



Welburn Hall Weekly

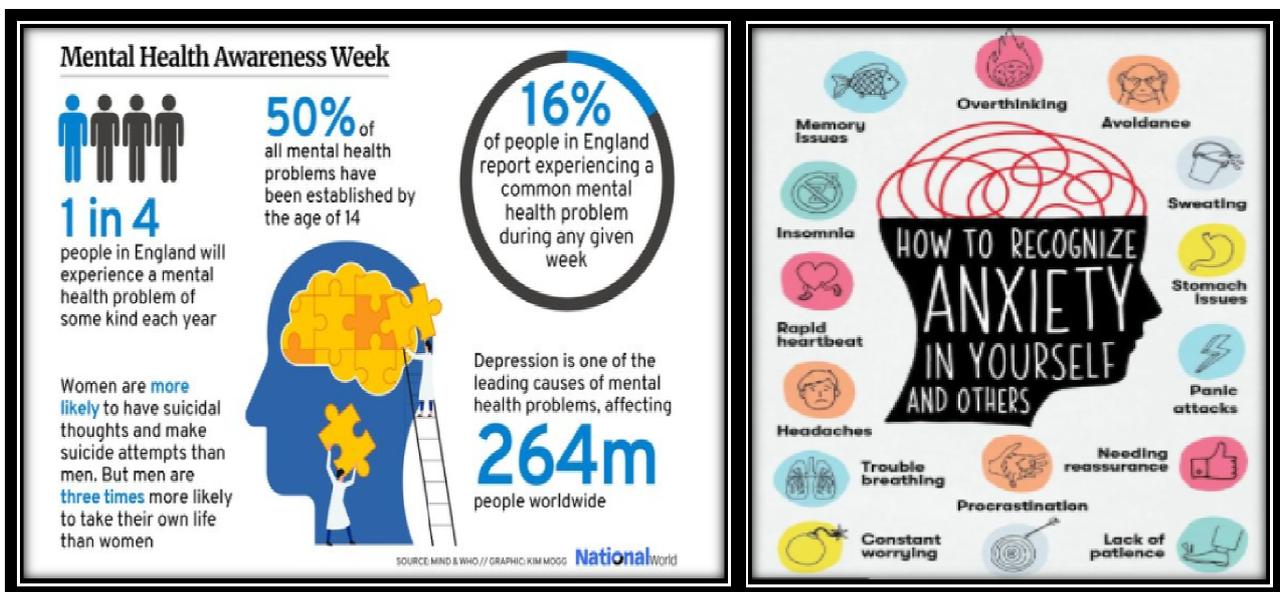
Friday 14th May 2021

Dear parents / carers

This week is Mental Health Awareness Week. Unfortunately, it is a subject which most of us are either currently dealing with, have previously experienced or we know of somebody else who has, whether that be a friend or relative.

It is so easy to believe that you are a burden to others and not wish to disclose how you are really feeling. This could be because of shame, guilt, lack of support in thinking people do not care, being afraid of the stigma that we feel may be attached to having 'Ill/Mental Health' or for many other reasons.

Well it is time to change that thought process!



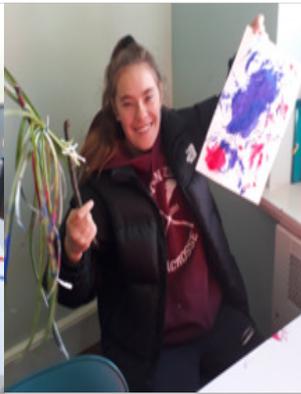
Mental Health issues such as **Depression**, **Low Self-Esteem** and **Anxiety** are becoming more common throughout the world as shown statistically above. As a result of that, thankfully, there are now a lot more courses available to educate us, we are receiving more support than ever before and mental health is now a lot less taboo of a subject to discuss.

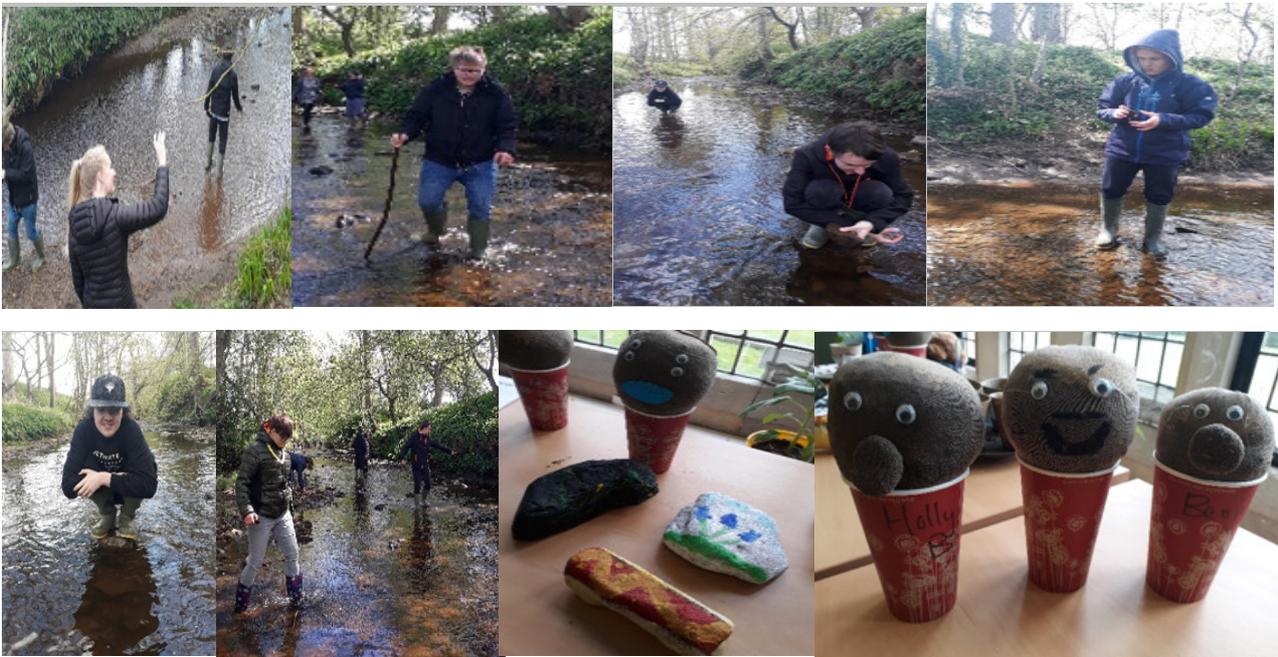
#It'sOkNotToBeOk



Here at Welburn we are all about focusing on **positive mental wellbeing** for both our pupils and staff alike so we had no difficulty incorporating this week's theme -**CONNECTING WITH NATURE** - into our curricular activities.

Using items from nature our KS5 students made paint brushes, explored several types of textures and found different ways to express themselves. They ventured into the stream to find varying rocks that they then painted and finished off the week by making some grass heads.



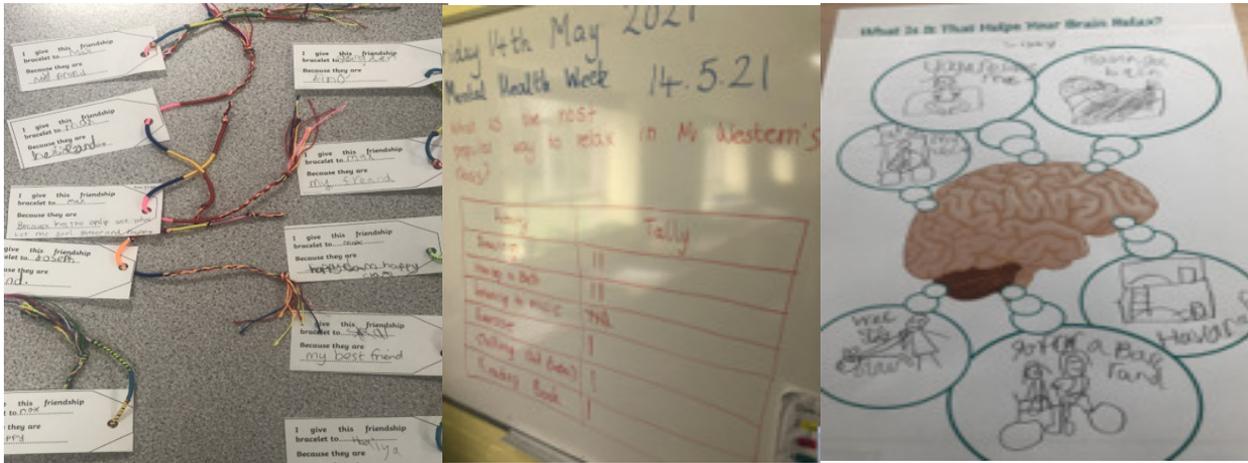


Upper Semi Formal 4/5 spent time in and amongst the grounds searching for new colours and scents and practicing relaxing in natural surroundings. 'A Moment Of Reflection' is appropriately named by the class for the silhouetted photo below. Very impressive, well



done 😊

For Mental Health Awareness Week, Lower Semi Formal remained in the classroom and looked at how they can relax their brains when they feel out of sorts. They then created a tally of the most popular methods of relaxation, they found that listening to music came out on top. They also made friendship bracelets and handed them to their friends.



In other news: Mr Scott's class went to Thornton le Dale and had a look at the Vintage garage which is featured on Bangers and Cash on TV. They all had a great afternoon and bumped into an old member of staff, Debbie Healey.



One of our pupils from Lower Informal started his basic car maintenance work experience this week. He did a fantastic job of valeting some staff cars and filling up the windscreen washer using a funnel he made in class. He showed his knowledge of vehicles and was able to locate

many car parts and also identified many makes and models of cars.

Quote; "I enjoyed doing hard work on cars and I really liked pouring the water in and using the Hoover".

NOTICES/REMINDERS/ADDITIONAL INFORMATION:

- You should have received an email today with regards to NHS immunisations taking place Monday 5th July if your child is in years 8/9. If you have not please call our admin team on 01751 431 218.
- Cath McGill has emailed out information regarding taxi transportation for pupils who will be returning in September please contact her with any queries.
- For those pupils in years 13/14 who will be attending the Residential please ensure that any voluntary payments are made as the Pete Rigg deadline is this month.
- Week commencing 17th May is week 1 school menu.