



Ysgol Esgob Morgan Church in Wales School

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



Friday, 26th April 2024



Dear Parents and Guardians

I write this section this week on a Wednesday as I am out two days this week on the Trauma Informed Schools training I have mentioned in previous newsletters. It is, without doubt, one of the most transformational approaches to how we help children who are experiencing trauma in school.

Can I once again be clear. When your child comes home and tells you “such and such did this again today” I need you all to understand that negative behaviour is not ignored and is always sanctioned appropriately. I will always help every child in our school to the best of our ability. Some children need more help than others. This is the Esgob Morgan way and it has served us well for the 14 years I have had the privilege of being head. It is what makes us. I am incredibly proud of the Esgob way.

The staff will tell you – I don't like being out of school. This has more to do with me and my desire to be here for all than anything else. The fact that I can continue to develop my skills as a head by being out of school is testament to the strength of the staff we have here at Esgob. A staff who all share the vision. We need that shared vision from pupils and parents too.

Thank you for all your support. Have a great weekend.

Mr Redgrave

URGENT! WANTED -Small Figures

As yet we have not been fortunate to receive any small world figures to help us with our trauma informed schools work.

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.





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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

Mobile Phones in School

The response from the pupils and parents has been overwhelmingly positive about our approach to mobile phones—we will still be keeping this going and adhering to it strictly.

Some pupils have been leaving their phones in their bags—which they do so at their own risk. Some pupils have been turning their phones on after receiving them back from staff. Pupils are not to turn their phones on until they have left the school building.

This avoids the situation where we have had children calling their parents from the toilet, taking photographs in the toilets and sending inappropriate messages to each other as they hide their phones on their person.

We have even had children recording teachers on their smart watches—hence the complete ban on those being worn in school.

This approach safeguards all our learners. Please could you talk to your pupils and help them understand that if they choose to not follow the rules there will be sanctions.

Many thanks.

School Prom.

The school has long since not got involved with a school prom as you can NEVER please everyone and it can become quite a chore to organise. However, over the years it seems to have become an established culture within schools in Wales.

We have a really proactive PTFA who are keen to help.

There has been a Prom committee established made up of children from Year 6. They have had an initial meeting and a few ideas have been discussed.

The children will decide what they want. The Prom committee will discuss with their class what they want—not everyone will agree. The committee will gather the views of the children and then present their wishes to the PTFA and try to make it work around a budget.

If the children want to hold it in school—they will hold it in school. If the children want to go to a different place, they will go to a different place. If they want a DJ, they will have a DJ. If they don't want a DJ, they won't have a DJ.

The children will choose. It is their prom.

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.



Another 5 hedgehogs released on our school premises after being nursed and cared for by Prestatyn hedgehog help. We love supporting our community and doing what we can for local wildlife



Visit to Bryn Derwen

Our RVE ambassadors visited Bryn Derwen this week. They enjoyed a chat with the residents as part of our work for intergenerational week. We are hoping to be visiting again soon. It is such a lovely thing to do in our community, bringing joy to the residents and children.



Micro:bit



Coding



Blwyddyn 5 a 6 have been busy learning how to code 'Micro:bits' with Miss Martin this week. They will be using these as part of some very interesting investigations over the next few weeks! Year 5 have been looking at how they can code Microbits to keep our oceans cleaner, and Year 6 have been investigating how they can be used to save energy.

Mae'n Wythnos Dysgu Awyr Agored
Cymru! 🧑🏫 🍷

Beth fyddwch chi'n ei wneud? 🤔

#WythnosDysguAwyrAgoredCymru

It's Wales Outdoor Learning Week!



What will you be doing? 🤔

#WalesOutdoorLearningWeek



Cyngor Cymru ar Gyfer
Dysgu yn yr Awyr Agored
Wales Council for
Outdoor Learning

Cyfoeth
Naturiol
Cymru
Natural
Resources
Wales

Mae cysylltu â natur a'r
byd naturiol yn dda i ni
ac i'r blaned

Connecting with nature
and the natural world is
good for us and the
planet

#WythnosDysguAwyrAgored
Dydd Llun, 22 - Dydd Sul, 28 Ebrill

#WalesOutdoorLearningWeek
Monday 22- Sunday 28 April



Every week is Outdoor Learning week at Esgob Morgan!

Addysg Ariannol



Financial Education

Top Tips of the week for talking about 'Money' with your children at home.



Set Savings Challenges

If you give your child pocket money or an allowance, talk to them about setting a savings target and encourage them to adopt good habits early. This is a good opportunity to introduce ideas around keeping your money safe and planning for the future.

Involve them in the weekly shop

As you go around the supermarket, ask your children to choose the best-value combinations of set products and get them to do the adding up as you go from aisle to aisle. As well as learning valuable lessons, your new helpers can make your job easier at the same time.



School Meals

Week beginning 29th April is Week 2. 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 Loins 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

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

To help with child care and punctuality we have a Breakfast Club which is only 50p a day. No need to book—just drop your child (ren) off.

What Parents & Carers Need to Know about AGE-INAPPROPRIATE CONTENT

"Inappropriate" means different things to different people. What's acceptable for one age group, for example, may be unsuitable for a slightly younger audience. Online, young people can chance upon inappropriate content in various ways – from pop-up ads to TikTok videos. The increasingly young age at which children become active in the digital world heightens the risk of them innocently running into something that they find upsetting or frightening. Trusted adults need to be able to help children be aware of what to do if they're exposed to age-inappropriate content.

WHERE IS IT FOUND?

SOCIAL MEDIA

Age-inappropriate content is easily accessible through many social media platforms. TikTok, for instance, is hugely popular with young people but is arguably best known for clips featuring sexualised dancing or profanity. Some social media users also express hate speech or promote eating disorders and self-harm, which could cause lasting damage to a child's emotional and mental health.

GAMING

Gaming is an enjoyable source of entertainment, but many popular titles can expose children to inappropriate material such as violence, horror, gambling or sexually explicit content. Playing games unsuitable for their age risks normalising to children what they are seeing. Some games also include in-game chat, where other (usually older) online players often use language that you probably wouldn't want your child to hear or repeat.

STREAMING

The range of video streaming services available online means that users can find almost anything they want to watch on demand. Children are therefore at risk of viewing TV shows and movies which contain nudity, drug and alcohol abuse, explicit language and extreme violence. Unfortunately, these streaming platforms can't always determine that it's not an adult who's watching.

ADVERTS

Online adverts frequently include age-inappropriate content: usually gambling and nudity or partial nudity, although adverts for alcohol or e-cigarettes are also common. Some search engines also feature adverts that are responsive to your search history: so if you've recently looked up a new horror movie, shopped for lingerie or ordered alcohol online, then the ads appearing on screen could reflect this the next time your child borrows your device.

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Advice for Parents & Carers

TALK IT THROUGH

Embarrassment or fear of getting into trouble can make it difficult for children to talk openly about age-inappropriate content they've watched. Remind your child they can always come to you if they're troubled by something they've seen online, without worrying about consequences. Before offering advice, discuss what they saw, how they felt and how they came to find the content in question.

CAN WE HAVE A CHAT?

CONNECT, DON'T CORRECT

If your child's been particularly distressed by exposure to content that wasn't suitable for their age, it's important to offer guidance to prevent them from repeating the same mistake – but it's equally vital to help them deal with the emotions that the situation has raised. You could tell them about any similar experiences you might have had at their age, and how you dealt with it.

BLOCK, REPORT, CONTROL

After discussing the problem, you and your child can take action together. This could include blocking any inappropriate sites and reporting any content which violates a platform's rules. To further safeguard your child online, set up parental controls on internet-enabled devices that they use. This will significantly reduce the chances of your child being exposed to age-inappropriate content in future.

GET SPECIALIST HELP

Age-inappropriate content can potentially have a negative impact on a child's mental health, which is sometimes displayed through changes in their behaviour. If the problem becomes more severe, you might consider reaching out to a mental health professional or an expert in this field who can provide you and your child with the proper support.

STAY CALM

Even though it is obviously difficult to stay rational in a situation where your child has been put at risk, it's essential to think before you react. Your child may well have hesitated to open up to you about watching inappropriate content for fear of the consequences, so being calm and supportive will reinforce the notion that it would be easy to talk to you about similar issues in the future.

Meet Our Expert

Cayley Jorgensen is a Registered Counsellor with The Health Professions Council of South Africa, and she runs a private practice offering counselling to children, teenagers and families. Her main focus is creating awareness and educating the community on the mental health pressures of today's world, as well as resources and techniques to understand and cope better.



Sources: <https://www.education.gov.au/documents/about/programs/bullying-prevention/inappropriate-content> | <https://www.onlinesafety.gov.au/education/training-professionals/professional-learning-program-teachers/inappropriate-content-factsheet> | <https://www.wednesday.co.uk/wp-content/uploads/2020/04/children-media-view-year-7.pdf>