



# Nant-y-Parc Weekly Newsletter



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27th April 2023

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Value of the month: **Cooperation**

A peek at the next few weeks...



## Diary Dates

- 05.05.23 Coronation of King Charles III Celebration - Pupils to wear their party clothes on this day.
- 09.05.23 Mini Senedd visit to the Senedd/Cardiff (Mini Senedd only)
- 12.05.23 Sports Afternoon for Nursery and Reception
- 15.05.23 Paris Trip for Y5/6 pupils
- 19.05.23 Thank Educators Day
- 06.06.23 – 23.06.23 Year 5 Swimming Course
- 07.06.23 – 08.06.23 PS3 Mini Senedd trip to London

## Term Dates

- 28.04.23 INSET Day (school closed to pupils)
- 01.05.23 Bank Holiday (no school)
- 08.05.23 Bank Holiday – King's Coronation (no school)
- 29.05.23 – 02.06.23 Half term week
- 05.06.23 INSET Day (school closed to pupils)
- 20.07.23 End of summer term.

## Welsh Phrase of the Week

- Week beginning 01.05.23 – Dewch i mewn
- Week beginning 08.05.23 – Y Brenin newydd



### INSET / KING'S CORONATION - SCHOOL CLOSURE DATES

On **Monday 8<sup>th</sup> May**, we will be closed to pupils due to the King's Coronation National bank holiday.

On **Monday 5<sup>th</sup> June**, the school will be closed to pupils as the Welsh Government has allowed teachers an extra day training in line with the new Curriculum for Wales.

### GOVERNOR VACANCY

We have one Parent Governor vacancy. Applications have been sent home with pupils and expressions of interest are due in by 12<sup>th</sup> May. Please refer to pages 4, 5 & 6 for more information.

### CURIOUS KOALA'S CHILDCARE SERVICES

We have been in touch with Curious Koala's Childcare Services and they have provided school with a leaflet which can be found on page 3 of this newsletter. The leaflet contains information on the services they currently offer and what they may be able to offer in the future. Curious Koala's Childcare Services have informed us that they currently have after school club places available, and will have wrap around spaces for September.

### MENU CHANGE – 5<sup>TH</sup> MAY

Please refer to page 2 for a copy of the menu choices for Friday 5<sup>th</sup> May. This menu will replace published menus.

### WORLD CLASS SCHOOLS

We are really proud to announce that we are in the process of being assessed to become a World Class School. If we achieve this, we will be the only primary school in Wales to do so. We would like to thank all pupils who have completed portfolios as part of this process and parents who have sent in extra photographs to act as evidence. We will find out if we are successful in mid-June and will keep you updated.

### A FINAL MESSAGE FROM MR MCCABE

Dear parent/guardian,

Well, all good things come to an end. I am sure by now, you are aware that my time at Nant-y-Parc has come to an end. I started in Nant-y-Parc in May 2009 as an NQT and as you know I became Deputy Headteacher in July 2014.

I have been at Nant-y-Parc for over a third of my life time and I can honestly say it has been a hugely enjoyable experience. It has been a privilege to work at such a wonderful school and with such an amazing community.

I have lost count of the number of children I have taught but what I do know is they have been an absolute pleasure to teach. To see them grow and succeed over the years has been an important part of my life. I want to thank all of the children I have had the pleasure of teaching. It is because of them that I am where I am today – they are an inspiration.

I also want to take this opportunity to thank you, parents and families, for your outstanding support over the years. I will miss you dearly!

Although this is goodbye, I am sure you will see me from time to time. I will always do what I can to support Nant-y-Parc.

All the very best to you and your family,

Mr Matthew McCabe

Celebrating the Coronation of  
*King Charles III 2023*

# Coronation Celebration Menu

for 5 May



Friday 5<sup>th</sup> MAY



Regal Sausage Roll OR

Crowning Cheese and Tomato Panini

All served with optional Ruby Red Ketchup

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Broccoli / Carrots / Peas / Salad Bar

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Golden Potato Wedges / Commonwealth  
Spaghetti Rings in Sauce

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Long Live the Carrot Cake with Custard /  
Crown Jewels Fruit Pot

PLEASE NOTE - REPLACES PUBLISHED MENU OF THE  
DAY. SCHOOLS HAVE A CHOICE TO OPT IN TO THIS  
THEME DAY. IF YOUR SCHOOL HAS OPTED OUT THE  
STANDARD MENU WILL APPLY.

ADDITIONAL ITEMS AVAILABLE - A CHOICE OF FILLED  
JACKET OR PASTA & SAUCE

THIS MENU CONTAINS ALLERGENS.



King Charles III 2023



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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# Information for Prospective School Governors



## Becoming a School Governor

Each school has a governing body which comprises members of the local community, parents, teachers, staff and representatives of the Local Authority (LA). Additional stakeholders may also be represented for some categories of school, eg, the governing bodies of schools with a religious character also include governors appointed by the diocese.

The governing body works with the Headteacher, school staff, LA, EAS, parents and, where appropriate, the diocese. It is a corporate body and no individual governor has power to act alone (except the chairman in an emergency). However, all governors have the opportunity to use or develop their skills in finance, personnel, committee work and communication.

## How do Governing Bodies work?

A governing body

- works with the Headteacher to set the strategic direction of the school.
- is responsible for monitoring and evaluating the school's performance against set targets.
- makes decisions collectively as a team.
- is legally required to meet at least once a term - many will meet twice.
- will have a committee structure enabling issues to be discussed in detail before recommendations are put to the full governing body, some matters will also be delegated to a committee.

A vital part of the role of school governors is providing effective support and challenge for Headteachers and senior leaders. An effective governing body is vital to ensure schools continue to serve pupils well with the aim of raising standards. To support new governors in carrying out this role, mandatory training was introduced under the **Government of Maintained Schools (Training Requirements for Governors) (Wales) Regulations 2013**. EAS Governor Support provides the following mandatory training at no cost to the individual:

- **Induction training for governors**  
The induction training for newly appointed or elected governors focuses on their role and responsibilities and will give new governors the encouragement and confidence to be able to take a full and active part in governing body decision making.
- **Understanding school performance data**  
The training on school performance data will help governors understand what the school data means for their school, how their school compares with others and identify the action that needs to be taken to improve performance. An understanding of school data gives governors confidence to take part in governing body discussions on school

be implementing policies set by the governing body. The responsibilities include:

- Agreeing the aims and values of the school
- Drawing up and reviewing the School Development Plan
- Adopting and reviewing school policies
- Appointing staff
- Ensuring the National Curriculum is taught.
- Ensuring needs of individual pupils are met, including special needs
- Ensuring pupil Wellbeing and Safeguarding
- Preparing and circulating the Annual Report to Parents
- Agreeing and monitoring the school budget.

### **What qualities do you need to be a School Governor?**

- A desire to improve children's educational attainment.
- Time to spare to prepare for and attend meetings.
- A willingness to learn and ask questions.
- A commitment to attend training.
- The capacity to work as part of a team and appreciate the views and contribution of others.
- The ability to respect confidentiality.

Most governing bodies have a schedule of meetings for the year including meetings of sub-committees. You may be asked to attend unscheduled meetings at short notice if a decision is urgently required, but you will always be provided with notice of all meetings.

You are entitled to reasonable unpaid time off work for your duties as a school governor. Some employers allow paid leave which you should confirm prior to nomination and appointment.

In order to fulfill your role as a governor you need to learn about your school. This can be done in a number of ways:

- Familiarising yourself with school performance data
- Visiting school, by prior arrangement, during session time
- Attending events such as assemblies, sports day, fetes, etc. This could be an ideal opportunity to meet staff and see the school working in a less formal way.
- Getting to know what issues are currently affecting the school by talking to other governors.

Being a governor does not just mean attending a business meeting now and again in a deserted school! Having said that, business meetings are, of course, an essential part of school governance. You will discuss budgets, staffing matters, school policies, provision of services, health and safety, etc. You will also receive reports for consultation from the LA and EAS. Usually, you will receive documentation in advance to give you time to prepare any questions you may have and contribute to discussion.

The idea of making important decisions need not be daunting. Professional advice is always available from the Headteacher and, if appropriate, officers of the LA and EAS will also attend meetings to discuss specific issues. The majority of school governing body meetings are clerked by the EAS.

If you think you have something to offer your local school – either professional expertise or an interest in education - you may wish to become one of the following categories of School Governor:

**Parents/Teachers/Support Staff**

The Headteacher will inform all parents and staff when relevant vacancies arise. Nominations will be sought and, if necessary, an election held.

**Community**

You should contact the Headteacher [or to](#) the EAS Governor Support Service to express an interest.

**LA/Community Council/Foundation**

These appointments will be made by the relevant council or church body.

The role of the school governor is demanding but very rewarding and is a good way to give back to your local community.

# 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



**OPEN TO PARENTS/CARERS OF CHILDREN CURRENTLY ON THE ABUHB ND ASSESSMENT WAITING LIST OR HAVE NOT MET THE CRITERIA FOR DIAGNOSIS UNDER THIS SERVICE.**



Adhddu gan  
Llywodraeth Cymru  
Funded by  
Welsh Government



Tros  
124  
Ewedd Partneriaeth  
Rhanbarthol Gwern  
Gwern Regional  
Partnership Board

**PARENT/CARER  
ADHD AND AUTISM  
ONLINE  
INFORMATION  
SESSIONS**



**Autism:**

**Wednesday Evening sessions  
(6pm)**

**Session 1 - 15/3/23  
Session 2 - 22/3/23**

**Sunday Morning sessions  
(10am)**

**Session 1 - 26/3/23  
Session 2 - 2/4/23**

**Monday/Thursday Morning  
sessions (10am)**

**Monday Session 1 - 27/3/23  
Thursday Session 2 - 30/3/23**

**ADHD:**

**Monday Evening sessions (6pm)**

**Session 1 - 6/3/23  
Session 2 - 13/3/23  
Session 3 - 20/3/23**

**Sunday Morning sessions (10am)**

**Session 1 - 5/3/23  
Session 2 - 12/3/23  
Session 3 - 19/3/23**

**Thursday Morning sessions  
(10am)**

**Session 1 - 9/3/23  
Session 2 - 16/3/23  
Session 3 - 23/3/23**

**Learn more about ADHD and Autism, ask questions and get links to more support for your family.**

**Email: [adhdplusnewport@gmail.com](mailto:adhdplusnewport@gmail.com) to book**

**You are welcome to attend both courses, if you are unable to attend all sessions 1, 2 (Autism) or 1, 2, 3 (ADHD) then the individual sessions will still be useful on their own.**

**Each session is 1 hour and 15 minutes long.**





Arweinydd  
Llywodraeth Cymru  
Funded by  
Welsh Government



Yn ym  
llynwdd  
Eiddod Partneriaeth  
Rheolaethol Gwlad  
Gwent Regional  
Partnership Board

**OPEN TO PARENTS/CARERS OF CHILDREN  
CURRENTLY ON THE ABUHB ND ASSESSMENT  
WAITING LIST OR HAVE NOT MET THE CRITERIA  
FOR DIAGNOSIS UNDER THIS SERVICE.**

## Peer Support Drop-In Sessions



Meet and talk to parents/carers who look after Neurodivergent children and have been through the ND assessment process.

Pick up useful links/information and visit our weekly guest stall.

**Where: Newport Indoor Market (Upstairs)**

**When: 10am-2pm Fridays:**

**3rd March - Dewis Wales**

**10th March - Sparkle**

**17th March - Newport Autism Group and  
Newport Mind**

**24th March - Gwent Police - Trinity Protocol**

**31st March - Care Collective and the  
Disability Advice Project Cwmbran.**

We also have 30 minute peer chats, on a one to one basis. These are available to book by text on:

**07977 455 592**

# 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.

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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.

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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)
- 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.

April 2015



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