

# NEWSLETTER

19<sup>th</sup> April 2024



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## **PENBLWYDD HAPUS**

We would like to wish Seren, Jacob & Zac a happy birthday for next week.

## **GROWTH MINDSET**

A positive mindset can make a big difference to how we approach things.

**“I’m not telling you it’s going to be easy; I’m telling you it’s going to be worth it.”**

## **CYMRAEG CAMPUS**

Each week we will provide you with some Welsh phrases/word to try/learn with your family or within the community. Mwynhewch!

**O bryd i’w gilydd / From time to time**

## **SECONDARY TRANSPORT**

**For the attention of year 6 parents** – secondary school places in Denbighshire have now been allocated and you will now need to apply for secondary school transport. You will need to apply through Denbighshire County Council’s website.

## **HEADLICE**

**Don’t forget this term to continue to remember to check your child’s hair once a week for headlice.**

Headlice don’t jump or fly they walk from hair strand to hair strand so please remind your child not to place their head next to others. It only takes one family not to check, for head lice, so if everyone gets into the routine of checking weekly it should vastly reduce the issue.

☐ It is best to check for head lice using a comb made for the purpose, ideally white so they can be easily seen and with teeth no more than 0.3mm apart in order to trap head lice

☐ Combing through the hair when wet, or after applying a conditioner, may make the process more comfortable

☐ Good lighting is important and so is comfort

Treatment should only be applied if a living, moving louse is found – never ‘just in case’

Continue to check for head lice on a regular, weekly basis – **ONCE A WEEK, TAKE A PEEK** [www.onceaweektakeapeek.com](http://www.onceaweektakeapeek.com)

## **BAG TO SCHOOL**

Thank you to everyone who brought bags of clothes to school for the bag to school scheme, we raised £78.40 for school. Thank you for your support.

## **NEXT DOOR NATURE**

This Saturday 20<sup>th</sup> April, 10.30-12.30pm in the Clawdd Poncen Community Garden you will have the opportunity to build your own bird or bat box. There will be free tea and cake on offer afterwards, 1-3pm at Llygadog community room. This is your community, go along and help to make a difference.

## **CARDIFF RESIDENTIAL**

Year 5 & 6 will be going on a residential to Cardiff in June. **The full balance will need to be paid no later than 20<sup>th</sup> May.** Payments can be made through your Parent Pay account, please ensure you have paid in full by this date. Parent Pay allows you to pay in instalments. **If you have decided you do not want your child to attend the residential, please notify the school by 26<sup>th</sup> April.**

## **TEULU CYMRU**

Earlier this week, the Welsh Government launched Teulu Cymru, a new brand which brings its main childcare and parenting campaigns under one roof.

Teulu Cymru or Family of Wales, is here for parents, carers and families of children aged 0-18, pointing them in the right direction for different Welsh Government sources of practical and financial support.

From parenting tips and expert development advice, to help with childcare costs – Teulu makes it a little easier to access this support in one place.

<https://www.gov.wales/teulu-cymru>

## **SLEEP**

A lack of good quality sleep can negatively affect our daily lives and long-term health in many significant ways, such as:

- Limiting our ability to make decisions and halting our attention span
- Affecting our general wellbeing and ability to work productively
- Increasing our risk of developing certain health conditions
- Increasing risk of cognitive impairments such as dementia.

Sleep is one of the 3 key pillars of health, alongside healthy diet and exercise, which is why it is so important for your child/ren to have enough sleep for their age. The lack of sleep or poor-quality sleep can make the work in class the following day more challenging as it could reduce reaction time, alertness, ability to solve problems or remember things.

The national sleep helpline can offer support – 03303 530 541 (Available Mon/Wed mornings 9-11am and Mon/Tues/Thur evenings 7-9pm)

## EVENTS FOR W/B: 22<sup>nd</sup> April 2024

<p>Mon 22<sup>nd</sup></p>	<p>Don't forget if you want to use the breakfast club <b>for next week</b>, you must register through the online form available on <b>our Facebook page from today and pay through your Parent Pay account</b>. The breakfast club opens at 8.15am.</p> <p><b>PM:</b> Music Workshop -Dosbarth Collen</p> <p><b>PM:</b> Piano lessons with Mr Dylan Cernyw</p>
<p>Tue 23<sup>rd</sup></p>	<p><b>AM:</b> Guitar lessons with Mr Aled Williams</p> <p><b>PM:</b> PE lesson - <b>Dosbarth Derwen</b> (Yrs.5 &amp; 6) You may come dressed in your PE kit and school Jumper.</p>
<p>Wed 24<sup>th</sup></p>	<p><b>PM:</b> PE lesson - <b>Dosbarth Collen</b> (Yrs.3 &amp; 4) You may come dressed in your PE kit and school Jumper.</p>
<p>Thur 25<sup>th</sup></p>	<p><b>AM:</b> Drum lessons with Mr Ben Neal</p> <p><b>PM:</b> PE lesson - <b>Dosbarth Helyg</b> (Rec, Yrs.1 &amp; 2) You may come dressed in your PE kit and school Jumper.</p> <p><b>PM:</b> Forest School Friday – Yrs.5 &amp; 6</p>
<p>Fri 26<sup>th</sup></p>	<p>Don't forget the breakfast club online registration &amp; ability to pay on Parent Pay for next week will <b>close at mid-day today</b>.</p> <p><b>AM:</b> Swimming lessons for <b>Dosbarth Collen &amp; Derwen</b>. Don't forget to tie long hair back, your swimming costume (one piece for girls), goggles &amp; towel</p> <p><b>AM:</b> PE lesson/Forest School - <b>Dosbarth Celyn</b> (Nur) You may come dressed in your PE kit and school Jumper.</p> <p><b>PM:</b> Forest School Friday – Yrs. 1, 2, 3 &amp; 4</p> <p><b>2:45pm:</b> PTFA informal meeting, all parents and friends welcome, gathering ideas for summer events. Please support.</p>

## MENU FOR WEEK BEGINNING: 22<sup>nd</sup> April 2024



If you have any dietary requirements, please don't hesitate to contact our school cook Aunty Lindsay.

Packed lunches (Cheese or Ham) or Filled jacket potatoes (Beans, Cheese or Beans & Cheese) can be provided every day instead of a hot meal.

Don't forget all Reception – Year 6 pupils are now entitled to a **FREE** lunch.

<b>Monday</b>	Pork Meatball in a Tomato Sauce Pasta Garlic Bread Ice Cream Pot
<b>Tuesday</b>	Savoury Mince Beef Sauté Potatoes and Cheddar Cheese Country Style Vegetables Chocolate Rice Krispy Cake
<b>Wednesday</b>	<b>Unicorn Themed Lunch</b> Chicken Goujons Unicorn Bite Potatoes Rainbow Vegetables Unicorn Rainbow Cake
<b>Thursday</b>	Roast Turkey with Gravy & Stuffing Roast Potatoes Fresh Carrots & Peas Fruit Jelly
<b>Friday</b>	Battered Chicken Fillet Chips Mixed Salad Granola Bar

The menu may occasionally be subject to slight change dependant on food deliveries.