



## COWBRIDGE SCHOOL

*Education, inspiration and opportunities for life.*

### News for the week ending 24 January 2025

#### Newyddion yr wythnos 24 Ionawr 2025

##### KEY DATES

- 24 January - Year 8 Reports Published
- 27 January - Year 1 Parental Engagement session
- 30 January - Year 12 Geography Fieldwork
- 6 February - Year 10 Parents' Evening
- 17 February - INSET Day - School Closed for Students

**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**



## 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](http://saturday-club.org/join)

Supported using public funding by



**ARTS COUNCIL  
ENGLAND**

In partnership with





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**NATIONAL  
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## Join Barry Sea Cadets: T.S Cossack Recruiting Cadets Aged 12-18

Open Evening Monday 27th January 19:00  
Parading at Ysgol Sant Baruc, Barry, CF62 5AT



We Parade on a  
Monday & Thursday  
Evening  
18:45-21:15



Would you like to learn new skills??  
Sea Cadets offers some of the best training!

You can achieve Boating Qualifications like Sailing  
and Powerboating, First Aid, Engineering, Life  
Skills as well as Vocational Qualifications, BTEC,  
DofE and so much more!!

If you would like to know more contact us:  
[Admin@barryseacadets.org](mailto:Admin@barryseacadets.org)



 **SEA  
CADETS**



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**Big Volunteering Fayre on Wednesday 29<sup>th</sup> January, 10 – 2pm at the Memorial Hall, Barry.**

There will be a variety of organisations (40+) attending to showcase their projects and recruit volunteers; as well as ourselves to provide further information on the hundreds of volunteering opportunities we promote. This Fayre provides the public with a chance to chat first-hand to the stall holders regarding their volunteering interests.

**I think this is a fantastic opportunity to raise awareness to the children's parents about the benefits of volunteering. It will provide them with the opportunity to find out what they could get involved in.**

***Volunteering can offer enormous benefits. Build your confidence, skills and gain really valuable work experience. Enhance your CV. Meet new people and get a great reference. Improve your health & wellbeing. You can use your existing skills and also gain new skills along the way.***

***There is also a clear link between volunteering and good health. Increasing volunteers' longevity, improve their mental health, keep fitter and enable to cope better with illness when it occurs, provide a sense of wellbeing.***



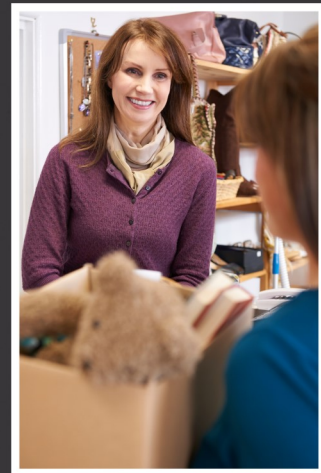
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SCHOOL**

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# THE **BIG** VOLUNTEERING FAYRE *2025*



*Meet inspiring organisations and  
start your volunteer journey!*



**WEDNESDAY  
29 JANUARY**

**10 AM - 2 PM**

**AT THE MEMO ARTS CENTRE  
BARRY CF62 8NA**

Glamorgan Voluntary Services (GVS) 01446 741706  
[www.gvs.wales](http://www.gvs.wales) [volunteering@gvs.wales](mailto:volunteering@gvs.wales) @GVolServices  
Registered Charity No. 1163193 Company No. 9517850



# COWBRIDGE SCHOOL

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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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# APPRENTICESHIP AND CAREERS FAIR

THE BIGGEST  
2025 RECRUITMENT  
EVENT IN VALE OF  
GLAMORGAN  
SO FAR!

MULTIPLE EMPLOYERS  
OFFERING JOBS,  
CAREERS &  
APPRENTICESHIPS

UNMISSABLE  
OPPORTUNITIES



EMPLOYERS +  
COLLEGE + CAREERS + APPRENTICESHIP  
UNIVERSITY

**12TH FEBRUARY 2025**

**10AM - 2PM & 3PM - 6PM**

**MEMO ARTS CENTRE, GLADSTONE  
ROAD, BARRY, CF62 8NA**

**DROP IN EVENT**

**OPEN TO  
ALL AGES**

FOR FURTHER INFORMATION:

**C4W-BARRY@VALEOFGLAMORGAN.GOV.UK**





# COWBRIDGE SCHOOL

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## Nursery Practitioner

**Vacancy ID:** 5364

**Employer:** Plantos

**Location:** Cardiff

**Apprenticeship Level:** Foundation Apprenticeship (Level 2)

**Pay:** National minimum wage

**Closing date:** 01/02/2025

## 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 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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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

### 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"><li>• Please ensure that you follow the correct footwear policy (above) when using this facility.</li><li>• The policy will help to protect you from potential injury and maintain the surface.</li><li>• Traditional trainers should not be worn as they increase risk of injury.</li></ul>				

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](#):***





# COWBRIDGE SCHOOL

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## School timings Spring 2025


<b>BREAK &amp; LUNCH YEAR 7, 8, &amp; 13</b>	<b>BREAK &amp; LUNCH YEAR 9, 10, 11 &amp; 12</b>
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
<b>09:55 - 10:15 Break</b>	09:55 - 10:55 Lesson 2
10:15 - 11:15 Lesson 2	<b>10:55 - 11:15 Break</b>
11:15 - 12:15 Lesson 3	11:15 - 12:15 Lesson 3
<b>12:15 - 13:00 Lunch</b>	12:15 - 13:15 Lesson 4
13:00 - 14:00 Lesson 4	<b>13:15 - 14:00 Lunch</b>
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		



## COWBRIDGE SCHOOL

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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>



