



COWBRIDGE SCHOOL

Education, inspiration and opportunities for life.

News for the week ending 15 September 2023

Newyddion yr wythnos

KEY DATES

19 Sept	Y12 Bridging the Gap Workshop P1/2, P3/4
23/24 Sept	DofE practice weekend 1
27 Sept	Y11 Food Prac. mock (P1-5) and taster evening

Dear Parent/Guardian,

As we come to the end of another busy week, we are pleased by how well students are settling back into the routine of school. We are particularly impressed by how well the majority of students are adapting to the new mobile protocol and it is a delight to witness the buzz of conversation and interaction now present, especially in the Dining Hall at breaktimes and lunchtimes.

You will see from this newsletter that there are a number of extra-curricular activities starting over the next few weeks and we encourage students to get involved as they are a great way to unwind but also meet new people.

In other news for this week, here is the first ever Cowbridge Lower School [newsletter](#)! It's been a whirlwind of exciting activities, glorious sunshine and making lots of new friends since we opened our doors last week! We are looking forward to sharing with you a snippet of our week, our lovely new school and pupils!

Wishing you an enjoyable weekend!

Cowbridge School Senior Leadership Team



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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.

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 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.

Make sure your child arrives on time to start school.



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Harvest Food Bank 2023

Dear Parent,

Cowbridge School has a Harvest Food Bank collection during September and October 2023.

The **deadline** for handing in donations is **17th October 2023**.

Students can leave donations on the Harvest Foodbank table in the canteen.

Please see the most needed items that you can donate below:

Tinned Meat -hot (e.g. chicken curry, hot dogs etc.)

Tinned Meat - cold (e.g. corned beef, ham etc.)

Tinned Veg - especially sweetcorn and carrots

Jam

Jars of pasta sauce

Rice pudding

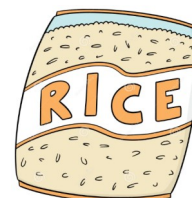
Tuna

Tinned fruit

Biscuits

Dried packets of super noodles/Pasta 'n' Sauce

Rice



Thank you in advance for your support.



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Information from the Welsh Government regarding vaccination

Vaccination is one of the most important things we can do to protect children and young people against ill health. The Welsh Government and Public Health Wales have developed the following guide to vaccinations for young people. The [guide](#) explains when and how vaccinations are offered to young people in school years 7 to 11 (ages 11 to 16) and why they are so important. Parents and carers are asked to read the guide. In addition, when each vaccination is due you will receive information from the school about the vaccination being offered along with a consent form*. Please also read this information and return the consent form as soon as possible, so that your child receives the best protection they can have against these serious diseases. Thank you.

(*Young people attending secondary schools in the Cardiff and Vale university health board area receive their year 9 vaccinations (3-in-1 and MenACWY) at their GP surgery so will not receive information about these vaccinations from schools in this area.)

Brechu yw un o'r pethau pwysicaf y gallwn ei wneud i amddiffyn plant a phobl ifanc rhag afiechydon. Mae Llywodraeth Cymru ac Iechyd Cyhoeddus Cymru wedi datblygu canllaw ar y cyd i frechiadau ar gyfer pobl ifanc. Mae'r [canllaw](#) yn esbonio pryd a sut mae brechiadau yn cael eu cynnig i bobl ifanc ym mlynnyddoedd ysgol 7 i 11 (rhwng 11 ac 16 oed) a pham eu bod mor bwysig. Gofynnir i rieni a gofalwyr ddarllen y canllawiau. Yn ogystal, pan ddaw amser rhoi pob brechiad cewch wybodaeth gan yr ysgol am y brechiad sy'n cael ei gynnig ynghyd â ffurflen ganiatâd. Darllenwch y wybodaeth hon hefyd a dychwelwch y ffurflen ganiatâd cyn gynted â phosibl, fel bod eich plentyn yn cael yr amddiffyniad gorau y gall ei gael yn erbyn y clefydau difrifol hyn. Diolch.*

*(*Mae pobl ifanc sy'n mynychu ysgolion uwchradd yn ardal bwrdd iechyd prifysgol Caerdydd a'r Fro yn cael eu brechiadau blwyddyn 9 (3-mewn-1 a MenACWY) yn eu meddygfa felly ni fyddant yn cael gwybodaeth am y brechiadau hyn gan ysgolion yn yr ardal hon.)*



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Message from the School Immunisation Team

Please find below the immunisation timetable and supporting information for all school aged children for the year ahead.

School Nursing Immunisation Team Timetable 2023/2024

School Year	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May
Reception	Flu	Flu	Flu						
1	Flu	Flu	Flu						
2	Flu	Flu	Flu						
3	Flu	Flu	Flu						
4	Flu	Flu	Flu						
5	Flu	Flu	Flu						
6	Flu	Flu	Flu						
7			Flu	Flu					
8			Flu	Flu		HPV	HPV	HPV	HPV
9			Flu	Flu		HPV	HPV	HPV	HPV
10			Flu	Flu					
11			Flu	Flu					

Flu – Nasal Spray Flu Vaccine will be offered in school from Reception to Year 11

Anyone can get flu but children have the highest rate of infection and it can be serious for them. The vaccine can help protect your child against serious complications from flu, such as pneumonia and help protect others who may be vulnerable to complications from flu. The nasal flu spray is the best way to protect against flu and reduce the spread of the seasonal influenza virus.

HPV – The HPV vaccine will be offered to girls and boys in Secondary School from Year 8

HPV infection is very common. There is clear evidence that the HPV vaccination can reduce your child's chances of developing HPV-related cancers and HPV-related genital warts. In time, it is expected the HPV vaccine will save hundreds of lives every year in the UK by preventing cancers caused by HPV. If your child missed their HPV vaccine in school, please contact the School Nursing Immunisation Team on 02920 907661/664 or email immunisation.Cavuhbschoolnursing@wales.nhs.uk to discuss and/or book a catch-up clinic

It is vital that your child receives key routine scheduled vaccinations throughout their childhood and on time - please ensure these are up to date as they grow up. Your GP practice should invite your child to receive the following vaccines however please note that if your child attends a Cardiff and Vale school but lives outside the area, you will need to contact the GP to make an appointment.



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Pre Schoolers (offered from 3 years and 4 months of age)

MMR vaccine (2nd dose) protects against measles, mumps and rubella

4-in-1 vaccine (booster) which protects against diphtheria, tetanus, pertussis and polio

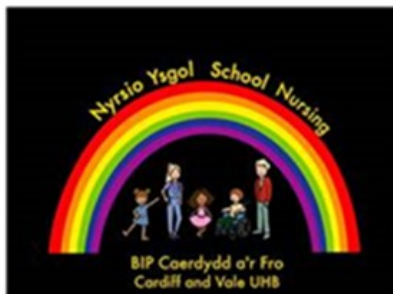
Between 13-15 years

3-in-1 teenage booster (Td/IPV) which protects against diphtheria, tetanus and polio

MenACWY which protects against Meningitis and Septicaemia.

If you are unsure, or think your child has missed any of these vaccinations, contact Child Health on 02921 836928 or your GP surgery and ask if they can check your vaccination record.

It is best to have vaccinations on time, but it is never too late to catch up on missed vaccinations. Vaccinations saves Lives



Mae Brechu yn achub bywydau
Vaccination saves lives

Mae apwyntiadau brechiadau'n rhesymau meddygol pwysig dros adael eich cartref
Vaccination appointments are important medical reasons to leave your home



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Amserlen Tîm Imiwneiddio mewn Ysgolion 2023/2024

Blwyddyn Ysgol	Medi	Hydref	Tach	Rhag	Ion	Chwè	Maw	Ebr	Mai
Derbyn	Ffliw	Ffliw	Ffliw						
1	Ffliw	Ffliw	Ffliw						
2	Ffliw	Ffliw	Ffliw						
3	Ffliw	Ffliw	Ffliw						
4	Ffliw	Ffliw	Ffliw						
5	Ffliw	Ffliw	Ffliw						
6	Ffliw	Ffliw	Ffliw						
7			Ffliw	Ffliw					
8			Ffliw	Ffliw		HPV	HPV	HPV	HPV
9			Ffliw	Ffliw		HPV	HPV	HPV	HPV
10			Ffliw	Ffliw					
11			Ffliw	Ffliw					

Ffliw – Caiff Chwistrell Brechlyn i'r Trwyn ei gynnig yn yr ysgol o Ddosbarth Derbyn i Flwyddyn 11

Gall unrhyw un ddal ffliw ond mae gan blant y gyfradd heintio uchaf a gall fod yn ddifrifol iddyn nhw. Gall y brechlyn ffliw helpu diogelu eich plentyn yn erbyn cymhlethdodau difrifol y ffliw, er enghraifft niwmonia a gall cynorthwyo i ddiogelu eraill sy'n frau i gymhlethdodau o ffliw. Chwistrell i'r trwyn yw'r ffordd orau i amddiffyn yn erbyn ffliw a lleihau lledaenu feirws ffliw tymhorol.

HPV – Caiff y brechlyn HPV ei gynnig i ferched a bechgyn o Flwyddyn 8 yn yr Ysgol Uwchradd

Mae haint HPV yn gyffredin iawn. Mae tystiolaeth clir bod y brechlyn HPV yn gallu lleihau'r posibilrwydd o'ch plentyn yn datblygu mathau o ganser sy'n gysylltiedig ag HPV a defaid gwenerol sy'n gysylltiedig ag HPV. Disgwylir, ymhen amser, y bydd y brechlyn HPV yn arbed cannoedd o fywydau bob blwyddyn yn y DU drwy atal mathau o ganser achosir gan HPV. Os nad yw'ch plentyn wedi derbyn y brechlyn HPV yn yr ysgol, cysylltwch a'r Tîm Nyrzio mewn Ysgolion ar 02920 907661/664 neu drwy e-bost: immunisation.Cavuhbschoolnursing@wales.nhs.uk i drafod ymhellach a/neu i wneud apwyntiad mewn clinig dal-i-fyny.

Mae'n angenrheidiol bod eich plentyn yn derbyn brechlynnau arferol allweddol drwy blentyndod a hynny'n amserol – plis wnewch chi sicrhau bod y brechlynnau hyn yn cael eu diweddarw wrth i'r plant dyfu. Dylai eich meddygfa deuluol wahodd eich plentyn i dderbyn y brechlynnau canlynol ond cofiwch os yw'ch plentyn yn mynychu ysgol yng Nghaerdydd a'r Fro ond yn byw tu allan i'r ardal, bydd rhaid i chi gysylltu gyda'ch meddyg teulu i wneud apwyntiad.

Plant cyn ysgol (cynigir o 3 blwydd a 4 mis oed)

Brechlyn MMR (ail ddôs) amddiffyn yn erbyn y frech goch, clwy'r pennau, a'r frech Almaeneg

Brechlyn 4-yn-1 (dôs cyfnerthol) amddiffyn yn erbyn diphtheria, tetanws, pertiwsis a pholio

Rhwng 13-15 mlwydd oed

3-yn-1 dos cyfnerthol yr ardegau (Td/IPV) sy'n amddiffyn yn erbyn diphtheria, tetanws, a pholio

MenACWY sy'n diogelu yn erbyn Llid yr Ymennydd a Septicaemia.

Os nad ydych chi'n siwr neu os ydych chi'n amau bod eich plant wedi colli un o'r brechlynnau hyn, cysylltwch ag Iechyd Plant ar 02921 836928 neu eich meddygfa deuluol a gofynnwch iddyn nhw wirio'r wybodaeth.

Y peth gorau yw cael brechlynnau yn brydlon, ond dyw hi byth yn rhy hwyr i ddal i fyny gyda'r brechlynnau.

Mae brechlynnau yn arbed bywydau. Y peth gorau yw cael brechlynnau yn brydlon, ond dyw hi byth yn rhy hwyr i ddal i fyny gyda'r brechlynnau.



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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	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 - AIM Flute Group Lunchtime - AIC	<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

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