



A 'Blessed Lent' to our Christian families; 'Ramadan Mubarak' to our Muslim families; and 'Gong hei fat choy' to our families who celebrated Lunar New Year.

Ms Stone Retiring

Many of you will know Ms Stone, one of our Deputy Headteachers. Ms Stone begins her well deserved retirement at the end of this term.

Ms Stone has given Welbourne 25 years of service, seeing countless families through Welbourne.

I know you will join me in wishing Ms Stone all the best. We still have her for the next month, so not saying our farewells just yet!

Message from Ms Taylor, Headteacher

February 2026

New Reading Launch: Little Wandle Phonics

Ms Noufasse is our Early Reading Lead, and with our dedicated team is leading training for staff.

Everyone is digging in and helping to get all the resources ready for a successful start! Teachers will be able to speak more about your child's early progress during Parents' Evenings.



We are excited to announce that Welbourne is moving to Little Wandle Letters and Sounds Revised as our core phonics program.

Why the change?

We are investing in the best tools to ensure every child becomes a confident, fluent reader.

What makes it different?

- 100% Consistency: Every teacher uses the same proven methods and "catchphrases."
- Daily 'Keep-up': If a child misses a sound in the morning, they get a 5-minute boost that same day to stay on track.
- Focused Learning: The program is designed to reduce distractions and maximize "thinking time."

How you can help at home:

1. Ask about the 'Sound of the Day': Use the same mnemonics your child learns in class.
2. Celebrate Progress: Reading at home is the best way to make school learning stick.
3. Trust the Routine: You will notice more structure in how we send books home—this consistency is the key to success.

We will share more details about parent workshops soon. Let's get Welbourne reading!

For
Reception,
Y1 and Y2

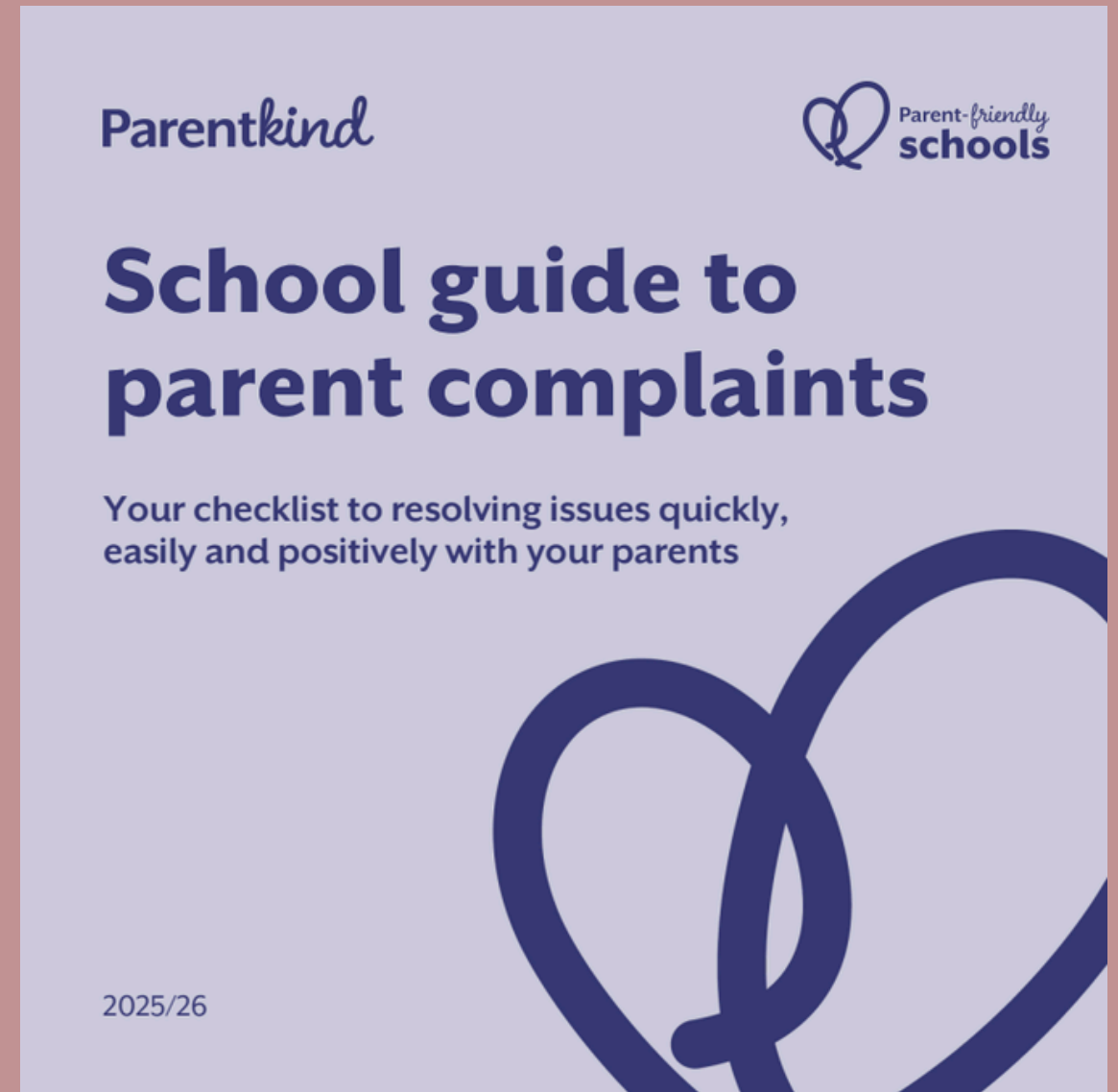
Strengthening Our Partnership: New Parent Guide to Raising Concerns

How to Get Your Concerns Heard Effectively

When you have a worry about your child's education, we want to address it effectively. The new Parentkind guide offers a way to approach these conversations to get the best results:

- **Avoid the "Crowd":** Discussing concerns on social media often makes matters more complex. Direct, 1:1 conversations are the most effective route to a solution.
- **The Power of a Pause:** Before raising a formal complaint, a quick phone call or meeting often clears up questions and confusion.
- **Focus on Process, Not People:** The guide encourages staying objective, which helps the school investigate the system or decision rather than individual staff.

Why this matters? Research shows that strong parent participation can lead to the equivalent of four additional months of academic progress for a child. Effective communication isn't just about solving problems; it's an investment in your child's success.



The Welbourne Team

Every month, we want to introduce a member of the staff team.

The Welbourne Team is a strength of knowledge and expertise.

Its greatest asset, is that the team is open to learning.



This month, the spotlight is on Miss Holly.

Miss Holly is a SEN TA, supporting children with additional needs. Miss Holly joined the school in 2014, first as lunchtime playleader, then working in the after school club, before moving into her current SEN TA role.

Miss Holly is a great example of how Welbourne nurtures growth in its staff team. Miss Holly says the 'staff are another family' and the close relationships we make with children, keeps her at Welbourne.



New Lunch Menu and Cook



Meet Melvin, our new Cook

“Melvin is always smiling and he remembers my name.”
Year 5 child

“Melvin’s chicken is delicious, it’s juicy.”
Year 3 child



Feedback from every parent that attended the Taster Session was positive.

Portions are now the right size, quality of the food has improved, service is with a smile and Melvin is working on a new menu that offers a variety that reflects the meals our children see at home. And it is still free for every child!

Keep the packed lunches at home! Let’s have every Welbourne child enjoying a hot, delicious lunch.

“This is what we have been asking for! It’s tasty and my daughter will eat this. Packed lunches have been costing me a fortune!” Parent of a Year 5 child

“I didn’t know there were 3 options every day, it all smells lovely.” Parent of a Reception child

“Thank you to the school for listening to us parents.”
Parent of a Y3 child

AFTER-SCHOOL RESTRAINT COLLAPSE AFTER-SCHOOL HUNGER & EMOTIONAL REGULATION

Why being starving magnifies dysregulation and how to support it

AFTER-SCHOOL HUNGER & EMOTIONAL REGULATION

By the end of the school day, many children are not just tired — they're hungry. And when blood sugar drops, emotional regulation becomes significantly harder. What looks like attitude, tears, or irritability is often a nervous system running on empty.

LOW BLOOD SUGAR SHRINKS THEIR WINDOW OF TOLERANCE

When a child is hungry, their brain has fewer resources to regulate emotions, process information, or manage frustration. Small stressors feel big. Noise feels louder. Demands feel heavier. A hungry nervous system is more reactive because it's trying to function without enough fuel.

WHAT HELPS RIGHT AFTER SCHOOL

Offering a predictable, protein-rich after-school snack can make a noticeable difference: yoghurt, fruit, crackers with cheese, nuts, smoothies, or whatever your child tolerates. The goal is to stabilise blood sugar quickly so their emotional system can settle too.

CREATING A SAFE LANDING AT HOME

Pairing food with low-demand connection — quiet time, a calm activity, a consistent routine — helps the nervous system reset. When a child's body is refuelled, their brain becomes far more capable of regulation. A snack is not spoiling them; it's supporting their biology.

WHY SCHOOLS DAYS DRAIN ENERGY FAST

Children burn through energy rapidly at school: focusing, navigating social dynamics, managing sensory overload, sitting still, following instructions, and coping with constant transitions. Even if they've eaten lunch (which many rush to get out to play), the long gap until hometime means their brain has used up most of its available fuel.

WHY EMOTIONS EXPLODE ON THE WALK HOME

The moment the school day ends, the nervous system shifts out of 'hold it together' mode. Combine that release with low blood sugar, and you often get tears, irritability, snapping, shutdowns, or 'out of nowhere' meltdowns. It's not misbehaviour — it's biology.



Want to understand more about after school restraint collapse?

Explore the full After School Restraint Collapse Toolkit by The Contented Child for visuals, guides, and practical tools that help uncover what's behind the collapse — and support children to feel safe.

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Inclusion

There is a space for
all here at
Welbourne.





SHORT STORY COMPETITION

A GOLDEN OPPORTUNITY FOR YOUNG WRITERS!

We are asking **7-11-year-olds** to write a story about **GOLD** using no more than **500-words**. The winner will receive **a gold coin, £5,000** for their school or local library, and their **story illustrated** by an artist.

Stories can be submitted between **16 February - 17 April 2026**.



www.royalmintmuseum.org.uk
storycompetition@royalmintmuseum.org.uk

Design a National Book Token competition



Special guest judges



Go All In
on your
creativity!

**GO
ALL
IN.**

National
Year of
Reading
2026



Noticeboard



Measles cases are

rising in North London

Measles is a serious disease, especially for babies, young children, and pregnant women.

Measles symptoms include a high fever, cough, runny nose, watery eyes, followed by tiny white spots in the mouth and a rash.

The rash looks brown or red on white skin, but on darker skin the redness may be harder to see. Rashes may appear purple or darker than surrounding skin.

Phone your GP and/or NHS 111 if you are concerned or to get your child vaccinated.



The MMRV vaccine is the best way to protect your family

nhs.uk/measles



Should I keep my child off school?

Yes

Until...

Chickenpox	at least 5 days from the onset of the rash and until all blisters have crusted over
Diarrhoea and Vomiting	48 hours after their last episode
Cold and Flu-like illness (including COVID-19)	they no longer have a high temperature and feel well enough to attend. Follow the national guidance if they've tested positive for COVID-19.
Impetigo	their sores have crusted and healed, or 48 hours after they started antibiotics 4 days after the rash first appeared
Measles	5 days after the swelling started
Mumps	they've had their first treatment
Scabies	
Scarlet Fever	24 hours after they started taking antibiotics
Whooping Cough	48 hours after they started taking antibiotics

No

but make sure you let their school or nursery know about...

Hand, foot and mouth	Glandular fever
Head lice	Tonsillitis
Threadworms	Slapped cheek



SCAN ME

Advice and guidance

To find out more, search for health protection in schools or scan the QR code or visit <https://qrco.de/minfec>.