



Ysgol Esgob Morgan Church in Wales School

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



Friday, 15th November 2024



Dear Parents and Guardians

Another week flies by! It has been National Safeguarding week and it's a really good time for us to refresh and relaunch our KiVa program, It is a proactive rather than reactive bullying program. The children have lessons and there is a full screening kit for us to use to help children.

We have planted some more trees with more on the way! We have visited Bryn Derwen, the parish church and the cinema for the Into Film program. So busy!

Have a great weekend. Mr Redgrave



Christmas Fayre, Quiz and Hotpot Weds Nov 27th 2024

Tickets to our Quiz and Hot Pot night are now sold out! Please remember that we are catering for tickets sold. The ticket gets the food!

Don't worry, though, if you can't make the evening as we will be holding a Christmas Fayre straight after school on the same day!

Our PTFA have managed to acquire a whole raft of new games to play along side some old favourites. More details will follow as soon as we have them.

Raffle tickets have come home today—first prize is a **Meta Quest VR Head Set!** If we could ask that each child sells 3 books and if you need more then please do ask us.

To help us with this we ask for donations on non uniform days for:

Nov 22nd—Bottles and Tombola items. Your help is, as ever, appreciated!



Cornel Gymraeg

Patrwm Iaith yr Wythnos

Pa ddiwrnod ydy hi heddiw?

Ma hi'n ddydd.....

Geiriau'r Wythnos

Bore (morning)

Prynhawn (afternoon)

Nos (Night)

GIRLS RUGBY

TEAMWORK | ENJOYMENT | RESPECT



 EVERY MONDAY

 6:30PM-8:00PM

 ABERGELE RUGBY CLUB, LL22 7AZ

 EVERY THURSDAY

 7:00PM - 8:00PM

 RHYL RUGBY CLUB, LL18 4AQ

• FREE SESSIONS OPEN TO •

UI2s - YEARS 6/7


UI4s - YEARS 8/9

UI6s - YEARS 10/11

UI8s - YEARS 12/13



 DREGIAU'R GLANNAU RUGBY HUB

 dreigiaurglannau@outlook.com

#HERSTORY

Cymraeg



Rownd yr Ysgol

Intergenerational Link

This week four of our pupils visited Bryn Derwen to meet with the residents there. We are so proud of our pupils, there is something very special about these intergenerational visits - we enjoyed spending time with each other - chatting and sharing all of the things that are special to us. Both the residents and pupils enjoyed this visit very much and we are already looking forward to our next visit where we will be singing Christmas Carols together.

The residents of Bryn Derwen will also be visiting us here at Esgob Morgan regularly next year to further develop the relationship between the two communities. We very much look forward to working with you again very soon, thank you for having us!



Remembrance

School Ambassadors from Dosbarth Yr Wyddfa have been helping to support our serving and ex serving personnel and their families through the Poppy Appeal 2024. Our Ambassadors have been selling poppy memorabilia in school during breaktimes.

Thank you to all who have donated to such a special cause.

On Monday as a school we had a two minute silence in our Poppy Garden to remember all those who had sacrificed their lives for others. 'Lest we forget...'

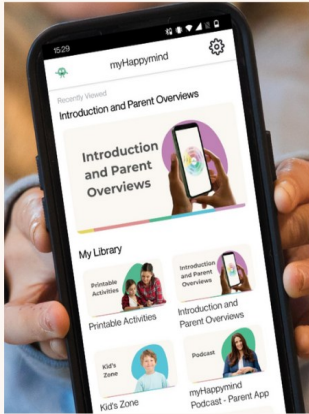
Thank you to our Ambassadors for attending the Cenotaph with Mr Redgrave on Sunday. You are excellent Ambassadors for our school and represented our school with pride and respect. Thank you.





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

<https://bit.ly/happyem> We have text the authentication code out again yesterday



CHRISTMAS CARNIVAL

YSGOL ESGOB MORGAN

REFRESHMENTS FOR SALE
PAY TO PLAY CARNIVAL GAMES
FESTIVE HOLIDAY SPIRIT
GIFT STALLS

NOVEMBER 27TH 3:30 - 5:30PM



Paint & Sip

with the PTFA

FRIDAY DECEMBER 13TH
6:15-8:30PM


@Ysgol Esgob Morgan

TICKETS AVAILABLE ON PARENTPAY
£15 PP

The qualities that make you SPECIAL aren't, and can't be measured by exam

In these qualities you will always be more than good enough.

Results 2023



TRAUMA INFORMED SCHOOLS™

Blwyddyn	Late this week %	Attendance this half term %	Attendance this week %	Attendance Year To date%
3	1.5	94.7	92.9	93.6
4	2.1	95.4	94.9	95.5
5	1.1	95.2	95.4	95.0
6	1.8	93.3	95.3	93.9
Totals	1.6	94.7	94.8	94.6

Attendance and Punctuality

Really positive attendance again. It really is so nice to see so many happy faces in school. It almost feels unfair putting Blwyddyn 4 as Yellow this week as they are only 0.1 off being green. Really great effort from Bl 6 to get into green for the first time in a while! Lateness is heading downwards—so all trends are in the right place! Lets keep this up!

Please do let us know on the first day of absence if your children are going to be absent. When we don't have a response we send a letter home as we need a code to put on the register. This is marked as "N" initially. If we receive the letter back we can code it correctly. If no reason is given it is coded as "o" and this is an unauthorised absence. 10 of these can lead to a warning of a fine. We would like to avoid this where possible and work with you to make sure codes are put in correctly.

Clubs for week 18th November 2024

- **Monday** - Dance (Urdd)
- **Tuesday**—Choir (All Year Groups and this will now be held at Lunchtimes)
- **Wednesday** - Coding (All Year Groups)
- **Thursday** - Quirky Crafts - Year 5/6

ECO CLUB IS COMING SOON

Please note that the date of our **CHRISTMAS SERVICE** at the Cathedral has been confirmed as Dec 12 at 6:30PM

Fruit Tuck—Get one of your 5 a day for just 20p! There are some really unhealthy snack choices still being made for school.



INTO FILM

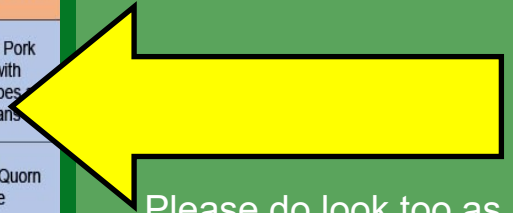
Into Film is a film festival aimed at young people. We take part in this every year as part of our studies.

This is not a jolly day out at the cinema—all the staff use this as a basis for a lot of work back in the class. It is an engaging stimulus to bring learning to life.

Thank you for your support in this and we hope the children enjoyed the first part and now they will take this back to class to work.

	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 Bolognese 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 Bolognese	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 18th Nov 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 lot of children throwing away a lot of food 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. Please note these dates are subject to change.

Nov

- 19th—Bishop Gregory visiting school.
- 22nd—Non Uniform for Bottles and Tombola for Christmas Quiz Night.
- 27th—Christmas Fayre Hot Pot Quiz Night (Sold Out!)
- 28th Year 3 and 4 Info Film Cinema Visit (Dogtanian and the Three Musketeers)
- 29th—Choir Singing at St Asaph Winter Fayre

Dec

- 5th—Homelessness Workshop Year 6. Christmas Dinner for all pupils.
 - 9th—School of Sanctuary Week
 - 10th—Choir Singing at Bryn Derwen
 - 12th—Christmas Concert (PLEASE NOTE THE CONFIRMED DATE) 6:30PM
 - 19th—School Closes for Christmas Holidays
- SCHOOL REOPENS 7TH JANUARY FOR ALL PUPILS**

10 Top Tips for Parents and Educators

TEACHING CYCLE SAFETY

Cycling is an amazing way to spend quality time together as a family, as well as keeping everyone healthy and active – and it's an excellent exercise, whatever the age of your children. Getting started can sometimes be daunting, and there are obvious safety concerns over youngsters who are still getting used to a bike – so follow our top tips to help you ride with confidence.

1 CONSIDER CYCLE TRAINING



Courses like Bikeability are extremely useful, and training in general has come a long way since cycling proficiency began; there are Bikeability courses for adults, too. Cycle training teaches invaluable skills (such as good road positioning, signaling and visibility), and can help both parents and children feel more at ease on busy streets.

2 USE A SUITABLE BIKE



Find a bike of an appropriate size for its rider and resist the temptation to have children 'grow into' theirs by buying one too large for them. A bigger bike will be heavier and more difficult to control, making accidents more likely and potentially putting youngsters off cycling forever. If your child has any specific physical needs, or has dyspraxia, then try out a trike, handcycle or other adaptive cycle to see what works best.

3 TRY A CARGO BIKE



Cargo bikes, particularly the box-bike style, are ideal for transporting small children around. Depending on the type of bike chosen – as well as the size and age of the children – it can be possible to transport up to four little ones in this way, with additional space for other cargo as well.

4 INSPECT YOUR CYCLE



It's a good idea to do some routine checks on any bike before going for a ride to make sure everything's working correctly. The 'M check' is particularly useful: assessing the condition and position of the bike's wheels, handlebars, brakes, pedals, chain and saddle, working from front to back. Online tutorial videos can also teach you how to carry out basic repairs if needed. For more complicated fixes, head to your local bike shop.

5 BRING SUITABLE GEAR



Ensure whatever you're wearing, and any attachments for your bike, are suitable for the ride. A waterproof jacket will let you cycle safely in almost any weather. Make sure any helmets are fitted correctly. If you're riding after dark, remember to fit your bikes with a white front light, a red rear light and a red rear reflector. These are required by law.

6 STICK TO FLAT TERRAIN

Take a smooth, flat route if possible, so it's more suitable for younger cyclists. You might be surprised by how many quiet roads or back streets there may be in your area. Don't be put off by an indirect but easier path as opposed to a shorter, busier one. Look out for the National Cycle Network, canal towpaths and even parks that you can cut through.

7 STAY ALERT AND IN SAFE FORMATIONS



For maximum protection and visibility, ride in a line with children in the middle and adults at either end. If you're the only adult present, take up a position at the rear to ensure all children remain in your sight. Don't be tempted to hug the kerb if cycling on the road – riding approximately a metre out will make you more noticeable to other road users, and you'll also stay clear of any debris in the gutter.

8 AVOID PARKED CARS



When riding past parked cars, try to stay at least a metre away, just in case anyone inside opens a door unexpectedly or the vehicle itself starts to move. This precaution will also deter anyone driving behind from trying to squeeze past you when there isn't enough space, so don't be afraid to ride in a prominent position.

9 START A 'BIKE BUS'



Cycling to school with other families is a potentially fun experience – one which comes with the added benefit of safety in numbers, in case anything goes wrong along the way. Team up with other parents, carers and educators and pick a day to cycle to school together. Who knows – maybe, in time, you'll have other folks asking to join you?

10 HAVE FUN!



Keep in mind that cycling should be fun! A good bike ride can be really enjoyable for adults and children alike, while also being a superb form of exercise. Ease children into the hobby by starting them off with shorter journeys – such as a trip to the park – and build them up to longer, more complicated outings. Some children may get bored on a longer ride, so try to keep a conversation going with them.

Meet Our Expert

Sophie Gordon is the campaigns manager at Cycling UK, a charity which inspires and enables people to start cycling. She has spent six years campaigning for safer roads and more protected cycle paths, while supporting communities to call for better cycling conditions where they live.

we are cycling UK

#WakeUpWednesday®

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