

# Nant-y-Parc Weekly Newsletter



Contact details:

02920 832116

nantyparcprimary@sch.caerphilly.gov.uk

12th May 2023

## UNIFORM GRANT 22-23

Get £225 (except for year 7 which is £300) to buy school uniform, equipment, sports kit and kit for activities outside of school for your child.

**REMINDER** - This is your last opportunity to apply for the uniform grant for 2022-23. Please do not miss out on this grant.

You need to ensure that you are eligible for free school meals before applying for this grant. You can apply via Caerphilly County Borough Council website ([https://www.caerphilly.gov.uk/services/schools-and-learning/travel,-grants-and-funding/pupil-development-grant-\(pdg\)-access](https://www.caerphilly.gov.uk/services/schools-and-learning/travel,-grants-and-funding/pupil-development-grant-(pdg)-access)), via the school office, or alternatively you can contact the helpline on [01443 863052](tel:01443863052).

Learners currently eligible for free school meals can apply for this grant if they are in reception class, year 1, 2, 3, 4, 5 and 6 and entered these classes in September 2022

### Who can claim?

Free school meals are available to eligible pupils who attend school full-time. This includes:

- Younger children who attend nursery for full days
- Sixth form school pupils

Your child may be able to get free school meals if you get any of the following:

- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Support under Part VI of the Immigration and Asylum Act 1999
- Guarantee element of Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- Working Tax Credit run-on - paid for 4 weeks after you stop qualifying for Working Tax Credit
- to 31 March 2019, Universal Credit - This was done as a temporary measure, pending the development of new eligibility criteria
- from 1 April 2019, Universal Credit - provided your household has an annualised net earned income (Net earned income is defined as household income after taxes and deductions. It does not include income from Universal Credit or other benefits) of no more than £7,400 (as assessed by earnings from up to three of your most recent assessment periods)

If your children receive Income-related Employment and Support Allowance, Income Support or Income-based Jobseeker's Allowance in their own right, they could also be able to receive free school meals.

For children/young people to be eligible to receive free school meals:

- you, as a parent, or your child, must receive the relevant benefit or support payment
- you should have submitted an application for free school meals to the local authority (or an application should have been submitted on your behalf)
- the application should have been approved by the local authority, or documents should have been seen by the local authority which strongly indicate your child is eligible.

### Nursery - aged children

Nursery aged children who attend before and after lunch sessions at a local authority nursery school or nursery class may be eligible for free school meals.

Value of the month: **Cooperation**

A peek at the next few weeks...



## Diary Dates

15.05.23	Paris Trip for Y5/6 pupils
19.05.23	Thank Educators Day
06.06.23 - 23.06.23	Year 5 Swimming Course
07.06.23 - 08.06.23	PS3 Mini Senedd trip to London
12.06.23	New Reception Parents Meeting
16.01.23	Parent Drop in Clinic
19.06.23	SNEGFEST - Parents are invited to join us from 2pm
20.06.23	Y2 & Y3 Trip to Legoland

## Term Dates

29.05.23 - 02.06.23	Half term week
05.06.23	INSET Day (school closed to pupils)
20.07.23	End of summer term.

## Welsh Phrase of the Week

Week beginning 15.05.23 - Ga I fynd ir ty bach os gwelwch yn dda

Week beginning 22.05.23 - Ga I ..... os gwelwch yn dda



**DRINKS REMINDER** - children are only allowed to drink water or milk (for those classes who are provided with it in school) at morning break time. There are water fountains in school for children to fill up their water bottles. No squash, flavoured water or fizzy drinks are permitted in class or during morning break so please refrain from sending these in. Please refer to page 9 for further details.

## SPORTS DAY

Please refer to letter on pages 3 and 4 for further details on Sports Day.

# WALK TO SCHOOL WEEK 2023

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## WALK WITH US!

Our five-day walking challenge is a celebration of the walk to school and the perfect activity to run as part of National Walking Month this May - [order your classroom packs now!](#)

This fun and engaging week-long activity for primary schools has been built to make pupils experience first-hand the importance of walking to school.

Through this challenge, children will be well on their way to reaching their recommended **60 minutes minimum of physical activity per day** before even reaching the school gates!

[Last year](#), over 750 schools across the UK took part! Help us make 2023 our biggest year yet!

**JOIN US 15-19 MAY 2023**



[GET YOUR PACKS NOW](#)

[ALREADY TAKING PART IN WOW? STEP THIS WAY FOR OTHER FUN RESOURCES](#)

[EMAIL US](#)

## THIS YEAR'S THEME AND ACTIVITY

Are your pupils ready to **Walk with Wildlife**? This year's challenge encourages children to travel actively to school every day of the week. Meeting various animals along the way, they'll learn about the important reasons to walk and the difference it can make for individuals, communities and the planet!



## EVERYONE CAN JOIN WALK TO SCHOOL WEEK

As a walking charity we want to remove barriers to active travel. We support pupils with special educational needs and disabilities to enjoy walking, including travel by wheelchair or mobility scooter. Encouraging parents to park even a little way from the school reduces congestion and air pollution at the school gates and improves road safety. Pupils can walk or wheel the last few minutes into school and still earn their reward. However, we understand that walking/wheeling to school, even part of the way, might not be an option for all. In these cases, we encourage pupils to become **Walk to School Week ambassadors** and assist the teacher in running the challenge to earn their own reward.

## WELCOME TO WALK WITH WILDLIFE

Pupils will be encouraged to walk, wheel, cycle and scoot to school every day of the week, earning stickers as they go along, with a special reward up for grabs at the end of the week!

## GET READY TO WALK FOR:

- INCLUSION
- SUSTAINABILITY
- HEALTH
- MINDFULNESS
- FRIENDSHIP

## IS YOUR SCHOOL ALREADY TAKING PART IN WOW?

On our shop page you will also find additional resources to make this Walk to School Week even more fun. From Walk to School banners, to limited edition badges to Strider mascot toys, make the most of your Walk to School Week! These resources are suitable for schools already taking part in WOW who want to offer an extra reward to those who walk to school every day of Walk to School Week.

[VISIT OUR SHOP FOR ADD-ON RESOURCES](#)

## General Information- Sports Day (Years 1-6)

Dear Parents/Guardians,

This letter will provide you with general information regarding Sports Day and how the day will be structured.

**Date: Wednesday 24th May 2022**

**Sports Day Location: Senghenydd Rugby Club**

**All pupils be brought to SCHOOL as normal (by 9am)**

### Schedule

Years 4-6: 10am – 3.15pm (morning session – until 12 - advised for parents if you cannot attend the full day)

Years 1-3: 12.30pm – 3.15pm

During the morning, years 4-6 will compete in their own races. We will ensure that your child competes in at least 2 events during the morning session, in the event that parents are unable to attend for the full day. They may also compete in the afternoon events, but we cannot guarantee this.

Years 1-3 will have lunch in school then join years 4-6 for the final afternoon session. During the afternoon, all year groups will compete in the last events with all year groups and housemates cheering them on.

When sports day finishes, pupils will get back into their classes with their teacher, where they can be collected or left to walk home if given permission. All pupils will be collected from Senghenydd Rugby Club. We are aiming to finish sports day at 3.15pm.

### Clothing

Please can you ensure your child wears appropriate clothing/footwear for the day. We are also asking ALL children to wear their HOUSE COLOUR (just a coloured top is fine). If you are unsure of your child's house colour, please check with their class teacher.

### Food/drinks

Years 4-6 will need a packed lunch as well as plenty of drinks as they will be at Senghenydd Rugby club all day. Please can you ensure they have this with them as they arrive at school, so that they need not make contact with you during the races. If you require a school packed lunch, please fill in the form below.

There will be burgers/hotdogs and some snacks available for you to purchase from the food stand. Please can you NOT purchase these for your child/children during the races, as they will not be able to cross the field to see you. Also, your child/children will not be able to purchase these during their lunch break as they must stay with their class so do not give your child money to buy things for themselves.

If you wish to buy them hot food or a drink at lunch, please speak with a member of staff to supervise this.

## Conduct

We understand that this may be a new or different environment for pupils, however in reflection on previous sports days and behaviour we need to work together to ensure positive behaviour and safety for the children.

Your child/children will need to stay in their house teams unless they are racing. Parents SHOULD NOT enter the field, or call them over to you as it makes it difficult for the staff to manage and they may risk missing a race. Therefore, we kindly ask parents to stay behind the barriers at all times. If you have a message for your child, please tell a member of staff. Teachers will contact parents in the case of an emergency. PLEASE ALWAYS ENCOURAGE YOUR CHILD TO STAY WITH PEERS TO ENSURE THEY REMAIN WITH THEIR TEAM.

Parents should also remain positive role models for our pupils in a public environment.

Permission – Permission has already been provided on the generic local community trips form at the start of the year.

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## School Lunch Ordering

Years 4-6 only – Years 1-3 are having lunch in school as normal.

I am/I am not in receipt of Free School Meals (please delete as appropriate).

I would like to order a packed lunch for my child YES/NO (please circle).

If YES please circle which type of sandwich wanted:

HAM                      CHEESE

Kind regards

N. Davies



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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# 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



**OPEN TO PARENTS/CARERS OF CHILDREN CURRENTLY ON THE ABUHB ND ASSESSMENT WAITING LIST OR HAVE NOT MET THE CRITERIA FOR DIAGNOSIS UNDER THIS SERVICE.**



Adrenaline and  
Lynwood Health Centre  
Funded by  
Welsh Government



Trwy  
Ewedd Partnership  
Rhanbarthol Gwynedd  
Gwynedd Regional  
Partnership Board

**PARENT/CARER  
ADHD AND AUTISM  
ONLINE  
INFORMATION  
SESSIONS**



**Autism:**

**Wednesday Evening sessions  
(6pm)**

**Session 1 - 15/3/23  
Session 2 - 22/3/23**

**Sunday Morning sessions  
(10am)**

**Session 1 - 26/3/23  
Session 2 - 2/4/23**

**Monday/Thursday Morning  
sessions (10am)**

**Monday Session 1 - 27/3/23  
Thursday Session 2 - 30/3/23**

**ADHD:**

**Monday Evening sessions (6pm)**

**Session 1 - 6/3/23  
Session 2 - 13/3/23  
Session 3 - 20/3/23**

**Sunday Morning sessions (10am)**

**Session 1 - 5/3/23  
Session 2 - 12/3/23  
Session 3 - 19/3/23**

**Thursday Morning sessions  
(10am)**

**Session 1 - 9/3/23  
Session 2 - 16/3/23  
Session 3 - 23/3/23**

**Learn more about ADHD and Autism, ask questions and get links to more support for your family.**

**Email: [adhdplusnewport@gmail.com](mailto:adhdplusnewport@gmail.com) to book**

**You are welcome to attend both courses, if you are unable to attend all sessions 1, 2 (Autism) or 1, 2, 3 (ADHD) then the individual sessions will still be useful on their own.**

**Each session is 1 hour and 15 minutes long.**



Asiantwrdd  
Llywodraeth Cymru  
Funded by  
Welsh Government



Yn ym  
llynwdd  
Eiddod Partneriaeth  
Rheolaethol Gwladol  
Gwent Regional  
Partnership Board

**OPEN TO PARENTS/CARERS OF CHILDREN  
CURRENTLY ON THE ABUHB ND ASSESSMENT  
WAITING LIST OR HAVE NOT MET THE CRITERIA  
FOR DIAGNOSIS UNDER THIS SERVICE.**

## Peer Support Drop-In Sessions



Meet and talk to parents/carers who look after Neurodivergent children and have been through the ND assessment process.

Pick up useful links/information and visit our weekly guest stall.

**Where: Newport Indoor Market (Upstairs)**

**When: 10am-2pm Fridays:**

**3rd March - Dewis Wales**

**10th March - Sparkle**

**17th March - Newport Autism Group and  
Newport Mind**

**24th March - Gwent Police - Trinity Protocol**

**31st March - Care Collective and the  
Disability Advice Project Cwmbran.**

We also have 30 minute peer chats, on a one to one basis. These are available to book by text on:

**07977 455 592**



# 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.

April 2015



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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: Primary School Drink Requirements

## Breakfast & Lunch

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

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

For full details about the primary 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.

April 2015



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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.

April 2015



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