

YGCR Easter Well-being Newsletter

As we approach the Easter holidays, it's the perfect opportunity to pause, breathe deeply, and reflect on what has been accomplished over the term. The last couple of months have been busy and full of activities, but also full of examples of kindness, perseverance and support between our pupils and staff. In this spirit of renewal and hope, we encourage you to make time to take care of yourself, reconnect with your well-being, and enjoy the upcoming break.



Celebrating 75 years of Welsh language education in the Rhondda Valley

It was a privilege and an honour to celebrate 75 years of Welsh language education in the Rhondda over the weekend with Llwynycelyn, Ynyswen and all the friends of Welsh education in the valley!

75 years ago, two of the valley's first treasures were born - Ysgol Gynradd Gymraeg Ynyswen, 'Yr Ysgol Gymraeg', and Ysgol Gynradd Gymraeg y Rhondda Fach, Pontygraith, now Ysgol Gynradd Gymraeg Llwynycelyn. These two schools were at first small islands of Welshness, places where hope and identity grew. Now, those islands have grown into a continent of Welshness - five Welsh-medium primary schools, one comprehensive school, and a whole community full of pride - one team, one family, one generation at a time. As we mark this significant anniversary, our thoughts turn to those who opened the door first: the brave parents, the dedicated teachers, and the pupils who were enterprising enough to walk an unfamiliar path; Cutting a new coal in the coal layer! We thank those friends who were willing to fight and sacrifice in order to establish and defend Welsh education in the valley. We had the opportunity not only to celebrate their success, but the vibrant growth of the Welsh language and its unwavering place in the heart of our community.

"Fe fynwn i gadw Cwm Rhondda i'r genedl, a'r genedl hithau'n ardd gan ffrwythlondeb."
Those words resonate stronger than ever.
Forward with us, together, to the centenary!

TO CELEBRATE 75 YEARS OF WELSH EDUCATION IN THE RHONDDA VALLEY

Tudur Dylan Jones and cluster



Yn sŵn y plantos annwyl
acw mae llond Cwm o hwyl,
y rhain ddoe i'r Rhondda ddaeth
a'u geni'n gwneud gwahaniaeth,
a'u cyffroi yn rhoi, trwy'r iaith,
i deulu fywyd eilwaith.

Ynddynt, ym mhlant y Rhondda,
ers cyhyd mae'r dysgu da,
a thrwy'u sŵn fe welwn ni
ar ein tir wawr yn torri
gan annog iaith gynhenid
yr hen gwm drwy'r rhain i gyd.

A ni'n hŷn fe glywn ninnau
iaith wych y genhedlaeth iau;
dringo wna plant Bodringallt,
chwilio'r haul uwchlaw yr allt,
ac fe wel plant Llwynceilyn
eu hiaith hwy drwy'r parthau hyn.

Bydd, fe fydd yr henaith fwyn
yfory'n Llyn y Forwyn,
a phlant Bronllwyn, addfwyn ŷnt,
holl led y Gelli ydynt,
ac fe erys Ynyswen
yn driw o hyd i'r awen.

O'r hen ddoe'n y Rhondda hwn
down ynghyd, fe gyd-godwn,
awn law yn llaw, daw y dydd,
ac â hwyl, cawn â'n gilydd
i'r Canfed gerdded â gwên,
a throedio yn iaith Rhydwen.

Mae calon y 'cwm culach'
nawr yn well, yn curo'n iach,
mae pawb o hyd, mae pob oed
wir angen yr ieuengoed;
cof y rhain yw cyfrinach
Rhondda Fawr a Rhondda Fach.



THIS TERM'S WORK



Year 7

It was lovely to see our Year 7 pupils enjoying Welsh Music Day. Menter Iaith RCT came to the school with a great band and there was a lively gig in the hall. The atmosphere was great, with the children dancing and singing with enthusiasm! At the end of the performance, it was heartening to hear everyone unite to sing "Yma o Hyd", showing genuine pride in our culture and language. It was also great to see the creativity, enthusiasm and teamwork of our Year 7 pupils during Enterprise Challenge activities.



How much do you know about exploitation in order to keep your children safe? Complete the quiz below.

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If you would like more information on the signs, please contact
helengriffith@ygcwmrhondda.cyrn or visit
your website

Dysg

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

Our learners have been busy participating in a range of wellbeing activities over the spring term, from workshops focusing on positive thinking and managing stress, to team activities – they have shown enthusiasm and creativity in looking after their own wellbeing and each other's wellbeing. These sessions have not only strengthened their confidence and resilience, but have also fostered a clear sense of community and support within the school. We are very proud of their efforts and look forward to further developing this positive work

Year 8

Ace Media Cymru has delivered engaging and apt workshops focused on raising awareness of exploitation. Through discussions, real-life scenarios and interactive activities, the sessions have helped pupils understand the different types of exploitation and how to recognise warning signs. The workshops have empowered learners to think critically, make safe choices and to feel confident when seeking help if they have concerns. We are very grateful to Ace Media Cymru for providing such valuable learning experiences that strengthen the wellbeing and safety of our pupils.



Year 9

A group of Year 9 pupils had the opportunity to represent the school at the Tasty Challenge in Bryn Meadows, where they had to produce food products and compete against schools from across South Wales. The pupils showed creativity, cooking skills and great teamwork throughout the competition. We are extremely proud of their success, as they have won the award for the most innovative product—an achievement that reflects their commitment and outstanding talent.



Blwyddyn 10

Our learners enjoyed some very valuable work experience during February, having the opportunity to step into the world of work and develop a wide range of transferable skills. By working alongside professionals, they have built confidence, improved their communication skills, and learned about responsibility, time management and working as part of a team. The experience has also opened their eyes to the possibilities of new careers and given them a hands-on understanding of what is required in different roles. We are very proud of their enthusiasm and the way they have represented the school positively and a number of employers have approached to praise them.

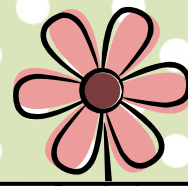
Year 9 pupils have all taken part in a sexual health workshop led by the school nurse team, carefully co-ordinated by our school nurse, Kirsty Roberts. The session was an opportunity for the pupils to discuss health, relationships and important information in a safe and supportive environment. Remember that Kirsty is at school every Wednesday, and Hannah Hoban, our sexual health nurse, visits the school once a month. If you would like to make an appointment or ask a question, you can get in touch by email: llais@ygcwmrhondda.cymru

YGCR career's fair

The day was a huge success – everyone from Year 7 to 13 had the opportunity to attend, with a lovely atmosphere throughout the day. The learners loved to engage, ask questions and speak enthusiastically to the various agencies and organisations, taking positive steps to own their future

A huge thank you to everyone who made the day possible: and it was lovely to see so many former pupils among them





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. Thank you to E2E for sharing the links and advice on how your child can cope with stress before and on the day of the exam.

**Here are some ideas that can help
reduce stress levels:**

Listen to music

Do some form of exercise

Go for a walk and connect with nature

Play a video game (but limit the time, hours can
pass quickly)

Have a relaxing bath

Eat a healthy meal

Chat with friends

Set realistic goals

Practicing mindfulness activities

Get enough sleep

Doing something you enjoy with family or
friends

**Be kind to yourself and give yourself
permission to take a break.**

Gwefannau defnyddiol

DYSGYGCR

[https://sites.google.com/hwbcymru.net/supp
ort4parentsygcr/ysgol-school](https://sites.google.com/hwbcymru.net/supp ort4parentsygcr/ysgol-school)

DAIONIYGCR

[https://sites.google.com/hwbcymru.net/daioni
ygcr/ysgol](https://sites.google.com/hwbcymru.net/daioni
ygcr/ysgol)

Carlam Cymru: A collection of videos
that support students with their revision

[https://e-sgol.cymru/cy/carlam-
cymru/](https://e-sgol.cymru/cy/carlam-
cymru/)

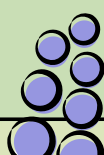
<https://hwb.gov.wales/repository/discovery?
sort=relevance&catalogs=4027db3f-d3b9-453b-9f41-
e5b1ef34ab6c&strict=1&showBackButton=1&query=tgau&rati
ngs=580591c2-3f0c-4e77-87a7-72fa8d307138>

Young Minds – Exam Self-Care

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

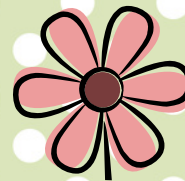
Student Minds – Exam Stress

<https://www.studentminds.org.uk/examstress.h
tml>





Year12-13



The 6th Form have been very busy this term. In January the Hwb Seren crew had the opportunity to visit Oxford University for the day where they had a tour of the university and the city and a taste of a lecture. A larger group went on a trip to Bath University at the end of February with a group from Treorchy 6th School to see a campus university – they had a great day talking to students and learning about all the resources that are out there. Leading up to the election, Branwen from the Senedd came in to speak to the 6th about the importance of the Senedd and voting. We also had a visit from former pupil Dione Rose who now works for Cardiff Met University. She spoke to year 12 about their post-18 options and the benefits of going to university. Everyone was very busy at the end of January preparing for the mock exams. On the 12th of March our Tourism crew organised a trip to Ninja Warrior as part of their course and a group from Year 12 had a lot of fun there for the afternoon!

I'd like to thank everyone who has also been helping with the reading scheme and everyone who has been involved in running the book fair over the last few weeks as well. And congratulations to Year 13 members who have received a wide range of offers from universities across the UK. They are now making their final decisions about where to go to study in September.

Thank you to Menter Iaith Rhondda Cynon Taf for organising Miri Mawr which is a series of free events held throughout the year for pre-school children and their families, with fun activities, entertainment and an opportunity to explore Welsh culture, our 6th form swogs had a great time f!





https://drive.google.com/file/d/1LM3LnRNwaEPaQSPSnARM1SX5ArQx2Lfe/view?usp=drive_link

The session encouraged deep reflection, discussion and confidence to speak out, giving the pupils the knowledge and skills to make safe and positive decisions in the future. We are very grateful to Leigh for such a valuable contribution to the health and wellbeing of our learners.



Cynhaliaeth i **CHI** i'w cynnal **NHW**
Supporting **YOU** to support **THEM**



If you want us to listen.... We have to hear you

LLAIS@YGCWMRHONDDA.CYMRU

Senedd

Members of our Senedd recently held a very interesting meeting with candidates for a post in the Welsh Department. They had the opportunity to ask insightful questions about their experience, their ideas for developing the department, and their vision for supporting pupils and providing feedback to the interview panel. The pupils were professional and confident, playing an important role in the recruitment process and showing great maturity in representing the voice of the school. We are very proud of their contribution and commitment to making a difference.

Llais y dysgwyr

We'd like to invite you—to share any feedback you have about our work—whether that's positive points about what we're doing well or suggestions for areas where we can improve. Your views are very important to us and help us develop experiences and provision that meet your needs even better

<https://forms.gle/B122McPDPaHAUxcA7>

MYP



Llew Harris

We are delighted to congratulate Llew on being elected as an RCT Member of the Youth Parliament. This election is a testament to his commitment to voice the views of young people and to his passion for making a positive difference in our community. By stepping into this role, he has shown leadership, confidence and vision, and we look forward to seeing the inspiring impact he will have in representing our school and district on a national level. We wish him every success in this exciting journey.



CYNHALIAETH

LLAIS@YGCWMRHONDDA.CYMRU

PANED A CHLONC

Paned a chlonc



Cyfle i rannu paned, sgwrsio, gofyn cwestiynau neu rhannu eich barn am yr ysgol a sut gall ein gwasanaeth i deuluoedd helpu mewn awyrgylch anffurfiol yn Cwtsh Y Cwm.

Mae croeso cynnes i bawb!



Ebostiwch ein Swyddog Ymgysylltu a theuluoedd i gadw lle
AbbieMorris@ygcwmrhondda.cymru

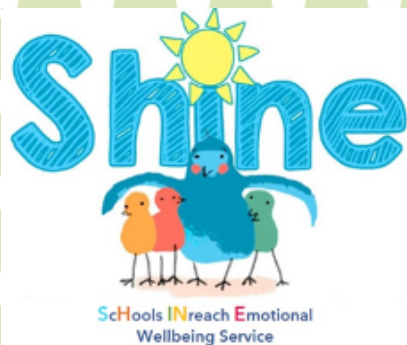
SCHOOLS FAMILY ADVICE SOUTH WALES

Citizens Advice Rhondda Cynon Taf provide free, confidential and impartial advice on a range of areas including debt, benefits, housing, employment and family.

If you or your family need help to find a way forward, scan the QR code below to self-refer in to the project.



<https://forms.office.com/e/p3g8vDbaqH>



Parents'/Carers' voice

We'd like to invite you—parents and carers—to share any feedback you have about our work—whether that's positive points about what we're doing well or suggestions for areas where we can improve. Your views are very important to us and help us to develop experiences and provision that meet the needs of our pupils even better. Thank you so much for your continued support.

https://www.canva.com/design/DAHFJxSASI4/S9AXt7Np0Tw56QNXq8IE5A/edit?utm_content=DAHFJxSASI4&utm_campaign=designshare&utm_medium=link2&utm_source=sharebutton



Gwasanaeth Nyrsio Ysgolion
Cwm Taf Morgannwg
School Nursing Service

IF YOU WOULD LIKE ACCESS TO ANY OF THE SUPPORT, CONTACT

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