



## COWBRIDGE SCHOOL

*Education, inspiration and opportunities for life.*

### News for the week ending 15th December 2023

#### Newyddion yr wythnos 15 Rhagfyr 2023

#### KEY DATES

18-20 Dec	School Production—Seussical the Musical
19-20 Dec	Yr 11 Product Design Exams
21 Dec	Yr 11 Textiles Exam
22 Dec	End of Term—School closes 3.30pm

#### **Dear Parent/Guardian,**

We wish to sincerely thank all students and families who donated items for hampers for the Food Bank - there was quite a collection!

The final week of term is a busy one; the cast of "Suessical: the Musical" had their complete run-through today, much to the delight of their Year 7 audience. A limited number of tickets are still available for Monday and Tuesday but Wednesday is sold out.

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

**Cowbridge School Senior Leadership Team**



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

## WALK-IN CLINIC NASAL SPRAY FLU VACCINE

Saturday, 16<sup>th</sup> of December 2023, 9:30am-12:30pm

[Maelfa Wellbeing Hub](#)

Llanedeyrn Cardiff CF23 9PF

The School Nursing Immunisation Team have arranged a Flu walk-in clinic 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 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



**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



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## **CLINIG GALW HEIBIO BRECHLYN FFLIW TRWYNOL**

Dydd Sadwrn, Rhagfyr 16eg 2023, 9:30am-12:30pm

**Hwb Llês Maelfa**

**Llanedern Caerdydd CF23 9PF**

Mae'r Tîm Imiwneiddio Nyrus Ysgol wedi trefnu clinig Ffliw galw heibio  
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 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>



**Mae Brechu yn achub bywydau  
Vaccination saves lives**

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Immunisations are more important than ever during a pandemic



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## Free support and resources for schools and families this holiday

Almost there! With the holidays just around the corner, we wanted to get in touch to share some free resources that we hope will be helpful to you, your students and their families at this time of year.

## Free behaviour support resources for schools and families

Have you heard of [My Family Coach](#)? It's an incredible free platform for schools and families for help and support with all areas of behaviour, school and family life.

The platform includes **over 50 hours of free support content** from the experienced team here at Team Teach. There's **articles, podcasts, videos, ebooks and quarterly online parent classes** that you and the families you support can attend and watch on-demand as well.

The resources and support cover a huge variety of topics and we're always adding more:

- Relationships
- Communication
- Mental wellbeing
- Friendships
- Bullying
- Calming down
- School life
- Healthy living
- At risk behaviour
- Screen time



And for this time of year, families might find articles on [understanding behaviour](#), [managing changes to routines](#), [how to enjoy a family Christmas](#), [using family support for childcare in the holidays](#), [supporting your child through the holidays](#) or [why self care isn't selfish](#) helpful.

It's all available 24/7 and completely free!

To access the platform as a parent or a school, simply visit the [My Family Coach website](#) and create an account.



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We are working with the Vale of Glamorgan's Social Services to provide a gift for every child and young person in the Vale who may otherwise go without this Christmas.

If you wish to donate, you can do so here:



★ THANK YOU FOR YOUR SUPPORT! ★



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Rydym yn gweithio gyda Gwasanaethau Cymdeithasol Bro Morgannwg i gynnig arheg i bob plentyn a pherson ifanc yn y Fro a allai fel arall fynd heb arheg y Nadolig hwn.

Os ydych yn dymuno cyfrannu, gallwch wneud hynny yma:



DIOLCH AM EICH CEFNOGAETH!



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Cowbridge School Presents



# Seussical

## THE MUSICAL

18th, 19th, 20th December 2023  
7pm

**TICKETS AVAILABLE ON PARENTMAIL**

*MUSIC BY*  
**STEPHEN FLAHERTY**

*LYRICS BY*  
**LYNN AHRENS**

*BOOK BY*  
**LYNN AHRENS AND  
STEPHEN FLAHERTY**

*CO-CONCEIVED BY LYNN AHRENS, STEPHEN FLAHERTY AND ERIC IDLE*

*BASED ON THE WORKS OF DR. SEUSS*

*THIS AMATEUR PRODUCTION IS PRESENTED BY ARRANGEMENT WITH MUSIC THEATRE INTERNATIONAL  
ALL AUTHORISED PERFORMANCE MATERIALS ARE ALSO SUPPLIED BY MTI [WWW.MTISHOWS.CO.UK](http://WWW.MTISHOWS.CO.UK)*



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50p  
each

# CANDY CANE FUNDRAISER

THE ROTARY INTERACT GROUP WILL  
BE SELLING CANDY CANES DURING  
FORM THROUGH OUT DECEMBER TO  
RAISE MONEY FOR LLAMAU.

**Llamau**

Imagine a World Without  
Homelessness

**Interact**  
Cowbridge







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**Christmas Trees**  
Cut & Choose or pre-cut all  
at 2021 prices!  
**OPEN 7 DAYS A WEEK**



Late night  
opening til 7pm  
Wed, Thurs  
& Fri

Elf Trail,  
wellie walk &  
Magic Post  
Box

Evening  
Rustic Mini  
Golf

Delivery  
Available

FESTIVE  
DRINKS &  
Snacks

Stands &  
Seasonal  
Shopping



Text Helen on 07896967648  
[www.tycerrigchristmastrees.co.uk](http://www.tycerrigchristmastrees.co.uk)  
• [TyCerrigChristmasTreeFarm](mailto:TyCerrigChristmasTreeFarm)



# COWBRIDGE SCHOOL

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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.
				
		<b>NO ✗</b> Dimpled eg. Specialist hockey shoes		
<ul style="list-style-type: none"><li>• Please ensure that you follow the correct footwear policy (above) when using this facility.</li><li>• The policy will help to protect you from potential injury and maintain the surface.</li><li>• Traditional trainers should not be worn as they increase risk of injury.</li></ul>				

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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Cardiff  
Metropolitan  
University

Prifysgol  
Metropolitan  
Caerdydd



# Parents, Guardians and Adult Learners *Stay in the know with us*



**Scan the QR code**  
and register to  
'stay in the know'  
about all things  
University for  
your student or  
whether you're  
interested in  
studying a course  
yourself!

*Any questions?* Please contact:  
[schoolsandcolleges@cardiffmet.ac.uk](mailto:schoolsandcolleges@cardiffmet.ac.uk)

### **Join us for our online webinars to learn more about Student Finance and how to prepare for Uni!**

All webinars will be taking place 17.30 - 18.30

#### **2023**

- 13<sup>th</sup> Sep: University Research
- 17<sup>th</sup> Oct: University Research
- 8<sup>th</sup> Nov: UCAS Application Top Tips
- 12<sup>th</sup> Dec: Intro to Student Finance and Student Support

#### **2024**

- 15<sup>th</sup> Jan: New Year. New Plans. Supporting your Student
- 13<sup>th</sup> Feb: Financially Fit, Student Finance Wales & England
- 12<sup>th</sup> Mar: Mental Health and Wellbeing at Uni
- 10<sup>th</sup> Apr: Student Life at Uni - Accommodation Support
- 13<sup>th</sup> May: Your turn to learn Summer School at Cardiff Met
- 15<sup>th</sup> May: Financially Fit, Student Finance Wales & England
- 12<sup>th</sup> Jun: Mental Health and Wellbeing at Uni
- 9<sup>th</sup> Jul: A Level Results Day and Clearing: What to do?
- 13<sup>th</sup> Aug: Uni - A Survival Guide

*Sign up via the QR code to receive webinar info*



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University

Prifysgol  
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Caerdydd



# Rhieni, Gwarcheidwaid a Dysgwyr sy'n Oedolion *Arhoswch yn hysbys gyda ni*



**Sganiwch y cod QR** a chofrestrwch i 'aros yn y wybodaeth' am bopeth Prifysgol i'ch myfyriwr neu a oes gennych ddiddordeb mewn astudio cwrs eich hun!

*Unrhyw cwestiynau? Cysylltwch â:*  
[schoolsandcolleges@cardiffmet.ac.uk](mailto:schoolsandcolleges@cardiffmet.ac.uk)

**Ymunwch â ni ar gyfer ein weminarau ar-lein i ddysgu mwy am Gyllid Myfyryr a sut i baratoi ar gyfer y Brifysgol!**

Bydd pob weminar yn cael ei gynnal 17.30 - 18.30

**2023**

13<sup>ed</sup> Med: Ymchwil Prifysgol

17<sup>ed</sup> Hyd: Ymchwil Prifysgol

8<sup>ed</sup> Tach: Syniadau Da ar gyfer Gwneud Cais UCAS

12<sup>ed</sup> Rhag: Cyflwyniad i Gyllid Myfyryr a Chymorth i Fyfyryr

**2024**

15<sup>ed</sup> Ion: Blwyddyn Newydd. Cynlluniau Newydd. Cefnogi eich Myfyriwr

13<sup>ed</sup> Chwe: Ffit yn Ariannol, Cyllid Myfyryr Cymru a Lloegr

12<sup>ed</sup> Maw: Iechyd Meddwl a Lles yn y Brifysgol

10<sup>ed</sup> Ebr: Bywyd Myfyriwr yn y Brifysgol - Cymorth Llety

13<sup>ed</sup> Mai: Eich tro chi i ddysgu Ysgol Haf ym Met Caerdydd

15<sup>ed</sup> Mai: Yn Ariannol Ffit, Cyllid Myfyryr Cymru a Lloegr

12<sup>ed</sup> Meh: Iechyd Meddwl a Lles yn y Brifysgol

9<sup>ed</sup> Gor: Diwrnod Canlyniadau Lefel A a Chlirio: Beth i'w wneud?

13<sup>ed</sup> Awst: Y Brifysgol - Sut i Oroesi

*Cofrestrwch trwy'r cod QR i dderbyn gwybodaeth weminar*



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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
<b>09:55 - 10:15 Break</b>	09:55 - 10:55 Lesson 2
10:15 - 11:15 Lesson 2	<b>10:55 - 11:15 Break</b>
11:15 - 12:15 Lesson 3	11:15 - 12:15 Lesson 3
<b>12:15 - 13:00 Lunch</b>	12:15 - 13:15 Lesson 4
13:00 - 14:00 Lesson 4	<b>13:15 - 14:00 Lunch</b>
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	A1I		<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>



# COWBRIDGE SCHOOL

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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
				<b>TOTAL</b>	<b>195</b>

Mon 2 Sept 2024 and \*Monday 21 July 2025 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 21 July 2025 or at an alternative time for example in the form of twilight sessions.**

All schools will be closed on Monday 5 May 2025 for the May Day Bank Holiday.

Significant dates: Christmas	Wednesday 25 December 2024
Easter	Good Friday 18 April 2025 Easter Monday 21 April 2025
May Bank Holidays	Monday 5 May 2025 Monday 26 May 2025