

Nant-y-Parc Weekly Newsletter



Contact details:

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27th September 2024

FREE SCHOOL MEALS / GRANTS

CHECK TO SEE IF YOUR CHILD IS ELIGIBLE FOR FREE SCHOOL MEALS.

If your child qualifies for free school meals, you may be able to get help with other school costs/essentials such as school uniforms etc.

Check via the following link: <https://www.gov.wales/get-help-school-costs>

Please note that this is different to the universal primary free school meals to which all pupils are entitled. Refer to page 2 for further details.

CHRISTMAS JUMPER EXCHANGE

This year, we have decided to continue to hold the Christmas jumper exchange scheme where families can donate any Christmas jumpers/t-shirts/shirts that their children have outgrown. If these could be donated by Wednesday, 13th November, we will launder them and have them available for parents to browse and take away on 18.11.23 free of charge. As a school, we are trying our best to limit costs around the Christmas period and thought this would be a great way to re-use jumpers/t-shirts/shirts which no longer fit your child and may be of benefit to others.



E-CONSENT INTRANASAL FLU VACCINE SESSION TUE 8-10-24

The school nursing service will visit the school to offer pupils a **nasal flu spray vaccine** on **TUESDAY 8TH OCTOBER 2024**

The NHS recommends that your child has a flu vaccination every year.

It's very important to protect your child from the flu to make sure they stay as healthy as possible. The best flu vaccine for most children is a nasal spray. This is the vaccine that will be given on the day.

The online consent form and additional information can be found

here: <https://linktr.ee/schoolfluab>

To help make sure the vaccine is suitable for your child, and they don't miss out, please take time to read the information and **follow the link to complete the electronic consent form as soon as possible, before the planned vaccination date**, no later than **48 hours** before the above date. Any consent forms submitted after this time may result in your child not receiving their vaccine on the day.

Should you have any difficulties accessing the above link, please contact 01633 431685 for further support.

WATER BOTTLES

We kindly ask that pupils refrain from bringing in water bottles with the facility to squirt water. These are proving to be problematic, and are causing some problems between peers.

OPEN EVENING AT ST CENYDD FOR YEAR 6 PARENTS

On Thursday, October 3rd, St Cenydd is inviting Y6 parents to an open evening. During the evening, you will tour the school and experience the subjects on offer at secondary school. There are two session times available: 4.30 pm and 6 pm, but you only need to attend one. The session will begin in the main hall.

A letter has been sent home with Y6 pupils containing further details.

Class Attendance Winners – week beginning 16th September = Year 2 (100%)

Class Attendance Winners – week beginning 23rd September = Year 4 (99.6%)

PLEASE REFER TO EACH OF THE ATTACHMENTS FOR FURTHER UPDATES

Value of the month: **Respect**

A peek at the next few weeks. . .



Diary Dates

October	Black History Month
08.10.24	Flu Vaccinations – (all pupils)
10.10.24	NSPCC Workshops for Y2/5/6
14.10.24	1913 Mining Disaster Memorial Day
14.10.24 – 18.10.24	Harvest Festival (donations of tins/packets for Aber Valley food bank)
15.10.24	Shwmae Su'mae Day
16.10.24	Parent and Pupil Consultations
18.10.24	Nant-E-Parc
21.10.24	Aberfan Disaster Memorial Day
25.10.24	Spooky Disco
25.10.24	Last day of school for half term

TERM DATES

04.10.24 –	INSET Day (school closed for pupils)
28.10.24 – 01.11.24	Half Term
25.11.24 –	INSET Day (school closed for pupils)
20.12.24 –	End of autumn term (1.15 p.m. finish)
06.01.25 –	Spring term begins



ATTENDANCE

Regular attendance at school is crucial for primary school pupils as it lays the foundation for their academic success, social development, and overall well-being. Consistent attendance ensures that children have access to high-quality teaching, engage fully with the curriculum, and build important relationships with their peers and teachers. Missing school, even for a few days, can disrupt their learning and make it harder for them to catch up, potentially affecting their confidence and progress.

We strongly encourage parents to prioritise their child's education by sending them to school regularly and on time. If your child is unwell or unable to attend, please report their absence to the school office as soon as possible. Your cooperation is vital in helping us provide the best possible education and support for your child's development.

The background is a vibrant orange color decorated with various Halloween motifs. It features several white, friendly-looking ghosts with pink cheeks and black eyes, scattered throughout. There are also several orange jack-o'-lanterns with carved faces, some of which are glowing. Small black bats are flying around, and there are several yellow and orange stars of different sizes. The overall theme is festive and Halloween-appropriate.

Nant -y- Parc

Halloween Costume Swap

If you have any Halloween costumes that your child/children have outgrown and have no further use for – please donate them to the school for our Halloween costume swap shop. Any donations to be handed in by Wednesday 16th October. The swap shop will be in the school hall between 2:55pm and 3:15pm on Monday 21st October.

Thank you for your support.

Heddlu Bach Team.



Roots of Empathy
Racines de l'Empathie

Are you a proud parent with a new baby? Will your baby be 2-4 months old in November?



You and your baby could be a Roots of Empathy Family.

Roots of Empathy is a program for elementary school children. The program's aim is to increase empathy - the ability to understand how another person feels. Children learn to care for and respect each other, and there is less bullying and aggression.

Be a Roots of Empathy Family:

- Babies must be between 2 and 4 months old in November.
- Over the course of a school year, one or both parents and the baby visit a local classroom with a Roots of Empathy Instructor.
- The visits are about 30 minutes long, once a month, starting in November.
- The program helps children to learn about a baby's needs and how babies develop and lets children observe the loving relationship between a parent and baby.

"Roots of Empathy is about changing the world, child by child."

- Mary Gordon, Founder/President

Contact: Mrs Stockwell at Nant-y-Parc Primary School (02920 832116)



INFORMATION DAY

Friday 18th October
Serennu Children's Centre

Organisations attending are listed below

- Disability Sports Wales
- Adferiad
- Gwent Parent Carer Network
- Specialist Dental Service
- Hope GB
- EYST
- Newport Autism Support Group
- Flexible Options
- Barnardos
- Dads Group
- Children's Centre Psychology
- National Star
- Newport Carers
- Carers Wales
- Single Parents Wellbeing
- AltraLaw
- Able
- Contact
- Sense
- SNAP Cymru
- ADHD+ Support Group
- Torfaen Play
- NYAS
- Cost of living specialist
- Citizens Advice
- ASD Support Monmouthshire
- ASD Support – Torfaen
- Newport Social Services
- Healthy Eating Service
- Woman's Aid
- ABUHB Engagement Team
- Plattform

We will be running three sessions as below:

9.30am - 11.00am

11.00am - 12.30pm

1.00pm - 2.30pm

You **MUST** book by emailing family.liaison.abb@wales.nhs.uk
or call 01633 748013 and state which session you would like to attend

IF YOU SHOP AT ASDA
PLEASE SIGN UP AND
SUPPORT OUR SCHOOL

DON'T FORGET TO OPT-IN...

...once signed up, you can check
your app to see your school's
Cashpot so far.

HERE'S HOW:

- 1** Download the Asda Rewards app and opt-in to Cashpot for Schools.
- 2** Choose your primary school
- 3** Shop in-store across Asda & George, and scan your Asda Rewards app at the checkout.
- 4** Shopping online?
Simply log in to Asda.com using the same details as your Asda Rewards account.
- 5** We'll do the rest!
We donate ££s to your chosen school every time you shop, so they can spend it on exactly what they need.



**CASHPOT
FOR
SCHOOLS**

Only with
**ASDA
Rewards**

Download and
opt-in today



YOU SCAN, WE DONATE ££S TO SCHOOLS.

Download the Asda Rewards
app and opt-in today

**CASHPOT
FOR
SCHOOLS**

Only with
**ASDA
Rewards**





Every Tuesday 6-7pm

**St Martins School, Hillside,
Caerphilly CF83 1UW**

Open to girls aged 4-6 years old



Sign up now



contact us at **07930820643** or email us at
caerphilly.social@hotmail.com to sign up



2024 Aber Valley group

Everyone welcome!

Free to
attend.
£1 per
craft

Every THURSDAY

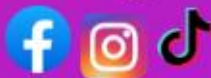
During term
time!

The YMCA,
Abertridwr
CF83 4HB

For more info get in
touch!

07487857745/ 01443875444
rachelhaines@parentcaer.org.uk

The Parent Network



Have anxiety?
Scan here

2024 Caerphilly group

Everyone welcome!

Free to
attend.
£1 per
craft

Every **TUESDAY**
During term
time!

9:30-11:30
am

Caerphilly Fire station
Caerphilly.
CF83 3HL

Crafts,
Courses,
refreshments
and much,
much more!

For more info get in
touch!

07487857745/ 01443875444
rachelhaines@parentcaer.org.uk

The Parent Network



Have anxiety?
Scan here

Teenie Butterflies Parent, Baby and toddler group



ST James ICC
Pen-Y-Cae
CAERPHILLY
CF83 3GT

Every Monday
during term time.
10:30-12:30

Lots of play
activities for
children



Ages 0-4 yrs

come along to a session for £1 per child



Meet new people in a
warm, safe and friendly
environment



The Parent Network or Bridging
Together



07487850385





Primary School Meals Week 1

Make your own choices of mains and sides each day



Monday

Mains

- ⊗ Beef Lasagne
- ⊗ Cheese & Onion Savoury Bake
- Fish Goujons (non fried)

Sides

Garlic bread or twisted potatoes and a choice of baked beans, peas or salad bar

Dessert

Chocolate & Pear Brownie with Ice cream



Tuesday

Mains

- French Pizza Bread
- ⊗ Ravioli in Tomato Sauce & Focaccia
- Filled Jacket Potato

Sides

Wholemeal savoury rice or wedges (non-fried) and a choice of sweetcorn, green beans or salad bar

Dessert

Fruit Crumble & Custard

Wednesday

Mains

- ⊗ Beef and Yorkshire Pudding
- Sausage and Yorkshire Pudding
- Chicken Goujons

Sides

Oven baked dry roast potatoes, mashed or boiled potatoes and a choice of carrots, cabbage, swede or salad bar

Dessert

⊗ Welsh Cake with Fruit Wedges



Thursday

Mains

- Sweet Chilli Chicken
- Margarita Pizza
- Filled Wrap

Sides

Noodles or herb diced potatoes (non-fried) with a choice of BBQ beans, mixed vegetables or salad bar

Dessert

⊗ Yogurt

Friday

Mains

- Harrold's* Fish Portion
- Beef or Quorn Burger in a Bun
- Filled Baguette

Sides

Wedges (non-fried) or chipped potatoes and a choice of peas, corn on the cob or salad bar

Dessert

Flapjack

On the Day

Depending on the availability of food items, cooks may need to change menu items. Meal options may include a filled jacket potatoes, pasta & sauce, sandwiches, baguettes or wraps, with salad and vegetables followed by a dessert.

Always Available

- ⊗ Semi Skimmed Milk | Drinking Water | Half Slices of Wholemeal Bread
- ⊗ Yoghurts | ⊗ Fresh Fruit | Tinned Fruit | Fruit with ⊗ Ice Cream

- ⊗ Welsh Produce
- ⊕ Vegetarian Option



Our Welsh Suppliers



Caerphilly Catering Services reserve the right to change products subject to availability.

Code: A-012



Primary School Meals Week 2

Make your own choices of mains and sides each day

Monday

Mains

- ☒ Hot Dog Onions & Ketchup
- Tomato Pasta Bake with Garlic Bread ☑
- Fish Goujons (non-fried)

Sides

Wedges (non-fried) or mashed potatoes and a choice of peas, coleslaw or salad bar.

Dessert

Strawberry Flapjack



Tuesday

Mains

- ☒ Curry or BBQ Chicken
- ☒ Cauliflower Cheese ☑
- ☒ Welsh Cheese Toasted Panini ☑

Sides

Rice, noodles or herb diced potatoes (non-fried) and a choice of corn on the cob, mixed vegetables or salad bar

Dessert

Ice cream Sponge Roll

Wednesday

Mains

- ☒ Roast Turkey with Yorkshire Pudding
- Margherita Pizza ☑
- Meatball Baguette with BBQ Sauce ☑

Sides

Sage & thyme dry roast potatoes, mashed or boiled potatoes and a choice of carrots, cabbage, peas or salad bar

Dessert

Fruit flavoured Jelly



Thursday

Mains

- Jumbo Fish Finger
- ☒ Macaroni Cheese ☑
- Filled Sandwich

Sides

Pommes noisettes or tomato & garlic cheese bread and a choice of sweetcorn, baked beans or salad bar

Dessert

Fruit Sponge & Custard



Friday

Mains

- Battered Chicken Fillet Bites
- Cheese Omelette ☑
- Salmon & Cod Fishcake (non-fried)

Sides

Wedges (non-fried) or crispy fries and a choice of peas, baked beans or salad bar

Dessert

Cookie & Fruit



On the Day

Depending on the availability of food items, cooks may need to change menu items. Meal options may include a filled jacket potatoes, pasta & sauce, sandwiches, baguettes or wraps, with salad and vegetables followed by a dessert.

Always Available

- ☒ Semi Skimmed Milk | Drinking Water | Half Slices of Wholemeal Bread
- ☒ Yoghurts | ☒ Fresh Fruit | Tinned Fruit | Fruit with ☒ Ice Cream

- ☒ Welsh Produce
- ☑ Vegetarian Option



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Primary School Meals Week 3

Make your own choices of mains and sides each day

Monday

Mains

⊗ Pork Meatballs in Tomato & Basil Sauce

Vegetable Nuggets ♻️

Filled Jacket Potato

Sides

Mashed potatoes or pasta and a choice of peas & sweetcorn, cheesy coleslaw or salad bar

Dessert

Sticky Orange Date Brownie & Orange Wedges



Tuesday

Mains

⊗ Sausage Roll

⊗ Ravioli in Cheese Sauce ♻️

Lemon Sole (non fried)

Sides

Mexican bread or potato croquettes and a choice of baked beans, sweetcorn or salad bar

Dessert

Fruit Crumble & Custard

Wednesday

Mains

Roast Chicken with Yorkshire Pudding

Vegetarian Cottage Pie ♻️

Vegan Sausage Roll ♻️

Sides

Oven baked dry roast potatoes, mashed or boiled potatoes and a choice of cauliflower, swede, peas or salad bar

Dessert

Angel Delight



Thursday

Mains

Minced Beef Pie & Gravy

Margherita Pizza ♻️

Filled Jacket Potato

Sides

Herb diced potatoes (non fried) or wedges (non fried) and a choice of peas, mixed vegetables or salad bar

Dessert

Pancake with Fruit & Ice cream



Friday

Mains

Crumbed Fish Bites

Cheese & Potato Pie ♻️

Filled Baguette

Sides

Boiled potatoes or chipped potatoes and a choice of peas, baked beans or salad bar

Dessert

Chocolate Cookie



On the Day

Depending on the availability of food items, cooks may need to change menu items. Meal options may include a filled jacket potatoes, pasta & sauce, sandwiches, baguettes or wraps, with salad and vegetables followed by a dessert.

Always Available

Semi Skimmed Milk | Drinking Water | Half Slices of Wholemeal Bread
⊗ Yoghurts | ⊗ Fresh Fruit | Tinned Fruit | Fruit with ⊗ Ice Cream

⊗ Welsh Produce
♻️ Vegetarian Option



Our Welsh Suppliers



Code: A-012