



Friday, 09 February 2024



## Dear Parents and Guardians

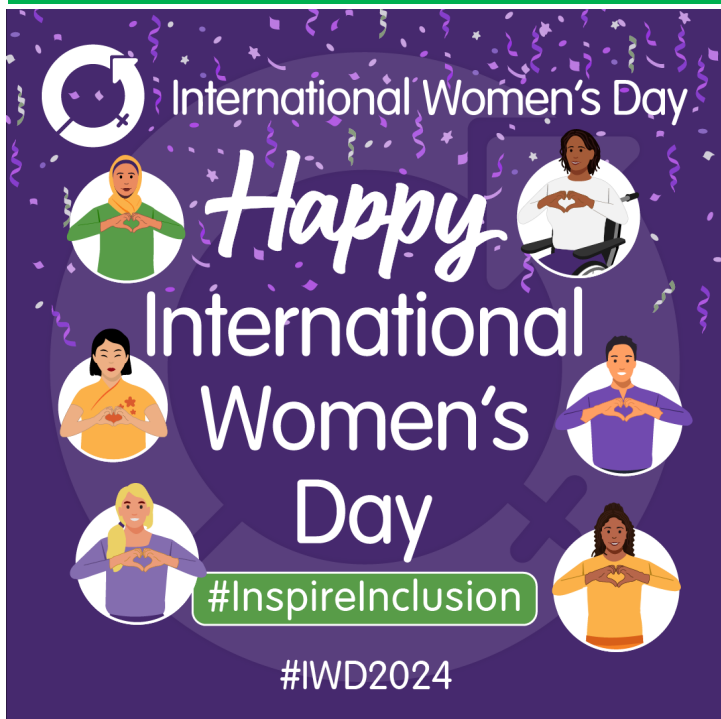
I hope you have all had a good week. It has been lovely seeing the pictures of our Year 3 on our Social Media pages. It seems like they are having a great time in Glan Llyn. Thank you to Mr Morris, Ms Groves and Mrs Estlick for going with them.

I have been really honest in my newsletters about how we go about dealing with behaviour. Actions have consequences which can take many forms. However, there is a tolerance level for a school. When that tolerance level is breached then we have to take extreme action. This comes in the form of fixed term exclusions. I do not enjoy issuing fixed term exclusions but have no hesitation in doing so if the situation is deemed serious enough.

Sadly, I have had to do that on numerous occasions this week. Violent behaviour will not be tolerated in Esgob Morgan. I completely understand that children have been through the trauma of the lockdowns—but they need to know that actions have consequences. We will always, also, do the learning and teach strategies to deal with conflict. What I need you to do, as parents and guardians, is closely monitor what they are saying on games such as Fortnite. If half of what I have heard is accurate then I have serious concerns for their welfare. It is a serious problem that is causing us serious issues in school.

**Please help us.**

Mr Redgrave



We have some amazing women and young women in our school. Happy International Woman's Day Mrs Subacchi, Mrs Thomas- Garnett, Mrs Drumm, Mrs Estlick, Mrs Morris, Ms Groives, Miss Martin, Belinda (our school cleaner) , Mrs Cywinski (our longest serving member of staff and much loved dinner supervisor) and Fay our new cook—as well as all the amazing girls in our school!

# Cornel Gymraeg

## Cwestiwn yr Wythnos

Diolch yn fawr iawn am yr atebion yr wythnos diwethaf - yr ateb cywir ydi 1536. Cofiwch adael eich atebion ar dudalen Facebook neu ar X (Twitter) i'n cwestiwn nesaf!

Pob lwc hefo'r cwestiwn nesaf!

## Noson Rhieni

Fydd Llio Davies, cydlynnydd cynllun trochi Ysgol Glan Clwyd, yn bresennol ar nos Fawrth i chi cael cyfle siarad a gofyn cwestiynau am addysg uwchradd gyfrwng y Gymraeg.

## Eisteddfod yr Urdd

Pob lwc i'n grwp dawnsio 'Cowbois Esgob' yn Rhyl yr wythnos nesaf.

Llongyfarchiadau i Rosie (Blwyddyn 5) a'r grwp llefaru (Bl 5 a 6) sydd yn mynd ymlaen i gystadlu yn y sir.

## Glan Llyn

Waw - am brofiad i'n dysgwyr Blwyddyn 3 yng Nglan Llyn. Pawb wedi cael hwyl ac wedi llwyddo i drïo pethau newydd i ddatblygu sgiliau hanfodol.

## Question of the Week

Thank you for the answers last week - the answer is 1536. Please remember to leave your answers on our Facebook page or on our X (Twitter) page.

Good luck with this week's question!

## Parent's Evening

Llio Davies, Immersion scheme co-ordinator at Ysgol Glan Clwyd, will be present on Tuesday evening for you to have the opportunity to ask any questions you may have regarding Welsh medium secondary education.

## Eisteddfod yr Urdd

Good luck to our group of dancers, Cowbois Esgob, in Rhyl next week!

Congratulations to Rosie (Bl5) and the Group Poem learners (Bl 5 a 6) who are going forwards to compete in the county round in Llangollen.

## Glan Llyn

Wow - what an experience for our Year 3 learners in Glan Llyn. Everyone has had fun and have succeeded in challenging themselves to try new things and develop their skills.

Mount Everest was named after a Welshman named Sir George Everest.

True or False

## Sganiwch fi—Scan Me



Patrwm iaith yr  
Wythnos

Beth wyt ti'n clywed?  
What can you hear?

Dw i'n clywed ... / I can  
hear ...

Geiriau'r Wythnos

Cerddoriaeth / Music  
Siarad / Talking  
Adar / Birds



# Cornel Gymraeg Ychwanegol

## Eisteddfod Clwstr Dinbych

Fe aeth 4 o blant i gystadlu yn erbyn ysgolion eraill yn yr ardal. Mia ac Oliver ym Mlwyddyn 4, a Kacey a Sophie ym Mlwyddyn 5. Enillodd Kacey safle 1af - anhygoel.

## Denbigh Cluster Eisteddfod

4 of our learners went to compete against other schools in our cluster. Mia and Oliver from Year 4 and Kacey and Sophie from Year 5. Brilliant efforts from everyone with Kacey winning 1st place!



## Parents Evening

We are looking forward to seeing you on the 11th and 12th of March next week. Please see below for arrangements to access as we have clubs on after school.

**Please do not go through the front entrance. Years 3, 4 and 6 Parents can enter the building from the door on the yard. Here you will see where you child's work is laid out for you to have a look at.**

**Year 5 Parents can follow the path down past the main entrance and around the side. You will see an entrance on your right and here you will find the work laid out for you.**

Many thanks for your assistance with this.

We will have people from Glan Clwyd and Denbigh High School on each days for you to talk with too!



## Big Walk and Wheel

Sustrans Big Walk and Wheel inspires pupils to make active journeys to school, improve air quality in their neighbourhood and discover how these changes benefit their world.

Sustrans Big Walk and Wheel is open to all primary and secondary schools in the UK, including SEN/ASN/ALN schools. It is free to take part and there are daily prizes to be won.

On each day of the challenge, schools compete to see who can get the highest percentage of their pupils walking, using a wheelchair, scooting or cycling to school. Our school's best five days will determine your final position, but you can log journeys on all ten days if you wish.

# Attendance & Punctuality

Our attendance this week is once again low. I have received an email from Wayne Wheatley who is the Education Social Work Team leader and Safeguarding and inclusion officer for Denbighshire. Mr Redgrave now has to account for why our attendance is not recovering as it should be. Denbighshire are now requesting to know what we are doing to help this situation. We will, of course, be sharing all we have done and the lack of engagement from those who continue to be absent and are continuously late.

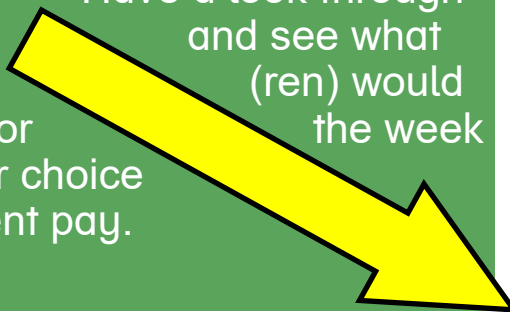
Please let us know if your child is going to be off ill. Too often no reason is given for absence. We will be beginning welfare checks on those families who are not engaging with us. If we still hear nothing we will need to contact children's services.

Yr	Late this week %	Attendance this term %	Attendance this week %	Attendance Year To date %
3	2.3	90.2	90.0	91.8
4	1.1	92.8	92.3	93.5
5	7.1	88.8	89.4	88.3
6	0.6	92.5	90.0	92.1
Totals	2.9	91.0	90.2	91.3

# School Meals



Week beginning 11th March is Week 3. Have a look through the week and see what your child (ren) would like to eat for and pop their choice on Parent pay.



Fruit Tuck—Get one of your 5 a day for just 20p! On Sale Every Day

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WK 1 Main Meal</b>	Pork Meatballs in a Homemade Mediterranean Sauce with Pasta and Home Baked Garlic Bread	Savoury Welsh Minced Beef Hot Pot with Cheddar Glaze and Country Style Vegetables	Baked Breaded Fish Cake with Creamed Potatoes Baked Beans or Peas	Roast Fillet of Turkey, Savoury Stuffing and Gravy Roast Potatoes and Vegetable Selection	Chicken Fillet with Chipped Potatoes Fresh Mixed Salad and Homemade Coleslaw
<b>Choice</b>	Mediterranean Vegetable Pasta Bake Glazed with a Cheddar Topping	Savoury Quorn Mince, topped with Sauté Potatoes and Cheddar Cheese	Vegetable Bites with Creamed Potatoes and Baked Beans	Baked Quorn Sausage, Savoury Stuffing and Gravy	Quesadilla filled with Cheddar Cheese and Tomatoes
<b>Sweet</b>	Dairy Ice Cream with Fruit Wedges	Rice Krispy Chocolate Bar	Steamed Apple Sponge with Vanilla Custard	Jelly with Fruit	Homemade Granola Style Cereal Bar
<b>WK 2 Main Meal</b>	Baked Breaded Fish Cake with Oven Baked Seasoned Wedges Garden Peas and Sweetcorn	Welsh Beef Bolognese with Pasta Garden Peas and Home Baked Bread	BBQ Chicken with a Sticky Sauce and Savoury Vegetable Rice	Roast Loin of Pork with Traditional Apple Sauce and Gravy, Roast Potatoes and Vegetable Selection	Oven Baked Pork Sausage with Chipped Potatoes and Baked Beans
<b>Choice</b>	Breaded Vegetable Nuggets	Minced Quorn Bolognese	Vegetable Burritos	Savoury Quorn Mince, topped with Potatoes and Vegetable Selection	Oven Baked Quorn Sausage
<b>Sweet</b>	Fruit Wedges with Yoghurt	Chocolate Crunch Cake	Fruit and Oaty Crumble with Vanilla Custard	Hand Baked Shortbread Biscuit	Homemade Chocolate Fudge Coated Cake
<b>WK 3 Main Meal</b>	Ham and Macaroni Cheese Bake with Homemade Herby Tomato Bread	Midday Brunch with Potato Waffle and Baked Beans	Chicken Dish of the World with Boiled Rice or Noodles and Naan Bread Fingers	Roast fillet of Chicken with Herb Stuffing and Gravy, Creamed Potatoes and Vegetable Selection	Breaded Fish Fingers with Chipped Potatoes and Mushy Peas
<b>Choice</b>	Macaroni Cheese Bake	Vegetarian Midday Brunch	Vegetable Dish of the World	Baked Quorn Burger with Herb Stuffing and Gravy	Breaded Vegetable Nuggets
<b>Sweet</b>	Fruit Wedges with Yoghurt	Caramel Cornflake Cake	Homemade Saucy Chocolate Pudding	Cranberry Crunch Slice with Apple Wedges	Lemon Drizzle and Blueberry Muffin

Eat the to defeat them!

As part of this scheme they children have been trying some foods with Ms Groves!



- Carrots
- Tomatoes
- Peppers
- Baby Corn (Sweetcorn)
- Courgette
- Cabbage
- Garden Peas
- Broccoli

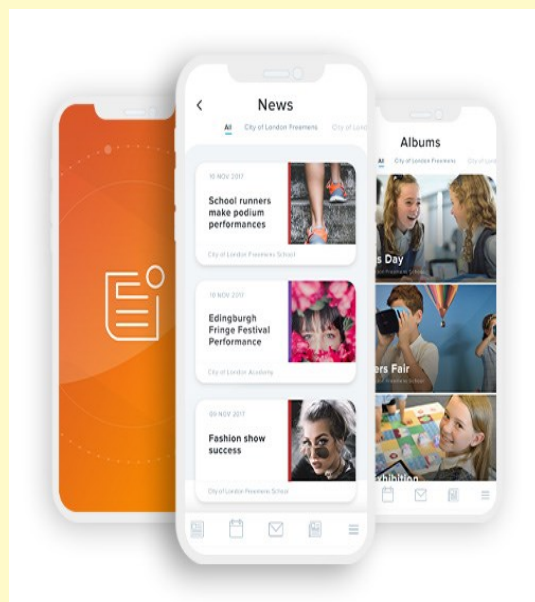
BREAKFAST CLUB—Every Day from 7:50 to 8:45

To help with child care and punctuality we have a Breakfast Club which runs every day. Its only 50p a day. No need to book—just drop your child (ren) off. They are then taken to their classes at 8:45.

# Our School App

As part of our evidence gathering it became clear an app was wanted, rather than SeeSaw. So, here it is. All calendar events will go on there—including PE days. Over the coming weeks the teachers will only be using SeeSaw for children's work. Therefore reminders will not be provided via SeeSaw. We will gather evidence over the next few weeks as to how well this is working.

Firstly, you will need to download the app from either the [iTunes App Store](#) or [Google Play Store](#) by clicking on the relevant buttons below or by loading up the app store on your phone and searching for 'School News'.



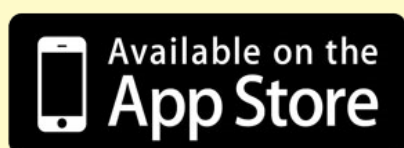
Once you have located and downloaded the free app, launch the app and you will then be able to either click on the 'Find my school' button which uses the phone's GPS to locate all the schools in the surrounding 20 miles, or you can type in the school's postcode and click on 'Get my school' button.

**Our school's postcode is: LL17 0PT**

You will then see a list of schools that use the app. Click on the school you wish to view news & events for.

You will then be able to click on the 'News' button to view all of the latest news items that have been added to the school(s) you have selected and also all of the upcoming calendar events by clicking on the 'Events' button.

Clicking on 'My Schools' will display a list of schools that you view news and events for. Clicking on one of the schools will display the school address, telephone number and email address which you can click on to either phone or email the school directly from the app.



## Clubs

**Monday - Rugby (All year groups—Change of clothes needed)**

**Tuesday - Quirky Crafts (lunchtime) Y5/6 . Kick It 3:15—4:15**

**Wednesday - Lunch time football (Yrs 5 and 6—change of clothes needed). Dance (All year groups) 3:15 to 5:30**

**All clubs take place 3:15 until 4 unless stated here.**

# LITTLE REMINDERS OF HOW TO

# BE KIND ONLINE

ONLINE ABUSE CAN HAVE A SEVERE IMPACT ON PEOPLE'S LIVES AND IS OFTEN TARGETED AT THE MOST VULNERABLE. CYBERBULLYING HAS BEEN SHOWN TO HAVE PSYCHOLOGICAL AND EMOTIONAL IMPACT. IN ORDER FOR US TO DEVELOP EMPATHY FOR OTHERS WE SOMETIMES NEED TO MOVE AWAY FROM FULFILLING OUR OWN NEEDS AND THINK ABOUT THE NEEDS OF OTHERS. THIS IS SOMETIMES MORE CHALLENGING ONLINE BECAUSE WE CANNOT SEE THE PERSON, CONNECT WITH HOW THEY FEEL NOR INTERACT FACE TO FACE.

THIS GUIDE WILL HELP YOU TO BE MORE CAREFUL ONLINE AND IS SUITABLE FOR ANY ENVIRONMENT I.E. GAMING, MESSAGING AND SOCIAL MEDIA. IT WILL HELP YOU TO UNDERSTAND THE IMPORTANCE OF SHOWING KINDNESS AND HOW TO DEVELOP EMPATHY ONLINE.

## TOP TIPS FOR EVERYBODY

## #WAKEUPWEDNESDAY

### UNDERSTAND WHAT 'EMPATHY' IS

EMPATHY IS THE SKILL OF RECOGNISING, UNDERSTANDING AND CARING ABOUT ANOTHER PERSON'S FEELINGS AND TAKING ACTION TO HELP. THIS IS TRICKIER ONLINE BECAUSE RECOGNISING AND IMAGINING HOW ANOTHER PERSON FEELS IS HARD WHEN WE ARE NOT WITH THEM FACE TO FACE. WHEN WE TRY AND UNDERSTAND HOW SOMEONE FEELS THROUGH WORDS ALONE, IT CAN LEAD TO CONFUSION OR A MISUNDERSTANDING.



### FEEL, SEE AND UNDERSTAND

IF WE IMAGINE OURSELVES IN THE SITUATION OF ANOTHER PERSON, WE TAKE ANOTHER STEP DOWN THE PATH OF EMPATHY. IT DOESN'T MEAN AGREEING WITH THE OTHER PERSON, BUT IT MEANS UNDERSTANDING HOW THEY FEEL. IF YOU FEEL YOURSELF BECOMING DETACHED AND UNCARING PERHAPS DEVELOP A MENTAL PICTURE OF THEM, SO YOU CAN IMAGINE THEM AS REAL PERSON AND NOT JUST A BUNCH OF WORDS. IF YOU KNOW THE PERSON, CONSIDER A VIDEO CHAT OR VIDEO CALL.

### # DEVELOP SELF EMPATHY

ALTHOUGH WE TEND TO SHOW THE BEST OF OUR LIVES THROUGH SOCIAL MEDIA, THE REALITY IS WE ARE NOT ALL PERFECT. HAVING EMPATHY FOR OTHERS MEANS WE NEED TO ALSO HAVE SELF EMPATHY. IF WE UNDERSTAND THAT WE ARE NOT ALL PERFECT, INCLUDING OURSELVES, WE CAN FIND KINDNESS.



### ★ OFFER HELP ★

ACCORDING TO DR DAN SEIGEL, A CLINICAL PROFESSOR OF PSYCHIATRY, BEING KIND IS REALLY ABOUT RESPECTING EACH OTHER'S VULNERABILITY AND WANTING TO HELP. SO, WHEN SOMEONE IS SHARING THAT THEY ARE STRUGGLING OR FINDING LIFE HARD, OFFER HELP, EVEN IF THE HELP IS A LISTENING EAR OR SAYING, 'I CAN UNDERSTAND YOU WOULD FEEL THAT WAY, I'M HERE FOR YOU'.



### TRY TO ADD VALUE

CONSIDER, BEFORE YOU COMMENT ON A POST OR IMAGE, HOW CAN I HELP THIS PERSON TO LOWER THEIR SADNESS? HOW CAN I ADD SOMETHING TO IMPROVE THEIR DISTRESS AND HAPPINESS? SHOWING OTHER PEOPLE'S PAIN AS ENTERTAINMENT AS A WAY TO GET NOTICED OR MORE LIKES DOES NOT ADD VALUE.



### BE RESPONSIBLE

THINK TWICE BEFORE YOU ACT. CONSIDER, ARE YOU ACTING ON ANGER, FRUSTRATION OR IN A MOMENT OF JUDGING A SITUATION WITHOUT KNOWING THE TRUTH? ONLINE, IT IS EASY NOT TO HAVE ALL THE FACTS AND REACT TO A SITUATION WHICH IS BEING PORTRAYED.



### UNDERSTAND THE IMPACT OF YOUR ACTIONS AND WORDS

COMMENTING ONLINE SOMETIMES MEANS THAT WE DON'T ACTUALLY 'SEE' THE IMPACT OF OUR COMMENTS AND WORDS. THIS MEANS IT CAN BE EASIER TO DETACH FROM THE CONSEQUENCES OF OUR ACTIONS. UNKIND COMMENTS DO HAVE CONSEQUENCES AND CAN ADD TO SOMEONE'S DISTRESS AND FEELING ABOUT THEMSELVES.

### DISASSOCIATE FROM PACK MENTALITY

ONLINE, IT IS EASY TO GET CAUGHT UP WITH POSTING NEGATIVE COMMENTS BECAUSE EVERYONE ELSE SEEMS TO BE. GET COMFORTABLE WITH STANDING OUT, AND NOT GETTING CAUGHT UP POSTING NEGATIVELY BECAUSE EVERYONE ELSE IS. EVEN IF THIS MEANS STANDING ALONE AND REMINDING OTHER PEOPLE THAT THEIR BEHAVIOUR IS UNKIND, YOUR COURAGE COULD SAVE A LIFE.

# #BEKIND



National Online Safety®

### MEET OUR EXPERT

THIS GUIDE HAS BEEN WRITTEN BY ANNA BATEMAN. ANNA IS PASSIONATE ABOUT PLACING PREVENTION AT THE HEART OF EVERY SCHOOL, INTEGRATING MENTAL WELLBEING WITHIN THE CURRICULUM, SCHOOL CULTURE AND SYSTEMS. SHE IS ALSO A MEMBER OF THE ADVISORY GROUP FOR THE DEPARTMENT FOR EDUCATION, ADVISING THEM ON THEIR MENTAL HEALTH GREEN PAPER.



For further info, check out these online resources too

<https://www.themix.org.uk/>

<https://youngminds.org.uk/>

<https://www.mind.org.uk/>

#WAKEUPWEDNESDAY



It is fantastic to have such an active PTFA. Please remember that you do not have to take part in everything. It is a choice.

One thing Mr Redgrave has always wanted is social events for adults who are part of a school. This furthers the strength of community. Its great to see the Paint and Prosecco evening taking place at school tonight (8th March).

For the Easter Egg Bongo could you please donate an Egg on Friday 15th of March for a Non Uniform Day. Any size egg is much appreciated!

PTFA also have a survey running—<https://bit.ly/ptfaqs24>

## Dates for the Diary—all on our Calendar online too.

Monday 11th and Tuesday 12th of March

Wrexham Football Community Trust Years 3 and 4. Parents Evening all Year groups.

Monday 18th March

Maths Cake and Coffee Morning (See flyer at tached)

Thursday 21st March

Easter Egg Bingo (Tickets on Parent Pay NOW!)

Friday 22nd March—

Forest School Year 5. School Closes for Easter. Reopens Tuesday 9th April.



We would like to add some "Loose Parts" materials to our indoor and outdoor classrooms, to enhance our pupils learning experience (especially for Mathematics / Numeracy). Please look around your home and place of work to see if you can provide any of these items. Here are some examples (you may think of other items not on this list):  
Found in the home:

- Buttons
- unwanted blocks
- unwanted plastic animals etc...
- Marbles
- Baskets

Found in the recycling bin:

- Jars / lids
- Milk bottle lids
- Yogurt bottle lids
- Found outside:
- Pinecones
- Pebbles
- Seashells
- Cable drums
- Pallets

# Cyberbullying

Protection from Harassment Act 1997

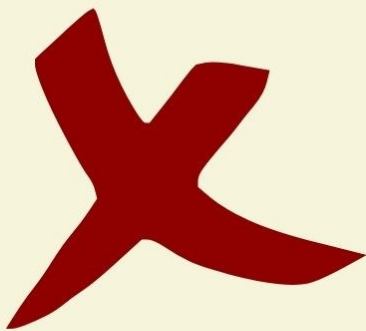
Malicious Communications Act 1988

Advice from our school beat officer this week.



## 1 Don't Reply

Don't reply to any online hate, threats or bad language.



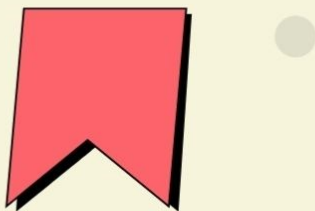
## 2 Block

Block the person or people who are being unkind.



## 3 Save / Screenshot

Save, screenshot or record any evidence you can of the unkind behaviour.



## 4 Tell a trusted person

Children are encouraged to tell a trusted adult or friend.



## 5 Report

Report to the police. Call IOI / visit a police station / report online

<https://www.ceop.police.uk/Safety-Centre/>

<https://www.northwales.police.uk/ro/report/ocr/af/how-to-report-a-crime/>