

# Nant-y-Parc Weekly Newsletter



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31st March 2023

## 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.

## ATTENDANCE

Please continue to support the school with its mission of improving attendance. In order for this to happen, everyone needs to do their bit. Whilst we appreciate illness is unavoidable, it is important that this is communicated with the school so that your child can be given the correct code. If absence is not communicated your child's absence will not be authorised and 10 unauthorised sessions (5 days) can lead to a fixed penalty notice being issued.

School is important and every child has the right to an education in order to be informed citizens, valued members of society, and to prepare them for their part in life and work.

## SUMMER TERM DATES

The summer term 'Diary of Events' will be distributed to parents following the Easter holidays. We look forward to what summer term has to offer including trips, themed weeks, royal celebrations, SNEGFEST and much more. See the 'Diary Dates' section for some early dates.

## BIRTHDAY CAKES

Just to let you know, the children are still able to bring birthday cakes to school when it is their birthday, but cake will no longer be consumed in school. If there is a birthday celebration, the cake will be cut up and sent home with the children at the end of the day. It is up to you as their parents whether or not they eat the cake.

## WELL DONE

A big well done to our school choir who performed at the Voice in Million concert in the OVO Arena, London. You were truly amazing! Thanks to all parents who attended and to those who supported from home. We look forward to this event next year.

## CONGRATULATIONS MISS NELSON

Congratulations to our very own Miss K. Nelson who was successful at interview last week and has been appointed as our Deputy Headteacher. Miss Nelson has been Acting Deputy since September and we know she will do a fantastic job in her now official role.

## HAPPY EASTER

Throughout the spring term the children have worked exceptionally hard and are now in need of a well deserved break. We would like to take this opportunity to thank you for your support this term and to wish you all a lovely Easter holiday. We look forward to seeing you all in the summer term for what will be a very exciting term.

Value of the month: **Cooperation**

A peek at the next few weeks...



## Diary Dates

17.04.23	Pupils return to school
27.04.23	Parent Panel Meeting (drop in session for parents from 2:30pm)
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
12.05.23	Sports Afternoon for Nursery and Reception
15.05.23	Paris Trip for Y5/6 pupils

## Term Dates

17.04.23	Summer term begins
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 17.04.23 - Croeso

Week beginning 24.04.23 - Cerddwch yn dawel





# 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.**



Asiantwrdd  
Llywodraeth Cymru  
Funded by  
Welsh Government



Yn ym  
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Eiddod Partneriaeth  
Rheolaethol Gwladol  
Gwent Regional  
Partnership Board

**OPEN TO PARENTS/CARERS OF CHILDREN  
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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.

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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.

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