all are trustworthy. It's important to evaluate which resources are suitable, reliable and effective. This guide lets you know what to consider before installing such an app, to determine just how useful it's going to be.

WHAT ARE THE RISKS?

QUALITY & RELIABILITY

Mental health apps can be a useful starting point when looking for wellbeing advice and strategies and can be a useful extension to the in-person services available. However, they aren't a substitute. Information on the quality of some of these apps is scarce. They may look cute and child-friendly, but have they been designed by a mental health professional? Furthermore, do they have research to back up their content?

PLACE RESPONSIBILITY ON CHILDREN

Some apps add the words 'kids' or 'children' to their title or use cartoon icons to make them more appealing to young people. When signing up for some of these apps, some will speak to the parent directly, saying something along the lines of "Your child is good to go. Let them take it from here". It's important to remain involved in the child's mental health journey, so regular check-ins are recommended.

DISREGARDING APPROPRIATE SUPPORT

Young people who feel anxious and have trouble sleeping may download a mindfulness app to help. While this is a good strategy initially, it's not addressing the root of the problem. A child could simply try managing these symptoms themselves (as opposed to speaking out and seeking professional help), which could potentially worsen their anxiety in the long run.

LACK OF PERSONALISATION

Mental health or wellbeing apps are useful tools for the short term, teaching users several helpful habits to manage their condition – such as keeping an illness diary, improving nutrition and practising mindfulness exercises. As every person is unique – and children especially will grow and develop in different ways – these apps struggle to tailor themselves to users' individual needs. For example, many apps don't distinguish between the ages of users and can offer extremely generic advice.

DATA SECURITY

As with any other app – not just those for mental health and wellbeing – it's wise to check out the privacy policy before downloading it. Some of these applications may share data with third parties for numerous reasons (such as targeted advertisements), and if a user is sharing personal and sensitive information within the app, they probably don't want it ending up elsewhere without their consent.

IN-APP PURCHASES

Many apps will provide their most basic features for free but will require you to pay for other aspects – such as a more tailored experience or access to additional resources. This could be a one-off fee or a regular subscription. Consider whether this is actually required. Is it benefiting the child, or could they receive the same support from a medical professional?

Advice for Parents & Educators

CHECK THE CREDIBILITY OF THE APP

Before you download a mental health and wellbeing app, investigate the developers. Have they consulted with qualified mental health professionals to create their resource? Also check whether the app is affiliated with any government or mental health organisations, as these are solid indicators of legitimacy. Reviews can also be a useful signpost to the app's quality. There are many good apps out there, but there are just as many that miss the mark.

SEEK PROFESSIONAL SUPPORT

Trusted mental health and wellbeing apps designed by qualified, reputable organisations can be used alongside the personalised advice and support of fully trained professionals. These apps should never be considered a substitute for counselling or other tailored medical help. If you have real concerns about a child's mental wellbeing, you should seek appropriate advice from a suitable source, such as their GP – or Childline, who can be contacted by calling 0800 1111.

READ THE PRIVACY POLICY

Look into the app's terms of service – especially its privacy policy. Do so by yourself first, then go over it with the child who is considering using the app, to ensure they know what data will be collected and how exactly it will be used. Use all of this information to make an educated decision on whether or not to download that particular app.

ENCOURAGE OPEN COMMUNICATION

Mental health and wellbeing apps can be useful for writing down feelings, tracking your own health and other such activities. These can help if the problem is short-term and temporary – such as a child getting stressed about approaching exams – or if you're currently waiting for professional support. Nonetheless, it is important that children aren't solely reliant on the app and have a safe space to talk about their feelings and experiences in the real world.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



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