

# The Welburn Weekly

## **Ethos Statement**

I know why we have rules and the importance of laws.

## **Letters Home**

Parent's Evening  
Peat Rigg (Sycamore)

## **Open Morning**

We are holding an Open Morning on Wednesday 13th November.

This is open to all parents/carers. Please call in any time between 9.30am and 11.00am and you will be given a guided tour of the school by pupils from Sycamore Class. Come along and see the school in action!  
Refreshments will also be served.

## **Puddings**

If your child brings a pack up, remember you can order a school pudding if they'd like one. The pudding costs £1 and is bookable on Parent Pay.

## **Harvest Festival**

We had a lovely harvest festival with Reverend Douglas where the classes performed harvest poems and songs.

Thank you to everyone who also donated to our food bank collection. We collected 68 items.

## **Admissions 2025**

Applications are now open for reception places in September 2025. The deadline for applications is 15th January 2025.

<https://www.northyorks.gov.uk/education-and-learning/school-admissions/starting-primary-school-and-junior-school>

## **Oak Class Trip**

Oak Class had a lovely Wednesday afternoon exploring at the Yorkshire Arboretum.

## **Parents Evening - Wednesday 23rd October**

A letter was sent home on Thursday. Please return the reply slip by Monday 21st October.

They found the oldest tree and looked for signs of autumn. They also visited the squirrels and looked for other animal habitats.

### School Photos

Please order your photos by Wednesday 23rd October in order to qualify for free delivery back to school.

### Flu Vaccination

A reminder to go online and provide your consent for the flu vaccination:

<https://yny.schoolvaccination.uk/flu/2024/northyorkshire>

### Office Email Address

Please ensure you are using the new office email address when contacting school:

[admin@welburn.pmat.academy](mailto:admin@welburn.pmat.academy)

### Term Dates for the Diary

23rd October— Parents Evening

Half term - 28th October - 1st November

6th November - Beech Class Football, Malton

13th November - School Open Morning

20th November - Tag Rugby

25th November - Flu immunisation

4th December - Christmas Fair

10th December - Oak Christmas Performance

12th December - Pantomime, lunch and non-uniform day

17th December - Beech and Sycamore Christmas Play

18th December - Activity Day

19th December - Christmas parties

20th December - Carol singing.

### Menu week commencing 21st October 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Macaroni cheese, broccoli, sweetcorn and crusty bread.	Chicken goujons, rice, green beans, cauliflower and pitta.	Sausage plait, mashed potatoes, carrots, cabbage and gravy.	Pasta bolo-gnaise, broccoli, cauliflower and garlic bread.	Fish Friday, chips, baked beans and wholemeal bread.
Muffin.	Flapjack.	School Cake.	Choc fudge pudding and choc sauce.	Grannie's Crunch.

School meal prices 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>

# SMARTPHONE SAFETY TIPS

## for young people

7

You may have been lucky enough to have unwrapped a smartphone at Christmas, or you might be eagerly anticipating getting a new one at some point during this year. Whether it'll be your first ever phone or an upgrade of your old model, it's always useful to have a refresher about how to set it up and adjust the settings to keep yourself – and your valuable personal info – safe and secure. We've collected some expert tips to help you enjoy your smartphone in the healthiest way possible.

### NEVER SHARE YOUR PASSCODE

Alongside face or fingerprint recognition, your passcode is crucial to unlocking your phone and accessing your apps and personal information. You shouldn't give it out, even to close friends – after all, you wouldn't hand them a key to your house and let them go in for a nosy around! If a friend wants to use your phone, ask them why and make sure you can see what they're doing with it.

### RESPECT PARENTAL CONTROLS

If you're allowed to have a smartphone, it's because your parents or carers feel that you're mature and responsible enough to use it safely. They might set controls and boundaries on your device – not to spoil your fun but to help you avoid hazards like too much screen time or costly in-app purchases. Following these rules means you can enjoy using your phone while respecting their wishes.

### TALK TO A TRUSTED ADULT

Whether it's to listen to music, play games, create content or chat with friends, using a smartphone should be fun. If you're ever feeling anxious, worried or scared about going on your phone, then something isn't right. It's important not to ignore these feelings; instead, talk to a trusted adult about what's happening and how it's making you feel.

### STAY ALERT

Two words: look up. It might sound obvious, but it's so easy to get immersed in what we're looking at or listening to on our phones that we can become unaware of our surroundings – or who might be around us. People often walk with their head down, focusing on their phone, and forget to check for obstacles in their path, cars or other pedestrians coming towards them, which is clearly dangerous.

### DEVELOP HEALTHY HABITS

Phones offer a vast amount of content and the chance to chat with friends whenever we feel like it, which can make it difficult to take time away from the screen. If that's something you struggle with, you could try setting time limits on certain apps. Putting our phones down for a while gives us more time to interact with others or do something physical that helps keep us fit and healthy.

### IGNORE UNKNOWN NUMBERS

There are some scammers who might call or text asking you to share personal data or to click on a link and provide your details. Some may claim to be from a genuine company, but trustworthy businesses don't spontaneously call or message to ask for your information. It's safest to ignore calls or texts from unknown numbers, and never give your personal details out over the phone.

### ONLY USE AGE-APPROPRIATE APPS

Before downloading a new app or game, check what age rating it has. Don't feel pressured into getting a particular game or app just because your friends are using it. If it's intended for older people, there's a definite risk that it could include content (which is violent or frightening, for instance) or language which isn't suitable and may leave you feeling upset or disturbed.

### REMOVE TEMPTATION

A good night's sleep is so important for concentration, mood and overall health. Unwinding properly before going to bed – which means not staring at a screen late at night – can often improve sleep quality. Put your phone on charge overnight, but not in your room. This means you'll have a lot less temptation to check any notifications, reply to messages or get caught up scrolling on social media.

### THINK ABOUT OTHERS

Watching videos, listening to music or calling someone can all help to pass the time while we're on the bus, waiting in a queue or walking down the street. It's important to remain mindful of other people, though; they might not want to hear your tunes or your conversation. Likewise, if you're calling from a public place then don't forget that anyone could overhear something personal about you.

### SWITCH OFF GEOLOCATION

In your phone's settings, you'll be able to disable geolocation for individual apps and photos: this means that people online (including strangers) can't see information about where you are when you share or post a pic. On the subject of images, it's also important to ask permission before taking or sharing a photo of someone – and don't share embarrassing images of your friends with others.

### Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



The National College

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#WakeUpWednesday

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