



# COWBRIDGE SCHOOL

*Education, inspiration and opportunities for life.*

## News for the week ending 15 March 2024

### Newyddion yr wythnos 15 Mawrth 2024

#### KEY DATES

- 18 March - Y11 Performing Arts Online Exam
- 19 March - Swing into Spring
- 20 March - Y12 A Level Geography Fieldwork
- 21 March - Y11 Walking Talking Mock—Maths
- 21 March - Lower School Easter Bonnet Parade & Songs
- 22 March - Y11 Walking Talking Mock—English
- 22 March - End of Term

#### **Dear Parent/Carer,**

Please may we take this opportunity to remind you that all controlled drugs such as co-deine or methylphenidate (brand names 'Tranquilyn' or 'Medikinet' for ADHD) are NOT to be carried by students and must be handed to the achievement assistant for their year group. These will then be stored in a secure location.

Thank you for your support.

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**



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Cowbridge School

# Swing into Spring



Main Hall

Tuesday 19th March 2024 at 6pm

£5 per ticket available on ParentMail

Come and hear some uplifting,  
lively performances from our  
school ensembles to put a swing  
into your step as Spring  
approaches!



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# Are you a parent who has had depression or struggled with low mood?

Do you have a  
child aged 13-17?



### Our study will...

offer young people the opportunity to learn wellbeing skills through an online cognitive behavioural therapy (CBT) group program

### and...

offer additional support to parents with depressive symptoms

Receive up to  
£120 in vouchers

## WE WANT TO HEAR FROM YOU

Scan the QR code to take part in  
our research



Get in touch

SWELL@cardiff.ac.uk



Wolfson Centre  
for Learning, Innovation & Mental Health  
Canolfan Wolfson  
ar gyfwrdd Stryd Market, Prifysgol  
Cardiff





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## Ydych chi'n rhiant sydd wedi dioddef o iselder neu hwyliau isel?

Oes gennych chi blentyn 13-17 oed?



**Bydd ein hastudiaeth yn...**  
chynnig cyfle i bobl ifanc ddysgu sgiliau lles mewn rhaglen grŵp therapi ymddygiad gwybyddol (CBT) ar-lein

**yn ogystal â...**  
cynnig cymorth ychwanegol i rieni sydd â lefel uchel symptomau iselder

Cael hyd at £120  
mewn talebau

## HOFFEN NI GLYWED GENNYCH CHI

Sganiwch y cod QR i gymryd rhan yn ein hymchwil



Cysylltwch â ni

SWELL@cardiff.ac.uk



GIG  
CYMRU  
NHS  
WALES

Wolfson Centre  
for Healthy Mind and Mental Health  
Canolfan Wolfson  
ar gyfer Iechyd Meddal Ffisig Ffisig



SWELL flyer V1



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## Youth Summer Volunteering Programme Ages 16-25



### TIME COMMITMENT

6 weeks -22 July to 30 August 2024.  
Twice a week Tuesdays and Thursdays, for 2 hours each session.

### LOCATION

University Hospital Wales or University Hospital Llandough.  
You will be allocated a site.

### REQUIRED CHECKS\*

Enhanced DBS  
Occupational Health Check  
Individual Risk Assessment  
Two references  
\*All carried out by the Health Board

You will spend 6 weeks volunteering at the Health Board experiencing each of the following 2 roles with time allocated to each role as you move through the programme.

### Welcome Team Volunteers (public areas)

You will be welcoming staff and visitors to the hospital and directing people to the location as required or you will be helping them through the appropriate pathway. You will also be helping to answer queries where possible.

### Patient Engagement Volunteers (wards & public areas):

You will be based on our wards, outpatient departments and other areas across the Health Board. You will be spending time with patients, engaging them in conversation or activities and gathering feedback based on their hospital experience via Patient Surveys.

### Youth Board Taster Meeting:

Additionally, you will also be given the opportunity to attend a Youth Board meeting (meetings are held monthly) with the Youth Board Lead and their current members: The Youth Board participates in decision-making processes in the Health Board. They are consulted on a variety of topics, but the majority of consultations are related to Children and Young People. In their monthly meetings they hold discussions, feedback sessions, training sessions and often have guest speakers.



Kind and caring } Respectful } Trust and integrity } Personal responsibility }







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## Prosiect Haf i Bobl Ifanc

Pobl ifanc rhwng 16 ac 25 oed



### YMRWYMIAD AMSER

22 Gorffennaf - 30 Awst  
2024.

Ar gael i wirfoddoli drwy  
gydol y rhaglen 6  
wythnos. Bydd sifftiau ar  
ddiwrnodau'r wythnos

### LLEOLIAD

Ysbyty Athrofaol Cymru  
neu Ysbyty Athrofaol  
Llandochoau

### GWIRIADAU GOFYNNOL\*

DBS

Gwiriad Iechyd Galwedigaethol

Asesiad risg

Dau geirdaon

\*Pob un yn cael ei wneud gan y Bwrdd Iechyd

Bydd gwirfoddolwyr YSP yn cael cyfle i brofi 2 rôl wirfoddol wrth iddynt symud drwy'r rhaglen.

### Tim Croeso

Croesawu staff ac ymwelwyr i'r ysbyty. Cyfeirio pobl o amgylch y safle. Helpu pobl i ddog o hyd i'r llwybr priodol. Helpu i ateb ymholiadau lle bo modd.

### Gwirfoddolwyr Ymgysylltu â Chleifion (wardiau a mannau cyhoeddus):

Byddwch wedi eich lleoli ar ein wardiau, adrannau cleifion allanol ac ardaloedd eraill ar draws y Bwrdd Iechyd. Byddwch yn treulio amser gyda chleifion, yn sgwrsio â nhw neu'n gwneud gweithgareddau ac yn casglu adborth yn seiliedig ar eu profiad yn yr ysbyty trwy Arolygon Cleifion.

### Cav Hyb Cyfarfod Blasu

Yn ogystal, byddwch hefyd yn cael y cyfle i fynychu'r cyfarfod CAV HYB (cynhelir cyfarfodydd yn fisol) gydag Arweinydd CAV HYB a'u haelodau presennol.

CAV HYB yn cymryd rhan mewn prosesau gwneud penderfyniadau yn y Bwrdd Iechyd. Ymgynghorir â nhw ar amrywiaeth o bynciau, ond mae mwyafrif yr ymgynghoriadau yn ymwneud â Phlant a Phobl Ifanc. Yn eu cyfarfodydd misol maent yn cynnal trafodaethau, sesiynau adborth, sesiynau hyfforddi ac yn aml mae ganddynt siaradwyr gwadd.



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## Meini prawf hyfforddiant

- Mae'n rhaid i chi fod ar gael i wirfoddoli ddwywaith yr wythnos (Dydd Mawrth a Dydd Iau) drwy gydol y rhaglen 6 wythnos.
- Byddwch naill ai'n cael eich lleoli yn Ysbyty Athrofaol Cymru neu yn Ysbyty Athrofaol Llandochau (amseroedd a lleoliadau eich sesiynau gwirfoddoli yn cael eu dyrannu i chi).
- Fel rhan o'n proses recriwtio, bydd y dogfennau perthnasol yn cael eu gwirio gan gynnwys yr hawl i weithio yn y DU. Mae angen i chi ystyried hyn cyn gwneud cais.
- Parodrwydd i ymgymryd â hyfforddiant GIG
- Rhaid i chi fod rhwng 16 a 25 oed

## Beth fyddaf yn ei ddysgu?

- Byddwn yn gwneud ein gorau i'ch rhoi mewn parau fel nad ydych yn gwirfoddoli ar eich pen eich hun.
- Gall y rhaglen eich helpu i ddatblygu eich hyder sgiliau cyfathrebu, gweithio mewn tîm a datrys problemau a bydd hefyd yn rhoi hwb i'ch hyder wrth i chi symud drwy'r gwahanol feysydd a rolau gwirfoddol.
- Cefnogir yr holl wirfoddolwyr trwy gydol y rhaglen gan staff yr Adran Gwasanaethau Gwirfoddol.
- Ar ddiwedd y rhaglen bydd gwirfoddolwyr yn derbyn tystysgrifau a geirda.
- Bydd cyfleoedd i chi barhau i wirfoddoli gyda ni ar ôl i'r rhaglen ddod i ben.

## Sut i wneud cais

Ewch i'n tudalen we Gwirfoddoli Ieuenctid yr Haf trwy glicio ar y ddolen isod i wneud cais.

[Cais gwirfoddoli haf ieuenctid](#)



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# COWBRIDGE SCHOOL

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Get up to **30 hours** funded childcare



Check out if you're eligible

## Childcare funding for 3 to 4 year olds of working parents and parents in Further and Higher Education

(eligibility criteria apply)

For more information and your application  
please go to:

[www.valeofglamorgan.gov.uk/childcareoffer](http://www.valeofglamorgan.gov.uk/childcareoffer)



03000 628628

Scan here:



  
**Cynnig Gofal  
Plant Cymru  
Childcare Offer  
for Wales**

  
Llywodraeth Cymru  
Welsh Government

VALE of GLAMORGAN  
  
BRO MORGANNWG

  
Gwasanaeth Gwybodaeth i Deuluoedd y Fro  
Vale Family Information Service



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**Gallet ti gael hyd at 30 awr** o ofal plant wedi'i ariannu



Edrych i weld os wyt ti'n gymwys

**Gofal plant wedi'i ariannu ar gael  
ar gyfer plant 3 i 4 oed  
rhieni sy'n gweithio a rhieni sydd mewn  
Addysg Bellach neu Uwch**  
(mae meini prawf cymhwysedd yn berthnsasol)

**Am fwy o wybodaeth a'ch cais, ewch i:**

**[www.valeofglamorgan.gov.uk/CynnigGofalPlant](http://www.valeofglamorgan.gov.uk/CynnigGofalPlant)**



03000 628628

Sganiwch yma:



**Cynnig Gofal  
Plant Cymru  
Childcare Offer  
for Wales**



  
Llywodraeth Cymru  
Welsh Government

VALE of GLAMORGAN  
  
BRO MORGANNWG

  
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### **Cowbridge Tennis Easter Camps**

Cowbridge Tennis are holding sessions for 8 years of age - 11 years of age on March 25th, 26th, 27th & 28th from 10.00 am - 12.00pm.

Info is available by following this link:

<https://clubspark.lta.org.uk/cowbridgetennisclub/Coaching/Camp?>

For 12 years of age to 14 years of age the sessions are 12.30 - 2.30 on the same days. Information about these sessions can be found by following this link: <https://clubspark.lta.org.uk/cowbridgetennisclub/Coaching/Camp?courseID=42155628-9443-48f7-a9c3-6fc3f97c9eef>



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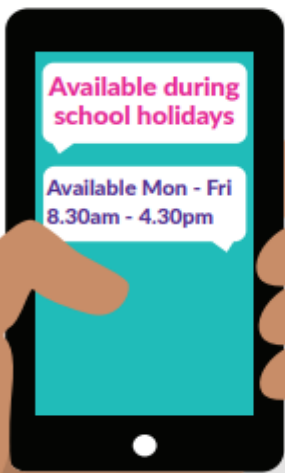


Nursio Ysgol | School Nursing  
BIP Caerdydd a'r Fro | Cardiff & Vale UHB

## 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....



Available during school holidays

Available Mon - Fri  
8.30am - 4.30pm



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.



# COWBRIDGE SCHOOL

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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.



# COWBRIDGE SCHOOL

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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		
<ul style="list-style-type: none"><li>• Please ensure that you follow the correct footwear policy (above) when using this facility.</li><li>• The policy will help to protect you from potential injury and maintain the surface.</li><li>• Traditional trainers should not be worn as they increase risk of injury.</li></ul>				

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.

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.

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.



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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
<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



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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		



## COWBRIDGE SCHOOL

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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
				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
				<b>TOTAL</b>	<b>195</b>

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Easter	Good Friday 18 April 2025 Easter Monday 21 April 2025
May Bank Holidays	Monday 5 May 2025 Monday 26 May 2025