



Nant-y-Parc Weekly Newsletter



Contact details:

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26th May 2023

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 Pupil Challenges, Dodge Ball, Capture the flag, Military Command tasks, Tug of War, Giant 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: <https://cysticfibrosistrust.enhuse.com/pf/eva-dawes>

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 6TH JUNE

Value of the month: **Cooperation**

A peek at the next few weeks...



Diary Dates

06.06.23 – 23.06.23 Year 5 Swimming Course

07.06.23 – 08.06.23 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? (PS1+PS2)

– Beth wnest ti... (PS3)

Week beginning 12.06.23 – Esgusodwch 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.



**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
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LOTTERY FUNDED**



RISCA BEACH PARTY



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

**LEVELLING
UP**



Team Caerphilly
Better Together



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.





Charity Registration Number 1156719

Arts Festival

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

Continued on next page



Richard Carter -Poetry



Zoe McWhinney Visual Vernacular



Billy Read - Dance



Colin Thomson - Sign Singing



Emily Corby - Art



Application forms from:

Stuart Parkinson, Project Leader and Trustee
Cardiff Deaf Centre, 163 Newport Road, Roath, Cardiff CF24 1AG
Email stuartparkinsonyouthworker@gmail.com
Telephone: 07706945529
Apply early to avoid disappointment
- Closing Date 16th May 2023

**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 . . .**



- 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!





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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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 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: 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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