

Nant-y-Parc Weekly Newsletter



Contact details:

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8th September 2023

WELCOME BACK

I hope you have all had a great summer and had lots of family time. It is great to see you all back at school ready for the new academic year. Just a quick reminder that our newsletter will be published every two weeks and a link will be sent via the text messaging service for you to gain access. We will continue to limit the amount of paper we send home, but if you require a paper copy please call into the school office.



FREE SCHOOL MEALS (FSM)

Just a reminder that all pupils from Reception to Year 6 are now entitled to a school meal. However, families which usually apply for FSM can still apply in order to claim the uniform grant also.

MEET THE TEACHER

Meet the teacher will take place on **Wednesday 13th September**. You will be invited into school to meet with your child's class teacher and to discuss any queries you may have. The class teacher will share relevant information with you during this time and will inform you of their expectations this academic year. This is an informal drop in session, you can call in anytime from 3:15-4:15pm.

DOGS TRUST

On **Thursday 7th September**, the pupils in Y1-6 engaged in a dog trust workshop to develop their knowledge of how to keep safe around dogs, in particular those that are unfamiliar to them. In light of events within communities across the UK, especially our own community where there have been horrific tragedies linked to dog attacks, we thought it was essential for our pupils to know about dog safety so that they can protect themselves within the community.



PUPIL PHOTOGRAPHS

On **Monday 18th September**, the photographer will be in school to take the children's photographs. There will be an opportunity for siblings to have photographs taken also. Please inform your child's class teacher if you require sibling photos to be taken by Friday 15th September so that we can organise this. Please can you try to ensure your child/children wears their school uniform on this day.



JEANS FOR GENES

On **Friday 22nd September** children can wear denim / jeans to school. A £1 donation towards this great charity would be much appreciated.

HEAD BOY & GIRL INTERVIEWS

Week beginning 18th September, we will be holding our elections in school. The children that wish to apply will need to prepare a short presentation about why they believe they would make a good leader. Year 6 pupils will need to complete an application form (provided by Mrs Davies) if they wish to be considered for an interview. Head Boy/Girl, Deputy Head Boy/Girl, Pupil Leadership Team and Mini Senedd Team will be announced in assembly on Friday 22nd September.



CHRISTMAS JUMPER EXCHANGE

This year we have decided to hold a Christmas jumper exchange scheme where families can donate any Christmas jumpers/t-shirts/shirts which your children have outgrown. If these could be donated by Wednesday 8th November, we will launder them and have them available for parents to browse and take away on 13.11.23 free of charge. As a school we are trying our best to limit costs around the Christmas period and thought this would be a great way to re-use jumpers/t-shirts/shirts which no longer fit your child.

Value of the month: **Respect**

A peek at the next few weeks...



Diary Dates

13.09.23	Meet the Teacher
18.09.23	Pupil Photographs
21.09.23	UN International Peace Day
22.09.23	Jeans for Genes Day
25.09.23	Macmillan Coffee Morning – Cakes and tea/coffee available in the hall from 9:15 until 10:15
26.09.23	European Day of Languages
October	Black History Month
03.10.23	Parent Panel Meeting (Focus: Year Plan)
10.10.23	Flu Vaccinations – (all pupils)
13.10.23	1913 Mining Disaster Memorial Day

Term Dates

29.09.23	INSET (school closed to pupils)
06.10.23	INSET (school closed to pupils)
30.10.23-03.11.23	Half Term
21.12.23	End of autumn term 1:15 pm finish

BEING RESPECTFUL

As a school, we pride ourselves on maintaining positive relationships with parents and pupils. We also pride ourselves on communicating effectively with parents using various forms of communication to ensure that messages have been passed on and that no parent/pupil misses out on key events. However, in recent weeks, several staff members have reported that they have been spoken to in an unacceptable manner as a result of correspondence not being read by parents. We are not responsible for your actions and if you choose not to read the information which is shared, then please do not take this frustration out on staff. As I am sure you can appreciate, staff have a hard enough job in trying to ensure that ALL children are constantly receiving the most amazing opportunities, and whilst you only have to think of your child/ren, they must organise up to 30 children at any one time.

Please note that if you call the school and speak to staff in an aggressive manner, or approach staff in this way, they will refuse to speak to you until you have calmed down. This may mean putting the telephone down until the situation has been defused.

School Essentials Grant (Replaces PDG Access Grant) 2023/2024

Key changes for families to be aware of for September 2023

- New name – School Essentials Grant replaces the PDG Access Grant
- There is no longer a requirement for families to submit a specific application for the grant. Families of eligible pupils will receive a Post Office letter, allowing the collection of a cash payment.
- The grant provides £125 (except for year 7 which is £200) for eligible pupils [Reception through to Year 11] to buy school uniforms, equipment, sports kit, and kit for activities outside of school.

Eligibility of pupils remains unchanged, full details are available on the Council's Website.

<https://www.caerphilly.gov.uk/services/schools-and-learning/travel,-grants-and-funding/school-essentials-grant?lang=en-CB>

Are you supporting a child with ADHD
and would like to join a peer support group?



- ♥ Peer Support For Adult Parent/Carers
- ♥ Run By Volunteers With Lived Experience
 - ♥ No Diagnosis Needed
 - ♥ Newport And Surrounding Area
 - ♥ Regular Face-To-Face Meetings
- ♥ Friendly, Supportive And Non-Judgemental
- ♥ Focus On ADHD Plus Other Neurodivergent Conditions Such As Autism.



Find us on Facebook: ADHD + Newport
Email us: adhdplusnewport@gmail.com

Are you supporting a child with ADHD
and would like to join a peer support group?



Families Supporting Families

THIRD THURSDAY OF EACH MONTH 10AM-12.

We are a friendly, non-judgemental and supportive group, run by families for families.

We support families who have children with ADHD plus Autism and other Neurodiversities.

A diagnosis is not needed. You do not need to live in Newport to attend our sessions.

This group is for the adults of the family only and is a space where we can chat without the children present.

This group is held at the Serennu Childrens Centre in Rogerstone. Please text or call Natalie to book a space on 07977 455 592.



Are you supporting a child with ADHD
and would like to join a peer support group?



ADHD+
Newport

Families Supporting Families

FOURTH MONDAY EVENING OF THE MONTH
17:30-19:30

We are a friendly, non-judgemental and supportive group, run by families for families.

We support families who have children with ADHD plus Autism and other Neurodiversities.

A diagnosis is not needed. You do not need to live in Newport to attend our sessions.

This group is for the adults of the family only and is a space where we can chat without the children present.

This group is held at the Serennu Childrens Centre in Rogerstone. Please text or call Natalie to book a space on 07977 455 592.



Runs
term-time
only

DADS GROUP GWENT

Is a support group for any Dad or Male Carer of a child/young person with a disability or developmental difficulty.

It is an opportunity to meet with other Dads in order to gain and provide mutual support based on personal experiences, knowledge and understanding;




2nd Saturday of every month

& Virtually on the 4th Saturday of every month

<https://dadsgroupgwent.wixsite.com/website>
or email

dadsgroupgwent@gmail.com

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helping special children shine



Family Liaison Service

- Do you have a child or young person diagnosed or undergoing an assessment for a disability or developmental difficulty?
- Do you live in Caerphilly County Borough?
- Do you want to know about local services and activities which you or your child/young person can access?
- Do you sometimes find it difficult knowing who to turn to for help, information or advice?

Our Family Liaison Officers are extremely passionate about promoting appropriate services and support that is available.

We act as a first point of contact for all families, to help with enquiries about services and leisure activities that children and young people can access.

We offer guidance and support to help families navigate the 'system', signpost to the correct professionals and provide support and resources.

We ensure that families are provided with access to appropriate services and to obtain feedback to inform service development.



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To speak to Lisa, our Family Liaison Officer based in Caerphilly Children's Centre call 02920 867447 or email Lisa.George2@wales.nhs.uk

*Term time only

Little Stars

Stay and play parent / carer sessions for children aged 0-4 years
£6 per family

Would you like the opportunity to meet with other parents and young children in a safe, friendly and supportive environment?

If yes, then Sparkle's Little Stars sessions are for you and your family!

The Little Stars Caerphilly group is a great opportunity for parents / carers of children with a disability and / or a developmental difficulty, that reside in Caerphilly borough

STARTING Friday 10th March 2023

10.30-12.00

Caerphilly children's centre


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FREE SCHOOL MEALS

FOR ALL PRIMARY SCHOOL CHILDREN



Universal Primary Free School Meals (UPFSM)

It is Welsh Government's aim that every child in primary school in Wales will be eligible for a universal primary free school meal (UPFSM) by 2024, regardless of household income. If your child is in full-time Nursery, Reception, Year 1 or Year 2, they are able eligible for free school meals NOW.

If your child is in Year 3, 4, 5 or 6 they will be eligible for free school meals in September 2023.



Eligible Free School Meal (eFSM)

Families who meet certain criteria, for example those on lower incomes or in receipt of certain benefits, may be eligible to apply for eFSM. Families in receipt of eFSM are also eligible to receive the Pupil Development Grant to buy school uniforms and equipment, sports kit and equipment for activities outside school. If you think you might be eligible for eFSM please apply.

For more information about the eligibility criteria and the application process for eFSM please visit:

[www.caerphilly.gov.uk/
Freeschoolmeals](http://www.caerphilly.gov.uk/Freeschoolmeals)



For more information about the eligibility criteria and the application process for eFSM please visit www.caerphilly.gov.uk/free-school-meals or contact the Catering Team: 01443 864055 catering@caerphilly.gov.uk



Nant-y-Parc Uniform Station



We have a new storage unit containing uniform for families who may need it.

Please help yourself to whatever size you require for your child.

Can you donate?

Do you have any uniform that you no longer need?

If so, please can you donate to our school office.

*We cannot accept any personalised items





I provide a service that allows children to grow, develop and learn in a safe, homely and friendly environment. I have extensive experience teaching in schools within the local area (Caerphilly).

- > Open Monday - Friday (7.30am - 6pm)
- > I can negotiate times
- > Full-time and part-time places available (wrap around care provided)
- > Highly skilled and experienced especially with additional learning needs
- > Lots of educational enriched Activities and Outings
- > Registered and Certified
- > Qualified First-Aider



Ruth Coakley - Curious Koala Childcare
 ☎ 07969 188 762 ✉ curiouskoalachildcare@mail.com

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easy ways to make lunchboxes healthier



School dinners are changing for the better. You should have noticed a difference in what's on offer, with healthier foods being served.

If your children prefer packed lunches here are some tips to help make their packed lunch healthier too. You can make up the lunch in the morning before school. Or, if you're usually pushed for time in the morning, prepare it the night before and put it in the fridge.

me sized meals

Even though they are growing children need to eat the right amount for their age. Young children will need quite small portions of foods and older children who are very active may need much larger amounts.

a healthy lunchbox contains a variety of foods

Start with starchy foods - always include foods like bread, rolls, bagels, wraps, rice, pasta or potato.

Start their packed lunch off with some starchy carbohydrate to give long-lasting energy. Use more wholegrain, brown or seeded bread as these are high in fibre. For a change from ordinary bread you could try pittas, bagels, baguettes, ciabatta, bread rolls or wraps.

Wholegrain or plain pasta or couscous can be mixed with meat, fish and vegetables and eaten cold.

and then Protein

Add a portion of food rich in protein, such as chicken, lean meat, fish, egg, or a meat alternative such as quorn either on its own or as a sandwich filler.

add a couple of portions of fruit and vegetables

Try to add a portion of fruit and a portion of vegetables to help towards their 5-a-day

need something extra?

Add a healthy snack like a low fat and sugar yoghurt, currant bun or rice pudding. Unsalted nuts are good to have at home but it is best to leave them out of your child's lunch box.

thirsty?

Remember always include a drink. Water, milk, pure unsweetened fruit juice/fruit smoothies (maximum of 150ml per day) are good choices. Fruit juices and smoothies are best drunk at mealtimes to avoid tooth decay. It is important your child has plenty of water to drink, this should be freely available in school.

five a day



As well as fresh fruit such as apples and bananas you can add variety by including a handful of grapes, chopped fresh fruit salad, orange segments or melon pieces, or a small box of raisins or tinned fruit in natural fruit juice.

- Don't forget to include some vegetables, such as cherry tomatoes, or sticks of carrot, cucumber, broccoli, celery and peppers.
- Once a week, why not go for a colourful mixed salad and a bread roll.

keep it cool - avoid food poisoning

Lunchboxes should be kept cool - ideally use an insulated lunchbox with icepacks or a frozen carton of juice to keep it cool. If sandwiches are prepared the previous evening, always store them in a fridge overnight. And don't forget to keep the packed lunch cool at school.

here are a few lunch ideas to try, or you could make up your own combinations

Suggestions for a weeks packed lunch menus:

day one

Multigrain bread or rolls
Cheddar cheese with apple slices
or cranberry sauce or chopped
hard boiled eggs with cucumber or
lettuce

Banana
Flapjack
Pure fruit juice - orange



day two

Cooked pasta or couscous mixed
with cooked chicken or turkey,
tomatoes, and lettuce

Pear
A pot of fruit yoghurt
Sparkling water

day three

Multigrain bread or crackers
Light low fat cheese spread and
dried apricots or cucumber

Tangerine /satsuma
Malt loaf or scotch pancakes
Pure fruit juice - apple

day four

Pitta pockets or wraps with ham
with sliced tomatoes, lettuce and
cucumber
Apple

Bara Brith
Yoghurt drink
Plain water



day five

Ciabatta bread or bagels
Tuna, cucumber, green pepper,
sweetcorn and tomato
Pot of mixed sliced fruit

- melon and pineapple cubes
with grapes
Rice pudding pot
Fruit smoothie

top tips for a healthier lunchbox

Pack foods attractively; cut foods into shapes; use a variety of containers. This is an opportunity to re-cycle packaging e.g. use clean, empty containers

- Involve your child in planning his/her lunchbox. Encourage him/her to try new foods. Variety is the key to a healthier lunchbox. Give praise, reward stickers etc, if they eat new foods.
- You could also raid the fridge for leftovers. Some foods taste just as good cold, such as pizza or pasta. Cook extra pasta or couscous. Mix with cut-up vegetables, and protein such as tuna, then just add your favourite dressing.
- Make sandwiches with thickly sliced bread, or choose rolls or mini pitta breads. Go for wholegrain or wholemeal varieties when you can.

Many children are taking food to school that contains too much saturated fat, salt and sugar. To help parents give their children varied and balanced lunchboxes, here are some practical tips and suggestions.

tips for cutting down on fat

Cut down on the amount of butter, margarine or mayonnaise you use and use lower fat alternatives.

- Use low-fat sandwich fillings, such as chicken, lean meats, ham, beef, fish (e.g. tuna), boiled egg.

tips for reducing sugar

Rather than drinks that are very high in sugar, such as fizzy drinks or 'juice drinks', go for water, milk or pure unsweetened fruit juice/fruit smoothies (not more than 150ml/day).

- Replace cakes, chocolates and biscuits with scones, currant buns, fruit bread, fruit, pot of rice pudding or yoghurt.



tips for reducing salt

Try not to add salt to food that you prepare and check out food labels for foods lower in salt.

tips for shopping trips

Reading supermarket food labels can help you to buy healthier foods for your child's lunch. Choose more 'greens' and 'ambers' and fewer 'reds' when filling up your shopping basket.

Healthy drinks in primary schools



There is a legal duty for local authorities and schools to **promote healthy drinking in schools**. The Welsh Government and Welsh Network of Healthy School Schemes recommend a whole-school approach.

Drink brought into school for personal consumption can be subject to restrictions at the discretion of the local authority or governing body of a school. Almost all primary schools in Wales specify:

- **only water on desks, or freely available, in the classroom;** and,
- **only water and milk during break times**

Schools should create an environment and culture where it is **normal and easy for children to drink healthily**. School staff, along with parents/carers, are vitally important in the development of healthy drinking habits for life, through **consistent messages and role modelling**.

Water and milk should be the only drinks at break times in primary schools because:

- this helps children normalise drinking water throughout the school day, and into adulthood, as the **best hydration method**;
- water quenches thirst and is **easily and freely accessible** to children in school and at home;
- milk is a good source of **protein, calcium and other vitamins and minerals**;
- water has no additional calories, helping to **maintain a healthy weight**;
- drinking water can help to **prevent a range of health issues** such as headaches, bladder and bowel problems;
- water and milk **do not damage teeth**, unlike fruit juices and soft drinks, which include 'free sugars' and/or artificial sweeteners; and,
- squash and flavoured water, including sugar-free varieties, encourage children to develop a 'sweet tooth' and do not provide a nutritional benefit.

Healthy Eating in Schools: Primary School Food Requirements

Lunch

Lunch must provide the following foods **regularly**:

- At least one portion of **fruit** each day
- At least one portion of **vegetable** or **salad** each day
- **Fruit based desserts** at least twice each week
- **Fish** at least once each week
- **Oily fish** at least twice in four weeks
- **Meat cuts** at least twice each week

School Day

The following foods are not allowed **before 6pm**:

- Additional **salt**
- **Confectionery**
- **Savoury snacks**

Where food is provided **after breakfast & before 6pm**:

- **Fruit & vegetables** must also be available
- **Break** time snacks should be **fruit & vegetables** only
- **Condiments** must be 10ml or smaller
- **Cakes & biscuits** with lunch only
- **Potato & potato products** cooked in **fat** or **oil** not more than twice each week
- **Deep fried** or **flash fried** food not more than twice each week
- **Meat products** not more than twice each week

For full details about the primary school food requirements & information about the nutritional standards for lunch refer to the Healthy Eating in Maintained Schools: Statutory Guidance for Local Authorities & Governing Bodies.

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Healthy Eating in Schools: Nursery School Food Requirements

Lunch

Lunch must provide **each** of the following foods or achieve the primary school food requirements & nutritional standards:

- **Fruit & vegetables**
- Meat, fish or other non dairy sources of **protein**
- **Starchy** foods
- **Dairy** foods & milk

School Day

The following foods are not allowed **before 6pm**:

- Additional **salt**
- **Condiments**
- **Confectionery**
- **Savoury snacks**

Where food is provided **after breakfast & before 6pm**:

- **Fruit & vegetables** must also be available
- Snacks should consist of **fruit, vegetables, salad, bread** products, **dairy** products & non dairy sources of **protein**
- **Cakes & biscuits** with lunch only
- **Potato & potato products** cooked in **fat** or **oil** not more than twice each week & with lunch only
- **Deep fried** or **flash fried** food not more than twice each week & with lunch only
- **Meat products** not more than twice each week & with lunch only

For full details about the nursery school food requirements & information about the nutritional standards for lunch refer to the Healthy Eating in Maintained Schools: Statutory Guidance for Local Authorities & Governing Bodies.

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Healthy Eating in Schools: Nursery School Drink Requirements

Breakfast & Lunch

Only the following drinks are allowed to be provided at **breakfast & lunch**:

- Plain **water** (still or carbonated)
- Plain **milk** (whole or semi skimmed)
- Plain **soya** or **oat** drinks
- **Fruit** or **vegetable juice** (still or carbonated)
- **Fruit** or **vegetable juice** (still or carbonated) combined with **water** (at least 50% juice)
- **Fruit** or **vegetable blends**

School Day

Only the following drinks are allowed to be provided at other times during the school day **before 6pm**:

- Plain **water** (still or carbonated)
- Plain **milk** (whole or semi skimmed)
- Plain **soya** or **oat** drinks

For full details about the nursery school drink requirements & information about the nutritional standards for lunch refer to the Healthy Eating in Maintained Schools: Statutory Guidance for Local Authorities & Governing Bodies.

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