



## Welcome to the first edition of YGCR's 23-24 Wellbeing Newsletter!

We at YGCR take the well-being of our school community very seriously and work relentlessly to promote this in our pupils, parents and staff. Self-care is key to supporting others around us to be the best they can be. The intention of this newsletter is to inform you as parents and pupils of all the well-being activity and support that goes on at school from term to term which will enable you to access suitable provision.

### Who works with my child?

We place great emphasis on the **Form Tutor**. The role of the Form Tutor is essential to ensure that the running of the school, successful academic and pastoral wellbeing, is efficient in developing our successful learners, confident individuals and responsible citizens. The Form Tutor will hold formal termly interviews with your child to check that everything is going okay. Pastoral time and registration period is a key opportunity to develop the relationship between your child and the Form Tutor and ensure that the start of your child's day prepares them for the day ahead. It is therefore **key** that everyone attends that time! Registration **starts at 8.40.**



A

Week A  
= Work  
assignment

B

Week B  
= Ready to  
Work

C

Week C  
= Praise

### What is my child learning?

During periods with the Form Tutor, there will be discussions surrounding the importance of **attendance** to school and of course, lessons. They will look at appropriate **behaviour**/ Classcharts and ensure that pupils are 'ready to work' in terms of **equipment** [pen/organiser/uniform] and in terms of **attitude**. In line with the new curriculum, we aim to develop

ambitious,  
capable  
learners

enterprising,  
creative  
contributors

ethical,  
informed  
citizens

healthy,  
confident  
individuals

During our sessions this half term, we have looked at the **rights of the child, respect and responsibility, friendship, trust and honesty, target setting, study skills and time management**. Presentations are available on your child's Google Classroom.



## How do Wellbeing lessons help my child?

The themes of this 1/2 term were:

Yr. 7: Self-Concept/ Bullying

Yr. 8: Substances/Selfcare

Yr. 9: Substance abuse/ Being kind

Yr. 10: Looking after ourselves

Yr. 11: Substance abuse/Self-care

PC Jenkins our Police Liaison Officer also attends some of our wellbeing lessons to run Schoolbeat sessions.

We listen to the learner's voice and also make use of our SHRN data. Pupils will have the opportunity to take part in a SHRN survey next half term which will help us identify the needs of each year group.



## Who else is available to support my child?

The **Wellbeing and Inclusion** team is available to support your child to develop emotionally, socially, academically and spiritually to their full potential. Here are their contact details should you need to contact a member of staff

<https://www.ygcwmrhondda.cymru/en/wellbeing/wellbeing-inclusion-team>

Your child can also engage with our **Wellbeing, Inclusion and Interventions** officers [Ms Danielle Vaughan, Mrs Sam Hughes and Ms Lisa Veck] who complete group and individual interventions, depending on your child's needs.

Keeping our learners **safe** is crucial to us at YGCR. We have a team of 9 Safeguarding officers, including all of the SLT, who have completed L3 training or above and all staff have received L1 training.

<https://www.ygcwmrhondda.cymru/en/school-life/safeguarding>



|                   |       |
|-------------------|-------|
| Staff             | Blue  |
| Visitors          | Red   |
| Safeguarding team | Green |



## What if I want to visit the school?

If you wish to visit the school, for safeguarding reasons, please contact the school prior to your visit, for example by emailing the head of year to arrange a meeting or by contacting the reception on 01443 680800. Please familiarise yourselves with key school safeguarding processes for visitors to the school (including Parents/Carers):

You must **sign in** at the main school reception

You must wear a **designated 'visitor'** lanyard at all times

You must **remain** at the main school reception until a member of staff meets you or is otherwise instructed by the receptionist

A parent/carer should **not arrange to meet** their child directly within school buildings or within the perimeter of the school fence

Visitors **must sign out** and return lanyard to reception on leaving.







## What provision is available to support my child?

### 'DYSG' – SUPPORT FOR PARENTS FACING CHALLENGES



<https://drive.google.com/file/d/1PwBNEVpfFXRjv5YUpvsijK2gKEMWSf1H/view?usp=sharing>

### Support for YGCR pupils



<https://sites.google.com/hwbcymru.net/daioniygcr/hafan>

### Cwestiwn Lles

We use Google Classroom twice a week [**Monday/Friday**] to ask your child how they are feeling.

This means that we can act **immediately** in the event of a problem or concern. Remember that the question closes at **8.30 a.m.** Encourage your child to respond **BEFORE** arriving at school!



### Winnie!

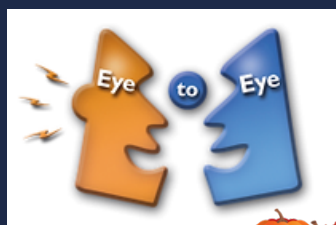
Every **Wednesday** and **Friday** Winnie comes to school to work with individual pupils and groups. She loves going to the yard to say good morning before registration period and spending time with pupils at break and lunch time... and of course she loves it when she sees the kitchen and office staff! Yum!







Chelsea Edwards from **YEPS** is at school to hold 1:1 sessions **each day**. Chelsea can host sessions on all sorts of topics i.e. *self-worth, confidence building, social problems with peers, anger management, healthy relationships, revision skills .....* anything under the sun! She also runs activities afterschool, evenings and holidays!



E2E **counsellors** are at the school every **Monday, Thursday and Friday**. You as a parent, or your child, can find information about making a referral through the DAIONI website or speak to a member of the Wellbeing and Inclusion team who can do so on your behalf.

Drop-in appointments with Gemma Kozok, the school nurse are held **every Wednesday**. Appointments can be made, via Google Classroom, **BEFORE 8.30** on Wednesday morning



**KS3/4 Wellbeing, Inclusion and Intervention Hubs** – officers at the hubs are full time. Should your child require some form of support, the officers will make an appointment to see your child. Similarly, should your child feel they need support, they can make an appointment via the **Wellbeing Question** or speak to the **Head of Year**.

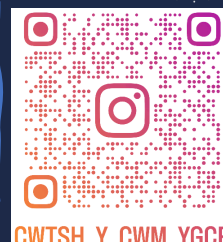
**Lunch 'Hafan'** – Your child can play games, do arts and crafts or talk to their friends in a *quieter area*, away from the usual hustle and bustle of lunchtime.



[Cwtsh@ygcwmrhondda.cymru](mailto:Cwtsh@ygcwmrhondda.cymru)



One of our 1/2 term food packages thanks to your generosity!



CWTSH Y CWM YGCR

We take any donations of very good quality..... so remember us! Come and visit us! We have everything from items for the house, children's toys to clothes for all ages, books, food... **EVERYTHING!** And you pay what you feel #untîm #cwtshycwm







We very much look forward to starting our transition journey with Yrs 6 pupils and parents next half term! See the letter below for more details

[https://docs.google.com/document/d/1ogKA1mdyp\\_E0I2NDJXvKFrDsJtnpYAB4/edit?usp=sharing&oid=104151140503423341654&rtpof=true&sd=true](https://docs.google.com/document/d/1ogKA1mdyp_E0I2NDJXvKFrDsJtnpYAB4/edit?usp=sharing&oid=104151140503423341654&rtpof=true&sd=true)

We would like to invite our cluster's Yr6 + 5 to come and watch our performance of Annie at the Phoenix. You'll get more details from your primary school closer to the date.

# Annie

At YGCR, we aim to raise awareness of national days among our pupils e.g. **Mental Health Days** <https://docs.google.com/presentation/d/14oFfNeFqd2puGUsURO-4DKLHZ8ob77VM/edit?usp=sharing&oid=104151140503423341654&rtpof=true&sd=true>

**National Fitness Day, Black History Month, Recycling Week, Shwmae / Su'mae Day, Show the red card to Racism**

<https://docs.google.com/presentation/d/1HDVttWsLkRGngdnD-i2TS-hybWf9JplB/edit?usp=sharing&oid=104151140503423341654&rtpof=true&sd=true>

**Anti-Bullying Week 2023:**

**Make a Noise About Bullying**

Monday 13th - Friday - 17th November



We have rebranded our club 'Cymuned Gyfeillgar' to 'PAWB', welcoming all of our school community, where they can be themselves. This will be launched during this week!

We held a coffee morning for MacMillan and raised **£80!** It was so nice to have the opportunity for a cuppa and chat with parents, grandparents and carers! Keep an eye out for our next coffee morning approaching Christmas!

Some from the YGCR community also went to teach a song to pupils at Cymer primary school on Shwmae Su'mae day.



## CRS



We hope to hold our Parent and Staff Association meeting in the next half term. Please contact [helengriffith@ygcwmrhondda.cymru](mailto:helengriffith@ygcwmrhondda.cymru) if you would like to join us in raising money for our school community



Some of our pupils participated in Keris Louise Fitness and Lisa Waker Girls' Empowerment tour, when they visited YGCR this half term to promote self-worth and body image, social media, nutrition and fitness along with mental health!





# We have listened to you!

YGCER Rydym yn ysgol  
Dim ffônau symudol



Ni ddylid gweld / clywed /  
defnyddio ffônau symudol  
na dyfeisiau eraill

"Dim ffôn mas o fewn y ffens las"

## We are a **No mobile phones** school



<https://docs.google.com/presentation/d/1lgDwFdcUwGPr3lCk5WwVRY4PAYdnW2r/edit?usp=sharing&oid=104151140503473421551&rfpof=true&id=true>



### Do you have a ClassCharts account?

It is key for you to download the app because this is how we communicate with you about everything! Let us know if you have lost your unique code.

**Don't share** your code with your child!

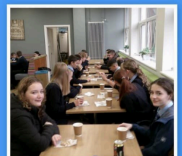
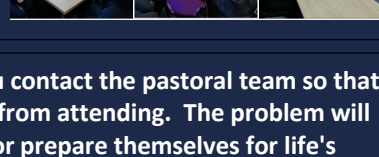


## Google Classroom

Your child needs Google Classroom. This is where lesson materials, wellbeing questions/nurse appointments, pastoral resources and year messages will be shared.



Congratulations on reaching **100%** this half term!



Dathlu Presenoldeb  
**100%** Blwyddyn 7



Attendance Pamphlet

[https://drive.google.com/file/d/1n2rkoIbSnN0MoSvVitBUvj\\_nAQLB340G/view?usp=sharing](https://drive.google.com/file/d/1n2rkoIbSnN0MoSvVitBUvj_nAQLB340G/view?usp=sharing)

If your child is worried about something at school, then we ask that you contact the pastoral team so that we can work together and remove any barriers that may prevent them from attending. The problem will increase by staying home and the pupil will not build any resilience or prepare themselves for life's challenges. We ask that you assist us in ensuring that your child attends daily if possible.

## Stay safe on Bonfire Night!

<https://www.southwales-fire.gov.uk/newsroom/news/be-safe-not-sorry-this-fireworks-night/>

