



Welcome to our Easter 2025 edition!

Spring is finally here and nice, warmer weather is on the horizon ready for our holidays!

With the weather improving, we tend to spend more time outdoors with friends and family.

But while we're enjoying the sunshine... We asked our learners to think about any dangers that come with the hot weather?

We looked at the impact of wildfires on the **community**, **wildlife** and on the **Environment**..... And fires are happening on our doorstep!

Ar ein stepyn drws



We also looked at how our pupils should think twice before doing anything related to a naked flame or open water.....



<https://docs.google.com/presentation/d/1zJB3OVPNWzpnOAsO8b2YZOkWV8ne5fKm/edit?usp=sharing&ouid=104151140503423341654&rtmpof=true&sd=true>

We considered hidden dangers in outdoor water.

No matter how well you are able to swim, your body can go into shock within 1-3 minutes in cold water.

Did you know.....?



Wythnos 'Dim mwy'

Mae gan bawb yr hawl i fyw heb ofn a thrais

Coinciding with International Women's Day, we focused on how online hate speech is directed at girls and women and the importance of respect between boys and girls to develop an understanding of gender-based stereotyping in careers.

https://docs.google.com/presentation/d/17Auc4ldgCk_kafGUqC_AR20CIs7ErqIKm/edit?usp=sharing&ouid=104151140503423341654&rtmpof=true&sd=true

Everyone has the right to be safe, to be themselves and to live lives without being discriminated against.



A whole school focus for us is **ON-LINE SAFETY**

In today's digital age, where technology is permeating all aspect of life, parents face the daunting task of protecting their children from the darker corners of the world online.

We would like to shed light on apps that can be dangerous to children, emphasising the need for parental guidance and supervision. From anonymous messaging platforms that can be the basis for cyberbullying to seemingly harmless social media apps that could reveal inappropriate content to children, we'll give an overview of apps that guarantee a closer look from guards. 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



Parent/Carers

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

Pupils



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

Did you watch **Adolescence** on Netflix recently? Here's a series that shines a light on the issues facing young people today, which can affect their mental health in new and complex ways.

Many parents may be surprised by the portrayal of a teenager's online life and the distress it can cause.

If you are worried about your child, we have attached some links below:

<https://www.mentalhealth.org.uk/explore-mental-health/blogs/advice-parents-worried-about-issues-raised-netflixs-show-adolescence>

<https://www.screenagersmovie.com/blog/what-parents-can-learn-from-adolescence>



Do you understand the emojis young people use?
Do they understand them? Below is a guide to help you:

https://drive.google.com/file/d/1Ed4LS-ZTMS05CnYQwDN_WeLGrd2On8tk/view?usp=sharing



Things to discuss with your children



Do you know what apps your kids are using and their dangers? Here's a list of the websites and apps that young people are flocking to 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
- Being a good digital citizen – treating people as they would face to face
- Think before posting

Critical thinking:

- Make them aware that some people are hiding behind fake profiles
- Understand that everything they see online is not true
- Agreeing digital borders to allow them freedom to make informed decisions

Personal Safety:

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

Nurture in Action at Ysgol Gyfun Cwm Rhondda

This term, we have been embedding the 6 Principles of Nurture across our school community, helping pupils understand the importance of wellbeing, emotional development, and positive relationships in learning. Each week, form tutors have explored a different principle, reinforcing how nurture shapes success in school and beyond.



The 6 Principles of Nurture:

- ✓ Children's Learning is Understood Developmentally – Everyone grows and learns at their own pace. Understanding this helps us support each other's progress.
- ✓ The Classroom Offers a Safe Base – A predictable, secure environment helps children feel safe, valued, and ready to learn.
- ✓ Nurture is Important for Wellbeing – Positive relationships and emotional support are key to success at school and in life.
- ✓ Language is a Vital Means of Communication – Encouraging pupils to express themselves and develop positive interactions with others.
- ✓ All Behaviour is Communication – Understanding that behaviour reflects emotions and experiences helps us respond with empathy and support.
- ✓ Transitions are Important in Children's Lives – Change can be challenging, and supporting children through transitions helps build resilience and confidence.

Through this focus, we are strengthening relationships, improving wellbeing, and creating a more inclusive, supportive school environment. We encourage parents to discuss these principles at home and explore how they can be applied in daily life.

Together, we are building a more understanding, resilient, and connected school community!



SENEDD 24-25



Dyma rai aelodau o'r Senedd sydd wedi bod yn weithgar iawn eleni yn ymateb i'CH LLAIS CHI.

- ✓ Cyfnewid pwyntiau clod
- ✓ Ymgynghoedd amrywiol i hybu'r Gymraeg
- ✓ Gweithgareddau rhynglysol



During the spring term, the school Senedd has been actively engaged in various initiatives and discussions aimed at improving student life and ensuring that pupil voices are heard.

Monitoring Merit Points System

As a Senedd, we continue to assess the effectiveness of allowing pupils to exchange merit points through Classcharts. So far, the initiative has been very successful. Due to its popularity, pupils have asked for awards/rights to be added to the system and we will look at this next term.

Ffocws y Pwyllgor Parch yw Toileadau YGCR

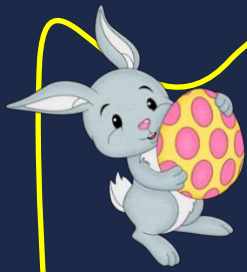


Focus on school toilets

One of our key priorities this term is to improve the condition and accessibility of school toilets. This focus arose due to issues such as vandalism and in-school truancy, which made some pupils feel uncomfortable using these facilities. Our work on this issue coincided with the Children's Commissioner for Wales' 'Issue of the Month' discussion. To gather opinions, we have:

1. Encouraged pupils to voice their concerns through tutors and class representatives.
2. Held several Senedd meetings to review the feedback received.

We recognise that there is significant work to be done, but we are committed to ensuring that all pupils feel safe and comfortable using school toilets. Our aim is to foster a whole school understanding that **all pupils have the right to access clean and safe facilities.**



LLES7

On-line safety and Social media use

During this half term, our learners have been engaged in valuable pastoral activities with an emphasis on online safety and the responsible use of social media. Through meaningful discussions, interactive workshops, and case studies, they have learned about the importance of keeping personal information safe, identifying risks on the web, and being kind and respectful when communicating on digital platforms.

We are extremely proud of their dedication to building critical thinking skills and digital awareness, ensuring they use technology safely and responsibly. The lessons learned will prepare them not only for their online life today but also for the future.



During this half term, Year 8 pupils have been exploring the important themes of respect, banter and bullying through meaningful pastoral activities. Through open discussions, group work and realistic scenarios, they have had the opportunity to reflect on their own behaviour and how to foster positive relationships with others.

LLES8

The sessions have helped the learners understand the thin line between banter and bullying, emphasising the need to show empathy and respect towards others. They have learned how to recognise the signs of bullying, how to respond appropriately, and how to support affected peers.

We are very pleased with the maturity and honest discussion of Year 8 in tackling these topics.

This term we've been focusing on online safety and sexual health. Week (7/4) RCT nurses came in to discuss sexual health with our learners. Yr. 9 were very mature when it came to discussing healthy relationships, consent, stis and contraceptive methods.

LLES9

Trust

Equality

Good communication

Cyd barch

Being Yourself

Honesty

Currently, pupils can make an appointment with Kirsty, or Hannah (the Sexual Health nurse) via email Llais@ygcwmrhondda.cymru but we will be gathering the voice of the learners in the new term on how we could facilitate the appointment making process.

LLES10

<https://careerswales.gov.wales/>

Our focus as a year this term has been on two levels. During February, year 10 went out on work experience. It was lovely to hear about the positive experiences our pupils had, even if they were very tired at the end of the week!

By undertaking work experience, Year 10 pupils develop the following skills:

1. **Communication skills** – speaking and listening effectively.
2. **Working in a team** – collaborating with other people.
3. **Time management** – being punctual and organised.
4. **Confidence and self-reliance** – coping in new situations.
5. **Problem solving** – responding to unexpected challenges.
6. **Understanding of the world of work** – learning about the rules, jobs, and expectations of the workplace.

The experience helped pupils mature and consider career options for the future.

After half term, our focus turned to preparing for mock and summer exams. Yr.10 benefited from Science sessions in the morning for three weeks to help them prepare thoroughly for exams. Some pupils have also attended after school sessions with Mrs Owens in order to prepare for their Welsh exam and there will be other revision sessions at the beginning of the new term.

After a very busy term, I hope there will be time for them to relax over Easter.



DYSGYGCR

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

DAIONIYGCR

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

Young Minds – Exam Self-Care

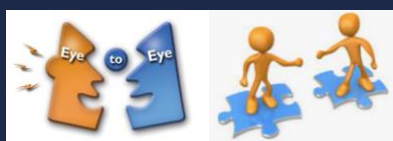
<https://www.youngminds.org.uk/young-person/coping-with-life/exam-stress/>

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/exam-stress.html>



LLES10-13

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

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

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. Exercise
3. Walking and connecting with nature
4. Play video game but limit the time, hours can pass quickly
5. Have a relaxing bath
6. Eat a healthy meal
7. Chat 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://hwb.gov.wales/repository/discovery?sort=relevance&catalogs=4027db3f-d3b9-453b-9f41-e5b1ef34ab6c&strict=1&showBackButton=1&query=tegau&ratings=580591c2-3f0c-4e77-87a7-72fa8d307138>

<https://carlam.cymru/cy/canfod-cwrs/>

Food Technology Lessons

"This term we have focused on developing higher level cooking and preparation skills in preparation for next year's coursework tasks. These include creating roux, tempering chocolate and creating fresh pasta."



As part of Work Related Education work and 'Enterprise Run' unit year 10 organised an Easter egg hunt where groups from year 7 had to solve clues to collect letters and work out an anagram to spell HAPPY EASTER DAY. Then there were cakes, cornetos, lollipops and drinks for sale to raise money.

£150 was raised for local charity Friends of Animals Wales in Ton Pentre.

GWOBRWYO

End-of-term attendance award ceremonies were held.

Congratulations to the 81 pupils who had

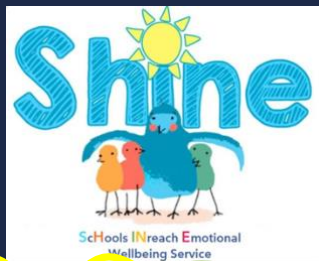
100

attendance since Christmas and won an easter egg and certificate!



Stress management:

<https://drive.google.com/file/d/1SxtqDNosCitJcVJDipvpEa3GLC-k3PU/view?usp=sharing>



Don't forget to make an appointment with Greg if you would like advice on supporting your child by emailing

helengriffith@ygcwmrhondda.cymru

7.5.25 (9.30 -12.30)

21.5.25

Wellbeing Lessons

Every March we celebrate *Women's History Month* as well as *International Women's Day*. At the heart of this is to honour and celebrate women and all their contributions throughout history to this day.

Skye James, Mia Bosanko and Amelia Curtis **were nominated** by staff members as inspirational young women who are strong, independent and successful women and role models for the school's younger girls. Congratulations to you!



Year 11 pupils have been completing wellbeing work during their pastoral periods in order to earn GCSE grades for YR 11 pupils, as a result, pupils who have done this will receive two B grades in their GCSEs



Clwb PAWB continues to run during lunchtime on Wednesdays. An opportunity for pupils to have a hafan without any criticism and a chance to be themselves.



In March, pupils had the opportunity to have some fun during red-nose day, a quiz was held in the morning and a baking competition over the weekend to earn extra merit points, and hopefully relax while having fun.



During In-line Safety Month, years 7 and 8 researched how to protect themselves online, hopefully this will help them make wise decisions.