



Welburn Hall Weekly

Friday 24th September 2021

Happy Friday everybody!



Although yesterday was officially the “Last Day of Summer” and Autumn is slowly creeping in, our wonderful Welburn children seemed undeterred and kept their sunny disposition this week. They embraced the weather change and had great fun whilst on their out and about sessions...



Upper Informal went for a walk to the school farm to search for an apple tree as part of their story, The Woolly Bear Caterpillar.

They discovered that there are lots of variations of trees with different sized leaves and delicious fruits.

Upper Formal Ks5 went to Dalby Forest in the North York Moors. Whilst there, they made the most of the football pitch, played racing games and they even found a zip wire.



The world's fastest and Europe's longest zip line is **Velocity 2** which features four parallel lines that span 1.5 kilometres over Penrhyn Quarry lake and can reach speeds of a whopping 125mph!

Meanwhile, back at school, Upper Formal Ks4 made Melting Moments in their Food Technology class. The theme this term is ‘The History of Welburn’ so we are making old fashioned biscuits. Next week they will be making Ginger Biscuits.



Lower Semi-Formal have started learning about planets in Science along with place value in Maths, they made some very vibrant planets to hang in their classroom. Awesome work!



Trips

- Upper Formal KS5 have a Golf trip on Wednesday 29th as part of the Sports Partnership interschools competition at Snainton Golf Course.
- Upper Formal Ks4 & Ks5 will be attending the Scarborough Science and Engineering trip on Wednesday 13th of October.

Reminders

- Please be aware that we are a **NUT FREE** school when sending lunches with your children as we have some children who have very severe allergies.
- The Sunflower competition is due to close so please send your entries to "Cath McGill" c.mcgill@welburn-hall.n-yorks.sch.uk
- Next week's lunch menu will return to week 1, if you have not provided your child's lunch choices then please send them to Kim (admin) at your earliest convenience.
- There are still a handful of consent forms outstanding, please check your child's school bags in case they have been missed.
- Please be vigilant in checking your child's hair for headlice as they can spread rapidly. If you need assistance from the school nurse we would be happy to advise or help.
- We still require volunteers for our HSA so if this is something that you would be interested in then do let us know.
- Bug season is upon us and a few of us have already experienced cold symptoms. Please stick to the school sickness protocol and ensure that you let the school office / teacher know if your child will be absent.
- We are still providing Covid-19 Lateral Flow test kits for children and staff and will be sending more home shortly. Please do remember to test twice a week if possible and if your child shows symptoms then check Government Guidance and inform the school office. The office email is admin@welburn-hall.n-yorks.sch.uk and main school line is 01751 431 218



Donations required

Food technology class are always on the look out for tubs that the children can take their cooking home in. Chocolate tubs such as Quality Street and

Heroes are perfect as they seal tightly and can fit large amounts in. If you have any spare we would be extremely grateful for them.

Other things that we would appreciate are outdoor items of clothing and shoes that the children can use when out on the farm.

Thank you and have a wonderful weekend. See you on Monday 27th 😊

NORTH YORKSHIRE AREA

Sleep clinics for families of children age 12 months upwards



Does your child have difficulty sleeping? Is it impacting on their behaviour or on family life? Do you need some support from a trained Sleep Practitioner?

The Sleep Charity has been commissioned by North Yorkshire CCG to provide one-to-one sleep clinics via telephone or online for families in North Yorkshire.

Working with parents, we can help with

- Assessing why sleep issues are happening
- Suggesting strategies to try
- Developing a tailored sleep programme
- Ongoing support available for up to five weeks

The service is also suitable for children with Special Educational Needs and Disabilities. Our Sleep Practitioners have extensive experience in working with these young people.

A recent research study found that our behavioural approach increased the amount of sleep a child with ADHD was having by an average 2.4 hours per night.

YOUR CHANCE TO TALK DIRECTLY TO SLEEP PRACTITIONERS. WE ARE HERE TO HELP YOU AND YOUR CHILD SLEEP BETTER.

“ Having support from the sleep clinic has changed our lives. We were all so tired and thought we'd tried everything, thank you for giving us the gift of a good night's sleep. ”

- Parent

For more information or to self-refer contact **Helen Rutherford** on helen@thesleepcharity.org.uk or call **07568 052250**

thesleepcharity.org.uk

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