



Ysgol Esgob Morgan Church in Wales School

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



Friday, 18th October 2024



Dear Parents and Guardians

I had another tremendously privileged week as head of this fantastic school this week. I learned about some very exciting work going on in Dosbarth Brenig. The children may have (we are just waiting on final confirmation) have sorted something very exciting for us all to enjoy. Watch this space! I can't wait for them to be able to tell you.

As you know I have been banging the drum about the crisis of school funding for quite a while now. So much so I am meeting with the Minister for Education in Wales next week in Cardiff. I do this on behalf of our school, naturally, but on behalf of all schools in Wales. I will be joined by a colleague each from the secondary, special school and through schools sector. I hope that the plight of schools in Wales is heard.

I also had the immense pleasure of accompanying our Year 3 and 4 football team, and the Girls football team to the URDD football tournament in Ruthin. There is more on how well they did later on in this newsletter, but the fact is that some of those children had never played football before but did so, in a tournament, because they have developed, while being here, the confidence to give it a go. My word, what smiles they played with. That's why we do this.

Have a great weekend. Mr Redgrave

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

ONE MORE WEEK!


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.



Cornel Gymraeg



Diwrnod Su' Mae

This week saw us celebrate SuMae day. If you haven't caught the video created by Moel Famau's Criw Cymraeg check out the school website here

<https://bit.ly/yemsumae24>

Criw Cymraeg were healthy, confident learners whilst out in our community, greeting everyone using SuMae.

URDD—Canlyniadau pêl-droed Din- bych! Yn Ail!!!!

Well done to our girls 5&6 football team who competed this week and came home runners up of the tournament! Da iawn genod. Well done to our year 3 & 4 team who also competed. A very busy week of sports!



Patrwm Iaith yr Wythnos

Pa liw ydy _____ ?

What colour is _____ ?

Geiriau'r Wythnos

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

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>

FREE URDD Magazine

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



<https://www.urdd.cymru/en/magazines/>

Rownd yr Ysgol!

More pictures of our Girls and Year 3 and 4 at their successful URDD football tournament.



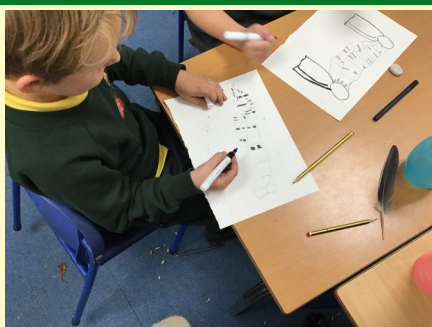
We would like to say a massive thank you to all the parents who volunteered to help us get these children to their tournament and wash the kits after. Without you we couldn't have done it. It was an amazing experience for all these children (and they way they supported each other)—especially the Girl's team, some of who had never played before, who came runners up! A real team effort with a superb Captains performance by Isla in YR 6 who just did not stop running, tackling and supporting her team.



Moel Famau have enjoyed looking at different reading materials this week. First news was a hit and we found some very interesting articles!

Our class book is Wonder and the pupils have enjoyed reading the book and comparing it to the film. This week they hot seated as different characters from the book. Lots of great acting on show from our healthy, confident learners.

Blwyddyn Alwen have created vibrant posters to promote Su'Mae Day across the school. The posters, filled with bright colours and illustrations, encourage everyone to greet each other by saying "Su'Mae".



Rownd yr Ysgol

Here is Dara and Lissie taking our Harvest donations to the Parish Church. These will go to the Community Fridge we have in our community. Thank you once again for your donations.



Thank you for supporting Show Racism the red card. There is no place for racism in our community.



We received some exciting news this week! Both Bill and Alex (Yr 6) have been selected by Canoe Wales for the 2024/25 Slalom Squad (regional north) in both kayaking and canoeing disciplines. The selection was based on 'a great season of racing and as a result of their hard work and race delivery'.

They have been invited to attend 'kick-off camp' at Llandysul during half term along with the other athletes selected for the programme from mid and south Wales. It's a real achievement to represent Wales in a sport and this squad is a gateway to some incredible opportunities. We are so so proud of your boys—this is wonderful news for us all. Good luck!



Bili has been enjoying a few reading sessions with the children around school.


He looks very chilled out here with Sam!

Dosbarth	Late this week %	Attendance this half term %	Attendance this week %	Attendance Year To date %
Alwen	3.5	93.0	97.6	93.0
Brenig	2.7	95.6	93.6	95.6
Moel Famau	1.1	94.5	96.9	94.5
Yr Wyddfa	2.0	92.4	88.3	92.4
Totals	2.2	94.1	93.6	94.1

Attendance and Punctuality

Overall there has been an improvement in attendance from last week. Much improved from Dosbarth Alwen this week. Nice to see Dosbarth Moel Famau above target as well this week. However, there have been unacceptable levels of lateness this week. Please get your children to school on time as they find it deeply upsetting to be late. It raises anxiety levels and leads to children not wanting to come to school.


There are still 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 you get your children to school before 9AM.

Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board

FLU VACCINATION CLINICS

HAS YOUR CHILD MISSED THEIR FLU VACCINATION AT SCHOOL?



IT'S NOT TOO LATE...
PROTECT YOUR CHILD AGAINST FLU THIS WINTER!

WE ARE RUNNING CATCH UP CLINICS IN YOUR AREA FOR FURTHER INFORMATION CALL THE IMMUNISATION TEAM ON


03000 856818

OR EMAIL
BCU.immunisationteamcentral@wales.nhs.uk

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

Tuesday 29 th October 2024	Wednesday 30 th October 2024	Thursday 31 st October 2024
Margaret Morris Centre – DENBIGH 9.30am-11.30am	Royal Alexandra Hospital – Rhyl 9.30am-11.30am	Ruthin Hospital – meeting room 10am-12.30pm
Gwaenynog Road, DENBIGH, Clwyd, LL16 3RU	Room 6, Outpatients department Marine Drive, Rhyl, Denbighshire, LL18 3AS	Llanrhydd Street, Ruthin, LL15 1PS

My Happymind App

Did you know there is an app for you to download so you too can join in with My Happymind—follow this link <https://bit.ly/happyem> or scan the QR code separately— We have text the authentication code out with this newsletter.

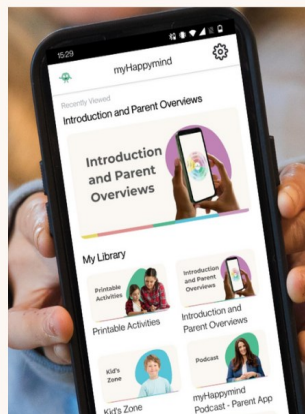
Can you help...?

We are still 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 my attracting spiders in your garage!



myHappymind has a free Parent App

Scan the QR code to sign up now and download the App today!



Please contact us for the authentication code

Lets Play Out Sessions are child lead, so they choose what they want to do, or what equipment they use.

LET'S PLAY OUT OCTOBER HALF TERM



	MONDAY 28th October	TUESDAY 29th October	WEDNESDAY 30th October	THURSDAY 31st October	FRIDAY 1st November
AM 10:30-12:00	Llangollen Ysgol Bryn Collen LL20 8AR	Dyserth King George V playing fields LL18 6AN	Bodelwyddan Community Fields LL18 5TE	Ruthin Cae Ddol LL15 1LX	Prestatyn Prestatyn Town FC LL19 7LU
PM 2:00-3:30	Corwen Clawdd Poncen LL21 9YB	Rhyl The Oak Tree Centre/ Christ Church School field LL18 2DY	St Asaph Lower Street Park LL17 0SG	Denbigh Cae Hywel LL16 3PY	Meliden Memorial Gardens Park

FOR MORE INFORMATION
SCAN THE QR CODE



Sessions are 'OPEN ACCESS' meaning that children are free to come and go. Under 6's are welcome but must be accompanied by a responsible adult.



Reading at Home

This stat can be so much better—and we are so close. Please do make every effort to read with your child at home. We would like to get this a lot higher by next week. They are all so close to being on track—so lets get them there together!

Ysgol Esgob Morgan C.I.W. VC Primary School Reads!



22%

of students are on track to meet their reading targets by 27/10/2024!

Clubs for Week 21st October 2024

Monday

- Netball (Years 5 and 6)

Thursday

- Jewellery club (Year 6)
- 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 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 21st Oct 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.

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 martinjl56@hwbcymru.net

Together We Alm High

Hot Pot Tickets

Tickets to our often copied, but never bettered, annual Christmas HotPot and Quiz night are on sale now!

Tickets are strictly limited to 80—so get yours as soon as you can as it always sells out!

Raffle tickets on sale next week—first prize is a VR Head Set!!!

Sponsored walk

We're thrilled to invite you to participate in our Sponsored Walk on 25th October! This is a fantastic opportunity for students, families, and friends to come together for a lovely day out in nature while raising funds for our school.

What to Expect:

- A scenic route perfect for a leisurely stroll.
- Well-behaved dogs are very welcome to join in on the fun!
- Let's make a positive impact together while enjoying the beautiful Welsh countryside!

Date: 25th October

Time: Meet at 1PM

Location: School Gate!

Sponsorship Forms: Already sent out!



**Join us for Halloween
Holiday Club'**

LITTLE LAMBS ESGOB MORGAN

**Open Monday to Friday 8am-6pm
For children aged 3-11years!**



28TH OCTOBER - 1ST NOV

**CALL US TODAY TO BOOK
07999 589996**

Little Lambs Esgob Morgan, Ysgol Esgob Morgan, Ffordd Siarl
St Asaph, Denbighshire, LL17 OPT



10 Top Tips for Parents and Educators

DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE



Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES



Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS



Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE



Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT



Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES



Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP



Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE



Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT



Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD



Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.

