



COWBRIDGE SCHOOL

Education, inspiration and opportunities for life.

News for the week ending 12 July 2024

Newyddion yr wythnos 12 Gorffennaf 2024

KEY DATES

- 17 July - Y7 Harry Potter Visit
- 19 July - End of Term—School Closes at 3:30pm
- 22 July - Inset day—School closed to pupils

Dear Parents/Carers,

At the end of a busy and productive week, we wish to thank all employers, entrepreneurs and organisations who were involved in the delivery of our hugely successful Careers Insight Days which took place on Wednesday and Thursday for Years 10 and 12. Students were wonderful ambassadors for the school, with many visitors commenting on their engaged and mature approach to the talks/workshops. Thanks too, to the staff involved in ensuring the whole event operated seamlessly. Well done to all!

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

Cowbridge School Senior Leadership Team



COWBRIDGE SCHOOL

Education, inspiration and opportunities for life.



July 2024

Young people urged to stay safe around open water after latest tragedies

Dear parent/guardian,

In 2023 there was an increase in the number of fatalities in and around water amongst young people, and we have already seen a number of drowning fatalities this year. We must work together to prevent more deaths.

Data from 2023 shows that boys aged 10-19 are particularly at risk of accidental drowning and that 59% of fatalities occurred on inland waters (rivers, lakes, canals etc).

One drowning is too many. We urge you to remind children and young people of our four simple tips to help them stay safe around open water. Knowing these tips can save a life.



Together we can ensure all children in Wales are able to have fun and be safe in and around water.

Yours sincerely,

Chris Cousens

Chair, Water Safety Wales



**COWBRIDGE
SCHOOL**

Education, inspiration and opportunities for life.

Dilynwch y Cod Diogelwch Dŵr bob amser

**Pan fyddwch chi o gwmpas
y dŵr**

Always follow the Water Safety Code

When in, on or around water



**diogelwch dŵr
Cymru
water safety
Wales**



Pwyllwch

1

Stop and Think

Pan fyddwch chi'n agos at ddwr, gofynnwch i'ch hun:

- A yw'n lle diogel i nofio ac a oes achubwr bywyd wrth law?
- Pa mor ddwfn ydyw?
- Pa beryglon allai fod o dan yr wyneb?
- Ar y traeth, ydych chi wedi gofyn i'r achubwyr bywyd am gyngor?

When you're by the water, ask yourself:

- Is it a safe place to swim and is there a lifeguard?
- How deep is it?
- What dangers could be under the surface?
- At the beach, have you asked the lifeguards for advice?





COWBRIDGE SCHOOL

Education, inspiration and opportunities for life.

Arhoswch Gyda'ch Gilydd

2

Stay Together



Gall teulu a ffrindiau helpu mewn argyfwng.

- Ewch gyda rhywun arall bob amser.
- Dywedwch wrth rywun i ble rydych chi'n mynd a phryd byddwch chi'n dod yn ôl.
- Ewch â ffôn gyda chi i alw am help.

Family and friends can help in an emergency.

- Always go with someone else.
- Tell someone where you're going and when you'll be back.
- Carry a phone to call for help.

Arnofiwch

3

Float



Os byddwch chi'n mynd i drafferth yn y dŵr, ARNOFIWCH ar eich cefn nes ichi dawelu

- Rhowch gynnig ar ymarfer arnofio y tro nesaf y byddwch chi yn y pwll nofio.

If you get into trouble in the water, FLOAT until you feel calm.

- Practise floating the next time you're at the swimming pool.

Ffoniwch 999

4

Call 999

Gallwch chi helpu os oes rhywun arall mewn trafferth. Pan fyddwch chi wedi galw 999 i gael help ...

- Cadwch draw oddi wrth yr ymyl a pheidiwch â mynd i mewn i'r dŵr.
- Chwiliwch am rywbeth y gallwch ei daflu i'w helpu i arnofio – fel cylch achub neu bêl-droed.
- Gweiddwch arnyn nhw am aros yn dawel ac arnofio ar eu cefn.

You can help if someone else is in trouble. Once you've called 999 to get help ...

- Stay back from the edge and don't go in the water.
- Look for something you can throw to help them float – like a lifering or a football.
- Shout to them to stay calm and float on their back.





COWBRIDGE SCHOOL

Education, inspiration and opportunities for life.

YOUTHS CLIMBING ROOFS

SAFER VALE



The Safer Vale Partnership has received reports of youths climbing on the roofs of buildings. This is extremely dangerous and anti-social behaviour. We are asking parents/guardians to speak to their children regarding the risks of such behaviour. The Safer Vale Partnership is currently working with partner agencies, utilising CCTV to identify those who have already accessed the roofs. We would like to remind parents/guardians that the youths caught climbing on the roofs will be subject to the ASB process.

Mae'r Bartneriaeth Bro Ddiogelach wedi derbyn adroddiadau bod pobl ifanc yn dringo i doeau adeiladau. Mae hyn yn beryglus iawn ac yn ymddygiad gwrthgymdeithasol. Rydym yn gofyn i rieni/gwarcheidwaid siarad â'u plant am beryglon ymddygiad o'r fath. Ar hyn o bryd mae'r Bartneriaeth Bro Ddiogelach yn gweithio gydag asiantaethau partner, gan ddefnyddio teledu cylch cyfyng i adnabod y rhai sydd eisoes wedi bod ar y toeau. Hoffem atgoffa rhieni/gwarcheidwaid y bydd y bobl ifanc sy'n cael eu dal yn dringo ar y toeau yn destun proses ymddygiad gwrthgymdeithasol.



SAFER VALE PARTNERSHIP

Barry Police Station,
Gladstone Road
Barry
CF63 1TD



CONTACT US

01446 450200



COWBRIDGE SCHOOL

Education, inspiration and opportunities for life.

Invitation to Cowbridge higher education students to apply for local funding for 2024-2025 academic year

Cowbridge students leaving school and continuing into higher education during the 2024 - 2025 academic year are invited to apply for a grant from one of the following local charities who may be able to assist with financial support.

Applications are straightforward and not subject to any means testing. To register your application, please email the applicable charity below.

1. Cowbridge with Llanblethian United Charities

Trustees will consider applications for the relief in need, hardship or distress, either generally or individually, of persons resident in the area of benefit (the Town Council area of Cowbridge with Llanblethian). Students are also required to provide evidence of enrolment on their chosen course. Please email cwluc.clerk@gmail.com.

2. Cowbridge Institute Educational Trust– applications under age of 25

Promoting the education (including social and physical training) of persons under the age of 25 years, the qualifying area of residency is the Town Council area of Cowbridge with Llanblethian. Please email cowbridgeiet@gmail.com.

3. Evan Jenkins Charity– applications under age of 25

The principal objective of this charity is the maintenance and repair of the tenor bell at St John the Baptist Church, Llanblethian. However, the trustees are empowered to distribute surplus income by awarding financial grants to young people, who are furthering their education at either a University, a local college or by entering an apprenticeship scheme. Applicants must be under the age of 25 years and resident within the ancient parishes of Llanblethian and Ystradowen, which includes Aberthin and Trehyngyll. Please email evan.jenkins.charity@outlook.com.

Regards

Cowbridge Senior Leadership Team



COWBRIDGE SCHOOL

Education, inspiration and opportunities for life.



CALLING ALL FORMER STUDENTS

If you're a former student of Cowbridge Comprehensive School, we want to hear from you!

Your experiences since leaving could help to motivate and inspire our current students to feel more confident in making decisions about their future. We'd love you to join our alumni network and stay connected with the school.

We've partnered with the national education charity **Future First**, who specialise in helping schools like ours to stay connected with their former students.

You can choose how and when you help – perhaps you can act as a career and education role model, provide work experience, become a mentor in person or online, or help with donations, fundraising or even apply to become a governor.

It doesn't matter when you left us, whether you're in further education or employment, whether you still live nearby or have moved further away, there are still ways you can help.

In order to sign up, just follow this link and fill in the online form – we promise it will only take a couple of minutes.

<https://www.futurefirsthub.org.uk/register/cowbridge-school>

Thank You.



COWBRIDGE SCHOOL

Education, inspiration and opportunities for life.



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



COWBRIDGE SCHOOL

Education, inspiration and opportunities for life.




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





COWBRIDGE SCHOOL

Education, inspiration and opportunities for life.

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



COWBRIDGE SCHOOL

Education, inspiration and opportunities for life.

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.



COWBRIDGE SCHOOL

Education, inspiration and opportunities for life.

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>					



COWBRIDGE SCHOOL

Education, inspiration and opportunities for life.

School timings Summer 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



COWBRIDGE SCHOOL

Education, inspiration and opportunities for life.

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

Education, inspiration and opportunities for life.

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

Education, inspiration and opportunities for life.

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



COWBRIDGE SCHOOL

Education, inspiration and opportunities for life.

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