



Welcome to the Easter 2024 edition of our well-being newsletter!

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

ONLINE SAFETY

One pastoral focus last half term was on-line safety and cyber bullying. In today's digital age, where technology permeates every aspect of life, parents face the daunting task of protecting their children from the darker elements of the online world.

We would like to highlight apps that could be dangerous to children, emphasising the need for parental guidance and supervision. From anonymous messaging platforms that can form the basis for cyberbullying to seemingly innocuous social media apps that may reveal inappropriate content to children, we'll provide an overview of apps that warrant a closer look from guardians. It is essential that parents remain informed and proactive in discussing online safety with their children, setting appropriate boundaries, and using parental control features where available.



https://www.youtube.com/watch?v=OGTBhAW_AEY

<https://sites.google.com/hwbcymru.net/support4parentsygcr/cadw-fy-mhlentyn-yn-ddiogel-keeping-my-child-safe>

<https://sites.google.com/hwbcymru.net/daioniygcr/cadw-fy-hun-yn-ddiogel>



Disgyblion



Pethau i'w trafod
gyda'ch plant



Do you know what apps your children use and their dangers? Here is a list of websites and apps that young people are gravitating towards in 2024.

<https://www.familyeducation.com/entertainment-activities/online/a-complete-guide-to-potentially-dangerous-apps-all-parents-should-be-aware-of>

Online Reputation:

- Understanding how online activity creates a 'digital footprint' that lasts forever
- Be a good digital citizen – treat people as they would face to face
- Think before posting

Critical thinking:

- Make them aware that some people hide behind fake profiles
- Understand that everything they see online isn't true
- Agree digital boundaries to allow them the freedom to make informed decisions

Personal Safety:

- Keeping information private through privacy settings
- What a good social media profile looks like
- Create strong passwords for all online accounts

Cooking on a Budget
with..
thanks to



YSGOL GYMUNEDOL



6 x 2 hour sessions are offered at Cwtsh y Cwm on healthy meal planning, working from a budget, and preparing healthy meals.

The programme starting 19/4/24 at 10-12 for 6 weeks 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 to take part? Contact
Cwtsh@ygcwmrhondda.cymru



A first Aid session will be held at 9.30-3.00 on **9/5/24** and a Defibrillator training session will be on **11/6/24** at 9.30-11.30 thanks to our **Participant Engagement Officer RCTCBC Work and Skills, Daniela Williams**

Would you like to take part? Contact
Cwtsh@ygcwmrhondda.cymru

Another focus of our pastoral sessions last term was the environment.

Would you like to know
more?



<https://docs.google.com/presentation/d/1p3MCWntbck9cpo2XjHt44-kwA3IAW2sK/edit?usp=sharing&ouid=104151140503423341654&rtpof=true&sd=true>

And did you know from 6 April 2024, a new law will mean all workplaces will have to dispose of the materials below **separately for recycling**.

- Food waste
- Paper and cardboard
- Glass
- Metal, plastic and cartons
- Small electrical items such as kettles or toasters
- Textiles meaning things like clothes or rugs

We must not dispose of food waste by putting it down the sink. This rule means that we don't send things we can recycle to landfill or to be incinerated. If we don't follow these rules, we may have to pay a fine.

It is important that our pupils are responsible citizens and follow these rules.

We learn that big impacts start with small steps and that we all have the power to make a difference.



LLES



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

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

Cynhaliaeth i
ddisgyblion YGCR



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

Parents & Carers Online Workshops

JOIN US FOR A FREE WEBINAR FOR PARENTS & CARERS ON SUPPORTING YOUR CHILD WITH EXAM STRESS, MANAGING YOUR CHILD'S WORRIES & SLEEP

CAMHS SHINE TEAM WILL BE RUNNING A RANGE OF WORKSHOPS ON MS TEAMS FOR PARENTS & CARERS DURING MARCH/APRIL HALF TERM.

As parents, we all want the best for our children.

3 hour workshops sharing tips and ideas on strategies to help with Exam Stress. Managing your child's worries.

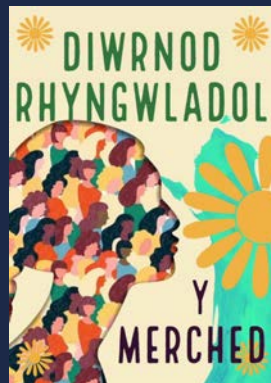
Bookings: 01753 501000 / 01753 501001 / 01753 501002 / 01753 501003 / 01753 501004 / 01753 501005

BOOKING INFORMATION: PLEASE SCAN THE QR CODES BELOW

QR codes for booking workshops.



Every March we celebrate Women's History Month as well as International Women's Day 8th March. At its core is honouring and celebrating women and all their contributions throughout history to the present day. Seren Bottomley, Eleri Thomas, Ffion Rickets and Mali Ryder have been nominated by members of staff as inspirational young women who have recently overcome difficult situations but remain a role model for the school's younger girls. Congratulations!



We asked staff and pupils to nominate pupils and staff for 'doing the little things' and be thoughtful of others' feelings in order to cheer each other on. Thank you to our pupils for being so lovely!



GWOBRWYO




Ymgynrch Presenoldeb YG Cwm Rhondda
 Ar gyfer y 10 diwrnod ola'r tymor, bydd un disgybl ym mhob blwyddyn yn ennill Wy Pasg a thocyn cinio cynnar ar gyfer dathlu presenoldeb!

YG Cwm Rhondda Attendance Campaign
 For the last 10 days of term, one pupil in each year will win an Easter Egg and an early lunch ticket to celebrate attendance!




Dathlu Presenoldeb Blwyddyn 7
Ysgol Gyfun Cwm Rhondda

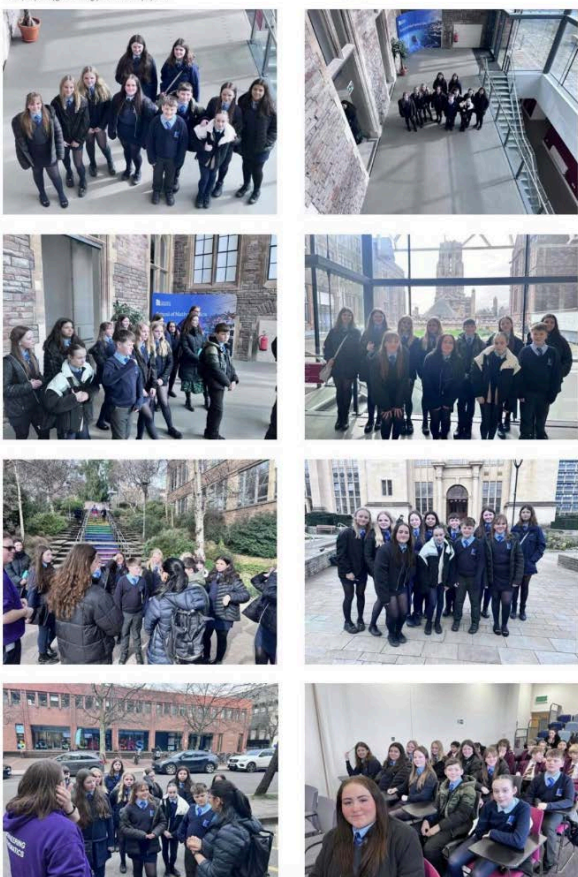
Dyheu - Dyng - Daioni



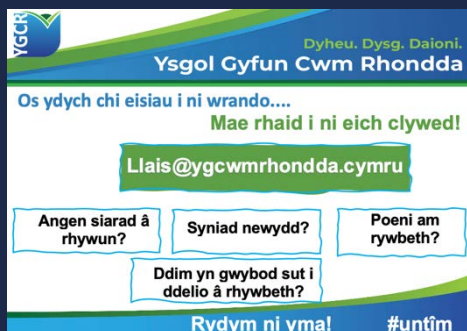

Dyheu - Dyng - Daioni
 Harfed ymddigast trillwg yw rhoi a derbyn parch



The Brilliant Club



CYNHALIAETH



A big welcome to Kirsty Roberts our new school nurse. Kirsty will be at school every **Wednesday** for appointments.

Nick James (our Sexual health nurse from Cwm Taf Morgannwg Contraception and Sexual Health Outreach Service) will be holding appointments every **Tuesday, starting 29/4/24**, between 9.00-12.00.

Pupils can make appointments by email

Llais@ygcwmrhondda.cymru

and more information for parents can be found here https://docs.google.com/document/d/12SvdW9_0YyclipGVtU4muj6KohP1ULXo/edit?usp=sharing&oid=104151140503423341654&rtppof=true&sd=true

We have recently said goodbye to 2 Eye 2 Eye counsellors Rhian Davies and Claire Duffy. Our graettest thanks go to them for their work and we wish them all the very best in their new ventures. We welcome 2 new counsellors to join Jess, who is at school every Monday, in the new term. For a referral to Eye 2 Eye, speak to a member of the Wellbeing team or email Llais@ygcwmrhondda.cymru.

**Would you like to join us?
We are looking for new
members!**

Email

helengriffith@ygcwmrhondda.cymru



"George is a shining example of a dedicated, hard-working and polite pupil. Being selected as Captain of the Rhondda Schools Rugby Team for the 2023/24 season is testament to his leadership skills and grit in teamwork on and off the pitch. George is a role model who embodies the qualities of a true leader. His exemplary behaviour, both inside and outside the classroom, sets a high standard for all.

We're all incredibly proud of you George!"





Dyheu · Dyng · Ddori

Canlyniadau Eisteddfod Rhanbarth Uwchradd Cymoedd Morgannwg

Ysgol Gyfun Cwm Rhondda

Eisteddfod
Cymoedd Morgannwg

Cystadluwaeth:
121 - Grŵp Llafur BL7, 8 a 9

Enw	Dyn	Enw	Enw
Prif Ffôn Cwm Rhondda	Prif Ffôn Cwm Rhondda	Prif Ffôn Cwm Rhondda	Prif Ffôn Cwm Rhondda

Eisteddfod
Cymoedd Morgannwg

Cystadluwaeth:
128 - Llefarn Unigol BL7, 8 a 9

Enw	Dyn	Enw	Enw
Prif Ffôn Cwm Rhondda	Prif Ffôn Cwm Rhondda	Prif Ffôn Cwm Rhondda	Prif Ffôn Cwm Rhondda

Eisteddfod
Cymoedd Morgannwg

Cystadluwaeth:
122 - Llefarn Unigol BL10 a dan 19 oed

Enw	Dyn	Enw	Enw
Prif Ffôn Cwm Rhondda	Prif Ffôn Cwm Rhondda	Prif Ffôn Cwm Rhondda	Prif Ffôn Cwm Rhondda

Eisteddfod
Cymoedd Morgannwg

Cystadluwaeth:
18 - Unswd Marshall BL7, 8 a 9

Enw	Dyn	Enw	Enw
Prif Ffôn Cwm Rhondda	Prif Ffôn Cwm Rhondda	Prif Ffôn Cwm Rhondda	Prif Ffôn Cwm Rhondda

Eisteddfod
Cymoedd Morgannwg

Cystadluwaeth:
150 - Perfformiad Theatrïol Unigol BL7, 8 a 9

Enw	Dyn	Enw	Enw
Prif Ffôn Cwm Rhondda	Prif Ffôn Cwm Rhondda	Prif Ffôn Cwm Rhondda	Prif Ffôn Cwm Rhondda

Eisteddfod
Cymoedd Morgannwg

Cystadluwaeth:
16 - Unswd Bwchys BL7, 8 a 9

Enw	Dyn	Enw	Enw
Prif Ffôn Cwm Rhondda	Prif Ffôn Cwm Rhondda	Prif Ffôn Cwm Rhondda	Prif Ffôn Cwm Rhondda

Eisteddfod
Cymoedd Morgannwg

Cystadluwaeth:
151 - Perfformiad Theatrïol a Sgript BL7, 8 a 9

Enw	Dyn	Enw	Enw
Prif Ffôn Cwm Rhondda	Prif Ffôn Cwm Rhondda	Prif Ffôn Cwm Rhondda	Prif Ffôn Cwm Rhondda

Eisteddfod
Cymoedd Morgannwg

Cystadluwaeth:
160 - Perfformiad Theatrïol Unigol a gŵil a Sŵn Gerd BL10 a dan 19 oed

Enw	Dyn	Enw	Enw
Prif Ffôn Cwm Rhondda	Prif Ffôn Cwm Rhondda	Prif Ffôn Cwm Rhondda	Prif Ffôn Cwm Rhondda

Eisteddfod
Cymoedd Morgannwg

Cystadluwaeth:
17 - Deuad BL7, 8 a 9

Enw	Dyn	Enw	Enw
Prif Ffôn Cwm Rhondda	Prif Ffôn Cwm Rhondda	Prif Ffôn Cwm Rhondda	Prif Ffôn Cwm Rhondda

Eisteddfod
Cymoedd Morgannwg

Cystadluwaeth:
18 - Unswd S.A. BL10 a dan 19 oed

Enw	Dyn	Enw	Enw
Prif Ffôn Cwm Rhondda	Prif Ffôn Cwm Rhondda	Prif Ffôn Cwm Rhondda	Prif Ffôn Cwm Rhondda

Eisteddfod
Cymoedd Morgannwg

Cystadluwaeth:
20 - Deuad BL10 a dan 19 oed

Enw	Dyn	Enw	Enw
Prif Ffôn Cwm Rhondda	Prif Ffôn Cwm Rhondda	Prif Ffôn Cwm Rhondda	Prif Ffôn Cwm Rhondda

Eisteddfod
Cymoedd Morgannwg

Cystadluwaeth:
60 - Unswd Offer Tars BL7, 8 a 9

Enw	Dyn	Enw	Enw
Prif Ffôn Cwm Rhondda	Prif Ffôn Cwm Rhondda	Prif Ffôn Cwm Rhondda	Prif Ffôn Cwm Rhondda



Eisteddfod
Cymoedd Morgannwg

Cystadluwaeth:
27 - Côr S.A. BL13 ac iau

Enw	Dyn	Enw	Enw
Prif Ffôn Cwm Rhondda	Prif Ffôn Cwm Rhondda	Prif Ffôn Cwm Rhondda	Prif Ffôn Cwm Rhondda



EISTEDDFOD
Rhondda Cynon Taf 3-10 Awst 2024







Dyheu • Dysg • Daioni

08 / 04 / 24

croeso'nol!

Wythnos B / Week B

Edrychwn ymlaen at groesawu
pawb yn ôl yfory.
Cofiwch ei bod yn wythnos 'B'.

We look forward to welcoming
everyone back tomorrow.
Remember it's week 'B'.

Barod i ddysgu | Ready to learn

Cofiwch bacio eich bag ysgol gyda:

- *eich trefnydd personol*
- *eich cas pensiliau gydag offer ysgrifennu ayb*

Gwisgwch wisg ysgol gywir (caniateir crysau polo yn nhymor yr haf)

**Cofiwch – dim ffonau symudol /
dyfeisiau electronig mas o fewn y ffens
las**

Remember to pack your school bag with:

- *a pencil case with pens / pencils etc*
- *your personal planner*

*Wear full and correct school uniform
(school polo shirts allowed in summer term)*

**Remember – no mobile phones /
electronic devices to be seen within the
school grounds**

**Cofiwch bwysigrwydd
presenoldeb gwych!**

Mynychu • Cyflawni • Llwyddo

**Remember the importance of
excellent attendance!**

Attend • Achieve • Succeed