



Welburn Hall Weekly

Friday 31 January 2025

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



School dinner arrears

We are £38 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 Week 2	Main	Vegetarian	Pudding
Monday	pork sausage roll 	crispy quorn nuggets 	fruit jelly & ice cream 
Tuesday	crispy garlic potato topped chicken & tomato bake 	Pizza 	apple sponge & custard 
Wednesday	minced beef & dumplings 	tomato pasta 	lemon shortcake 
Thursday	chicken & veg pie 	cheese & onion whirl 	chocolate sponge & chocolate sauce 
Friday	battered fish & chips 	veggie chilli 	Chocolate crinkle biscuit 

We are a nut aware school



RESPECT



PERSEVERANCE



EXCELLENCE



Heads-up!

Dear Parents and Carers,

Thank you to everyone attend Parents' Night, whether online, on the phone or in person.

Below you will find the North Yorkshire menus for school dinners. Can I just remind parents of the need to provide healthy options in your child's packed lunch? If possible, the most important thing is to avoid processed and packaged as much as you can. We will be working with parents and the NHS nursing team throughout the rest of this year as we develop our packed lunch policy.

Can I ask if any parents that took part in the Nurturing Schools Award, would like to be involved in the press release, please can you let Mandy in the office know by Thursday 6th February?

Marianne

Lunch Wk 2	Main option 1	Vegetarian option 2	Options 3 or 4	Pudding
Mon			Option 3: Hot hot sauce & beans	
Tues			Mixed all hall with corn cobs & Chocoo jammer	
Weds			Cheese, beer jacket potato & Tuna sandwich	
Thurs			Chicken jacket potato & Ice cream sandwich	
Fri			Option 3: Jacket potato & beans	

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Here is our new school lunch menu/s for the rest of the year and a copy has been included with this newsletter. The classes are going through menus with learners, but if you're unsure, then do please email your child's class teacher or Admin@welburn-hall.n-yorks.sch.uk with their food preferences.

There are now additional options 3 or 4 that include sandwich or baked potato choices.

This will be the menu when we return to school after half term on Monday 24 February.



One of our College learners is doing her work experience in Demi's pre-formal class, which has meant a busy morning reading with our younger learners.

She also donated some of her old books to the class, which they are very grateful for.

All of the class want to say a massive Thank You!



Last week, Mr Western's class travelled to Scarborough Sixth Form College to represent Welburn Hall School at the North Yorkshire Inclusive School Sports Partnership, Panathlon Challenge.

The Panathlon Challenge involves learners working as a team to complete a variety of activities, such as basketball, ten pin bowling and target practice. Each team member is able to repeat the activities in order to achieve their personal best.

Everyone had a great time taking part and also came away with their very own medal – well done team!!



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Pre-Formal's latest sensory food session was all about jelly and hiding surprise bits and bobs inside.

They had red, orange and clear colours, with hidden chia seeds, plastic insects, favourite small toys, raisins and biscuits.

They enjoyed little nibbles, but also lots of squelching with hands, squashing with spoons and most of all having fun.



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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.

10 Top Tips for Parents and Educators SUPPORTING CHILDREN TO DEVELOP EMOTIONAL LITERACY

Emotional literacy refers to the ability to recognise, understand and express our feelings effectively. It plays a crucial role in strengthening a child's wellbeing by enhancing their relationships and resilience. However, emotional literacy is not necessarily an innate talent, and its development may present challenges. This guide gives parents and educators practical tips on supporting children to cultivate this essential skill.

1 NAME THE EMOTION

Encourage children to identify and name their emotions. This helps them understand what they're feeling and why. Use simple language and relatable examples to make it easier for them to share their emotions. This builds a foundation for emotional understanding and open communication.



2 MODEL EMOTIONAL EXPRESSION

Demonstrate healthy emotional expression by sharing your feelings visibly. When children see adults properly displaying how they're doing and what they're thinking, they learn to do the same. Discuss how you handle emotions in different circumstances, providing a real-life framework for young ones to follow.



3 MINDFULNESS ACTIVITIES

Teach children mindfulness practices to help them stay present and manage their emotions during more challenging moments. Activities like deep breathing, meditation or yoga can reduce stress and enhance emotional regulation. Regular practice can improve focus and emotional stability, which can significantly help children both as they're growing up and throughout their adult life.



4 USE STORYTELLING

Incorporate storytelling to help children understand emotions. Stories can offer relevant scenarios illustrating how the characters experience and manage their feelings. Discuss the emotions depicted in stories and ask children how they might feel in similar situations.



5 PRACTISE EMPATHY

Teach children to consider others' views and emotions – and to explore why they might think or feel this way. Role-playing and discussing various scenarios can enhance their ability to empathise. Understanding others' emotions helps children to develop compassion and improves their social interactions.



6 ENCOURAGE JOURNALING

Suggest keeping a journal to make note of thoughts and emotions, as writing can provide an outlet for self-reflection and emotional processing. Encourage children to write about their daily experiences and feelings, helping them gain insights into their emotional world. Do this alongside them, so they can see and experience how to do it effectively.



7 TEACH PROBLEM-SOLVING

Do what you can to help children develop problem-solving skills to assist in managing emotional challenges. Discuss potential solutions to emotional conflicts and encourage them to think critically about what they (and others) can do to process their feelings in a healthy way. This empowers children to handle emotions positively and build resilience.



8 CREATE A SAFE SPACE

Establish an environment where children feel safe to display their emotions without judgement. Encourage open exchanges and reassure them that all feelings are valid. This supportive atmosphere promotes trust and encourages children to express themselves with confidence.



9 USE VISUAL AIDS

Take advantage of visual aids like emotion charts or mood meters to help children identify and express their feelings. Use these tools regularly in your interactions. They provide a visual representation of emotions, making it easier for children to communicate their emotional state.



10 CELEBRATE EMOTIONAL GROWTH

Acknowledge and celebrate progress in emotional literacy, and praise children for expressing their emotions and handling them effectively. Positive reinforcement is a useful tool that will encourage continued growth and reinforces the importance of emotional literacy – encouraging young people to maintain the good habits and healthy behaviours that you've taught them.



Meet Our Expert

Adam Gilllett is Associate Vice-Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, an organisation that supports schools in improving their mental health provision.



#WakeUpWednesday

The National College