

# The Welburn Weekly

## Ethos Statement

I understand the importance of teamwork.

## Letters Home

Sports Day

## Transition Sessions

On Wednesday, we held our first transition session. We welcomed in our new Reception pupils and all the children spent the morning with their new classes.

Oak Class had lots of different activities including paper snakes, numicon, colouring and stories.

Beech Class played a game of bingo to find out about each other and decorated a leaf for their coat peg.

Sycamore Class learned about themselves using numbers and played "Would you rather?"

## Ofsted

A huge thank you to all the children and staff for their hard work this week. Thank you also to parents and carers who completed the online survey.

We will let you know when the Ofsted report is published.

## Oak Class Multi Sports

Oak Class really enjoyed their trip to Malton Sports Centre for the multi sport event on Wednesday afternoon. They took part in dodgeball, tennis, orienteering, French cricket and javelin.

## Year 5s Malton

The year 5s really enjoyed their day at Malton School on Thursday.

They made a keyring in DT, used Bunsen burners in Science to identify chemicals and acted a scene from the Lion King in Drama.

## Sports Day

Sports Day will start at 10am on Wednesday 3rd July.

Afterwards we will have our traditional picnic lunch. Please bring along your picnic and join us.

## Sun Safety

Please remember to make sure children have hats and sunscreen in school in hot weather.

All pupils will return to class for the afternoon and school will finish as normal at 3.30pm.

### Term Dates for the Diary

w/b 1st July - Sports Week

2nd July - Transition morning (and lunch)

3rd July - Sports Day (am)

9th July - Crucial Crew (Sycamore)

10th July - Robin Hoods Bay (Beech)

15th July - Library Assembly

17th July Rounders Malton (Beech)

18th July - Leavers Assembly/Dalby Forest Trip

19th July - Finish for summer

Term starts Tuesday 3rd September

### Parent Pay

Please could all parents/carers check their Parent Pay account and pay for any outstanding dinners, clubs and trips by Friday 7th July.

Any bookings made after this date will need to be paid for by the end of term. All accounts need to be cleared so the end of year on Parent Pay can be processed before September.

### Church Toys Collection

Reverend Douglas is reviewing the provision made for young children in churches in the local area and would be very happy to receive donations of pre-loved soft toys and playthings.

Any items can be brought to school and we will arrange for Reverend Douglas to collect them.

### Menu week commencing 1st July 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Pasta bake, broccoli, cauliflower and crusty bread.	Sausage, wedges and beans.  School Cake.	Sports Day Pack Up.	Chicken with rice, stir fry vegetables and wrap.	Fish Friday, chips, peas, sweetcorn and whole-meal bread.
Biscuit and fruit.			Orange short-cake.	Rice Krispie slice.

School meals are £3.00 per day. **Toast is 20p a day and a pudding is £1.**

More information about free school meals is available here: <https://www.northyorks.gov.uk/education-and-learning/free-school-meals>

## Transition Morning in Beech Class

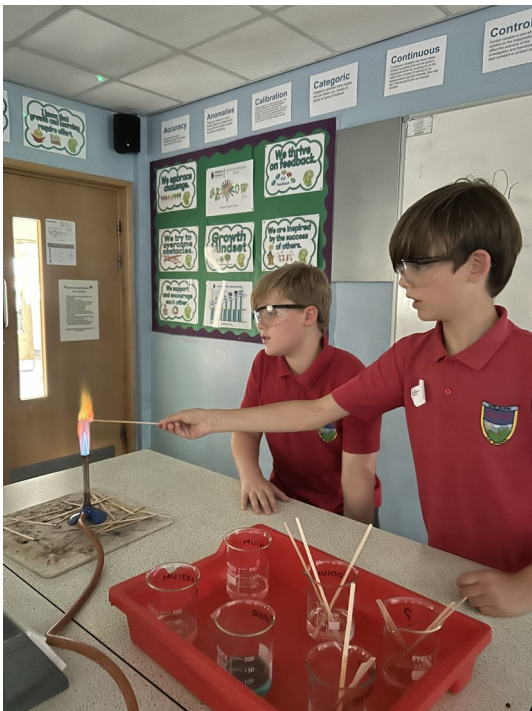


## Oak Class Multi Sports at Malton





## Year 5 Experience Day at Malton





# SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT

## A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From climate change to military conflicts around the globe, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

### 1 FIND OUT WHAT YOUR CHILD KNOWS

There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they've seen.



### 2 RIGHT TIME, RIGHT PLACE

Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.



### 3 KEEP IT AGE APPROPRIATE

With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what's happening – but again, do stay aware of their emotional state.



### 4 EMPHASISE HOPE

Upsetting content can make anyone feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.



### 5 MONITOR REACTIONS

All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.



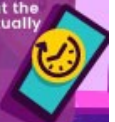
### 6 CONSIDER YOUR OWN EMOTIONS

It's not only young people who find upsetting news difficult to process; adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.



### 7 SET LIMITS

Managing screen-time and content can be difficult even in normal circumstances, but especially in unusual or stressful periods (at the start of the pandemic, for example). It's virtually impossible to keep children away from upsetting content completely, but it's important to try to limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screen-time limits.



### 8 TAKE THINGS SLOWLY

Try not to overwhelm your child with information all at once; instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.



### 9 ENCOURAGE QUESTIONS

Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate – you want to be their ultimate source of information, not their device.



### 10 FIND A BALANCE

There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.



### 11 BUILD RESILIENCE

News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.



### 12 IDENTIFY HELP

It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are. It is essential that children understand that they're not alone, and that help is available if and when they need it.



## Meet Our Expert

Cayley Jorgensen is the director of FaceUp South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying around the world. FaceUp helps give a voice to bystanders by encouraging them to speak up and get the help they not only want but need.



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#WakeUpWednesday

Sources: <https://www.bbc.com/news/round-10-475936> <https://www.children.com/blog/supporting-your-child-with-upsetting-content/> <https://www.unicef.org/parenting/how-to-tell-your-children-about-conflict-and-war>



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