



Ysgol Esgob Morgan Church in Wales School

Gyda 'n Gilydd Anelwn Yn Uchel / Together, We Aim High



Friday, 19 April 2024



Dear Parents and Guardians

Bit of a shorter newsletter this week (no cheering!) as it has been a hectic week.

Been able to engage with a lot of parents this week and it is great to make these connections. A lot of the time you won't see the work that goes on in a school—you only get the version your children come home and say. There was a phrase one of my old head teachers used to use—"If you only believe half of what the children tell you about school, I will only believe half of what they tell me about you!"

I am always honest when I speak about our school. We have the same issues that you find in all schools. I was in a meeting with the Welsh Government on Wednesday and two of the biggest problems facing schools in Wales are behaviour of pupils and behaviour of parents. I have no doubt that the Welsh Government will be running campaigns on this.

As I keep mentioning in my opening comments, there is always a reason for a child's behaviour, whether the behaviour is positive or negative. Negative behaviour is easily spoken about at home—it stands out. However, there are so many positive behaviour actions that happened regularly. You just don't hear about it from the children—you can find these examples on our social media and in our newsletters.

So be rest assured with all the things your children come home and tell you about, the negative things, there is work going on at the school for these children. Nothing is ever brushed under the carpet. There is a tremendous amount of work going into all our learners.

If you ever need to discuss any aspect of the work we do at the school I am more than happy to meet with you to talk things through.

As I said last week—we can only do this together, so I ask that you always assume positive intent on our behalf, accept the way we do things is always in an attempt to do the very best for our children and discuss things calmly if you in need of any further clarification. We are proud of our school family. I hope you are too.

Have a great weekend.

Mr Redgrave

SAVE THE DATE—YEAR 6
July 16th—School Prom. Information to follow!!!!!!!!!!!!!!

Cornel Gymraeg

Cwestiwn yr Wythnos

Cwestiwn yr Wythnos

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

Pob lwc hefo'r cwestiwn nesaf!

Question of the Week

Thanks very much for the answers last week - the correct answers are red, white and green. Remember to leave your answers on our Facebook page or X (Twitter) to our next question!

Good luck with the next question!

Hoffi Miwsig? Like Music?



Can you record yourself saying the longest Welsh word?

Llanfairpwllgwyngyllgogerychwyrndrobwll
llantysiliogogoch

Sganiwch fi—Scan Me



Geiriau'r Wythnos

bag / bag

llyfr / book

gwaltt - hair

Patrwm Iaith yr Wythnos

Beth sydd ganddo fo/hi? What has he/she got?

Mae ganddo fo/hi... He has/ She has...



dysgucymraeg.cymru
learnwelsh.cymru



Top up your Duolingo!

Dysgu Cymraeg ar Duolingo?

Join us for a free, virtual session for conversational practice.

7 - 7.30yh 23 Ebrill ar Zoom

Sign up at learnwelsh.cymru

Ymunwch â ni mewn sesiwn rhithiol i ymarfer sgwrsio.



Cymraeg

DW I'N DYSGU
CYMRAEG



WANTED -Small Figures

As part of our work in becoming a Trauma Informed School we will need a lot of small world figures.

So, if you are having a clear out of any figures your child (ren) don't play with any more we will gladly take them off your hands. Any figures, superheroes, animals, trolls, gonks (remember them?!) ...literally anything. We would really appreciate them.



Yr	Late this week %	Attendance this term %	Attendance this week %	Attendance Year To date %
3	3.3	94.3	95.3	92.1
4	0	92.9	92.8	93.3
5	2.8	91.5	88.4	88.5
6	1.3	95.8	97.2	92.5
Totals	1.9	93.6	93.4	91.5

Attendance & Punctuality

Ah year 5—it was great for one week! Please can the parents of Year 5 really look at their child's attendance—some people are having way too much time off school. For persistent absences we will be stopping authorising illnesses unless we receive notification from a doctor. Fantastic that there were no lates in Year 4 this week! Well done!

A reminder, following a lot of absence requests for holidays, that these will be taken on a case by case basis. In almost every case these will be taken as unauthorised. Days off for birthday treats and the like will not be authorised. We must remind you also that unauthorised absences over 10 days can result in a Fixed Penalty Notice.

A few more Welfare Checks have been conducted by our Education Social Workers for absences without reason. Again, can we remind you to let us know on the 1st day of absence so we know where all our children are. Many thanks.

Autistic Minds
LIVE | Llandudno

Free to attend events for the autism community

Face-to-face access to services, resources and provisions

Over 30 exhibitors and 1000 registered visitors from across Wales and beyond

Talk to the exhibitors / Be an Exhibitor - generous discounts for Not For Profit Organisations

Attend Seminars and Workshops / Be a Speaker

Whether you're autistic, a family member or a professional supporting the autism community, our Shows are for you. Visitor tickets are free

Visit www.autisticminds.org.uk
email us at events@autisticminds.org.uk

VENUE 10 May 2024
CYMRU 10 Mai 2024

10am - 4pm / Admission FREE / Mynyddiad AM DDW

Llandudno 2024!

Paint & Prosecco

Friday, May 3rd
6:15-8:30 PM

Join the PTFA for an instructor led paint along!

£15 per person
Proceeds benefit Ysgol Esgob Morgan

Ticket includes all class materials, instruction, and first glass of prosecco

Don't like Prosecco? We don't judge!
Bring your glass, we won't ask

School Meals



Week beginning 22nd April is Week 1. Have a look through the week and see what your child (ren) would like to eat for the week and pop their choice on Parent pay.

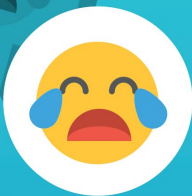


	Monday	Tuesday	Wednesday	Thursday	Friday
WK 1 Main Meal	Pork Meatballs in a Homemade Mediterranean Sauce with Pasta and Home Baked Garlic Bread	Savoury Welsh Minced Beef Hot Pot with Cheddar Glaze and Country Style Vegetables	Baked Breaded Fish Cake with Creamed Potatoes Baked Beans or Peas	Roast Fillet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

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

Water Bottles in School

Could you please ensure that your children have water bottles for school. We encourage the children to stay hydrated throughout the day and they can top up at our water fountain or taps throughout the day.



'Sadfishing' is described as a behavioural trend where people make exaggerated claims about their emotional problems to generate sympathy and attention. The term was created at the beginning of the year by a blogger using the term to describe certain celebrities who embellish their emotional difficulties to generate sympathy and gain more followers. The term has now gained traction and is seen as a growing trend on social media. The challenge with sadfishing is that sometimes real problems can become overlooked or young people can even be bullied for having shared their problems online.



What parents need to know about SADFISHING



ATTENTION NEEDING

This is sometimes also called attention seeking. The urge to belong is universal. Everyone seeks attention. The feeling of belonging and knowing that others are thinking about you is part of what it is to be human. As the use of social media has grown, the opportunity for attention is enormous but this sometimes comes at a price. Positive interactions (such as someone liking your tweet) trigger the same kind of chemical reaction (dopamine) that is caused by gambling and recreational drugs. This reaction reinforces a behaviour and for minimal effort, a young person is rewarded with dopamine and attention.



OVERSHARING

Oversharing is the act of revealing too much personal information. When young people share too much about their feelings or problems they are often desiring very much to connect and belong. In order to gain more attention and likes a young person might be tempted to overshare their feelings beyond a normal face to face conversation. The challenge with this is that the young person is sharing personal thoughts and feelings with people they do not know and the support they gain back is 'unregulated' and might be very unhelpful.

SHOWING VULNERABILITY

Being vulnerable and oversharing can sometimes lead young people open to being groomed online, offering predatory social media users an opportunity to gain their trust by offering sympathy. A Digital Awareness UK report includes the case study of a teenage girl who, after posting about her depression online, was approached by a friend of a friend who shared their experiences and later ended up pressuring her to send him explicit pictures.



BULLYING AND DISAPPOINTMENT

According to Status of Mind report by Royal Society for Public Health UK, social media platforms are a useful tool to maintain or build on real world relationships, improving mental health and wellbeing. When young people do share their feelings and worries online, they are seeking emotional support from others. However, whilst some friends may comment and like a post to be helpful, other friends may accuse the post of 'sadfishing' and trying to gain attention, ultimately making the situation and feelings about themselves worse.



Safety Tips For Parents

A CULTURE OF OPENNESS

Maintain and commit to having a culture of openness at home where your child can express their feelings without judgement, and you acknowledge their world and current difficulties. Support your child to navigate growing up in a world with social media and their developing sense of self.



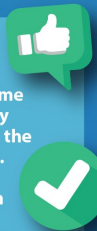
ASK MORE THAN ONCE

Being a parent of a teenager means a constant negotiation between keeping them safe and letting them go. If their behaviour has changed or they have a prolonged bout of low mood or stress, let them know you are there for them when they are ready to talk. Sometimes this may mean asking them more than once. This gives them the message that you are there for them and that they are not alone.



POSITIVE ATTENTION

Provide opportunities during the week for time together. Teenagers sometimes prefer side by side conversations like going out for walk, at the dinner table or driving in the car somewhere. Regularly commit time to a family evening together where you can share time and/or an experience together like a home movie and popcorn, a game (even an online game which may be suitable), shopping or cooking.



PROMOTE HEALTHY FACE TO FACE RELATIONSHIPS

Where possible, help your child maintain healthy relationships with friends who are helpful and supportive. This may mean inviting them over regularly, providing transport to and from activities with the group of friends, or helping your child organise activities. Spend time helping to encourage healthy, supportive face to face relationships.



TALK ABOUT THE IMPORTANCE OF BOUNDARIES

Discuss the consequences of oversharing, particularly on social media. Maintaining a healthy privacy outlook is important when we are perhaps sharing our feelings with people who are not known to us. But as friendship and trust develop, it is healthy to share more information and talk more openly.



Meet our expert

Anna Bateman 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 of Education, advising them on their mental health green paper.

