



COWBRIDGE SCHOOL

Education, inspiration and opportunities for life.

News for the week ending 17 May 2024

Newyddion yr wythnos 17 Mai 2024

KEY DATES

- 22 May - Lower School Parent Outdoor Classroom Day
- 24 May - Half Term Begins—School Closes at 3:30pm
- 3 April - School Begins

Dear Parent/Carer,

We would like to wish you all a pleasant weekend.

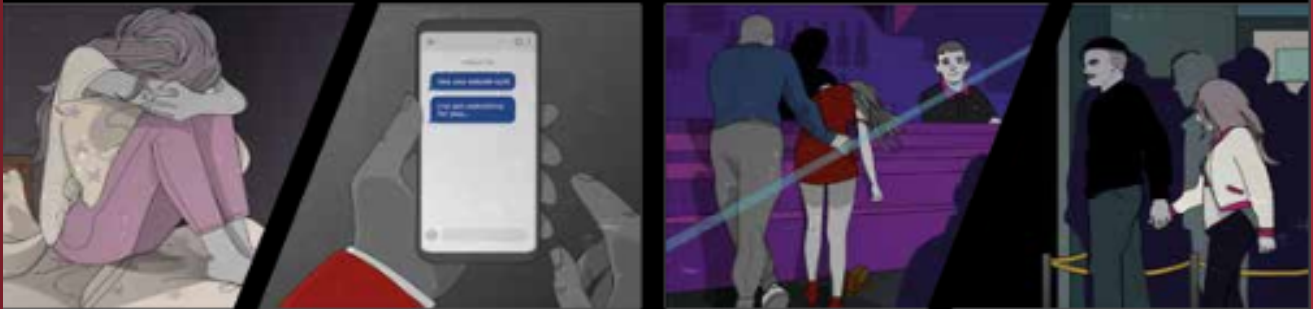
[Here](#) you will find this week's newsletter from Cowbridge Lower School.

Cowbridge School Senior Leadership Team



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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**

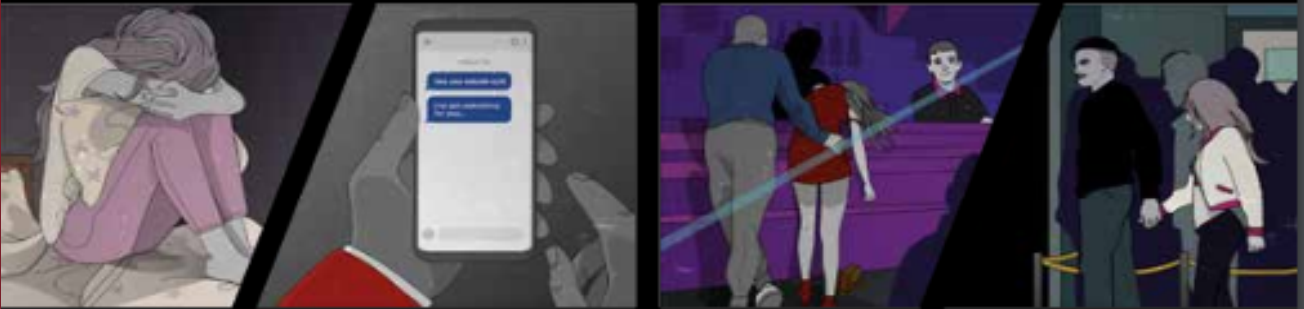


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POLICE**



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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

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Y Drindod Dewi Sant
University of Wales
Trinity Saint David

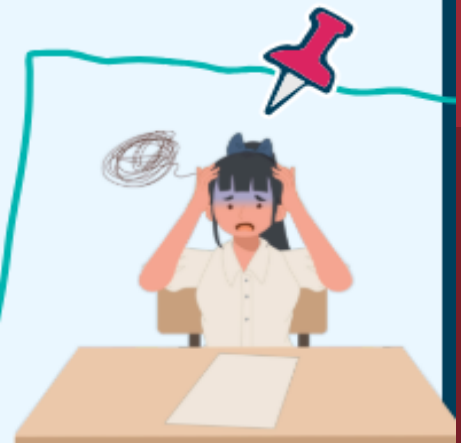
Seicoleg a Cwnsela
Psychology and Counselling

COPING WITH EXAM STRESS



We know that exams and assessment periods can often feel overwhelming and lead to feelings of stress and anxiety. We hope the tips in this leaflet help you develop some useful strategies to make you feel more in control of your anxiety as your assessment period approaches.

The first thing to remember is that feeling anxious about things that feel really important to us is a very normal response to situations like exams. The way we feel when we are stressed or anxious about something is really a survival instinct – it tells us something scary may be happening, and prepares us to either run away or fight against whatever is threatening us. That's why we often feel our heart beating faster, butterflies in the tummy, or sweaty palms – our body is preparing to protect us!



Of course, many of the things that cause us stress in modern life – like exams – are not things we can avoid or fight head on! Instead, we need to find ways of managing these feelings so that we can continue to function normally. You have probably all experienced that feeling of exhaustion that comes from being stressed for a long time – this is what eventually leads us to getting headaches, colds and worse – as our bodies simply get exhausted.



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The good news is that, whilst we can't avoid exams and assessments, we can develop some useful strategies to help us stay healthy and more in control of our worries...read about some of these strategies in this leaflet and think about which ones may work for you!

CREATING YOUR OWN COPING TOOLKIT!



1

TAKING TIME OUT

Taking time out in the middle of revision and exam prep – even for five minutes – may often feel like an impossible task, or one which you may feel guilty about. We know, however, that doing something as simple as taking a “breather” for a few minutes a couple of times a day can help you feel calmer and stronger. Have a cup of tea, sit in the garden, go for walk - take a little break doing nothing! Jot down some of things you are going to try and which ones you have found helpful

2

MINDFULNESS AND RELAXATION

Download and try some simple mindfulness or body relaxation exercises. You will be surprised how focusing on these exercises for just a few minutes when you start to feel anxious can really help calm your body and mind. Why not try it with friends or family, too!



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Worrying about exams and assessments can be like a habit. But like any other habit, it can be prevented by putting something in its way or by doing things that help you control those worries at certain times of the day or night. Here are some simple distraction strategies that may work for you:

3

CONTROLLING YOUR THOUGHTS

Think of your favourite place – remember the sights, the smells, the sounds

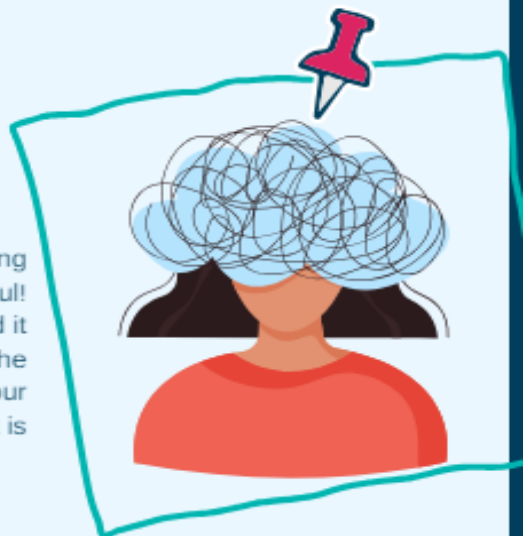
Do something fun or interesting and really absorb yourself in it

At night, count backwards from 50 or remember the lyrics to your favourite song!

4

GETTING THINGS OUT OF YOUR HEAD

Although it may feel like the last thing you want to do, writing about the things that are worrying you can be really helpful! You don't have to share these with anyone, or you may find it helpful to talk to your teachers, friends or parents about the things you have written about. Have a go writing about your worries in the box below and see how it makes you feel...it is up to you whether you share them or not





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5

THINKING POSITIVELY

Although being told to "be positive" can often feel like unwanted advice, in fact we know that positive emotions are really important in helping us manage our ongoing feelings of stress and anxiety. Try and re-frame one or more of your worries from the box above into a more positive statement – sometimes challenging the way we think about things, or looking for the positives – however small – in a stressful situation can actually help us feel better.

WHEN TO ASK FOR HELP

Everyone responds differently to stressful situations like exams. What is important is that you find techniques that work for you, and hopefully some of the advice in this leaflet may help. Importantly, if you find that your feelings of stress and anxiety are becoming overwhelming most of the time, it is really important that you talk to someone about how you feel. Talk to your parents or your teachers who will be able to guide you to further support – don't keep it all bottled up!



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CONTACT US

 [Psychology and Counselling Website](#)

 Psychology@uwtsd.ac.uk

 [Psych_uwtsd](#)

 [UWTS DPpsych](#)

 [Psychology and Counselling at UWTS D](#)



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YMDOPI Â STRAEN ARHOLIADAU

Gwyddom fod arholiadau a chyfnodau asesu'n gallu mynd yn drech na phobl weithiau, gan arwain at deimladau o straen a gorbryder. Gobeithio y bydd y cynghorion yn y daflen hon yn eich helpu i ddatblygu strategaethau defnyddiol fydd yn gwneud i chi deimlo bod gennych fwy o reolaeth dros eich gorbryder wrth i'ch cyfnod asesu agosáu.

Y peth cyntaf i'w gofio yw bod teimlo'n bryderus am bethau sy'n wirioneddol bwysig i ni yn ymateb normal iawn i sefyllfaoedd fel arholiadau. Mewn gwirionedd, mae'r ffordd rydyn ni'n teimlo pan fyddwn dan straen neu'n bryderus am rywbeth yn reddf goroesi – mae'n dweud wrthym ei bod yn bosibl bod rhywbeth sy'n peri ofn yn digwydd, ac yn ein paratoi naill ai i redeg i ffwrdd neu ymladd yn erbyn beth bynnag sy'n ein bygwith. Dyna pam rydyn ni'n aml yn teimlo'n calonnau'n curo'n gyflymach, ein tu mewn yn corddi, neu'n cledrau'n teimlo'n chwyslyd - mae ein corff yn paratoi i'n diogelu!



Wrth gwrs, nid yw llawer o'r pethau sy'n achosi straen i ni mewn bywyd modern – fel arholiadau – yn bethau y gallwn eu hosgoi neu eu hymyladd benben! Yn hytrach, mae angen i ni ganfod ffyrdd o reoli'r teimladau hyn fel y gallwn barhau i weithredu fel arfer. Mae'n siŵr eich bod i gyd wedi cael y teimlad hwnnw o flinder ar ôl bod dan straen am gyfnod hir - dyna sy'n arwain yn y pen draw at gael pennau tost, annwyd a gwaeth – wrth i'n cyrff, yn syml, flino'n llwyr!



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Y newyddion da yw, er na allwn osgoi arholiadau ac asesiadau, gallwn ddatblygu strategaethau defnyddiol i'n helpu i gadw'n iach a rheoli ein pryderon yn well... darllenwch am rai o'r strategaethau hyn yn y daflen hon a meddyliwch pa rai allai weithio i chi!

CREU EICH PECYN CYMORTH YMDOPI!



1

CYMRYD SEIBIAU

Gall cymryd seibiau yng nghanol adolygu a pharatoi ar gyfer arholiadau – hyd yn oed am bum munud – deimlo fel tasg amhosibl yn aml, neu wneud i chi deimlo'n euog. Gwyddom, fodd bynnag, y gall gwneud rhywbeth mor syml â chael hoe fach am ychydig funudau, cwpl o weithiau y dydd, eich helpu i deimlo'n dawelwch eich meddwl ac yn gryfach. Cymerwch baned o de, eisteddwch yn yr ardd, ewch am dro – cymerwch seibiant bach yn gwneud dim! Nodwch rai o'r pethau rydych chi'n mynd i roi cynnig arnynt a phethau sydd wedi bod o gymorth i chi

2

YMWYBYDDIAETH OFALGAR AC YMLACIO

Lawrlwythwch a rhoi cynnig ar rai ymarferion ymwybyddiaeth ofalgar syml neu ymarferion i ymlacio'r corff. Byddwch yn synnu sut mae canolbwyntio ar yr ymarferion hyn am rai munudau, pan fyddwch yn dechrau teimlo'n orbryderus, wir yn gallu helpu i dawelu eich corff a'ch meddwl. Rhowch gynnig ar hyn gyda ffrindiau neu deulu hefyd!



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Gall poeni am arholiadau ac asesiadau ddod yn arfer. Ond fel unrhyw arfer arall, gellir ei atal trwy roi rhywbeth yn ei ffordd neu drwy wneud pethau sy'n eich helpu i reoli'r pryderon hynny ar adegau penodol o'r dydd neu'r nos. Dyma rai strategaethau syml i dynnu eich sylw a allai weithio i chi:



RHEOLI EICH MEDDYLIAU

Meddyliwch am le tawel neu eich hoff le – cofiwch y golygfeydd, yr arogl, yr arogluon

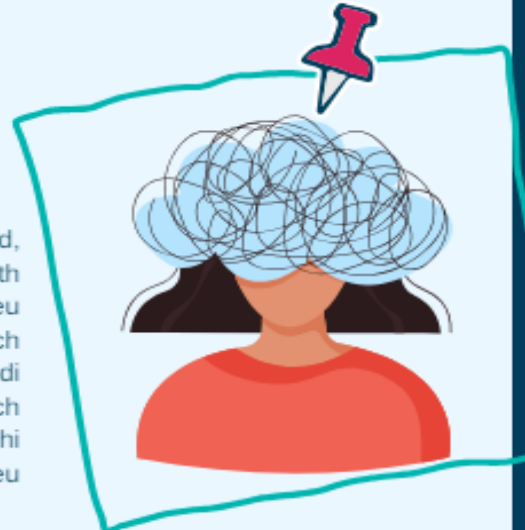
Ymgollwch mewn rhywbeth diddorol neu hwyl i'w wneud

Yn y nos, cyfrifwch yn ôl o 50 neu cofiwch y geiriau i'ch hoff gân!



CAEL PETHAU ALLAN O'CH PEN

Er y gall deimlo fel y peth olaf rydych chi eisiau ei wneud, gall ysgrifennu am y pethau sy'n eich poeni fod o gymorth mawr! Does dim rhaid i chi rannu'r rhain ag unrhyw un, neu efallai y byddwch yn teimlo ei fod o gymorth siarad â'ch athrawon, ffrindiau neu rieni am y pethau rydych wedi ysgrifennu amdanynt. Rhowch gynnig ar ysgrifennu am eich pryderon yn y blwch isod a gweld sut mae'n gwneud i chi deimlo ... mater i chi yw penderfynu os ydych eisiau eu rhannu.



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5

MEDDWL YN BOSITIF

Er bod y gorchymyn i "fod yn bositif" yn gallu teimlo'n aml fel cyngor nad ydych ei eisiau, mewn gwirionedd gwyddom fod emosiynau positif yn wirioneddol bwysig wrth ein helpu i reoli ein teimladau parhaus o straen a gorbryder. Ceisiwch aillyfyni un neu fwy o'ch pryderon o'r blwch uchod fel datganiad mwy positif – weithiau mae herio'r ffordd rydyn ni'n meddwl am bethau, neu chwilio am y cadarnhaol – pa mor fach bynnag ydynt – mewn sefyllfa o straen yn gallu gwneud i ni deimlo'n well mewn gwirionedd.

PRYD I OFYN AM GYMORTH

Mae pawb yn ymateb yn wahanol i sefyllfaoedd o straen fel arholiadau. Beth sy'n bwysig yw dod o hyd i dechnegau sy'n gweithio i chi, a gobeithio bydd peth o'r cyngor yn y daflen hon yn helpu. Beth sy'n bwysig yw, os ydych yn teimlo bod eich teimladau o straen a gorbryder yn eich llethu'r rhan fwyaf o'r amser, mae'n wirioneddol bwysig eich bod yn siarad â rhywun am y ffordd rydych chi'n teimlo. Siaradwch â'ch rhieni neu eich athrawon a fydd yn gallu eich arwain at gymorth pellach – peidiwch â chadw popeth i mewn!



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CYSYLLTWCH Â NI



[Gwefan Seicoleg a Cwnsela](#)



Psychology@uwtsd.ac.uk



[Psych_uwtsd](#)



[UWTSDPsych](#)



[Psychology and
Counselling at UWTSd](#)

RHAGLENNI ISRADEDDIG YN PCYDDS

[Anrh Seicoleg](#)
[Anrh Seicoleg a Cwnsela](#)
[Anrh Seicoleg a Troseddeg](#)
[Anrh Iechyd Meddwl](#)



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GIG
CYMRU
NHS
WALES

Ymddiriedolaeth GIG
Prifysgol Felindre
Velindre University
NHS Trust



Canolfan Ganser Felindre
Velindre Cancer Centre

MEDICAL WORK EXPERIENCE

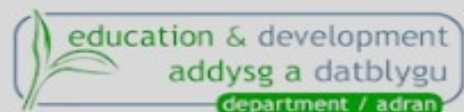
Are you planning to study medicine at
University?

Do you have a special interest in Oncology?

If you are over 16, apply for a space on our work
experience programme here at Velindre Cancer
Centre now!

8th - 12th July 2024

For further details and to apply, please email
alexander.griffiths3@wales.nhs.uk





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Virtual Work Experience Programme

Do you know a student who's keen to learn more about Airbus?

Our virtual work experience programme for 14-19 year olds is open all year round.

Help inspire the next generation.



[www.springpod.com/
virtual-work-experience/WEXP-00239](http://www.springpod.com/virtual-work-experience/WEXP-00239)

Springpod 

AIRBUS



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Mae Brechu yn achub bywydau
Vaccination saves lives



MMR vaccination

**Protecting against
measles, mumps and
rubella infection**



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NHS
WALES

Iechyd Cyhoeddus
Cymru
Public Health
Wales

Please see the attached leaflet from NHS Wales regarding MMR Vaccination.



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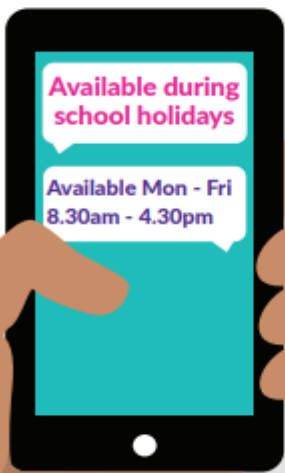


Nursio Ysgol | School Nursing
BIP Caerdydd a'r Fro | Cardiff & Vale UHB

parent line

If you're a parent or carer of a 5-16 Year Old
Text your school nurse on
07312 263178
For confidential advice and support

This will be a text in service for parent to access their school nurse to help with a wide range of health problems. This won't be a diagnostic service but we can give advice on....



emotional wellbeing
sleep day and
healthy night time
eating wetting
soiling substance misuse
relationships
behaviour bullying
online safety puberty



We might inform someone if we were concerned about your safety, but we would usually speak to you first. Your messages are stored and can be seen by other healthcare staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate message back to confirm we received your text. Texts will not be seen outside normal working hours. If you need help before you hear back from us, contact your GP, nearest walk in centre or dial 111. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'number masking' mobile apps). To prevent the health professional from sending messages to you, text STOP to our number. Messages are charged at your usual rates.



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Nyrsio Ysgol | School Nursing
BIP Caerdydd a'r Fro | Cardiff & Vale UHB

Ilinell rhieni

Os ydych yn rhiant neu'n ofalwr i blentyn 5-16 oed

Tecstiwch eich nyrs ysgol ar

07312 263178

Am gyngor a chymorth cyfrinachol

Bydd hwn yn wasanaeth testun i rieni gael mynediad at eu nyrs ysgol i helpu gydag ystod eang o broblemau iechyd.

Ni fydd hwn yn wasanaeth diagnostig ond gallwn roi cyngor ar...



Ar gael yn ystod gwylliau ysgol

Ar gael
Llun - Gwener
8.30am - 4.30pm



camddefnyddio sylweddau

CWSG gwlychu

diogelwch yn ystod

ar-lein y dydd

baeddu a'r nos

glasoed a'r nos

cydberthnasau

lles emosiynol **bwlio**

ymddygiad **bwyta'n iach**



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

Efallai y byddwn yn rhoi gwybod i rywun os ydym yn pryderu am eich diogelwch, ond byddem fel arfer yn siarad â chi yn gyntaf. Caiff eich negeseuon eu storio a gall staff gofal iechyd eraill sy'n dilyn yr un rheolau cyfrinachedd eu gweld. Ein nod yw ymateb i chi o fewn un diwrnod gwaith a dylech gael neges ar unwaith i gadarnhau ein bod wedi derbyn eich neges destun. Ni fydd negeseuon testun yn cael eu gweld y tu allan i oriau gwaith arferol. Os oes angen help arnoch cyn i chi glywed gennym, cysylltwch â'ch meddyg teulu, y ganolfan galw heibio agosaf neu ffoniwch 111. Nid yw ein rhif testun yn derbyn galwadau llais na negeseuon llun MMS. Rydym yn cefnogi negeseuon o rifau ffôn symudol y DU yn unig (nad yw'n cynnwys negeseuon a anfonir o linellau tir, rhifau ffôn symudol rhyngwladol a rhai apiau 'cuddio rhifau' ar ffonau symudol). Er mwyn atal y gweithiwr iechyd proffesiynol rhag anfon negeseuon atoch, tecstiwch STOP i'n rhif. Codir tâl am negeseuon ar eich cyfraddau arferol.



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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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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>					



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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



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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		<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		



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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

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



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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

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