



COWBRIDGE SCHOOL

Education, inspiration and opportunities for life.

News for the week ending 14 March 2025

Newyddion yr wythnos 14 Mawrth 2025

KEY DATES

15-16	March - Bronze DofE Training session
15-16	March - Silver DofE Training weekend
18-20	March - Provisional Year 10 Welsh Speaking Exams
25	March - Tyfu Family Engagement Coffee Morning
28	March - Year 12 Reports issued
29—30	March - Bronze DofE Practice A

Dear Parents/Carers,

We would like to wish you all a lovely weekend!

Best wishes,

Cowbridge School Senior Leadership Team



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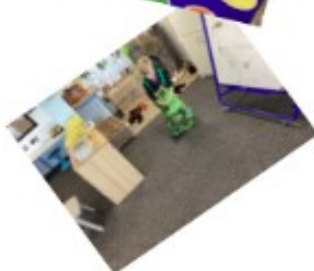


It has been another egg-citing week in Lower School this week!

Nursery have continued to look after their egg, making sure they are following the instructions from Mrs. T. Rex very carefully. They have been practising their number skills by pretending to be dinosaurs and stomping out the correct number of footprints on the card. They have also had great fun making up their own dinosaur adventure stories and thinking about how they feel when they learn something new.



Reception have also been looking after their egg very, very carefully. They have been scientists and carried out an experiment to find out which material will be best for making the baby dinosaur's pants to keep it warm. They have drawn pictures and used adjectives to predict what they think the new baby will look like. And made pants for all the other dinosaurs. They also made maps to help it find its way around Dinoland.



Another egg was left by Mrs. T-Rex and this time Year 1 were lucky enough to find it! They have discussed how they felt

finding the egg and written questions to ask the dinosaur inside. They have looked at the work of the palaeontologist, Mary

Anning and decided to make volcanoes, fossils and a museum in their classroom. Using dinosaur footprints, they have been able to practise their estimating and measuring skills.



We have also planted our seed potatoes, we are hoping for a bumper harvest again this year for another Lower School feast!





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ND Support at Home Start Cymru

**HOME
START**
Cymru

Mae Home-Start Cymru yn deall y gall fod yn gynnod heriol pan fydd eich plentyn ar y llwybr Datblygiad Niwro. Gall ein staff ymroddedig gynnig cymorth 1-1 i'ch helpu i reoli rhai o'r heriau hyn gartref.

Rydym yn anelu at:

- Cefnogi rhieni/gofalwyr i ddeall eu hanghenion niw ac anghenion niwroddatblygiadol eu plant
- Darparu cymorth ymddygiad 1-1 darparu gwybodaeth, adnoddau ac offer ymarferol i gefnogi'r teulu darparu cyfleoedd i wella lles emosiynol trwy gefnogaeth cyfodion/rhieni gyda phrofiad a rennir.

Mae ein cymorth wedi'i dehira i'ch anghenion a byddwn yn gweithio gyda'n gilydd i gefnogi'r llyn sy'n bwysig i chi a'ch teulu.

Beth rydym ni'n ei wneud orau:

- Cefnogi rhieni i ddarparu'r gofal gorau i'w plentyn.
- Darparu cymorth ymddygiad anfeiniadol i deuluoedd â phlant niwroddatblygiadol.
- Cefnogi teuluoedd i helpu i wella eu lles emosiynol a mwynhau perthnasoedd iach.

Sylwch nad ydym yn arbenigwyr clinigol mewn iechyd meddwl ac nid ydym yn darparu Ymyrraeth Argyfwng.

Gwybodaeth Bellach

Os oes gennych unrhyw gwestiynau am Home-Start Cymru, neu os hollfodch ragor o wybodaeth am ein gwasanaethau cymorth yn eich ardal, sganiwch y cod QR trosodd neu e-bostiwch:

Am gefnogaeth benodol i niwroddatblygiadol, ffoniwch 07881483392 neu e-bostiwch ni ar ndsupportcardiffandvale@homestartcymru.org.uk.

Home-Start Cymru understands that it can be a challenging time when your child is on the Neuro Development pathway. Our dedicated staff can offer 1-1 support to help you manage some of these challenges at home.

We aim to:

- Support parents/carers to understand theirs and their children's ND needs
- Provide 1-1 behaviour support provide information, resources and practical tools to support the family provide opportunities to improve emotional wellbeing through peer support/parents with shared experience.

Our support is tailored to your needs and we will work together to support what is important to you and your family.

What we do best:

- Supporting parents to provide the best care for their child.
- Provide non-judgemental behaviour support to families with ND children.
- Support families to help improve their emotional wellbeing and enjoy healthy relationships.

Please note that we are not are not clinical experts in mental health and we do not provide Crisis Intervention.

Further information

If you have any questions about Home-Start Cymru, or would like more information about our support services in your area, scan the QR code overleaf or email:

For ND specific support, please call 07881483392 or email us at ndsupportcardiffandvale@homestartcymru.org.uk.

Registered Charity: 1105577 Company Number: 5399018

homestartcymru.org.uk



**COWBRIDGE
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AVAILABLE NOW

**ONLINE WORKSHOP FOR
PARENTS & CARERS IN CARDIFF & THE VALE**

Managing a Meltdown Workshop

- **Date: Monday, March 17th**
Time: 10:00 AM – 12:30 PM
- **Date: Friday, March 28th** **Time:**
10:00 AM – 12:30 PM

Location: Online
Cost: Free

Book Now

Contact Us:
01443 492624

info@behavioursupporthub.org.uk



**Behaviour
Support Hub**



Gwasanaeth Niwroddatblygiadol
Neurodevelopmental Service



**GIG
CYMRU
NHS
WALES**

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



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AVAILABLE NOW

ONLINE WORKSHOP FOR PARENTS & CARERS IN CARDIFF & THE VALE

This is exclusively for parents & carers of children aged 0-11 years who are on the Neurodevelopmental waiting list.

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Gwasanaeth **Niwroddatblygiadol**
Neurodevelopmental Service

Occupational Therapy & Parent Support: A Sensory Perspective

The Occupational Therapy & Parent Support workshop is designed to better help you understand the Occupational Therapy role, and what the assessment and intervention process might look like.

Workshop Aims

We will briefly explore your child's sensory differences and the impact on behaviour and their everyday life.

We will provide practical strategies that will help to support your child in this busy, sensory filled world.



Location : Online Zoom



When : Monday 24th March 2025



Time : 11:30am-12:30pm

This 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/occupational-therapy-parent-support-a-sensory-perspective-tickets-1263771106399>





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Gwasanaeth **Niwroddatblygiadol**
Neurodevelopmental Service

Education & Support

For parents and carers of children aged 0-11 years
living in Cardiff and the Vale only on the
Neurodevelopmental waiting list.
The session is for adults only.

Workshop Aims

The "Education & Support" Workshop is designed to look at what can be done within educational settings to support neurodivergent children.

This will look at strategies to bridge home and the setting, the school environment, classrooms, individual needs, educational adjustments, and the ALN Code.



Location : Online Zoom



When : Monday 24th March 2025



Time : 1pm-2pm

This 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/education-support-tickets-1262825768869>





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Gwasanaeth Niwroddatblygiadol
Neurodevelopmental Service

Embracing Neurodiversity: Education, Support & Therapy

This workshop is designed to provide a comprehensive understanding of neurodiversity, offering insights into how individuals experience and navigate the world differently.

For parents and carers of children aged 0-11 years living in Cardiff and the Vale only on the Neurodevelopment waiting list.
The session is for adults only. Run by AP Cymru.

What is Neurodiversity?: Help you better understand neurodiversity and how it affects your child's daily life.

Education & Support: Look at what can be done at educational settings to support neurodivergent children.

Occupational Therapy & Parent Support – A Sensory Perspective:
Explore your child's sensory differences and the impact on behaviour and their everyday life.



Location : Victoria Park Community Centre, Church Road, Barry, CF63 1JY



When : Tuesday 1st April 2025



Time : 10am-2pm

This 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/embracing-neurodiversity-education-support-therapy-tickets-1269188269272>





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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

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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

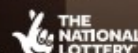
@natsatclub
saturday-club.org/join

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
ON SATURDAY**



Free local Saturday Clubs
for 13–16 year olds



Find your Club

@natsatclub
saturday-club.org/join

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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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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**

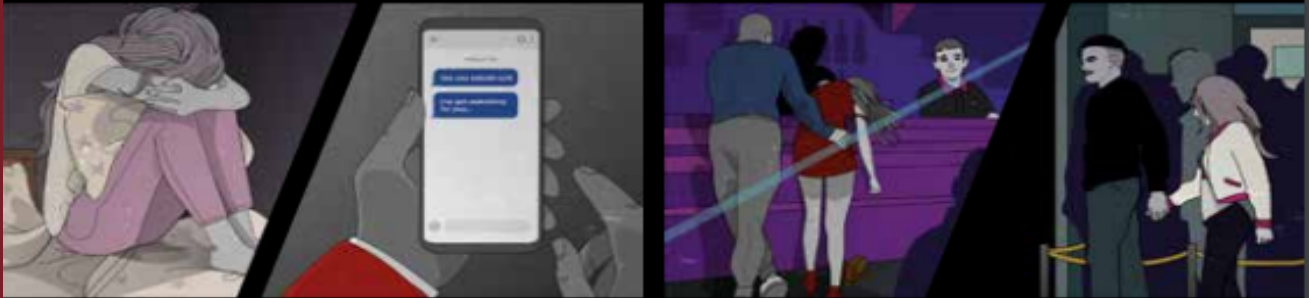


**HEDDLU
DE CYMRU
SOUTH WALES
POLICE**



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MYND I'R AFAEL Â CHAMFANTEISIO

Addysgu Amddiffynwyr

- Mewnbynau 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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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

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

Suicide Prevention



Papyrus Suicide
Prevention website

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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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.

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.

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.



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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		<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		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>



May Bank Holidays Monday 5 May 2025
Monday 26 May 2025



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