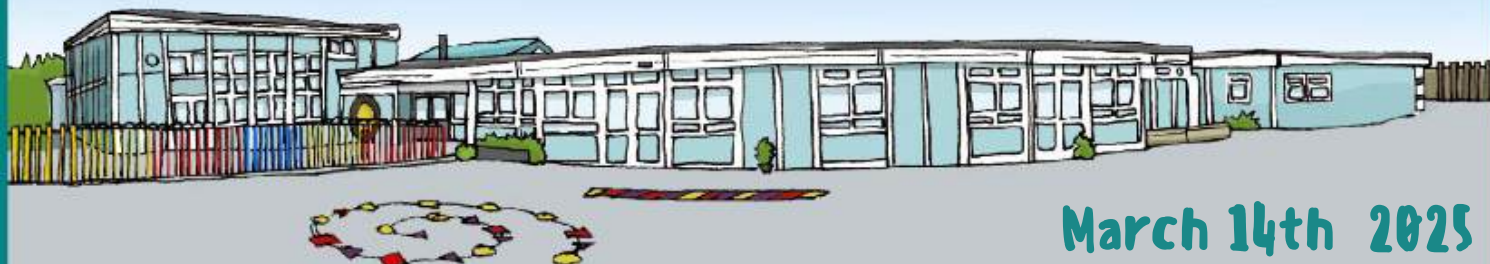


Gwenfo News



March 14th 2025

Upcoming Events

Monday 17th March
Happy and Healthy Cooking Sessions
(Nursery-Year 2)

Tuesday 18th & Thursday 20th March
Share our learning sessions for
Nursery (Sept starters), Rec, 1,2,3,4,5&6
BOOKINGS CLOSE on MONDAY

Friday 21st March
Y4 Class worship 9am all families welcome
Red Nose Day
£1 donation to wear own clothes

March 28th
Y1 Class worship 9am all families welcome
Whitehall Non Uniform Day

April 2nd
Year 6 Residential Trip to Llangranog

April 9th
9am Y3&4 plus Choir short concert for
families
(further information to follow)

April 9th 2.30pm
Grandparent session Y1

April 10th
Easter Bonnet Parade
(further information to follow)

April 11th
INSET Day
(School closed to all pupils)



Library Volunteers

Wenvoe library would like to expand its volunteer group. If you are interested pop into the library for a chat!

BREAKING NEWS

Please use our new email address when
contacting the school
office@gwenfocwprimary.co.uk

This week in Gwenfo

‘JUST AS THE LORD HAS FORGIVEN YOU, SO YOU
MUST ALSO FORGIVE OTHERS.’
COLOSSIANS 3:13

This week we hosted cookery sessions for families from Nursery to Year 2. It was lovely to see children enjoying these free sessions with family members.

Children across the school have been enjoying learning new PE skills with coach Dan from CCFC.

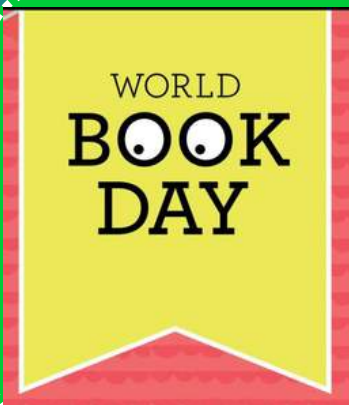
Y4 have moved onto their forest school sessions and have loved exploring the outdoor areas and a visit to the woods with Angela our forest schools leader.

Knitted chicks containing chocolate eggs are on sale from the office for £2 raising funds for Velindre.



SCHOOL DINNERS

Next weeks dinner options will be from 'Week 3' on the Big Fresh menu



As usual we will move World Book Day to a date later in the year to celebrate all things reading! World Bookd Day vouchers have been sent home today.




PARKING

We have been told by a number of parents that they have witnessed children being dropped off from cars in the middle of the road. Not only is this highly dangerous it is totally inconsiderate to all other road users.

Please park considerately.

ATTENDANCE % THIS WEEK

NURSERY AM	100% 
NURSERY PM	93.3%
RECEPTION	92.3%
YEAR 1	91.4%
YEAR 2	96.6%
YEAR 3	96%
YEAR 4	95%
YEAR 5	95.4%
YEAR 6	89.7%

March



Mindful March 2025

Mindful March 2025

SATURDAY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

Set an intention to live with awareness and kindness

2

Notice three things you find beautiful in the outside world

3

Start today by appreciating your body and that you're alive

4

Notice how you speak to yourself and choose to use kind words

5

Bring to mind people you care about and send love to them

6

If you find yourself rushing, make an effort to slow down

7

Take three calm breaths at regular intervals during your day

8

Eat mindfully. Appreciate the taste, texture and smell of your food

9

Take a full breath in and out before you reply to others

10

Get outside and notice how the weather feels on your face

11

Stay fully present while drinking your cup of tea or coffee

12

Listen deeply to someone and really hear what they are saying

13

Pause to watch the sky or clouds for a few minutes today

14

Find ways to enjoy any chores or tasks that you do

15

Stop. Breathe. Notice. Repeat regularly

16

Get really absorbed with an interesting or creative activity

17

Look around and spot three things you find unusual or pleasant

18

Have a 'no plans' day and notice how that feels

19

Cultivate a feeling of loving-kindness towards others today

20

Focus on what makes you and others happy today

21

Listen to a piece of music without doing anything else

22

Notice something that is going well, even if today feels difficult

23

Tune into your feelings, without judging or trying to change them

24

Appreciate your hands and all the things they enable you to do

25

Focus your attention on the good things you take for granted

26

Choose to spend less time looking at screens today

27

Appreciate nature around you, wherever you are

28

Notice when you're tired and take a break as soon as possible

29

Choose a different route today and see what you notice

30

Mentally scan your body and notice what it is feeling

31

Discover the joy in the simple things of life

ACTION FOR HAPPINESS

Happier · Kinder · Together



Mindful March

Learning to be more mindful and aware can do wonders for our well-being in all areas of life - like the way we eat, the things we notice or our relationships.





Newyddion Cymraeg

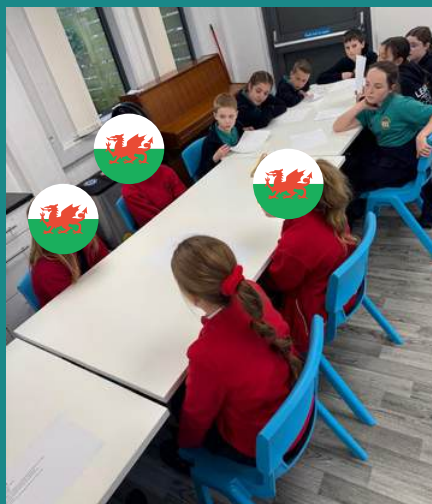


On Wednesday, representatives of the Gwenfô Criw Cymraeg went to visit St Andrew's Major School. We met with the St Andrew's Criw Cymraeg to discuss what both schools do in their Pupil Voice meetings and how we encourage everyone to speak Welsh around our schools. We all shared lots of ideas with each other and we now have lots of things to think about in our future meetings! We are nearly at our assessment date for the Cymraeg Campus Silver Award so hopefully these ideas will help us achieve this. We were also lucky enough to have a tour of the school, looking for ideas and Welsh around their classrooms and in the hall. We had such a great time celebrating and sharing what we do so we have invited the St Andrew's Criw Cymraeg to Gwenfô soon so they can have a look around our school.

Diolch St Andrew's, we had the best time,

The Gwenfô Criw Cymraeg

PS. Mrs Crouch and Mr Rhys would like to say a huge Diolch to our Criw Cymraeg for representing our school so well. Perfect behaviour, super, confident speaking and sharing of ideas and for their brilliant enthusiasm on Wednesday (and in all of our meetings!). You were all stars. Diolch!





Wenvoe Wildlife Junior Workshop

Sunday 6th April. 11am to 2pm for children aged 7 to 11 years. Price £5.

Funded by Wenvoe Wildlife Group and run by Forest School leaders

Angela Peterken and Claire Newland from Wild Thymes.

Connecting children to nature in a local Community Orchard.

Questions to angela_peterken@hotmail.com

SCAN ME!



Pupil Progress Meetings

Nursery (Sept starters), Rec, Y1, Y3, Y4

4-6.20pm **March 26th** or **April 2nd**

Please check your email for booking links

Year 2 March 19th or April 2nd 4-6.20pm

Year 6 March 19th or March 26th 4-6.20pm

Pupil progress meetings are a chance to discuss your child's progress with their class teacher.

Please note that all sessions are allocated a set time and staff may have to ask you to make an alternative appointment should they feel discussions need additional time.



Year 1 invitation

Our topic this term is about how childhood has changed over the years and we would love to invite an older member of your family to join us for the afternoon for your child to share what they have learning about in this topic and to enjoy a cup of tea and refreshments. This will be held at 2.30pm on Wednesday 9th April.

The idea is for the children to chat with an older family member about how school has changed over the years. If your child does not have a grandparent who is able to come, then any family member can come, please don't let this be a barrier for your children to share what they have learnt.

Thanks for your support as always.
Year 1 team

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.

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
www.behavioursupporthub.org.uk



Behaviour
Support Hub



Gwasanaeth Niwroddatblygiadol
Neurodevelopmental Service



Bwrdd Iechyd Prifysgol
Cardiff and Vale
University Health Board

Multiply

FREE Multiply C&V app

For parents,
professionals
and educators
to level up
their numeracy



Scan the QR code
to download the app
or visit:
multiplycandv.nimbl.uk
and select Register



Get up to **30 hours** funded childcare



Check out if you're eligible

APPLICATIONS ARE NOW OPEN for the Childcare Offer for Wales!

Funded childcare for 3 to 4 year olds of working parents
and parents in Further and Higher Education
(eligibility criteria apply)

If your child was born between 01/01/22 - 31/03/22, funded childcare
can start from 28/04/25

For more information and your application please go to:

www.valeofglamorgan.gov.uk/childcareoffer

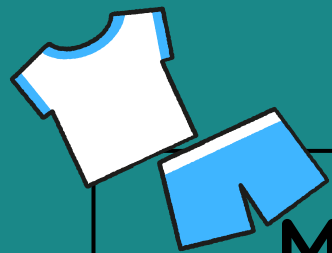
Childcare Offer for Wales helpline: **03000 628628**



Games and PE days

This half term there have been some changes to PE days.
Please see the table below for updated days.

Each class has two days where they wear kit apart from
Nursery who only have one.



MONDAY	NURSERY
TUESDAY	Y6, Y5, Y4, Y3, Y2,Y1, RECEPTION
WEDNESDAY	Y6, Y1
THURSDAY	Y5, Y4, Y3, RECEPTION
FRIDAY	Y2

