



Ysgol Esgob Morgan

Church in Wales School

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



Friday, 10 May 2024



Dear Parents and Guardians

It has been a lovely week in school this week. Lots of fun in the sunshine!

I really enjoy the engagement we have with you as our parents and guardians. It is fantastic to see social events, such as the Paint and Prosecco evenings held at the school. Had a meeting with the chair of the PTFA and there are some fabulous social events to look forward to over the next 12 months.

We have held a couple of events this year about how we teach certain things. I think it is important that we keep sharing with you the Curriculum for Wales and what it looks like in school. It is quite a progressive system and can be seen as very different to more traditional ways of teaching. This is to help your children become independent people in their own right.

As ever, if there is anything you need further assistance with, please do contact me at the school/.

Yr	Late this week %	Attendance this term %	Attendance this week %	Attendance Year To date %
3	1.6	92.9	88.3	92.1
4	0.5	91.7	88	93.1
5	2.8	89	88.3	88.4
6	0.4	93.2	92.2	92.4
Totals	1.4	91.7	89.2	91.4

Cornel Gymraeg

Cwestiwn yr Wythnos

Cofiwch adael eich atebion ar dudalen Facebook neu ar X (Twitter) i'n cwestiwn nesaf!

Pob lwc hefo'r cwestiwn!

Gwasanaeth Arbennig

Roedd hi'n bleser i groesawu Mr Gareth Williams i'r ysgol ar ddydd Iau i gyflwyno ein tystysgrif Gwobr Arian Campus Cymraeg ar ôl llwyddo i'w chyflawni. Ymdrech ardderchog!



Question of the Week

Don't forget to leave you answer to our question of the week on our Facebook page or X (Twitter)

It was a pleasure to welcome Mr Gareth Williams to the school on Thursday morning to present us with our certificate for achieving the Campus Cymraeg Silver Award. Brilliant effort!

Fedwch chi ddysgu'r geiriau newydd? Can you learn some of the new words?

Where can you find the smallest house in Great Britain?

- a) St Asaph b) Pwllheli c) Conwy

Sganiwch fi—Scan Me



Mat Geiriau Yr Haf



gwersylla



haf



awyren



pili palas



sbechol haul



pabell



stormydd



haul



castell tywod



het haul



glan môr



llygad y dydd



hufen iâ



traeth



cês dillad



heulog



eli haul



poeth



blodyn haul



lolipop rhew

twinkl

Patrwm iaith yr Wythnos

Enw fy athro / athrawes
ydy a dwi'n ffrindiau efo ...

My teacher's name is ... and
I'm friends with ...

Geiriau'r Wythnos

doniol / funny
hapus / happy
athro / teacher



Meet the Governors

Hi there! My name is Marie Davies and I have been a parent governor at Ysgol Esgob Morgan since 2020.

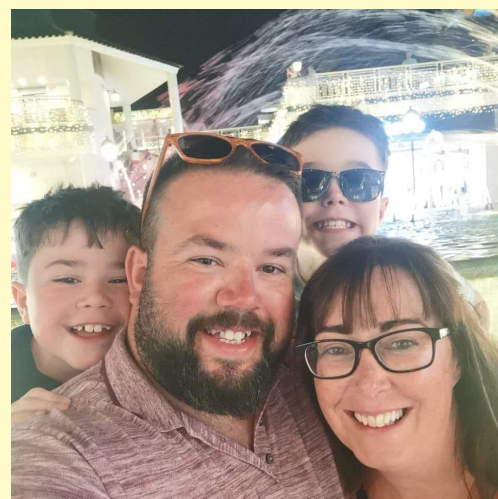
I work in Corporate Services as a Business Manager, for the local health board, to date I have done 17 years in service in various roles, and despite the craziness and demands of my role, I do enjoy my job and do get to work and meet with some lovely people from in and around our community.

I feel very honoured to be on the board governors for such a lovely school. I have 2 children at the school one in year 6 and one in year 3, so very familiar with great things that happen in Esgob Morgan School and have witnessed some great success stories despite difficulties with covid, etc, .

I became a governor because I wanted to have more involvement in my children's school life and wanted to contribute to my local community, especially as one of my children has additional needs I wanted to support him the best way I could by understanding the policies, procedures around Al-nco so I could work jointly with the school to help my son achieve his goals and enjoy school life and maybe be help another parent who maybe going through similar experiences as myself. I am proud to say that my son who is in Year 6 is a shining example of Esgob Morgan's ethos with time and understanding you can succeed!

I am huge advocate for the school and welcome their values, ethos and successes especially for children with additional needs, the staff go above and beyond, and are open and transparent, supportive no matter the situation and always make the time to speak to myself and my family, they care and that what really counts!

You will spot me most days on the playground at pickup time navigating 2 energetic boys to the car, please come over and say hi, I am always happy to answer any questions or offer support in any way.



Da lawn - Alex and Bill

You May remember us telling you about Alex and Bill last week ... well the boys did really well, won medals on both days.

Sat medals Bill u16, Alex u14

Sunday medals Alex 3rd overall (i.e. including men/adults) Bill 1st junior.

They did the clubs and school proud.

Clubs NEXT WEEK PLEASE READ

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

Tuesday— NO Quirky Crafts for Years 5 and 6 this week

Wednesday—NO Entrepreneur Club this week

Thurs— Cricket (all year groups)

Quirky Crafts Club

In Quirky Crafts we have been busy creating bilingual cards ready to sell at the end of the school day. We have looked at different items online to order to revamp our business. There will be a variety of items available to purchase in the near future...watch this space!

If you would like us to make a card to order, please let us know through the school office and we'd be more than happy to make it for you!

School Meals



Week beginning 13th May 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

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.

Fruit and veg Tuck—Get one of your 5 a day! On Sale Every Day—get your children to look at the menu board to see what's on!



In our classes this week we have been looking at gratitude—things we can be grateful for. Yes, these can be things we receive, but we are asking to think about other things they are grateful for.

We have talked about....

- How to develop an Attitude and Gratitude.
- How to be grateful for others, experiences and ourselves.
- How giving and receiving gratitude makes us feel.

Why not ask your children to tell you what they have learnt. Here's some questions to help you:

- What have you been grateful for today and how did you show it?
- What are the 3 categories from the Wheel of Gratitude?
- How does it make you feel when you give and receive gratitude?

School Prom.

**The Year 6 pupils have been voting on their Prom preferences—
Here is what they said...**

**Do you want a theme?
72.4% No**

**Where do you want the prom?
75.9% In the school Hall**

**Do you want a DJ?
51.7% No we will make a playlist of our own songs**

SUPPORTING CHILDREN'S MENTAL HEALTH

10 Conversation Starters for Parents

Talking about mental health to children is sometimes hard. To the point that we can put off raising the subject, not wanting to unearth problems or raise overwhelming subjects that we perceive our child is too young or not ready for. But rather than keeping children in the dark, this guide is designed to help you confidently talk about mental health, so they feel comfortable talking about their own worries and end any stigma before it begins.

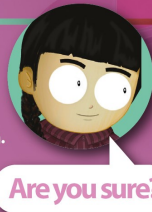


1 LISTEN

This sounds obvious, but it is not something we are always great at. Active listening is where we listen without interrupting or making judgements and shows interest in what is being said. If your child feels listened to in the 'smallest of problems' they will become confident that you will listen when the 'biggest of problems' arise.

2 ASK TWICE

The campaign from time to change is great. <https://www.time-to-change.org.uk/support-ask-twice-campaign>. Be tenacious about your child's wellbeing. Children instinctively know when your questions and support come from a place of wanting to help and care.



3 THERE IS NO SUCH THING AS A STUPID QUESTION

This advice also relates to the first point. If your child can ask you any questions about the smallest of things and you listen and answer without shaming or belittling, then they will have more confidence to ask the biggest of questions.



4 BE OPEN AND HONEST

Children appreciate honesty, particularly if you are having to share information or talk about a difficult subject. For example, you may be talking about death or loss; 'It's very sad that Nana has died' or 'I feel sad that Nana has died'. How you talk about a subject will differ depending on their age and developmental maturity. Talking about death to a younger child for example will be different to that of an older teen, as their experience and understanding of death is different.

5 KNOW WHEN TO SEEK HELP

Assess the severity of the mental health difficulty you are noticing. Is the difficulty making it hard for your child to function regularly throughout everyday life? How frequently is your child affected, how long does it last and how persistent is it? Are they having problems controlling the difficulty? Talk to your child about your concerns and that it is likely they will need further support beyond family and friends.



6 TALK ABOUT MENTAL HEALTH NATURALLY

Speak about mental health as part of everyday life, so that talking about our feelings and those of others is normalised. If the usual 'are you ok?' is not creating an opportunity for dialogue then say something like 'I know when something like that has happened to me I felt like this... is that how you are feeling or are you feeling something else?'

7 EMPATHISE

'It makes sense that you would feel this way, it is understandable'. Children often worry about things that we, as adults, might see as trivial or silly. However, for them at their age and stage it is a big concern and they need our kindness and care when they show their vulnerability and share their worries.



8 HELP YOUR CHILD FEEL SAFE

Teens particularly feel that by talking about their worries or concerns that this will make things worse. Reassure your child that you will discuss a plan of action together and what may or may not need to happen next. If they are a younger child, it is likely you will need to lead the conversation and explain next steps.



9 MIND YOUR LANGUAGE

Be mindful of the language you use at home to describe and talk about mental health. Stigma often arises from misconceptions and a choice of language which is harmful. Using the word 'mental', 'man-up' or other such words in a derogatory way won't encourage your child to talk about their mental health for fear of being belittled.



10 IT IS OK TO SAY 'I DON'T KNOW WHAT TO DO NEXT'

Adults do not have all the answers but often children think they do. It is ok to acknowledge that what your child is experiencing is not something you have come across before or know anything about, but that you will work it out together and seek help together.



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



Sources of Information and Support

Your GP
Young Minds <https://youngminds.org.uk/>
<https://www.nhs.uk/conditions/stress-anxiety-depression/>
<https://www.actionforchildren.org.uk/news-and-blogs/parenting-tips/2016/november/a-simple-guide-to-active-listening-for-parents/>
<https://www.themix.org.uk/mental-health>

