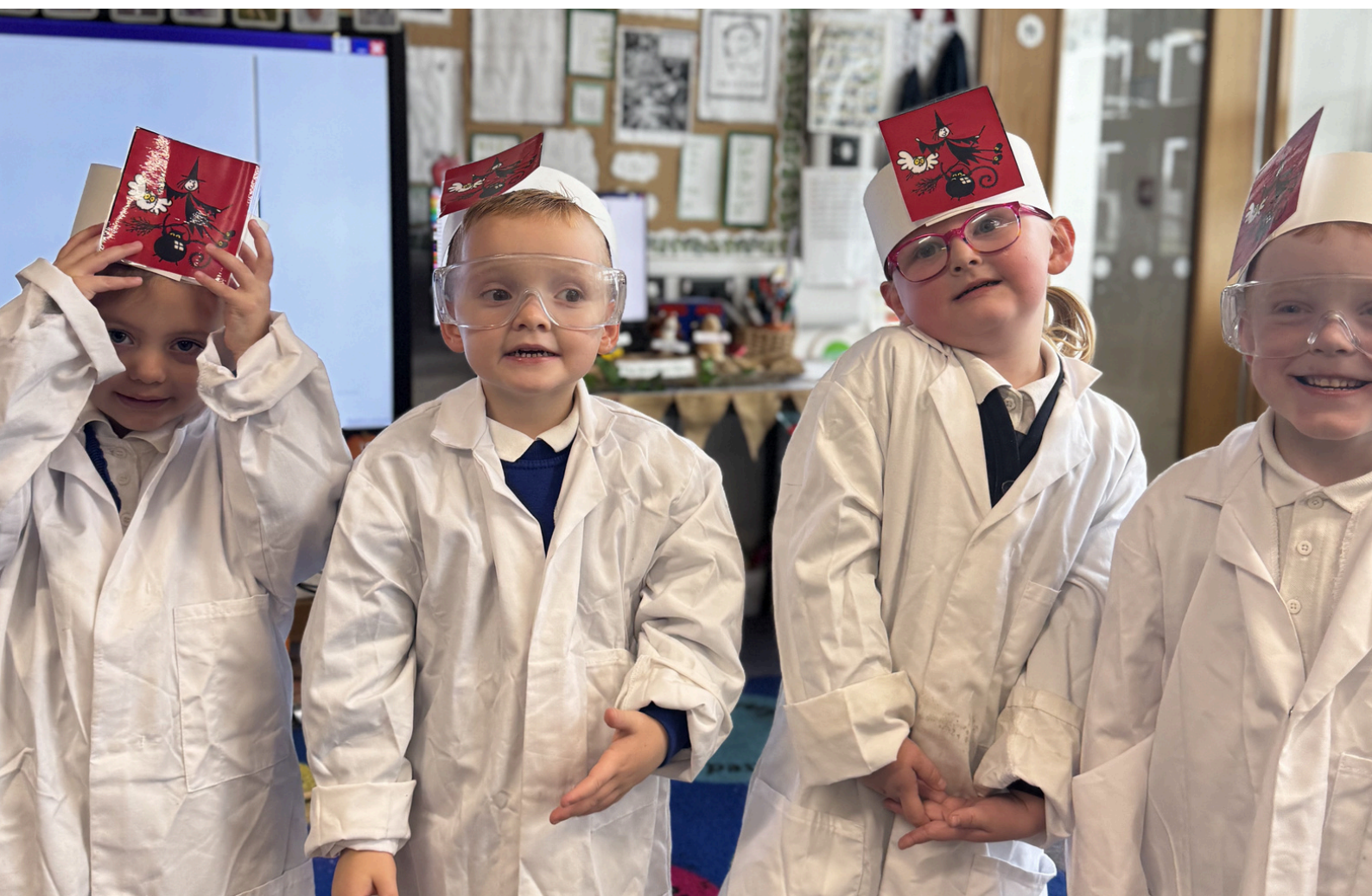


PARENT NEWSLETTER



October 2024



A NOTE FROM THE HEADTEACHER

A very big thank you to parents from myself and all staff at Ysgol Nantgwyn for the support that you have shown over the past half term. This half term is the longest one of the year at eight weeks long and we fully recognise the efforts that go into every pupil arriving to school on time, in the correct school uniform with the equipment that they need.

A significant amount of learning has taken place over the course of the past eight weeks as well and it has been really pleasing to see pupils across the full school very settled and focused on their learning. Their assemblies this half term, as always, have been linked to our values of being ready, respectful and responsible but as part of that we have been speaking with pupils about the impact of their attendance to school on their potential future qualifications and subsequent earnings and talking about the rights of all children. We have also placed a level of focus on respect and pupils showing respect to all members of #teamnantgwyn and all parts of #teamnantgwyn including the building and equipment. I am very pleased to say that there are very few incidents where any damage is caused intentionally by pupils and, overall, there is a very good level of respect shown. Our pupils, across the school, understand fully that #teamnantgwyn is what turns these 'four walls' into a school and they take pride in it.

In Nant, we are focusing on a few small aspects that need improvement at this stage:

- Chewing gum – unfortunately, we have seen an increase in chewing gum in places where it shouldn't be(!). Please can pupils not bring chewing gum to school.
- Hoodies – while we recognise that some pupils essentially wear these as a coat, hoodies are not allowed in the school building and pupils are expected to remove them without exception. Our preference would be that they do not wear hoodies to school.

In Gwyn and Nant, we are focusing on:

- Making sure that we do not litter our environment and making sure that rubbish goes in the correct bin. As a result of changes in regulations that came into force some months ago, we now need to ensure that we separate general waste from plastic recycling and paper recycling.

We would be really grateful if you could reiterate these messages to your child/ren and support in this way.

This edition of the newsletter focuses on pupil well-being which is something that we view as a central part of our role. We recently conducted a pupil voice activity and were pleased to hear that pupils across Gwyn and Nant:

- Felt safe and happy in school
- Had a 'go to' person and the majority felt that they had several 'go to' people
- Felt that staff helped them when there was a problem
- They enjoyed assemblies and thought that they were interesting
- They knew that they are part of one team that is #teamnantgwyn
- They were able to talk about our three values

With warm wishes,

Ms Laura Morris
Headteacher



Well-being support at Ysgol Nantgwyn

The role of well-being is to ensure we support our young people's health, well-being and mental health needs as well as offering a robust well-being curriculum model. Pupils have access to a wide range of support within the school including a well-being breakfast club, focussed curriculum activities, form tutor support, our safe haven provision and a range of external agencies.

Safe haven (years 7-11) has been developed by pupils, for pupils. It was named via pupil voice to create an area where pupils could seek support for LGBTQ+, mental health, emotional well-being, bullying, stress, loneliness and friendship. Pupils can meet with safe haven staff individually or as a group. They have the opportunity to talk, get help, have a forum for discussion and to feel supported. The LGBTQ+ group has been very successful with 19 pupils regularly attending and providing a fantastic support network for one another. We have a range of well-being provision across the school via form tutor staff as well as staff offering emotional literacy support to pupils that require support. Please find a list of available provision on the safeguarding page.

More information about well-being at Ysgol Nantgwyn can be found at:
<https://www.ysgolnantgwyn.co.uk/well-being>

Counselling

Get in contact with one of the Eye-to-Eye counsellors or one of the many organisations below. There are lots of avenues for support.

Useful websites for counselling:

www.eyetoeye.wales

www.facebook.com/eyetoeye.wales

www.instagram.com/eyetoeyewales

www.twitter.com/EyeCounselling?lang=en-gb

Mental health & wellbeing apps

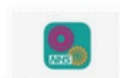
Please find a range of mental health and wellbeing apps from our partners. They come from trusted sources. If you would like to seek advice prior to trying some of them, speak to a member of staff.

Worry Tree App



Helps with anxiety & worry

Wellmind



Help with moods and wellbeing

The Worrynots



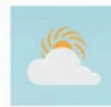
Making the fear disappear

Stay Alive



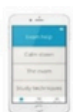
Empowering you to keep yourself safe

Bright Sky



Helps people recognise dangerous situations

Exam Stress



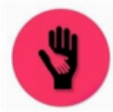
Smart Recipes



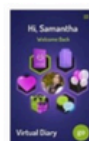
Self-Heal



What's Up?



Smiles & Tears



Introduction to safeguarding team at Ysgol Nantgwyn

Designated safeguarding person – Mrs. L. Williams

Deputy safeguarding officer – Mrs. R. Ridley

Deputy Safeguarding officer – Mrs. C. Jones

The wider safeguarding team is made up of a range of staff from across the school. It is made up of teaching and non-teaching staff from the lower, middle and upper school teams, alongside members of the senior leadership team. All members of the safeguarding team are level 3 trained. The team works collaboratively and effectively to safeguard each and every pupil at Ysgol Nantgwyn.

Safeguarding assistance (FAQ)

I need to talk to someone outside of hours. Who can I contact?

If you have an urgent safeguarding concern, our advice is always to contact the relevant service such as; the police, ambulance, A&E department, mental health crisis team, your GP service etc. The range of services are accessible on our website safeguarding pages including the relevant contact numbers. During school time you can contact 01443 436171

My child feels low. Where can I get help?

There will be times when we all experience low points. Remember, it's ok not to feel ok; by that we mean that in order to start feeling better, you have to understand what it is that makes you feel low. If you can, write down what makes you feel low and discuss it with someone from your family or ask if you can speak to someone from school. The most important thing to stress here is that you are not alone, we are here and so are lots of agencies. If you don't want to talk to someone you know, use the links here to help;

Childline – 08001111

Childnet International - www.childnet.com

Samaritans - 116 123

Please visit our website safeguarding and wellbeing pages for further guidance.

I have a concern, but not sure how serious it actually is. Should I report it?

You should always report it! It is better to report a concern and allow the professionals who are trained to make the decision as to whether it is serious or not. We would rather investigate a hundred concerns and find that there is no further action needed, than not know about that one concern that ends with someone coming to harm.

Can the school share information about other pupils with me?

We are unable to give any information relating to other pupils. This is for safeguarding and security reasons as well as GDPR legislation.

What can the school do about situations that are taking place outside school?

If there is a situation taking place outside school, then you must report it to the relevant service as noted above. However, if you share safeguarding information with us relating to matters outside of school, we can signpost you to any relevant agencies, and/or refer into the agencies that can help. We work with lots of different agencies and professionals on a daily basis. Again, it is important to report a safeguarding concern as soon as you are aware of it.

Can the school share information about other pupils with me?

We are unable to give any information relating to other pupils. This is for safeguarding and security reasons as well as GDPR legislation.

What if I need support from my family?

If you feel you need to share something with a family member and you need to get a bit of advice and support, read the assistance steps below to help. Whenever you feel ready, these tips might help you start the conversation:

- Find a method of communication that feels right for you. This might be a face-to-face conversation, or you might find it easier to talk on the phone or write down how you feel in a letter.
- Find a suitable time and place. There may not be a 'good' time, but it can help if you're somewhere quiet and comfortable, and are unlikely to be disturbed for a while.
- Practice what you want to say. You could do this in your head or make some notes. Phrases such as "I've not been feeling like myself lately" or "I'm finding it hard to cope at the moment" might provide a starting point.
- Offer them relevant information and examples. If you've found a useful description in a book or online, or seen someone on television or in a film saying something that feels right to you, you could use this to help explain what you're experiencing.
- Be honest and open. It can sometimes feel uncomfortable sharing something so personal, but explaining how your feelings are affecting your life may help others to understand.

I think my child is being bullied – what should I do?

Your first port of call is to the school team for your child – lower, middle or upper school. Contact emails for these teams are at the bottom of this newsletter. There is a wide team of people who can help within the school and we will ensure each case is fully investigated in line with our policy. Bullying is taken very seriously, and a copy of our anti-bullying policy can be found on the school website.

More support and information to support families with all aspects of safeguarding can be found on our webpage <https://www.ysgolnantgwyn.co.uk/well-being/safeguarding>.

Contact details

lowerschool@ysgolnantgwyn.co.uk

middleschool@ysgolnantgwyn.co.uk

upperschool@ysgolnantgwyn.co.uk

Online safety feature

It is essential to be safe online. The key rule is to treat the internet usage as if it was real life for example, how you comment, search and share images and text. By thinking in this way, you will continue to treat the internet with caution and respect in equal measure making use of the Internet enjoyable, productive and appropriate for learning and working.

Explore together	Ask your child to show you their favourite websites and apps and what they do on them. Listen, show interest and encourage them to teach you the basics of the site or app.
Chat little and often about online safety	If you're introducing them to new learning websites and apps, take the opportunity to talk to them about how to stay safe on these services and in general. Ask if anything ever worries them while they're online. Make sure they know that if they ever feel worried, they can get help by talking to you or another trusted adult such as a member of the school team as outlined in the safeguarding section above.
Supervise their online activity	For children of a younger age, keep the devices your child uses in communal areas of the house such as in the living room or kitchen where an adult is able to supervise. Children of ages 11 and below should not access the internet unsupervised in private spaces.
Talk about how their online actions affect others	If your child is engaging with others online, regardless of their age, remind them to consider how someone else might feel before they post or share something. If they are considering sharing a photo/video of somebody else, they should always ask permission first from the person.
Parental controls	Use the parental controls available on your home broadband and all internet enabled devices in your home. You can find out more about how to use parental controls by visiting your broadband provider's website.

The e-safety pages of the Ysgol Nantgwyn website offer a vast array of information and guidance for pupils of all ages so that Internet usage can be safe and enjoyable.

Rights respecting schools update

Ysgol Nantgwyn has recently been officially accredited as a silver award rights respecting school. This award is granted by UNICEF UK to schools that show good progress towards embedding children's rights in the school's policy, practice and ethos.



Achieving silver: rights aware means there is evidence that:

The school is explicitly embedding the UN Convention on the Rights of the Child in its policy, practice and culture.

The school is promoting knowledge and understanding of the Convention throughout our school community.

Children and young people are beginning to see themselves as rights respecting global citizens and advocates for fairness and children's rights, both locally and globally.



We also have winter accessories available in our pantry as we prepare for the darker nights and colder weather.



We work in partnership with The Hygiene Bank to support our local community to beat hygiene poverty. Pop in and see us - take what you need for whoever needs it.

If you are a community group and would like to work with the hygiene bank to obtain supplies for your users, please pop an email to rhondacynontaf@thehygienebank.com

