



Welburn Hall Weekly

Friday 9 May 2025



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

School dinner arrears

We are £175.25 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

Summer 1 Term Food Tech Contributions

Payments can now be made towards Summer 1 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 Wk 1	Main option 1	Vegetarian option 2	Options 3 or 4	Pudding
Mon	Sticky pork noodles 	Italian pasta bake VG 	Tuna sandwich Or Jacket potato & beans VG	Chocolate Sponge & Custard V 
Tues	Minced beef loaded wedges 	Veg sausage with wedges VG 	Onion bhaji burger VG Or Cheese sandwich V	Jam doughnut muffin V 
Weds	Sausages, gravy & mashed potatoes 	Tomato & herb pasta pot VG 	Ham sandwich Or Jacket potato & beans VG	Flapjack VG 
Thurs	Chicken Korma 	Cheese & tomato pasta V 	Mexican beef taco Or Cheese jacket potato V	Sponge & custard V 
Fri	Fish fingers 	Cheese whirl V 	Chicken parmesan Or Cheese sandwich V	Jam shortcake VG 

V – Vegetarian VG – Vegan. Jan 2025



RESPECT



PERSEVERANCE



EXCELLENCE

We are a nut aware school

Heads-up!

Dear Parents and Carers,

I wanted you to see a piece of writing from one of our Year 9 learners who was reflecting on how it feels to be autistic. The content is so moving and relevant for the majority of our learners that I thought it was important to share. Too often young people struggle to find their voice!

You may all be interested to know that last week we had a 2 day local authority review looking at the finances. I know parents are also concerned about the funding issues but I would like to reassure you that the review was incredibly useful and positive.

Finally, just to say the move back into the House is coming soon, all works are on track and we should be able to use it as planned in September!

Marianne



Thank you to our College enterprise learners for designing and making a superb tea towel prize for the fancy dress competition of last week's Kirkbymoorside 10k run. The winner was over the Moon to receive his prize.



RESPECT

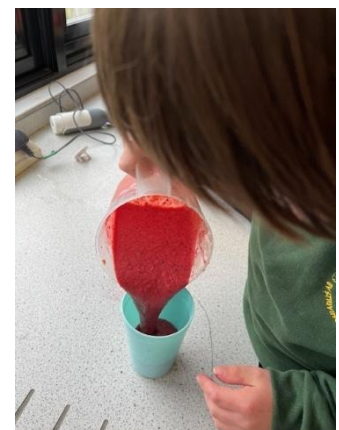
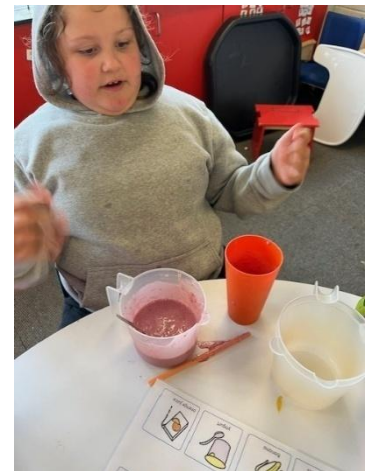


PERSEVERANCE



EXCELLENCE

Pre-Formal enjoying their
sensational, sensory and very
fruity smoothies.



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Art Clubbers have been super busy finishing off their shell wall hangings and starting their next projects.



They are currently using wool, PVA and some serious amount of skill to create their own 3D animal pictures.



The next step is to turn their animals into Polymer Pocket Pals!



Autism

You can't really tell when someone has Autism. Even though it makes them stand out. When you have Autism you mask, you mask that much you don't know how to not mask and be yourself, so you pretend to be someone you aren't just to "fit in".

For years Autistic people just hid their struggles so they could "fit into society". When the world started to accept people for who they are and their struggles, when Autistic children and adults started to get support they have needed all their lives, people started saying it was a "trend" to be Autistic. Autism is not a trend and is a real struggle people live with every day.

Autism should not be frowned upon it is a Super Power, people with autism may struggle in many environments and social situations, but they partially excel at things they enjoy for example: Albert Einstein - Scientist and Mathematician, Anthony Hopkins - Actor, Tim Burton - Movie Director, Emily Dickinson - Poet. There are many more. All of these people have one thing in common, they all have Autism.

This shows that no matter the struggle an Autistic person may face, you can go on and do amazing things. Just remember, believe in yourself and AUTISM IS A SUPER POWER NO MATTER THE CHALLENGES YOU MAY FACE.

Written by one of our Year 9 learners



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Mrs Clapton's class took advantage of last week's good weather with a trip to the lovely Castle Howard.

Their Skelf Island Adventure Playground was a huge hit.



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Wellbeing & Safeguarding



North Yorkshire Safeguarding Children Partnership (NYSCP) 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/>

What Parents & Educators Need to Know about MAKING FRIENDS ONLINE

In today's digital world, it's increasingly common for children to form friendships with people they've never met in person. While online connections can offer children a sense of belonging, they also carry significant risks. Around 19% of children aged 10 to 15 in England and Wales have chatted online with someone they've never met face to face. This guide offers expert advice for parents and educators on helping children navigate online friendships safely.

WHAT ARE THE RISKS?

ONLINE GROOMING THREATS

Predators can use games, chat apps or social media platforms to build relationships with children and gain their trust. This may quickly develop into grooming or exploitation. Between April 2017 and March 2023, UK police recorded nearly 34,000 online grooming offences – an 82% increase in just five years.

EXPOSURE TO INAPPROPRIATE CONTENT

Children may encounter distressing or explicit material while interacting with online contacts – especially via TikTok, Instagram or Snapchat. This is evidenced in a survey by the Children's Commissioner for England, which found that 45% of children aged 8 to 17 had seen content online that made them feel uncomfortable, worried or upset.

PRIVACY AND DATA RISKS

Children and young people often overshare personal details – such as where they live or go to school – without understanding the consequences. In fact, 4.4% of 10 to 15-year-olds in the UK have met up in real life with someone they'd only spoken to online.

COMPROMISED PERSONAL SAFETY

Meeting an online 'friend' in real life risks placing a child in serious danger. From abduction to coercion, the consequences can be devastating. Reports of children being harmed after such meetings are becoming increasingly common in the UK, highlighting the need for safeguarding intervention.

PSYCHOLOGICAL DISTRESS

Online harm – such as cyberbullying, grooming or exposure to disturbing content – can lead to long-term emotional issues, including anxiety, depression and PTSD. 'Sexortion' gangs, who threaten to release sexual information about a person unless they pay them money, have reportedly targeted children as young as 11, leaving them traumatised and ashamed.

LONG-TERM REPERCUSSIONS

Children exposed to harmful online relationships early on may develop unhealthy beliefs about relationships, consent, or self-worth. In a recent case, a 26-year-old posed as a girl on Snapchat to befriend children aged 10 to 16, manipulating them into sexual activity and causing profound emotional distress. One 12-year-old tragically died by suicide, highlighting the long-term psychological harm online friendships with strangers can cause.

26 FRIENDS
ONLINE NOW

Advice for Parents & Educators

TEACH SAFE ONLINE HABITS

Help children understand how to use privacy settings, protect their personal information, spot fake profiles, and report anything suspicious or concerning, like pressure tactics. Encourage them to think critically about what they share – and whom they're talking to.

KEEP CONVERSATIONS OPEN

Let children know they can talk to you about their online life. Avoid reacting with anger or judgement, as this may prevent them from opening up in the future. A child who feels listened to is more likely to disclose problems before they escalate.

ENCOURAGE REAL-WORLD CONNECTIONS

Support children in building friendships through school, clubs, hobbies and activities in the real world. Strong offline relationships help reduce children's reliance on online platforms for social interaction, and can help them develop resilience and social confidence.

USE PARENTAL CONTROLS

Parental control settings on devices, games and apps can help manage screen time, filter out inappropriate content, and monitor activity. While no system is perfect, they provide a valuable layer of protection as children explore digital spaces.

Meet Our Expert

Gabriella Russo is a safeguarding consultant with over 30 years' experience in supporting children, families, and adults across education, local authority, and mental health settings – both in the UK (including at Parliamentary level) and internationally.



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