

Yn y Lwp!

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

In this edition:

- Sporting Success.
- YCB Community Hub Update
- The Zones of Regulation
- Outdoor learning

Autumn Term / Tymor y Gaeaf

Half Term : Monday 28th October - Friday 1st November /
Hanner Tymor: Dydd Llun Hydref 28 - Dydd Gwener Tachwedd 1
 End / Diwedd: Friday 20th December 2024 / Dydd Gwener Rhagfyr 2024

Week Beginning - Monday 9th December 2024

Monday		
Tuesday		Yr 11 Drama Unit 1 Exam Year 7 Parents Evening 3:30pm - 6:30pm
Wednesday		
Thursday		Yr 10 History Imperial War Museum
Friday		

Week Beginning - Monday 16th December 2024

Monday		
Tuesday		Yr 11 Trip to University of S Wales
Wednesday		Yr 11 Mock Interviews
Thursday		
Friday		

Our exciting program of Enrichment is out and available on our website:

[Ysgol Cwm Brombil Enrichment Programme](#)

YCB Community

CHRISTMAS CHILD APPEAL 2024

A huge thankyou to all of those who supported our first Christmas fayre on the 28th of November. It was a fabulous evening with Father Christmas and Mrs Clause in fine form. All proceeds will go towards our Christmas Child appeal.



We have launched our Christmas Child Appeal 2024; this is our 7th Year supporting those most in need at Christmas time. Ensuring Santa visits all children.

Supporting children and families within the community. We are expecting to support between 250 - 300 children, with clothes, gifts, etc

If you would like to support our Christmas Child appeal please could you drop off any gifts to our reception area.

If you would like to make a financial donation please follow the link or scan the QR Code

https://paypal.me/ycbcommunity?country.x=GB&locale.x=en_GB

If you would like us to provide you with support at Christmas, please click the link below

<https://forms.office.com/e/M7h8Uz9R4k>



If you have any questions please contact us Community@ysgolcwmbrombil.co.uk or visits us on Facebook- YCB Community

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



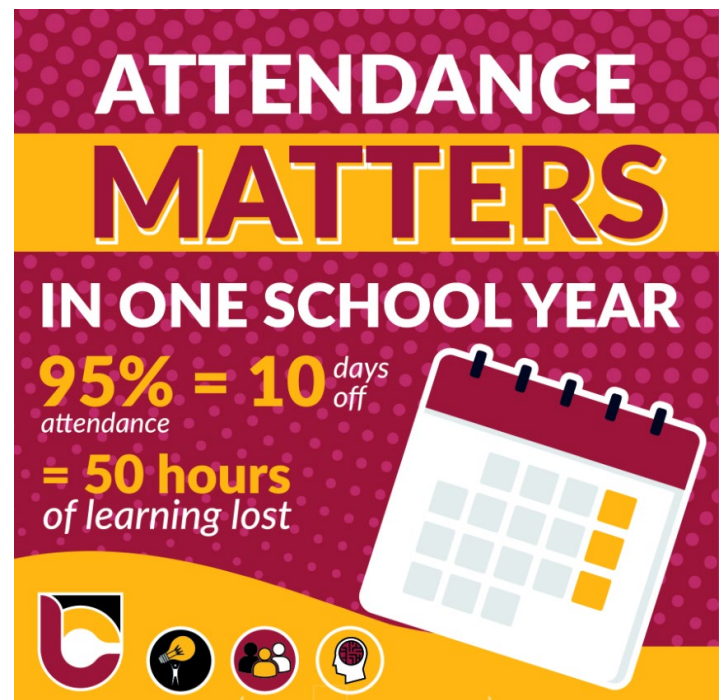
Our attendance target for all students is 100% and our **minimum expectation is 95%**. The infographic above shows the impact of days missed and minutes late can have on a child's learning.

For example:

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

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 you 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 you 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**.



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.
<p>Please note hoodies are <u>not</u> allowed in school. Any pupil who refuses to remove them during the day will have them confiscated.</p>		
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
<p>Please note, even on PE days, hoodies are not allowed in school. Pupils are expected to wear a long sleeve PE top when cold.</p>		

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

Sporting News & Success

Karate

Congratulations to Isabella who is starting to gather a collection of different Karate Championships. Well done and keep up to good work.



This Week's Sporting Fixtures:

Tuesday

- Yr 11 Football Welsh cup Away

Wednesday

- Yr 8 Football Boys Welsh Cup Away

Thursday

- Yr 10 Football Boys Home

Year 7 & 8 Netball

Our year 7 and 8 pupils played against Dwryfelin. Both teams played brilliant netball with some of our pupils umpiring the game. Well done!



The Zones of Regulation



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

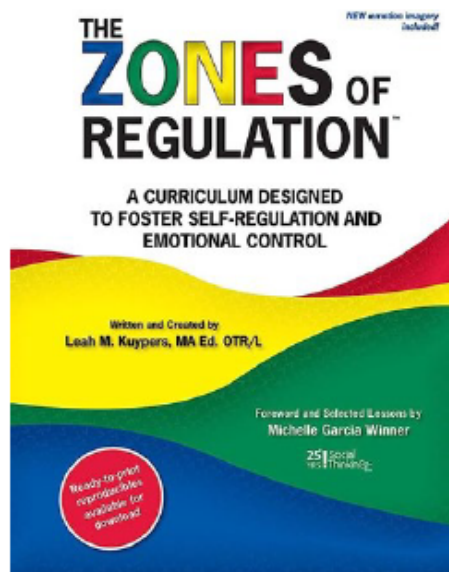
Daniel Goleman (Emotional Intelligence)

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



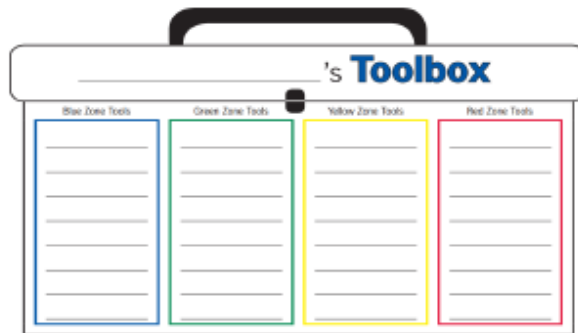
The 'Zones' approach teaches students to:

- 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

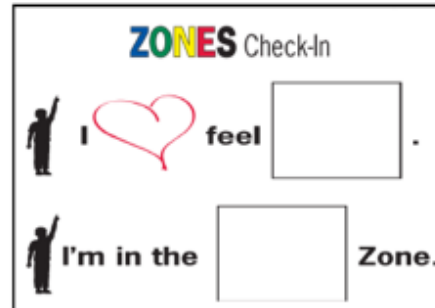


How can we help young people to regulate their emotions?

Supporting Pupils at School;



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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**





UNWELL? CHOOSE WELL



Scan to get further advice on the NHS 111 Wales website



Self Care

Minor Ailments
(treated at home)

Minor Cuts & Grazes
Minor Bruises
Minor Sprains
Coughs & Colds



Pharmacy

Local Expert Advice

Minor Illnesses
Headaches
Stomach Upsets
Bites & Stings



NHS 111

Non-Emergency Help

Use NHS 111 online if you're unsure what service you need



GP Practice

Team of Medical Professionals

Lasting Symptoms
Chronic Pain
Long Term Conditions
New Prescriptions



Urgent Care

Urgent Treatment Centres

Breaks & Sprains
X-Rays
Cuts & Burns
Fever & Rashes



A&E or 999

Emergencies ONLY!

Choking
Chest Pain
Blacking Out
Serious Blood Loss



If you can, use online services in the first instance



Mental Health

FOR URGENT MENTAL HEALTH HELP

Text 'SHOUT' to 85258 for free from a UK mobile network or scan the QR Code to find a local helpline.



YCB Gardens

A fantastic and productive week with our Year 9s and 10s!

Year 9's have been diving into their unit on 'Health Benefits of the Outdoors', exploring how nature can boost physical, social and mental well-being

Meanwhile, Year 10's have been hard at work mastering their unit of 'Woodland Carpentry'—crafting, building, and creating with skill and care.

Incredible effort from everyone—keep it up!





Criw Cymraeg and The Siarter Iaith



In November, some members of the Criw Cymraeg went to Bro Dur to compete in a Dragons Den competition to win £1000 to help promote the 'Siarter Iaith' across our school. Our pupils did amazing, and their presentation was incredible. Having received amazing feedback from the judges, the results were announced -they won the competition! They have made us all at Ysgol Cwm Brombil so proud! Llongyfarchiadau a da iawn Criw Cymraeg!





CYMRAEG

The Aim of Y Siarter Iaith - the Welsh Language Charter

The Welsh Government's aim is to have one million Welsh speakers by 2050. This year, we are working towards the Gwobr Siarter, Iaith Efydd (The Welsh Language Charter Bronze Award). This involves working with the wider school community to support the learners understanding of Welsh history, culture and identity.

In Ysgol Cwm Brombil we are aiming for a consistent use of Welsh across our curriculum and in all aspects of school life and we are proud of our culture, language and traditions.

Parents play a vital part in Siarter Iaith Gymraeg and can help Ysgol Cwm Brombil achieve an award. There are many Welsh resources to help you learn Welsh and strengthen your child's understanding of Welsh history and culture.

Ways you can help

Encourage your child to use everyday Welsh in school e.g. Bore da, Prynawn da, Shwmae etc

Attend Welsh for adults' courses [Find a course](#) | [Learn Welsh](#)

Encourage your child to have a positive attitude towards the Welsh language

Talk about Welsh history and culture with your child

Use Welsh language learning apps with your child e.g. Duolingo, Quizlet, Say something in Welsh

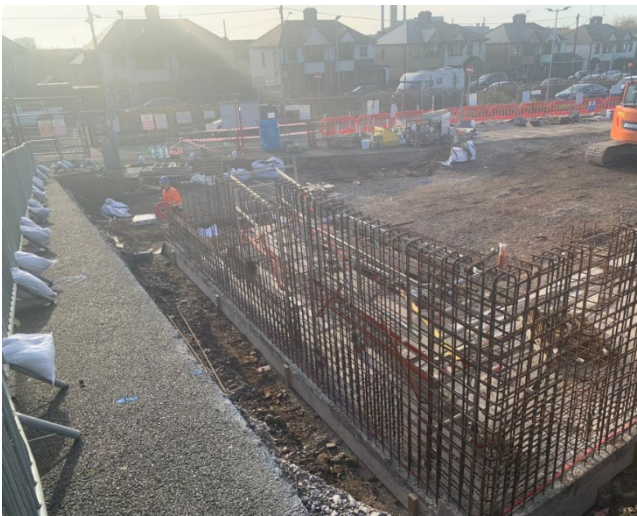
Brawddeg yr Wythnos/ Phrase of the Week-

Nadolig Llawn

Pronunciation – Nad – ol – ig llaw-en

YCB Community Hub

The community hub continues to make progress despite the challenging weather last week!



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
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 21 st March 2025	Staff INSET (Training) Day
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

