News for the week ending 28 June 2024

Newyddion yr wythnos 28 Mehefin 2024

KEY DATES

- 1 July BTEC Performing Arts Exam
- 1 July Art & Photography Exhibition & Performing Arts Showcase
- 2 July Summer Concert
- 3 7 July Y8 Languages Visit

Dear Parents/Carers,

On Thursday, 4 July 2024, South Wales Police are running an online engagement event for parents of Cowbridge School around the topic of exploitation. The details of this important event are outlined on page 6 of this week's newsletter. Please can we encourage you have a look at the information and, if possible, join the event on Thursday.

Here you will find this week's Newsletter from Cowbridge Lower School.

Best wishes for a lovely weekend.

Cowbridge School Senior Leadership Team



Education, inspiration and opportunities for life.



Cowbridge School Art & Photography Trip 2024

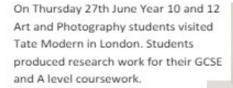






















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JULY

2024

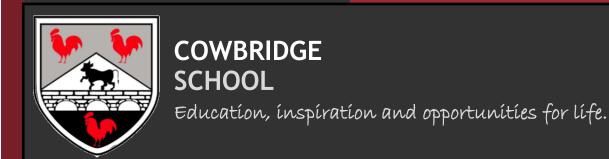
++Art++Music++Drama++

More information available from your Art, Music and Performing Arts teachers.



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Royal Society Summer Science Exhibition

The Year 12 geologists have been working on a project in association with TerraDat, a local geophysical surveying company, and supported by the Royal Society. The project investigated the geology of Dunraven Bay near Southerndown using TerraDat's state-of -the-art technology and the Year 12 geologists' expertise.

A group of six students will represent Cowbridge School at the Royal Society's Summer Science Exhibition from 2nd-5th July. Cowbridge is one of 12 schools from across the UK exhibiting their work as part of the Young Researchers' Zone. <u>LINK</u>

Students will be presenting to members of the public during the day and to Fellows of the Royal Society in their annual





The students have made a documentary to explain their work. You can watch it on YouTube: LINK



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TACKLING EXPLOITATION

Information session for parents/carers of children aged 11-16years around online criminal and sexual exploitation.

With rapidly developing technology and increasing exposure of children and young people to online platforms/content, the risks around exploitation are heightened. South Wales Police are offering engagement events for parents/carers via local secondary schools. Please see the poster attached for more information about the topics that will be covered.

Date: 4/7/24

Time: 6pm-7:30pm

Location: Microsoft Teams Join the meeting now Meeting ID: 314 005 108

242 Passcode: bA85Em

Dial in by phone

+44 29 2105 5422_979377100# United Kingdom, Cardiff

Phone conference ID: 979 377 100#

If you are joining the meeting via phone and do not wish to download the Microsoft Teams app, please select the 'dial in' option.

Please note, these events are focused on parents/carers and we ask that children do not attend.

For online events, please keep your camera and microphone off – there will be a chat function for questions. Please be mindful of any information shared within the chat and do not include any identifiable personal information about individual children.

Sesiwn wybodaeth ar gyfer rhieni/gwarchodwyr plant rhwng 11 ac 16 oed ar achosion o gamfanteisio'n rhywiol ac yn droseddol ar-lein.

Gyda thechnoleg sy'n datblygu'n gyflym a mwy a mwy o lwyfannau/cynnwys ar-lein yn cael eu gweld gan blant a phobl ifanc, mae'r risgiau o ran achosion o gamfanteisio'n cynyddu. Mae Heddlu De Cymru yn cynnig digwyddiadau ymgysylltu ar gyfer rhieni/gofalwyr drwy ysgolion uwchradd lleol. Gweler y poster atodedig am ragor o wybodaeth am y themâu a fydd yn cael eu cynnwys yn y digwyddiadau hyn.

Dyddiad: 4/7/24 Amser: 6pm-7:30pm

Lleoliad: Microsoft Teams Join the meeting now Meeting ID: 314 005 108

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Phone conference ID: 979 377 100#

Os byddwch yn ymuno â'r cyfarfod ar eich ffôn ac os na fyddwch yn dymuno lawrlwytho'r ap Microsoft Teams, dewiswch yr opsiwn 'galw i mewn'.

Nodwch mai ar gyfer rhieni/gofalwyr y mae'r digwyddiadau hyn a gofynnwn i blant beidio â'u mynychu.

Ar gyfer digwyddiadau ar-lein, diffoddwch eich camera a'ch microffon – bydd adnodd sgwrsio ar gael er mwyn i chi ofyn cwestiynau. Ystyriwch unrhyw wybodaeth y byddwch yn ei rhannu ar yr adnodd sgwrsio a pheidiwch â chynnwys unrhyw wybodaeth bersonol y gellir adnabod unrhyw blentyn unigol ohoni.



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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









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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









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Looking for Work Experience?

Gleeds is looking for talented and ambitious individuals who would like to start their future career within the built environment.

This is a fantastic opportunity to gain experience within Project Management, Quantity Surveying or Building Surveying.

Where: Cardiff

Requirements: You must be 15+ to apply

When: 2024 Duration: 1 week

What you'll be doing

- You will gain an understanding of the different types of roles within Gleeds from Project Management, Quantity Surveying or Building Surveying.
- Work with our experts who are passionate about the work we deliver
- You will be shadowing colleagues across the areas, attending meetings and supporting with current workload with the potential to go on site visits.

What you'll gain

- This opportunity will provide you with the understating, knowledge and hopefully inspire you to peruse a career within the consultancy construction industry.
- You will be able to add this to your CV as work experience.
- In some cases, work experience students have been given the opportunity to come back to Gleeds after completing their A Levels to do a Degree Apprenticeship Programme.

If you are interested in gaining work experience, please email <u>careers@gleeds.com</u>





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JOIN OUR TEAMS IN SOUTH WALES & BRISTOL

We are Whitehead Building Services. Based across Newport, Bristol and the South West we design, install, test/commission, manage and maintain buildings across the UK and we're currently recruiting for:

TRADE APPRENTICESHIPS

- Electrical
- Mechanical

PROFESSIONAL APPRENTICESHIPS (HNC)

- Quantity Surveyor
- Mechanical/Project Management

Successful candidates would undertake a 4-year indentured apprenticeship. Trade apprenticeships are open to anyone aged 16 or over. Professional apprenticeships are likely to require a minimum of 48 UCAS tariff points.

Please apply by sending your CV to careers@whiteheadbs.co.uk by Monday 1st July 2024, Check www.whiteheadbs.co.uk/careers for further information.

We appreciate and encourage applications from all backgrounds and, specifically, from underrepresented communities.

whiteheadbuildingservices.co.uk 🤳 01633 242450















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Careers Wales Parent Newsletter Summer 2024

English Newsletter Link



Gyrfa Cymru Careers Wales



Supporting parents

Careers Wales is committed to ensuring that parents are empowered and suitably prepared to support their child in their career planning.

Brighter Futures, our ambitious vision for the future, acknowledges our aim to engage and support parents.

Our parent strategy goals



Engage with parents early on in their child's academic life.

Information and tools will be available for parents to support children from a young age. From exploring the world of work in primary school to getting information about choices from year seven upwards.



Engage with parents of young people identified as needing additional support.

We provide an enhanced service for specific groups of young people, such as pupils with additional learning needs (ALN) or those who receive education other than at school (EOTAS). This service will also extend to their parents to ensure they have the resources they need to provide ongoing support for their child.



In addition to our current digital offer for customers we will increase the digital tools and information available on our website, social media, and direct communications for parents.



Involve parents when planning our services.

We are committed to listening to the needs of parents when developing new services to ensure we are providing them with the information and resources they need, through the right channel, at the right time.

Information and tools for parents can be found at careerswales.gov.wales/parents

If you'd like more information on our parent strategy or are interested in supporting our work with parents, please contact post@careerswales.gov.wales

0800 028 4844



careerswales.gov.wales



Webchat



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Welsh Newsletter Link





Cymorth i Rieni

Mae Gyrfa Cymru wedi ymrwymo i sicrhau bod rhieni'n cael eu grymuso a'u paratoi'n addas i gefnogi eu plentyn wrth gynllunio ei yrfa.

Mae Dyfodol Disglair, ein gweledigaeth uchelgeisiol ar gyfer y dyfodol, yn cydnabod ein nod i ymgysylltu â rhieni a'u cefnogi.

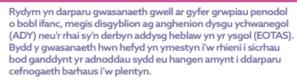
Ein nodau strategaeth rhieni



Ymgysylltu â rhieni yn gynnar ym mywyd academaidd eu plentyn.

Bydd gwybodaeth ac offer ar gael i rieni gefnogi plant o oedran ifanc. O archwilio byd gwaith yn yr ysgol gynradd i gael gwybodaeth am ddewisiadau o flwyddyn saith i fyny.







Yn ogystal â'n cynnig digidol presennol i gwsmeriaid, byddwn yn cynyddu'r offer digidol a'r wybodaeth sydd ar gael ar ein gwefan, yn ein sianelu cyfryngau cymdeithasol, ac wrth gyfathrebu'n uniongyrchol â rhieni.



Rydym wedi ymrwymo i wrando ar anghenion rhieni wrth ddatblygu gwasanaethau newydd i sicrhau ein bod yn darparu'r wybodaeth a'r adnoddau sydd eu hangen arnynt, drwy'r sianel gywir, ar yr adeg gywir.

Mae gwybodaeth ac offer i rieni ar gael yn gyrfacymru.llyw.cymru/rhieni

Os hoffech ragor o wybodaeth am ein strategaeth rhieni neu os oes gennych ddiddordeb mewn cefnogi ein gwaith gyda rhieni, cysylltwch â ni yn post@gyrfacymru.llyw.cymru



V 0800 028 4844



gyrfacymru.llyw.cymru



Sgwrs Ar-lein



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 Trerhyngyll. Please email evan.jenkins.charity@outlook.com.

Regards

Cowbridge Senior Leadership Team



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.



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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 🛱





□M
■ The Amber Project

Calm Harm 🖳 Phone app



Help your child, family or friend with their self-harm



具城県 Combined Minds 🖁 Phone app

Suicide Prevention



📮 Papyrus Suicide Prevention website

Eating Disorders





Psychosis



Information and support on YM site

LGBTQIA+ Support



Umbrella Cymru

Instant support

Meic ChatLine 🖳 💸 8am-12am 箭 🕮





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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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

Platfform 4 Young People







Young Minds

SilverCloud Online CBT for over 16s





Mee Too Mental Health Social Network

Support For Families



🖳 Cardiff Family 🎖 Advice and Support

Platfform 4 Families



Young Carers



YMCA Support

Mindfulness

HeadSpace 5 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 - new 3G pitch

Please see the image below showing permitted footwear on our newly laid pitch



Cowbridge School

3G Footwear Policy



- 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.

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.

Make sure you know the school's attendance policy; every school has one. 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.

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.

Physical Education - Extra-curricular (After School) Timetable

Facility / Day	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Gym</u>	6th Form Fit Club				
<u>3G</u>	Y7 Football	Y7 Rugby	Y8 + 9 Football	Girls Football	
Mugas	Y8 + 9 Netball	Senior Hockey (Y11-13)	Y9 + 10 Hockey	Y7 + 8 Hockey	
<u>Field</u>	Y8 Rugby	Y10 Football		Y9/10/11 Rugby	
Sports Hall	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	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<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>					
Sports Hall				6th Form Badminton Week 1	6th Form Badminton Week 2

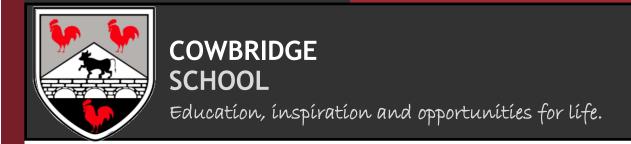
Physical Education - Extra-curricular (Reg Club 8:30-8:55) Timetable

Facility / Day	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Gym</u>				6th Form Fit Club	
<u>3G</u>					
<u>Mugas</u>					
<u>Field</u>			Cross Country Club Week 2		
Sports Hall					



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



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		



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

SCHOOL HOLIDAY DATES 2023/2024

Term	Begin	Half term		End	No. of School
		Begin	End		Days
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

<u>Mon 4 Sept 2023 and *Monday 22 July 2024</u> will be designated INSET days for <u>all</u> 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

SCHOOL HOLIDAY DATES 2024/2025

Term	Begin	Half term		End	No. of School
		Begin	End		Days
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

<u>Mon 2 Sept 2024 and *Monday 21 July 2025</u> 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