

Nant-y-Parc Weekly Newsletter



Contact details:
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19th April 2024

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HEAD LICE / NITS

If your child has recently had head lice/nits and you require further advice on effective treatment options, please refer to page 6 of the newsletter to avoid the spread to others.

PROM EXCHANGE

This year, we have decided to hold a prom clothing exchange scheme (in preparation for the Y6 prom) where families can donate any unwanted dresses, suits, shirts, ties, shoes, bags, and accessories for our current Y6 pupils to choose from if necessary. If these could be donated by **Monday 20th May**, we will launder them (if possible) and have them available for parents/pupils to browse and take away from **03.06.24** free of charge. As a school, we are trying our best to limit costs around special events and thought this would be a great way to reuse unwanted items of clothing.

SPORTS DAY

Sports Day will be held slightly earlier this year due to work being carried out at Senghenydd Rugby Club during the summer months. As it is still spring, we hope that the weather will be dry for it to go ahead as planned but will communicate this via text message closer to the time to keep you informed.

Sports Day details:

Years 1-3: 9.45 am – 11.45 am

During the morning, years 1-3 will compete in their races where every child will participate in a heat, that will then produce a final race for each event. When this finishes, pupils will be able to be collected early. If not, they will return to school for a later lunch and can be collected from school at the normal time of 3:15 pm. **If you collect your child from Senghenydd Rugby Club, we will not mark them down for lunch in school.**

Years 4-6: 12.30 pm – 3.15 pm

For years 4-6, the house teams in each class will have already done practice and heats in school. The teams will have already chosen their finalists for each event. Every child will be competing in at least 2 events. They will have normal lunch in school at an earlier time.

At the end of the day, pupils will either need to be collected from Senghenydd Rugby Club or will walk home. **Even if your child usually walks home, they will not be allowed to a after sports day without permission provided. Depending on the time and with your permission, pupils who walk home may be required to walk home from Senghenydd Rugby Club or school. No pupil will be allowed to walk home alone until 3:15 pm. If you are collecting your child at 3:15 pm, we will let you know via text message whether we will be at Senghenydd Rugby Club or the school.**

Sports Day Clothing

Please can you ensure your child wears appropriate clothing/footwear for the day as it may be colder than in previous years? 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.

Lunch

Pupils will be able to have school lunch but it may be served slightly earlier/later than usual.

Further information can be found in the Sports Day letter which was sent home on 15.04.24

OAKER WOOD MEETING FOR Y5&6 PARENTS

On Tuesday 7th May, we will be holding a meeting for Y5 and Y6 parents to discuss the residential trip to Oaker Wood. During this meeting, we will share a presentation which will hopefully give you an overview of the activities your child will participate in, and provide key information about meal options, kit lists, adult supervision/safety, and communicating with your child etc. We will also answer any questions you may have about the trip.

Please join us in the school hall at 2.45 pm.

Value of the half term: **Friendship**

A peek at the next few weeks...



DIARY DATES

- 22.04.24-26.04.24** Clothes exchange for Y6 Prom - please donate any unwanted/ outgrown pupils' prom dresses/outfits/suits and accessories. - ages 9-12 years.
- 25.04.24** Sports Day (Years 1 – 6)
- 26.04.24** Drop-in attendance meeting for parents – 2.30 pm
- 07.05.24** Oaker Wood meeting for Y5/6 parents – 2:30 pm
- 08.05.24-09.05.24** Mini Senedd (Y4-6 leaders only) to visit Houses of Parliament
- 20.05.24** Y5 & Y6 summer trip to Drayton Manor
- 21.05.24** Photograph Day for Nursery and Y6 pupils only

TERM DATES

- 06.05.24** May Day Bank Holiday
- 24.05.24** INSET Day (school closed for pupils)
- 27.05.24 – 31.05.24** Half-term week
- 18.07.24 –** End of term (1.15 pm finish)
- 19.07.24 –** INSET Day (school closed for pupils)

ATTENDANCE

A friendly reminder that attendance continues to be a high priority this term and will be closely monitored on a weekly basis. Whilst we appreciate illness cannot be avoided, we have attached a link to help you determine whether or not you child is too ill for school.

<https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/>



Please refer to page 2 for further attendance related information.

WELSH PHRASE OF THE WEEK

- Week beginning 22.04.24 – Dewch i mewn
- Week beginning 29.04.24 – Agorwch y drws



Attendance

School Target = 92%

2023-2024	Class Attendance % for week beginning 08.04.24	Class Attendance % for week beginning 15.04.24 (excluding Friday)
Nursery	84%	89.1%
Reception	93.7%	99.4%
Year 1	97.1%	98.4%
Year 2	95.1%	89.8%
Year 3	96.9%	92.7%
Year 4	91.6%	96.7%
Year 5	99.2%	95.8%
Year 6	94%	98.6%

Your child should NOT have a day off school for the following reasons:

- It is their birthday
- The family have slept late
- They have a medical appointment to attend
 - They do not want to attend
 - They are upset about something

Please communicate all absences with school on the first day of absence and if we can support, we will.

Sport Caerphilly

Chwaraeon Caerffili

Re: Sport Caerphilly 2k

The **Caerphilly 2K** is set to return on Sunday 12th May. As a club we would like you to enter athletes/members to take part in the fun run. This will be a great opportunity for the club to raise some additional funds.

The 2k will take place against the backdrop of Caerphilly Castle. 2k entrants will be chip timed and will receive a medal and t-shirt. Entrants will be required to be aged 7+ on the day of the event to participate.

Sunday 12th May 2024

9am Race starts

Minimum age, 7 years (unfortunately this is not flexible)

Entry fee £7.50 (£1 booking fee per participant)

If you are interested in taking part in the 2K fun run, you book on via the www.caerphilly10k.co.uk website. Here you can book multiple people on and pay for them all at the same time within a bulk order.

The positive with this is that all of the race info can be sent directly to one person.



The Bryn Meadows

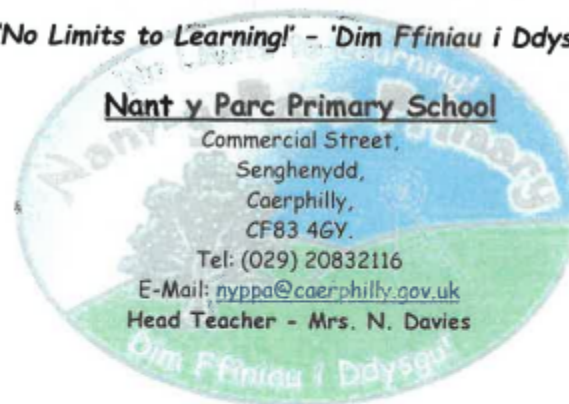
GAERPHILLY 10K & Caerphilly 2K 12th May, 2024

Sponsorship Form

Name of participant			
Club / School fundraising for			
Full Name	Address	Amount sponsored	Date collected
1			
2			
3			
4			
5			
6			
7			
8			
9			

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11				
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Full Name	Address	Amount sponsored	Date collected	
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'No Limits to Learning!' - 'Dim Ffiniau i Ddysgu!'



Dear Parent/Carer

There is no need to apply again if you have already applied for eFSM

Universal Primary Free School Meals (UPFSM)

It is Welsh Government's aim that every child in primary school in Wales will be eligible for a universal primary free school meal (UPFSM) by 2024, regardless of household income.

In Caerphilly County Borough this is already the case and all full-time pupils in primary school can have a free school meal.

However it is important to know the difference between UPFSM and eFSM so that you can claim other benefits that go with eFSM

Eligible Free School Meal (eFSM)

Families who meet certain criteria, for example those on lower incomes or in receipt of certain benefits, may be eligible to apply for eFSM. Families in receipt of eFSM are also eligible to receive the Pupil Development Grant to buy school uniforms and equipment, sports kit and equipment for activities outside school.

If you think you might be eligible for eFSM please apply.

For more information about the eligibility criteria and the application process for eFSM please visit: [www.caerphilly.gov.uk/Free school meals](http://www.caerphilly.gov.uk/Free%20school%20meals)

If you are already eligible for eFSM there is no need to apply again

Thanks very much

Nant-y-Parc Primary School

Head lice and Nits

Head lice and nits are very common in young children and their families. They do not have anything to do with dirty hair and are picked up by head-to-head contact.

Head lice can make your head feel:

- itchy
- like something is moving in your hair

The only way to be sure someone has head lice is by finding live lice.

You can do this by combing their hair with a special fine-toothed comb (detection comb). You can buy these online or at pharmacies.



How to get rid of head lice

Treat head lice as soon as you spot them. You can treat head lice without seeing a GP.

You should check everyone in the house and start treating anyone who has head lice on the same day.

There's no need to keep your child off school if they have head lice.

Wet combing

Lice and nits can be removed by wet combing.

You can buy a special fine-toothed comb (detection comb) online or from pharmacies to remove head lice and nits.

There may be instructions on the pack, but usually you:

- wash hair with ordinary shampoo
- apply lots of conditioner (any conditioner will do)
- comb the whole head of hair, from the roots to the ends

It usually takes about 10 minutes to comb short hair, and 20 to 30 minutes for long, frizzy or curly hair.

Do wet combing on days 1, 5, 9 and 13 to catch any newly hatched head lice. Check again that everyone's hair is free of lice on day 17.

Medicated lotions and sprays

If wet combing has not worked or is not suitable, you could try a medicated lotion or spray. These kill head lice in all types of hair, and you can buy them from pharmacies, supermarkets or online.

Head lice should die within a day. Some lotions and sprays come with a comb to remove dead lice and eggs.

Some treatments need to be repeated after a week to kill any newly hatched lice.

Check the pack to see if they're OK for you or your child and how to use them.

If lotions or sprays do not work, speak to a pharmacist about other treatments.

Some treatments are not recommended because they're unlikely to work.

For example:

- products containing permethrin
- head lice "repellents"
- electric combs for head lice
- tree and plant oil treatments, such as tea tree oil, eucalyptus oil and lavender oil herbal remedies

You cannot prevent head lice

There's nothing you can do to prevent head lice.

You can help stop them spreading by wet or dry combing regularly to catch them early.

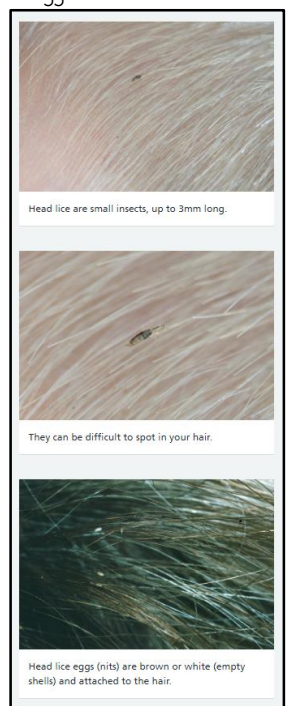
Do not use medicated lotions and sprays to prevent head lice. They can irritate the scalp.

There's no need for children to stay off school or to wash laundry on a hot wash.

Information taken directly from NHS website: Head lice and nits - NHS (www.nhs.uk)

[https://awttc.nhs.wales/files/guidelines-and-pils/cas-pil-head-lice-](https://awttc.nhs.wales/files/guidelines-and-pils/cas-pil-head-lice-pdf/#:-:text=Do%20%20need%20to%20keep,lice%20in%20your%20child's%20hair.)

[pdf/#:-:text=Do%20%20need%20to%20keep,lice%20in%20your%20child's%20hair.](https://awttc.nhs.wales/files/guidelines-and-pils/cas-pil-head-lice-pdf/#:-:text=Do%20%20need%20to%20keep,lice%20in%20your%20child's%20hair.)



FOOTBALL TOTS



Caerphilly Leisure Centre

5pm-5.45pm, every Thursday

Starting 11th April 2024

3-6 years

Book now to secure your child's place:

Telephone: 029 2085 1845

6 week
block
£16.80
per child

For more info email Sean Davies:

sportcaerphilly@caerphilly.gov.uk





Gwent Drug
& Alcohol
Family Service

WE ARE DELIGHTED TO ANNOUNCE THE START OF OUR NEW 10 YEAR GWENT FAMILY SERVICE CONTRACT

GDAFS offer the following services:

- Substance Awareness Information
- Harm Reduction
- Advice & Signposting
- Brief Interventions
- Community Reinforcement Therapy (CRAFT)
- Parent and Carers Training
- SMART Recovery Family & Friends
- Parents Under Pressure (PUP)
- Mediation
- Advocacy
- Peer Support Group
- Self Care
- Well-Being & Activities



*Parents & Carers
Of Under 18s*



*Concerned Others:
Under 18s*



*Concerned Others:
Over 18s*

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