

# Yn y Lwp!

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

In this edition:

- Sporting Success.
- Senedd Update
- International Club News
- Outdoor learning

## Autumn Term / Tymor y Gaeaf

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

### Week Beginning - Monday 16<sup>th</sup> December 2024

Monday		
Tuesday		Yr 11 visit to University of South Wales.
Wednesday		Yr 11 Mock Interviews.
Thursday		Christmas Carol Concert – St Theodores church - 7pm
Friday		

### Week Beginning - Monday 23<sup>rd</sup> December 2024

Monday		CHRISTMAS HOLIDAYS
Tuesday		
Wednesday		
Thursday		
Friday		

Please note that it will be week 2 when we return on January the 6<sup>th</sup>

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 28<sup>th</sup> 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](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](mailto: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 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**.





## Senedd

On Thursday, Sioned Williams, Assembly Member for Plaid Cymru visited our Senedd to discuss important local issues, particularly focusing on school transport poverty, and community challenges. The visit was a valuable opportunity for pupils to engage with local councillors and share concerns related to their daily lives and the wider community. Sioned began by introducing herself and explaining her role within the Senedd. She emphasised the importance of community feedback and how local councils work to address issues that directly affect residents. Her visit to our Senedd was aimed at gaining insight into the concerns of young people, who are often directly impacted by local policies.

One of the main topics of discussion was the issue of school transport. Sioned highlighted the ongoing challenges faced by many families in accessing affordable and reliable transportation to school. She acknowledged the difficulties that some students face, particularly those who live in rural or underserved areas where public transportation options are limited.



Several members of the Senedd shared their experiences, explaining that long travel times, crowded buses, and inconsistent service were common problems. Some pupils also pointed out the environmental impact of car journeys, as well as the difficulties that families with lower incomes face in affording transportation costs.

The conversation then shifted to the topic of poverty, particularly how it affects pupils access to education and extracurricular opportunities. Sioned explained that poverty is complex issue that affects many families in the community, and that the Senedd is working on a range of initiatives to support low-income families. The meeting concluded with a question-and-answer session, where our Senedd had the opportunity to ask Sioned



about her work and the future plans for addressing the challenges discussed. Senedd members expressed their appreciation for her time and willingness to listen to their concerns. Sioned Williams, in turn, thanked the pupils for their thoughtful questions and active participation.

The visit was a great success in fostering dialogue between the Senedd and local politicians, and it reinforced the importance of community involvement in addressing local challenges. Sioned Williams assured the Senedd that their concerns would be taken into account as she continues her work to improve the community for all residents.

Clare Pritchard, a representative from a prominent Children's Rights charity also visited to speak to the Senedd about the importance of children's rights and how essential it is for young people to have their voices heard in society. The visit aimed to educate Senedd members on their rights and empower them to be advocates for themselves and their peers.

Clare began her session by explaining what children's rights are, emphasizing that they are legal entitlements that every child has, regardless of where they live or their circumstances. These rights are enshrined in international law, specifically in the UN Convention on the Rights of the Child (CRC), which is a key framework for the protection and promotion of children's well-being globally.

She focused on several core rights, including:

1. **The Right to Education:** Every child has the right to access education and develop their full potential.
2. **The Right to be Heard:** Children have the right to express their opinions, especially on matters affecting them, and to have those opinions taken into account.
3. **The Right to Protection from Harm:** Children should be kept safe from abuse, exploitation, and neglect.
4. **The Right to Play and Rest:** It is important for children to have time for recreation, play, and rest, as it contributes to their physical and emotional development.

Clare used interactive activities and real-life examples to help the School Council members understand how these rights are applied in real life. She also stressed how essential it is for children to be involved in decisions that affect them, both at home and in wider society. Clare explained that when children are involved in discussions, it not only helps improve the outcomes for them but also ensures that their experiences and needs are properly understood. She encouraged the Senedd to take an active role in representing the views of their peers, and how they could bring concerns from their classmates to the attention of teachers and school leaders.

Key Takeaways:

- **Children's Rights Are Universal:** Every child has the same rights, regardless of where they come from or their background.
- **We Have a Right to Be Heard:** It is vital that children express their views on issues that affect them, and that those views are taken seriously.
- **Advocacy is Key:** We are all capable of speaking up and advocating for children's rights, both for ourselves and for others.
- **Empowerment Through Education:** By learning about our rights, we can make a real difference in our schools and communities.

The visit by Clare Pritchard was incredibly valuable. It provided the Senedd with the tools and knowledge to better understand children's rights and the importance of standing up for them. We left the session feeling more empowered and motivated to ensure that our voices are heard and that we can advocate for the rights of all children in our school.

We look forward to working together to raise awareness of children's rights and continue making our school a place where everyone's voice is respected and heard.

Report

by: Yr 10 Senedd members

## 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:

<b>All pupils Year 7 to 11</b>		
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. <b>NO TRAINERS</b>
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.
<b>Please note hoodies are <u>not</u> allowed in school. Any pupil who refuses to remove them during the day will have them confiscated.</b>		
<b>Physical Education</b>		
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
<b>Please note, even on PE days, hoodies are not allowed in school. Pupils are expected to wear a long sleeve PE top when cold.</b>		

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



# Sporting News & Success

## Christmas Netball Tournament!

Big thank you to the Year 11s for organising this years Christmas tournament.



## Year 7/8 Basketball Tournament

A fantastic performance by our Yr7/8 Basketball squad in today's local group round of the Welsh Schools Basketball tournament. Great teamwork patience and teamwork allowed them to progress to the next round. Da iawn!



## 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**

## The Zones of Regulation



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

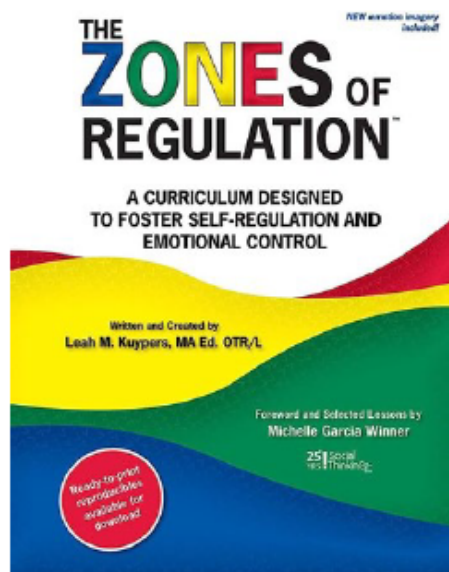
Daniel Goleman (Emotional Intelligence)

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



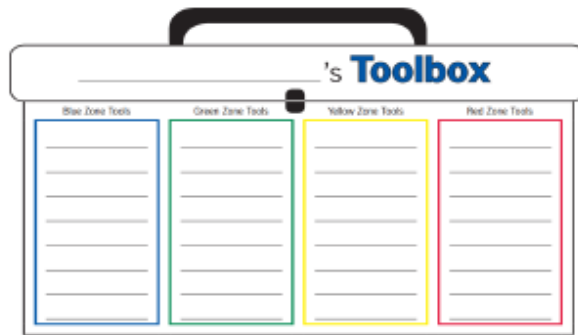
The 'Zones' approach teaches students to:

- 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

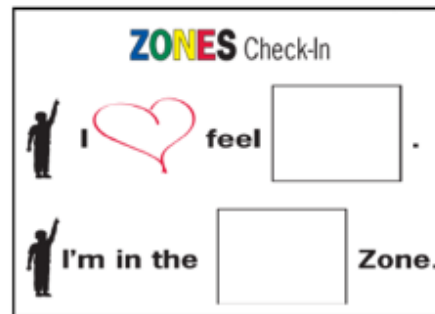


## How can we help young people to regulate their emotions?

### 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



#### **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**





# SLEEP HYGIENE

Five effective tips to establish a healthy sleeping habits

## Stay clear of stimulants late in the day.



Avoid drinks and foods that contain caffeine

## Regular Activity



Regular exercise routine can help contribute to improved sleep. At least 1 hour a day

## Stick to a consistent sleep schedule.



Going to bed and waking up at the same time every day

## Create a relaxing bedtime/pre-bedtime routine.



A relaxing activity about an hour before bed helps creates a smoother transition.

## Unplug an hour before bed.

Keep screen use to a minimum, switch off at least an hour before bed,



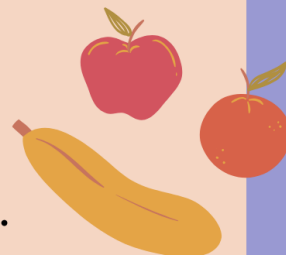
## Keep your room cool and comfortable.

Ideal for sleeping is cool, quiet, and dark.



## Avoid eating high sugar/fatty foods late that may disrupt sleep.

Laying down right after a big meal, your digestive juices are still working



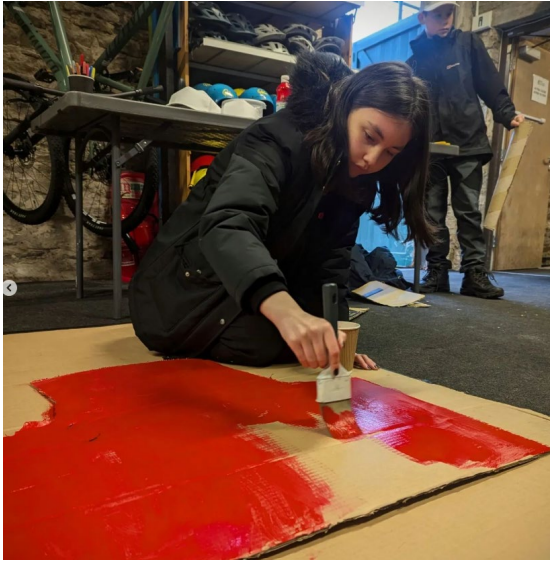
## YCB Gardens

A truly amazing day at Margam Park with our Year 9s! They took on the challenge of building soapboxes and raced them through the course. Creativity, teamwork, and a bit of friendly competition made it a day to remember, all while discovering the incredible health benefits of being outdoors!

Huge congratulations to Team 'Christmas' for taking the win!









# Criw Cymraeg and The Siarter Iaith

**BREAKING NEWS!**

**SIARTER IAITH GWOBR ARIAN!**

This week, a siarter iaith assessor attended the school and met with our year 10 Criw Cymraeg and we have been awarded the silver award straight away! More news to follow in the next edition.







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, Prynhawn 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



## Term dates for 2024-25

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

