



# Welburn Hall Weekly

Friday 19<sup>th</sup> March 2021

Welburn Hall School



This week has been quite an active week here at Welburn. Our pupils have been enjoying long nature walks, collecting rubbish, making use of the daisy bike in and around the grounds and working hard on the farm. They have been practicing their motor skills and balancing, playing hockey and utilising the apparatus in the hall plus they even tried a bit of yoga.

Well done everyone, you have definitely achieved more than I have this week!





Can you complete our word search and see what benefits exercising does for you...?

**Exercise**

L	F	B	L	E	H	C	S	H	A	P	E
I	E	T	B	T	A	E	G	G	Y	M	A
V	E	N	A	R	L	L	A	E	E	W	N
E	L	R	D	E	A	O	S	R	L	E	I
L	G	I	I	T	W	I	A	A	T	E	I
O	O	M	E	O	C	S	T	O	R	S	S
N	O	L	U	R	W	O	R	K	O	U	T
G	D	S	E	S	Y	H	T	L	A	E	H
E	R	X	Y	S	C	L	E	S	W	L	H
R	E	G	E	W	A	L	K	I	N	G	K
Y	O	G	A	S	T	R	E	N	G	T	H
G	E	A	T	L	E	S	S	S	G	O	J
X	R	A	G	U	S	D	O	O	L	B	A
B	O	N	E	S	B	A	L	A	N	C	E

- EXERCISE
- HEART
- HEALTHY
- YOGA
- SWEAT
- CARDIO
- BONES
- WORKOUT
- LIVE LONGER
- JOG
- MUSCLES
- BLOOD SUGAR
- EAT LESS
- STRENGTH
- SHAPE
- BALANCE
- WALKING
- FEEL GOOD
- GYM



Mr Western's class are looking for donations of Dolls House items, furniture, everyday items that are miniatures. These are for a class project and if anyone is de-cluttering or wanting to get rid of all the little plastic/wooden items that get stuck in hoovers. Please send them in to Sam Rhodes Lower Semi-Formal room 4.

Food Technology are also looking for any empty chocolate tubs such as quality street, heroes and roses please.



Next week is the final week of the Easter fundraising events that our KS5 students have created to raise money for their residential trip. Enter our raffle and win some Easter egg treats - £1 per strip

Try to guess the name of the giant teddy bear shown in last week's edition / Facebook - £1 per guess

## Notes & Thank you's

- Next week is week 1 menu and after Easter break we will continue with week 2

- If you have received a test for your child and require any information please contact admin
- Thank you to everyone who has been regularly checking their children's hair
- Thank you to those of you that donated Easter Eggs towards the raffle
- Thank you to Mrs Dadswell for her generous donation of hanging flower baskets
- Thank you to the parents who have shown an interest in joining our HSA

We will let you know what we got up to for Red Nose Day and how much we managed to raise in next week's edition. Have a great weekend and we will see you on Monday.