

Nant-y-Parc Weekly Newsletter



Contact details:

18th July 2024

02920 832116

nantyparcprimary@sch.caerphilly.gov.uk

FREE SCHOOL MEALS

CHECK TO SEE IF YOUR CHILD IS ELIGIBLE FOR FREE SCHOOL MEALS.

If your child qualifies for free school meals, you may be able to get help with other school costs/essentials such as school uniforms etc.

Check via the following link: <https://www.gov.wales/get-help-school-costs>

Please note, this is different to the universal primary free school meals which all pupils are entitled to.

Value of the half term: **Friendship**

A peek at the next few weeks...



TERM DATES

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



MENU CHANGES FROM SEPTEMBER

Week 1 - Wednesday - now has Sliced Beef, Yorkshire Pudding & Gravy on, the menu, and the Welsh Cheese Toasted Panini (V) removed.

Week 2 - Tuesday - Welsh Cheese Toasted Panini (V) will replace Filled Jacket Potato. Friday - Cheese Omelette (V) will replace Quorn Hot Dog with Onions & Tomato Ketchup (V)

Week 3 - Thursday - Margherita Pizza (V) will replace Quorn Patty Muffin (V)

See the menus attached on pages 11, 12 and 13 for further details.

Thank you

As we reach the end of another academic year, we would like to extend our heartfelt gratitude for your unwavering support and dedication to your child's educational journey. Your presence at key events and your continuous encouragement have made a significant impact on our school community.

We deeply appreciate the time and effort you have invested in partnering with us to create enriching educational experiences for your children. Your involvement has been invaluable, and we are truly thankful for your commitment.

As we break for the summer holiday, we wish you and your families a wonderful, safe, and restful time. Enjoy the well-deserved break, and we look forward to welcoming you back in September, refreshed and ready to embark on another exciting school year together.



**ADDYSG CYMRU
EDUCATION WALES**
cyswllt ar ysgol | our school matters



Get Help with School Costs

The Welsh Government is offering support to eligible children to help with school costs. This includes the rollout of Universal Primary Free School Meals (UPFSM) to all Primary school children, access to Free School Meals and the School Essentials Grant.



Parents can check eligibility here:
[Get help with school costs | GOV.WALES](https://gov.wales)

Click on the images to download the assets from Dropbox.

SCHOOLS

Please use the content provided and share the assets. It is essential that parents/carers continue to check eligibility in order to access the support available and to ensure extra funding can be accessed for your school.

Free School Meals and the School Essentials Grant

Examples of images to use:



Universal Primary Free School Meals rollout

Examples of images to use:



Animation to use:



For more information or any queries, please email:
dysg@gov.wales

#FeedTheirFuture



July 2024

Young people urged to stay safe around open water after latest tragedies

Dear parent/guardian,

In 2023 there was an increase in the number of fatalities in and around water amongst young people, and we have already seen a number of drowning fatalities this year. We must work together to prevent more deaths.

Data from 2023 shows that boys aged 10-19 are particularly at risk of accidental drowning and that 59% of fatalities occurred on inland waters (rivers, lakes, canals etc).

One drowning is too many. We urge you to remind children and young people of our four simple tips to help them stay safe around open water. Knowing these tips can save a life.



Together we can ensure all children in Wales are able to have fun and be safe in and around water.

Yours sincerely,



Chris Cousens

Chair, Water Safety Wales

Dilynwch y Cod Diogelwch Dŵr bob amser

Pan fyddwch chi o gwmpas
y dŵr

Always follow the Water Safety Code

When in, on or around water



diogelwch dŵr
Cymru
water safety
Wales



Pwyllwch

1

Stop and Think

Pan fyddwch chi'n agos at ddwr, gofynnwch i'ch hun:

- A yw'n lle diogel i nofio ac a oes achubwr bywyd wrth law?
- Pa mor ddwfn ydyw?
- Pa beryglon allai fod o dan yr wyneb?
- Ar y traeth, ydych chi wedi gofyn i'r achubwyr bywyd am gyngor?

When you're by the water, ask yourself:

- Is it a safe place to swim and is there a lifeguard?
- How deep is it?
- What dangers could be under the surface?
- At the beach, have you asked the lifeguards for advice?



Arhoswch Gyda'ch Gilydd

2

Stay Together



Gall teulu a ffrindiau helpu mewn argyfwng.

- Ewch gyda rhywun arall bob amser.
- Dywedwch wrth rywun i ble rydych chi'n mynd a phryd byddwch chi'n dod yn ôl.
- Ewch â ffôn gyda chi i alw am help.

Family and friends can help in an emergency.

- Always go with someone else.
- Tell someone where you're going and when you'll be back.
- Carry a phone to call for help.

Arnofiwch

3

Float



Os byddwch chi'n mynd i drafferth yn y dŵr, ARNOFIWCH ar eich cefn nes ichi dawelu

- Rhowch gynnig ar ymarfer arnofio y tro nesaf y byddwch chi yn y pwll nofio.

If you get into trouble in the water, FLOAT until you feel calm.

- Practise floating the next time you're at the swimming pool.

Ffoniwch 999

4

Call 999

Gallwch chi helpu os oes rhywun arall mewn trafferth. Pan fyddwch chi wedi galw 999 i gael help ...

- Cadwch draw oddi wrth yr ymyl a pheidwch â mynd i mewn i'r dŵr.
- Chwiliwch am rywbeth y gallwch ei daflu i'w helpu i arnofio – fel cylch achub neu bêl-droed.
- Gweiddwch arnyn nhw am aros yn dawel ac arnofio ar eu cefn.

You can help if someone else is in trouble. Once you've called 999 to get help ...

- Stay back from the edge and don't go in the water.
- Look for something you can throw to help them float – like a lifering or a football.
- Shout to them to stay calm and float on their back.





FONMON SUMMER PASS

CELEBRATE THE SUMMER HOLIDAYS AT FONMON!

ONLY **£32** PER PASS

ALL THEMED WEEKEND EXPERIENCES INCLUDED!



VISIT AS MANY TIMES AS YOU LIKE DURING THE SUMMER HOLIDAYS, 20/07/24 til 01/09/24, OPEN 10AM TIL 4PM. FOR MORE INFORMATION, T&Cs AND TO PURCHASE YOURS VISIT OUR WEBSITE:

WWW.FONMONCASTLE.COM

Supporting People Across Caerphilly

Ydych chi angen help gyda thai neu i reoli eich arian?

Mae ein Prosiect Cefnogi Pobl yn cynnig gwasanaethau i helpu:

- Sefydlu a chynnal cartref.
- Atal achosion o droi allan, ôl-ddyledion rhent, treth ystafell wely/ôl-ddyledion treth cyngor, gwasanaethau mynediad, cymorth a rhwydweithiau cymdeithasol.
- Cael mynediad at addysg, gwirfoddoli, hyfforddiant a chyfleoedd cyflogaeth.
- Hawlio budd-daliadau, cynyddu incwm, apeliadau budd-daliadau a cheisiadau grant.
- Rheoli arian, cyllidebu a rheoli dyledion, dirwyon trwyddedau teledu.
- Deall llythyrau a llenwi ffurflenni.
- Cynyddu annibyniaeth.
- Atal digartrefedd

Dyma fanylion cyswllt ar gyfer Cefnogi Pobl neu i wneud atgyfeiriad.

Edrychwch ar ein gwefan am brosiectau HSC eraill yng Nghaerffili.

Do you need help with housing or managing your finances?

Our Supporting People Project offers services to help:

- Set up and maintain a home.
- Prevent evictions, rent arrears, bedroom tax/ council tax arrears, access services, support, and social networks.
- Access education, volunteering, training, and employment opportunities.
- Claim benefits, maximise income, benefit appeals and grant applications.
- Managing money, budgeting and debt management, TV licence fines.
- Understand letters and form filling.
- Increase independence.
- Prevent homelessness

Contact info for Supporting People or to make a referral below.

Check out our website for other HSC projects within Caerphilly.



supportingpeople@caerphilly.gov.uk



caerphilly.gov.uk/supportingpeople



Testun/Text: housupport i/to 81400



01443 864548



GIRLS FUN FOOTBALL

We are currently recruiting for next season's U7s squad for girls who are currently in school year 1.

At Caerphilly Castle FC, it's not just about football – it's about making new friends, building confidence, and having loads of fun!

**Every Wednesday
6pm - 7pm**

Virginia Park
Caerphilly
CF83 3HE

Contact coach Bethan on
07930820643 or email us
enquiries@caerphillycastlefc.co.uk



**FIRST SESSION
FREE**



WE ARE RECRUITING

We are currently recruiting for next season's U10s and U11s squads for girls who are currently in school years 4 and 5.

At Caerphilly Castle FC, it's not just about football – it's about making new friends, building confidence, and having loads of fun!

Every Wednesday
6pm - 7:30pm

Virginia Park
Caerphilly
CF83 3HE

Contact coach Bethan on
07930820643 or email us
enquiries@caerphillycastlefc.co.uk



FIRST SESSION
FREE

CAMHS ONLINE WELLBEING WORKSHOPS

23rd July – 27th August 2024

CAMHS will be running a workshop on MS Teams through the summer holidays for young people who will be ***attending Year 7 in September 2024***, and their families across Gwent.

Please use the booking form/QR code below and make sure to book on at least 24 hours before the session.

Parents are welcome to attend with their young person, but we will not be able to answer any individual CAMHS queries during the workshop time.

Transition: Year 6 – Year 7

This workshop explores the feelings experienced with transition between primary and secondary school

Tuesday 23rd July 2024

1:00 – 3:00pm

Tuesday 30th July 2024

1:00 – 3:00pm

Tuesday 6th August 2024

1:00 – 3:00pm

Tuesday 13th August 2024

1:00 – 3:00pm

Tuesday 20th August 2024

1:00 – 3:00pm

Tuesday 27th August 2024

1:00 – 3:00pm

BOOKING INFORMATION

To register for one of the listed sessions, follow the Microsoft Forms link or scan the QR code:

<https://forms.office.com/e/rxUeATZ4g9>



Caerphilly Primary Menu Week 1

	Mega Monday	Tasty Tuesday	Roast Wednesday	Traditional Thursday	Fun Friday Served in a Box
Main Meal	Welsh Beef Lasagne Welsh Cheese & Onion Savoury Bake (V)	French Bread Pizza Ravioli in Tomato Sauce served with Welsh Cheese & Focaccia Bread (V)	Sliced Beef, Yorkshire Pudding & Gravy Sausage Yorkshire Pudding & Gravy (V)	Sweet Chili Chicken Margherita Pizza (V)	Harry Ramsdens Fish Portion Welsh Beef Burger or Quorn Burger (V) in Bun with Tomato Ketchup
Daily Special	Fish Goujons Non-Fried	Filled Jacket Potato	Chicken Goujons	Filled Wrap	Filled Baguette
Carbohydrates	Garlic & Herb Bread Seasoned Twisted Potatoes with Various Sauces	Wholemeal Savoury Rice Seasoned Wedges Non-Fried	Oven Baked Dry Roast Potatoes Mashed / Boiled Potatoes	Savoury Herb Diced Potatoes Non-Fried Noodles	Seasoned Wedges Non-Fried Chipped Potatoes with Various Sauces
Vegetables	Salad Bar Baked Beans Peas	Salad Bar Sweetcorn Green Beans	Salad Bar Cabbage Carrots Swede	Salad Bar BBQ Beans Mixed Vegetables	Salad Bar Corn on Cob Peas
Desserts	Chocolate & Pear Brownie with Ice Cream	Various Fruit Crumble with Custard	Jam or Fruit Welsh Cake with Fruit Wedges	Welsh Lan Y Laeth Yogurt	Flapjack
Additional Items	Fried Jacket Potatoes Served with Vegetables / Salad Bar and Desserts				
One or more of the choices listed can be offered:	Pasta & Sauce Served with Vegetables / Salad Bar and Desserts				
One or more of the choices listed can be offered:	Sandwiches / Baguettes or Wraps Served with Carbohydrates, Vegetable or Salad Bar and Desserts				

Fresh Milk & Drinking Water, Wholemeal Bread, Fruit Bar, Fruit & Welsh Ice Cream and Yoghurt available daily.
The menu mix displayed is for guidance only. Caerphilly Catering Services reserve the right to change products subject to availability.
Customers will be free to make their own daily accompaniments selection.

Please Note: The above menu contains allergens.

Caerphilly Primary Menu Week 2

	Mega Monday	Tasty Tuesday	Roast Wednesday	Traditional Thursday	Fun Friday Served in a Box
Main Meal	Hot Dog with Onions & Tomato Ketchup Tomato Pasta Bake with Garlic & Herb Bread (V)	A Selection of Fruity Curry (Chicken / Beef / Vegetable) or BBQ Chicken Welsh Cauliflower Cheese (V)	Turkey, Yorkshire Pudding Seasoning & Gravy Margarita Pizza (V)	Jumbo Fish Finger Macaroni Cheese Made with Welsh Cheese (V)	Chicken Chunks Cheese Omelette (V)
Daily Special	Fish Goujons Non - Fried	Welsh Cheese Toasted Panini (V)	Meatball Bagnette with BBQ Sauce (V)	Filled Sandwich	Salmon & Cod Fish Cake Non-Fried
Carbohydrates	Seasoned Wedges Non-Fried with Tomato Ketchup Mashed Potatoes	Rice / Noodles Savoury Herb Diced Potatoes Non-Fried	Sage & Thyme Oven Baked Dry Roast Potatoes Mashed / Boiled Potatoes	Pommes Noisettes Tomato & Garlic Cheesy Twist Bread	Seasoned Wedges Non-Fried Crispy Fries & Various Sauces
Vegetables	Salad Bar Peas Coleslaw	Salad Bar Mixed Vegetables Corn on Cob	Salad Bar Carrots Cabbage Peas	Salad Bar Sweetcorn Baked Beans	Salad Bar Baked Beans Peas
Desserts	Strawberry Flapjack	Artic Roll	Jelly	Fruit Sponges with Custard	Plain Cookie served with Fruit
Additional Items	Filled Jacket Potatoes Served with Vegetables / Salad Bar and Dessert				
One or more of the choices listed can be offered:	Pasta & Sauce Served with Vegetables / Salad Bar and Dessert				
	Sandwiches / Baguettes or Wraps Served with Carbohydrates, Vegetable or Salad Bar and Dessert				

Fresh Milk & Drinking Water, Wholemeal Bread, Fruit Bar, Fruit & Welsh Ice Cream and Yoghurt available daily.
The menu mix displayed is for guidance only. Caerphilly Catering Services reserve the right to change products subject to availability.
Customers will be free to make their own daily accompaniments selection.

Please Note: The above menu contains allergens.

Caerphilly Primary Menu Week 3

	Mega Monday	Tasty Tuesday	Roast Wednesday	Traditional Thursday	Fun Friday Served in a Box
Main Meal	Welsh Pork Meatballs With Tomato & Basil Sauce Vegetable Nuggets (V)	Welsh Sausage Roll Ravoli in Welsh Cheese Sauce (V)	Chicken with Yorkshire Pudding, Seasoning & Gravy Vegetarian Cottage Pie (V)	Minced Beef Pie & Gravy Margherita Pizza (V)	Fish Bites Cheese & Potato Pie (V)
Daily Special	Filled Jacket Potato	Lemon Sole Non-Fried	Welsh Vegan Sausage Roll (V)	Filled Jacket Potato	Filled Baguette
Carbohydrates	Mashed Potatoes Pasta	Mexican Bread Potato Croquettes With Various Sauces	Oven Baked Dry Roast Potatoes Boiled / Mashed Potatoes	Savoury Herb Diced Potatoes Non-Fried Seasoned Wedges Non-Fried	Boiled Potatoes Chipped Potatoes With Various Sauces
Vegetables	Salad Bar Cheesy Colelaw Peas & Sweetcorn	Salad Bar Baked Beans Sweetcorn	Salad Bar Cauliflower Swede Peas	Salad Bar Peas Farmhouse Mixed Vegetables	Salad Bar Baked Beans Peas
Desserts	Sticky Orange Date Brownie & Orange Wedges	Various Fruit Crumble & Custard	Various Flavoured Mousse	American Pancake with Fruit & Ice Cream	Chocolate Cookie
Additional Items	Filled Jacket Potatoes Served with Vegetables / Salad Bar and Desserts				
	Pasta & Sauce Served with Vegetables / Salad Bar and Desserts				
One or more of the choices listed can be offered:	Sandwiches / Baguettes or Wraps Served with Carbohydrates, Vegetable or Salad Bar and Desserts				

Fresh Milk & Drinking Water, Wholemeal Bread, Fruit Bar, Fruit & Welsh Ice Cream and Yoghurt available daily.
The menu mix displayed is for guidance only, Caerphilly Catering Services reserve the right to change products subject to availability.
Customers will be free to make their own daily accompaniments selection.

Please Note: The above menu contains allergens.