

GWENFO NEWS



6TH SEPTEMBER 2024

UPCOMING EVENTS

Sunday 22nd September
St. Mary's Harvest Service - all welcome!

Thursday 10th October (Wear Yellow)
World Mental Health Day

Wednesday 23rd October
Tempest School Photos (Individuals)

Friday 25th October
Year 5 Class Worship - 9am

HALF TERM
October 28th - November 1st

THIS WEEK IN GWENFO

Generosity
'GOD LOVES A CHEERFUL GIVER'
2 Corinthians 9:7

We are so thankful to welcome families back to school, some of you for the first time! It has been a lovely few days connecting with your children and hearing all of their news.

We have been busy settling into our new classes and catching up with friends too.

We have spent time talking about our school rules of:

Being Ready
Showing Respect
Being Responsible

It is wonderful to see so many smart children wearing school uniform, being on time for school and ready to learn!

SCHOOL DINNERS



When we return the dinner options will be from 'WEEK 2' on the Big Fresh menu

HEALTHY SNACKS

All children from Reception to Year 6 are encouraged to bring a snack to eat at morning play. Fridays we allow a small (one portion) sized packet of crisps but at all other times we ask for children to bring in a healthy snack. Healthy snacks are ideally low in sugar and something that can be eaten without assistance, such as:

- Fresh fruit or vegetables, e.g. apple/banana, halved cherry tomatoes or grapes, carrots sticks, mini fruit chunks
- Cereal bars - low sugar/fat content - healthy variety

Please be reminded children should not be bringing any products which contain nuts due to children within the school having severe allergies.

In lunchboxes we also ask that all choices are healthy.

If you have any queries please do chat to staff at the classroom doors or pop into the office.

CONTACT DETAILS

Anyone who has moved house or changed phone numbers please can you update these with the office. Thank you.

MEDICINES

All medicines to be dropped to the office where a form will need to be completed.

Just a reminder that parents are asked to remain with their children on the playground before school starts to ensure they are safely handed over to the care of school staff.

All parents should be on the playground until 8.50am

SCOOT, CYCLE OR SKATE...

It has been great to see our cycle shed being used this week! Thank you!

Wellies

If anyone has any spare wellies we are collecting them on our racks at the back of the school. Please just pop them on the rack if you do have any to donate!

Thank You!

Thank you to Beth in Y2 and her family for the kind donation of gardening tools. We know they will be well used!



Each week we try to add some pictures from around the school to our Twitter page -
Please take a look!

@gwenfocwprimary



An email will be sent to all families to agree for children to access various learning platforms within school. We use Welsh Government HWB tools to support our teaching and learning and platforms such as numbots, TT rockstars and Giglets to support and consolidate learning. Passwords are sent home each year - usually in the front of reading records. Keep an eye out for them over the next few weeks.

Last year we started to use seesaw to gather evidence of pupil work and we shared this with families alongside reports in July. We will continue to use this but please be aware this platform is only used by staff when recording evidence so there may be weeks when there are no uploads.

Nursery and Reception children will be enrolled in various platforms over the coming weeks and information will be shared with parents when this is complete.



SELF-CARE SEPTEMBER

This month the ideas all focus around the idea of being kinder to yourself (as well as others) for better self-care.

As Action for Happiness say 'self-care isn't selfish, it's essential. No-one's perfect. But so often we compare our insides to other people's outsides. This month we're encouraging everyone to be kinder to themselves (as well as others), especially when things go wrong. Self-care increases our resilience and helps us get more out of life. It also helps us accept others as they are too'.

To support Self-Care September here's Action for Happiness' September calendar, with an action or idea for each day this month. There's no pressure to do something every day, just have a look through and pick out what most appeals to you or just focus on the idea of the day when you come to it.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 Find time for self-care. It's not selfish, it's essential	2 Notice the things you do well, however small	3 Let go of self-criticism and speak to yourself kindly
4 Plan a fun or relaxing activity and make time for it	5 Forgive yourself when things go wrong. Everyone makes mistakes	6 Focus on the basics: eat well, exercise and go to bed on time	7 Give yourself permission to say 'no'	8 Be willing to share how you feel and ask for help when needed	9 Aim to be good enough, rather than perfect	10 When you find things hard, remember it's ok not to be ok
11 Make time to do something you really enjoy	12 Get active outside and give your mind and body a natural boost	13 Be as kind to yourself as you would to a loved one	14 If you're busy, allow yourself to pause and take a break	15 Find a caring, calming phrase to use when you feel low	16 Leave positive messages for yourself to see regularly	17 No plans day. Make time to slow down and be kind to yourself
18 Ask a trusted friend to tell you what strengths they see in you	19 Notice what you are feeling, without any judgement	20 Enjoy photos from a time with happy memories	21 Don't compare how you feel inside to how others appear outside	22 Take your time. Make space to just breathe and be still	23 Let go of other people's expectations of you	24 Accept yourself and remember that you are worthy of love
25 Avoid saying 'I should' and make time to do nothing	26 Find a new way to use one of your strengths or talents	27 Free up time by cancelling any unnecessary plans	28 Choose to see your mistakes as steps to help you learn	29 Write down three things you appreciate about yourself	30 Remind yourself that you are enough, just as you are	



GOLDEN RULE

TREAT OTHERS AS YOU WANT TO BE TREATED

READY, RESPECTFUL AND RESPONSIBLE
AT GWENFO CHURCH IN WALES
PRIMARY SCHOOL

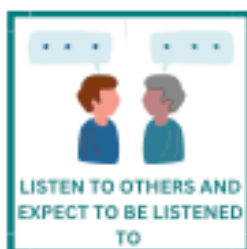
READY:

yn barod



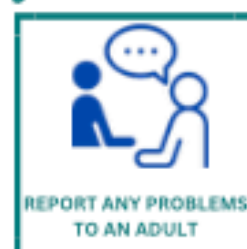
RESPECTFUL:

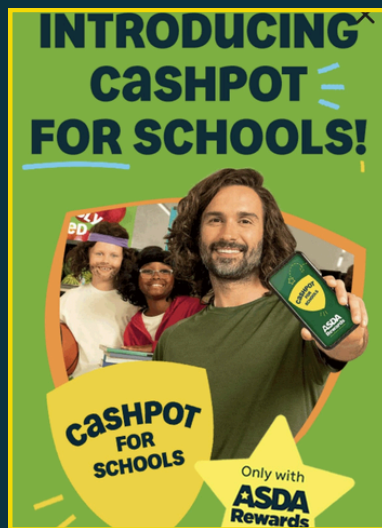
yn barchus



RESPONSIBLE:

yn gyfrifol





ASDA CASHPOTS FOR SCHOOLS

Please consider signing up via the app - it costs nothing but school will benefit each time you shop!

Simply go to the app, add the school name and join, Thank you!

CASHPOT
FOR
SCHOOLS

The aim of the annual Summer Reading Challenge is to encourage children to keep reading during the summer holidays, ensuring they are ready for a great start to the new term in the autumn. Children set a reading goal and collect rewards for reading anything they enjoy.

As it has done each summer for the last seven years, the Hub launched the Summer Reading Challenge 2024 on the first Saturday of July, this year being 6th July. All Primary School and Nursery children were invited to take part in the challenge.

And it has been a successful year.

So far: Sixty-Eight children aged from 3 to 11 took up the challenge. In total, 50 children have read at least 2 books. There are seventeen who have already completed the challenge and have each read six books. A further six have read more than 6 books each. These 'Super Readers' will be awarded an additional prize from the Hub as a special 'well-done,' in the form of a book token.

The challenge is slowly coming to a close. The library is not accepting any new challengers, but those who have already registered can continue with the challenge until the end of September.

Certificates and prizes will be handed out to all successful challengers at a whole school just before October half term.

Well done everyone! It has certainly been a bumper year for readers.