



# Welburn Hall Weekly

Friday 30 January 2026

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



### School dinner arrears

We are still in arrears for school meals.  
 Can parents please clear all 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

### Food Tech Contributions

There are new Food Tech payments of £6 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



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 2	Main option 1	Vegetarian option 2	Options 3 or 4	Pudding
<b>Mon</b>	Pepperoni pizza 	Cheese & tomato pizza V 	Option 3 Jacket potato & beans VG	Chocolate Crunch V 
<b>Tues</b>	Pasta Bolognese 	Shepherdess pie VG 	Meatball sub with wedges Or Cheese sandwich V	Iced summer shortcake V 
<b>Weds</b>	Chicken & tomato bake 	Potato topped summer veg V 	Cheesy bean jacket potato V Or Tuna sandwich	Apple sponge & custard V 
<b>Thurs</b>	All day breakfast 	Veg all day breakfast V 	Cheese jacket potato V Or Ham sandwich	Jelly & ice-cream V 
<b>Fri</b>	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



Some of our Lower Nurture students have had great fun with Oobleck. Oobleck is referred to as a non-Newtonian fluid – because it acts as both liquid and solid depending on how hard you hit it! Learners run it through their fingers and also applied pressure to see what happened!?



It's food from around the world in Food Tech! This week they've been sampling the flavours of Costa Rica and made Pinto Gallo, which is a delicious bean and rice dish.

## Special Valentines Bake Sale



**Thursday 12 February**

Christina's class are holding a special bake sale to raise money for a class trip to feed the giraffes at Flamingo Land.

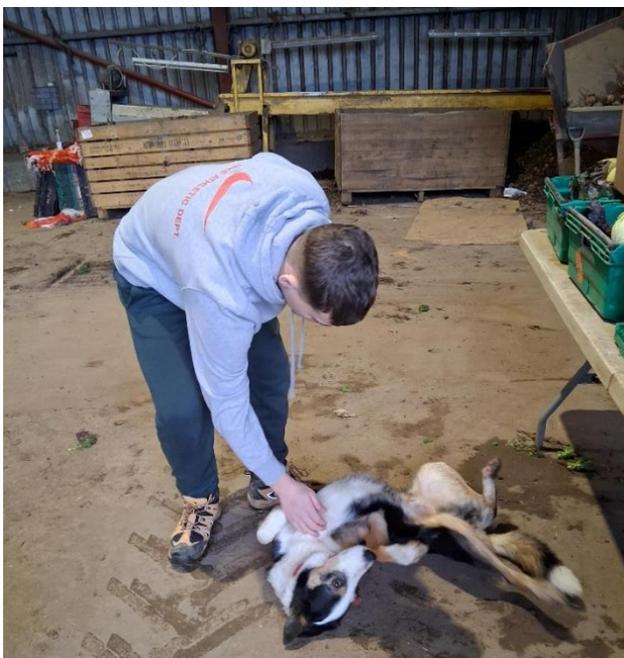
**There will be cupcakes and cookies for £1.**

Bring in a little cash for a sweet valentines treat.





Work experience continues at Newfields Organics farm shop. This week the team bagged and weighed potatoes, kale and beetroot. It was very cold and they stopped at breaktime for a hot drink, sausage roll and some biccies!



Here are our new lunch menus.

We will start after the February half term on Week 1.

These menus will continue for the rest of the academic year.

The classes will go through the menu with learners for them to make their choices.

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 

V – Vegetarian VG – Vegan. Jan 2026

Lunch Wk 2	Main option 1	Vegetarian option 2	Options 3 or 4	Pudding
Mon	All day breakfast 	Mac & cheese V 	Ham & cheese panini Or Tuna jacket potato	Oaty cookie VG 
Tues	Crispy salmon strips 	BBQ cheese pasta V 	Cheese/bean jacket potato V Or Cheese panini V	Lemon drizzle bun V 
Weds	Roast beef & Yorkshire pudding 	Veggie slice V 	Cheesy jacket potato V Or Tuna and cheese panini	Fruit & ice cream V 
Thurs	Chicken korma & rice 	Veg sausage mash & gravy V 	Cheese jacket potato V Or Tuna sandwich	Flapjack VG 
Fri	Battered fish & chips 	Veggie quiche V 	Roast veg pasta VG Or Cheese sandwich V	Doughnut muffin V 

V – Vegetarian VG – Vegan. Jan 2026

Lunch Wk 3	Main option 1	Vegetarian option 2	Options 3 or 4	Pudding
Mon	Chicken katsu & rice 	Veg sausage roll VG 	Creamy pesto pasta V Or Cheese baguette V	Chocolate cookie V 
Tues	Chicken noodles 	Tomato pasta VG 	Egg mayonnaise sandwich V Or Cheese/bean jacket potato V	Summer mousse pot V 
Weds	Roast chicken & Yorkshire pudding 	Quorn pieces in Yorkshire pudding V 	Tuna baguette Or Cheesy Bean jacket potato V	Jelly & ice cream V 
Thurs	Lasagne 	Veggie loaded wedges...V 	BBQ cheese pasta V Or Egg mayonnaise sandwich V	Fruit muffin V 
Fri	Fish fingers 	Sweet potato & lentil curry VG 	Tomato pasta VG Or Baked bean jacket potato V	Chocolate cake V 

V – Vegetarian VG – Vegan. Jan 2026



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/>

## Tips for Supporting Children in DEALING WITH GRIEF

It's important that trusted adults feel able to help children and young people cope with grief – particularly at the moment, when we are a nation mourning the loss of a public figure who was treasured by so many. Children are seeing bereavement and sadness being featured heavily in the national news and in their favourite online spaces, and hearing it being talked about extensively among families and in the community. How can we help them in processing this healthily?

### 1 UNDERSTAND WHAT GRIEF IS

Grief is emotional distress which is a normal response to the death of someone close, well known or admired. It may feel overwhelming – especially for young people – and is often accompanied by feelings of shock, disbelief, anger or fear. These emotions may also mean that sleep, eating and our relationships with others could be affected.

### 2 MEET THE CHILD 'WHERE THEY ARE'

This could be a child's first experience of grief and loss – or conversely, they may have already encountered it several times. Make sure that any conversations you have with them, and the support that you give, are led by their experiences and their understanding of death – and in the context of their religious or community beliefs.

### 3 EXPLAIN CLEARLY WHAT DEATH IS

It may often feel uncomfortable, but it's healthier to actually use the words "dead", "death" or "died". Abstract explanations of death can frequently create even more confusion – particularly for younger children, who are still trying to grasp this complex (and possibly unfamiliar) concept.

### 4 BE PREPARED FOR QUESTIONS

On subjects such as this – especially when it involves a person who's well known to them – children and young people often have lots of questions, all at once. Sometimes, new queries about the issue will occur to them weeks after the event. Be ready to answer their questions as honestly as you can, using language that's appropriate for their age.

### 5 FIND WAYS TO REMEMBER THEM

It can help to talk to about the person who's died, even if that individual wasn't personally involved in the child's own life – such as a significant public figure, for instance. You and your child can discuss what that person meant to you, celebrate the things they achieved or go to a place where they can be remembered.

### 6 ENCOURAGE COPING STRATEGIES

You can help a child or young person to identify what their usual positive ways of coping are when they have overwhelming feelings. For example, do they find that talking with someone, drawing, going for a walk or listening to music help when they're feeling upset? These same activities could form an important part of the grieving process.

### 7 REACH OUT FOR SUPPORT

If a child or young person is struggling with grief to the extent that it's impacting on their everyday life, there are lots of expert organisations that you could reach out to for further help. Samaritans provides a listening ear for anyone in emotional distress; The Mix offers specialist support to people under 25; and Winston's Wish deals specifically with helping young people who are grieving.

SAMARITANS:  
116 123

WWW.THEMIX.ORG.UK/GET-SUPPORT  
0808 808 4994

WINSTON'S WISH:  
08088 020 021

### Meet Our Expert

Anna Bateman is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department for Education, advising them on their mental health green paper.



The National College®