

News for the week ending 19 January 2024

Newyddion yr wythnos 19 Ionawr 2024

KEY DATES

22–25 Jan Year 11, 12 & 13 Mock Exams

25 Jan Year 10 FMSP Conference Visit to Cardiff Uni

26 Jan INSET DAY—School closed for pupils

Dear Parent/Guardian,

When the weather is as cold as it has been this week, there are few better ways to spend an evening than curled up with a good book! Not only does reading for pleasure positively impact academic attainment, it is also proven to relieve stress and promote better health and wellbeing. On pages 7-10 of this week's newsletter, you will find a list of recommended books for young people aged 10+ and 14+. Enjoy!

Here you will find this week's newsletter from Cowbridge Lower School.

Cowbridge School Senior Leadership Team



Education, inspiration and opportunities for life.

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 sgyrsiau am wasanaethau yng Nghaerdydd a Bro Morgannwg ar gyfer yr adeg y byddwch yn gadael ysgol.

Mi fydd sgyrsiau 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 cwestiynnau ebostiwch gruffydd.davies@cardiff.gov. uk neu ffoniwch: 07811515512



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parent line

Text your school nurse on 07312 263178

For confidential advice and support

This will be a text in service for parent to access their school nurse to help with a wide range of health problems.

This won't be a diagnostic service but we can give advice on....









emotional wellbeing sleep day and healthy night time eating soiling wetting substance misuse relationships behaviour bullying online safety puberty

We might inform someone if we were concerned about your safety, but we would usually speak to you first. Your messages are stored and can be seen by other healthcare staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate message back to confirm we received your text. Texts will not be seen outside normal working hours. If you need help before you hear back from us, contact your GP, nearest walk in centre or dial 111. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'number masking' mobile apps). To prevent the health professional from sending messages to you, text STOP to our number. Messages are charged at your usual rates.



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llinell rhieni

Os ydych yn rhiant neu'n ofalwr i blentyn 5-16 oed Tecstiwch eich nyrs ysgol ar 07312 263178

Am gyngor a chymorth cyfrinachol

Bydd hwn yn wasanaeth testun i rieni gael mynediad at eu nyrs ysgol i helpu gydag ystod eang o broblemau iechyd. Ni fydd hwn yn wasanaeth diagnostig ond gallwn roi cyngor ar...

Ar gael yn ystod gwyliau ysgol

Ar gael Llun - Gwener 8.30am - 4.30pm







camddefnyddio sylweddau CWSS gwlychu

diogelweh yn ystod
ar-lein
baeddu y dydd
glasoed a'r nos
cydberthnasau
lles emosiynol bwlio
ymddygiad bwyta'n iach

Efallai y byddwn yn rhoi gwybod i rywun os ydym yn pryderu am eich diogelwch, ond byddem fel arfer yn siarad â chi yn gyntaf. Caiff eich negeseuon eu storio a gall staff gofai ieichyd eraill sy'n dilyn yr un rheolau cyfrinachedd eu gweld. Ein nod yn ymateb i chi o fewn un diwrnod gwaith a dylech gael neges ar unwaith i gadarnhau ein bod wedi derbyn eich neges destun. Ni fydd negeseuon testun yn cael eu gweld y tu allan i oriau gwaith arferol. Os oes angen help arnoch cyn i chi glywed gennym, cysylltwch â'ch meddyg teulu, y ganolfan galw heibio agosaf neu ffoniwch 111. Nid yw ein rhif testun yn derbyn galwadau llais na negeseuon llun MMS. Rydym yn cefnogi negeseuon o rifau ffôn symudol y DU yn unig (nad yw'n cynnwys negeseuon a anfonir o linellau tir, rhifau ffôn symudol rhyngwladol a rhai apiau 'cuddio' rhifau' ar ffonau symudol. Er mwyn atal y gweithiwn iechyd profesynol rhag anfon negeseuon atoch, tecstiwch STOP i'n rhif. Codir tâl am negeseuon ar eich cyfraddau arferol.



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Cultural Concert



Cowbridge School and Atlantic College In aid of the DEC charity

We invite you to an evening of music, performed by members of both Cowbridge School and Atlantic College. Music has the power to unite people from all cultures; we aim to bring cultures that both schools offer together, strengthening links between us all.

8th February 2024

Doors open: 18:00

Start: 18.30

Tickets: £10 -

details on how to

purchase will

follow

All proceeds from the concert will go to the Disasters Emergency Committee





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Adventure/Fantasy

Northern Lights- Philip Pullman Red Queen- Victoria Aveyard Percy Jackson- Rick Riordan The Polar Bear Explorer's Club- Alex Bell Revolver- Marcus Sedgwick The Graveyard Book- Neil Gaiman Alex Rider series- Antony Horowitz The Owl Service- Alan Gardner Lemony Snicket- A Series Of Unfortunate Events Vango: Between Earth and Sky-Timothy de Fombelle

The Hobbit-JRR Tolkien Shadow Forest- Matt Haig Red Queen- Victoria Aveyard Ingo- Helen Dunmore Miss Peregrine's Home For Peculiar Children-Ransom Riggs Off The Page- Jodi Picoult Storm Glass- Jeff Wheeler Floodland- Marcus Sedgwick Twist of Gold- Michael Morpurgo Three Dark Crowns- Kendare Blake (12+) Coraline- Neil Gaiman

The Spiderwick Chronicles- Tony DiTerlizzi and

Holly Black The Nowhere Emporium-Ross McKenzie The Restless Girls- Jessie Burton

Reading List (10+)

Dystopia

The Hunger Games- Suzanne Collins Maggot Moon- Sally Gardner The Giver-Lois Lowry Dystopia (more challenging) Divergent - Veronica Roth Noughts and Crosses- Malorie Blackman The Maze Runner- James Dashner

Mystery/Thriller

The Secret Series- Pseudonymous Bosch Skulduggery Pleasant- Derek Landy Alex Rider- Antony Horowitz

History/Autobiography

Corpse Talk- Adam Murphy Horrible Histories Coram Boy- Jamila Garvin The Kite Rider- Geraldine McCaughrean Bone Talk; Wild Song by Candy Gourlay Grenade, Ground Zero or Allies - Alan Gratz Journey Back to Freedom; Sawbones - C Johnson



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Science-Fiction

Mortal Engines- Philip Reeve The Knife of Never Letting Go- Patrick Ness Across The Universe- Beth Revis

Growing-Up/Relationships/Social Issues

Lola Rose- Jacqueline Wilson
A Monster Calls- Patrick Ness
Beyond The Bright Sea- Lauren Wolk
Every Day- David Levithan
Antony McGowan- Rook (13+)
The Hate U Give- Angie Thomas
The Bone Sparrow- Zana Fraillon
The White Giraffe- Lauren St. John
Apple and Rain- Sarah Crossan
Alone on a Wide Wide Sea- Michael Morpurgo
Broken Heart Club- Cathy Cassidy
Tape- Steven Camden

More Challenging Themes

Where The World Ends- Geraldine McCaughrean
How I Live Now- Meg Rosoff (13+)
A Monster Calls- Patrick Ness
The Curious Incident of the Dog in the Nighttime (13+)
After The Fire- Will Hill
Chasing The Stars- Malorie Blackman
Lying About Last Summer- Sue Wallman
Looking for JJ: Anne Cassidy (13+)
The Ghosts of Heaven- Marcus Sedgwick

Reading List (10+)

Fun Books

Greg James- Kid Normal
David Walliams- The Boy In The Dress/
Midnight Gang
Jeff Kinney- Diary of a Wimpy Kid
Roald Dahl (any!)
Ruby Redfort series- Lauren Child
Dork Diaries- Rachel Renee
The Secret Diary of Adrian Mole aged 13 %Sue Townsend

Sports

Finding Her Feet; Kicking Off by Eve Ainsworth
Booked, Crossover or Rebound by Kwame
Alexander
Inspirational Sports Stories for Kids by Ben
Byde



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YOU'RE FINDING OUT SOMETHING AS YOU READ THAT WILL BE VITALLY IMPORTANT FOR MAKING YOUR WAY IN THE WORLD, AND IT'S THIS:

THE WORLD DOESN'T HAVE TO BE LIKE THIS. THINGS CAN SE DIFFERENT.

Reading List (14+)

Carnegie Shortlist 2023

Katya Balen, The Light in Everything Sita Brahmachari, When Shadows Fall Jessie Burton, Medusa Louise Finch, The Eternal Return of Clara Hart Patrice Lawrence, Needle Manon Steffan Ros, The Blue Book of Nebo (WIN) Ruta Sepetys, I Must Betray You (WIN)

Dystopia

Suzanne Collins- The Hunger Games Aldous Huxley- Brave New World George Orwell- Animal Farm Veronica Roth- Divergent James Dashner- The Maze Runner Ray Bradbury- Fahrenheit 451 Paolo Bacigalupi- Ship Breaker

Gothic

Mary Shelley- Frankenstein Bram Stoker- Dracula Emily Bronte- Wuthering Heights Daphne Du Maurier- Rebecca

Fantasy

J.R.R. Tolkien- The Lord of the Rings Terry Pratchett- The Colour of Magic (Discworld series) Philip Pullman- His Dark Materials trilogy Leigh Bardugo- Shadow and Bone Namina Forga- The Gilded Ones Stardust- Neil Gaiman Frances Hardinge- Deeplight

Historical/war

Regeneration - Pat Barker
Birdsong - Sebastian Faulks
Catch 22 - Joseph Heller
Raymond Briggs- When The Wind Blows
Sally Nicholls - Things a Bright Girl Can Do
Arthur Golden-Memoirs of a Geisha

Sci-Fi

Douglas Adams- The Hitchhikers' Guide to the Galaxy H.G. Wells- The Time Machine Patrick Ness- The Knife of Never Letting Go Philip Reeve- Mortal Engines



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Reading List (14+)

Classics

William Golding- Lord of the Flies
J.D. Salinger- The Catcher in the Rye
Robert Louis Stevenson- Treasure Island
Harper Lee- To Kill A Mockingbird
Oscar Wilde- The Portrait of Dorian Grey
George Orwell- Animal Farm
Ray Bradbury- Fahrenheit 451
Dodie Smith- I Capture The Castle
Madeleine L'Engle- A Wrinkle In Time

Bildungsroman (coming of age)

Michael Grant- Gone John Green- Looking For Alaska Khaled Hosseini- The Kite Runner S.E. Hinton- The Outsiders Stephen Chbosky-The Perks of Being a Wallflower

Mystery and Crime Thrillers

Marcus Sedgwick- Revolver
Mark Haddon - The Curious Incident of the
Dog in the Night Time
Michael Grant- Gone
Sophie McKenzie - Girl, Missing
Charlie Higson- The Enemy

Bestsellers

Audrey Niffenegger- The Time Traveller's Wife Matt Haig- How to Stop Time Adam Silvera- They Both Die At The End David Yoon- Frankly in Love Danielle Jawando- And The Stars Were Burning Brightly

Non-Fiction

Stuart Lawrence: Silence is Not An Option: You Can Impact The World For Change Michelle Obama- Becoming Xiuhtezcatl Martinez- Imaginary Borders

Graphic Novels

Chris Wooding- Malice Neil Gaiman- The Graveyard Book Naoki Urasawa- Pluto C.S. Pacat- Fence Brian K Vaughan- Paper Girls Laurie Halse Anderson- Speak



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Thinking about a Nursing Career? Join our virtual event!

When is it?

Tuesday 6 February 2024 at 16:00 - 18:30

What is it?

This live event provides the opportunity to find out about the different roles and career pathways available in Nursing in NHS Wales.

Who is it for?

Anyone who wants to find out more about Nursing careers in Wales or may need help with their application.

Registration

All individuals will be able to access the event free of charge via Microsoft Teams.

To receive the Teams link directly to your email, please use the QR code or follow the link provided in the accompanying email to take you to the registration page.



Your NHS. Your Career. Your Future.



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Meddwl am yrfa nyrsio? Ymunwch â'n digwyddiad rhithwir!

Pryd mae e?

Dydd Mawrth 6 Chwefror 2024 am 16:00 - 18:30

Beth yw e?

Mae'r digwyddiad byw hwn yn rhoi cyfle i chi ddod i wybod mwy am y gwahanol rolau a llwybrau gyrfa sydd ar gael mewn Nyrsio yn GIG Cymru.

Ar gyfer pwy mae?

Unrhyw un sydd eisiau gwybod mwy am yrfa fel Nyrs yng Nghymru neu sydd angen cymorth wrth wneud cais.

Cofrestru

Byddwch yn gallu cael mynediad i'r digwyddiad yn rhad ac am ddim trwy Microsoft Teams

I dderbyn y ddolen Teams yn uniongyrchol i'ch e-bost, defnyddiwch y côd QR neu dilynwch y ddolen a ddarperir yn yr e-bost cysylltiedig i fynd â chi i'r dudalen gofrestru.

Eich GIG. Eich gyrfa. Eich dyfodol.



Cowbridge School - new 3G pitch

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



Cowbridge School

3G Footwear Policy



- 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.

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.

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

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.

Physical Education - Extra-curricular (After School) Timetable

Facility / Day	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Gym</u>	6th Form Fit Club				
<u>3G</u>	Y7 Football	Y7 Rugby	Y8 + 9 Football	Girls Football	
Mugas	Y8 + 9 Netball	Senior Hockey (Y11-13)	Y9 + 10 Hockey	Y7 + 8 Hockey	
<u>Field</u>	Y8 Rugby	Y10 Football		Y9/10/11 Rugby	
Sports Hall	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	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<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>					
Sports Hall				6th Form Badminton Week 1	6th Form Badminton Week 2

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

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



School timings Spring 2024

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



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

ફ ટું ફ	A1C	A1I		Afterschool rehearsals
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>	School Musical A1C / Main Hall
Wednesday	KS3 Vocal Group 8:20 - 8:50	Senior Jazz Group 8:20 - 8:50		Big Band A1C
Thursday	Orchestra 8:20 - 8:50			School Musical A1C / Main Hall
Friday	KS4/KS5 Vocal Group 8:20 - 8:50	Drum Group 8:20 - 8:50		



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

SCHOOL HOLIDAY DATES 2023/2024

Term	Begin	Half term		End	No. of School
		Begin	End		Days
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
1			TOTAL	195	

<u>Mon 4 Sept 2023 and *Monday 22 July 2024</u> will be designated INSET days for <u>all</u> 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

SCHOOL HOLIDAY DATES 2024/2025

Term	Begin	Half term		End	No. of School
		Begin	End		Days
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

<u>Mon 2 Sept 2024 and *Monday 21 July 2025</u> 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