



Ysgol Esgob Morgan Church in Wales School

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



Friday, 05 July 2024



Dear Parents and Guardians

It has been a week of reflection for us all in school this week. It is weeks like this that bring everything into perspective and certainly make me thankful for what I have.

I have tried to make this school the image of my primary school who helped me immeasurably when I was there. The love and support given out to one of our families this week is no surprise to me, as this is what St Asaph can do in times like this—but it still astonishes me.

I note, with interest, the results of the General Election. A manifesto promise is to recruit more teachers. I can assure you I will be holding our newly elected members to account in these troubles times for education in Wales.

Have a great weekend. Mr Redgrave



Check your child's eligibility to get up to **£200 for School Essentials** and **extra funding for your school.**



TRAUMA INFORMED SCHOOLS

TRAUMA INFORMED UK SCHOOLS

“Our aim is to help children develop a new story; one full of hope and possibilities.”

Dr Margot Sunderland

Sports Week



Patron of Reading



Steve Skidmore—The 2 Steves

Always a pleasure to have Steve in to sprinkle his magic dust over the school

This time he presented our Reading champions.

Those who has accelerated the furthest with most words read and those with the best attitude to reading! Da lawn pawb! I hope you enjoyed your lunch with Steve! He also had a fab day working on expressive arts skills with Year 6!



Online information sessions

24th July
6-7pm

5th August
6-7pm

2nd September
6-7pm



maethu
cymru
Sa Ddiabych
foster
wales
Deddfysbwy



Cornel Gymraeg



Cwestiwn yr Wythnos

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

When was Ysgol Glan Clwyd opened?

- a) 1957
- b) 1956
- c) 1951

Podlediad / Podcast

Yn addas i ddysgwyr Cymraeg / Suitable for Welsh learners



Louis Rees-Zammit

Life

From the age of seven, Rees-Zammit played rugby for Llandaff, before moving to play for Rumney at the age of 12. He attended Llandaff Cathedral School.

He then played for Cardiff Blues, Hartpury College and Gloucester Rugby Academy. During the 2019-2020 season, he became the youngest player to play for Gloucester in the Premiership. He became the first 18 year old to score a hat trick of tries in a game, when playing Northampton in 2019.

Rees-Zammit represented Wales at under-18 level and was then selected for the senior Wales squad in the 2020 Six Nations Championships, making his debut in a match against France in October 2020.

On the 7th of February 2021, he scored his first try in the Six Nations Championships, in a match against Ireland. In the same month, he scored two tries in a match against Scotland.

On January 16th 2024 Louis Rees-Zammit announced his departure from rugby union and has confirmed that he will be joining the NFL's IPP (International Player Pathway) in the hope of earning a place on the 2024 NFL roster.

Date of Birth
2 February 2001

Place of Birth
Penarth, Vale Of Glamorgan, Wales

Famous for
A Welsh rugby union player. He used to play rugby union for Wales. He was named the man of the match after he scored the winning try against Scotland in the 2021 Six Nations Championships.

Who Are They?
Rees-Zammit played rugby union for Wales before moving to the NFL in 2024.



Patrwm iaith yr Wythnos

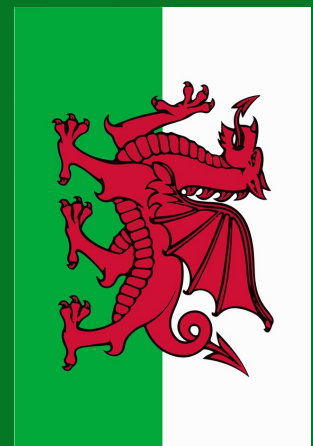
Ble est ti? Where did you go?
Es i i....

Geiriau'r Wythnos

parc / park
ar y tren / on the train

Interesting Fact

His grandfather emigrated from Malta.



One Way System and Telephone.



Can we please remind you all, once again, to use the one way system as much as possible. There are times, such as the large white van, who speed towards the gate against the one way system and stop on the Zig Zag lines to off load. We will start reporting poor driving that puts our children in danger.

Please can we respectfully ask that people stop driving onto the school premises at the end of the day. This is to keep our learners safe and it is not suitable for the large white van that is persisting in doing this, which in turn is encouraging others to do so. We have many children picking up their bikes and scooters.

Our new phone system has a service where you can leave a message in the morning , before school, if your child is too unwell to attend school. If you could let us know before school using this system that would be great. Too many people are not informing us where the children are and we need to account for all our learners. This includes holidays. We know some of you are worried about taking your children on holiday during term time, but this leave still needs to be granted , even if unauthorised, by our Head Teacher. Please let us know.



It is with great enthusiasm that we can tell you we have received a grant from Keep Wales Tidy! This is a Local Places for Nature wildlife development package and it is HUGE. This will see further improvements to our Eco Garden, the installation of a wildflower meadow, nesting boxes, bee enticements, a new hedgerow, fruit vines, and SO MUCH MORE! Items have already started to arrive in the office and we will be storing them until work commences starting over the summer holidays. This is such a huge honour because typically schools don't qualify for this grant, but we have been given this opportunity because of our diverse population and the community groups we host at the school.

Dates for the Diary—all on our Calendar online as well as the school app.

July

10th—Yr 4/5 Beach Rugby. Year 6 Play “SuperStan”. Tickets on sale now!

11th—Open the Book

12th—Non Uniform Year 6 only (pack of biscuits). Reports Out

15th—Reports Open Evening

16th—Year 6 Leavers Service 3:30 in school hall. Yr 6 Prom TBA

18th—Final Day of the Year

School reopens for pupils on 4th September 2024

| Yr | Late this week % | Attendance this term % | Attendance this week % | Attendance Year To date% |
|--------|------------------|------------------------|------------------------|--------------------------|
| 3 | 2.7 | 91.1 | 90.6 | 91.6 |
| 4 | 0.3 | 91.7 | 91.5 | 92.8 |
| 5 | 3.2 | 85.8 | 78.4 | 87.4 |
| 6 | 1.0 | 93.5 | 89.0 | 92.7 |
| Totals | 1.0 | 90.4 | 87.2 | 91.1 |

Attendance and Punctuality

I am increasingly concerned about the attendance at our school. Your child has a right to an education. Where as I understand that there is illness that can affect numbers, our attendance was in the high 90s, often over 96% over all, pre pandemic.

There is no barrier to us returning to these levels, except attitude.

There is a direct link between engagement and enjoyment in school and attendance, Year 5's attendance data is deeply concerning, especially this week.

Parents are very quick to challenge us when they think things have gone wrong for their child. I will afford you the same luxury if there is a continuation to not engage with the things we try to do to help with getting school and getting to school ON TIME!

We have 1 or 2 pupils who we work with who struggle coming to school. Every other child is expected to be in school and on time.

I am now under significant pressure from the Welsh Government to increase attendance. I can only do so much until it becomes your sole responsibility and with the Local Authority. It is far too easy for people.

I do not like being so direct. It is not my style and I have never had to be before and people have responded.

I will be looking for a significant improvement in the next academic year

Mr Redgrave

Clubs for week beginning the 8th July

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—Kick It Sports (external paid for club you need to book on here <https://bit.ly/kickityem24>)

Jewellery Club has finished now—but it was a great success and hopefully it will be back next academic year!



| | 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 Rice or Noodles and Bean 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 8th July 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. Please do look too as we are still 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.



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>