



# Nant-y-Parc Weekly Newsletter



Contact details:

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[www.nantyparcprimaryschool.co.uk](http://www.nantyparcprimaryschool.co.uk)

27th January 2023

## HEALTHY SNACKS

REMINDER – We are a healthy school and cannot allow the children to consume crisps, chocolate, fizzy drinks, and/or energy drinks at breaktimes (including PRIME drinks). Fizzy drinks and energy drinks will not be allowed at lunchtimes either. Please make every effort to provide your child with healthy snacks/drinks to support us with maintaining our healthy school status.

## MR MCCABE IS LEAVING FOR GOOD!

Just to let you know, Mr McCabe who has been a valued member of staff at Nant-y-Parc Primary for many years and who was appointed as the Acting Headteacher of Tynewydd Primary in September 2022, has been successful at interview this week and is now the Headteacher of Tynewydd Primary School, Newbridge. We are very sad to lose such a key member of staff, but would like to wish him all the very best in his new role and career as a headteacher. Good luck Mr McCabe! You will be missed by all of the staff and pupils.



## EISTEDDFOD

Please refer to page 2 for information on this year's Eisteddfod competitions and the theme which has been selected for our competition entries. A paper copy of page 2 will be sent home on Monday 16<sup>th</sup> January.

Please encourage your child/ren to take part as those participating will earn house points for their house team. This is something we are keen to develop further this year.

## Y5&Y6 Parents Only – Paris Trip

Recently, we have shared a number of texts of what needs to be provided in relation to the Paris trip. Here is a recap of those messages.

### Payments

Please can you ensure payments are made on time.

Payment 1 – Deposit – This has been paid

Payment 2 – £135 by Wednesday 1<sup>st</sup> February

Payment 3 – £190 by Wednesday 15<sup>th</sup> March

### Medical Forms

Please can you complete and return the medical form provided ASAP. You must include travel sickness tablets also if your child suffers from travel sickness.

### Passport Photos

Please can you provide school with two passport photos by Monday 6<sup>th</sup> February. These must've been taken within the last six months.

### Paris Meeting

There will be a Paris drop-in meeting on Tuesday 31<sup>st</sup> January from 2:30 – 3:15pm. During this meeting we will answer questions you may have.



## Value of the month: Honesty



## A peek at the next few weeks...

## Diary Dates

03.02.23	Wear Red for Velindre – donations of £1 per family
06.02.23-10.02.23	Let's Connect / NYP Healthy WOW Days
06.02.23	Questionnaire circulated to parents
06.02.23	Parent and Pupil Progress Meetings
13.02.23	Valentines / Half Term Disco
27.02.23	Pupils return following the half term break
01.03.23	St David's Day / Eisteddfod
02.03.23	World Book Day
03.03.23	Parent Panel Meeting
05.03.23-10.03.23	Romania trip for a selection of Y6 leadership pupils
06.03.23-10.03.23	World Religion Week

## Term Dates

20.02.23 – 24.02.23	Half term week
31.03.23	End of spring term
17.04.23	Summer term begins
28.01.23	INSET Day (school closed to pupils)
01.05.23	Bank Holiday
29.05.23 – 02.06.23	Half term week

## Welsh Phrase of the Week

Week beginning 30.01.23 – Dydd Santes Dwynwen

Week beginning 06.02.23 – Ble wyt ti'n byw?



## Opportunities for pupils to dress up...

03.02.23	Children are invited to wear red to school in support of Velindre
13.02.23	Disco – Children are invited to wear their party clothes to school for in class discos.
01.02.23	Eisteddfod – Children are invited to wear traditional Welsh dress, Welsh themed clothing e.g. rugby/football top or the colours of the Welsh flag.
02.03.23	World Book Day – Children are invited to dress up as their favourite character

*'No Limits to Learning!' - 'Dim Ffiniau i Ddysgu!'*

## Nant y Parc Primary School

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Caerphilly,  
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Tel: (029) 20832116

E-Mail: [nyppa@caerphilly.gov.uk](mailto:nyppa@caerphilly.gov.uk)

Head Teacher - Mrs. N. Davies

16<sup>th</sup> January 2023

Dear Parents/Guardians,

This year, the whole school will be given the opportunity to take part in an Eisteddfod to celebrate St. David's Day on **Wednesday March 1<sup>st</sup> 2023**. Each class will be taking part in the Eisteddfod by performing a traditional dance or song.

Activities, competitions and presentations will take place in our special Eisteddfod. There will be PS1 (Nursery + Reception), PS2 (Y1, Y2 and Y3) and PS3 (Y4, Y5 + Y6) competitions with individual prizes and certificates for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> winners in each class. All pupils taking part will receive a class house point and competition winners will also receive a 'house token'.

This year the Cwriw Cymraeg have decided that the theme of the entries will be Welsh 'Habitats' (e.g – Coastal, Farmland, Freshwater, Grassland, Heathland and Moorland, Marine, Rocky habitat, Towns and Garden). Think about the 'habitat' that is local to where you live in Wales, or a place that you may have visited. Their decision was based on allowing pupils the opportunity to explore a broad topic and not limit pupils in their creations. Some examples provided below, however please interpret the theme as you wish. Electronic entries can be emailed to Miss Ford – [Missford@nantyparc.org](mailto:Missford@nantyparc.org).

*Photography (colour / Black and White)*

*A poem / song*

*3D Models*

*A presentation*

*Computer graphic*

*Comic Strip / Character*

*T-Shirt design*

*Cake decorating (Photo of cake can be emailed)*

*Picture / Painting*

*Collage*

*Jewellery*

*Recyclable picture*

*Poster / leaflet*

**ALL ENTRIES WILL NEED TO BE CLEARLY LABELLED WITH CHILD'S NAME AND CLASS AND BROUGHT INTO SCHOOL BY MONDAY 6<sup>th</sup> FEBRUARY 2023.**

If your child is a member of the Urdd (Information shared on weekly newsletter), their entries will also be sent to represent our school at the local Eisteddfod in May 2023.

Pupils are encouraged to wear something symbolic of Wales (Welsh lady / Rugby Kit) or dress in red on St David's Day.

Yours sincerely,  
Mrs Davies  
Headteacher



Diwrnod Santes Dwynwen Hapus!

Agorwch eich calonnau a'ch clustiau – mae rhestr chwarae 'Santes Dwynwen' [Miwsig Y Siarter Iaith](#) yma! Awr o gerddoriaeth Gymraeg gariadus mewn clic! Perffaith ar gyfer y dosbarth, y neuadd, adre, yn y car, yn eich clustiau – unrhyw le!

Cliciwch ar y linc neu dilynwch y côd QR – syml!

Mae rhestr chwarae newydd sbon ar gael BOB mis. Ma'r un linc a chôd QR yn gweithio drwy gydol y flwyddyn!

Dewch nawr, rhowch glic i gerddoriaeth Gymraeg!



Happy St Dwynwen's Day!

Are you ready to open your hearts and your ears?

[Miwsig Y Siarter Iaith](#)'s St. Dwynwen's Day playlist is here! A whole hour of love-fuelled tunes, in Welsh. Perfect for the classroom, assembly, at home, in the car, in your ears – anywhere!

Just click on the link or scan the QR code. Simple!

A new playlist is available EVERY month, and the same link and QR code work all year round!

Go on, give it a try, you won't regret it!



# FEBRUARY HALF TERM

## HOCKEY CAMP 2023

21st February 2023, 9.00am - 3.00pm

£10.60



Please make your  
booking via the  
Leisure Lifestyle APP

(Scan the QR Code to  
download the APP)



7-12  
years

**Sue Noake Leisure Centre Astro**

Contact Claire Seaborne for more info [seaboc@caerphilly.gov.uk](mailto:seaboc@caerphilly.gov.uk)

Use the QR code to secure your child's place

**01443 863072**

 [sportcaerphilly](https://www.facebook.com/sportcaerphilly)

 [@sport\\_leisure](https://twitter.com/sport_leisure)



# 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: 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.

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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# Back to school advice for parents in Wales to help protect against winter illnesses

**Published:** 6 January 2023

Public Health experts are reminding parents in Wales to keep children away from school and childcare settings if they are unwell and have a fever, following an increase in illnesses like flu. It's one of a number of simple steps parents can take to protect their child and to minimise the spread of winter illnesses when children return to schools and nurseries in Wales next week.

Flu and Covid-19 are currently circulating at high levels and an increase in cases of scarlet fever is also being reported.

Children who are unwell with a fever (a high temperature) should stay at home until they feel better and the fever is over.

Dr Graham Brown, Consultant in Communicable Disease Control for Public Health Wales said:

"It is also important to remind children about the importance of washing their hands to avoid germs spreading and to catch coughs and sneezes in tissues.

Adults should also try to stay home when unwell. If they have to go out when unwell, it is a good idea to wear a face covering to protect others."

The best way to protect against catching flu this winter is for those eligible to get the flu vaccine. Children can have a free flu nasal spray which is safe and effective. It is available for:

- All children in primary school
- All children in secondary school years 7 to 11
- All children who are aged two or three on 31 August 2022
- Children aged six months or over and who have any of the long-term health conditions that puts them at increased risk from flu.

## NEW INFORMATION

Children aged 2-6 in Gwent can get their free nasal flu vaccination at mass vaccination centres across Gwent.

**THIS LETTER  
WAS SENT  
OUT  
PREVIOUSLY**

## Free School Meals Arrangements School Holidays (up to February 2023)

Due to the ongoing Cost of Living Crisis and the pressure this puts on low-income families during the school holidays, Welsh Government have decided to extend the holiday provision offer for those learners who receive free school meals up until the end of February half term 2023 (this will include school holidays in October, December 2022 and February 2023).

Caerphilly County Borough Council will no longer be delivering free school meals to pupils' homes during school holidays.

A weekly payment of £19.50 per child (£3.90 per day) will be made to eligible parents / guardians. We are currently working in partnership with the Post Office to deliver this payment.

Parents will receive correspondence from the Post Office by Friday 4th November with further information about how to claim this payment.



# Holiday Free School Meal Payments – FAQ

## Why are payments being made in the holidays for free school meal pupils?

Due to the ongoing Cost of Living Crisis and the pressure this puts on low-income families during the school holidays, Welsh Government have decided to extend the holiday provision offer for those learners who receive free school meals up until the end of February half term 2023 (this will include school holidays in October, December 2022, and February 2023).

Please see FAQ below for the eligibility of free school meals.

## Who is eligible for this Free School Meal Holiday Payment?

Children who currently attend full-time school in Caerphilly County Borough and are eligible for eFSM. You need to apply for eFSM - here is the link to the application form Caerphilly - Caerphilly County Borough

For children/young people to be eligible to receive free school meals:

- you, as a parent, or your child, must receive the relevant benefit or support payment
- you should have submitted an application for free school meals to the local authority (or an application should have been submitted on your behalf)
- the application should have been approved by the local authority, or documents should have been seen by the local authority which strongly indicate your child is eligible.

Excludes part-time nursery children

Excludes pupils who are eligible for UPFSM (receive free school meals in school but have never applied for free school meals)

## When will I receive my Post Office Pay-out letter?

The aim of the Post Office is to send the letter one week prior to school holidays

## When will you receive your cash payment?

You will receive it when you take your letter to the Post Office with the appropriate Proof of ID.

## What Proof of ID do I need?

- Driving Licence (paper or card)
- Passport
- 2 Utility Bills
- 2 Official letters – e.g., Tax office, council letter, legal letter, benefit letter which include your address
- P45
- P60

### **What if I haven't got the ID?**

Please email [fsmholidaypayments@caerphilly.gov.uk](mailto:fsmholidaypayments@caerphilly.gov.uk) or call 01443 864055

### **What do I do if not all my children are listed?**

Please email [fsmholidaypayments@caerphilly.gov.uk](mailto:fsmholidaypayments@caerphilly.gov.uk) or call 01443 864055

### **What happens if I can't get to the Post Office straight away?**

There will be an expiry date on your letter; one month is given to redeem the voucher.

This can be redeemed in any Post Office in Wales - this should give you sufficient flexibility to make arrangements.

### **What happens if I have moved and did not let you know?**

You will need to email us on [fsmholidaypayments@caerphilly.gov.uk](mailto:fsmholidaypayments@caerphilly.gov.uk) urgently

### **How much will I get?**

This will be stipulated in the letter you receive. Currently it is £19.50 per eligible child, per week. (£3.90 eligible child, per day)

### **What if I don't want to receive the payment?**

You do not need to take your letter to the post office. Please notify us so we can remove your details from our database. Please email [fsmholidaypayments@caerphilly.gov.uk](mailto:fsmholidaypayments@caerphilly.gov.uk)

### **What if I think I'm eligible but I don't receive a letter?**

Please email [fsmholidaypayments@caerphilly.gov.uk](mailto:fsmholidaypayments@caerphilly.gov.uk) or call 01443 864055 stating the reasons why you think you are eligible. Please include contact details so we can contact you if necessary.

**THIS LETTER WAS SENT  
OUT PREVIOUSLY**



**Be part of Wales' largest youth organisation!**  
**JOIN** today for a world of new opportunities...

### RESIDENTIAL CENTRES

Make memories and enjoy epic adventures with friends in Llangrannog, Glan-llyn, Glan-llyn Isa' and Cardiff.

[urdd.cymru/residential-centres](http://urdd.cymru/residential-centres)

### FUN

Trips abroad, arts, socialising, making new friends, clubs and volunteering opportunities.

[urdd.cymru/myarea](http://urdd.cymru/myarea)

### URDD EISTEDDFOD

With over 400 competitions, from singing to cooking, dancing to designing websites, and writing stories to starring on stage - there's something here for everyone!

[urdd.cymru/eisteddfod](http://urdd.cymru/eisteddfod)

### SPORTS

Rugby, swimming, football, basketball, gymnastics, urban games... There are all sorts of clubs, activities and competitions available through the medium of Welsh.

[urdd.cymru/sports](http://urdd.cymru/sports)

### MAGAZINES

Free, fun and informative Welsh magazines available digitally. IAW is a magazine for secondary Welsh learners.

[urdd.cymru/magazines](http://urdd.cymru/magazines)

### TO JOIN

Membership cost:      Family membership:  
**£10**                              **£25**  
per child                      (three or more children)  
(Discounts available\*)

Visit [urdd.cymru/join](http://urdd.cymru/join) to start your journey as an Urdd member.

\*We know that there are changes to school meal payments in Wales. However, if a child receives 'free school meal vouchers', the school uniform grant or education maintenance grant scheme then the price for membership is £1.

The Urdd - offering unique, exciting and unforgettable experiences through the medium of Welsh to the youth of Wales.

#DwinAelod

