

Contact details: 02920 832116

16th June 2023

nantyparcprimary@sch.caerphilly.gov.uk

#### **SNEGFEST**

On Monday 19th June, we will be holding our annual SNEGFEST from 2pm. Please feel free to collect your child from their class at 2pm and to explore the stalls on offer. Each class will be selling their handmade products for a small fee, but there will also be a range of other stalls available. Please come along and support our school with this fun filled event.

#### SUMMER TRIPS - REMINDERS

Over the course of the next fortnight, all classes will be going on their summer trips to their chosen destination. Please can we remind parents to ensure children are dressed appropriately for weather conditions and that they wear suncream and a sun hat if the weather is warm. We also ask for you to provide your child with a packed lunch and plenty of drinks which will last them throughout the day. If your child usually suffers with travel sickness, please ensure you provide them with a travel sickness tablet/bands before arriving at school as we are unable to administer this. As there

will be lots of walking involved, we kindly ask for all children to wear sensible footwear e.g., trainers. Please do not send your child to school in sliders or Crocs. Spending money – Yor child may have the option to visit a shop. Therefore, they are allowed to bring a small amount of spending money, but they are responsible for this for the duration of the trip. Please ensure this is kept in their bag to avoid it falling

out of pockets. Children are not allowed to take mobile phones.

#### HEALTHY SNACKS

Please ensure only fruit, vegetables and water are brought into school for morning snacks. A useful leaflet for parents is attached (pages 14-21)

#### **OPERATION ENCOMPASS**

Please take some time to look at the attached information regarding our involvement in Operation Encompass. There are several leaflets which are informative (pages 2-4)

#### STAFFING STRUCTURE SEPTEMBER 23 - JULY 24

Year Group	Teacher
Nursery	Mrs Thomas
Reception	Mr Tilley
Year I	Mr Davies
Year 2	Miss Ford / Miss Cotton
Year 3	Moss Winter
Year 4	Mr Coles
Year 5	Mr Evans
Year 6	Mr Smalley

Support staff are yet to be determined.

#### ECO-SCHOOLS AWARD

We are delighted to inform you that we were successful in achieving the Green Flag: 4th Platinum Renewal certificate on Friday 9th June. Well done to our Eco Committee for all their hard work and effort.

Value of the month: Cooperation

Diary Dates

A peek at the next few weeks...

Divir y Duries		
06.06.23 - 23.0	06.23 Year 5 Swimming Course	
19.06.23	SNEGFEST - Parents are invited to	
join us from 2pm		
20.06.23	Y2 & Y3 Trip to Legoland	
26.06.23	Y4, Y5 & Y6 Trip to Drayton Manor	
27.06.23 – 30.06.23 Ed Fest / University Week		
05.07.23	New Y6 Parents Meeting at St Cenydd	
05.07.23	Reports sent home to parents	
06.07.23	Transition Day (Y6 will attend St	
	Cenydd & all other classes to move up	
	for the day).	

### Term Dates

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

### Welsh Phrase of the Week

Week beginning 19.06.23 - Beth wyt ti eisiau? Week beginning 26.06.23 - Ble mae...?



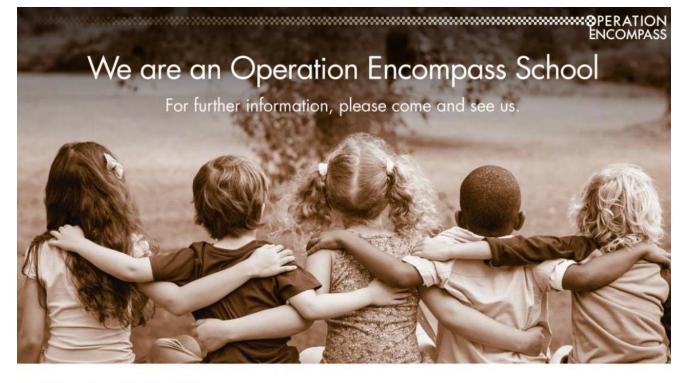
#### School Essentials Grant (Replaces PDG Access Grant) 2023/2024

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 collection of a cash payment.
- The grant provides £125 (except for year 7 which is £200) for eligible pupils [Reception through to Year II] to buy school uniform, equipment, sports kit, and kit for activities outside of school...

Eligibility of pupils remains unchanged, full details are available on the Councils Website

https://www.caerphilly.gov.uk/services/schools-and-learning/travel,-grants-andfunding/school-essentials-grant?lang-en-GB









### **Operation Encompass Pathways**





Encompass procedures. This allows us to use the information that has been confidentially shared with us by the police, to understand how a child may be impacted by domestic abuse and to then offer support to the child/ren in our care.

This information means that we can understand a child's behaviour and support that child in whatever way they may need or want. Operation Encompass means that our school will be told, prior to the start of the next school day, when police have attended an incident of domestic abuse where there is a child or young person who attends our school who is related to any of those involved in the incident

We are keen to offer the very best support possible to all our pupils and we believe that being part of Operation Encompass helps us to do this.

Domestic Abuse Act 2021

www.operationencompass.org

Ariennir gan Gyngor Tref Coed Duon / Treinir gan Gyngor Caerfilli

# BLACKWOOD BEACH PARTY

Funded by Blackwood Town Council / Organised by Caerphilly Council

### Prif Lwyfan Cerddoriaeth • Stondinau Bwyd a Chrefft Reidiau Ffair • Reidiau ar Gefn Asynnod Sioeau Pwnsh a Jwdi

Canol Tref Coed Duon - Dydd Sadwrn 8 Gorffennaf 2023, 9am - 5pm

Main Music Stage • Food & Craft Stalls Funfair Rides • Donkey Rides • Punch & Judy Shows Blackwood Town Centre - Saturday 8th July 2023, 9am - 5pm

visitcaerphilly.com/cy/events 💣 #DewisLleol 💣 Llinell wybodaeth 029 2088 0011 www.visitcaerphilly.com/events 💣 #ChooseLocal 🗳 Information Hotline 029 2088 0011







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fili Team Caerphill ilydd Better Togethe





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FREE AFRICAN DRUMMING WORKSHOPS FOR DEAF CHILDREN AND YOUNG PEOPLE PROVIDED BY THE SUCCESSORS OF THE MANDINGUE AND DEAF HUB WALES

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DATE: WEDNESDAY 12TH JULY 2023 3:30PM TO 4PM 4PM TO 4:30PM

VENUE: BRECON HOUSE, LLANTARNAM IND EST, CWMBRAN, NP44 3AB

AS PART OF THE LISTEN UP SOCIAL EVENING

NO EXPERIENCE NECESSARY DJEMBE DRUMS PROVIDED





Cyngor Celfyddydau Cymru Arts Council of Wales



Koddir gan Lywodraeth Cymru Sponsored by Welsh Government



# 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





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/ND and would like to join a peer support group? A ADHD+ 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.

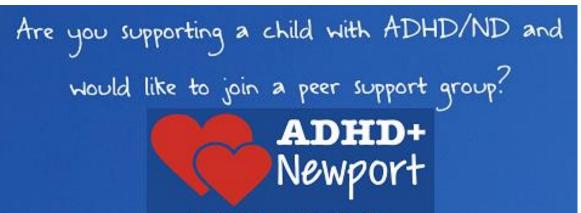
We support families who have children with ADHD plus Autism and other Neurodiversities.

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.





Families Supporting Families

# FIRST WEDNESDAY 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 will be at Asda Pillgwenlly, Community Room, Lower Dock Street, NP20 2BH. Please text or call Natalie to book a space on 07977 455 592.



Are you supporting a child with ADHD/ND 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.





- 12pm start Pride Caerffili Parade Starting from St Martins School Sponsored by Heddlu Gwent Police
- **1pm 7pm** Entertainment Stage Sponsored by Unite the Union
- 1pm 5pm Pride Caerffili Youth Bandstand Sponsored by Unison Caerphilly







provide a service that allows children to grow, develop and learn in a safe. nomely 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 Outtings ~
- Registered and Certified ~
- Qualified First-Aider ~



Ruth Coakley - Curious Koala Childcare

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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 cooll - 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



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 talternatives.

 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 wholeschool 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.



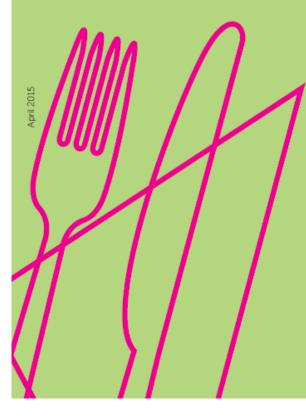
September 2021

# 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 θ 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.

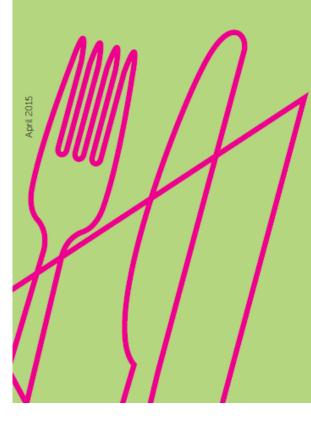


# Healthy Eating in Schools: Nursery School Food Requirements

# 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 $\vartheta$ 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 θ with lunch only
- Meat products not more than twice each week θ 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.



# Healthy Eating in Schools: Primary School Drink Requirements

# Breakfast & Lunch

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

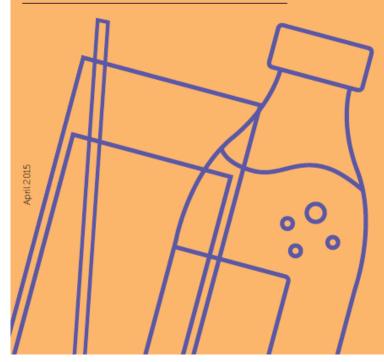
- Plain water (still or carbonated)
- Plain milk (semi skimmed or skimmed)
- Plain soya, rice or oat drinks
- Fruit or vegetable juice (still or carbonated)
- Fruit or vegetable juice (still or carbonated) combined with water (at least 50% juice)
- Fruit or vegetable blends

# **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.





# 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.

