

Contact details: 02920 832116

26th May 2023

nantyparcprimary@sch.caerphilly.gov.uk

#### THE MILITARY CHILDREN FUN DAY

The Military Children Fun Day will be looking to engage children aged 7+ for some fun engagement sessions! The Sessions are going to be held at Leisure Centres across Caerphilly. The sessions are completely FREE to attend and for ages 7+ parents/ Guardians and siblings can also attend if they wish and supported by Caerphilly Council.

The sessions will be amazing, fun and will comprise of Mini obstacle courses, Gladiator Pugil Challenges, Dodge Ball, Capture the flag, Military Command tasks, Tug of War, Ciant Inflatable course, Mindfulness sessions and loads of fun that people of all ages can get involved with and make you smile and have a great fun!

If you wish to sign up, please do so on the below link. Limited Spaces are available, once you fill out the form that will confirm your space, the form will be turned off once full:

tinyurl.com/CaerphillySSCEFF

The sessions will last from 10:00am to 14:00hrs (Please ensure attendees bring a water Bottle and a small snack to have during break)

#### WEAR YELLOW FOR CF DAY

Wear Yellow Day is a fundraising day that highlights and supports those with cystic fibrosis. The event will take place on Friday, 16th June and will raise money and awareness for those with the condition. The campaign was launched by Cystic Fibrosis Trust whose goal it is to support those with cystic fibrosis and their families.

This charity is close to our hearts as one of our pupils has this condition and is a true warrior. If you would like to sponsor her as part of her fundraising efforts, here is the link: <u>https://cysticfibrosistrust.enthuse.com/pf/eva-dawes</u>

#### WORLD CLASS SCHOOL'S AWARD

Our school have been successful in achieving World Class School status. As a charity the mission for World Class Schools is to develop students' World Class characteristics so that they can thrive in an ever-changing global economy. They want to level up opportunities so that every student can develop these characteristics to a World Class standard regardless of their circumstances or background.

A range of portfolios of children from Y3 - 6 were submitted and we have been successful in achieving this award. We are very proud of this, and we would like to thank all pupils and parents for their efforts in building the portfolios.



HAPPY HALF TERM! STAY SAFE AND WE WILL SEE YOU ON 6<sup>TH</sup> JUNE Value of the month: Cooperation

Diary Dates

A peek at the next few weeks...



	06.06.23 - 23.0	06.23 Year 5 Swimming Course
	07.06.23 - 08.0	06.23 PS3 Mini Senedd trip to London
	12.06.23	New Reception Parents Meeting
	16.06.23	Parent Drop-in Clinic / Wear yellow
		for CF day
	19.06.23	SNEGFEST - Parents are invited to
		join us from 2pm
	20.06.23	Y2 & Y3 Trip to Legoland

#### Term Dates

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 05.06.23 - Ble est ti? (PSI+PS2) - Beth wnest ti... (PS3) Week beginning 12.06.23 - Esqusodwch fi



DRINKS REMINDER - children are only allowed to drink water or milk (for those classes who are provided with it in school) at morning break time. There are water fountains in school for children to fill up their water bottles. No squash, flavoured water or fizzy drinks are permitted in class or during morning break so please refrain from sending these in. Please refer to page 9 for further details.



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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



Deckchairs @ Picnic Area @ Punch & Judy shows Food Stalls 

Donkey Rides 
Entertainment

**Tredegar Park, Risca Town Centre** Saturday 27th and Sunday 28th May 2023 10am - 4pm

www.visitcaerphilly.com/events @ #ChooseLocal @ #UKSPF Information Hotline 029 2088 0011











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.

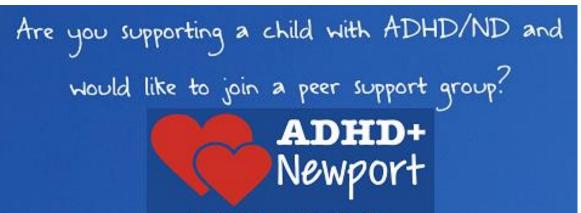
We support families who have children with ADHD plus Autism and other Neurodiversities.

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.





Charity Registration Number 1156719



Are you 10 – 18? Would you like to try some new activities? \*Poetry \* Sign Singing \* Dancing \* Visual Vernacular \*Art\* Where? Wales, Millennium Centre, Bute Place, Cardiff Bay CF10 5AL

When? Friday 16th June 2023

What is involved? Experience Deaf Arts - try out three workshops hosted by Artists from across the UK

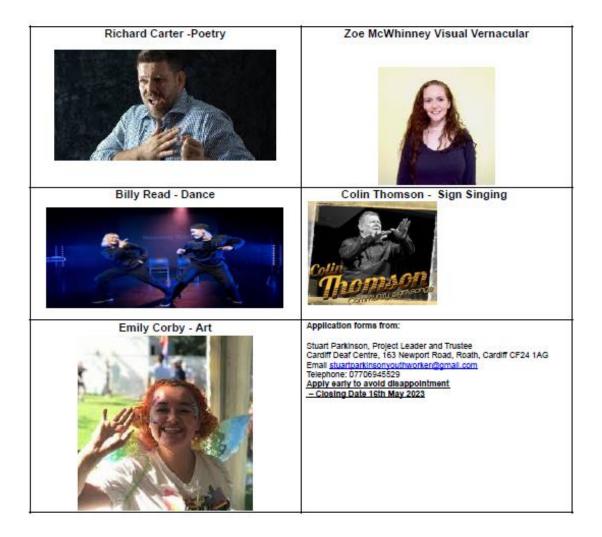
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- 12pm start Pride Caerffili Parade Starting from St Martins School Sponsored by Heddlu Gwent Police
- **1pm 7pm** Entertainment Stage Sponsored by Unite the Union
- 1pm 5pm Pride Caerffili Youth Bandstand Sponsored by Unison Caerphilly







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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Ruth Coakley - Curious Koala Childcare C07969 188 762 Scuriouskoalachildcare@mail.com

# 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





#### 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.



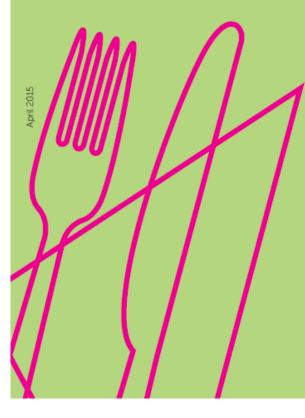
September 2021

# 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.

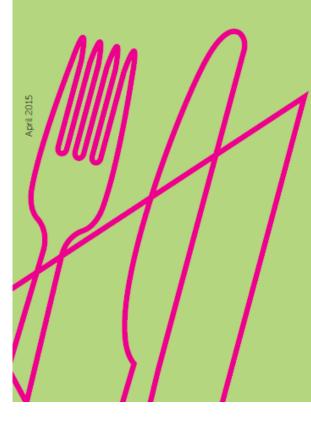


# Healthy Eating in Schools: Nursery School Food Requirements

#### 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**.

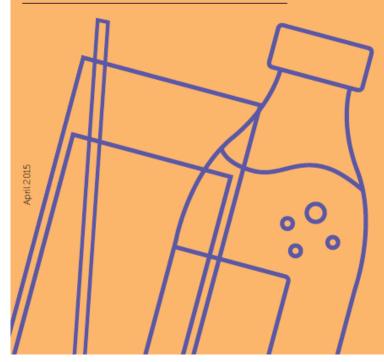
- Plain water (still or carbonated)
- Plain milk (semi skimmed or skimmed)
- Plain soya, rice or oat drinks
- Fruit or vegetable juice (still or carbonated)
- Fruit or vegetable juice (still or carbonated) combined with water (at least 50% juice)
- Fruit or vegetable blends

#### **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.

