



COWBRIDGE SCHOOL

Education, inspiration and opportunities for life.

News for the week ending 14 February 2025

Newyddion yr wythnos 14 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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Talk The Talk

CONFIDENT COMMUNICATION FOR LIFE
Facilitated by the Vale Youth Service

**Be confident to
communicate!**

**Be proud to speak in
public!**

Dive into debating!

Nail negotiation!

Age 11-17
Wednesday 26th Feb 2025
10:00am - 4:00pm
Civic Office, Holton Road Barry

For more information contact
Michaela O'Neill
Rights Ambassador Project Worker
moneill@valeofglamorgan.gov.uk
07955433444





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GERMAN FILM SCREENING

Thursday 20th February 3:15 - 5:15



All pupils in Years 9-13 welcome!

Sign up here:





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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:

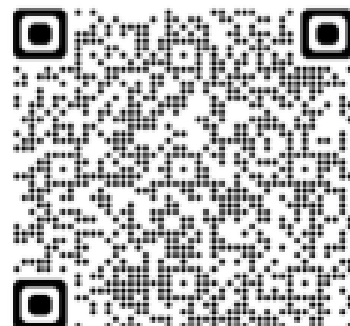
Develop an understanding of why meltdowns happen and look at the stages of meltdowns with an overall aim of developing a toolbox of strategies to manage the meltdown to minimise its effects on the child/young person and those around them.

**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



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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

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
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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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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
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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
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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.
				
		NO ✗ 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


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 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>

