



# Ysgol Esgob Morgan Church in Wales School

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



Friday, 13th September 2024



## Dear Parents and Guardians

We continue the excellent start to the term.

Please do see the note about driving in the school vicinity. I have witnessed some truly shocking driving in the morning. I have laid out, clearly, about the zig zag lines, but I have seen large vans and cars mount the kerb as they come round the corner. Please can we take care when driving so as to keep our children safe as they come to school.

Speaking of safeguarding, we ensure we know how all the children are getting home. Some children walk, some children go in the car. We check every September to make sure we know how the children are leaving the school site. We will assume, rightly or wrongly, that if they are leaving by car you, or someone assigned by you, will pick them up from the yard unless you tell us otherwise. Your children's safety is THE most important thing to us. This may lead, as it did this week, to some teething problems about allowing children to walk to the car, instead of being greeted on the yard. I make no apology for keeping children safe—no matter how much it may slightly delay them getting to you in the time it takes for us to check with you and for us to make amends to our records.

What I will not allow, if the situation above does occur, is for my staff to be spoken to in a way other than with respect. Incidents where people speak in an inappropriate manner are, thankfully, rare but it is worth a reminder every now and then.

Once again, thank you for all your support.

Have a great weekend. Mr Redgrave

## Teacher Meet and Greet

As we are sure you have seen on last weeks newsletter an on our calendar online and on the app there is a teacher meet and greet next **Tuesday 17th Sept**. It starts at 3:30 where your child's class teacher will go through the year ahead and answer any questions you might have. Could we please ask that **Parents of Year 4** make every effort to attend. We know you will be aware that it is a very popular year group and , as Mr Redgrave alluded to last term, we may need to make some changes to the structure of the class. Mr Redgrave will explain the plan going forward. As ever it is quite an innovative idea of which he thinks you will approve.

# Cornel Gymraeg



## Cwestiwn yr Wythnos

Faint o athletwyr o Gymru gymerodd ran yng Ngemau Olympaidd 2024?

How many Welsh athletes took part in the Olympics 2024?

100

33

20

Patrwm Iaith yr  
Wythnos

Pwy wyt ti? Who are  
you?

\_\_\_\_\_ydw i

Geiriau'r Wythnos

Bore da (good morning)  
Prynhawn da (good af-

Heddlu Gogledd Cymru

## DIWRNOD | OPEN AGORED | DAY

North Wales Police



MYNEDIAD AM DDIM

FREE ENTRY

14/09/2024 10:30am - 4pm

Pencadlys yr Heddlu, Bae Colwyn  
Police HQ, Colwyn Bay



#DiwrnodAgoredHGC  
#NWPOpenDay



YN DATHLU EIN 50 MLWYDDIANT



HEDDLU  
GOGLEDD CYMRU  
NORTH WALES  
POLICE



CELEBRATING 50 YEARS

## FREE URDD Magazine

URDD are now giving  
away a free magazine  
sent directly to your in-  
box.

[https://  
www.urdd.cymru/en/  
magazines/](https://www.urdd.cymru/en/magazines/)

## Ymuna Heddiw

Join today! URDD member-  
ship is now open. Pupils  
were very excited to hear all  
the opportunities they can  
get involved within the URDD  
this year. Letters have been  
sent home with your child.

# CARS IN AND AROUND OUR SCHOOL

As Mr Redgrave stated at the start of the newsletter he has witnessed some inappropriate driving this week. Please could we have your help with the following:

- **Please use one way system between 8:30am and 9am—2:45 and 3:30**
  - **Avoid parking on Zig Zags**
  - **Avoid stopping on Zig Zags**
  - **Avoid parking opposite Zig Zags**
    - **Avoid Parking on Corner**
- **Avoid parking over residents driveways**
  - **Avoid mounting kerb**
  - **Avoid excessive speed**

## Healthy Schools

We are a proud member of the Welsh network of Healthy Schools and it would be wrong of us if we did not mention some of the snacks and drinks we are seeing in the school. We are still seeing “grab bag” size packets of crisps in school. More worryingly is the wide use of energy drinks!

Water should be brought in to school in a clear bottle and they can drink in class as well as out at play times. Your help in this matter is greatly appreciated.



Gwobr Ansawdd Genedlaethol  
Rhwydwaith Cynlluniau Ysgolion Iach Cymru



Welsh Network of Healthy School Schemes  
National Quality Award

Fruit Tuck—Get one of  
your 5 a day for just  
20p! On Sale Every  
Day



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.

# Clubs for week 16th September

## Monday

- Netball (Years 5 and 6)
- Rugby (until end of Sept—all pupils)

## Wednesday

- Football (Years 5 and 6)

## Thursday

- Jewellery club (Year 3 for 2 weeks, other year groups to follow)
- Hockey (All year groups)
- Come and Cook (See details in this newsletter—you must book on!)

## North Wales Young Ambassador!

We were very proud to read over the summer that Oliver, Blwyddyn 5, had been announced as 2Wish's first North Wales Young Ambassador!

Oliver and his family have been supported by 2wish since 2021, and they have been the most wonderful volunteers in North Wales.

Oliver has been an amazing help with awareness stands, static bike cycles in supermarkets, and assisting with Gorgeous George. He is always eager to participate in any 2wish event, and he does so with a smile on his face.

Oliver's dedication doesn't stop there. He has also walked Snowdon to fundraise for 2wish Cymru and has more recently held a bake sale, raising over £250. Oliver's contributions and his positive attitude have been invaluable to our efforts in North Wales.



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We are deeply proud for his unwavering commitment and the incredible impact he has made to 2 Wish.

When Oliver was presented this, he couldn't have been happier. He's already talking about what he can do to help grow an amazing Young Ambassador community and as a charity close to our hearts here at Esgob we're excited to see what ideas Oliver has for us as a school.

We're so proud of you Oliver! Da lawn.



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

## Sept

- 13th—Make Some Noise DMC Gig. PTFA Welcome Picnic (5PM on school field)
- 16th—People Places Planet week.
- 17th—Cross Country In School Comp. Teacher Welcome Chat (All classes, all welcome 3:30 to 4PM)
- 18th—Parish Church
- 20th—School Photographs (8:30 start for siblings in other schools). PTFA Paint Night.
- 23rd—Bikeability—Year 6 (2 days)
- 30th—Health and Wellbeing Week. Size of Wales workshop—Year 5.

# Around the school!



Here are some pictures of work done in our Forest school of Isaac and Isla, working on their knot tying skills to make a stool in forest school this week as their first lesson out of the six week block. **Both using our school collective worship value of perseverance**, this week and gaining forest school children of the week.

and year 4's morning with Tim Pugh to celebrate the 420th anniversary for William Morgan's Death. We were the only school in the diocese to attend. Alfie is showing off his work he did with Alex from Technocamps! More pics below!



We also had a visit from the amazingly talented **Denbighshire Music Cooperative** with their **MAKE SOME NOISE** tour!

They played a number of songs and the children had an amazing time dancing to the songs.

We hope that this inspires the children to begin music tuition. Your child (ren) should have brought home a flyer for you but there will be a link on our social media too.



# Paint & Sip

Friday, September  
20th  
6:15-8:30 PM

Join the PTF A for an  
instructor led paint along!

£15 per person  
Proceeds benefit  
Ysgol Esgob Morgan



# CHANGE WARZ

SEPTEMBER 13TH-20TH

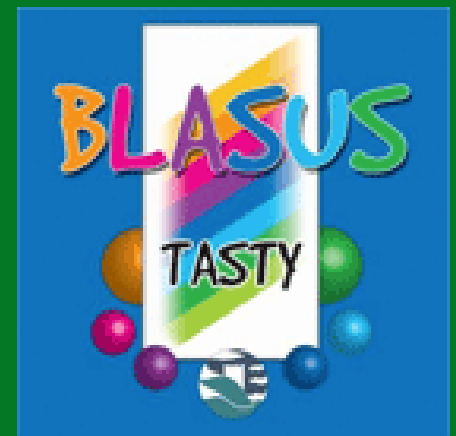
Bring in your spare change throughout  
the week to add to your class jar.  
The total earned goes to the class fund.

## PLOT TWIST!

Any 50p pieces count AGAINST your total!  
So add 50p pieces to a different class jar to

## SABOTAGE THEM!

	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 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
<b>Choice</b>	Breaded Vegetable Nuggets	Minced Quorn Bolognaise	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



Week beginning 16th Sept 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.

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.



COME AND JOIN US

# PIZZA WORKSHOP

Pizza making class for you  
and your child.

Year 3 - 25th September

Year 4- 2nd October

Year 5- 9th October

Year 6- 16th October

3:15- 4:15pm

BOOK YOUR PLACE  
NOW LINK SENT VIA  
TEXT, FACEBOOK AND X  
(formally Twitter)



## UNDERSTANDING YOUR CHILD



S O L I H U L L   A P P R O A C H

### Understanding your child – Free popular course

This is an enjoyable, well-established and trusted way of understanding more about your child. 'Understanding your child' is for mums, dads, grandparents and carers. Parents often say they feel calmer, more confident and have a better relationship with their child. The course was developed in the NHS together with frontline practitioners.

#### The course covers

**Responding to how your child is feeling**

**How your child develops**

**Different styles of parenting**

**How your child communicates**

**Understanding your child's behaviour**

**Sleep, self-regulation and anger**



Sessions are open to parents in the **Denbigh area**

Sessions will be held in **Ysgol Pendref** from 9.30am- 11.30 am  
every **Monday** during term time starting on:

**Monday 23<sup>rd</sup> September for 9 weeks**

**It is important that all sessions are attended**

**For more information and to reserve a place, please contact Family Link Worker:**

**Sarah: 07799348556**

# What Parents & Educators Need to Know about

# TIKTOK

AGE RESTRICTION  
**13+**

(certain features are restricted to over-18s only)

## WHAT ARE THE RISKS?

TikTok is a free-to-use social media platform that lets people watch and share short videos of up to ten minutes in length. Its memes, trends, and celebrity cameos have made it enormously popular with an estimated 1 billion users worldwide – but its algorithm that surfaces videos based on users' activity can make the app seriously addictive.

## AGE-INAPPROPRIATE CONTENT

While TikTok's "Following" feed only displays videos from users that someone follows, "For You" is a collection based on their previously watched content. Most videos on a child's "For You" feed will probably be light-hearted and amusing, but it could potentially show something unsuitable. What's worse, if they engage with this content, more will follow. TikTok's guidelines prohibit the sharing of illegal or inappropriate content, but the volume of uploads means that they aren't manually monitored.

18

CENSORED

## DANGEROUS CHALLENGES

Due to TikTok's immense popularity, some young people have unfortunately been influenced by videos challenging them to perform harmful, criminal, or even deadly acts. One extreme example was the 'blackout' trend, which encouraged users to hold their breath until they passed out from a lack of oxygen. It led to two families filing lawsuits against TikTok over the tragic deaths of their children.

## CONTACT WITH STRANGERS

With over 1.5 billion users globally, the potential for contact with strangers on TikTok is high – especially as accounts created by over 16s (or young people using a false date of birth) are set to public by default. This not only means that someone's profile is visible to everyone else on the app; it also suggests their videos to others and enables anyone to download or comment on them.

## IN-APP SPENDING

TikTok is free, but users have the option to buy TikTok coins, which can be used to purchase emojis in the app. These emojis are then sent as rewards to other users for videos they've created, retaining their monetary value. Coin bundles range from £9.99 to an eye-watering £99. TikTok's policy is that they can't be bought by under-18s, but it's possible to bypass this with a fake birthdate.

## ADDICTIVE NATURE

Like all social networking platforms, TikTok can be addictive. Recent figures show that young people are investing increasing amounts of time on it. In 2024, UK children have spent an average of 127 minutes per day on TikTok – twice as much as in 2020 – according to parental controls company Custodio. This compulsive usage can interfere with children's sleep patterns – leading to irritability –

## MISINFORMATION AND RADICALISATION

Although the short-form videos on TikTok tend to be more frivolous than the longer ones on YouTube, clips can still influence impressionable minds in a negative way. Not only is there plenty of dangerous misinformation on TikTok, but with Ofcom reporting that nearly a third of children aged 12-15 use TikTok as a news source, you should be wary of extremist material.

## Advice for Parents & Educators

### ENABLE FAMILY PAIRING

Family Pairing allows parents to link their TikTok account with their child's and control their settings remotely. Parents can then turn on Restricted mode (reducing the chances of a child seeing inappropriate content), set screen time limits, and manage whether their child can send messages – and if they can, to whom. Children can't alter these settings without parental approval.

### MAKE ACCOUNTS PRIVATE

Although under-16s will have their TikTok account set to private by default, bypassing this setting is relatively easy. However, parents have the ability to manually set their child's account to private – meaning that their videos won't be visible to strangers, and they won't be able to exchange messages with people who aren't on their friends list.

### LIMIT IN-APP SPENDING

If a child is using an iPhone or Android device to access TikTok, you can alter their settings to prevent them from making in-app purchases. We'd recommend that you enable this feature, as it can be quite easy for a young person to spend a significant amount of real money buying TikTok coins to unlock more features of the app – sometimes without even realising.

### DISCUSS THE DANGERS

If a child wants to use TikTok and you're happy for them to do so, it's crucial to talk about the potential risks in this type of app. For example, ensure that they understand not to share any identifying personal information, and to talk to a trusted adult if they're exposed to inappropriate content. Thinking critically about what they see on TikTok can help children become more social media savvy.

### READ THE SIGNS

If you're concerned that a child is spending too much time on TikTok, or that they've been emotionally affected by something they've seen, it's important to know how to spot the possible signs. Increased irritability and a lack of concentration are potential red flags, as is failing to complete homework, or skipping meals.

## Meet Our Expert

Alan Martin is an experienced technology journalist who has written for the likes of Wired, TechRadar, Tom's Guide, The Evening Standard and The New Statesman.



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