Welcome to the Christmas edition of YGCR Wellbeing Newsletter 23-24!

Well the Christmas Term has been very busy in promoting the well-being of pupils, staff and community at Ysgol Gyfun Cwm Rhondda. Here's a taste of our work this term.

Merry Christmas to you all and happy New Year!

YSGOL GYMUNEDOL

We saw the annual launch of our ***Christmas cwtsh*** appeal this half term! Thank you so much once again for supporting us with donations of gifts and food. Your generosity enabled us to distribute numerous food packages as well as gifts. Remember that Cwtsh y Cwm is open year-round – Cwtsh@ygcwmrhondda.cymru Huge thanks also for contributions from Canolfan Pentre and Valleys Kids!

A coffee morning was also held this half term. So nice to meet some of you and have a cuppa during the hustle and bustle of the week. There were items for sale and a huge thank you to our talented pupils and Rhianna Brown for their fantastic work!

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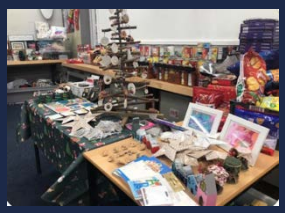
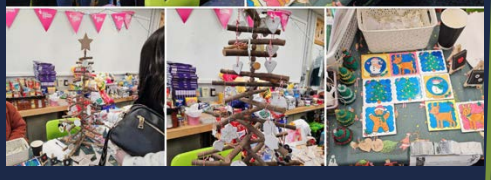


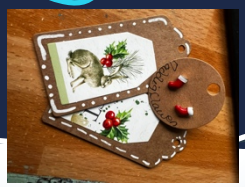


There will be another opportunity to join us again the next half term.

We were joined by Daniella Williams [Work and Skills Participant Engagement Officer] and we are looking at running courses in the new year at Cwtsh y Cwm. What takes your fancy? There will be a form in the new year!

Well done to those who took the time to take part in our advent calendar wellbeing challenges! The winners were **Grace Greenaway** and **Poppy Jones**!

HAFAN HAFAL



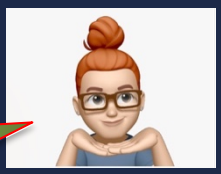
Welcome to HAFAN HAFAL!

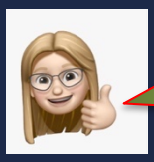
The Hafan is one of our school areas that we use to support children who need some additional guidance, support and encouragement.
We have worked hard to ensure that the area is inclusive and welcoming to all. One of the things we've been doing the this term is to create craft items we were able to sell them in the morning recent coffee, with all proceeds going to Cwtsh y Cwm.

Meet some of our team

We would like to introduce you to our team of Teaching Assistants who work tirelessly to help support our children at Ysgol Gyfun Cwm Rhondda. They support in the Classroom and also host interventions in our Hafan.

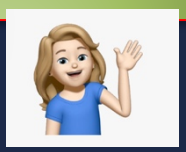
Hello, my name is Mrs Jones. I like spending time with my family and going for walks with my dog. I have a Pug named Doti and two cats named Rosie and Peggy.

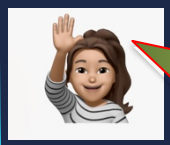




Hello, my name is Miss Williams. I love playing darts, bowling outside. I live with my sister. I have a Jack Russell called Buddy.

Hello, my name is Miss Gould. I love New musical theatre. My favourite musical is 'Newsies'





Hello, my name is Miss Morgan. I like playing baseball. I play in the Archer position. My favourite netball player is Maria Folau who plays for New Zealand.

Useful websitesfor you, parents and carers

https://behavioursupporthub.org.uk/support-for-parent-carers/training-programmes/

https://sites.google.com/hwbcymru.net/support4parentsygcr/hafan

'DYSG' – SUPPORT FOR PARENTS FACING CHALLENGES

SENEDD

'Our Community / Welshness' Committee

You said we need to develop ways to **raise money.**

- ***So we organise charity fundraising activities every half term eg Christmas Jumpers Day (save the children charity), MacMillan coffee mornings, Christmas Cwtsh***

You said there needed to be more **activities promoting the use of Welsh.**
So we arranged

- ***Activities / lunch language group Yr.7***
- **'Siarter Iaith' – numerous activities captured on our dedicated google site:** https://sites.google.com/hwbcymru.net/siarter-iaith-ygcrh/home
- ***Lunchtime/ after school clubs e.g. coding, PAWB, HOME***

'Our Health and Wellbeing' Committee

You said you'd like **Cooking sessions.**
So we

- ***Developed KS3 Technology schemes of work***
- ***Included new Yr.10GCSE Food and Nutrition class on the timetable***
- ***Held Fun activities in the kitchen – Welshcakes; YEPS cooking session***
- ***Included Healthy recipes on websites DYSGYGCR; DAIONI***

You said you'd like us **to promotes sports clubs to improve physical Health**
So we
Advertise the school / sports department on 'X' and Facebook

- ***Rugby Officer (Mr Ethan Lloyd) and Sporting Marvels (Miss Lauren Smith)***
- ***New trampolining / gymnastics competitions***
- ***New area in the wellbeing newsletter***

You said you'd like to **hold termly sessions with a specific focus on Well-being**
So we

- ***Organise specific activities within wellbeing lessons and assemblies /specific days***

Our Environment Committee

You said we need a **Garden.**

- **So we set allocated and cleared an area with new 'planters' (old school house) in preparation for Spring**

You said you were worried about **litter.**
So we purchased

- ***New blue rubbish bins for around school site – Senedd has chosen the locations***

You said you wanted **to stop the use of plastic knife and forks and reduce plastic.**
So we organised

- ***That there are no plastic knives and forks since summer term + no plastic cartons***

' Our Learning' Committee

You said you want **Life Skills lessons.**

1. **So we're running *PSE Lessons as part of Yr.9-11 wellbeing lessons (including life skills specific packages)***
2. ***Personal Finance lessons in Yr.11***
3. **SHRN questionnaire to help provide suitable provision**

You said you wanted **a Library / work resource room.**
So we arranged

4. ***Clydach 1 cleared in preparation***
5. ***Shelves set up for books***
6. ***New books purchased for the English and Welsh departments***
7. ***PSA focus to raise funds for resources in the new year***

You also have....

Secured water fountains in canteen

Choosen the school's new houses and badge designs

LLES

BAROD **came** in to work with Bl. 10 this half term and held substance abuse workshops and discussed the dangers of drugs, particularly mixing substances over Christmas. The response was fantastic! Well done Yr.10!

PAWB

The 6th form has come together to host a group belonging to the LGBTQ+ community. Everyone from all school years is warmly welcomed to join the 6th form every Wednesday lunchtime at 1.45 in C8. This is an opportunity for pupils to express themselves without judgement.

Period Dignity assemblies have been held for Yr.7 girls by our menstrual champions in the 6th where there was an opportunity for the Yr.7 girls to ask any question or share any concerns they have about this tough time. There were great questions from the pupils and the 6th form was happy to respond sensibly and maturely. Remember to ask for 'Gwaith i Ruby' neu 'Gwaith i Lowri' if products are needed in school.

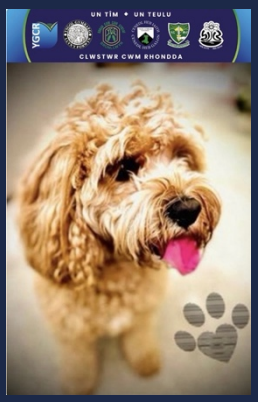
Message Trust came in to work with a group of Yr. 9,10 & 11 pupils running 'Respect Me' sessions in preparation for teaching their younger peers next term. Self-esteem and self-worth are the focus of Wellbeing lessons during the year and these pupils will be available for KS3 pupils to discuss any concerns that come hand in hand with getting older.

Wellbeing lessons hanner term:
Bl 7: Adolescence/Puberty
Yr. 8: Respect / Bullying
Yr. 9: Healthy Relationships

Yr. 10: Sex Gender Health and Wellbeing
Yr. 11: Healthy Relationships / Mental Health

CORNEL Y CLWSTWR

As part of our annual transition plans, we began on the transfer journey by visiting each primary school in order to meet with you, the parents and Year 6 pupils. We feel the evening is a valuable one as you familiarise yourself with key staff [including Winnie our Mentor Dog] who will be involved with your child as well along the transition journey to the Rhondda Valley, and give you the opportunity to ask any questions or raise any concern you may have.



Don't forget to keep an eye on the Ysgol Gyfun Cwm Rhondda website for further information and our social media – Facebook / Twitter. If you would like further information, please do not hesitate to contact Mrs Helen Griffith HelenGriffith@ygcwmrhondda.cymru or Mrs Delyth Seaton (Year 7 Leader) DelythSeaton@ygcwmrhondda.cymru

January means Ms Steph Jones returns to primary to work with Yr. 6 pupils to prepare them for transferring to YGCR. There will be more opportunities for Yr. 6 pupils to meet the Rhondda team over the next few months! We are really looking forward to spending more time with you all!

GWOBRWYO C

Wythnos C = Clod

Hundreds of postcards were distributed and awards ceremonies were held to thank our pupils for their efforts this half term.

Hot chocolate with Mr Spanswick and trips to reward attendance and great behaviour were organised. Our 12 day Christmas Attendance campaign was successful with attendance higher than the same time last year and 60 pupils winning daily rewards including Costa tickets, boxes of chocolates , an early lunch ticket and cookie vouchers and a hot drink!

Annie

The sun undoubtedly came out this half term at the Phoenix Theatre with our annual production of Annie! So, so proud of our community. What a special bunch of people pulling together to ensure a wealth of talent on the stage. A huge thank you to the cast, crew, the band, Ms Amy Morgan, Mr Stewart Roberts as MD, Rachel, the Phoenix Theatre and last but not least Mrs Delyth Seaton!

CYNHALIAETH

• Gall cyfnod y Nadolig fod yn gyfnod hapus a llawen; cyfle i weld teulu a ffrindiau, rhannu anrhegion a chael hwyl. Ond, gall hefyd fod yn adeg heriol iawn o'r flwyddyn.

Cynhaliaeth i ddisgyblion YGCR

https://sites.google.com/hwbcymru.net/daionigcr/hafan

'DYSG' – CEFNOGAETH I CHI WRTH WYNEBU HERIAU GYDA'CH PLANT

https://sites.google.com/hwbcymru.net/support4parentsygcr/hafan

Did you know that 1 in 4 women and 1 in 6 men experience domestic abuse and people aged 60+ are 5 times more likely to become victims of domestic violence?

RCT domestic abuse service https://www.wa-rct.org.uk

Stand Up to Domestic Abuse – SUTDA https://sutda.org/

Gentle Reminders For Christmas

- You're allowed to step away for alone time when you need it
- It's okay to feel grief, sadness or disappointment for lost experiences
- You don't have to force yourself to be in the Christmas 'spirit'
- It's okay to set your own boundaries and say 'no'
- You don't need to abandon your regular self-care habits and rituals
- You're allowed to indulge in your favourite Christmas treats

Be kind to yourself!

Merry Christmas and Happy New Year!