



COWBRIDGE SCHOOL

Education, inspiration and opportunities for life.

News for the week ending 17th November 2023

Newyddion yr wythnos 17 Tachwedd 2023

KEY DATES

20–24 Nov Yr 11 English Oracy Exams

30 Nov Yr 13 Parents Evening

1–3 Dec Yr 8 Llangrannog Visit

Dear Parent/Guardian,

We would like to wish you all a pleasant weekend.

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

Cowbridge School Senior Leadership Team

Privacy Notice Update

We have added 'Netmedia Limited (Parents Booking)' to our list of third parties with whom we share information. Parents Booking is a new parents' evening system that we will be trialling. Our Privacy Notice can be found [here](#).



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Remembrance Service 2023





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CREATIVE WRITING CLUB

Starts 7th November
Every Tuesday
Y7 & Y8 - Lunchtime



A3N





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YOU ARE INVITED TO THE ENGLISH DEPARTMENT'S

BOOK CLUB



Starting date: November 9th



**Taking place:
In room A30**

**Every Thursday lunchtime
12:15-1pm**





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THE
cowbridge grind
MAYOR'S COFFEE MORNING

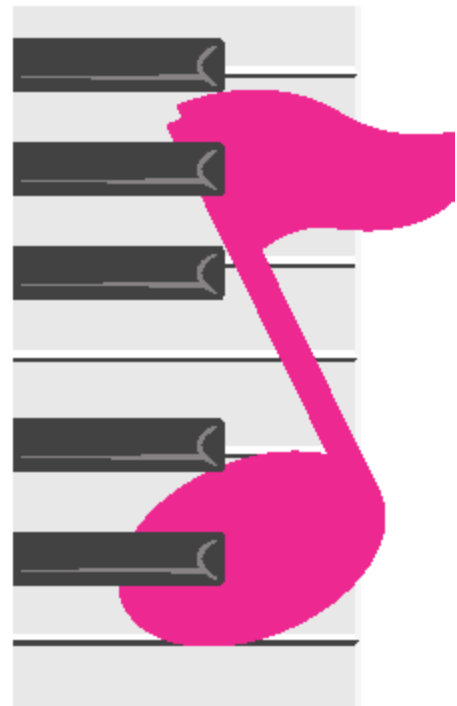


SATURDAY
DEC 2_{10 - 12}

FUNCTION ROOM - **BEAR HOTEL**



Cowbridge School
Senior **JAZZ** Group



<https://cowbridge-tc.gov.uk/events-3/mayors-coffee-morning/>



In aid of Llamau Young
Adults Homeless Charity

Llamau

Imagine a World Without
Homelessness



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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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Rotary Interact Quiz Night



Where: Cowbridge Scout Hall

When: 1st December 7:00pm

- Entrance fee: £5 per person (cash)
- There will be snacks, soft drinks and a raffle tickets available to purchase
- Team size: 2-5 people
- All proceeds to Mind Cymru
- Welcome to bring your own alcoholic drinks (optional)
- Email: 17bettlemegan@cowbridgecs.co.uk for to register interest

Raising money for:



Run by:



For any extra information, please email: 17bettlemegan@cowbridgecs.co.uk



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MISSING DAY OR NIGHT

Missing from home or education. Not knowing where they are or who they are with.



NEW PLACES

Discovering they have been going to new places where they have no obvious connections.



ONLINE USE

Spending more time online. Secretive activity, refusal to come offline. Have they distanced themselves from family, friends and usual activities?



CHANGE IN APPEARANCE

Clothing, personal hygiene, talking differently, tired.

EXPLOITATION SPOT THE SIGNS



INJURIES

Unexplained bruises, cuts, burns, marks. Reluctance to seek medical attention.



CHANGE IN BEHAVIOUR

Have they become unusually secretive, fearful or withdrawn, aggressive, distanced themselves from family and friends, involved in anti-social behaviour.



CHANGE IN FRIENDS

Sudden changes in who they are 'hanging out' with including meeting new people from social media.



COPING MECHANISMS

Alcohol/drug use/self-harm – what they may be doing or using in order to cope.



POSSESSIONS

Unexplained items e.g. New clothing, money, phone, drugs.



HELP US STOP EXPLOITATION

SAY SOMETHING, IF YOU SEE SOMETHING SUSPICIOUS.

CONTACT:

Crimestoppers  Police 
0800 555 111 101

WWW.STOP-CSE.ORG

Contact:

SAY SOMETHING
IF YOU SEE SOMETHING

STOPCSE



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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.

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.

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.



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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

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

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

2024

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

Sign up via the QR code to receive webinar info



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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

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

Bydd pob weminar yn cael ei gynnal 17.30 - 18.30

2023

13^{ed} Med: Ymchwil Prifysgol

17^{ed} Hyd: Ymchwil Prifysgol

8^{ed} Tach: Syniadau Da ar gyfer Gwneud Cais UCAS

12^{ed} Rhag: Cyflwyniad i Gyllid Myfyrrwr a Chymorth i Fyfyrrwr

2024

15^{ed} Ion: Blwyddyn Newydd. Cynlluniau Newydd. Cefnogi eich Myfyriwr

13^{ed} Chwe: Ffit yn Ariannol, Cyllid Myfyrrwr Cymru a Lloegr

12^{ed} Maw: Iechyd Meddwl a Lles yn y Brifysgol

10^{ed} Ebr: Bywyd Myfyriwr yn y Brifysgol - Cymorth Llety

13^{ed} Mai: Eich tro chi i ddysgu Ysgol Haf ym Met Caerdydd

15^{ed} Mai: Yn Ariannol Ffit, Cyllid Myfyrrwr Cymru a Lloegr

12^{ed} Meh: Iechyd Meddwl a Lles yn y Brifysgol

9^{ed} Gor: Diwrnod Canlyniadau Lefel A a Chlirio: Beth i'w wneud?

13^{ed} Awst: Y Brifysgol - Sut i Oroesi

Cofrestrwch trwy'r cod QR i dderbyn gwybodaeth weminar



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PRESS RELEASE

1 November 2023

MMR vaccination urged as measles outbreak declared in Cardiff

Public Health Wales is urging parents to ensure their children are up to date with the MMR vaccine as it investigates an outbreak of measles in young children in Cardiff.

Seven children across Cardiff have been confirmed as having measles over the past six weeks. Public Health Wales is working with Cardiff and Vale University Health Board and Cardiff Council to ensure contact tracing has taken place and appropriate advice given to those who may be susceptible to infection.

The first dose of MMR is usually given to babies at 12 months of age and the second just after three years of age, but it is never too late to catch up on missed doses. Parents of children who have not yet reached the age to receive their second dose don't need to take any action.

Measles symptoms include a distinctive red or brown rash that may be more difficult to see on darker skin. The rash follows a fever, cough, runny nose, red eyes (conjunctivitis), and children with these symptoms should be kept home from school, nursery or other childcare settings, and away from vulnerable people.

The rash typically starts on the head and spreads down the body. If parents feel they need medical advice they should contact their GP, visit 111.wales.nhs.uk, or call NHS 111 Wales as they normally would, but take care to alert them of the symptoms before attending any appointment.

Sion Lingard, Consultant in Health Protection for Public Health Wales, said: "links have been found between all seven cases so while there is currently no evidence of wider community transmission, measles is an extremely contagious infection and we are concerned that people who are not protected by vaccination could be at risk. It can be expected that more cases may be identified over the coming weeks.

"Measles is highly infectious and the only way to prevent outbreaks is through vaccination. We urge parents whose children have not received two doses of MMR as offered to ensure that they speak to their GP surgery to arrange this quick, safe and effective vaccine. If children are not yet old enough to receive their second dose, they don't need to have this earlier than scheduled."



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Adults who have never had measles or the MMR vaccine and who are in close contact with children are also urged to ensure they speak to their GP about vaccination.

Those that have not received two doses of MMR may be withdrawn from in person contact with vulnerable settings such as schools or nurseries if they are identified as a contact of a case of measles due to the high risk of them being infected.

The MMR vaccine is recommended by the World Health Organization, Welsh Government and NHS Wales as the most effective and safe way to protect children against measles.

Complications due to measles infection are common, with one in ten children requiring hospitalisation due to severe complications such as pneumonia and meningitis. Sadly for every 1000 cases of measles, there is at least one reported fatality due to the complications of the infection.

Further information on measles is available on the [Public Health Wales website](#).

END

CONTACT: For media enquiries please contact the Public Health Wales Communications team on 0300 003 0277 (24 hours)

Editor's notes

Public Health Wales is the national public health institute for Wales.

We're your primary source of trusted public health information, independent expertise and world-class research and innovation, to help everyone in Wales live healthier lives.

With our partners across government, third sector and local communities, our teams work to prevent disease, protect health and provide specialist expertise.

Together we aim to reduce inequalities, increase healthy life expectancy and improve health and wellbeing for everyone in Wales, now and for future generations.

Public Health Wales. Working together for a healthier Wales.

More information about Public Health Wales is available at <https://phw.nhs.wales/>



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DATGANIAD I'R WASG

1 Tachwedd 2023

Annog brechiad MMR wrth i achos o'r frech goch gael ei ddatgan yng Nghaerdydd

Mae Iechyd Cyhoeddus Cymru yn annog rhieni i sicrhau bod eu plant wedi cael y brechlyn MMR diweddaraf wrth iddo ymchwilio i achos o'r frech goch mewn plant ifanc yng Nghaerdydd.

Cadarnhawyd bod gan saith o blant ar draws Caerdydd y frech goch dros y chwe wythnos diwethaf. Mae Iechyd Cyhoeddus Cymru yn gweithio gyda Bwrdd Iechyd Prifysgol Caerdydd a'r Fro a Chyngor Caerdydd i sicrhau bod olrhain cysylltiadau wedi digwydd a bod cyngor priodol wedi'i roi i'r rhai a allai fod yn agored i haint.

Mae'r dos cyntaf o MMR fel arfer yn cael ei roi i fabanod pan maent yn 12 mis oed a'r ail ychydig ar ôl eu pen-blwydd yn dair oed, ond nid yw byth yn rhy hwyr i ddal i fyny ar ddosau a gollwyd. Nid oes angen i rieni plant nad ydynt wedi cyrraedd yr oedran i gael eu hail ddos wneud unrhyw beth.

Mae symptomau'r frech goch yn cynnwys brech goch neu frown nodweddiadol a allai fod yn fwy anodd ei gweld ar groen tywyllach. Mae'r frech yn dilyn twymyn, peswch, trwyn yn rhedeg, llygaid coch (llid pilen y llygad), a dylai plant sydd â'r symptomau hyn gael eu cadw gartref o'r ysgol, y feithrinfa neu leoliadau gofal plant eraill, ac i fwrdd o bobl sy'n agored i niwed.

Mae'r frech fel arfer yn dechrau ar y pen ac yn lledaenu i lawr y corff. Os yw rhieni'n teimlo bod angen cyngor meddygol arnynt, dylent gysylltu â'u meddyg teulu neu wirio'r symptomau ar 111 GIG Cymru ar-lein. Byddwch yn ofalus i roi gwybod iddynt am y symptomau cyn mynychu unrhyw apwyntiad.

Dyweddodd Sion Lingard, Ymgynghorydd Diogelu Iechyd ar gyfer Iechyd Cyhoeddus Cymru: "canfuwyd cysylltiadau rhwng y saith achos felly er nad oes tystiolaeth o drosglwyddo ehangach yn y gymuned ar hyn o bryd, mae'r frech goch yn haint heintus iawn ac rydym yn pryderu y gallai fod risg i bobl nad ydynt wedi'u hamddiffyn gan frechu. Disgwylir y bydd rhagor o achosion yn cael eu nodi dros yr wythnosau nesaf.

"Mae'r frech goch yn heintus iawn a'r unig ffordd o atal achosion yw drwy frechu. Rydym yn annog rhieni nad yw eu plant wedi cael dau ddos o MMR fel y'i cynigir i sicrhau eu bod yn siarad â'u meddygfa er mwyn trefnu'r brechlyn cyflym, diogel ac effeithiol hwn. Os nad yw plant yn ddigon hen i gael eu hail ddos, nid oes angen iddynt gael hyn yn gynharach na'r hyn a drefnwyd."



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Yn ogystal, anogir oedolion nad ydynt erioed wedi cael y frech goch na'r brechlyn MMR ac sydd mewn cysylltiad agos â phlant i sicrhau eu bod yn siarad â'u meddyg teulu am frechu.

Efallai y bydd y rhai nad ydynt wedi cael dau ddos o MMR yn cael eu tynnu'n ôl o gyswllt wyneb yn wyneb â lleoliadau agored i niwed fel ysgolion neu feithrinfeydd os nodir eu bod yn gyswllt achos o'r frech goch oherwydd y risg uchel y byddant wedi'u heintio.

Mae'r brechlyn MMR yn cael ei argymhell gan Sefydliad Iechyd y Byd, Llywodraeth Cymru a GIG Cymru fel y ffordd fwyaf effeithiol a diogel o amddiffyn plant rhag y frech goch.

Mae cymhlethdodau oherwydd haint y frech goch yn gyffredin, gydag un o bob deg o blant yn gorfod cael eu derbyn i'r ysbyty oherwydd cymhlethdodau difrifol fel niwmonia a meningitis. Yn anffodus, ar gyfer pob 1000 o achosion o'r frech goch, mae o leiaf un farwolaeth oherwydd cymhlethdodau'r haint.

Mae rhagor o wybodaeth am y frech goch ar gael ar [wefan Iechyd Cyhoeddus Cymru](#).

DIWEDD

CYSWLLT: Ar gyfer ymholiadau'r wasg ffoniwch dîm Cyfathrebu Iechyd Cyhoeddus Cymru ar 0300 003 0277 (24 awr)

[Nodiadau'r golygydd](#)

Iechyd Cyhoeddus Cymru yw sefydliad iechyd cyhoeddus cenedlaethol Cymru.

Ni yw eich prif ffynhonnell o wybodaeth ddibynadwy am iechyd cyhoeddus, arbenigedd annibynnol ac ymchwil ac arloesedd o'r radd flaenaf, i helpu pawb yng Nghymru i fyw bywydau iachach.

Gyda'n partneriaid ar draws llywodraeth, y trydydd sector a chymunedau lleol, mae ein timau'n gweithio i atal clefyd, diogelu iechyd a darparu arbenigedd.

Gyda'n gilydd ein nod yw lleihau anghydraddoldebau, cynyddu disgwyliad oes iach a gwella iechyd a llesiant i bawb yng Nghymru, nawr ac ar gyfer cenedlaethau'r dyfodol.

Iechyd Cyhoeddus Cymru. Gweithio gyda'n gilydd ar gyfer Cymru iachach.

Ceir rhagor o wybodaeth am Iechyd Cyhoeddus Cymru yn <https://www.icc.gig.cymru/>



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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