



# Ysgol Esgob Morgan Church in Wales School

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



Friday, 24 May 2024



## Dear Parents and Guardians

Another half term draws to a close. Everyone has worked incredibly hard this half term and it has been wonderful seeing all the activities going on in the classrooms and in forest school.

I attended Day 7 and 8 of my Trauma Informed Schools Diploma course and I was reminded of a phrase I had forgotten about. I am probably paraphrasing but the sentiment remains the same—"It takes a village to raise a child". This maybe an African proverb but I think this rings true wherever children are raised.

As I said in an earlier newsletter we, as a community, have a responsibility to help all our young people, inside school and out. Year 5 have written to the city council with some of their concerns and are meeting with 3 members of the council next half term.

I have spoken with our Governors and written to the City council expressing my concerns over anti social behaviour in our community. I am hopeful of a meeting with the Chief Constable to address these concerns.

I take our role as a school in the community very seriously and I am committed to doing right by ALL our learners. It is the easiest thing in the world to label children—but be rest assured, a child's behaviour is just them telling you something. Its also easy to think the school does nothing to challenge disruptive behaviour—but that couldn't be further from the truth. Our job is to find out what that something is and help them.

Have a wonderful half term and see you in June!!!

Mr Redgrave



## New Caretaker

We are delighted to introduce Debbie our new school caretaker. Debbie started with us on May 13th and has settled incredibly well into the family at Esgob. She has been a caretaker in another school for a many number of years and we are very lucky to have acquired her services. She has also had extensive experience as a TA and the children have given her a very warm welcome. Welcome aboard Debbie!

# 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 nesaf!

## Eisteddfod yr Urdd

Pob lwc i'r grŵp llefaru sydd yn mynd i gystadlu ym Maldwyn wythnos nesaf! Da iawn chi am gynrychioli'r ysgol ar draws Cymru.



## Hoffi chwarae gemau?

Sganiwch y QR i chwarae gemau i ddatblygu geirfa a brawddegau yn y Gymraeg.

## Question of the Week

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

## Eisteddfod yr Urdd

Good luck to our group recital learners who are competing in Maldwyn next week! done for representing the school across Wales.

Well



## Like to play games?

Scan the QR code to play games to develop your vocabulary and sentences in Welsh

**Dysgwch ddwy iaith er mwyn llwyddo yn y byd gwaith!**



**Improve your career chances; learn Welsh, it's a great advantage!**

- ❖ Learning another language increases opportunities and choices
- ❖ Because we live in Wales and Welsh is our language
- ❖ Having 2 languages, means that we inherit 2 cultures and gain 2 different worlds of experience; with a language goes a wealth of history, songs, music, stories and poetry

### Why learn Welsh?

- ❖ Learning another language helps us to do better in other subjects

- ❖ Evidence from across the World shows that children who can speak 2 languages can think more creatively and tend to do better in IQ tests
- ❖ It makes us nicer! Research from Cambridge University has found that having another language makes us better able to tolerate differences in cultures, creeds and customs and also better able to find solutions to conflict

- ★  
❖ More and more employers in Wales are looking for workers who can speak Welsh ★

Wales has 2 plants as national symbols.  
What are they?

## Meet the Governors

My name is Rachel Cleveland and I am an LEA Governor for Ysgol Esgob Morgan.

My family and I moved from California, USA, to St Asaph in September 2022 and feel very lucky to have found space for schooling here at Ysgol Esgob Morgan.

I have two children, Hannah in year 5, and Isaac in year 4. Many people ask why we left California; the simple answer is that we needed a safer place to raise our children where we didn't have to worry about their safety daily. I am Welsh on my fathers side so a move to Wales seemed like a natural one.

In the States I worked more than full time as a supervisor in a 999-center equivalent, dispatching for police, fire, and emergency services. I was the lead trainer and training developer on several county wide emergency notification systems, a trainer and training developer for new employees, and a field dispatcher for critical incidents. In my off time I worked as a freelance technical writer creating end user manuals for a tech company who serviced medical schools across the United States.

As a remedy to my overly packed life in the States, I have taken this opportunity to dedicate myself to being involved in ever evolving life and well-being of my children, the support and enrichment of the school, and volunteering in the local community.

I am currently the secretary for our local Women's Institute chapter, serve on the WI Craft Committee board, tag team weekly crafting sessions for the WI, act as an LEA Governor for the schools governing body, Chair the PTFA, and volunteer in the school garden. I also care for my elderly parents who joined us in St Asaph in March 2023.

I have found Ysgol Esgob Morgan to be an amazing school that puts the children's needs and well-being above all else. My desire to serve as a governor was driven by a desire to help make these younger years memorable and fun for all the kids; to contribute as I could to the health and welfare of the school. This is a new role to me and I am thoroughly enjoying the learning curve. I appreciate the opportunity to serve the school, staff, pupils, and community on this level.



## North Wales Education Awards 2024

Having had success in previous years with Miss Martin winning Teacher of the Year last year it is time again to , if you so wish, nominate one of our amazing school staff. You may enter as many categories as you wish. However, you must complete a separate entry form for each nomination. If you have additional supporting documents please email this to [catherine.thompson@nqyne.co.uk](mailto:catherine.thompson@nqyne.co.uk).

Judges prioritise the quality of nominations over quantity of votes, so it is crucial to offer a well-rounded description of the nominee's accomplishments, contributions, and impact. The more detailed and insightful the nomination, the better chance it has of being shortlisted..

<https://bit.ly/yemawards24>





We have some very exciting news to share!!

Ysgol Esgob Morgan's PTFA have been successful in securing a £25,000 grant from the Gwynt y Mor Community Investment Fund and RWE to undertake significant renovations of the outdoor learning spaces at Ysgol Esgob Morgan.

The improvements will significantly improve the outdoor education spaces for both the school pupils and the clubs using the school grounds such as the Girl Guiding troops and the holiday clubs.

The garden works will begin over the May half term break with the aim to have the new plantings in for the warmer weather in June and full completion by the end of the summer holidays ready for the new academic year. The garden works include cutting back overgrown vegetation, clearing out the animal shelters in preparation for new animal adoptions and cleaning out the old pond in order to bring back a thriving ecosystem. An herb bed and vegetable beds will be installed and attention will be paid to developing a sensory garden for the children to enjoy.

The Forest School renovations will involve erection of a large gazebo to enable outdoor classes and club projects to take place regardless of the weather.

The PTFA have been working on this funding since January, and is one of many things that goes on behind the scenes. We are thrilled to be able to bring these enhancements to such a special school and would like to thank the grant panel at the Gwynt y Mor Community Investment Fund and RWE for the consideration given to our project.

@GwyntymorCF @RWE\_UK CVSC



## Small Parts and Figures

Thanks to Kim this week or all these amazing small parts to use in our classrooms. Thanks to everyone who has sent in donations of small parts. We have enough of these now.

Our PTFA have been out bust buying second hand figures to use in our Trauma Informed Schools work. We are still very much in need of figures. If you are having a clear-out of any type of figures, those ones you get in McDonalds, Army men, Princesses—anything. We will gladly take them off your hands!

# Join us at Little Lambs for May Half term!

07999589996



Book today to secure your child's place!!

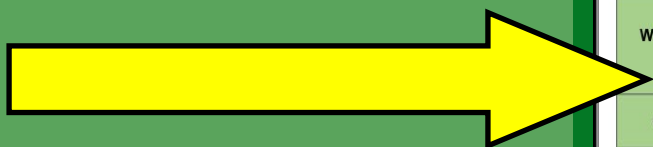
Monday	Closed for Bank Holiday
Tuesday	'Create a canvas' painting event. We will also be tie-dyeing sun caps and decorating sunglasses.
Wednesday	Rocky road cheesecake baking day with biscuit decoration.
Thursday	Adventure Day: We are planning on a big explore around our local area.
Friday	Water fight (weather permitting), water dodgeball, fun water fight, movie afternoon.

Spaces subject to availability!

## School Meals

Week beginning 3rd of June is Week 3. 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
<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 Scrunch Slice with Apple Wedges	Lemon Drizzle and Blueberry Muffin



Please do look too as we are having quite a few children refusing to eat as they don't like what is on offer or the choice. We do our best to let you know if they are not eating their lunch.

**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!



We continue our terms work on Gratitude. We are extremely grateful for all the support you give us—especially when we have to have difficult conversations. Positive communication is the only way we all succeed for our young people.

- 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?

Yr	Late this week %	Attendance this term %	Attendance this week %	Attendance Year To date %
3	3.3	91.8	89.7	91.9
4	0.8	91.2	91.2	92.9
5	2.9	89.7	91.9	88.6
6	1.0	92.9	91.7	92.4
Totals	2.0	91.4	91.1	91.4

## Attendance and Punctuality

Our numbers, in nearly all classes, have slowly decreased over time. We really our doing our best to make school a fun place for children to come and learn. The only class with an increase in attendance over the Year is Year 5! Great news keep it up! Monday was an issue for lateness due to the traffic at Rhuddlan roundabout.

## Top Tips for...

# MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

BUY MILK

### GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

### TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

### GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

### LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

### AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

### HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

### BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

### 'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

### SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

### TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

### SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

### WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

### Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



DEVICE BOX

The National College



National Online Safety

#WakeUpWednesday