

WELLBEING NEWSLETTER

Wellbeing Newsletter



CHRISTMAS

DECEMBER
2025



Cwtsh for Christmas

This half term saw the annual launch of our Cwtsh for Christmas appeal! Once again, the Rhondda community has been extremely generous in supporting us with donations of gifts and food. A huge thank you also to NandosUK for their amazing donation of food and countless gifts for **6** young people and their siblings. As a result of your generosity, food hampers were prepared for **19** families, and we were extremely fortunate to receive an amazing offer from Rhian Webber to provide a Christmas dinner hamper for **6 families!**

Thanks also to Blakemore Retail SPAR Treherbert for a £50 voucher and to Bethan Al-Nemah for making the application on behalf of Cwtsh y Cwm.

Your kindness truly reflects the spirit of Christmas – sharing, caring and bringing joy during what can be a challenging time for many.

Remember that Cwtsh y Cwm is open all year round – Cwtsh@ygcwmrhondda.cymru



Rewards

Our end of term awards ceremonies were held where our learners were rewarded for their Progress, effort, work and attendance. Well done to everyone who won a certificate! Upwards and onwards to 2026!



Pastoral team

Bl. 7: Mrs Seaton

Bl.8: Mrs Bessant

Bl.9: Ms Jones

Bl.10: Mrs Richards

Bl.11: Mrs Baker

B12/3: Mrs Morgan

ALNCo: Mrs Roberts

**Assistant Headteacher/Designated
Safeguard Lead:** Mrs Griffith

What have we learned?

Year 7

Self concept and puberty

Year 8

Substances- vaping, Caffeine, Self-Care

Year 9

Dangers of alcohol

Year 10

Substance misuse

Year 11

Homelessness

We have also learned about

1. Safeguarding our mental health
2. Movember
3. Fireworks Night Safety
4. Setting targets to improve on our performance
5. Showing the Red card to Racism
6. How to be a good friend; Anti-bullying
7. Respect and Responsibility
8. Respect diversity: Everyone learns and grows in their own way

Visitors

- Ace media Cymru with Yrs 7 & 8, - had knife crime workshops
- Ace media Cymru with Yr 7 exploitation workshops
- Smashed has been with Yrs 7&8 raising awareness of the dangers of alcohol
- Media Academi Cymru- positive masculinity- workshops with Yr 9 and 10 boys
- Platform & NSPCC worked with Senedd pupils in the digital den

Awareness Weeks

Anti-bullying week- wearing odd socks, completing work on kindness and anti-bullying in wellbeing lessons- pupils created chains of kindness

Stress awareness week- subjects discussed how elements of their subjects can help with stress- e.g. music, physical education etc

MOVEMBER- pupils have created artwork with tips on how to stay healthy



Year 7

Year 7 has had a very busy half term once again! Within registration time, learners enjoy an individual reading period each morning, building skills and a love of reading. In addition, discussions on various topics take place daily, especially during our extended periods on Mondays.

In recent weeks, Year 7 has received presentations on important topics such as racism, friendship, safety on social media, respect for others, as well as remembering historic events such as the Aberfan disaster and Remembrance Day.

More recently, PC Leigh Newman visited the school to hold special sessions discussing the dangers of Fireworks Night and our online behaviour. These activities are part of our commitment to fostering a safe, respectful and caring community for all our learners.

Year 8

The first term has been full of exciting opportunities outside of the classroom:

School show – Dewin Oz: A number of Year 8 pupils took part and showed their talents on stage. Singing in the Senedd - Everyone sang with pride and energy and showed again the talent that year 8 members have.

Sports matches: The school teams have competed enthusiastically and have shown great team spirit.

School trips: There have been several educational and fun trips, giving the pupils new experiences. Weekend in Llangrannog: This was a special highlight – an opportunity to enjoy outdoor activities, learn new skills, and strengthen friendships. This was also a great opportunity for me to get to know many of you better than I had, and the other teachers who came on the great time trip! Thanks 😊.

Next Term's Focus: Banter or Bullying?

During registration time and in our services, we will discuss the difference between banter and bullying. We will learn:

Where is the boundary between friendly jokes and comments that hurt.

How words can affect other people.

How to keep things respectful and kind at all times.

Look forward

With such a successful start, 2026 will be a year full of learning, success and fun. We're looking forward to seeing Year 8 continue to grow and enjoy every opportunity!

Year 9

During this half term, Year 9 learners have taken part in valuable pastoral activities, but have also had a particular focus in their wellbeing lessons on internet safety and understanding the dangers of sexting. Through open discussions, they have learned about making safe online decisions, protecting personal information and recognising risks that can impact their digital wellbeing.

In addition, the boys took part in a workshop on 'positive masculinity', exploring what "masculinity" means to them, where conflict can occur, and positive strategies for coping with challenging situations. The role of the 'bystander' was also discussed, considering how they can support others in a safe and constructive way.

Year 10

The pupils have been very kind in bringing things in for our Christmas appeal. Next term the pupils will be on work experience. A special opportunity for them to delve into the world of work and to take their first steps in their career. Work experience is an opportunity for Year 10 pupils to develop important skills such as communication, teamwork, time management and problem solving. They will also learn about professional discipline, use of technology, and gain confidence when interacting with new people. In addition, it gives a valuable understanding of the world of work and the skills needed for future careers.

Year 12/3

Yr 12 trip to University of South Wales for team building sessions and making the most of the 6th.

Year 13 have visited the university fair in October at Cardiff City Stadium. Over 50 universities and agencies there offer advice and give out countless freebies!

The blood service came in and a tribe from the 6th had signed up to be on the stem cell register – the service was extremely happy with their positive response.

A number of pupils have started accepting offers from universities or attending interviews.

We wish you every success!

Duke of Edinburgh - 9 pupils have started their work for the silver prize and have represented the school in the Senedd meeting the Duke as well.

Year 11

Year 11 have been busy completing coursework and preparing for their preparatory exams. Most had also sat their numeracy exams in November, we look forward to receiving their results in the new year.

While Year 11 is a busy one, it's also important for them to take a break over Christmas in order to be ready for the challenges ahead in the new year.



Dewin Oz

Our recent production of The Wizard of Oz has been a huge success, but the real value goes far beyond the final performance. During the weeks of preparation, the cast and crew experienced something special: a sense of belonging, an opportunity to make new friends, and the pleasure of working together toward a common goal.

The practice process has shown how important the arts are to the mental wellbeing of our pupils. This period has been a platform to develop confidence, resilience, and social skills, giving everyone who took part a strong sense of self-worth. It's not just the stage that creates the magic – but the laughter, the collaboration, and the moment when everyone feels like they're part of something special.

Thank you to everyone who contributed to this trip. The experience has proven once again that drama is about more than performing – it's a way to enjoy, grow, and build a strong community in our school.



Learners Voice – if you want us to listen, we have to hear you!

- Discussions have taken place on how changes in transport have affected pupils. Information shared with staff to ensure empathy and understanding of the challenges before arriving at school.

Sessions with Plattform and NSPCC on online safety.

The "Digital Den" group submitted a website idea – they won second place and a lovely slate trophy! A plan to integrate the idea into our "Daioni" website in the new year. Three members of the Senedd have been invited to an event at the Principality Stadium in February.

members of the Senedd have attended the Youth Forum at the Council Chamber, Pontypridd – promoting leadership, communication and civic participation skills. 2 of our Senedd have applied for the Welsh Youth Parliament!

The school community has taken part in the Health in Schools Research Network survey to help us understand learners' feelings and ways to improve the school support. All pupils have had the opportunity to complete a questionnaire. a whole-school approach for emotional and mental well-being. Staff, parents and governors are also invited to participate, which allows us to set meaningful wellbeing targets. There's still time for parents/carers to complete the questionnaire should you wish

<https://forms.cloud.microsoft/e/uaG0D3fE3f>
<https://forms.cloud.microsoft/e/O8AhcJAFTp>



Reards

We are very proud of our learners' efforts this term!



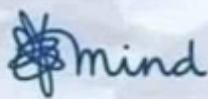




Christmas can be a happy time; a time to spend with friends and family, give gifts and have fun. It can also be an extremely challenging time of year! Be kind to yourself!

COPING AT CHRISTMAS

Christmas can be tough. That's why it's important to know there's always someone you can talk to.



0300 123 3393
Helpline
mind.org.uk

shout
85258

Text SHOUT to 85258
24/7 text service
giveusashout.org

SAMARITANS

116 123
24/7 helpline
samaritans.org

YOUNG MINDS

Text YM to 85258
24/7 text service
youngminds.org.uk

CALM

0800 58 58 58
Helpline for men
thecalmzone.net

PAPYRUS
INSTITUTE OF YOUNG SUICIDE

0800 068 4141
Under 35s Helpline
papyrus-uk.org

Cynhaliaeth i
ddisgyblion YGCR



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

Merry Christmas
AND A HAPPY NEW
YEAR!

