



Welburn Hall Weekly

Thursday 9th June 2022

Hello everyone.

Our animal care students candling our chicken eggs to look for baby chicks! These chicks will be ready to start hatching over the weekend, and to see the chicks inside the eggs was a great experience for the students.

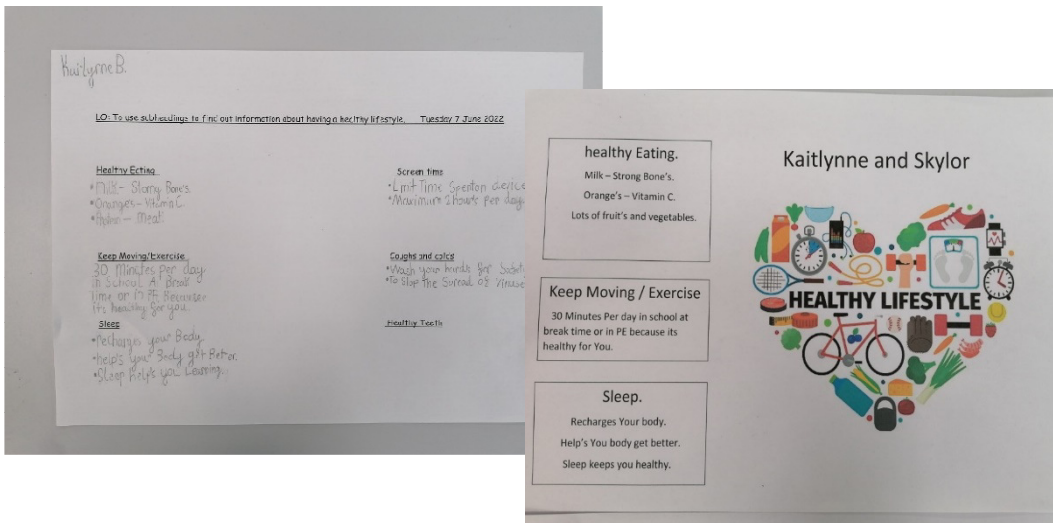


College students busy at York College constructing bird boxes



Lower semi formal class have been working very hard at producing leaflets to show off their ideas on how to live a healthy lifestyle. Please find attached some photos!

The idea sheets that led to the healthy living leaflets - well done everyone excellent work!



Max

[Go to the address link to find out information about having a healthy lifestyle](#) Tuesday 7 June 2022

Healthy Eating: Vegetables, Vitamins and minerals.
 Oranges - vitamin C Milk makes you strong - Calcium.
 Fruit - Balanced diet - Everything in moderation.
 Meat gives you protein. Moderation.
 Carbohydrates for energy.

Keep Moving/Exercise: 30 minutes per day. Make you fit. School at break time or pe. naffy. Improves fitness.

Sleep: 8-10 hours. Strong hearts recharge. Help you reflect on sleep makes you better. You should get 8 hours or more sleep. Limit screen time before bed.

Screen time: 1 hour per day on devices. Make sure you control devices. Wash your hands after sneezing on a tissue and stop the virus spreading.

Healthy Teeth

Max nugent and Freya Lille website-johnson

Healthy eating

- Oranges vitamin c
- Milk makes you strong
- Vegetables vitamins c
- Meat gives you protein

Keep moving exercise

30 mins per day
 Improves fitness
 Make you happy
 At school its better to do break or pe

Sleep

Sleep lets you recharge and sleep make you better
 Sleep reflects on mistakes
 Sleep gives you energy
 Sleep repairs our bodies

[Go to the address link to find out information about having a healthy lifestyle](#) Tuesday 7 June 2022

Healthy Eating: ORANGES

Keep Moving/Exercise: 20 mins or PLAYING
 Coughs and colds not on the same

Sleep: 8-10 hours

Jack B

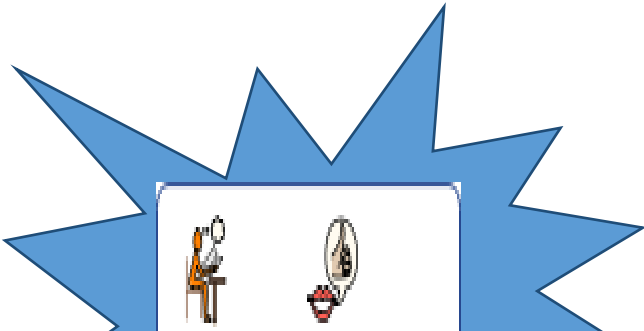
HEALTHY EATING

- ORANGES ARE GOOD FOR YOU AND BE HEALTHY

KEEP MOVING AND EXERCISE

RIDING OR A BIKE / GO KART / HAVE FUN AND HAVE FUN

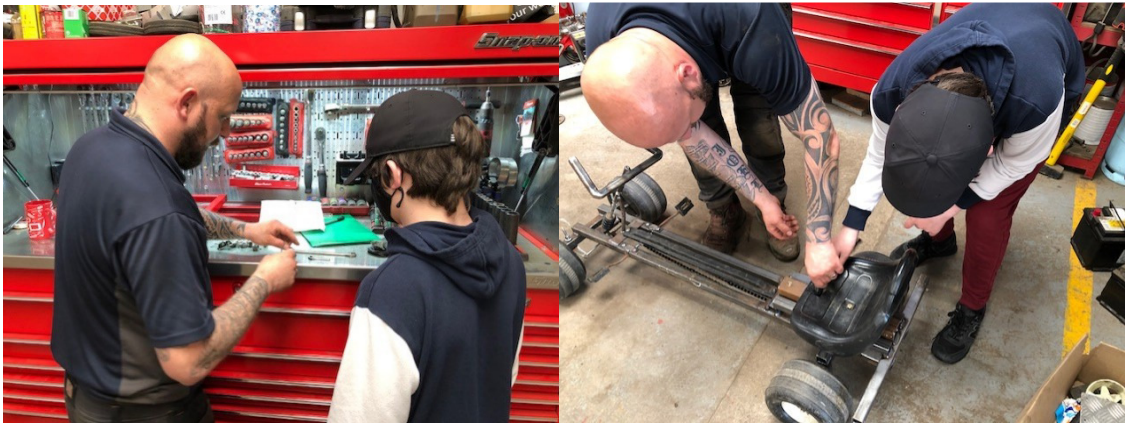
Mrs Clapton's class are collecting plastic bottle tops - please save yours and bring them into school - thank you!



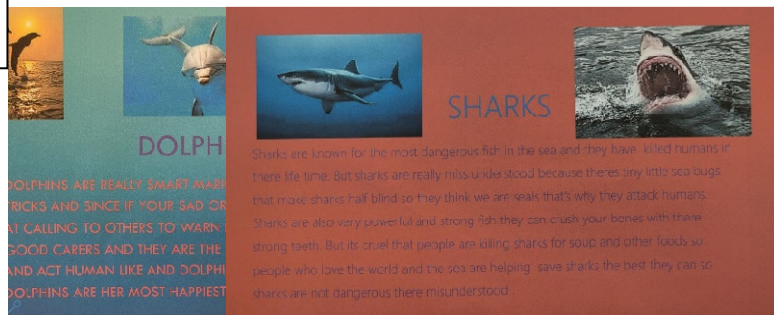
Jurassic World Dominion
 out on Friday 10th June in
 cinemas
 This film is a 12A

This week, Nurture 2 have started a few enquiries into Japan and the mystical spirits linked to Shanti. We started by exploring the landscapes and have learnt about mountain ranges. We researched the impact of climate change and how to be an eco-tourist. Our discussions about mysteries and folklore led to lots of questions about the history of Welburn Hall [and the wonderful tales that accompany it]. The children have explored a range of historical documents, explored the house and grounds comparing old images, and been in contact with Kirkbymoorside History Group for more information about mysteries in our local area.

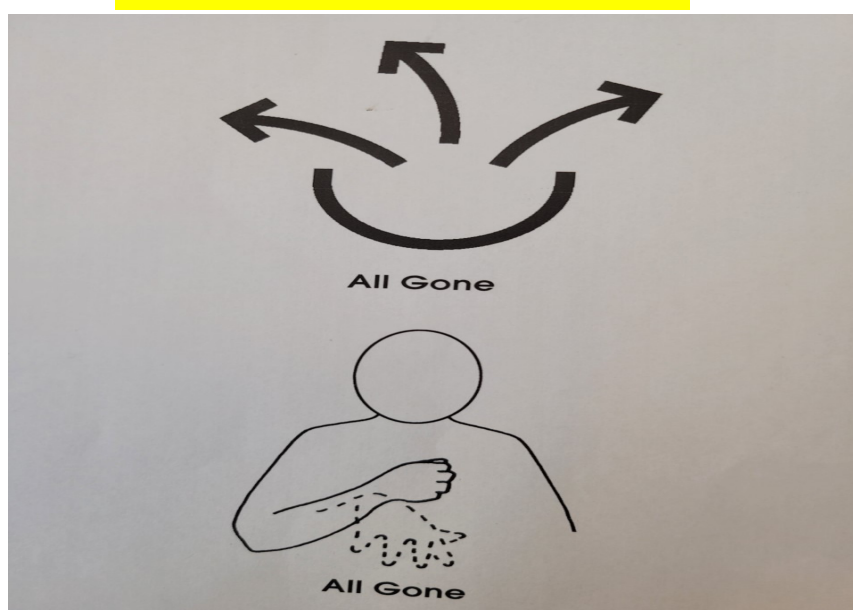
Kirkby Mills garage have kindly been helping one Nurture 2 student to create a go kart from scratch. They have spent many hours of their own personal time and used their own resources to create a go kart that can be taken apart and fixed. Paul came up with the idea because our student told him that he loved the processes of how things work. We cannot thank them enough for kindness and time.



Independent research by Semi Formal 4



MAKATON SIGN OF THE WEEK:



Staffing Update -This week we said goodbye to Kim whom will be sorely missed by us all at Welburn. We are hoping to replace Kim as soon as possible but please bear with us and there is only Amanda covering the office at present.

Additional Information:

Lunch menu next week will be Menu 1

Jubilee party photos to follow next week

