



COWBRIDGE SCHOOL

Education, inspiration and opportunities for life.

News for the week ending 12 April 2024

Newyddion yr wythnos 12 Ebrill 2024

KEY DATES

- 15 April - Year 11 Art Exam
- 16-18 April - Year 10 Welsh Speaking NEA
- 17 April - HPV Vaccinations
- 17-18 April - Year 11 Performing Arts Exam
- 18 April - Lower School Photos

Dear Parent/Carer,

We would like to wish you all a lovely weekend.

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

Cowbridge School Senior Leadership Team



**COWBRIDGE
SCHOOL**

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**Cowbridge School
Presents:**

Solo Showcase

**Come along and listen to some of our talented
pupils perform solo pieces!**

FREE

**Tickets available
on Parentmail**

**Tuesday
30th April**

6pm

**Main Hall
Cowbridge School**



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Cardiff City FC Community Foundation has teamed up with Cardiff and Vale University Health Board to promote the importance of a vaccine that offers vital protection against several types of cancer.

The human papillomavirus (HPV) vaccine is offered for free to all children aged 12 and 13 in Year 8 of secondary school. It has proved highly effective at reducing the risk of getting HPV, a group of more than 100 viruses that are usually passed on through skin-to-skin contact.

Most people who become infected with HPV will clear the virus from their body and won't become unwell, but for others it can cause genital warts or even develop into some types of cancer including cervical cancer in women and head and neck cancers that are most common in men.

HPV usually has no symptoms, which is why it is so easy to pass on. More than 70% of people who haven't had the HPV vaccine will get HPV at some point in their life. But to date the vaccine has proved very effective. Since it was introduced in 2008, it has reduced cervical cancer rates by almost 90% in women in their 20s.

Every spring, Cardiff and Vale UHB's School Nursing Immunisation Team visits schools across the region to administer the HPV vaccine to Year 8s, along with those in Year 9, 10 and 11 who missed out in Year 8.

"HPV vaccination is most effective in people who have not been exposed to HPV which is why it's recommended to vaccinate children at the age of 11-13. By adulthood most people will have been exposed to HPV, so vaccination won't be as effective."

Young people who miss out on their vaccine in Year 8 at school will be given the opportunity to receive it before they leave statutory schooling at the end of Year 11. For those who can't receive it at school, there will be community catch-up clinics across Cardiff and the Vale of Glamorgan.

Please click on the video below:

<https://youtu.be/MsVRgVifKc0>



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Mae Sefydliad Cymunedol Clwb Pêl-droed Dinas Caerdydd wedi ymuno â Bwrdd Iechyd Prifysgol Caerdydd a'r Fro i hyrwyddo pwysigrwydd brechlyn sy'n cynnig amddiffyniad hanfodol yn erbyn sawl math o ganser.

Mae'r brechlyn papilomafeirws dynol (HPV) yn cael ei gynnig am ddim i bob plenty 12 a 13 oed ym Mlwyddyn 8 yn yr ysgol uwchradd. Mae wedi bod yn hynod effeithiol o ran lleihau'r risg o gael HPV, grŵp o fwy na 100 o feirysau sydd fel arfer yn cael eu trosglwyddo drwy gyswllt croen-i-groen.

Bydd y rhan fwyaf o bobl sy'n cael eu heintio â HPV yn clirio'r feirws o'u corff ac ni fyddant yn mynd yn sâl ond, I eraill, gall achosi dafadennau gwenerol neu hyd yn oed ddatblygu i fod yn rhai mathau o ganser, gan gynnwys canser ceg y groth ymhlith menywod, a chanserau'r pen a'r gwddf sydd fwyaf cyffredin ymhlith dynion. Fel arfer nid oes gan HPV unrhyw symptomau, a dyna pam ei bod mor hawdd ei drosglwyddo. Bydd mwy na 70% o bobl nad ydynt wedi cael y brechlyn HPV yn cael HPV ar ryw adeg yn eu bywyd.

Ond hyd yma mae'r brechlyn wedi bod yn effeithiol iawn. Ers iddo gael ei gyflwyno yn 2008, mae wedi lleihau cyfraddau canser ceg y groth bron i 90% ymhlith menywod yn eu 20au.

Bob gwanwyn, mae Tîm Imiwneiddio Nyrsio Ysgol BIP Caerdydd a'r Fro yn ymweld ag ysgolion ar draws y rhanbarth i roi'r brechlyn HPV i ddisgyblion Blwyddyn 8, ynghyd â'r rhai ym Mlwyddyn 9, 10 ac 11 a fethodd eu brechlyn ym Mlwyddyn 8

"Mae brechiad HPV yn fwyaf effeithiol mewn pobl nad ydynt wedi dod i gysylltiad â HPV a dyna pam yr argymhellir brechu plant 11-13 oed. Erbyn iddynt ddod yn oedolion bydd y rhan fwyaf o bobl wedi dod i gysylltiad â HPV, felly ni fydd brechu mor effeithiol."

Bydd pobl ifanc sy'n methu eu brechlyn ym Mlwyddyn 8 yn yr ysgol yn cael y cyfle i'w gael cyn iddynt adael addysg statudol ar ddiwedd Blwyddyn 11. I'r rhai na allant ei dderbyn yn yr ysgol, bydd clinigau dal i fyny cymunedol ledled Caerdydd a Bro Morgannwg.

Cliciwch ar y ddolen isod:

<https://youtu.be/q9ncFNDHT5c>



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Nursio Ysgol | School Nursing
BIP Caerdydd a'r Fro | Cardiff & Vale UHB

parent line

If you're a parent or carer of a 5-16 Year Old

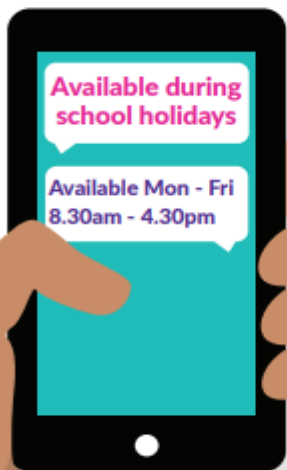
Text your school nurse on

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 wetting
soiling substance misuse
relationships
behaviour bullying
online safety puberty



Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board

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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Nyrsio Ysgol | School Nursing
BIP Caerdydd a'r Fro | Cardiff & Vale UHB

Ilinell 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 gwylliau ysgol

Ar gael
Llun - Gwener
8.30am - 4.30pm



camddefnyddio sylweddau

CWSG gwlychu

diogelwch yn ystod

ar-lein y dydd

baeddu a'r nos

glasoed a'r nos

cydberthnasau

lles emosiynol **bwlio**

ymddygiad **bwyta'n iach**



Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board

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 gofal iechyd eraill sy'n dilyn yr un rheolau cyfrinachedd eu gweld. Ein nod yw 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 gweithiwr iechyd proffesiynol rhag anfon negeseuon atoch, tecstiwch STOP i'n rhif. Codir tâl am negeseuon ar eich cyfraddau arferol.



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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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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 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



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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 - <u>AIM</u>	
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>Rock Club A1C</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