



Ysgol Esgob Morgan Church in Wales School

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



Friday, 13th December 2024



Dear Parents and Guardians

Thank you to all the pupils and families who were able to come to our Christmas Service. To see the Cathedral packed was so wonderful to see. I think sometimes, in the rush to do something at Christmas, we can lose sight of the story of the Nativity—so to be able to share that with some traditional carols, and celebrate our more traditional activities.

What also impressed me was how well they performed and how well they sat while other performed their songs. To say I was proud would be an understatement—especially as the run up to Christmas can be overwhelming for a lot of children. To see children who struggle with the concept of school performing in front of a live audience, to see children who haven't learnt Welsh give it a go and sing "Nadolig Llawn" having only been here 4 days is the very essence of our wonderful school.

A great big thank you to the children. I am difficult to impress... but I was impressed last night.

One last thing. Tech is great when it works. Sometimes it doesn't. We do our best to provide you with the very latest information—sometimes the tech lets us down. It may seem like we have different forms of communication—but really everything is through the website and app. Thank you, once again for all your understanding and support. Have a great weekend.

Mr Redgrave

Mark Adamoulas—Parent Governor

As you know we had a vacancy for a Parent Governor at the school. As there was more than one nomination we held an election. Mark Adamoulas received the most votes. This was approved at the Governing Body meeting of the 2nd of December and we welcome him to the board of Governors. Here is what he said in support of his application;



"I feel I've got both the personal and professional experience to make a substantial contribution to pupils, parents and staff at Esgob Morgan through this parent governor role. I also have a long-term, vested interest in the school, as our daughter's two younger siblings will join the school in years to come.

Having lived and worked in a number of countries and being of a mixed background, making every environment I've been part of open and welcoming to everyone is something I am particularly passionate about.

The golden thread across my career has been supporting and developing people. The key focus has been on mental health and well-being within environments, and I would love to support the school and its pupils with this. "

Cornel Gymraeg



WELSH WINTER VOCABULARY (GEIRFA'R GAEAF)

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(SNOW) | <input type="radio"/> IÂ / RHEW
(ICE) |
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(GLOVES) | <input type="radio"/> SGARFF
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(ICICLE) | <input type="radio"/> CÔT
(COAT) |
| <input type="radio"/> OER
(COLD) | <input type="radio"/> RHEWI
(TO FREEZE) |
| <input type="radio"/> RHAGFYR
(DECEMBER) | <input type="radio"/> RHYNNU
(TO BE FREEZING) |
| <input type="radio"/> ANNWYD
(A COLD) | <input type="radio"/> SERO GRADD
(ZERO DEGREES) |

MORE WORDS + GREETINGS AT WELEARNWELSH.COM

URDD DANCE

Urdd dance club will re-start on Monday January 13th.

THERE IS NO DANCE CLUB DEC 16th.

Patrwm iaith yr wythnos

Ble Wyt ti'n byw ?

Where do you live?

Dwi'n byw yn..... Mewn....

I live in..... In a

Geiriau'r Wythnos

Ty- House
Byngalo - Bungalow
Fflat- Flat



Gog Urdd

A huge well done to Eleni and Elsie from Dosbarth Brenig who competed in this year's cooking and baking URDD competitions. Eleni prepared a delicious burger for the judges while Elsie prepared them the most perfect fairy cakes for dessert.

They represented our school perfectly. Llongyfarchiadau genod!

Cymraeg



Rownd yr Ysgol



Choir at the Bryn Derwen

We took our choir up to the Bryn Derwen care home to sing some Christmas Carols. It was a joyous occasion and the children were there impeccably selves once more. Doing things like this has such a positive impact on the residents and on our children.

Jewellery Club

Nellie and Eleni show their amazing bracelets they made at jewellery club this week.



Gwasanaeth Nadolig—2024

A couple of pictures from the service we held at our gorgeous Cathedral in St Asaph.



Don't Touch, Tell!

This week we had a visit from Kazia from "Don't Touch, Tell" which is a national program. Adferiad's Don't Touch Tell programme is funded by the North Wales Area Planning Board. They deliver preventative information to all primary schools across North Wales. Schools receive these shows every three years, ensuring every primary-aged child in North Wales has access to both shows.



Blwyddyn	Late this week %	Attendance this half term %	Attendance this week %	Attendance Year To date%
3	1.1	93.8	92.4	93.6
4	3.1	94.5	95.1	95.1
5	0.3	95.2	96.3	95.1
6	3.5	93.0	93.9	93.6
Totals	2.2	94.1	94.6	94.4

Attendance and Punctuality

We are really starting to see some very good progress in our attendance. Look at all that green! If we can now start to work on getting the lates down to near enough zero. We understand that there maybe, on occasion, something that stops you getting to school on time—but again, as with the persistent absence issues, we have the same children being late. There can't be issues every morning—if there are please let us know and we can see if we can help.

Those learners who have an attendance of below 90% received letters this week informing their parents of their attendance. Some have had an invitation to meet with our Head Teacher to discuss the reasons they have missed so much school. Their record over the years has also been shared. Can you believe some of our older children have missed a year of school through illness? That's a worrying statistic for our health colleagues and needs immediately sorting out. We can't have children that poorly missing out on so much.

Failure to attend the meeting will also result in a referral to the education social work team.

Christmas at Esgob Next week.

Next week we are inviting those who celebrate Christmas to wear a Christmas jumper each day instead of their Green Jumper. ALL OTHER UNIFORM IS TO BE WORN. Those who do not celebrate Christmas can also wear a funky jumper of their choosing—or their uniform if that is what they would like.

On Thursday there are a couple of treats. The school has voted for a pyjama and movie day. Each class may do this at different times—so the children are to bring in their pyjamas to change into.

We will also hold a Christmas Party food day at lunch on Thursday. This will be a selection of Sandwiches (Faye will come round and ask what they like) and Party food. This is obviously free to all. We will cater for if everyone is having but if your child wants to bring in their won lunch that is also fine.

The class teachers may also have some rewards. They will be in touch about that.

So the TL:DR
Every Day—Jumpers .
Thurs—Pyjama and Movie day change at school. Party day.

	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 Veg Nuggets
Sweet	Fruit Wedges with Yoghurt	Caramel Cornflake Cake	Homemade Saucy Chocolate Pudding	Cranberry Scrunch Slice with Apple Wedges	Lemon Drizzle and Blueberry Muffins

Week beginning 16th Dec 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 remember that we only have the main meal and smaller choices available. You can see all these on the ParentPay dinner section.

Please do look too as we are still having quite a few 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.

Shoelaces



It's really great to see so many with the appropriate footwear to school (all black trainers are acceptable) but we're still noticing an awful lot of pupils can't tie their laces. Even at year 6! We are happy to do them... but really it is a skill they should have! The last thing any one wants is the embarrassment of having to stop playing to come over and have their laces tied. So could you help us with this please... help your child learn how to tie laces.

Clubs for Week 16th Dec 2024

- **ALL CLUBS HAVE FINISHED FOR THE TERM**

19th—PARTY! School Closes for Christmas Holidays

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SCHOOL

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SCAN ME



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What Parents & Carers Need to Know about

BEREAL

AGE RATING
13+
from the
App Store &
Google Play

BeReal is the latest trending social media app. The concept is that people see others in their authentic day-to-day lives, sharing candid photos without editing or applying filters. Each day at a random time, users are simultaneously notified to take a picture of what they're doing at that exact moment. The two-minute window to submit an image means there's no time to select a particularly glamorous or exciting activity. BeReal shares two pictures: a selfie, and an image of the immediate surroundings. Users can only view and react to their friends' photos once they upload their own.

WHAT ARE THE RISKS?

CONTINUOUS NOTIFICATIONS

Like any social media app, BeReal's developers want users to be on it regularly and scrolling for long periods. BeReal only sends one notification to post a picture each day, but there are other alerts for events such as mentions, comments, friend requests and reactions to your photo. This can cause young users to feel pressure to open the app and respond, distracting them from other activities.

CONNECTING WITH STRANGERS

When someone signs up to BeReal, it highlights anyone in their phone's contacts list who already has the app – so users can connect with friends, or invite others from their contacts. The 'Discovery' feed, meanwhile, shows posts from strangers and gives users the option to add them as friends, too. This means your child could potentially connect with – and communicate with – a stranger.

PUBLIC SHARING

As well as sharing posts with friends in the moment, the app also allows posts to be shared publicly and public content to be viewed. Before a user can see this public content, they must post their own photo first. Unfortunately, there currently seems to be a lack of moderation on the content that's being uploaded, so a young user could be exposed to posts which aren't suitable for their age.

EASY LOCATION

BeReal's default setting is to share the exact location of where a post was sent from. Given that images are usually shared within the two-minute window, anyone your child is friends with on the app will know exactly where they are (or at least, where they were two minutes earlier). As we've noted, this could include strangers who are intending to use this geographical information for malicious purposes.

VISIBLE PERSONAL DATA

As with any other form of social media, it's important that your child doesn't share too much personal information on their profile. BeReal allows for a photo, full name, approximate location and a short bio. It's safest to make sure that your child's profile doesn't display anything which could identify where they go to school or exactly where they live.

REPUTATIONAL DAMAGE

What your child says and does online – their digital footprint – shapes the way that other people see them. It's essential that young people understand that when they post something online, they are giving the app in question the right to do whatever they wish with that image or content, including sharing it elsewhere. This form of permission is explicitly referenced in BeReal's terms of use.

Advice for Parents & Carers

LIMIT NOTIFICATIONS

BeReal offers the option to turn off individual types of notification. Doing this will significantly reduce the number of times your child is tempted to open the app by incoming comments, uploads, friend requests and so on. Ironically, it will allow them to actually 'be real' by being present in the moment and their current environment as opposed to being engrossed on social media.

STOP AND THINK

BeReal's goal is for users to be authentic with friends, removing the pressure of that flawless photo or perfectly worded post. It's still vital, though, that children stop and think rather than uploading something risky just to meet the two-minute deadline. Point out to them what kind of information strangers could extract from an image: school crests, street names or local landmarks, for example.

KEEP IT AMONG FRIENDS

Remind your child why adding strangers to their contacts isn't a good idea, and advise them to decline any friend requests from people they don't know in real life. If something your child sees on BeReal makes them feel uncomfortable, they can report it by clicking on the three dots in the top right. The reporting tool allows them to state the reason that they're flagging up the post.

CREATE A SAFE PROFILE

Remind your child to use an avatar as their profile pic (as opposed to a photo of themselves) and use a nickname or just their first name, not their full name. Any information they add to their bio (which is optional) should be kept vague, and personal details should remain private. It's also worth turning off the geolocation feature either through the device's settings or in BeReal itself.

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.



NOS National Online Safety®
#WakeUpWednesday

Sources: <https://bereal.in/privacy> | <https://bereal.in/terms>
<https://berealapp.notion.site/AQ-Bereal-English-2d1b56a468c4468c4e24bed2a40b04d832a> | <https://www.commonsensemedia.org/cmp-reviews/bereal>