



Ysgol Esgob Morgan Church in Wales School

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



Friday, 11th October 2024



Dear Parents and Guardians

Another busy week here at the school flies by. Its always a special time when our Patron of Reading stops by do work with the children. Having a real life author come to visit always sprinkles a little magic dust everyone—and having our own Patron of Reading, Steve Skidmore, makes it all the more special.

We are the same as every school. Children are, by their very nature, curious. They try things out and sometimes they make mistakes. They can only learn from these mistakes. Sometimes they say or do things to other children that may upset your child. It happens in every school, everywhere. As much as we encourage kindness, thoughtfulness and friendship—sometimes children make bad choices. This can be hard, as a parent, if your child is on the receiving end of a bad choice. You are always welcome to speak to your child's class teacher about it. You must do so , though, in a courteous manner. **All our staff will be treated with dignity and respect.**

We deal with these incidents very well. We have a proactive (rather than reactive) anti bullying system called KiVa. We have a model of positive reinforcement—with rewards being the focus of our discipline. Sometimes we need to, rightly so, impose sanctions and we thank you for your support with this.

Have a great weekend. Mr Redgrave



There's still time to apply to become a governor at our school! This is an incredible opportunity to make a tangible difference in our community and help guide the strategic direction of our school.

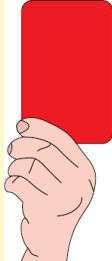
As a governor, you will work alongside educators and fellow parents to ensure that our students receive the best educational experience possible.

Why become a governor?

- Contribute to the school's vision and values.
- Support the wellbeing and development of students.
- Work collaboratively with dedicated individuals.
- Gain new skills and experiences.

Please visit <https://bit.ly/yemgov24>
The deadline for applications is October 25th.

Show Racism the Red Card



On 18th October, we are inviting everyone in our school community to wear red to show our support for Show Racism the Red Card Day! This powerful initiative helps to combat racism and promote equality, celebrating diversity in our vibrant community.

By donning your brightest red attire, you are joining countless others across the country in sending a clear message that racism has no place in our society. Let's work together to create an inclusive and welcoming environment for everyone, regardless of their background. **£1 Donation Please**

Together, we can make a difference and show that unity is our strength! Let's stand in solidarity and make our voices heard!

Cornel Gymraeg

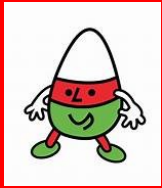


COGURDD a POBURDD



A huge Da iawn to all who took part in the URDD cooking and baking competition this week. The hall smelt amazing and the standard was very high. Diolch i prif farnwr Sally!

Special mention to Eleni, Millie, Hannah H, Elsie, Esme and Ellis B. The next round will take place in November. Pob Lwc. It would be great to see some of our talented bakers in the tent on the Maes next May!



Patrwm Iaith yr Wythnos

Pa liw ydy _____ ?

What colour is _____ ?

Geiriau'r Wythnos

Glas- Blue
Du- Black
Aur- Gold
Arian- Silver

Diwrnod Su' Mae

Ar y 15 Hydref wythnos nesaf next week, is Diwrnod Su' Mae day. Criw Cymraeg will be leading activities and creating a video of our pupils greeting each other using Su'Mae!



Clwb Dawsio

Our very popular dance club will restart after half term on 11th November. Dance will start at 3:15pm- 4:15pm. The pupils will start learning a routine for the URDD. It will cost £2 per week or £12 until Christmas payable via ParentPay. The dates for dance are 11th November/ 18th November/ 25th November/ 2nd December/9th December/16th December.

The £2 per week will go towards costumes for the competition. Your child can join dance for fun and not take part in the competition if they wish. If your child wishes to be in the competition they must be a member of the URDD.

<https://forms.gle/nUBpTWrKgAVevkhv5>

Denbighshire Area & Regional Eisteddfodau 2025

Eisteddfod:	Date:	Location: <i>*to be confirmed</i>
CogUrdd + PobUrdd	29/11/2024	Rhyl High School
County Instrumental (Primary + Secondary)	15/02/2025	*Ysgol Glan Clwyd
Ruthin Area	15/03/2025	*Ysgol Brynhyfryd
Rhuddlan Area	15/03/2025	*Ysgol y Llys
Denbigh Area	22/03/2025	Denbigh High School
Edeyrnion Area	22/03/2025	Ysgol Dinas Bran
Regional Secondary	29/03/2025	Ysgol Brynhyfryd
Regional Dance and Theatre	02/04/2025	Rhyl High School
Regional Primary	05/04/2025	Llangollen Pavilion

Registration Closing Dates
21/10/2024 - CogUrdd/PobUrdd
27/01/2025 - Dance & Instrumental
17/02/2025 - All Stage & Field Competitions
03/03/2025 - Homework/Eisteddfod T / Bands & Artists



URDD

URDD preparations are well underway. This week pupils have been offered the chance to compete in the llefaru unigol a grwp llefaru competitions (The individual and group poems). These will be posted on Seesaw before half term to give the pupils opportunity to practice. Miss

Martin will practice with these pupils in school time ready to enter them in the competition next term.

We maybe in the Denbigh Area for this year.

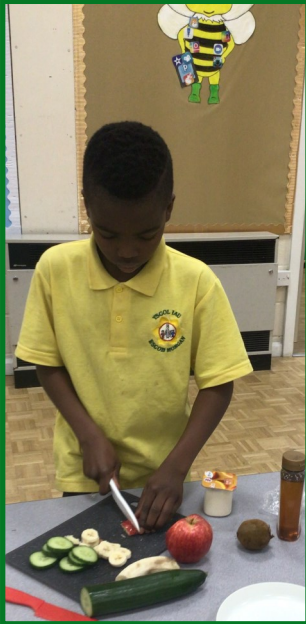
A Commonwealth Medallist! Arian i Amy yn Ne Affrica

You may recall last week us telling you about our former pupil Amy competing in the Commonwealth Powerlifting Championship! Well, we are delighted to share with you that she gained a silver medal!



Da iawn Amy.

Rownd yr Ysgol



Thank you to DN DESIGNS who have been kind enough to sponsor all of Ysgol Esgob Morgan's sports teams kits! Also, well done to Millie in year 5 who won the design competition in July. Da iawn Millie

Kosy busy in our CogUrdd competition.



Dosbarth Yr Wyddfa— We have been completing lots of activities based around Health and Wellbeing

over the past couple of weeks - learning about how to keep our bodies and minds healthy. Lot's of fun activities including watching the film Inside Out 2 -learning all about the emotions we may feel and how we can deal with them. We also learned about the life saving skill of CPR.



Year 4 enjoyed planning for their story with Patron of Reading Steve Skidmore, designing their own characters and learning about the power of 3.

Don't forget to check our website, Facebook and X (formerly Twitter)

We got together as a school yesterday to have a service for Mental Health Day 2024 - again building awareness with our pupils. As a school we pride ourselves on educating our pupils on the importance of keeping a healthy mind and continue to complete work around My Happy Mind.

Dosbarth	Late this week %	Attendance this half term %	Attendance this week %	Attendance Year To date%
Alwen	1.7	92.2	96.5	92.2
Brenig	1.3	96.0	94.4	96.0
Moel Famau	0.7	94.1	93.8	94.1
Yr Wyddfa	2.3	93.1	88.3	93.1
Totals	1.8	94.1	92.9	94.1

Attendance and Punctuality

Well the no red lasted one week! Looking at Dosbarth Yr Wyddfa it is once again the same people who are off. There has to be a reason and we need it to improve. This will be either through the Education Social Work team or through the school Nurse Team. It is clear that these families need the extra support in order to help their children to be well enough to attend school more regularly if there are any underlying conditions or see if there is any support the education social work team can give. It is not fair on your children for them to miss so much school.

There are too many parents not informing us on the day of absence. We will do welfare checks if we do not know where your children are. There was a significant increase in lateness in Dosbarth Yr Wyddfa. Please ensure your get your children to school before 9AM.

PUMPKIN CARVING CONTEST

BRING A CARVED PUMPKIN
TO SCHOOL ON THE DAY



OCTOBER 23RD

Carved pumpkins will be entered in the contest
and displayed during the Monsters Ball

PLEASE WRITE YOUR NAME ON THE BOTTOM
OF YOUR PUMPKIN

YOU'RE INVITED TO THE MONSTER'S BALL

WEDNESDAY, OCTOBER 23RD
3:30-5:00 PM



£5 payable on Parent Pay
Includes hot dog or pizza and a drink

Pizza Workshops

Thank you to everyone who came to the various pizza classes that have been on after school for parents and pupils. The pupils love you coming into school and taking part in things as do we! Look out for our next event.

Can you help...?

We are wondering if anyone has any spare Magnolia paint they could donate to the school. Debs, our fantastic caretaker, is looking to keep the school looking fresh and we will happily take any times that might be attracting spiders in your garage!

Also, we have had all the ceilings replaced and they look great—but there is one room, our sensory room (Lle Meddwl) and it needs a skim over it. Any of our parents plasterers to help us get this looking nice and prepared to donate their time? We would be very grateful if there is.

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.

My Happy Mind—We have been learning...

We continue to work 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.

Financial Education

We're looking forward to welcoming Emma and Melissa to school next week to share and celebrate our financial education work, as well as explore and plan new things.

Year 6 are very excited about our new financial education venture, but we don't want to shout about it just yet, as it is very unique. The Esgob way is the best way and we can't wait to share it with you.

If anyone has a contact at a local bank, we know they're rare, please contact Miss Martin on Martinj156@hwbcymru.net.

DANCE CLUB

STARTS

NOVEMBER 11TH

EVERY MONDAY AFTER SCHOOL UNTIL 4:15PM

PUPILS WILL LEARN A ROUTINE READY FOR THE URDD COMPETITION IN JANUARY

£2 PER WEEK VIA PARENT PAY

SIGN UP VIA THE FORM ON THE APP



Clubs for Week 11th October 2024

Monday

- Netball (Years 5 and 6)

Wednesday

- Football (Years 5 and 6)

Thursday

- Jewellery club (Year 5 for 1 more week- year 6 to follow)
- Hockey (All year groups)

	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 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 11th Oct 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.

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

Oct

11th—PTFA Paint Night

14th and 15th—Parents Evening. Su'mae Day

16th—Pupils visit Parish Church

17th—Open the Book

18th—Show Racism the Red Card Wear Red to School (£1 donation). Welsh Water demonstration all classes.

23rd—Pumpkin Carvings (Done at home) in. Monster's Ball (straight after school)

25th—Sponsored Walk. School closes for half term (reopens Mon 4th Nov)

Nov

4th—School Reopens for Pupils

7th—Year 4 Esgob Morgan Celebration

14th—Year 5 and 6 Into Film Cinema Visit

15th—Non Uniform for Chocolates and Smellies for Quiz Night.

27th—Christmas HotPot Quiz Night (tickets on sale soon!)

PTFA—Survey

Please find a link to a (really) short survey regarding the next big school project on which we are working. It is only five questions and it would be amazing if you could share it about the local community, family members, etc. Ysgol Esgob Morgan is continuing to grow and offer the students amazing, out of the "bocs", real world learning experiences!

<https://bit.ly/yemptfabocs>



ALLWN NI
HELPU?

CAN WE
HELP?

Pupils of Esgob Morgan want to help in their city of St Asaph. Is there some painting, litter picking, weeding, volunteering that we can get involved in?

Contact Miss Martin on 01745

583690

or email martinj156@hwbcymru.net

Together We Alm High

Supportive relationships with adults and their peers are a vital piece of the jigsaw in children's recovery from trauma. The social buffering they can provide can reduce the negative impact of stress on physical and emotional well being.

TRAUMA
INFORMED
UK
SCHOOLS

Trauma Informed Strategies & Tools

REGULATION BREATHING

Breathing exercises are an excellent tool to support dysregulated children because when you are in "fight, flight or freeze" mode blood is diverted to your vital functions—heart rate increases, digestion stops and breathing becomes more shallow.

Deep breathing helps get more oxygen into your bloodstream, opening up your capillaries, and getting other non-survival functions back online.

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SMARTPHONE SAFETY TIPS

for young people

7

You may have been lucky enough to have unwrapped a smartphone at Christmas, or you might be eagerly anticipating getting a new one at some point during this year. Whether it'll be your first ever phone or an upgrade on your old model, it's always useful to have a refresher about how to set it up and adjust the settings to keep yourself – and your valuable personal info – safe and secure. We've collected some expert tips to help you enjoy your smartphone in the healthiest way possible.

NEVER SHARE YOUR PASSCODE

Alongside face or fingerprint recognition, your passcode is crucial to unlocking your phone and accessing your apps and personal information. You shouldn't give it out, even to close friends – after all, you wouldn't hand them a key to your house and let them go in for a nosy around! If a friend wants to use your phone, ask them why and make sure you can see what they're doing with it.

RESPECT PARENTAL CONTROLS

If you're allowed to have a smartphone, it's because your parents or carers feel that you're mature and responsible enough to use it safely. They might set controls and boundaries on your device – not to spoil your fun but to help you avoid hazards like too much screen time or costly in-app purchases. Following these rules means you can enjoy using your phone while respecting their wishes.

TALK TO A TRUSTED ADULT

Whether it's to listen to music, play games, create content or chat with friends, using a smartphone should be fun. If you're ever feeling anxious, worried or scared about going on your phone, then something isn't right. It's important not to ignore these feelings; instead, talk to a trusted adult about what's happening and how it's making you feel.

STAY ALERT

Two words: look up. It might sound obvious, but it's so easy to get immersed in what we're looking at or listening to on our phones that we can become unaware of our surroundings – or who might be around us. People often walk with their head down, focusing on their phone, and forget to check for obstacles in their path, cars or other pedestrians coming towards them, which is clearly dangerous.

DEVELOP HEALTHY HABITS

Phones offer a vast amount of content and the chance to chat with friends whenever we feel like it, which can make it difficult to take time away from the screen. If that's something you struggle with, you could try setting time limits on certain apps. Putting our phones down for a while gives us more time to interact with others or do something physical that helps keep us fit and healthy.

IGNORE UNKNOWN NUMBERS

There are some scammers who might call or text asking you to share personal data or to click on a link and provide your details. Some may claim to be from a genuine company, but trustworthy businesses don't spontaneously call or message to ask for your information. It's safest to ignore calls or texts from unknown numbers, and never give your personal details out over the phone.

ONLY USE AGE-APPROPRIATE APPS

Before downloading a new app or game, check what age rating it has. Don't feel pressured into getting a particular game or app just because your friends are using it. If it's intended for older people, there's a definite risk that it could include content (which is violent or frightening, for instance) or language which isn't suitable and may leave you feeling upset or disturbed.

REMOVE TEMPTATION

A good night's sleep is so important for concentration, mood and overall health. Unwinding properly before going to bed – which means not staring at a screen late at night – can often improve sleep quality. Put your phone on charge overnight, but not in your room. This means you'll have a lot less temptation to check any notifications, reply to messages or get caught up scrolling on social media.

THINK ABOUT OTHERS

Watching videos, listening to music or calling someone can all help to pass the time while we're on the bus, waiting in a queue or walking down the street. It's important to remain mindful of other people, though: they might not want to hear your tunes or your conversation. Likewise, if you're calling from a public place then don't forget that anyone could overhear something personal about you.

SWITCH OFF GEOLOCATION

In your phone's settings, you'll be able to disable geolocation for individual apps and photos: this means that people online (including strangers) can't see information about where you are when you share or post a pic. On the subject of images, it's also important to ask permission before taking or sharing a photo of someone – and don't share embarrassing images of your friends with others.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



The National College

NOS National Online Safety
#WakeUpWednesday