



Ysgol Esgob Morgan Church in Wales School

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



Friday, 20th September 2024



Dear Parents and Guardians

Another week flies by. The children have been taking part in many activities as part of "People Places Planets" week—have a look on their SeeSaw accounts to see some of the things they have been doing.

It was lovely see everyone able to make "Teacher Meet and Greet". The termly overviews shared will be on the website as soon as possible. Please do remember, though, that you can see your child's class teacher every day at the end of the day should you wish to.

The children enjoyed their monthly visit to the Parish Church to have a service by Marion and Father Rex on the "Feeding of the 5000".

Once again, thank you for all your support.

Have a great weekend. Mr Redgrave



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!

Change Wars!

Our PTFA run competition really heated up towards the end of the week! **So, we have decided to continue it on for one more week!**

Who will win? There has been some serious sabotage going on today! One more week to go!

Uniform

Please can you make sure that we are sticking to the uniform policy. If the children wish to wear shorts for non sports uniform please can you ensure they are the smart shorts rather than sportswear or football / basketball shorts. Many thanks.

Cornel Gymraeg



Ateb yr wythnosau diwethaf

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

How many Welsh athletes took part in the Olympics 2024?

33 ! Welsh athletes took part in the Olympic games!
Putting Cymru on the map

Patrwm iaith yr
Wythnos

Sut Wyt ti heddiw ?
Dwi'n _____ diolch

Geiriau'r Wythnos

Dda iawn (very well)
Weddol (fair)
Ofnadwy (awful)
Sal (ill)
Oer(Cold)



We have important roles that we like children to play in school. Keep an eye out for some very exciting developments for our Year 6 and their

Financial Education.

In the meantime we would like to introduce our new School Ambassadors , Hannah, Isaac, Rosie and Will.

In addition to this we have our Junior Road Safety officers Ollie and Dominic. They are going to be helping us with out safe routes to school, including how people use their cars around our school site.



FREE URDD Magazine

URDD are now giving away a free magazine sent directly to your inbox.

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

Ymuna Heddiw

Join today! URDD membership 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.

Smart Watches

Children having a Smart Watch in school as not really been an issue until recently. We have had cases of children recording their teachers on their watches.

Obviously this is not permitted—and the smart watch allows them access to their phones, messages etc. Therefore we are discouraging the wearing of these devices in school

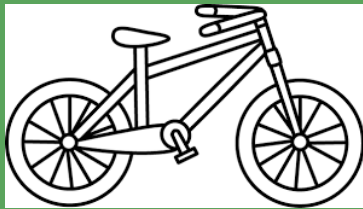


Fruit Tuck—Get one of your 5 a day for just 20p! On Sale Every Day



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.



Cycling and Scooting to school

We actively encourage children to cycle or scoot to school where it is safe for them to do so and with your permission.

Please do ensure your child wears a helmet. We know that the children think that its not cool—however, they can only ride to school if we see them wearing their helmets.



Many thanks for your help with this.

Music Tuition

Last week we enjoyed a superb concert by Denbighshire Music Cooperative's "Make Some Noise" tour. It really fired the children's inspiration for music tuition. If you would like to sign up for lessons the please go to

<https://bit.ly/yemus2425>



My Happy Mind—We have been learning...



We are working through the first module - 'Meet Your Brain' in the myHappyMind programme.

We are learning: The different parts of our brain and how they help us. How to use Happy Breathing to help us when we feel sad, stressed or worried. What happens in our brain when we learn something new and how we can look after our brain.

Clubs for Week 23rd September 2024

Monday

- Netball (Years 5 and 6)
- **PLEASE NOTE RUGBY HAS NOW FINISHED**

Wednesday

- Football (Years 5 and 6)

Thursday

- Jewellery club (Year 4 for 2 weeks, other year groups to follow)
- Hockey (All year groups)
- Come and Cook (See details in previous newsletter—you must book on!)

Telephone

Just a quick reminder about our phone system.

Our new system allows for multiple calls to come in, even if someone is on the phone. Whereas before you may have had an engaged tone, this time another phone in the system will ring.

The teachers and teaching assistants can not answer phones in the day as they are teaching. Therefore if Mrs Thomas Garnett is on the phone it will ring in Mr Redgrave's office and he will answer. However, if he is also on the phone it will ring on other areas of the school—where no one is able to answer.

Mrs Thomas Garnett finishes at 13:45 every day. So, if you have a message you need to get to the children, and you haven't already made those arrangements before school (things can happen in the day and we totally understand that) please phone before then.



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

Sept

- 20th—School Photographs (8:30 start for siblings in other schools). PTFA Paint Night.
- 23rd—Bikeability—Year 6 (2 days)
- 24th—Urdd Football Years 5 and 6
- 26th—Open the Book
- 30th—Health and Wellbeing Week. Size of Wales workshop—Year 5.

Oct

- 1st—Black History Month begins
- 2nd—Cross Country Denbighshire Final
- 3rd—Harvest Service in the Cathedral from 10:30am
- 4th—Flu Vaccine in school (please ensure all forms sent back)
- 8th—Steve Skidmore (Patron of Reading) visit
- 10th—Cog Urdd after school
- 14th and 15th—Parents Evening
- 18th—Show Racism the Red Card Wear Red to School (£1 donation)

INTRODUCING CASHPOT FOR SCHOOLS

Download and opt-in with Asda Rewards
and we will donate ££s to schools.

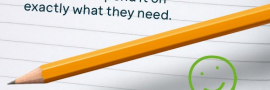
**CASHPOT
FOR
SCHOOLS**



With
Parentkind

HERE'S HOW:

- 1 Download the Asda Rewards app and opt-in to Cashpot for Schools.
- 2 Choose your primary school
- 3 Shop in-store across Asda & George, and scan your Asda Rewards app at the checkout.
- 4 Shopping online? Simply log in to Asda.com using the same details as your Asda Rewards account.
- 5 We'll do the rest! We donate ££s to your chosen school every time you shop, so they can spend it on exactly what they need.



easyfundraising

Calling all parents and guardians!

Support Ysgol Esgob Morgan



Scan me

Raise money for our PTFA for free through your online shopping. 8,000+ retailers will donate to us when you shop with them.



Laura raised £10 on her
John Lewis order

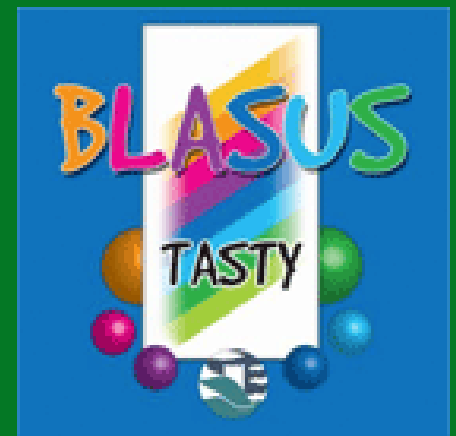


That £10 could go towards
educational enhancements



Selected stores. Minimum spend £2+. Exclusions apply including Asda Express & George.com. Subject to availability. UK 16+. App & Opt In required. 0.5% of the value of a customer's eligible shops donated. Partially funded primary schools, made together with Parentkind charity 1072833. Full T&Cs at asda.com/cashpotforschools. Rewards T&Cs at asda.com/rewards/terms. EPOS 501124

	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
Week 1	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
	Breaded Vegetable Nuggets	Minced Quorn Bolognaise	Vegetable Burritos	Savoury Quorn Mince, topped with Potatoes and Vegetable Selection	Oven Baked Quorn Sausage
	Fruit Wedges with Yoghurt	Chocolate Crunch Cake	Fruit and Oaty Crumble with Vanilla Custard	Hand Baked Shortbread Biscuit	Homemade Chocolate Fudge Coated Cake
	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
Macaroni Cheese Bake	Vegetarian Midday Brunch	Vegetable Dish of the World	Baked Quorn Burger with Herb Stuffing and Gravy	Breaded Vegetable Nuggets	
Fruit Wedges with Yoghurt	Caramel Cornflake Cake	Homemade Saucy Chocolate Pudding	Cranberry Crunch Slice with Apple Wedges	Lemon Drizzle and Blueberry Muffin	



Week beginning 23rd Sept 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.

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)

WHY 'KINDNESS MATTERS' & HOW DOING GOOD DOES YOU GOOD

'WE MAKE A LIVING BY WHAT WE GET. WE MAKE A LIFE BY WHAT WE GIVE.'

SIR WINSTON CHURCHILL

THE FOCUS FOR THIS YEAR'S MENTAL HEALTH AWARENESS WEEK IS 'KINDNESS MATTERS'. IT IS AN OPPORTUNITY TO LOOK INTO THE BENEFIT OF HELPING OTHERS WHICH IS GOOD FOR IMPROVING OUR OWN MENTAL HEALTH AND WELL BEING. HERE ARE SOME IDEAS TO GET YOU THINKING:

ALTRUISM

Altruism is acting in someone else's best interests in order to improve their welfare. When we feel compelled to donate money, shop for someone, call a relative in need or help a neighbour, we are considering the needs of others even when we may not know them. Showing kindness like this, often motivated by empathy, creates a sense of purpose, making us feel good and developing our wellbeing. Children and young people can take part in altruistic activities at home or school. They could create a video for those in isolation, fundraise for a local cause, bake cakes for neighbours or write letters to older members of the community who may feel isolated.



GENEROSITY

In the context of kindness, being generous with our time, resources and words can provide a low-cost approach to helping others. A generous act is accessible to all. Giving compliments, for example, are a well-researched way of creating a sense of wellbeing and positivity in a community at school or with family. It helps us to recognise the positivity in others as we actively choose to notice and comment on what is valuable and meaningful in someone else. When compliments are given regularly, consistently and with meaning, the community benefits are far reaching!



GIVE TO GIVE. NOT TO RECEIVE

Sometimes when we are kind there is no payback, which can make it more difficult to keep being kind. Our natural reaction is to shrink back and withdraw our kind act, feeling frustrated that it has either not been reciprocated or that it has not been valued. This is probably one of the most difficult concepts for children to understand and where the 'random acts of kindness' approach is helpful. If it is a random act then it is 'just because' and for no other reason than a one-off act for someone.



HOLDING OTHERS IN MIND

By holding someone in mind we show that we have been thinking about them and that they matter to us. This act of kindness is so important now, more than at any other time, due to isolation. A simple text to say 'I saw... on the telly last night and it made me think of you!' or a quick call to say 'I was just thinking about you yesterday and was wondering how you're doing?' can mean so much. We probably all do this naturally as part of showing kindness and care to others, but perhaps may not appreciate the importance of this for wellbeing.



COMMUNITY

When we help others in our community, it improves our wellbeing by helping us to feel less isolated as we connect with others. When we show kindness, it is something which we feel we can control, particularly when things may feel a bit chaotic and unusual. Helping others can often give us a different perspective on our own challenges and our own problems. Peer support, for example, is often overlooked as an important part of improving wellbeing. Older students can often greatly benefit from sharing similar, shared experiences and can offer a level of empathy and understanding that adults may not be able to.



KINDNESS WITH CAUTION

There is a very helpful analogy that is used when we are in an emergency, 'we should put our own oxygen mask on before putting on someone else's'. What's helpful here is that giving to others can often improve our mental health and wellbeing. However, there are times when helping others can create stress or overwhelm us. This is sometimes called 'compassion fatigue'. So, we must balance our own wellbeing with the wellbeing of others. We should notice if we start to feel resentful or negative or if we start avoiding others, have difficulty concentrating or start experiencing unusual sleep patterns. If this happens it's a good time to take a break or ask someone for help or support.



'KINDNESS IS A SILENT SMILE. A FRIENDLY WORD. A NOD OF ENCOURAGEMENT. KINDNESS IS THE SINGLE MOST POWERFUL THING WE CAN TEACH CHILDREN.'

RA KATVIST

The National College

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



For further info, check out these online resources:

<https://www.mentalhealth.org.uk/blog/random-acts-kindness>

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week/get-involved>