



COWBRIDGE SCHOOL

Education, inspiration and opportunities for life.

News for the week ending 12th January 2024

Newyddion yr wythnos 12 Ionawr 2024

KEY DATES

16	Jan	Year 13 Art Exam
17	Jan	Year 9 Parents Evening
18	Jan	Year 13 Photography Exam
19	Jan	Year 10 Welsh Visit to Cardiff Uni

Dear Parent/Guardian,

Welcome back to the Spring Term! It was a pleasure to see students rested and revitalised upon their return and, from the students who took part in the Senior Ski Trip, it was wonderful to hear of the success of our first international trip since the pandemic. Wishing you a lovely weekend.

[Here](#) you will find this week's newsletter from Cowbridge Lower School.

Cowbridge School Senior Leadership Team



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Planning for when you leave School

27th January

10.30am - 1pm



Are you a young person with a learning disability or their carer?

Come and listen to our talks about services in Cardiff and the Vale of Glamorgan for when you leave school.

There will be talks from Social Services, Learning Disability Health Services, Cardiff and the Vale College, Day Service opportunities, Supported employment, and more.

This will help you plan for leaving school and becoming an adult.

Where?

Ysgol y Deri,
Sully Road,
Penarth,
CF64 2TP



Any questions email
gruffydd.davies@cardiff.gov.uk or phone:
07811515512



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Cynllunio ar gyfer gadael

Ysgol

27ain Ionawr

10.30yb - 1yh



A ydych yn berson ifanc hefo anabledd dysgu neu'n gofalwr i rhywun?

Dewch i wrando ar ein sgysiau am wasanaethau yng Nghaerdydd a Bro Morgannwg ar gyfer yr adeg y byddwch yn gadael ysgol.

Mi fydd sgysiau gan Wasanaethau Cymdeithasol, Gwasanaeth Iechyd Anableddau Dysgu, Coleg Caerdydd a'r Fro, cyfleoedd Wasanaeth Dydd, Cyflogaeth hefo chefnogaeth a mwy.

Mi wneith hyn helpu chi gynllunio ar gyfer gadael ysgol a bod yn oedolyn.

Lle?

**Ysgol y Deri,
Sully Road,
Penarth,
CF64 2TP**



**Unrhyw cwestiynau
ebostiwch
gruffydd.davies@cardiff.gov.
uk neu ffoniwch:
07811515512**



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Nyrso Ysgol | School Nursing
BIP Caerdydd a'r Fro i Cardiff & Vale UHB



Mae Brechu yn achub bywydau
Vaccination saves lives
Mae imiwneiddio'n bwysicach nag erioed yn ystod pandemig
Immunisations are more important than ever during a pandemic

FINAL DROP-IN CLINICS NASAL SPRAY FLU VACCINE

Wednesday, 10th of January 2024, 3:45pm-5:45pm

[Maelfa Wellbeing Hub](#)

Llanedeyrn Cardiff CF23 9PF

Monday, 15th of January 2024, 3:45pm-5:45pm

[Rookwood Hospital](#)

Fairwater Road, Cardiff CF5 2YN

Thursday, 18th of January 2024, 3:45pm-5:45pm

[Barry Hospital](#)

Colcot Road, Barry CF62 8YH

The School Nursing Immunisation Team have arranged final Flu drop-in clinics for those children (Reception to Year 11) that missed their flu vaccination at school

****This is a walk-in clinic and vaccinations will only be available on a first come first serve basis and subject to availability****

If you have not completed a form already please click on the link below or scan the QR code to access the e-consent form.

Please **do not** attend this clinic if your child has already received the nasal flu vaccine in school this academic year. If you are not sure if your child has received their nasal flu vaccine in school please ring 02920 907661/664

<https://forms.office.com/e/gZB4DgXvuq>

2023/24 School Nasal Flu
Vaccination Consent Form





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CLINIGAU GALW HEIBIO OLAF BRECHLYN FFLIW TRWYNOL

Dydd Mercher, Ionawr 10fed 2024, 3:45pm-5:45pm

[Hwb Llês Maelfa](#)

Llanedern Caerdydd CF23 9PF

Dydd Llun, Ionawr 15fed 2024, 3:45pm-5:45pm

[Ysbyty Rookwood](#)

Fairwater Road, Caerdydd CF5 2YN

Dydd Iau, Ionawr 18fed 2024, 3:45pm-5:45pm

[Ysbyty'r Barri](#)

Heol Colcot, Y Barri CF62 8YH

Mae'r Tîm Imiwneiddio Nyrso Ysgol wedi trefnu clinigau Ffliw galw heibio olaf i blant (Dosbarth Derbyn i Flwyddyn 11) na dderbyniodd y frechlyn fflw yn yr ysgol

****Mae hwn yn glinig galw heibio a bydd brechiadau ar gael ar sail cyntaf i'r felin yn unig ac yn amodol ar argaeledd brechlynnau****

Os nad ydych wedi llenwi ffurflen gydsynio yn barod, cliciwch ar y linc isod neu sganiwch y côd QR.

Peidiwch mynchu'r clinig os ydych plentyn wedi derbyn y frechlyn fflw trwynol yn barod y flwyddyn academaidd eleni. Os nad ydych yn siwr bod eich plentyn wedi derbyn y brechlyn fflw yn barod ffoniwch **02920 907661/664**

<https://forms.office.com/e/gZB4DgXvuq>

2023/24 School Nasal Flu
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Cowbridge School - new 3G pitch

Please see the image below showing permitted footwear on our newly laid pitch



Cowbridge School

3G Footwear Policy

YES ✓	YES ✓	YES ✓	NO ✗	NO ✗
Studs (moulded)	Plastic Studs / Screw In (screw in less than 15mm)	Astro Turf Trainers	Blades or Boots with metal or metal tipped studs	Flat Soled eg. Trainers etc.
				
		NO ✗ Dimpled eg. Specialist hockey shoes		
				

- Please ensure that you follow the correct footwear policy (above) when using this facility.
- The policy will help to protect you from potential injury and maintain the surface.
- Traditional trainers should not be worn as they increase risk of injury.

Thank you for your co-operation

Cowbridge School PE Department



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School Attendance

We need you to.....

- Send your child to school on time.
- Ring/Text school early and daily if your child can not attend.
- Avoid holidays in term time.
- Keep school informed of your updated contact number.

We will.....

- Keep you regularly informed of your child's attendance.
- Treat any information you give us in a supportive and sensitive way.
- Welcome your child every day.
- Be happy that you have chosen to give your child the opportunity of the best future.

We understand that sometimes getting your children up and out on time every morning can be difficult, particularly if your child doesn't want to go for some reason.

We know that children who miss even small amounts of education can fall behind quickly and can miss out on so much. Being in school and on time increases learning and social opportunities.

Here are some ways you can help.

If you suspect that your child may be missing school or is unhappy at school, contact the school or the Inclusion Team who can help resolve any difficulties and offer friendly advice.

Make sure your child knows that you do not approve of them missing school for any reason, but be on the alert for any particular reasons for not attending school, like bullying, difficulties with school-work.

Make sure you know the school's attendance policy; every school has one.

If your child is away for other reasons like a doctor's appointment or the dentist, let the school know in advance. Please try and book appointments towards the end of the day.

Take an interest in your child's education, ask them what they did in school and celebrate their successes and listen to their worries.

If you can't help them, speak to the school and let them know of any difficulties.

If your child is absent get in touch with school. Staff will work with you to help improve the situation. It's better to contact us first so that we can make sure steps are taken to help you.

Make sure your child arrives on time to start school.



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Physical Education - Extra-curricular (After School) Timetable

Facility / Day	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Gym</u>	6th Form Fit Club				
<u>3G</u>	Y7 Football	Y7 Rugby	Y8 + 9 Football	Girls Football	
<u>Mugas</u>	Y8 + 9 Netball	Senior Hockey (Y11-13)	Y9 + 10 Hockey	Y7 + 8 Hockey	
<u>Field</u>	Y8 Rugby	Y10 Football		Y9/10/11 Rugby	
<u>Sports Hall</u>	Senior Netball (Y10-13)	Y7 Basketball	Y7-13 Badminton Club	Y7-13 Archery Club	6th Form Basketball

Physical Education - Extra-curricular (Lunch Time) Timetable

Facility / Day	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Gym</u>	Y7 Fit Club	Y8 Fit Club Week1	Y9 Fit Club	Y10 Fit Club	Y11 Fit Club
<u>3G</u>					
<u>Mugas</u>		Y7 Netball Week 1			
<u>Field</u>					
<u>Sports Hall</u>				6th Form Badminton Week 1	6th Form Badminton Week 2

Physical Education - Extra-curricular (Reg Club 8:30-8:55) Timetable

Facility / Day	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Gym</u>				6th Form Fit Club	
<u>3G</u>					
<u>Mugas</u>					
<u>Field</u>			Cross Country Club Week 2		
<u>Sports Hall</u>					



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School timings Autumn 2023

BREAK & LUNCH YEAR 7, 8, & 13	BREAK & LUNCH YEAR 9, 10, 11 & 12
08:30 - 08:55 Registration and Form Tutor Time/Assembly	08:30 - 08:55 Registration and Form Tutor Time/Assembly
08:55 - 09:55 Lesson 1	08:55 - 09:55 Lesson 1
09:55 - 10:15 Break	09:55 - 10:55 Lesson 2
10:15 - 11:15 Lesson 2	10:55 - 11:15 Break
11:15 - 12:15 Lesson 3	11:15 - 12:15 Lesson 3
12:15 - 13:00 Lunch	12:15 - 13:15 Lesson 4
13:00 - 14:00 Lesson 4	13:15 - 14:00 Lunch
14:00 - 15:00 Lesson 5	14:00 - 15:00 Lesson 5




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Music extra-curricular clubs will be starting next week (w/c 11th September) and attendance will be taken during the club.

Music Extra-Curricular Activities 2023-2024

	A1C	A11		<i>Afterschool rehearsals</i>
Monday	String Group 8:20 - 8:50	Junior Jazz Group 8:20 - 8:50		
Tuesday	Concert Band 8:20 - 8:50	Boys Voices 8:20 - 8:50	Backstage Skills 8:20 - 8:50 - <u>AIM</u> Flute Group Lunchtime - <u>AIC</u>	<i>School Musical A1C / Main Hall</i>
Wednesday	KS3 Vocal Group 8:20 - 8:50	Senior Jazz Group 8:20 - 8:50		<i>Big Band A1C</i>
Thursday	Orchestra 8:20 - 8:50			<i>School Musical A1C / Main Hall</i>
Friday	KS4/KS5 Vocal Group 8:20 - 8:50	Drum Group 8:20 - 8:50		



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TyHapus Counselling Service

Please find attached information about the free counselling service TyHapus offer.

Careers Wales

Please see the link below which will enable you to access updated information and resources from Careers Wales. The information and resources are designed to help parents and carers support young people in making decisions relating to careers and the world of work.

<https://careerswales.gov.wales/parents>



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SCHOOL HOLIDAY DATES 2023/2024

Term	Begin	Half term		End	No. of School Days
		Begin	End		
Autumn 2023	Mon 4 Sept 2023	Monday 30 Oct 2023	Friday 3 Nov 2023	Friday 22 Dec 2023	75
Spring 2024	Monday 8 Jan 2024	Monday 12 Feb 2024	Friday 16 Feb 2024	Friday 22 Mar 2024	50
Summer 2024	Monday 8 April 2024	Monday 27 May 2024	Friday 31 May 2024	*Monday 22 July 2024	70
				TOTAL	195

Mon 4 Sept 2023 and *Monday 22 July 2024 will be designated INSET days for all LEA Maintained Schools. The remaining four INSET days to be taken will be at the discretion of each individual school following appropriate consultation with staff. ***It is intended that this INSET Day will either be taken on Mon 22 July 2024 or at an alternative time for example in the form of twilight sessions.**

All schools will be closed on Monday 6 May 2024 for the May Day Bank Holiday.

Significant dates: Christmas	Monday 25 December 2023
Easter	Good Friday 29 March 2024 Easter Monday 1 April 2024
May Bank Holidays	Monday 6 May 2024 Monday 27 May 2024



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SCHOOL HOLIDAY DATES 2024/2025

Term	Begin	Half term		End	No. of School Days
		Begin	End		
Autumn 2024	Mon 2 Sept 2024	Monday 28 Oct 2024	Friday 1 Nov 2024	Friday 20 Dec 2024	75
Spring 2025	Monday 6 Jan 2025	Monday 24 Feb 2025	Friday 28 Feb 2025	Friday 11 Apr 2025	65
Summer 2025	Monday 28 April 2025	Monday 26 May 2025	Friday 30 May 2025	*Monday 21 July 2025	55
				TOTAL	195

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May Bank Holidays	Monday 5 May 2025 Monday 26 May 2025