


# NEWSLETTER

19<sup>th</sup> April 2024



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## **PENBLWYDD HAPUS**

We would like to wish Isabella & Mrs Jones a happy birthday for next week.

## **WELCOME**

We would like to welcome Jordan who has joined year 4, we are sure he will settle in quickly and make lots of new friends.

## **GROWTH MINDSET**

A positive mindset can make a big difference to how we approach things.  
**“I’m not telling you it’s going to be easy; I’m telling you it’s going to be worth it.”**

## **CYMRAEG CAMPUS**

Each week we will provide you with some Welsh phrases/word to try/learn with your family or within the community. Mwynhewch!

**O bryd i’w gilydd / From time to time**

## **SECONDARY TRANSPORT**

**For the attention of year 6 parents** – secondary school places in Denbighshire have now been allocated and you will now need to apply for secondary school transport. You will need to apply through Denbighshire County Council’s website.

## **HEADLICE**

**Don’t forget this term to continue to remember to check your child’s hair once a week for headlice.**

Continue to check for head lice on a regular, weekly basis – **ONCE A WEEK, TAKE A PEEK** [www.onceaweektakeapeek.com](http://www.onceaweektakeapeek.com)

## **AFTER SCHOOL FOOTBALL**

Bala football club will be providing an after-school football club for years 3-6, girls and boys, 30<sup>th</sup> April – 21<sup>st</sup> May, 3.15-4.30pm. The 4 sessions will cost £14. A letter with a form to register and details regarding payment has been sent home this week, please return the slip and payment to school as soon as possible.

## **CARDIFF RESIDENTIAL**

Year 5 & 6 will be going on a residential to Cardiff in June. **The full balance will need to be paid no later than 20<sup>th</sup> May.** Payments can be made through your Parent Pay account, please ensure you have paid in full by this date.

Parent Pay allows you to pay in instalments.

**If you have decided you do not want your child to attend the residential, please notify the school by 26<sup>th</sup> April.**

## **TEULU CYMRU**

Earlier this week, the Welsh Government launched Teulu Cymru, a new brand which brings its main childcare and parenting campaigns under one roof.

Teulu Cymru or Family of Wales, is here for parents, carers and families of children aged 0-18, pointing them in the right direction for different Welsh Government sources of practical and financial support.

From parenting tips and expert development advice, to help with childcare costs – Teulu makes it a little easier to access this support in one place.

<https://www.gov.wales/teulu-cymru>

## **SLEEP**

A lack of good quality sleep can negatively affect our daily lives and long-term health in many significant ways, such as:

- Limiting our ability to make decisions and halting our attention span
- Affecting our general wellbeing and ability to work productively
- Increasing our risk of developing certain health conditions
- Increasing risk of cognitive impairments such as dementia.

Sleep is one of the 3 key pillars of health, alongside healthy diet and exercise, which is why it is so important for your child/ren to have enough sleep for their age. The lack of sleep or poor-quality sleep can make the work in class the following day more challenging as it could reduce reaction time, alertness, ability to solve problems or remember things.

The national sleep helpline can offer support – 03303 530 541 (Available Mon/Wed mornings 9-11am and Mon/Tues/Thur evenings 7-9pm)

## **CARROG CHURCH**

Carrog Church will be open for an Easter collection for the local food bank this Saturday 20<sup>th</sup> April, 9.30am to 4.00pm. (Please remember to check expiry dates).

If you prefer you could consider a cash donation (in a sealed envelope) towards providing Meals on Wheels to those who cannot afford them.

Thank you for your support.

## EVENTS FOR W/B: 22<sup>nd</sup> April 2024

Mon 22 <sup>nd</sup>	<p>Don't forget if you want to use the breakfast club <b>for next week</b>, you must register through the online form available on our Facebook page from today and pay through your Parent Pay account. The breakfast club opens at 8.15am.</p> <p><b>AM:</b> Piano lessons with Dylan Cernyw</p> <p><b>AM:</b> Music Workshops – Dosbarth Dyfrdwy</p>
Tue 23 <sup>rd</sup>	
Wed 24 <sup>th</sup>	<p><b>AM:</b> Guitar lessons with Aled Williams</p> <p><b>PM:</b> PE lesson - Dosbarth Berwyn &amp; Dyfrdwy You may come dressed in your PE kit and school Jumper.</p> <p><b>PM:</b> Singing lessons this week with Sian Williams</p>
Thur 25 <sup>th</sup>	<p><b>AM:</b> Drum lessons Mr Ben Neal</p> <p><b>9.00am:</b> Tempest – Year 6 class photo. Please ensure your child wears the correct school uniform.</p>
Fri 26 <sup>th</sup>	<p>Don't forget the breakfast club online registration &amp; ability to pay on Parent Pay for next week will <b>close at mid-day today</b>.</p> <p><b>AM:</b> Swimming lessons for Dosbarth Dyfrdwy. Don't forget to tie long hair back, your swimming costume (one piece for girls), goggles &amp; towel Due to the road closure, they will walk to and from Carrog station to access the bus.</p>



## MENU FOR WEEK BEGINNING: 22<sup>nd</sup> April 2024

If you have any dietary requirements; please don't hesitate to contact our school cook Auntie Clancy

School packed lunches or filled jacket potato can also be provided instead of a hot meal.

**Don't forget all pupils are now entitled to a FREE lunch.**

<b>Monday</b>	Pork Meatball in a Tomato Sauce Pasta Garlic Bread Ice Cream Pot
<b>Tuesday</b>	Savoury Mince Beef Sauté Potatoes and Cheddar Cheese Country Style Vegetables Chocolate Rice Krispy Cake
<b>Wednesday</b>	<b>Unicorn Themed Lunch</b> Chicken Goujons Unicorn Bite Potatoes Rainbow Vegetables Unicorn Rainbow Cake
<b>Thursday</b>	Roast Turkey with Gravy & Stuffing Roast Potatoes Fresh Carrots & Peas Fruit Jelly
<b>Friday</b>	Battered Chicken Fillet Chips Mixed Salad Granola Bar

The menu may occasionally be subject to slight change dependant on food deliveries.