



Ysgol Esgob Morgan Church in Wales School

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



Friday, 14 June 2024



Dear Parents and Guardians

We have had a brilliant careers week—with lots of different visitors to the school talking about a wide range of different careers to interest the children. We have had sports psychologists, nurses, police officers, forensic scientists... strangely no head teachers!!!

One thing we all love here is when you have put a plan in place for a pupil or pupils who are struggling with something and that plan means a lot of hard work. A plan you know is the right thing, in spite of public opinion but the plan begins to work and the life of a young person is changed. That. A great way to end the week.

Have a great weekend.

Mr Redgrave

Llongyfarchiadau!

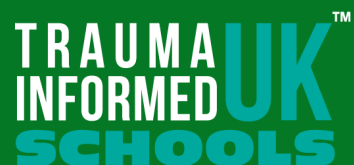
Huge congratulations to Mr Schrimshaw and his wife Marianne, on the birth of their baby boy Conán. They have all settled well into their new way of life and he has even been to his first cricket match! Of course he has!

Wonderful news!



“When we can be both robust and vulnerable in front of the young people we work with, we give them the best gift in the world - hope.”

David Taransaud





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!

What are the official languages in Wales?

Sganiwch fi—Scan Me—
Gemau Cymraeg i
blant / Welsh games for
children



Cyw Cynnar!

Dim ond £50 ar gyfer eich cwrs nesaf – cofrestrwch erbyn 31 Gorffennaf.

Early Bird!

Just £50 for your next course – sign up by 31 July.

Defnyddiwch ein côd 'CYW24'.
Use our 'CYW24' code.



Bwyta'n Iach

c	o	r	f	a	m	t	m	e	f	f	u	d
a	l	e	w	y	e	s	g	y	r	n	i	
l	e	u	i	n	f	i	u	i	w	i	e	
s	w	e	h	a	i	w	r	l	y	e	t	
i	a	n	r	h	r	c	h	g	h	d	t	w
w	u	r	i	i	l	r	a	t	a	o	m	
m	w	y	n	a	u	l	l	w	u	r	e	
w	u	i	b	e	a	i	e	h	m	p	u	
m	d	y	i	s	m	o	n	i	c	r	h	t
d	e	l	w	u	n	l	l	y	s	i	a	u
o	f	i	t	a	m	i	n	a	u	l	g	
y	m	a	r	f	e	r	c	o	r	f	l	

corff
esgyrn
calsiwm
diet
ymarfer corff

olewau
ffrwythau
iach
mwynau
protein

salad
halen
siwgr

llysiau
fitaminau



Patrwm Iaith yr Wythnos

Beth wyt ti'n hoffi fwyta? What do you like to eat?

Dwi'n hoffi ... ond dw i ddim yn hoffi... I like ... but I don't like....

Geiriau'r
Wythnos
creision / crisps
caws / cheese



EVERYONE
WELCOME
EVERYONE
WELCOME
EVERYONE
WELCOME
EVERYONE
WELCOME
EVERYONE
WELCOME



WE ARE
PROUD TO BE
A SCHOOL OF
SANCTUARY



Refugee
Week

17-23rd
June

"To me, a home is where you feel loved, safe, and cherished." – Malala Yousafzai

The theme for A Day of Welcome and Refugee Week 2024 is "Our Home". From the places we gather to share meals to our collective home, planet Earth: everyone is invited to celebrate what "Our Home" means to them.

Refugee week website

<https://refugeeweek.org.uk>

High Flyer!

Da lawn Alfie!



Alfie has stepped up to national level competition in trampoline and attended the English Qualifier 1 on 9th June which was held in Telford international centre.

Alfie competed in the silver category 9-10yrs male and qualified at 18th place. He also completed Synchro male youth 10-12yrs and came 8th with his partner Oliver.



Clubs for week beginning the 17th June.

Monday - Rugby

Quirky Crafts for Years 5 and 6.

Entrepreneur Club Year 3, 4 and 5

Both of these clubs will be moving to lunch times.

Thurs—Jewellery Club—Years 3 and 4 - 50p for materials—they keep what they make.

	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 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
Choice	Breaded Vegetable Nuggets	Minced Quorn Bolognese	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



Week beginning 17th of June is Week 3. your child (ren) would like to eat for the

Please do look too as we are having quite a what is on offer or the choice. We do our their lunch.

Have a look through the week and see what week and pop their choice on Parent pay.

few children refusing to eat as they don't like best to let you know if they are not eating

Díolch Play Quest!

Thank you to Play Quest for servicing and fixing our adventure the playground it has been really appreciated by the children

PTFA



Tesco Stronger Starts - Abergele Tesco from July 3rd - September 30th. Collect your tokens and drop them in our voting box.

Garden works are well underway. Still looking for donations of veggie starts that the children can plant. Also looking for a few lavender, rosemary, and assorted herbs that we can plant.

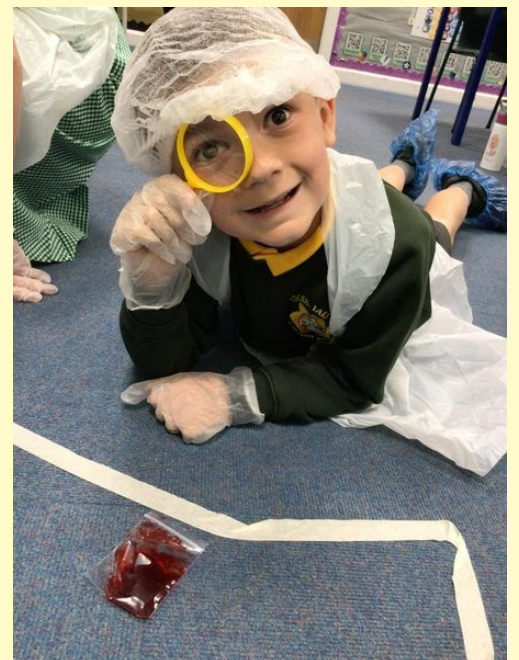
On round two of a grant from Keep Wales Tidy to install a wildlife garden at the school. This will help us increase our biodiversity and offer natural habitat to countless local creatures. This will require a commitment from volunteers to help maintain the garden throughout the year, a few hours here and there. Can you help?

Looking at getting chickens but need help installing the safe fencing panels and netting in the enclosures. This will happen over a weekend, can you help? Will also need people to volunteer to look after the hens over the summer holidays, this can be a rota of volunteers.

Financial Education and Careers Week

We have had all these professions in to speak with the children this week...

- Nurse
- Vet
- Sport Psychologist
- Brank Marketing / Manager
- Wow Project - Crime Scene Investigators
- Civil Servant
- Police Officer



Thank all parents who have supported us this week.

What Parents & Carers Need to Know about

FIVE NIGHTS AT FREDDY'S

AGE RESTRICTION
PEGI
12

WHAT ARE THE RISKS?

Five Nights at Freddy's is a series of indie point-and-click horror games whose word-of-mouth success and widespread spin-off content on YouTube have helped each of the nine instalments so far to sell almost five million copies on Steam (the PC gaming platform) alone. Set in various deserted locations at night, with creepy animatronic characters suddenly coming to life, the games are rated PEGI 12 for disturbing/violent content, mild profanity and horror themes.

FRIGHTENING THEMES

Five Nights at Freddy's (FNaF for short) doesn't feature bloodshed like many horror games – but it does build tension and use jump scares, which may be too intense for young players. The sinister animatronic characters and the sensation of being trapped and defenceless could be particularly unsettling, as could the inclusion of disturbing elements such as murder or possession by evil spirits.

STRESSFUL SITUATIONS

Due to FNaF's suspenseful atmosphere, it can be extremely stressful for players. Constantly checking that one's surroundings are safe is a crucial part of the gameplay and could create residual stress or even obsessive-compulsive behaviours. Several media reports have suggested that some younger children have experienced severe nightmares or sleep anxiety after playing games from the series.

IN-GAME SPENDING

FNaF doesn't foreground in-game purchasing as strongly as many other well-known games, but some titles in the series do offer additional content that promises to enhance the experience. Five Nights at Freddy's: Help Wanted, for instance, is complemented by a Halloween-themed expansion pack called 'Curse of Dreadbear' (costing £8.99), which unlocks new levels and mini-games.

AGE-INAPPROPRIATE CONTENT

As a result of FNaF's popularity, a sizeable YouTube community based on fan-made content has developed around the game. While the majority of this material is still child friendly, there are a number of channels which are geared more towards mature audiences: they contain adult and disturbing themes, for example, and (in some cases) age-inappropriate language.

PLAYING IN ISOLATION

Many parents will be relieved to learn that Five Nights at Freddy's is a single-player game which doesn't include any online chat functionality. Conversely, however, this could also make playing FNaF quite an isolating experience – especially if your child is spending a lot of time investigating the game's spooky, shadowy environments alone in their room, for example.

Advice for Parents & Carers

USE PARENTAL CONTROLS

Five Nights at Freddy's doesn't have conventional parental controls. However, if you're concerned about the potential impacts of the game's themes and content, you can simply choose not to let your child play it. If they use an Android or iOS device for gaming, you can adjust Apple and Google's built-in parental controls to restrict your child's access to certain content.

TRY IT YOURSELF

Every child is different, of course, so it could be worth playing Five Nights at Freddy's yourself for a while to gauge how your young gamer might cope with the series' more frightening and disturbing aspects. If they're old enough, you could spend some time playing it together – after all, it usually only takes between two and ten minutes to complete a level.

LIMIT SPENDING

Unlike many popular titles, Five Nights at Freddy's doesn't bombard players with tempting in-game purchase offers. It's worth noting, however, that some instalments in the series do provide the option for players to spend real-world money. With that in mind, it's important to either keep a close eye on your child's expenditure or limit their access to digital payment options.

SPOT THE SIGNS

If you're concerned that your child might be spending too much time on Five Nights at Freddy's, or you're worried that the game's scary themes are taking a toll, watch out for warning signs. Young people may start to prioritise gaming over everyday essentials like schoolwork or sleep; irritability or a lack of concentration could also indicate that their gaming sessions are going on too long.

TALK ABOUT THE RISKS

Before you allow your child to play Five Nights at Freddy's, it's wise to have a conversation about the game so that they're aware of the potential risks. Ensure that your child understands that the series is purposely designed to be tense and unsettling, and that they should stop or take a break if the intensity of the gameplay is making them feel uncomfortable or putting them on edge.

Meet Our Expert

Carly Page is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor of tech tabloid The Inquirer, Carly is now a freelance technology journalist, editor and consultant.



NOS
National
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