

# The Welburn Weekly

## Ethos Statement

I am proud of my achievements

## Letters Home

Reports

Ofsted

## Farewell from Welburn CP to our Year 6s

It is with a fond farewell we say goodbye to 7 families now their children have reached year 6—the Kitchens, the Lealmans, the Picketts, the Pinders, the Wanless', the Whiteheads and the Zajackowskas. We wish all our Year 6 pupils lots of luck and success as they transfer to secondary school in September. We also say goodbye to Alex Williams and his family in Sycamore Class. Good luck in your new school.

We also said goodbye to Mrs Dring at our Leavers' Assembly. We wish her all the best in her retirement.

## Dalby Forest

Everyone had a great time at Dalby Forest on Thursday.

The weather stayed fine and everyone enjoyed playing in the stream and playground.

A great end to the year!

## Thank you from us all

A big thank you from everyone here at Welburn CP School for all your generous gifts and cards. They are very much appreciated.

Have a great summer and we'll see you back on Tuesday 3rd September!

## Rounders Event

Beech Class enjoyed the rounders event at Malton Sports Centre on Wednesday.

They had some great matches and came second overall.

## Yoga

All the classes enjoyed their yoga session with Claire on Wednesday.

Everyone felt very relaxed and enjoyed learning about yoga.

### Term Dates for the Diary

2nd September—Training Day

3rd September—All pupils return

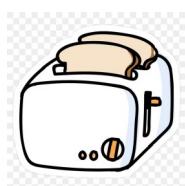
More information about events in the Autumn Term will be sent out in September.

### Toast and Puddings

We have had a very successful year with the launch of our breaktime toast and puddings.

Mrs Wainwright has served 5,815 slices of toast and made 181 puddings to go with pack ups.

Don't forget to order for next term!



### PE kit and wellies reminder

Please make sure that named PE kit and wellies are brought into school on the first day back.

### Dinner and Breakfast/After School Club Payments

Please ensure that you have paid all Dinners and Breakfast/After School Club.

### Menu week commencing 2nd September 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Training Day	Mild chilli con carne, rice, green beans, cauliflower and wrap.  Lemon Drizzle Cake.	Chicken, Yorkshire pudding, mashed potatoes, carrots, cabbage and gravy. Biscuit and fruit.	Sausage pasta with tomato sauce, broccoli, cauliflower and crusty bread.  Jam sponge and custard.	Fish Friday, chips, peas, sweetcorn and whole-meal bread.  Choc krispie.

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>

# Leavers Assembly



Dalby Trip



# What Parents & Educators Need to Know about WORRY AND ANXIETY

Worry and anxiety are common emotions experienced by children, often triggered by uncertainty or fear. While worry involves concern about future events, anxiety is a persistent feeling of dread or apprehension. Current statistics indicate a rising prevalence of anxiety disorders among children, and this guide has some expert advice on understanding and addressing these concerns.

## UNDERSTANDING WORRY AND ANXIETY

Worry and anxiety are emotional responses to stress or uncertainty. Worry is typically associated with potential misfortune, while anxiety is characterised by feelings of fear, apprehension or unease. Both can manifest physically through symptoms such as restlessness, fatigue or muscle tension. Understanding the distinction between worry and anxiety is crucial for effectively addressing these concerns in children.

## DIFFERENTIATING WORRY FROM ANXIETY

While worry and anxiety share similarities – in that they both involve concerns about possible trouble – anxiety tends to be more constant and overwhelming. Worry may come and go depending on circumstances, whereas anxiety can linger regardless of the situation. It's essential to recognise when the former crosses into the latter, as anxiety can significantly impact a child's daily functioning and wellbeing.

## WHAT ARE THE RISKS?

### LONG-TERM CONSEQUENCES

Untreated worry and anxiety in childhood can have potentially lifelong impacts on a person's mental health and wellbeing. Chronic anxiety may increase the risk of developing anxiety disorders, depression or other mental health conditions later in life. Additionally, unresolved worry and anxiety can negatively impact self-esteem, confidence and overall resilience. It's essential to address these concerns proactively and provide appropriate support and intervention.

### THE IMPACT ON CHILDREN

Excessive worry and anxiety can have profound effects on children's mental and emotional health. It may interfere with their ability to concentrate, sleep or participate in daily activities. Chronic worry and anxiety can also lead to physical symptoms such as headaches, stomach aches or difficulty breathing. Left unchecked, these concerns can escalate and potentially contribute to the development of anxiety disorders later in life.

### THE EMOTIONAL TOLL

The emotional impact of worry and anxiety on children can be significant, affecting their overall quality of life and wellbeing. Children experiencing chronic worry or anxiety may feel overwhelmed, irritable or helpless. They may also withdraw from social activities or avoid situations that trigger their anxiety, leading to feelings of isolation or loneliness. Addressing these concerns early can help prevent long-term emotional distress and promote healthy coping strategies.

### ACADEMIC & SOCIAL IMPACTS

Impacts on the academic performance and social interactions of children and young people are very possible. Frequent worry or anxiety may impair concentration, memory and problem-solving skills, making it difficult for children to succeed in education. Anxiety can also hinder social development by causing children and young people to avoid social situations or to struggle with communication and interpersonal relationships, potentially leading to feelings of isolation or exclusion.

## Advice for Parents & Educators

### ENCOURAGE OPEN COMMUNICATION

Parents and educators can foster a supportive environment by encouraging children to express their worries and anxieties openly. Actively listening and acknowledging young people's emotions can help them feel understood and supported, reducing the situation's intensity. Creating opportunities for regular check-ins and discussions about one's feelings can promote healthy coping strategies and strengthen communication bonds.

### CREATE A SUPPORTIVE ENVIRONMENT

Parents and educators play a crucial role in creating a supportive environment that promotes emotional wellbeing. Establishing routines, providing predictability and offering reassurance can help relieve anxiety and create a sense of security for children. Foster a culture of empathy and understanding, where children feel safe enough to express their emotions and seek support when needed.

### TEACH COPING STRATEGIES

Empowering children with effective coping strategies is essential for managing worry and anxiety. Encourage the use of relaxation techniques such as deep breathing, mindfulness or progressive muscle relaxation to calm anxious thoughts and promote a sense of composure. Additionally, teaching positive self-talk and problem-solving skills can help children develop resilience and confidence in managing challenging situations.

### SEEK PROFESSIONAL HELP

Recognising when to seek professional help is vital for addressing significant or persistent worry and anxiety in children. If worry or anxiety significantly impacts a child's daily functioning, interferes with their relationships or academic performance, or causes significant distress, it may be necessary to consult with a mental health practitioner. Early intervention can prevent long-term consequences and promote positive outcomes for children's psychological wellbeing.

## Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which collaborates with schools on improving their mental health provisions.



#WakeUpWednesday

The National College

@wake\_up\_weds

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@wake.up.wednesday

@wake.up.weds

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## The Summer Reading Challenge 2024

- ★ The challenge, aimed at children aged 4–11, themed around arts and crafts, is to read six library books in the summer holidays
- ★ Children can join free at your local library and receive a starter pack and collect exclusive prizes along the way
- ★ Once completed, children will receive a Marvellous Makers medal and certificate
- ★ Challenges starts on Saturday 13 July and finishes on Saturday 7 September and it's FREE to join!
- ★ Lots of brilliant events happening in libraries across North Yorkshire throughout the summer - log onto our website to find out what's happening near you: [www.northyorks.gov.uk/src](http://www.northyorks.gov.uk/src)



**NORTH  
YORKSHIRE  
COUNCIL**

**THE  
READING  
AGENCY**

**Summer Reading Challenge**



Supporting the creativity of  
**ARTS COUNCIL  
ENGLAND**

**Delivered in partnership with libraries**

Marvellous Makers illustrations by Keville Gurney and text by Lizzy Evers. All © The Reading Agency 2024.

## MALTON LIBRARY SUMMER READING CHALLENGE EVENTS

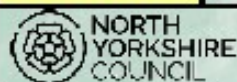
All events suitable for ages 4 – 11years unless otherwise stated

\*Contact library to book

Malton.Library@northyorks.gov.uk

01609 534565

Saturday 13 July 9:30- 12:30	<b>Summer Reading Challenge Starts!</b> Come and be one of the first to sign up to this year's reading challenge. Collect Marvellous Maker stickers as you read books over the summer.
Tuesdays 10:30-11:30	<b>Family Craft sessions</b> - what marvellous creation will you make? (runs weekly, some weeks there will be special activities taking place – see below)
Wednesdays 1pm-3pm	<b>Midweek Lego Makers</b> With a different theme each week you'll have the best time with other Reading Challenge Marvellous Makers! Themes include <i>Animals, Sports, Transport, Monsters and Magic and much more.</i>
Fridays 2pm-4pm	<b>Board Games Drop in</b> and play table top games at the library. You're very welcome to bring in some of your own games too!
Saturdays 9:30-12:30	<b>Saturday Lego Makers</b> With a different theme each week you'll have the best time with other Reading Challenge Marvellous Makers! Themes include <i>Animals, Sports, Transport, Monsters and Magic and much more.</i>
Tuesday 23 July 10:30-12:00	<b>Yorkshire Rotters 'Let's Make A Smoothie'</b> - the faster you peddle on the smoothie bike the smoother your drink will be...go slow and you'll be making a marvellous lumpy smoothie!
Friday 26 July 10:30-12:00	<b>Drop in and Make a Bee Hotel/Bird Feeder</b> - Join the North York Moors National Park Ryevitalise team for a hands-on craft session making bee hotels and bird feeders – learn about how we can improve habitat and look after our flying friends!
Saturday 27 July 10:30-12:00	<b>Make some noise with the Malton White Star Band</b> Drop in to find out more about the band and have a go on an instrument.
Friday 2 August 10:30-11:30	<b>Make a Rap!</b> Join James as he takes a well-known children's book and turns it into a rap! Then it's over to you to create a group rap with James' support.
Tuesday 6 August 10:30-11:30	<b>Make from Scrap!</b> Join Laura to find out more about Waste to energy and make wonderful creations from up-cycled materials.
Monday 12 - Saturday 17 August	<b>micro:bit Treasure Hunt</b> - come and hunt for our mini-computers, see if you can activate them and solve the code for the Marvellous Makers!
Tuesday 13 August 10am- 12:00	<b>ALSS Family Craft Session *</b> Book onto this ALSS session to take part in fun crafts and activities.
Friday 16 August 10:30-12:00	<b>Zine Making Workshop *</b> Book onto this session and show off your own creative style as you work with Dani to make your very own zine. Dani will guide you through making your very own personalised magazine.
Monday 19 August	<b>Make some noise and act the part! *</b> Book onto this musical theatre workshop themed around the Little Mermaid with The Kirkham Henry Group. <b>10am-11am for 4-7yr olds    11am-12noon for 8-11yr olds.</b>
Tuesday 20 August 10:30-12:00	<b>Ryedale Remakes Craft workshop *</b> Book on and take part in this hands-on craft session and give a new lease of life to unloved items with Ryedale Remakes...they really are Marvellous Makers.
Tuesday 27 August 10:30-11:30	<b>Make a badge</b> - use our badge machine to create your very own pin badge. We cannot wait to see your designs.
Fri 30 August 10:30 -12:00	<b>Create a creature 'drop in'</b> - time to get creative with clay with Make More Arts.



**NORTH  
YORKSHIRE  
COUNCIL**

**Saturday 7<sup>th</sup> September End of the Summer Reading Challenge**  
Make sure you collect your medal, certificate and prize \*subject to availability.



## **IMPORTANT CUSTOMER UPDATE**

Due to essential roadworks on  
Elvington Industrial Estate,  
we will be closed on the following dates:

**SATURDAY 10<sup>th</sup> AUGUST**

**SATURDAY 17<sup>th</sup> AUGUST**

**We will instead be open on**

**SUNDAY 11<sup>th</sup> AUGUST &**

**SUNDAY 18<sup>th</sup> AUGUST**

**From 10am to 2pm**

To visit our shop on either of those dates

Please book an appointment at

[www.school-shop.co.uk](http://www.school-shop.co.uk)