



# COWBRIDGE SCHOOL

*Education, inspiration and opportunities for life.*

## News for the week ending 20 October 2023

### Newyddion yr wythnos 20 Hydref 2023

#### KEY DATES

21/22 Oct	DofE assessment weekend 2
23 Oct	Parents evening (Lower School)
25 Oct	Y11 Food & Nutrition CA exam
26 Oct	Y11 Performing Arts exam (P1-5)
30 Oct–3 Nov	Half term week
6 Nov	INSET day–closed for pupils /staff in

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

The weather has not been particularly pleasant this week and it is noticeable, especially at break times and lunch times, just how many students come to school without a coat, a school jumper or anything to offer them some protection from the elements. As we move further into Autumn, please ensure that your child has a school jumper and a coat - guidance on our uniform policy has already been shared with all families and can be found on our website. Finally, we would like to extend our gratitude to the whole school community for your generous donations to our Harvest Collection - see page 3 for a photograph of how much was collected.

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

Have a wonderful weekend

**Cowbridge School Senior Leadership Team**



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## **An important message for all parents**

### **OMEGLE**

It has come to the attention of the Local Authority that there are significant safeguarding concerns in respect of the Omegle.com website/app due to its harmful sexual content and access to personal data including locations. Children, young people and their parents/carers are advised to delete this app.

If a child/young person has been a victim of online harm/exploitation then they should report this to 101 and where required appropriate safeguarding referrals should be made. If it is believed a child is at immediate risk then emergency services should be contacted by ringing 999.

Further information on the risks associated with this website can be found at the following links:

<https://oursaferschools.co.uk/2022/09/30/dangerous-chat-rooms-alert/>

<https://saferinternet.org.uk/blog/what-is-omegle-key-things-parents-and-carers-need-to-know>

Cowbridge School Senior Leadership Team



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## Harvest collection 2023

A BIG thank you to all students, parents and staff that donated to our Harvest food bank. There was a fabulous amount of donations sent to Vale Foodbank. The cage was full!!! We really appreciate your support.

Cowbridge School Council





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CAVC and Bridgend College have released their open event dates.

Please see the following poster and further information can be found here:

[Open Evenings - Cardiff and Vale College \(cavc.ac.uk\)](http://cavc.ac.uk)

[Campus tours - Coleg Penybont \(bridgend.ac.uk\)](http://bridgend.ac.uk)



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[Open Evenings - Cardiff and Vale College \(cavc.ac.uk\)](http://cavc.ac.uk)

[Campus tours - Coleg Penybont \(bridgend.ac.uk\)](http://bridgend.ac.uk)



Cardiff and Vale College  
Coleg Caerdydd a'r Fro

## CAVC Open Evenings

### November Open Evenings

Tuesday 7th November – Cardiff Open Evening  
**City Centre Campus / CISC / Arts Academy**

Wednesday 8th November – Vale Open Evening  
**Barry Campus / ICAT**

### February Open Evenings

Tuesday 6th February – Cardiff Open Evening  
**City Centre Campus / CISC / Arts Academy**

Wednesday 7th February – Vale Open Evening  
**Barry Campus / ICAT**

### April Open Evenings

Tuesday 9th April – Vale Open Evening  
**Barry Campus / ICAT**

Wednesday 10th April – Cardiff Open Evening  
**City Centre Campus / CISC**

### June Open Evenings

Thursday 27th June – Barry Campus & City Centre Campus

For more details and to book your place:

[cavc.ac.uk/openevenings](http://cavc.ac.uk/openevenings)





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## Nosweithiau Agored CAVC

### Nosweithiau Agored mis Tachwedd

Dydd Mawrth 7 Tachwedd – Noson Agored Caerdydd  
**Campws Canol y Ddinas / CISC / Yr Academi Gelfyddydau**

Dydd Mercher 8 Tachwedd – Noson Agored y Fro  
**Campws y Barri / ICAT**

### Nosweithiau Agored mis Chwefror

Dydd Mawrth 6 Chwefror – Noson Agored Caerdydd  
**Campws Canol y Ddinas / CISC/ Yr Academi Gelfyddydau**

Dydd Mercher 7 Chwefror – Noson Agored y Fro  
**Campws y Barri / ICAT**

### Nosweithiau Agored mis Ebrill

Dydd Mawrth 9 Ebrill – Noson Agored y Fro  
**Campws y Barri / ICAT**

Dydd Mercher 10 Ebrill – Noson Agored Caerdydd  
**Campws Canol y Ddinas / CISC**

### Nosweithiau Agored mis Mehefin

Dydd Iau 27 Mehefin – Campws y Barri a Champws  
Canol y Ddinas

Am ragor o fanylion ac i archebu'ch lle:  
[cavc.ac.uk/cy/openevenings](http://cavc.ac.uk/cy/openevenings)





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# What to do if a child has an **ASTHMA ATTACK**



## **Actions to take if a child has an asthma attack and when to call 999.**

- 1** Help them to sit up – don't let them lie down. Try to keep them calm.
- 2** Help them take one puff of their reliever inhaler (with their spacer, if they have it) every 30 to 60 seconds, up to a total of 10 puffs.
- 3** If they don't have their reliever inhaler, or it's not helping, or if you are worried at any time, call 999 for an ambulance.
- 4** If the ambulance has not arrived after 10 minutes and their symptoms are not improving, repeat step 2.
- 5** If their symptoms are no better after repeating step 2, and the ambulance has still not arrived, contact 999 again immediately.

**Important:** This asthma attack advice does not apply to MART inhalers.  
Speak to your GP or asthma nurse for more information.



A school asthma card contains contact details  
and essential information about a child's asthma.  
**Scan the QR code to get yours.**

**AsthmaAndLung.org.uk**





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**A message for Y11**

Come and join the Welsh chatting club for Y11 .

Every Tuesday at lunch for the duration of the year.

# CLWB CLONC

**CHAT & PRACTISE YOUR WELSH LANGUAGE SKILLS  
EVERY TUESDAY LUNCH IN B1B**







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**CALLING ALL Year 9 French/German pupils!**

**GCHQ**

– one of the three UK intelligence agencies –  
is hosting an online

**National Language  
Competition**

**06/11/2023 – 10/11/2023**

In teams of up to four students you will compete  
against others nationwide for the NLC 2023  
trophy - awarded to the winning team at the GCHQ  
headquarters in Cheltenham.

Your task will be to solve the NLC's language- based puzzles  
to score as many points as you can over the week.

No prior knowledge or language skills are  
required. Just have your quick-thinking, code-  
cracking, puzzle-solving skills at the ready!

If you want to get involved, see  
Frau Jenkins in B2E  
or email: [jjenkins@cowbridgecs.co.uk](mailto:jjenkins@cowbridgecs.co.uk)



**#GCHQNationalLanguageCompetition**



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**Y7 and Y8**

# **FOREIGN LANGUAGE FILM CLUB**

**FILMS FROM AROUND THE WORLD**

**MONDAYS IN B2E 12:30 - 1:00**



**SEE MADAME POWLSON OR FRAU JENKINS FOR  
AN EARLY LUNCH PASS ON THE DAY.**



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# **GERMAN**



## **FILM CLUB**

### **YEARS 11 - 13**

**THURSDAYS**

13:15-14:00

**B2E**

**EARLY LUNCH  
PASSES  
AVAILABLE**

**MORE  
INFO:**

[jjenkins@cowbridgecs.co.uk](mailto:jjenkins@cowbridgecs.co.uk)



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***GERMAN***

**FILM CLUB**

***YEARS 9 & 10***

**FRIDAYS**

13:15-14:00

**B2E**

**EARLY LUNCH  
PASSES  
AVAILABLE**

**MORE  
INFO:**

[jjenkins@cowbridgecs.co.uk](mailto:jjenkins@cowbridgecs.co.uk)



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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		
				

- 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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## **Young People and Vaping**

Please find enclosed information regarding the increasing trend of young people engaging in vaping. Figures from the School Health Research Network Student Health and Wellbeing Survey show that 20% of young people from Year 7 to Year 11 say they've tried vaping, with 5% of secondary school pupils in Wales vaping at least once a week. A recent Public Health Wales snapshot survey of pupils in year 7 and 10 from a small sample of Welsh secondary schools found the proportion of year 10 pupils using vapes every day is around nine per cent. Among these daily vapers around two thirds showed signs of moderate or high dependency to nicotine using a validated measure.

At Cowbridge School, advice regarding the dangers of vaping is regularly included in assemblies. The wider curriculum also contains education and information for young people.

We have recently informed the police of illicit vapes being sold to young people in the community. These are of particular concern since these illicit products are often sold in informal, unregulated marketplaces (including via social media) and in small retailers, diminishing the regulations put in place to protect children and young people from the potential harms of vaping. Please could all parents be vigilant and refer your concerns to the relevant organisation contained within this important Public Health Wales Guidance.

Vaping is banned across the school premises and where young people are caught vaping, especially indoors where it is likely to trigger a whole school Fire evacuation, serious consequences will apply and this could involve Fixed-term exclusion from Cowbridge School.

Cowbridge School Senior Leadership Team



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## Emerging Talent Applications Opening w/c 2<sup>nd</sup> October

### Have a question about British Airways apprenticeships or graduate schemes?

From Tuesday 3<sup>rd</sup> October to Tuesday 28<sup>th</sup> November the Emerging Talent team will be running weekly virtual 'drop in' sessions for you to ask any questions about our emerging talent programmes and opportunities – you name it, we can help!

During this period our weekly calls will have a focus on one area of Emerging Talent, where you can learn more about specific programmes and speak to current apprentices and graduates - timetable below:

Date	Drop In Session Focus	Type of Programme
3 <sup>rd</sup> October	All Apprenticeship Schemes – A complete overview	Apprenticeships
10 <sup>th</sup> October	Business Professional, Aspiring Leader, Data Science Apprenticeships	Apprenticeships
17 <sup>th</sup> October	Customer Service, Customer Service Advisor Apprenticeships	Apprenticeships
24 <sup>th</sup> October	All Graduate Schemes – A complete overview	Graduate
31 <sup>st</sup> October	Data Science and Commercial Analytics/Business Graduate Schemes	Graduate
7 <sup>th</sup> November	Future Leaders – Graduate Scheme, Business Placements and Internships	Graduate
14 <sup>th</sup> November	Aircraft Maintenance/Workshop and Ground Operations Apprenticeships	Apprenticeships
21 <sup>st</sup> November	Finance Graduate Scheme	Graduate
28 <sup>th</sup> November	Engineering Graduate Schemes	Graduate

Join us every Tuesday evening – 4pm to 5pm, on the same link every week: <https://lnkd.in/es6AD6U3>

Questions? Please email [inspire@ba.com](mailto:inspire@ba.com)



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### Message from Careers Wales

### **GE Wales Apprenticeship Open Evenings October/November 2023**



GE Wales are holding Apprenticeship Open Evenings on 16<sup>th</sup>, 18<sup>th</sup> and 30<sup>th</sup> October and 1<sup>st</sup> November from 7pm to 8:30pm in their site in Caerphilly.

Please note that there is a limit of 50 spaces on each opening evening. The official open and close dates of the apprenticeship is Monday 9 October – Sunday 31 December.

There is a requirement of one student of interest plus one guardian.

On the [attached flyer](#) there is a QR code to register, unfortunately there is a problem with the link therefore please use:

<https://jobs.gecareers.com/global/en/event/650061ad68709534a07b976d/GE-Aerospace-Wales-Apprenticeship-Open-Evenings>





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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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## 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](mailto: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** (2<sup>nd</sup> dose) protects against measles, mumps and rubella

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

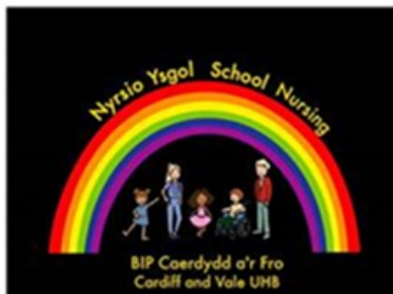
**Between 13-15 years**

**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](mailto: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
<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




# COWBRIDGE SCHOOL

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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 - <b>AIM</b>  Flute Group Lunchtime - <b>AIC</b>	<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
<b>TOTAL</b>					<b>195</b>

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



# COWBRIDGE SCHOOL

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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