

Yn y Lwp!

(In the loop - Ysgol Cwm Brombil's Weekly Bulletin)

In this edition:

- Sporting News
- Welsh in the Home
- Outdoor learning

Spring Term / Tymor y Gwanwyn

Half Term : Monday 24th February - Friday 28th February /
Hanner Tymor: Dydd Llun Chwefror 24 - Dydd Gwener Chwefror 28
End / Diwedd: Friday 11th April 2025 / Dydd Gwener 11 Ebrill 2025

Week Beginning – Monday 13th January 2024 Week 1

Monday		
Tuesday		Year 11 Parents Evening (15:25 – 18:30)
Wednesday		
Thursday		
Friday		GCSE Year 11 Science Practical Examinations Year 7 & 8 Llangrannog Trip

Week Beginning - Monday 20th January 2024 Week 2

Monday		
Tuesday		
Wednesday		
Thursday		
Friday		

Our exciting program of Enrichment is out and available on our website:
[Ysgol Cwm Brombil Enrichment Programme](#)



The Pantry

Our weekly food bank is open every Thursday from 3.15. This is available to anyone within our school community, no referral needed, please just drop in as and when needed.

We all need a little help sometimes. Entrance to the Food Bank – The Pantry is accessed via the pupil entrance in the senior phase school, inside the canteen area.

Refreshments will be provided for everyone waiting, we look forward to seeing you, please remember to bring your bags with you.



Donations

We are always grateful for any donations that you can provide towards our food bank, we always need the below items. There is a drop off trolley in reception:

- Tinned Goods:
 - Meats – hotdogs, minced beef, pies, meatballs, curries etc.
 - Beans
 - Beans and Sausage
 - Spaghetti
 - Tinned Veg
 - Potatoes,
 - carrots,
 - peas,
 - sweetcorn
 - Tuna
 - Tinned fruits
- Cereal
- UHT Milk
- Pasta – including sauces
- Toiletries
 - Shampoo,
 - Shower gel,
 - Conditioner,
 - Toothpaste
 - Toilet rolls

*Please NO sanitary products, we have lots in stock



THANK YOU FOR YOUR SUPPORT

Attendance Information



Our attendance target for all students is 100% and our **minimum expectation is 95%**. The infographic above shows the impact of days missed and minutes late can have on a child's learning.

For example:

- If a child is **late to school just 5 minutes** each day, throughout the year that equates to **3 days lost to learning (15 hours)**.
- Attendances of **97%** allows for one day of absence per half term and results in **30 hours lost to learning**

Important Reminders:

1. Parents **MUST** contact school to report any absences on **01639 760110 before 8.30 am**.
2. Parents should contact the school **each day** that a pupil is not attending.
3. If the school are not notified, then **you will be contacted** by a member of the Attendance team to find out why your child is not in school.
4. If your child is not notified of the reason for the absence it will be recorded as **unauthorised absence**.
5. If there are three unauthorised absences in a row, the Safeguarding Lead and Education Welfare Officer will be made aware to ensure that your child is safe.
6. You will be required to produce medical evidence if you state that your child is ill for 3 or more consecutive days.
7. We will ask the school Healthcare Professional to contact you if there is an absence of more than 2 weeks.
8. Term time leave will only be granted by the headteacher on request.
9. Where possible, **all appointments should be made outside of the school day**.



Welsh in the Home



Cymraeg yn y Cartref Welsh in the Home

Cwrs 10 wythnos AM DDIM / FREE 10 week course

Ydych chi'n benderfynol o helpu a chefnogi plentyn i ddatblygu sgiliau dwyieithog?

Gydag Elsteddfod yr Urdd yn dod i Barc Margam ym mis Mai 2025, does dim amser gwell i ddysgu Cymraeg!

Cofrestrwch ar gwrs Cymraeg yn y Cartref i **ddechreuwyd**, a dysgwch sut i ddefnyddio geiriau ac ymadroddion yn hyderus gyda'ch plant.

Bydd y cwrs yn cael ei gynnal yn **Ysgol Bae Baglan**.

Cliciwch ar y ddolen isod neu sganiwch y cod QR am fanylion pellach ac i gofrestru. <https://bit.ly/WelshEntryBaeBaglan25>

Are you determined to help and support a child to develop bilingual skills?

With the Urdd Elsteddfod coming to Margam Park in May 2025, there's no better time to learn Welsh!

Sign up to a Welsh in the Home course **for beginners**, and learn to use Welsh words and phrases with your children confidently.

The course will be held in **Ysgol Bae Baglan**.

Click on the link below or scan the QR code for further details and to register. <https://bit.ly/WelshEntryBaeBaglan25>



(Côd/Code DCT1424)
Dydd Mawrth / Tuesday
5:30-7pm
yn dechrau / starting: 28/01/2025



Gwybodaeth bellach / Further information:



Rhian Haf (r.h.bevan@abertawe.ac.uk)



learnwelsh.cymru/sbr



01792 602070



dysgucymraeg.cymru
learnwelsh.cymru
Ardal Bae Abertawe
Swansea Bay Region



School Uniform Expectations

All students are expected to wear school uniform throughout the school day.
Below are uniform guidelines for both boys and girls, as well as PE Kit:

All pupils Year 7 to 11		
Blazer	Black school blazer	Available from Bergoni. Blazers must be brought to school and worn every day.
Shirt	White shirt with collar.	Can be purchased from any retailer.
Trousers	Plain black tailored uniform style trousers.	Jean style, corduroys, skinny or casual trousers are not permitted.
Skirt *	Plain black school uniform style skirt.	Skirts should be an appropriate length.
Tights	Plain black tights	Tights are to be worn with skirts and can be purchased from any retailer.
Shoes	Black shoes with black laces.	Available from any retailer. Black leather converse shoes are permitted. NO TRAINERS
Tie	School tie.	Available from Bergoni.
Jumper	Black with badge.	Available from Bergoni. Jumpers are optional.
Shorts	Black tailored shorts.	Only for the summer term. Not PE shorts.
Outdoor coat/Jacket	Coats should be waterproof and black in colour.	Available from any retailer.
Socks (only if not wearing tights)	Ankle height, plain black or white.	Available from any retailer.
Please note hoodies are <u>not</u> allowed in school. Any pupil who refuses to remove them during the day will have them confiscated.		
Physical Education		
Unisex T Shirt		Available exclusively from Bergoni
Rugby Jersey		Available exclusively from Bergoni
Shorts		Available exclusively from Bergoni
Socks		Available exclusively from Bergoni
Unisex ¼ zipped top		Optional item. Available exclusively from Bergoni
Plain black tracksuit bottoms		Optional available at any retail store
Skort or Legging (recommended to go a size bigger than your normal clothes size as they are smaller sizes.)		Available exclusively from Bergoni
Please note, even on PE days, hoodies are not allowed in school. Pupils are expected to wear a long sleeve PE top when cold.		

For further information regarding our uniform expectations please see our [school website](#):

Sporting News & Success



YSGOL CWM BROMBIL EXTRA CURRICULAR PROGRAMME – SRING TERM 2024

MONDAY 13TH JANUARY – FRIDAY 4TH APRIL

PLEASE NOTE!! – AFTERSCHOOL CLUBS AND TRAINING WILL FINISH BY 4PM AND PUPILS HAVE TO FIND THEIR OWN TRANSPORT HOME. ALL CLUBS ARE SUBJECT TO CANCELLATION AS FIXTURES WILL TAKE PRIORITY.

FOR SPORTS FIXTURES PLEASE LOOK AT THE FIXTURE BOARD ON FRIDAY FOR MATCHES THE FOLLOWING WEEK. THE COMPLETION TIMES OF THESE FIXTURES WILL VARY AND WILL BE COMMUNICATED WITH YOU.

LOTS OF CLUBS WITH BE CANCELLED DURING THE PERIOD OF 3RD FEBRUARY - 14TH FEBRUARY DUE TO INTERNAL SCHOOL EXAMS.

WEEK 1 and 2 (AFTER SCHOOL)

DAY	ACTIVITY	YEAR GROUP	VENUE
MONDAY	NETBALL	7 AND 8	SPORTS HALL
	STRENGTH AND CONDITIONING	9, 10, 11	BACK GYM/MULITGYM
TUESDAY	NETBALL	9, 10, 11	SPORTSHALL
WEDNESDAY	BADMINTON/TABLE TENNIS	Yr 11 GCSE ONLY (UNTIL 21 ST FEBRUARY)	SPORTSHALL/BACK GYM
	GIRLS FOOTBALL	ALL YEARS	3G/GRASS
THURSDAY	STRENGTH AND CONDITIONING	ALL YEARS	BACK GYM/MULITGYM

WEEK 1 and 2 (LUNCH TIME)

DAY	ACTIVITY	YEAR GROUP	VENUE
MONDAY	S+C	9, 10, 11	BACK GYM
TUESDAY	BASKETBALL (BASKETBALL SQUAD ONLY)	10 AND 11	SPORTSHALL
WEDNESDAY	S+C	9,10 AND 11	BACK GYM
THURSDAY	BASKETBALL	7 AND 8	SPORTSHALL

YCB KIT & BOOT ROOM



**GOT ANY UNWANTED
YCB KIT, BOOTS,
SHIN PADS?**

PLEASE BRING THEM INTO
SCHOOL TO THE PE DEPT

**EARN SOME
POSITIVE POINTS!**



Brombil Barracks Announcement

Brombil Barracks is a welcoming support group at Ysgol Cwm Brombil for service children. Welsh Government define service children as:



A 'Service child' has parent(s) or person(s) exercising parental responsibility who is/are Service personnel serving:

- *In HM Regular or Reserve Armed Forces – Royal Navy and Royal Marines; British Army and Royal Air Force,*
- *Or- Is an Armed Forces Veteran who has been in Service within the past two years,*
- *Or - One of their parents died whilst serving in the Armed Forces and the learner has received a pension under the Armed Forces Compensation Scheme or the War Pensions Scheme.*

If your child falls into this category and we are not aware please contact the school to inform us so we can provide appropriate provisions. Please find useful links and tools below to support your service children at home. We would encourage you to share any future deployments with us and if deployed parents require communication from staff regarding pupil progress please contact us and we can accommodate this. Mrs Stanton (B12) and Mrs Sims (B14) are available for pupils drop ins at any time.

SSCE Monthly Bulletin:

[SSCE Cymru :: Monthly school bulletin](#)

SSCE Family Guide:

[SSCE Cymru Service family guide](#)

Little Troopers at home:

[Little Troopers at Home - Little Troopers](#)

Further support for service children with ALN:

Education Advisory Team (EAT)

X accounts:

@SSCECymru

@LittleTroopers

Future Military Opportunities:

[Motivational Preparation College for Training \(MPCT\)](#)

[The Reserve Forces' and Cadets' Association \(RFCA\) for Wales](#)

SSCE
CYMRU

Healthy Eating *Tips* Vegetables



Consume colourful vegetables. They provide essential vitamins and minerals.



Leafy **Green** veg are a powerhouse of minerals; vitamins and fibre



Red coloured veg contain anti oxidants - help fight infections and reduce the risk of heart disease



Garlic - good source of Manganese; Vitamin C & B6 - boosts immune system -helps protect against common cold

YCB Gardens

The Year 7 Nurture class have begun planting many different seeds in our garden such as leeks, lobelia and chillies. Here is to a fantastic growing season ahead!



The Zones of Regulation



"People with greater certainty about their feelings are better pilots of their lives."

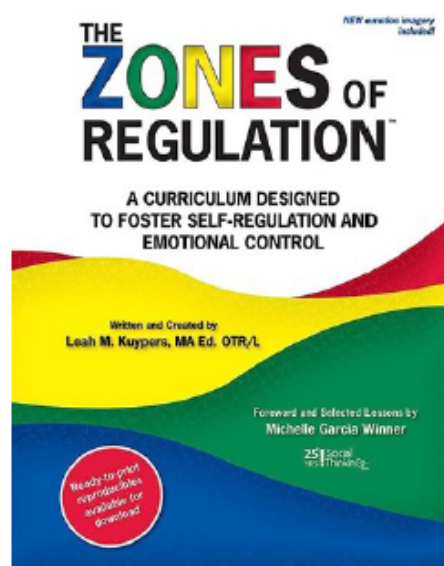
Daniel Goleman (Emotional Intelligence)

An approach aimed at helping pupils to gain the skills to regulate their emotions leading to increased control and problem-solving skills.



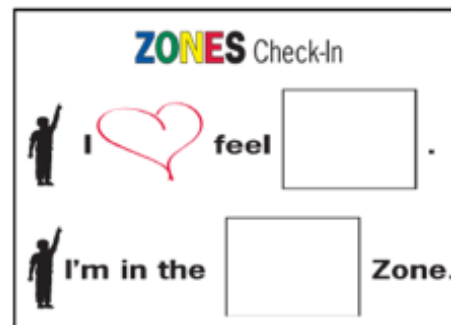
The 'Zones' approach teaches students to:

- Recognise when they are moving towards a less regulated state
- Increase their awareness of personal triggers and how they feel physiologically
- Increase their understanding and awareness of a wider range of emotions
- Identify the intensity of their feelings
- Judge the size of a problem (perspective taking)
- Reflect on how their actions impact on how others around them think and feel
- Learn when and how to use a variety of tools for self-regulation



How can we help young people to regulate their emotions?

Supporting Pupils at School:



© 2011 Think Social Publishing, Inc. All rights reserved.
From 'The Zones of Regulation' by Leah M. Koomer • Available at www.socialthinking.com

There are a vast range of emotions and tools that can be used!

"Tools" will be explored - such as, "Imagining success" in the green zone and reflected on so that pupils can develop their personalized "toolbox" to regulate their emotions.

Supporting Pupils

There are many emotions and tools to explore. Each week we will be introducing, modelling and practicing examples of tools to use for when pupils are in a particular "zone". Look out in the Newsletter!

Tools for Each of My ZONES

When I feel...	I can try...

Example:

"I was frustrated driving home from work today - I was stuck in traffic for 20 minutes. I took some deep breaths, listened to music."

We can then talk about how that helped.

Zone: Started in Yellow Zone

Tools used: Listening to music and deep breathing

Reflection: Felt calmer moved from yellow zone to green Zone.

New information will be in the newsletter every week or if you need any extra information please contact the school.

MAKE A ZONES CHECK-IN AT HOME

Have you been learning about The Zones of Regulation?

Follow these easy steps to make your own Zones check-in for everyone to use in your home.

1. Decide what you want your Check-In to look like

- **For example:** *Use the handout provided, Legos, colored paper, emojis, characters from a show, etc.*

2. Gather your materials

- **For example:** *paper, scissors, glue, Legos, magazines, print pictures, etc.*

3. Create your Zones Check-in which includes:

- Red, Yellow, Green and Blue Zone areas
- A way to represent each person in your family
- **For example:** *Names or pictures on Post-its, magnets, clothespins, or paperclips*

4. Display in a place where your family spends lots of time

5. Start Checking-In! Do so as often as you want, but for sure everyday



Term dates for 2024-25

Autumn Term, half term 1 2024-25	
Tuesday 3 rd September 2024	Year 7 & 11 attend school
Wednesday 4 th September 2024	All pupils attend school
Friday 25 th October 2024	Last Day of half term 1
Half Term holiday - Monday 28 th October 2024 – Friday 1 st November 2024	
Autumn Term, half term 2 2024-25	
Monday 6 th November 2024	Term starts
Friday 29 th November 2024	Staff INSET (Training) Day
Monday 2 nd December 2024	Staff INSET (Training) Day
Friday 20 th December 2024	Last Day of half term 2
Christmas Holiday – Monday 23 rd December 2024 – Friday 3 rd January 2025	
Spring Term, half term 3 2024-25	
Monday 6 th January 2025	Half term 3 Starts for all pupils
Monday 17 th February	Staff INSET (Training) Day
Friday 21 st February 2025	Last Day of half term 3
Half Term holiday - Monday 24 th February 2025 – Friday 28 th February 2025	
Spring Term, half term 4 2024-25	
Monday 3 rd March 2025	Term 4 Starts
Friday 11 th April 2025	Last Day of half term 4 for pupils
Easter holiday - Monday 14 th April 2025 - Friday 25 th April 2025	
Summer Term, half term 5 2024-25	
Monday 28 th April 2025	Term 5 Starts
Monday 5 th May 2025	May Day Bank Holiday
Thursday 22 nd May 2025	Last Day of half term 5
Friday 23 rd May 2025	Staff INSET (Training) Day
Half Term - Monday 26 th May 2025 - Friday 31 st May 2025	
Summer Term Half term 6 2024-25	
Monday 2 nd June 2025	Half term 6 Starts
Friday 18 th July 2025	Last Day of half term 6 & End of school Year

