



Welcome to the first edition of 2024!
Once again it was a very busy term, albeit short!
The purpose of this newsletter is to highlight the wellbeing activity that takes place in YGCR community and emphasise self-care is not selfish;
it's essential!

Everyone has the right to be safe, to be themselves and to live lives free from discrimination.

Why celebrate LGBTQ+ History Month?

LGBTQ+ History Month is celebrated every year because of a law known as Section 28 which prevented people from "promoting homosexuality". This meant that children and young people were not educated about LGBTQ+ issues. This law was introduced in 1988 and was not scrapped until 2003 in England and Wales. LGBTQ+ History Month has been celebrated in the UK since 2005 to finally educate about LGBTQ+. The celebration is designed to promote equality and diversity for the benefit of all.

While things have progressed significantly, the LGBTQ+ community continues to have to face ignorance and misunderstanding. Events like LGBTQ+ History Month are important to raise awareness, remember past achievements, and celebrate developments.

Need advice or more information?

<https://sites.google.com/hwbcymru.net/daioniygcr/iechyd-corfforol>



Stand with the LGBTQ+ community and make a difference!

Walk 10,000 steps EVERY day in March

*Find out more during LGBTQ+ History Month

Stonewall

LGBTQ+ History Month 2024

YGCR

PAWB

**Every Wednesday;
C8
1.45**



We are looking forward to holding our first Parent Staff Association meeting on Thursday 22nd February at 4.30 in Cwtsh y Cwm.
Come and join us! We need new members!

CRhS

YSGOL GYMUNEDOL

Cooking from a
Budget
with..



Look out for our next
coffee morning!



6 x 2 hour sessions at Cwtsh y Cwm which include planning healthy meals, working from a budget, preparing healthy meals together. The programme is intended to

1. **Develop** parents' practical cooking skills and an understanding of the importance of cooking healthy meals from scratch.
2. **While increasing awareness** of everyday numeracy and confidence in numeracy skills.

Would you like more information? Contact
Cwtsh@ygcwmrhondda.cymru



Rydym yn ysgol
Dim ffonau
symudol



Because there is no longer access to phones, we need to change the way we engage with our pupils. **There will be NO** well-being question by the end of the year..... instead we have an official email to **HEAR** our learners!



Dyheu. Dysg. Daioni.

Ysgol Gyfun Cwm Rhondda

Os ydych chi eisiau i ni wrando....
Mae rhaid i ni eich clywed!

Llais@ygcwmrhondda.cymru

Angen siarad â rhywun?

Syniad newydd?

Poeni am rywbeth?

Ddim yn gwybod sut i ddelio â rhywbeth?

Rydym ni yma! #untîm



Encourage your child to get in touch:

- to make an **appointment** to talk to someone
- to ask for **help/ support**
- to make **a nurse appointment**
- to share **concern/ worry**
- if they have **an idea** to develop something in school

*There will be no response outside school hours **BUT** there will be a response/ action once school is open.

LLES



Over the last half term, a varied programme of subjects has been studied during pastoral times e.g.

1. Children's rights
2. Learner's Voice
3. New Year's Resolutions
4. Careers
5. Financial literacy
6. E-safety * Remember that support is available to parents, carers and young people on our support websites

It is key that your child is present for these periods as the topics contribute to developing ambitious learners; enterprising contributors, ready to play a full part in life and work; ethical, informed citizens and healthy, confident individuals, ready to lead fulfilling lives as valued members of society.

'DYSG' – SUPPORT FOR
PARENTS FACING
CHALLENGES



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

Cynhaliaeth i
ddisgyblion YGCR



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



Dyheu, Dysg, Daioni.
Ysgol Gyfun Cwm Rhondda

Dyddiadau allweddol:

Wythnos Iechyd Meddwl Plant
Mis Hanes LHDTC+
06.02.24: Diwrnod defnyddio'r rhyngwyd yn fwy
diogel

1 in 6 children and young people have a diagnosable mental health condition.

By taking part in Children's Mental Health Week 2024, you can help us ensure that children and young people across the UK feel listened to, and know they are not alone.

Pupils were asked to consider how they can **use their voice** for the benefit of others and make a difference. They were also asked to consider **the impact of the bystander**:

"In the end we will remember not the words of our enemies, but the silence of our friends"

Martin Luther King

Ffocws Wythnos Iechyd Meddwl eleni yw....

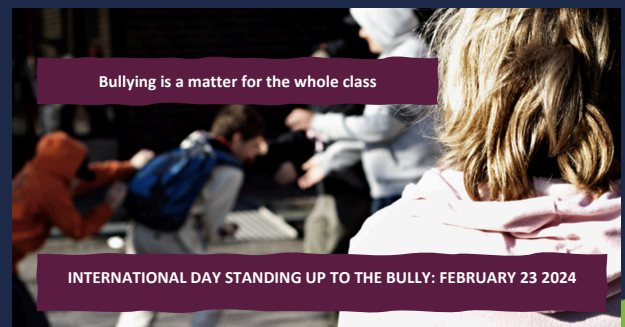


The focus of Yr 7-10 Well-being lessons:
E-safety and Mental Health

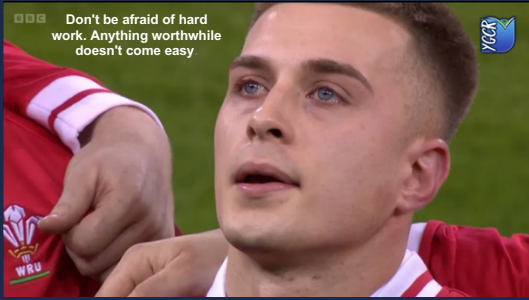
Yr 11: E-safety ; Empowerment, safety
and respect

Bullying is a matter for the whole class

INTERNATIONAL DAY STANDING UP TO THE BULLY: FEBRUARY 23 2024



SENEDD



The Senedd has been busy this half term rebranding YGCR 'houses' in preparation for competitions! They will also receive their badges in the new half term and attend assemblies to raise their profile amongst their year groups.

DYSGYGCR

<https://sites.google.com/hwbcymru.net/support4parentsygcr/ysgol-school>

DAIONIYGCR

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

Young Minds – Exam Self-Care

<https://www.youngminds.org.uk/young-person/coping-with-life/exam-stress/>

Child-line – Exam Stress and Pressure

<https://www.childline.org.uk/info-advice/school-college-and-work/school-college/exam-stress/>

Student Minds – Exam Stress

<https://www.studentminds.org.uk/examstress.html>



CYNHALIAETH

With external exams on the horizon, it's natural for our learners to feel the stress. We've already looked at revision skills in a pastoral sessions

<https://docs.google.com/presentation/d/1dnkiNkMeYIXjZphQCPny1dQYr8J9tKdU/edit?usp=sharing&oid=104151140503423341654&rtpof=true&sd=true>

and there are guidelines in your child's organiser as well. If your child is worried, it's important to discuss with their teachers, but it's also important to start getting things in order, while taking care of themselves and managing the stress. **Thanks to E2E for sharing the links and advice on how your child can cope with stress before and on exam day**

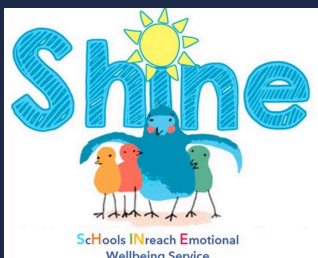
Here are some ideas that can help reduce stress levels:

1. Listen to music
2. Do some kind of exercise
3. Take a walk and connect with nature
4. Play a computer game but limit the time, hours can pass quickly
5. Take a relaxing bath
6. Eat a healthy meal
7. Conversation with friends
8. Set realistic goals
9. Practice mindfulness activities
10. Get enough sleep
11. Do something you enjoy with family or friends
12. Be kind to yourself and give yourself permission to take a break.



<https://e-sgol.cymru/>

<https://twitter.com/shinecwmataf>



Valleys Steps
Cymau'r Cymoedd

<https://valleysteps.org/students/>



CORNEL Y CLWSTWR



We are really looking forward to our cluster primary schools visiting YGCR this half term!

After a half term getting to know Ms Steph Jones, the transition teacher, each school in turn will now visit us over the next few weeks and get a taste of lessons at secondary school, and of course meet Winnie again! Look out for our Cluster newsletter which will reach you this half term!

Find out more on the Ysgol Gyfun Cwm Rhondda website and remember to follow our social media – Facebook / Twitter.

We understand that the transition from primary to secondary is an exciting but worrying time for some. Here are some links to ease the concerns somewhat

<https://cavuhb.nhs.wales/files/resilience-project/rp-changes-18-8/transition-tips-for-parents-english-pdf/>

<https://www.flipsnack.com/annafreud/supporting-children-through-secondary-transition.html>

If you would like further information or would like to discuss your concerns, please do not hesitate to contact

Mrs Helen Griffith (assistant Headteacher)

HelenGriffith@ygcwmrhondda.cymru or Ms Delyth

Seaton (Year 7 Leader)

DelythSeaton@ygcwmrhondda.cymru

Many thanks to Gemma for her work with YGCR pupils over the past few years! Gemma is leaving us and will be replaced by a new school nurse! We say goodbye to her and wish her every best wish at her new school. Pupils can still make appointments by email Llais@ygcwmrhondda.wales.

Gemma will be meeting with our pupils at the start of the new half term to say goodbye to them but also to introduce Nick James to Yr. 9-13 pupils. Nick is a Sexual health nurse from Cwm Taf Morgannwg Contraception and Sexual Health Outreach Service.

If you would like more information, please contact

helengriffith@ygcwmrhondda.cymru



We said goodbye to Eleri and her family this half term. Best wishes to them settling into their new home in Perth, Australia!

YEPS

PROSIECT CHWARAEON NOS WENER
FRIDAY NIGHT SPORTS PROJECT

CANOLFAN CHWARAEON RHONDDA
RHONDDA SPORTS CENTRE
Gelligaled Park, Ystrad

OED/AGE
11+

DYDD GWENER / FRIDAY
6PM - 8PM

- 16/02
- 01/03
- 15/03

BWCICHER AR-LEIN
BOOK ONLINE



Keep an eye out for details of our Easter attendance challenge!

Going to school every day is so important - Missing School, Missing Out

Think about what you could do with your life if you got the grades!

