

Nant-y-Parc Weekly Newsletter



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11th October 2024

CHRISTMAS JUMPER EXCHANGE

This year, we have decided to continue to hold the Christmas jumper exchange scheme where families can donate any Christmas jumpers/t-shirts/shirts that their children have outgrown. If these could be donated by Wednesday, 13th November, we will launder them and have them available for parents to browse and take away on 18.11.23 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 and may be of benefit to others.



HEALTHY SCHOOLS – SNACKS

Following the half-term break, we would like to inform you that from Monday, 4th November, fruit and cereal will no longer be available for purchase during break times. Instead, each class will have access to a selection of free fruit and vegetables, provided through a grant we have received.

This initiative is in place for this academic year only, and we hope it will help our pupils make healthy choices.

Thank you for your understanding and continued support.

SENGHENYDD MINING DISASTER MEMORIAL DAY

As a school rooted in the local community, we believe it is important to honour and remember key moments in our shared history. On Monday, 14th October, we will be holding a Memorial Day to commemorate the Senghenydd Mining Disaster, a tragic event that profoundly shaped our area.

The Senghenydd Mining Disaster, which occurred on 14th October 1913, remains the worst mining disaster in British history. An explosion in the Universal Colliery claimed the lives of 440 miners and rescuers, devastating families and leaving a lasting impact on our community. This tragic event serves as a reminder of the sacrifices made by those who worked in the coal industry and the importance of remembering our heritage.

By holding this Memorial Day, we aim to educate our pupils about the significance of this event and ensure that the memory of those who lost their lives is preserved for future generations. It is a moment for us all to reflect on the resilience of our community and the importance of honouring our past.

We hope you will support us in marking this important occasion, as we come together to remember and learn from our history.

Our school choir will be performing at the Memorial Garden on this day from 10 am.

SPOOKY DISCO

On Friday, 25th October, each class will hold a spooky class disco during the school day. For this event, the children are invited to wear a costume of choice or a non-school uniform. The children will be provided with a variety of snacks to enjoy, but we kindly ask for a contribution of £1.

PICTURE NEWS

On page 2, you will find Picture News, which can be used as a powerful tool to introduce your child to current events in an age-appropriate and engaging way. By exploring real-life news stories through visuals, your child will be encouraged to think critically about the world around them. This resource can spark meaningful discussions at home, helping your child form opinions, ask questions, and engage in debates on important topics. This approach not only builds their awareness of global issues but also makes learning relevant and relatable, bringing real-world events into their everyday lives.

Class Attendance Winners – week beginning 30th September – Year 4 (100%)

Class Attendance Winners – week beginning 7th October – Year 1 (93%)

Value of the month: **Respect**

A peek at the next few weeks...



Diary Dates

October	Black History Month
14.10.24	1913 Mining Disaster Memorial Day
14.10.24 – 18.10.24	Harvest Festival (donations of tins/packets for Aber Valley food bank)
15.10.24	Shwmae Su'mae Day
16.10.24	Parent and Pupil Consultations
18.10.24	Nant-E-Parc
21.10.24	Aberfan Disaster Memorial Day
25.10.24	Spooky Disco
25.10.24	Last day of school for half term

TERM DATES



04.10.24 –	INSET Day (school closed for pupils)
28.10.24 – 01.11.24	Half Term
25.11.24 –	INSET Day (school closed for pupils)
20.12.24 –	End of autumn term (1:15 p.m. finish)
06.01.25 –	Spring term begins

PUPIL LEADERSHIP TEAM

Congratulations to our pupil leadership team, who were all successfully appointed this week:

Head Boy – Cody

Head Girl – Lilly-May

Deputy Head Boy – Jack

Deputy Head Girl – Lilly

Pupil Leaders – Leilani, Ella, Paige, and

Ffion



PLEASE REFER TO EACH OF THE ATTACHMENTS FOR FURTHER UPDATES

LET'S GET TALKING

BLACK HISTORY MONTH EDITION



This week's story

In Scotland, a book publishing company has revealed a new vending machine that gives pupils access to over seventy books from Penguin's 'Lit. in Colour' reading list. The reading list is updated every year and is aimed to make authors from all different races and backgrounds more visible in schools.

The company believe that books help us understand each other and 'see' each other. They know that it is vital that the books we read reflect the diverse society in which we live.

It is important that we celebrate stories from all different cultures and countries and during Black History Month (October) we will be exploring authors who have black heritage.



Discussion points for you and your child/children.

- Why is it important to read books by writers from different backgrounds?
- How can this help us understand other people's experiences better?
- Do you think the books you read in school reflect your own experiences or the world around you?
- How do you feel when you read stories that include characters or situations that are similar or different to your own life?
- What books have you read about diversity in school?
- How can reading books about different cultures and histories help us become more understanding and empathetic towards others?



UN Rights of the Child



Children have the right to share their thoughts and experiences freely. Governments must support this freedom of expression for children of all races.



OUR TÎM. OUR TIME.



SHOW YOUR SUPPORT
29.10.2024 19:15 KO Cardiff City Stadium



Prosiect: Iaith Lleferydd Ôl-bandemig a Sgiliau Cyfathrebu i blant 5-8 oed mewn addysg amser llawn.

Project: Post-Pandemic Speech, Language, and Communication Needs for children aged 5-8 in full-time schooling.

Arolwg Rhieni a Gofalwyr:

Mae Prifysgol Bangor wedi cael ei hariannu gan Lywodraeth Cymru i ymchwilio i anghenion lleferydd, iaith a chyfathrebu plant 5–8 oed

Hoffem eich gwahodd i gymryd rhan mewn arolwg byr i rannu eich barn.

Bydd yr arolwg yn cymryd llai na 15 munud i'w gwblhau, a bydd eich ymatebion yn cyfrannu at ddealltwriaeth bellach o anghenion lleferydd, iaith a chyfathrebu plant, a chefnogi datblygiad polisi pwysig yn y maes hwn.

Parental and Carer Survey:

Bangor University has been funded by the Welsh Government to research the speech, language, and communication needs of 5–8-year-olds.

We would like to invite you to take part in a short survey to share your views.

The survey will take less than 15 minutes to complete, and your responses will contribute to a greater understanding of the speech, language, and communication needs of children, supporting important policy development in this area.

I gwblhau'r arolwg yn Gymraeg, cliciwch ar y ddolen isod:

Dolen:

<https://app.onlinesurveys.jisc.ac.uk/s/bangor/gofalwyr>

Neu sganiwch y cod QR:



To complete the survey in English, please click on the link below:

Link:

<https://app.onlinesurveys.jisc.ac.uk/s/bangor/bangor-university-speech-language-and-comminucation-needs-sur-3>

Or scan the QR code:



NHS Online Cognitive Behavioural Therapy Service to Support Young Minds



1 in 6 young people experience mental health challenges

If your child is experiencing symptoms of anxiety or low mood, they are not alone. As a parent or carer trying to support them, help is here for you.

Cognitive Behavioural Therapy (CBT) can help young people manage anxiety by encouraging them to understand how they think, feel and behave.

Parents can sign up for a free 12-week online CBT programme to support children and young people aged 4-18 who are experiencing mild-to-moderate anxiety.

Teens aged 16-18 can also sign up for their own free programme independently of a parent.

Helping you help them

Programmes feature tools and activities to try at home. Support your child to build skills to manage their anxiety and thrive.

Access anytime, anywhere

Sign up for free online therapy via smartphone, tablet, laptop or desktop computer. It's available 24 hours a day, 7 days a week. No need to be referred by a GP.

Go at your own pace

Family life is busy. Complete online programmes at your own pace over 12 weeks. For best results, use it for 15-20 mins per day, three to four times a week.

Online therapy with a human touch

You'll be allocated a SilverCloud Supporter who will check in with you online every two weeks to review your progress and provide feedback.

Sign up here: nhs.uk/silvercloudhealth/signup





NHS Wales Digital Mental Health Support for Young People, Parents and Carers

1 in 6 young people have a diagnosable mental health condition.

Over half of all mental health issues start before the age of 14, with 75% before the age of 24.

Our free online programmes for young people, their parents and carers provide early access to mental health support when it's needed.

What are SilverCloud® programmes?

Online guided self-help programmes provide education and tools for young people and those supporting them to understand and manage anxiety and low mood. Programmes use Cognitive Behavioural Therapy (CBT) techniques, which encourage young people to challenge their thoughts, feelings and behaviours.

Access anytime, anywhere

Sign up for free online. It's available 24 hours a day, 7 days a week. Work at your own pace.

Online support with a human touch

A human supporter guides the young person or their carer through the programme, providing regular feedback via online message.

It works

91% found it interesting

87% of young people said it was helpful

“I've learned everything I needed to know in terms of my mental health. I'm now having a fresh start and feel better about everything. I wanted to say thank you for all of your help. I truly appreciate it.” SilverCloud User

Sign up: nswales.silvercloudhealth.com/signup



Supporting an anxious child

For parents and carers of children aged 4-11

What you will learn...



Parenting an anxious child

Empowering you to recognise and focus on the helpful sides of anxiety.

Changing thoughts

Learn strategies to challenge worries and create more balanced thinking.

Parenting positively

Learn how to respond more positively when your child is experiencing anxiety.

Facing fears

Recognising the importance of children facing their fears, rather than avoiding them.

Changing anxiety

Learn how to use key CBT skills to help your child make changes which reduce their anxiety.

Creating a plan

Supporting you in ongoing anxiety management planning with your child.

Problem solving

Learn when to address your child's worries with effective problem solving.

Going forward

Enhance understanding of the importance of self-esteem and resilience in staying healthy.



CAERPHELLY EMPLOYMENT SUPPORT

We can help with:

Job Searches, Applications, CVs,
Interviews, One to One Support, Training,
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Volunteering, In Work Support,
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Ffair y Gaeaf Ystrad Mynach Winter Fair

Dydd Sadwrn 16 Tachwedd 2024 • Saturday 16th November 2024
9am - 5pm
Canol tref Ystrad Mynach Ystrad Mynach town centre



Ffeiriau eraill gaeaf 2024

Ffair y Gaeaf, Goed Duon
Dydd Sadwrn 23 Tachwedd

Ffair y Gaeaf, Caerffili,
yn cynnwys Gorymdaith Lusernau Afon y Goleuni
ac Arddangosfa Tân Gwyllt
Dydd Sadwrn 30 Tachwedd

Ffair y Gaeaf, Bargod,
yn cynnwys Gorymdaith Lusernau Cerddoriaeth a Goleuni
Dydd Sadwrn 7 Rhagfyr

Other winter fairs for 2024

Blackwood Winter Fair
Saturday 23rd November

Caerphilly Winter Fair
featuring The River of Light Lantern Parade
& Fireworks Display
Saturday 30th November

Bargoed Winter Fair featuring
The Music & Light Lantern Parade
Saturday 7th December

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FFYNIANT
— BRO —
LEVELLING
— UP —



Team Caerphilly
Yn Wlad ynni'n Gydio
Team Caerphilly
Better Together



Digwyddiad Cyngor Bwrdeistref Sirol Caerffili yw hwn, gyda chymorth ariannol y Gronfa Ffyniant Gyffredin a Chyngor Cymuned Gelligaer.
This is a Caerphilly County Borough Council event, financially supported by Shared Prosperity & Gelligaer Community Council funding.

Ffair y Gaeaf Coed Duon Blackwood Winter Fair

Dydd Sadwrn 23 Tachwedd 2024 • Saturday 23rd November 2024
9am - 5pm
Canol tref Coed Duon • Blackwood town centre



Ffeiriau eraill gaeaf 2024

Ffair y Gaeaf, Ystrad Mynach
Dydd Sadwrn 16 Tachwedd

Ffair y Gaeaf, Caerffili
yn cynnwys Gorymdalith Lusernau Afon y Goleuni
ac Arddangosfa Tân Gwylt
Dydd Sadwrn 30 Tachwedd

Ffair y Gaeaf, Bargoed yn cynnwys
Gorymdalith Lusernau Cerddoriaeth a Goleuni
Dydd Sadwrn 7 Rhagfyr

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Saturday 16th November

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— UP —



Visitcaerphilly



Tim Coerffili
Yn Wdlyn y Gynullid
Team Caerphilly
Better Together



Digwyddiad Cynor Bwrdeistref Siro Caerffili yw hwn, gyda chymorth ariannol y Gronfa Ffyniant Gyffwrdd a Chynor Tref Coed Duon.
This is a Caerphilly County Borough Council event, financially supported by Shared Prosperity & Blackwood Town Council funding.

Ffair y Gaeaf Caerffili

yn cynnwys Gorymdaith Lusernau Afon y Goleuni
ac Arddangosfa Tân Gwylt

Caerphilly Winter Fair

featuring The River of Light Lantern Parade & Fireworks Display

Dydd Sadwrn 30 Tachwedd 2024
Canol Tref Caerffili, 9am - 6pm
(Gorymdaith 5pm, Tân Gwylt 5.45pm)

Saturday 30th November 2024
Caerphilly Town Centre, 9am - 6pm
(Parade 5pm, Fireworks 5.45pm)

**GWEITHDAI
GWNEUD LLUSERNAU**
16/17/23/
24 Tachwedd
Canolfan Gymunedol
y Twyn
10am - 5pm

**LANTERN
MAKING
WORKSHOPS**
16th/17th/23rd/
24th November
Twyn Community
Centre
10am - 5pm

Ffeiriau eraill gaeaf 2024

Ffair y Gaeaf, Ystrad Mynach
Dydd Sadwrn 16 Tachwedd

Ffair y Gaeaf, Coed Duon
Dydd Sadwrn 23 Tachwedd

Ffair y Gaeaf, Bargoed, yn cynnwys
Gorymdaith Lusernau Cerddoriaeth a Goleuni
Dydd Sadwrn 7 Rhagfyr

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Tim Caerffili
Ymholiadau: 01443 866390
Team Caerphilly
Better Together



Digwyddiad Cynor Bwrdeistref Sirof Caerffili yw hwn, gyda chymorth ariannol y Gronfa Ffyniant Gyffredin a Cyngor Tref Caerffili.
This is a Caerphilly County Borough Council event, financially supported by Shared Prosperity & Caerphilly Town Council funding.



Nant -y- Parc

Halloween Costume Swap

If you have any Halloween costumes that your child/children have outgrown and have no further use for – please donate them to the school for our Halloween costume swap shop. Any donations to be handed in by Wednesday 16th October. The swap shop will be in the school hall between 2:55pm and 3:15pm on Monday 21st October.

Thank you for your support.
Heddlu Bach Team.

IF YOU SHOP AT ASDA
PLEASE SIGN UP AND
SUPPORT OUR SCHOOL

DON'T FORGET TO OPT-IN...

...once signed up, you can check
your app to see your school's
Cashpot so far.

HERE'S HOW:

- 1** Download the Asda Rewards app and opt-in to Cashpot for Schools.
- 2** Choose your primary school
- 3** Shop in-store across Asda & George, and scan your Asda Rewards app at the checkout.
- 4** Shopping online?
Simply log in to Asda.com using the same details as your Asda Rewards account.
- 5** We'll do the rest!
We donate ££s to your chosen school every time you shop, so they can spend it on exactly what they need.



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SCHOOLS**

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**ASDA
Rewards**

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opt-in today



YOU SCAN, WE DONATE ££S TO SCHOOLS.

Download the Asda Rewards
app and opt-in today

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SCHOOLS**

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**ASDA
Rewards**

