



# COWBRIDGE SCHOOL

*Education, inspiration and opportunities for life.*

## News for the week ending 7 February 2025

### Newyddion yr wythnos 7 Chwefror 2025

#### KEY DATES

17	February - INSET Day - School Closed for Students
19	February - Year 8 option forms returned
21	February - School Eisteddfod
21	February - Y11 & Y12 Mock Results Published
21	February - Y13 Reports Published
24-28	February - February Half Term

**Dear Parents/Carers,**

We would like to wish you all a lovely weekend.

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

Best wishes,

**Cowbridge School Senior Leadership Team**



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**Behaviour  
Support Hub**



Gwasanaeth Niwroddatblygiadol  
Neurodevelopmental Service

## Managing Meltdowns Workshop



**For parents/carers only of children aged 0-11  
years on the Neurodevelopmental waiting list.**

Please make alternative arrangements for childcare during the workshop. As the session is for **adults only**.

**Run by Behaviour Support Hub**

### Workshop Aims:

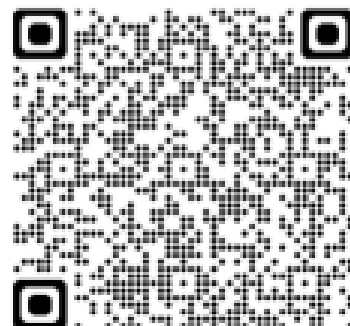
Develop an understanding of why meltdowns happen and look at the stages of meltdowns with an overall aim of developing a toolbox of strategies to manage the meltdown to minimise its effects on the child/young person and those around them.

**At: Vale of Glamorgan Council Civic Offices,  
Holton Road, Barry CF63 4RU**

**On: Tuesday 4th March 2025**

**Time: 10am-12.30pm**

The session is free of charge but please book a place via Eventbrite using the QR code or this link:



<https://www.eventbrite.co.uk/e/behaviour-support-hub-managing-meltdowns-workshop-tickets-1216331332759>



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## contact

For families with disabled children  
*I deuluoedd gyda phlant anabl*



## Managing Stress and Anxiety Workshop



**For Cardiff and Vale parents/carers of children of all ages with an additional need (with or without diagnosis).**

The workshop is for parents and carers to **have time away** from their **caring role** to **focus on themselves** and **prioritise their needs**.

Warm **drinks**, a **buffet**, and a **pamper pack** will be provided to **all attendees**.

Unfortunately, we **do not** have childcare facilities. This is a session for **adults only** so please make alternative arrangements for childcare during the workshop.

**At:** The Vale of Glamorgan Civic Offices, Holton Road, Barry, CF63 4RU

**On:** Tuesday, 20th May 2025

**Time:** 11:00am - 1:00pm

The session is **free** of charge but please book a place via Eventbrite using the QR code or this link:

<https://www.eventbrite.co.uk/e/contact-cymru-parentcarer-managing-stress-and-anxiety-workshop-tickets-1140676136029>





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**JOIN COWBRIDGE  
RUGBY CLUB**      **YEAR 10 BOYS**  
**U15S!**

**Training Friday Night at 6.15pm**  
**ON THE SCHOOL 3G**

Contact Nigel on 07803 042302



## COWBRIDGE SCHOOL

*Education, inspiration and opportunities for life.*

I am reaching out to you from the National Saturday Club to offer the students at your school a free opportunity happening in your local area.

The National Saturday Club is an established UK-wide network, that gives 13—16-year-olds the unique opportunity to study subjects they love for FREE, on a Saturday at their local university, college or cultural institution. The Club provides a welcoming space for young people to build their skills, develop their confidence, and discover pathways to further study and future creative careers.

I would like to ask for your support in offering your students the opportunity to take part in a [Film&Screen](#) Club at Bridgend College, on Saturdays 10.00-14.00 from 25th January until 21st June.

Bridgend College  
Pencoed Campus  
Pencoed  
CF35 5LG

t: (0)1656 302 302



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**NATIONAL  
SATURDAY  
CLUB**

Film &  
Screen

**I'M GOING TO  
SEE MY WORK ON  
THE BIG SCREEN**

**IT STARTS  
ON SATURDAY**



Free local Saturday Clubs  
for 13–16 year olds



Find your Club

@natsatclub  
[saturday-club.org/join](http://saturday-club.org/join)

Supported using public funding by



**ARTS COUNCIL  
ENGLAND**

In partnership with





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**NATIONAL  
SATURDAY  
CLUB**

Film &  
Screen

**I'M GOING TO  
EXPLORE WHERE  
FILM CAN TAKE ME**

**IT STARTS  
ON SATURDAY**



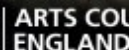
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Supported using public funding by



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# COWBRIDGE SCHOOL

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## **Message to All Parents 3-19**

Please could all parents ensure that they report to the school's **Main Reception**. This applies to **all parents of pupils aged 3-19**.

All parents need to be aware that the 'Lower' School building is not a separate school with a separate reception area, and separate staff, it is part of the whole campus and there is **only one reception for all pupils**. Although parents of pupils in the Lower School building (Nursery - Y4 ) are permitted to enter the site to drop off and pick up at designated times of the day, at all other times, all parents and visitors of the school are required to report to the Main Reception area.

Please note that the Lower School building currently has 2 school teachers - Mrs Davies, Assistant Headteacher and Mrs Thomas, Assistant Leader of Lower School and both these members of staff teach pupils. Therefore, any issues during the school day need to be communicated via the school's Main Reception. Senior staff across the whole age-range will be available to assist, where there are issues needing urgent attention and where a pre-arranged meeting is not appropriate.

### **The following senior staff have responsibilities across the 3-19 age-range:**

Mrs Thomas, Headteacher

Mr Ling, Deputy Headteacher

Mr Griffiths, Assistant Headteacher

Mrs Leftley, Assistant Headteacher (whole school responsibilities and *designated senior Line Manager to Lower School* )

Mrs Williams, Assistant Headteacher

### **The following staff are responsible specifically for Lower School pupils (Nursery - Y4) :**

Mrs Davies, Assistant Headteacher ( With responsibility for Nursery - Y4 pupils)

Mrs S Thomas, Assistant Leader of Lower School





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## Schools Essentials Grant for children looked after

The School Essentials Grant (SEG) is provided by the Welsh Government to all children looked after, and to children in households with lower incomes. The grant provides financial assistance for essential school items to help ensure that children have access to the necessary resources for their education, such as uniforms, stationery, and other school essentials. For 2024-25, the scheme is providing £125 per learner for all year groups up to Year 11, and £200 for learners in Year 7. Find out how to apply here: [School Essentials Grant: help with school costs | GOV.WALES](#)



**ADDYSG CYMRU  
EDUCATION WALES**  
cenhadaeth ein cenedl | our national mission



Llywodraeth Cymru  
Welsh Government

Your child may be eligible for  
up to **£200 towards School  
Essentials AND additional  
funding** for your school.





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# APPRENTICESHIP AND CAREERS FAIR

THE BIGGEST  
2025 RECRUITMENT  
EVENT IN VALE OF  
GLAMORGAN  
SO FAR!

MULTIPLE EMPLOYERS  
OFFERING JOBS,  
CAREERS &  
APPRENTICESHIPS

UNMISSABLE  
OPPORTUNITIES



EMPLOYERS +  
COLLEGE + CAREERS + APPRENTICESHIP  
UNIVERSITY

**12TH FEBRUARY 2025**

**10AM - 2PM & 3PM - 6PM**

**MEMO ARTS CENTRE, GLADSTONE  
ROAD, BARRY, CF62 8NA**

**DROP IN EVENT**

**OPEN TO  
ALL AGES**

FOR FURTHER INFORMATION:

**C4W-BARRY@VALEOFGLAMORGAN.GOV.UK**





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## Behaviour Support Apprentice

**Vacancy ID:** 6134

**Employer:** Gofal Cymru Care Ltd

**Location:** Cardiff

**Apprenticeship Level:** Foundation Apprenticeship (Level 2)

**Pay:** Apprenticeship rates

**Closing date:** 25/02/2025

## Apprentice in Patisserie

**Vacancy ID:** 6108

**Employer:** Pâtisserie Verte

**Location:** Cardiff

**Apprenticeship Level:** Foundation Apprenticeship (Level 2)

**Pay:** Apprenticeship rates

**Closing date:** 25/02/2025

## Administrative Executive

**Vacancy ID:** 6133

**Employer:** Oak Tree Energy Limited

**Location:** Bridgend

**Apprenticeship Level:** Foundation Apprenticeship (Level 2)

**Pay:** £11.44 per hour

**Closing date:** 28/02/2025



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# TACKLING EXPLOITATION

## Educating Protectors

- Inputs on what exploitation is;
- Current methods used by perpetrators;
- Signs to watch out for;
- How to safeguard children and what to do;
- Who to contact if you have concerns.

**#SAFEGUARDINGWALES**

**The  
Children's  
Society**



**HEDDLU  
DE CYMRU  
SOUTH WALES  
POLICE**



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# MYND I'R AFAEL Â CHAMFANTEISIO Addysgu Amddiffynwyr

- Mewnbynnau ar beth yw camfanteisio;
- Y dulliau a ddefnyddir gan droseddwyr ar hyn o bryd;
- Arwyddion i gadw llygad amdanynt;
- Sut i ddiogelu plant a beth i'w wneud;
- Gyda phwy y dylech gysylltu os bydd gennych bryderon.

## #DIOGELUCYMRU

**The  
Children's  
Society**



**HEDDLU  
DE CYMRU  
SOUTH WALES  
POLICE**



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GIG  
CYMRU  
NHS  
WALES

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

## Support Contacts and Resources

There are a number of services available in Cardiff and the Vale for young people to help manage their emotional health and wellbeing. Some also offer support and information for the family unit as a whole.

### CEWB&MHS




Children's Emotional  
Wellbeing and Mental  
Health Service

### Suicide Prevention




Papyrus Suicide  
Prevention website

### Self-Harm

Heads Above  
the Waves 

 The Amber  
Project

Calm Harm   
Phone app


Help your child, family or  
friend with their self-harm

 Combined Minds  
Phone app

### Eating Disorders

Beat Eating  
Disorders 

### Psychosis

 Information and  
support on YM site

### LGBTQIA+ Support

 Umbrella  
Cymru

### Instant support

Meic ChatLine   
8am-12am




School Nurse  
TextLine Mon-Fri  
8.30am-4.30pm

Samaritans   
HelpLine 24/7



Suicide Prevention  
Hopeline 9am-12am

Childline online  
1-2-1 counsellor chat   
Available 24/7



Shout TextLine  
Available 24/7

### Autism Support

Daisy Chain   
Project



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GIG  
CYMRU  
NHS  
WALES



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

## Support Contacts and Resources

There are a number of services available in Cardiff and the Vale for young people to help manage their emotional health and wellbeing. Some also offer support and information for the family unit as a whole.

### General advice and support

 MindHub library for info on many topics, eg. Anxiety, Bullying

Platform 4   
Young People 

Check out their State of Mind project!

 Young  
Minds

SilverCloud   
Online CBT  
for over 16s

 Mee Too  
Mental Health  
Social Network

### Support For Families

 Cardiff Family  
Advice and Support

Platform 4   
Families 

### Young Carers


 YMCA  
Support


### Mindfulness


HeadSpace   
Phone App 


### Staying Safe

Report issues or  
crimes to Police  
(non-urgent) 

 Concerned about  
a child in Cardiff?  
(Safeguarding)

Concerned about  
a child in the Vale?  
(Safeguarding) 

 Concerned about  
Female Genital  
Mutilation (FGM)?

Think U Know  
Online and  
Offline safety 

In an emergency  
Call 999





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## 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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## 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

<u>Facility / Day</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Before School</u> (7:30-8:30)		Y7 Fencing			
<u>Gym</u>					
<u>3G</u>	Y8 Rugby	Y8&9 Football	Y7 Football Girls Football	Y9-11 Rugby	
<u>Mugas</u>		Y7&8 Hockey			
<u>Field</u>		Y7 Rugby			
<u>Sports Hall</u>	Y7-9 Netball		Y7-13 Badminton	Y7-13 Archery & Fencing	



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## **Cowbridge School Fencing Club**

### **SPRING TERM 2025**

£85.00

This club is for Pupils of Cowbridge School in Year 7.

***When: Tuesdays, 07:30 - 08:30***

***Where: Cowbridge Comprehensive School,  
Aberthin Rd,  
Cowbridge,  
CF71 7EN, UK***

***Additional details can be found [here](#):***





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## School timings Spring 2025


<b>BREAK &amp; LUNCH YEAR 7, 8, &amp; 13</b>	<b>BREAK &amp; LUNCH YEAR 9, 10, 11 &amp; 12</b>
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		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>	
Wednesday	KS3 Vocal Group 8:20 - 8:50	Senior Jazz Group 8:20 - 8:50		Big Band A1C
Thursday	Orchestra 8:20 - 8:50			Rock Club A1C
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 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

- i) **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



# COWBRIDGE SCHOOL

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## SCHOOL HOLIDAY DATES 2025/2026

Term	Begin	Half term		End	No. of School Days
		Begin	End		
Autumn 2025	Mon 1 Sept 2025	Monday 27 Oct 2025	Friday 31 Oct 2025	Friday 19 Dec 2025	75
Spring 2026	Monday 5 Jan 2026	Monday 16 Feb 2026	Friday 20 Feb 2026	Friday 27 Mar 2026	55
Summer 2026	Monday 13 April 2026	Monday 25 May 2026	Friday 29 May 2026	*Monday 20 July 2026	65
<b>TOTAL</b>					<b>195</b>

- ii) **Mon 1 Sept 2025 and \*Monday 20 July 2026** 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 20 July 2026 or at an alternative time for example in the form of twilight sessions.**

All schools will be closed on **Monday 4 May 2026** for the May Day Bank Holiday.

Significant dates:

Christmas	Thursday 25 December 2025
Easter	Good Friday 3 April 2026 Easter Monday 6 April 2026
May Bank Holidays	Monday 4 May 2026 Monday 25 May 2026