



# Welburn Hall Weekly

Friday 8 December 2023

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

## School dinner arrears

We are currently owed £60.25 for unpaid school meals. We would very much appreciate it if you could check your account and make sure it is in credit.

Thank you for your understanding

## Autumn 2 – Food Tech Contributions

Payments can now be made towards Autumn 2 Food Tech.

So, if you are able to contribute, please do so via [ParentPay](#). Thank you



As of today, 91% of ParentPay accounts **have been activated** – so thank you for your support and cooperation.

For those who have not activated their account, **please can you ensure that you login to ParentPay and sign up as a matter of urgency.** We need **ALL** parents to activate their account, even those receiving **Free School Meals** to ensure you receive the full benefits of the system. Thank you!

Week 2 Lunch	Main	Vegetarian	Pudding
Monday	Flaky pastry topped steak & mushroom pie with mash 	cauliflower mac 'n' cheese 	chocolate cornflake pudding 
Tuesday	pasta Bolognese & garlic bread 	sticky Quorn noodles 	Viennese whirl, fruit & ice cream 
Wednesday	toad in the hole with onion gravy & roasties 	cheesy bean enchilada 	jam roly poly & custard 
Thursday	cottage pie 	pizza 	flapjack 
Friday	battered fish & chips 	Lightly spiced veg & bean curry, loaded wedges  	toffee apple muffin 

We are a nut aware school



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Mr Kaufman's class followed instructions really carefully and supported each other to make chocolate wands! Ta-da!



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Upper Pre-Formal really got into the spirit of Christmas Jumper Day by getting their wish list ready for the big man himself.

What a lovely session, all being around the class table, making choices and what's most important, having fun!

# CHRISTMAS JUMPER DAY



This year we raised £33.00 on Christmas jumper day for Save the Children



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# Managing the Christmas Sensory Overload!

## It's that time of year

Christmas is an exciting time, but some children and young people can be filled with emotional and sensory overwhelm. Increased noise, multiple voices, crowds, social expectations, changes in routine, flashing lights, different textures brought into the house, loud and busy music and surprise gifts can all take their toll.

So what can we do to create a more joyful or tolerable time for all the family?

## Preparing for a change in routine

- Talk about what changes there might be – using the senses as guidance if that's helpful?  
What you might see, smell, hear, taste and touch that is different than usual?
- What might help body and emotional regulation (adults too!!)?  
A favourite soft toy or blanket, a scent on a sleeve or tissue, an attachment symbol like a heart drawn on the hand by a loved one, crunchy snacks, noise cancelling headphones, a weighted lap pad.



## Stick to normal routine as much as you can

Routine doesn't mean 'boring'. It can be filled with nurturing and reliable rituals that make people feel safe and regulated.

## Food

Festive food traditions often involve lots of different textures and tastes; party buffets, chocolates, sweets and socialising may mean some people may:

- struggle to recognise when they are full
- over-eat
- horde and hide food away
- be pre-occupied by the food and unable to leave the area alone

Food can be a complex and emotive topic, so keep it simple:

- offer small and regular portions of food, with treats interspersed throughout the day
- add regulating crunchy and chewy food
- encouragement to move away from food after eating
- avoid labelling food as having to be eaten 'because it's Christmas'. It's perfectly acceptable to stick to your normal food routine.



Taken from Beacon House  
Therapeutic Services and Trauma Team



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# Managing the Christmas Sensory Overload!

## Lights and noise

Christmas is busy with lots more people around, flashing lights and decorations, plus loud music and Christmas songs, so here are some practical ideas that might help:

- wear a hoodie, so ears can be subtly covered
- listening to your own music with headphones
- using noise-cancelling headphones
- avoid having multiple devices playing at the same time
- switching fairy lights to not flash
- use less decorations on the tree

To help regulation it may be helpful to incorporate some heavy work based-activities into the routine such as:

- incorporate outside, nature walks into your daily routine
- do jobs in the garden or park: carry logs, rake leaves
- carry the Hoover upstairs or downstairs
- hoovering, cleaning

Or add some organising activities that help with body and mind:

- go for scavenger hunts – can you find something shiny, round, prickly, red?
- setting the table, sorting out cutlery, arranging dishes
- sorting out gifts by size, colour or family members
- do some mindful colouring, word searches, spot the difference or jigsaws

## Remember the after!

Holding it together all day means potentially coming home overloaded. Favourite regulatory activities are essential here!:

- a snuggle on the sofa in a soft fluffy blanket
- nature walk
- a bath
- soothing hot chocolate
- lying in bed having a cuddle and a story
- listening to music
- wrapped up in a duvet in silence!

Regulation is not just for children - if you are trying to support sensory overload in a child then you need this too.



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