

News for the week ending 29 September 2023

Newyddion yr wythnos

KEY DATES

30 Sept/1 Oct Bronze DofE practice weekend 2 (Cohort B)

5 Oct Y6 new intake evening 4-6pm 7/8 Oct DofE assessment weekend 1

9 Oct Y7 Settling in parents evening (virtual)

10 Oct Autumn concert

11 Oct Y11 parents evening - English and Maths only

12 Oct Y13 Skanda Vale Ashram visit

Dear Parent/Guardian

This week marks the halfway point of this half term and, as we approach October and fewer hours of daylight, we encourage all students to pace themselves; get out and about in nature as often as possible; and, establish those routines, such as getting a good night's sleep, which will help them through the remainder of the half term. Thinking of other people is also important so we would urge students to get involved in the Harvest Foodbank collection; details of the most needed items can be found on page 8.

Wishing you a wonderful weekend

Cowbridge School Senior Leadership Team



Young People and Vaping

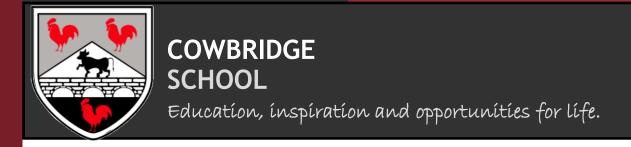
Please find enclosed information regarding the increasing trend of young people engaging in vaping. Figures from the School Health Research Network Student Health and Wellbeing Survey show that 20% of young people from Year 7 to Year 11 say they've tried vaping, with 5% of secondary school pupils in 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



Cowbridge School - new 3G pitch

Our newly laid pitch is almost ready to open. Please see the image below showing permitted footwear.



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



Emerging Talent Applications Opening w/c 2nd October

Have a question about British Airways apprenticeships or graduate schemes?

From Tuesday 3rd October to Tuesday 28th 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
3rd October	All Apprenticeship Schemes – A complete overview	Apprenticeships
10th October	Business Professional, Aspiring Leader, Data Science Apprenticeships	Apprenticeships
17th October	Customer Service, Customer Service Advisor Apprenticeships	Apprenticeships
24th October	All Graduate Schemes – A complete overview	Graduate
31st October	Data Science and Commercial Analytics/Business Graduate Schemes	Graduate
7th November	Future Leaders – Graduate Scheme, Business Placements and Internships	Graduate
14th November	Aircraft Maintenance/Workshop and Ground Operations Apprenticeships	Apprenticeships
21st November	Finance Graduate Scheme	Graduate
28th 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



COWBRIDGE SCHOOL

Education, inspiration and opportunities for life.





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Open Evening for Prospective Year 7 Pupils

Thursday 5 October 2023 4pm - 6pm

We think our School is fabulous but don't just take our word for it. Take a closer look...

Why Choose Cowbridge School?

Our team of committed teachers are passionate about learning and continually strive to look for innovative ways of helping young people to learn better and more effectively.

Our long tradition of academic excellence places us as one of the highest performing schools in Wales. As a result we will talk to you about children, our story and the next steps in our journey. We talk and care about children not statistics.

Our caring, nurturing ethos permeates all aspects of school life. High levels of care, support and guidance coupled with our high expectations ensures a calm, purposeful learning environment.

Our proud tradition of sporting excellence means that our sports-men and women regularly achieve regional, national and international honours, at an enviable range of sports.

Our exceptional range of activities beyond the classroom are central to life at the school; each year boasts a great repertoire of musical and drama performances, visits and actives.

Our facilities are state of the art. However, we dream big and then bigger again. Our ongoing capital development programme means our facilities and resources will remain amongst the very best in Wales.

Above all, we are distinguished by our students, they are our finest ambassadors. They are engaging, compassionate, sincere and have high aspirations and expectations of themselves.



'Excellent'

In our most recent Estyn Inspection, all aspects of our school were graded as 'Excellent' and no recommendations were made for improvement.

There is no need to book. Come along to the School from 4pm to see what we have to offer. Mrs Thomas (Headteacher) will give a presentation at 4pm and 5pm in the Main Hall. Between 4pm and 6pm the classrooms will be open with information on the curriculum, demonstrations and the opportunity to chat with current students.



Message from Careers Wales

GE Wales Apprenticeship Open Evenings October/November 2023



GE Wales are holding Apprenticeship Open Evenings on 16th, 18th and 30th October and 1st 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 <u>attached flyer</u> 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



COWBRIDGE SCHOOL

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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.



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.



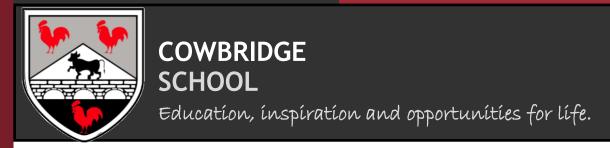
Information from the Welsh Government regarding vaccination

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 <u>canllaw</u> yn esbonio pryd a sut mae brechiadau yn cael eu cynnig i bobl ifanc ym mlynyddoedd 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.)



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.



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

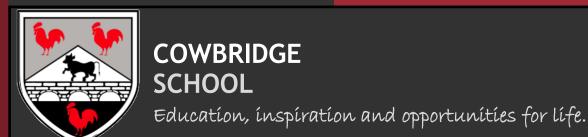
MenACWY which protects against Meningitis and Septicaemia.

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







Amserlen Tîm Imiwneiddio mewn Ysgolion 2023/2024

Blwwddyn Ysgol	Medi	Hydref	Tach	Bhas	Ion	Shwa	Maw	Ebs	Mai
Derbyn	Ffliw	Efliw	Ffliw						
1	Ffliw	Ffliw	Ffliw						
2	Ffliw	Ffliw	Ffliw						
3	Ffliw	Ffliw	Ffliw						
4	Ffliw	Ffliw	Ffliw						
5	Ffliw	Efliw	<u> Ffliw</u>						
6	Ffliw	Ffliw	Ffliw						
7			Ffliw	Efliw					
8			Ffliw	Ffliw		HPV	HPV	HPV	HPV
9			Ffliw	Efliw		HPV	HPV	HPV	HPV
10			Ffliw	Ffliw					
11			Ffliw	Efliw					

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 posibilirwydd 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 Nyrsio mewn Ysgolion ar 02920 907661/664 neu drwy e-bost: 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 – plîs wnewch chi sicrhau bod y brechlynnau hyn yn cael eu diweddaru 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) amddifyn yn erbyn diphtheria, tetanws, pertiwsis a pholio

Rhwng 13-15 mlwydd oed

3-yn-1 dos cyfnerthol yr arddegau (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 lechyd 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.

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 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



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

ક હે ક	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
		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