

The Welburn Weekly

Ethos Statement

I understand the importance of diversity.

Letters Home

Disruption to travel

Thank you to all the children for their efforts in getting to school on Wednesday with help from their parents when the A64 was closed.

We'll be sending out more information about remote learning and how we use it.

School Email

Over the next few weeks, our old email is being moved over to our new email address:

admin@welburn.pmat.academy

Please can you ensure that you use this email address in all correspondence going forward.

After School Club Vacancy

We are looking for staff to run our After School Club on Tuesday, Wednesday and Friday every week from after half term.

If you are interested or know anyone who might be interested in running the club for any of those days (it doesn't have to be all of them), please get in touch with the office for more information.

Please spread the word among friends and family.

Training will be provided.

PTA

The PTA held their AGM on Monday evening.

Plans are underway for the Easter Event which will take place on Thursday 3rd April after school. More details to follow after half term.



Peat Rigg Residential (Sycamore)

Don't forget, the payment option is available on Parent Pay for you to pay in instalments. The cost of the trip is £190.

Pre-loved uniform

The PTA have a large selection of pre-loved uniform (trousers, T-shirts, jumpers, skirts, dresses) for sale (£1 per item).
All in great condition.

Please email the office if there are specific items you require.

PE

Oak Tuesday and Wednesday

Beech Wednesday (Tuesday Swimming)

Sycamore Tuesday and Friday

Please can all children have a change of shorts, T shirt and shoes for PE.

As the weather is now cold, they may also want jogging bottoms and a long sleeved top.

Term Dates for the Diary

5th February - Intra-School Dodgeball Tournament

5th February—Reception and Year 6 Child Measurement Programme

11th February - Peat Rigg Residential Meeting 3.30pm

12th February - Oak Dodgeball Malton

17th - 21st February Half Term

5th March - Parents Evening

6th March - World Book Day
12th - 14th March— Sycamore Residential

19th March - Sycamore Netball Malton

26th March - Intra-School Basketball Tournament

3rd April - PTA Easter Event

4th April - Egg Rolling

4th April - Break up for Easter

7th April - 21st April Easter Holidays

22nd April - Training Day

23rd April - Pupils return to school

Menu week commencing 27th January 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Pasta bake, vegetables and crusty bread. Biscuit and fruit.	Sausage roll, wedges and baked beans. School Cake.	Roast chicken and Yorkshire pudding, mashed potatoes, vegetables and gravy. Chocolate Brownie.	Mild chilli con carne, rice, vegetables and wrap. Fruit crumble and custard.	Fish Friday, chips, vegetables and wholemeal bread. Rice Krispie Slice.

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>

10 Top Tips for Parents and Educators

DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

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 a large secondary school.



OUR SCHOOLS ARE RECRUITING



Support Staff Vacancies

For details and to apply, visit our [website](#) or scan the QR code



Job	Headteacher
School	Poppleton Road Primary School
Details	L17 – L23. Starting point negotiable dependent on experience.
Closes	Monday 27th January at 08.00am

Job	Casual Exam Invigilator
School	Archbishop of Holgate's School
Details	£12.20 per hour. This is a casual position and, due to the nature of the role, will provide flexible working hours at the convenience of both the school and invigilator. Further details available on request. Required as soon as possible
Closes	Monday 27th January at 08.00am

Job	School Assistant
School	Archbishop of Holgate's School
Details	Grade 4 (currently £18,333 this is the pro rata salary) 32.5hpw, Term Time Only.
Closes	Monday 27th January at 08.00am



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Job	After School Club Supervisor
School	Welburn Community Primary School
Details	Grade: Scale point 5 (£24,790 per annum pro rata). Contract Type: Term time only Hours: 6 hours per week with a possibility of up to 9 hours.
Closes	Friday 31st January at Midday

Job	Teaching Assistant (TA2)
School	Heworth CE Primary School
Details	Teaching Assistant – Grade 4, Level 1 – 4 £24,335 to £25,503 per annum, reduced pro rata. Term time only. Monday-Friday: 8:30am to 3:30pm. The role is initially available on a fixed-term contract basis until 31 August 2025.
Closes	Thursday 6th February at Midday

Job	Teacher of Science
School	Archbishop Holgate's School
Details	Main scale / UPS. TLR available for the right candidate to lead development and coordination of KS3 Science curriculum. Required from 22 April 2025
Closes	Monday 3rd February at 08.00am

