



COWBRIDGE SCHOOL

Education, inspiration and opportunities for life.

News for the week ending 11 October 2024

Newyddion yr wythnos 11 Hydref 2024

KEY DATES

- 14 October - Year 12 Photography workshop - Swansea University
- 14-18 October - Year 10 English Language Oracy
- 15 October - Year 13 Skanda Vale Trip

Dear Parents/Carers,

We would like to wish you all a pleasant weekend.

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

Have a lovely weekend.

Cowbridge School Senior Leadership Team



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AIR CADET

JOIN US

#REACHINGFORTHESTARS

COME & MEET US AT OUR OPEN
EVENING ON THURSDAY

17TH OCTOBER
19:30 – 21:00



RAF Air Cadets

www.raf.mod.uk/aircadets

293 (Cowbridge) Sqn, Off Aberthin Road, Cowbridge, CF71 7EN

Contact: oc.293@rafac.mod.gov.uk

 **ROYAL
AIR FORCE
AIR CADETS**
the next generation



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JOIN US

#REACHINGFORTHESTARS



Join us as a cadet -
we have some fantastic opportunities for you.

Join the ultimate air and space youth organisation as an air cadet where you can make new friends, have fun, learn new skills and challenge yourself.

You will get the chance to do many activities, including flying and gliding, and visits to RAF stations.

You can take part in a wide range of activities, including hill-walking, kayaking, Duke of Edinburgh's Award, target shooting, expeditions, sport, music, parades and much, much more.

We are a progressive and inclusive youth organisation with a growing number of support groups for everyone; including those who do or do not follow a faith, sexual orientation, gender identity, mental health, well-being and an awesome network of cadets and adult volunteers to help you – some may become lifelong friends!

What are you waiting for? You are a click away from joining one of the world's leading youth organisations.

Join Us at

293 (Cowbridge) Sqn

Off Aberthin Road, Cowbridge, CF71 7EN

(Next to Cowbridge school)

Parade nights are every Tuesday & Thursday,

19:00 to 21:30

Contact: oc.293@rafac.mod.gov.uk

or visit www.raf.mod.uk/aircadets





**COWBRIDGE
SCHOOL**

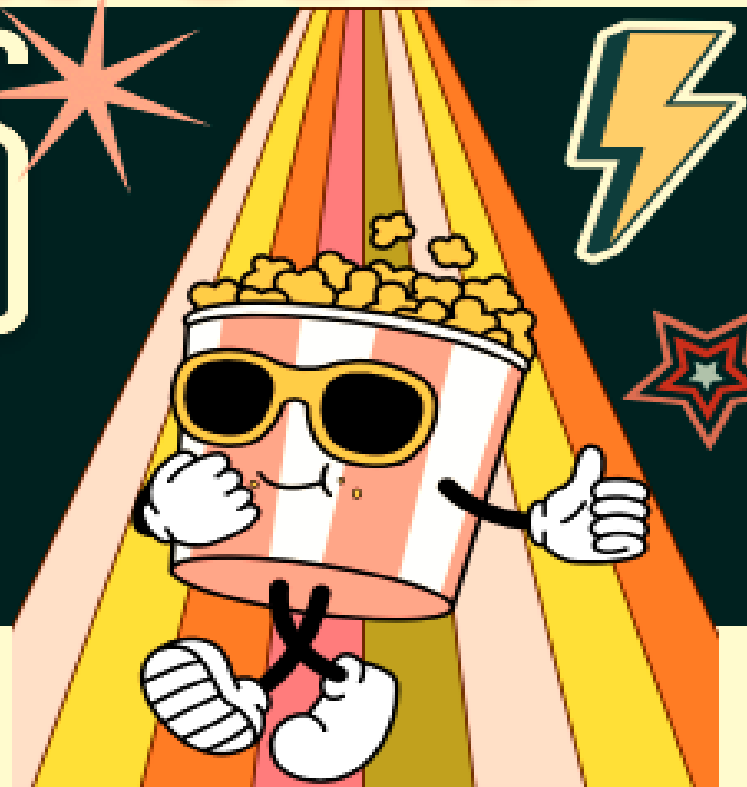
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LANGUAGES FILM CLUB

FRIDAYS



B2B



**STARTS
AT
12:30**

YEARS 7 & 8

See Frau Jenkins in B2B on the day for an early lunch pass.



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GERMAN FILM CLUB



YEARS 10-12

WEDNESDAYS | 1:15

B2B

See Frau Jenkins on the day for an early lunch pass.



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Languages

Film Club

YEAR 9



**MONDAYS
13:15**



B2B



**SEE FRAU JENKINS IN B2B FOR
AN EARLY LUNCH PASS**



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STAMMTISCH

Deutsch sprechen!

Speak only in German to improve your confidence and prepare for your speaking exam.



In a relaxed and safe space you can play games in German (and eat some German snacks)

Come to B2B every Thursday at 13:30, and feel smug that you've done something to improve your speaking skills!



Thursday Week 1 in B1A
Thursday Week 2 in B2B



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BBC Wales Apprenticeships Webinar



The BBC have advised us that they have a few apprenticeships coming up for you to pass on to your pupils.....

The actual apprenticeships we'll have available to apply for in Wales from this Autumn will be across content making areas such as radio, sport, news and social/marketing teams, as well as in our business areas such as finance, technology, Inclusion, Public Engagement and the National Orchestra of Wales. Schemes will be open from October (some from December) until January/February. There are different apprenticeships suitable for people who want to work making content and also who want to work organising how we make content.

All our apprenticeships will be advertised [here](#) and schemes and other early careers info will be shared on our Insta and X accounts @BBCGetIn. All our careers socials can be found [here](#)

We also have BBC Wales apprentice information webinars:

Collection link / Dolen casgliad: <https://www.eventbrite.com/manage/collections/2771489/events>

22nd October / Mawrth 22 Hydref - <https://www.eventbrite.com/e/914687082687?aff=oddtcreator>



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Mae Brechu yn achub bywydau
Vaccination saves lives



Flu

**Protect children and young
people with a simple nasal spray**

Information about the flu vaccination for
children and young people in 2024/25



GIG
CYMRU
NHS
WALES

Iechyd Cyhoeddus
Cymru
Public Health
Wales



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Mae Brechu yn achub bywydau
Vaccination saves lives



Y Ffliw

**Amddiffyn plant a phobl ifanc
gyda chwistrell syml yn y trwyn**

Gwybodaeth am y fflw i blant a phobl
ifanc yn 2024/25



GIG
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WALES

Iechyd Cyhoeddus
Cymru
Public Health
Wales



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DO YOU WANT TO FIND OUT MORE ABOUT THE CURRENT RISKS AROUND ONLINE EXPLOITATION AND HOW TO SAFEGUARD YOUR CHILDREN?

**Information session for parents/carers of children aged 11-16years around
online criminal and sexual exploitation.**

With rapidly developing technology and increasing exposure of children and young people to online platforms/content, the risks around exploitation are heightened. South Wales Police are offering engagement events for parents/carers via local secondary schools. Please see the poster on **page 12** for more information about the topics that will be covered.

Date: **15/10/2024**

Time: **6pm-7pm**

Location: **Microsoft Teams** [Join the meeting now](#)

Meeting ID: 352 076 035 226 Passcode: iqXerJ

Dial in by phone

[+44 29 2105 5422,,973538989#](#)

Phone conference ID: 973 538 989#

If you are joining the meeting via phone and do not wish to download the Microsoft-Teams app, please select the 'dial in' option.

Please note, these events are focused on parents/carers and we ask that children do not attend.

For online events, please keep your camera and microphone off – there will be a chat function for questions. Please be mindful of any information shared within the chat and do not include any identifiable personal information about individual children.



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YDYCH CHI EISIAU GWYBOD MWY AM Y RISGIAU PRESENNOL O GAMFAN- TEISIO AR-LEIN A SUT I DDIOGELU EICH PLANT?

Sesiwn wybodaeth ar gyfer rhieni/gwarchodwyr plant rhwng 11 ac 16 oed ar achosion o gamfanteisio'n rhywiol ac yn droseddol ar-lein.

Gyda thechnoleg sy'n datblygu'n gyflym a mwy a mwy o lwyfannau/cynnwys ar-lein yn cael eu gweld gan blant a phobl ifanc, mae'r risgiau o ran achosion o gamfanteisio'n cynyddu. Mae Heddlu De Cymru yn cynnig digwyddiadau ymgysylltu ar gyfer rhieni/gofalwyr drwy ysgolion uwchradd lleol. Gweler y poster ar dudalen 13 am ragor o wybodaeth am y themâu a fydd yn cael eu cynnwys yn y digwyddiadau hyn.

Dyddiad: **15/10/2024**

Amser: **6pm-7pm**

Lleoliad: **Microsoft Teams** [Join the meeting now](#)

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Dial in by phone

[+44 29 2105 5422,,973538989#](tel:+442921055422973538989)

Phone conference ID: 973 538 989#

Os byddwch yn ymuno â'r cyfarfod ar eich ffôn ac os na fyddwch yn dymuno lawrlwytho'r ap Microsoft Teams, dewiswch yr opsiwn 'galw i mewn'.

Nodwch mai ar gyfer rhieni/gofalwyr y mae'r digwyddiadau hyn a gofynnwn i blant beidio â'u mynychu.

Ar gyfer digwyddiadau ar-lein, diffoddwch eich camera a'ch microffon – bydd adnodd sgwrsio ar gael er mwyn i chi ofyn cwestiynau. Ystyriwch unrhyw wybodaeth y byddwch yn ei rhannu ar yr adnodd sgwrsio a pheidwch â chynnwys unrhyw wybodaeth bersonol y gellir adnabod unrhyw blentyn unigol ohoni.



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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 droseddwr 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**

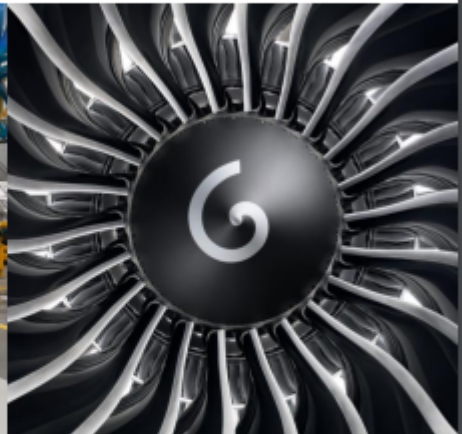


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GE Aerospace



See your career take flight!

Apprenticeship Open Evenings

22 and 24 October and 7 and 14 November 2024

1900 - 2030

GE Aerospace (Wales), Caerphilly Rd Nantgarw, CF15 7YJ

Want to Learn More?

Come talk with our Apprenticeship and Early Careers Leaders, college partners and both recent and past apprentices to learn more about what our Engineering and Business Management programmes have to offer.

You'll also have the opportunity to take part in a site tour, to learn more about the work we do here at GE Wales and the projects you could be involved in!



Learn more and register today!

https://jobs.gecareers.com/aviation/global/en/events?date=ALL_DATES&keyword=wales

About GE Aerospace

We believe the world works better when it flies. We are a world-leading provider of jet engines, components, and integrated systems for commercial and military aircraft. Our rich history of inventing the future of flight, our continual investment in research and development, and our talented and innovative people will enable us to rise to the challenge of building a world that works with industry-leading technology and innovation. In fact, we're already developing our next-generation of technologies to achieve greater fuel efficiency and reduce CO2 emissions with an ambition to be a net-zero company by 2050.

GE is an Equal Opportunity Employer. Employment decisions are made without regard to race, color, religion, national or ethnic origin, sex, sexual orientation, gender identity or expression, age, disability, protected veteran status or other characteristics protected by law.



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GE Aerospace

— See your
ideas
take flight!



Now hiring at GE Aerospace (Wales)

We have a relentless dedication to the future of safe and sustainable flight and believe in our talented people to make it happen. Here, you will have the opportunity to work on really cool things with really smart and collaborative people. Work that you will be proud of. Currently, we have the following opportunities available:

[Business and Management Apprenticeship](#)

[Advanced Manufacturing Apprenticeship](#)

[Supply Chain Business Apprenticeship](#)



Learn more & apply today!

About GE Aerospace

We believe the world works better when it flies. We are a world-leading provider of jet engines, components, and integrated systems for commercial and military aircraft. Our rich history of inventing the future of flight, our continual investment in research and development, and our talented and innovative people will enable us to rise to the challenge of building a world that works with industry-leading technology and innovation. In fact, we're already developing our next-generation of technologies to achieve greater fuel efficiency and reduce CO2 emissions with an ambition to be a net-zero company by 2050.

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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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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 - 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		
<ul style="list-style-type: none">• 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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PE EXTRA CURRICULAR ACTIVITIES 2024-25

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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School timings Autumn 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 2024-2025

	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	<i>School Musical A1C</i>
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	Ukulele Group 8:20 - 8:50	<i>School Musical 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>

