

The Welburn Weekly

Ethos Statement

I understand the importance of thinking before I act.

Letters Home

Academy

Following the initial consultation meeting on 7th February, we're pleased to announce that the Academy Order has been issued.

We're now entering the formal consultation period and there will be a meeting at 5.30pm on Wednesday 15th May for parents and carers. If you would like to attend this meeting, please let the office know by Friday 3rd May.

Alternatively, you may wish to send any questions to
admin@welburn.n-yorks.sch.uk

National Child Measurement Programme

This will take place on 30th April for children in reception and year 6.

A letter has been sent out previously but if you do not want your child to take part, please contact them on 0300 3030916 or email nationalchild.measurementprogramme@nhs.net

Oak Class Malton Sports Centre

Oak Class went to Malton Sports Centre for a football event on Wednesday.

They entered a mini tournament and everyone enjoyed practising their football skills.

Puddings

We have had a very successful 2 weeks of school puddings being ordered with pack ups.

If your child would like one of Mrs Wainwright's delicious puddings, please order on Parent Pay before 9am.

Jewellery Reminder

Please can we remind parents that for Health and Safety reasons we discourage wearing jewellery in school.

Pupils may wear earrings but they should be able to remove them before PE. Alternatively, please remove them before school on PE days.

PE

Oak Wednesday

Beech Tuesday and
Wednesday

Sycamore Tuesday and
Friday

Instagram

Don't forget to follow
our new account on
Instagram:

@welburncpschool

Our website is also
regularly being
updated so watch
out for any updates
on there as well:

<http://welburn.n-yorks.sch.uk/>

Term Dates for the Diary

30th April - National Child Measurement
Programme (Reception/Y6)

1st May - Assembly with Reverend Douglas

1st May - Rounders and Cross Country Malton
(Sycamore/Beech)

22nd May - Cricket/Rounders Malton (Beech)

23rd May - Intra School Cricket Tournament

24th May - Monk Park Farm (Oak)

27th - 31st May - Half Term

4th June - Class Photos

w/b 17th June - Community Week

18th June - Organ Workshop (Sycamore/
Beech)

18th and 19th June - Taster Days Malton (Y6)

20th June - Cream Tea and Beetle Drive

25th June - Malton Taster Day (Y5)

26th June - Transition morning

26th June - Multi Sports Malton (Oak)

w/b 1st July - Sports Week

2nd July - Transition morning (and lunch)

3rd July - Sports Day

9th July - Crucial Crew (Sycamore)

10th July - Robin Hoods Bay (Beech)

18th July - Leavers Assembly/Dalby Forest Trip

Menu week commencing 29th April 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Pasta Bake, broccoli, cauliflower and crusty bread.	Homemade beef burger with bun, wedges and baked beans.	Sausage roll, roast potatoes and mixed salad.	Chicken with rice, stir fry vegetables and wrap.	Fish Friday, chips, peas, sweetcorn and whole-meal bread.
Biscuit and fruit.	Jelly and ice-cream.	Choc sponge and choc sauce.	Orange short-cake.	Rice Krispie Slice.

School meals are £3.00 per day. More information about free school meals is available here: <https://www.northyorks.gov.uk/education-and-learning/free-school-meals>

In Science this week, Beech Class have been learning about the different parts of a flower.



Term and holiday dates for academic year 2024 - 2025

Term starts: Monday 2nd September 2024

Professional development training day: Monday 2nd September 2024

Children back Tuesday 3rd September 2024

Half term holiday: Monday 28th October 2024 to Friday 1st November 2024

Term ends: Friday 20th December 2024

Christmas holiday: Monday 23rd December 2024 to Friday 3rd January 2025

Professional development training day: Monday 6th January 2025

Children Back Tuesday 7th January 2025

Half term holiday: Monday 17th February 2025 to Friday 21st February 2025

Term Ends: Friday 4th April 2025

Easter holiday: Monday 7th April 2025 to Monday 21st April 2025

Professional development training day: Tuesday 22nd April 2025

Children back Wednesday 23rd April 2025

May Bank Holiday Monday 5th May 2025

Half term: Monday 26th May 2025 to Friday 30th May 2025

Professional Development training days 21st and 22nd July 2025

Term ends: 22nd July 2025

10 Top Tips for Parents and Educators MANAGING EXAM STRESS

At some point in their education, children are almost certain to encounter exam stress, which can cast a shadow over their mental, emotional and physical wellbeing. Mental health charity YoungMinds estimate that a staggering 87% of pupils suffer from exam stress – highlighting the urgent need to minimise its impact on children's health and happiness.

1 PRACTISE WORKLOAD WISDOM

The build up to exam season is such a busy and pressurised time in a child's education that it can be difficult for youngsters to avoid feeling overwhelmed. Encourage them to consider whether their current workload is realistic and allows them sufficient time to relax and recharge. Work with them in crafting a revision timetable that's manageable and includes breaks and occasional days off.

2 ADVISE CLEARING THE CLUTTER

A disorganised work environment is proven to negatively affect our ability to focus, as well as our emotional state. Encourage children to keep their desk, notes and revision materials tidy – creating a dedicated, well-kept study space to promote maximum focus. Foster their creativity by suggesting they incorporate vibrant colours, mind maps and even quirky drawings into their revision notes.

3 MASTER THE MATERIALS TOGETHER

Revision seems far harder when a child is uncertain where to begin or what sources to consult. Support them in confirming revision materials with their various teachers – emphasising the importance of gathering a range of resources to get a more comprehensive understanding of the subject. Feeling more prepared should nurture the child's confidence and help to dispel some of their anxiety.

4 RECOMMEND CREATIVE NOTE-TAKING

Writing out notes in full – rather than simply bullet pointing – can be a strong start to a child's revision. Reinforce this idea, encouraging the use of flashcards (featuring shorter versions of previously taken notes) for effective repetition and memorisation. Discuss the power of regularly reviewing notes to help them stay in the child's memory.

5 USE VISUAL AIDS AND MNEMONICS

Encourage the use of visual aids like videos and sticky notes to enhance learning. Some children find these resources far more useful than simply reading their notes as written. Explore creating mnemonics for a fun and effective study approach – and it's also worth noting that the strategic use of colours is a proven means of triggering recall during exams.

6 GATHER A 'TECH TOOLKIT'

Technology can be a huge advantage in exam prep. Educational YouTube channels and revision websites like BBC Bitesize can be immensely powerful resources for helping children to expand and retain their knowledge. You could also recommend the use of flashcard apps and educational podcasts for revision and reminders when young people are on the go.

7 KEEP IT FUN

Revision tends to go far more smoothly if children are having fun in the process. Injecting some humour into their notes, for instance, can make details more memorable – as can relating information to their real-life experiences. Try to encourage a variety of study methods, such as incorporating physical activity (even simply taking a walk) into their revision routine.

8 SUGGEST ACTIVE REVISION STRATEGIES

Make sure children are aware of different study techniques. You could emphasise the effectiveness of spaced repetition by reviewing material regularly over time to reinforce learning and improve retention. Discuss the benefits of active recall methods – such as self-testing or explaining a concept aloud – in identifying where their strengths and weaknesses lie.

9 ENCOURAGE A POSITIVE MINDSET

It can be easy for children's thoughts to fall into a downward spiral when they're stressed about exams. Try to foster a growth mindset by emphasising the importance of giving it their all rather than aiming for complete perfection. Positive self-talk and the use of affirmations can build confidence and reduce anxiety, while visualising success and setting realistic goals can help them stay motivated and focused.

10 HELP THEM TO SEIZE THE DAY

There are lots of things children can do on the day of their exam to reduce stress and increase their focus. Talk them through some helpful exam-day strategies – such as arriving early, reading the instructions and the questions carefully, and pacing themselves during the test. Suggest some relaxation techniques, such as deep breathing or visualisation, to help them manage any nerves before and during the exam.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at Penistone Grammar School.



#WakeUpWednesday

The National College

Malton Library

Mon 9.30-5 Tues 9.30-7 Weds 9.30-5 Thurs CLOSED Fri 9.30-5 Sat 9.30-12.30

What's on in May

Bank Holiday Closures: Monday 6th and Monday 27th of May

SPECIAL EVENTS - ALL FREE!

- **Local and Community History Month**
 - Saturday 18th, 10am-12noon, **Pop up display by Woodhams Stone Collection**
 - Saturday 25th – Saturday 1st June, **Local History Trail for families**
 - As part of Local Community History Month, Malton Library is celebrating Malton's horseracing history with an equine-themed trail in the library! Come down and give it a go (you might win a prize!)
- **Police Property Marking Event**, Saturday 11th, 10am-12noon
- **Dementia Forward Drop-in**, Friday 17th, 10am-12noon
- **Book Sale Bonanza**, Saturday 25th, 10am-12noon
- **ALSS Family Craft Session**, Wednesday 29th, 10am-12noon

REGULAR SESSIONS

- **Children's Stay and Play Session**, Mondays 10.30-11.30am
- **Children's Storytime and Crafts**, Tuesdays 10.30am
- **Pins & Needles Craft Club**, Tuesdays 5-7pm
- **Malton Tuesday Readers Group**, First Tuesday of the month 7pm**
- **Advocacy Drop In**, First Tuesday of the month 10am-12 noon
- **NHS Volunteers Drop In**, Second Wednesday of the month 11am-12 noon
- **IT Help Appointments**, Wednesdays 1-3pm, Fridays 12pm-2pm*
- **Lego Club**, Wednesdays 1-3pm and Saturdays 10am-12 noon
- **Board Games Club**, Fridays 2-4pm



**Booking essential, please email or phone the library*
***Please email or phone the library for more information*
malton.library@northyorks.gov.uk 01609 534565
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