



Welburn Hall Weekly

Friday 20th January 2022



Hello everybody and welcome back. A few of our classes have been actively exploring nature and making the most of the bright winter days. They have seen some spectacular skies and have searched for first sightings of spring. Miss Marr and her KS5's had a lovely walk at Dalby Forest for their enrichment afternoon and Mrs Foy's clas took advantage of the school grounds as they wrapped up warm with coats and wellingtons to discover how things change when it is really cold and frosty. They saw how they were able to leave footprints on the frosty grass and even sent us a photograph to demonstrate... Brrrrilliant photography!



This term the topic for Lower informal is all about Food and Farming. The pupils will be learning about different types of farm buildings and equipment. They will also be learning about the daily chores that are carried out on a farm. They will be role playing in our Farmers Market shop. Which pupils will help to set up and practice their money skills to purchase produce. They have also been carrying out fact finding tasks to figure out the different types of animals such as wild animals, farm animals and pets.



In art this week we have completed where are Duck and Goose? Can you spot them? This is to explore mixing colours and work on cutting out skills.



Mr Western's class are celebrating 'us' as individuals and thought it would be a good idea to make their own coat of arms representing what each child likes and who they are.

Family, friends, food, music and weather are just some of the important elements that bring quality to each child's life.

This week Rev Sue came in for the first assembly of the new year. She talked about the different robes she wore throughout the year and what the different colours represented. She then asked people to write a prayer or a hope for the new year and place it on the tree.



She also spoke of a couple called Billy and Marjorie Shields whose names appear on the ring cushions couples kneel on at weddings. An article was printed in the Gazette and Herald which read;

“Billy and his wife Marjorie both 81, who were married at the village chapel, have lived all their married life in Harome. For 25 years Billy has been churchwarden at St Saviour's and, like his wife, a stalwart of village life - 45 years as groundsman of Harome Cricket Club of which he is a former captain, 37 years secretary of the Harome billiards and snooker club, while Marjorie, whose wedding dress is one of those being featured in the church exhibition, is a church council member, and still the village's Poppy Day collector after 40 years - an achievement which has earned her the Royal British Legion's certificate of appreciation.”



This week the Makaton sign of the week is:

Teddy



Eco Challenge Reduce, Re-use, Re-cycle

JANUARY	FEBRUARY	MARCH	APRIL
Quick Wins <ul style="list-style-type: none"> Reusable water bottle Reusable coffee cup Invest in tupperware (no sandwich bags) Turn off lights & plugs when not in use Recycled/bamboo/FSC certified toilet paper 	Laundry <ul style="list-style-type: none"> Wash at 30/eco setting Plastic free packaging (laundry egg, laundry sheets) Reduce/no chemicals Eco friendly fabric conditioner eggs Reduce drier use No half loads 	Shower <ul style="list-style-type: none"> Soap/shampoo/conditioner bar Re-fillable bottles (online or re-fill shop) Yorkshire water: free water saving pack Reduce shower time 	Cleaning <ul style="list-style-type: none"> Plant based products Plastic free packaging - refill bottles Make your own - 'just add water' Planet Detox, Koh, Ocean Saver, Ecover
MAY	JUNE	JULY	AUGUST
Food <ul style="list-style-type: none"> Make from scratch Shop local Seasonal product Buy loose fruit and veg Try plant based milks (e.g. oat, almond) Meatless Mondays (and more per week) 	Clothes <ul style="list-style-type: none"> Reduce purchases/fast fashion Buy local Second hand - charity shops Sustainable products & materials Donate unwanted items 	Washing <ul style="list-style-type: none"> Plant based Plastic free packaging/refillable Eco dishwasher tablets Eco washing up liquid/soap bar Use the eco wash cycle 	Self care <ul style="list-style-type: none"> Deodorant Face wash/moisturiser Candles Reusable/bamboo cotton buds Eco sanitary products (mooncup4life, eco pads/pants)
SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
Recycle <ul style="list-style-type: none"> Tins, plastic, etc Compost if possible or recycle food waste Use less water - use excess to water plants, turn off the tap when brushing teeth, etc 	Heat/light <ul style="list-style-type: none"> Swap to energy saving bulbs Swap to renewable energy tariff Turn the thermostat down by 1 degree 	Transport <ul style="list-style-type: none"> Can you walk/cycle? Use public transport Car share Consider hybrid/electric cars Is the journey necessary? 	Presents <ul style="list-style-type: none"> Buy sustainable gifts Buy an experience Buy local Recycle wrapping paper Gift card/money if unsure what to buy

Be aware of plastic, try re-fill shops, swap to plant based products, reduce waste.

Aim for at least one change a month.

Sessions for children, young people and their families

The sessions below are facilitated by the Early Help - Children and Family Support Workers (CFSW's) and have been designed to be versatile and delivered virtually on a 1:2:1 basis with families or face to face in a group-based situation. If you know of, or are supporting a child, young person or family who would benefit from attending one or more of these sessions, please encourage them to book directly onto the course by ringing the area number below or emailing the local Hub so consent can be obtained.

East Locality	West Locality	Central Locality
C&FHubscarborough@northyorks.gov.uk 01609 534101	C&FHubCraven@northyorks.gov.uk 01609 533118	C&FHubHambleton@northyorks.gov.uk 01609 532320
C&FHubWhitbyRyedale@northyorks.gov.uk 01609 534129	C&FHubHarrogate@northyorks.gov.uk 01609 533127	C&FHubSelby@northyorks.gov.uk 01609 532343

Family names will be added to a list of interested participants, and the Children and Family Support Workers who are leading on the courses will contact them directly to plan for session delivery. The sessions are offered

virtually and may be a combined cohort from across the County to reduce the barriers for families accessing face to face sessions.

Session Name	Length of session	Session Overview	Start Dates & Times
Primary Age Sessions			
Create Confidence	6 week programme	A course designed to offer emotional support for primary school aged children who have been in family situations with historic domestic abuse. The sessions provide activities for the children to explore emotions and feelings about past trauma and provides them with coping strategies.	Call for further details
Heads Up	6 week programme	Heads Up is for children aged 4 - 7 years and is delivered over six sessions which last approximately one hour. Each session focuses on a theme -self-esteem, emotions, anxiety, anger, friendships, safe relationships and being kind. Each week there is a mixture of stories, games and activities to ensure the sessions are interactive.	Call for further details
Youth Sessions			
Create Confidence	6 week programme	A course designed to offer emotional support for secondary school aged children who have been in family situations with historic domestic abuse. The sessions provide activities for the children to explore emotions and feelings about past trauma and provides them with coping strategies.	Call for further details
LGBTQ+	Weekly drop-in sessions	The relaxed sessions are designed to be flexible so young people can drop in and out as needed. The group looks for opportunities for the young people to gain insight into the support available. The sessions offer information on well-being, identity, sexual health and support from the wider community.	Call for further details to find out what is going on in your area. Please ring the numbers above or email your local team.
Parenting			
Solihull Parenting Programme	Virtual Course	Online modular based learning on subjects including, understanding your baby, understanding your child, understanding your teenager and many more. The courses are free for all North Yorkshire residents including parents, carers, grandparents and other family members. Each course consists of approximately 18 modules, each of which take about 15 minutes to complete. These can be accessed at a time and a place that suits the family on any device which has access to the internet.	www.inourplace.co.uk Access code: NYFamilies
Face to Face Parenting Sessions	5 week programme	Parenting courses are available to deliver in a group-based situation or on a one to one basis where needs have been identified and the Solihull Parenting Programme would not be appropriate. These courses are structured and last for a minimum of 5 weeks.	Call for further details
Sleep Tight Programme	5 week programme	A five week evidence based programme which gives parents/carers strategies to promote good sleep hygiene and improve sleep. Research shows that on average children gain an additional 2.5 hours per night once families have completed this programme.	Call for further details

Topic: Ryedale and District Mencap Disco

Josephine Hall is inviting you to a scheduled Zoom meeting for the Disco on a Wednesday evening 7-8pm use the following blue link or codes below.

Join Meeting <https://us02web.zoom.us/j/89929471260?pwd=V3JTSE56MINuY3BPVDZZc21BR0c1dz09>

Meeting ID: 899 2947 1260

Passcode: 077189

