

Nant-y-Parc Weekly Newsletter



Contact details:

02920 832116

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16th June 2023

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 sunscreen 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 – Your 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 1	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**

A peek at the next few weeks...



Diary Dates

06.06.23 – 23.06.23 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 11] 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-and-funding/school-essentials-grant?lang=en-GB>

We are an Operation Encompass School

For further information, please come and see us.



Operation Encompass Pathways



Police attended incident identified as Domestic Abuse with child/ren age of 18 or under in the family

OPERATION ENCOMPASS

Identified as Operation Encompass notification required



Child/ren's school is in the local police force area



Police contact school/s Key Adult directly and share information about the incident



Child is supported by school through Operation Encompass



Child/ren's school is not in the local police force area



Local Police contact Operation Encompass operational lead in the child's school force area and pass information about the incident



Police in school force area contact school/s Key Adult directly and share information about the incident

OPERATION ENCOMPASS

Experiencing an Unhealthy or Unsafe Relationship?

Your rights as a child or young person

If the police are called to your home because of a domestic incident, then the officers should talk to you and listen carefully to you and your experiences; they should explain to you any decisions that they are making and listen to what you want for yourself and your own safety.

You should not have to face this on your own and you have the right to be listened to, to have your voice heard and to be cared for... that is the responsibility of the adults in your life... because you matter.

Your teachers in school should show understanding and care for you; they have had training to help them to try to understand what it is like experiencing unhealthy or unsafe relationships and they should give you the support that you want and need, and work on your behalf to get you support by people/groups outside school if that is what you want and need.

Operation Encompass believes that you have the right to be happy, to live in a secure and caring environment and to live without harm and fear.

Operation Encompass understands that living in a home where there are unhealthy or unsafe relationships between the people who care for you, or being in an unhealthy or unsafe relationship yourself (domestic abuse) can be harmful to you. If this happens to you then you should be listened to, helped and supported by a trusted adult who cares and understands what you are experiencing.



Operation Encompass is a scheme that means that the police will share information with one trained person in your school or college if something has happened that is about unhealthy or unsafe relationships between the people who care for you or in your own relationship. The person in school who is responsible for keeping you safe will be told so that they can help you. www.operationencompass.org Your rights are written in the United Nations Convention on the Right of the Child www.unicef.org.uk/what-we-do/un-convention-child-rights/

Operation Encompass is a national scheme that operates jointly between schools and all police forces.

Children who live in homes where there is domestic abuse, or who experience domestic abuse in their own teenage relationships, can be negatively impacted by this experience.

Children who experience domestic abuse are recognised as victims of domestic abuse in their own right¹.

We have ensured that a member of our staff, (Designated Safeguarding Lead) known as a Key Adult, has been trained about Operation 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.

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

This information means that we can understand a child's behaviour and support that child in whatever way they may need or want.

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.

¹ Domestic Abuse Act 2021

PARTI TRAETH COED DUON

Ariennir gan Gyngor Tref Coed Duon / Trefnir gan Gyngor Caerffili



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



Visitcaerphilly



Tim Caerffili
Ya Wel gyda'n Gilydd

Team Caerphilly
Better Together





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



FREE AFRICAN DRUMMING WORKSHOPS

**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**



**ARIENNIR GAN
Y LOTERI
LOTTERY FUNDED**



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?



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.



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



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?



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.



Saturday 24th JUNE 2023



TWYN CAR PARK

Caerphilly

- ★ Entertainment ★
- ★ Food and drink stands ★
- ★ Information stands ★ Markets ★
- ★ The Gwent LGBTQ+ Timeline launch
- ★ Crafts ★ and much more . . .

Compere of the Day
**Miss Tina
Sparkle**

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



Where possible please
use public transport

A warm welcome for everyone!

**LEVELLING
UP**

UNISON
Caerphilly Branch

unite
THE UNION



**CAERPHILLY
CAERFFILI**



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.

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.

April 2015



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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)
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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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