

MAJOR NEWS / NEWYDDION MAWR

AUTUMN TERM / *TYMOR YR HYDREF*

Start / <i>Dechrau</i>:	Wednesday 4th September 2024 / <i>Dydd Mercher Medi 4 2024</i>
Half Term / <i>Hanner Tymor</i>:	Monday 28 October 2024 – Friday 1 November 2024/ <i>Dydd Llun Hydref 28 2024 – Dydd Gwener Tachwedd 1 2024</i>
End / <i>Diwedd</i>:	Friday 20 December 2024 / <i>Dydd Gwener Rhagfyr 20 2024</i>

Week Beginning Monday 18th November 2024 / *Dydd Llun Tachwedd 11 2024* | **Week 11 / *Wythnos 11***

Message from the Headteacher

Welcome to this week's edition of Major News. As you can see from the length of this newsletter, it's been another busy week here at Llantwit. I would particularly like to draw your attention to our Bullies Out project, which has involved a group of Year 10 pupils being trained as peer mentors to support younger students. This initiative has been launched in response to parent and pupil feedback gathered from stakeholder voice surveys that more avenues of support around bullying would be appreciated. We really look forward to developing the scheme over the coming weeks and months and it is an excellent opportunity not only to continue to strengthen our zero-tolerance stance towards bullying but also to provide valuable leadership opportunities for our young people.

I included in an item in last week's newsletter regarding uniform and unfortunately there has not been a satisfactory improvement. All pupils have been reminded of the following expectations in assemblies and lessons this week:

- pupils are NOT permitted to wear leggings, tracksuit bottoms or jeans to school.
- Blankets and hot water bottles are not to be brought to school in the place of coats. If pupils arrive to school with these items, they will be expected to hand them over for safe storage and they will be handed back at the end of the day.
- You must wear all black footwear to school, not trainers.

From Monday, if pupils arrive to school wearing leggings, tracksuit bottoms or jeans, they will not be allowed into class and will be expected to change into items we have in school. If we do not have appropriate items and/or pupils refuse, then parents/carers will be asked to bring in the appropriate items. I would therefore really appreciate it if you could ensure your child has appropriate uniform ready for school on Monday over the weekend. If you are struggling to obtain any items, please let us know and we can arrange providing you with items from our uniform store.

Finally, please may I remind you that Friday 6th December is an INSET Day. Advance warning too that as per previous years we will finish school early on the last day of term with buses departing at 12.30pm. The last day of term will also be Christmas jumper day and a separate communication will come out to you providing more details.

As ever, many thanks for your continued support and I wish you a restful weekend.

Safeguarding

Children are using smart devices from a much younger age than ever before. It's why it's essential we talk to our children about how to use them safely. There are so many positive benefits to the new technology at our disposal these days - however there are plenty of downsides too. As a parent, it's important you understand these risks and how you can take steps to protect your family against them.

1 PUT YOURSELF IN CONTROL

Make use of the parental control settings available to you. With most devices, you're able to change the settings to control the content your child has access to. This isn't difficult to do, as you'll often find guidance in the instructions that come with the device. By setting a private pin code on certain devices, you can make sure your child can only access it when you allow it.



2



PROTECTING ANDROID DEVICES

You can set up restricted users on Android tablets through a Google account. Open the settings menu (look for a cog icon) and select the 'Users' option. Here you can add a new restricted user. After setting up a password and username, select which applications you want to restrict access to. On an Android smartphone it's similar, but first select 'Parental Controls' in the play store.

3 PROTECTING APPLE DEVICES

For Apple devices, you can simply visit the preferences/settings menu and within 'General' there is an option for 'Restrictions'. Here you can turn off any applications or features on your child's device that you do not want them to have access to.



3

5



MAKE SEARCHING MUCH SAFER

Most search engines, such as Google, Bing or Yahoo, have a 'safe search' setting. You should activate this. Otherwise, it's extremely easy for a seemingly harmless search on the Internet to return unexpected and inappropriate results. Depending on the browser you're using, go to the settings and search for 'safe search'. Make sure you save the change so it defaults each time you open the browser. This will seriously reduce the chances of your child being exposed to something they shouldn't be.

4



THINK ABOUT ALL YOUR SMART DEVICES

As well as tablets and smartphones, you should think about any device in your home connected to the Internet: a games console, a media hub, or a personal computer. In each case you can usually find parental controls in the settings. Think carefully about how much access you want to allow your child, especially when it comes to accessing the Internet.



National
Online
Safety®
#WakeUpWednesday

9 Top Tips To Get Smart About children's devices

6

REGULARLY CHECK SOCIAL MEDIA SETTINGS

Before you allow your child to use social media, you should discuss the dangers with them. You should also make sure you're able to access their profile and privacy settings and check them regularly. The companies behind social media platforms often make privacy changes without making it very obvious to the user, such as Facebook's introduction of facial recognition software.



7



DON'T LET PEOPLE SEE WHERE YOU ARE

Location software sounds useful for seeing where your child is, but it also provides the opportunity for others to locate your child too. For safety, it's a good idea to disable location software on all devices or at least turn it off when it's not required. Also, be mindful of specific apps that record running routes or locations where your child might be playing a game. Talk to your child about why these can be dangerous and how to turn the setting on and off as required.

8 WATCH OUT FOR FAKE PROFILES

Sadly, social media presents an enormous opportunity for the likes of paedophiles to set up fake profiles and interact with children. Keep a track of the people your child interacts with on social media and if you do not recognise a user as a friend, consider blocking them.



8

9 KEEP A CHECK ON SCREEN TIME

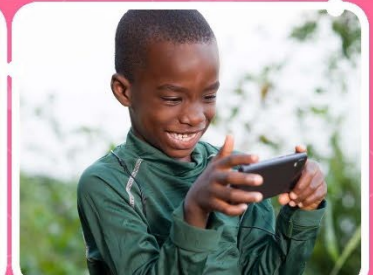
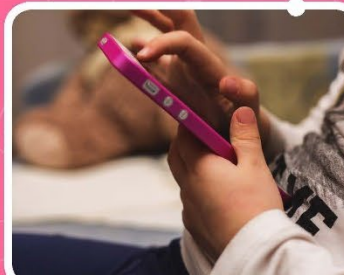
Managing how much time we spend on screens is a new challenge for us all. It's critically important when it comes to children, especially younger children who are still developing. It's not just a case of setting arbitrary time limits. Guidelines published by The Royal College of Pediatrics and Child Health suggests it's more important to consider the 'context and content' of what the screen is being used for. Still, it is helpful to put limits on devices using 'Guided Access' functions, which you can find in the settings of certain devices.



9

Meet our expert

Emma Davis was a secondary school Computer Science teacher for more than decade. Since leaving education, she has been working in a cyber security firm delivering cyber awareness training to businesses and carrying out network testing. She is a mother of a five-year-old, she's had vast experience of controlling and managing how children access online services and use apps.



10 Top Tips for Parents and Educators

ENCOURAGING OPEN CONVERSATIONS AT HOME

With tricky topics and occasional clashes of opinion, it can be challenging to maintain an environment where children feel able to talk candidly and honestly. However, encouraging such conversations helps to develop trust – making it easier to unpack even sensitive subjects as children get older. Here are our top tips for promoting open conversations at home.

1 CREATE A SAFE SPACE

Criticism, blaming or shaming can all prevent children from feeling emotionally safe – while showing affection, positive attention and an interest in what a child has to say builds their sense of security. These formative years are when children's opinions and values begin to take shape, so it's important to provide a non-judgmental environment in which to discuss them – especially if their opinions differ from your own.

2 CONSIDER OTHER OUTLETS

Some children may find it easier to talk while they're participating in another activity such as drawing, writing, walking or sport. If it's possible, taking part in these activities together presents you with an opportunity to communicate while doing something side by side. A child may feel less pressure that way and can be more inclined to open up of their own accord.

3 NORMALISE CHATS ABOUT FEELINGS

Incorporate mental health and emotional wellbeing into everyday conversations, using age-appropriate language and examples to help children understand their emotions. Ask questions like "How are you feeling today?", "What was the best and worst part of your day?", "If you could start today again, what would you do differently?" and "Is there anything you want to talk about?"

4 LISTEN ACTIVELY

When children express themselves, make it obvious that you're listening closely and giving them your full attention. Maintain eye contact and validate their feelings without immediately trying to solve the problem. It's not helpful to dismiss their issues as childish or 'teenage angst' – or to assume that they'll simply 'get over' whatever they're feeling. Children don't have your life experience; their resilience is still developing as they learn to push through difficulties and handle problems.

5 ASK OPEN QUESTIONS

Encourage children to share their thoughts by asking open questions about their feelings and experiences. Closed questions (such as "Did you enjoy school today?") are more likely to elicit a simple "yes" or "no" response. Instead, you could ask things like "Who did you spend time with at break?" or "Who did you sit with at lunchtime?"

6 RESPECT THEIR BOUNDARIES

If a child isn't ready to talk to about something yet, respect their boundaries: this reinforces that their feelings are important and worthy of consideration. Ideally, you're aiming to let them know you care without smothering them, so just make it clear that you're there for them whenever they're ready to chat. Gentle, regular check-ins can sometimes be the best form of progress.

7 LEAD BY EXAMPLE

Model open, honest and healthy communication in front of children and young people. Try to demonstrate kindness when talking about others and yourself, because if children hear adults being overly harsh, critical or judgmental, or see them having unrealistic expectations of themselves, it makes them more likely to adopt and repeat this behaviour themselves as they grow.

8 HAVE REGULAR CHECK-INS

Check in with children periodically to discuss how they're feeling and what's going on in their lives. This could be a weekly or monthly conversation, where the child has an opportunity to share whatever's on their mind. For parents and carers, getting away from the house and other distractions might be productive here: you could consider regular trips to a coffee shop or a café, or just a weekly walk.

9 PROVIDE RESOURCES

It's often beneficial to let children know about other support that's available to them if they're struggling to talk to you specifically. Encourage them to talk to school counsellors, trusted adults or even a therapist, if necessary – while normalising this route and dispelling the harmful stigma around asking for help. Older children could engage with resources such as Kooth or YoungMinds.

10 CELEBRATE EMOTIONAL EXPRESSION

It's beneficial to praise children for expressing their feelings honestly – emphasising how important it is to talk about their emotions and how proud you are of them for doing so. This can be especially pivotal for boys, who often experience more of a stigma around talking frankly about their feelings and their mental health – a barrier that can be overcome, with enough love and support.

Meet Our Expert

With 30 years' experience as a teacher, trainer, consultant and Interim executive board member, Anna Bateman has a superb understanding of what works in pedagogy, school improvement and leadership. She has also advised the Department for Education on their mental health green paper.



#WakeUpWednesday®

The National College®

X @wake_up_weds

f /www.thenationalcollege

@wake.up.wednesday

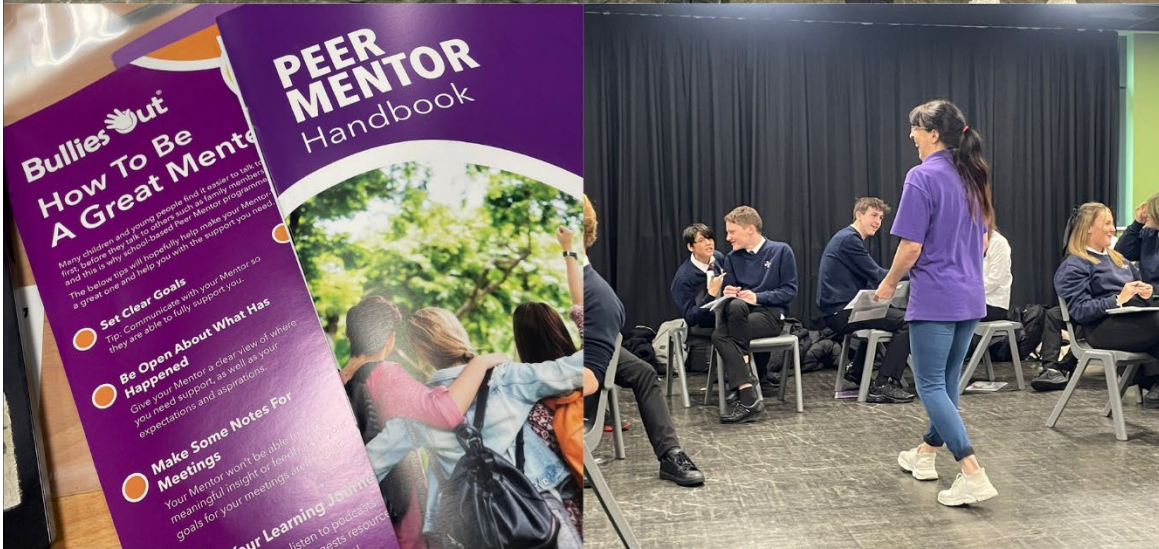
@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 20.03.2024

BulliesOut

Congratulations to our BulliesOut ambassadors who completed training this week.

We look forward to embedding their peer mentoring support into the wellbeing provision at Llantwit school.



A Week in Sport

A very cold game against Pencoedtre. ❄️

The year 7 team were part of a nail biting game with the score remaining 0-0 until the last 10 minutes. ⚽️ Pencoedtre took the lead on a fast break and shortly after [#teamlantwit](#) responded. ⚽️ Opportunities in the final stages of the game were had by both teams, but the game finished 1-1 which was a fair result for both teams. 🙌 A huge thank you to year 12 pupils Jacob Wakeham and Jamie Thomas for refereeing. 🙌

Goal scorer: Rylee Lewis. ⚽️

Mr Crocker's man of the match: Joseph Morrison. 🏆

Game faces vs silly faces. [#teamlantwit](#)



It was great to finally be able to play a year 11 fixture. 🏉 Thank you to St Richard Gwyn who made the journey in tough weather and played very expansive rugby despite low numbers. 🏉 Thank you to all the Llantwit players, who played for the opposition in the game, which is never an easy task! The game finished 45-45 with excellent skills, handling and physicality on show. 🏉 Men of the match: Sam Fellows for his unrelenting carrying. 🏆 Tyler Lee for his ball carrying 🏆 and Harry Fisher for his composure under every high ball. 🏆 [#teamllantwit](#)



🌟 Proud Moment for our Year 7 & 8 Girls' Football Team! 🌟

A huge shout out to our talented Year 7 and 8 girls' football team for their incredible skills, teamwork, and sportsmanship on the field! You've all shown what it means to play with passion and respect, supporting each other every step of the way. 🏆 Team A winning 14-1 and team B winning 6-0. Da lawn Girls. ⚽👏

[#teamllantwit](#)

Miss Bowen's Players of the Match: 🏆 Sienna Grey, 🏆🏆 Maia Thomas 🏆🏆 & Lyra Reeves. 🏆





Is your child struggling with their emotional and mental health?

The Cardiff & Vale Parent Carer Wellbeing Support Service can help you and your family

We can offer support, advice and a listening ear to help you to regain some balance, look after yourself and feel better equipped to support your child. We can provide:

- Advice, guidance and signposting to services that might help you with specific issues
- Online parenting courses and Family Lives helpline
- Drop in sessions
- Online forum to meet other parents and carers
- Short groupwork courses
- 1:1 support from trained parent volunteers for a 6-8 week period

For more information about this service, please email CharlotteW@familylives.org.uk or call on 07739 788115

We build better family lives together

www.familylives.org.uk

 @familylives



CYPF PPIT



© Family Lives | Reg company number: 3817762 | Reg charity number: 1077722 | Reg'd in England and Wales.. 15-17 The Broadway, Hatfield, Hertfordshire, AL9 5HZ

Attendance



Llantwit Major School's 10 Days of Christmas



Attendance Draw

We are excited to announce our "10 Days of Christmas Attendance Draw". If your child attends school every day for the 10 days leading up to Christmas break, they'll be entered to win a fantastic Marks and Spencer Hamper worth £150 for the whole family to enjoy.

Attendance is particularly important in these last days of term as we reinforce and assess key learning, and celebrate achievements together. Keeping attendance strong ensures students stay on track academically and don't miss out.

Christmas Jumper Recycling

As the school 'Eco Prefect', I would like to spread some Christmas spirit this year whilst also easing the economic strain and environmental impact consumerism brings.

By recycling Christmas jumpers, we can raise awareness of shopping sustainably as these are typically worn for one day a year. A huge waste!

Therefore, if you have any spare or unwanted Christmas jumpers, we would appreciate it if you could donate them to the school and help spread some joy this festive season.

Any donations would be greatly welcomed to Reception.

Thank you! Seren Johnston - Eco Prefect'



Parent Forum

Just to remind you that our first Parent Forum will take place on 2nd December at 5pm – if you would like to come along, please email parentforum@llantwitschool.org.uk so we can keep you updated with further details about the meeting, and also add you to our mailing list for future events.

Health & Wellbeing



Another lovely pupil walk to the beach with Year 10s and 11s. Once again, we were fortunate with the weather, although it's looking cold and rainy soon.

This walk currently runs every two weeks on Tuesdays at 3.15. Please speak to Mr Tomsa for further details.

Thankfully a few new players from Year7 joined our Friday Games club, so Mr Tomsa and Mr Pascoe finally managed to get a draw in basketball rather than losing against the pupils (small victories). If you would like to come along and join the fun, especially with the morning getting a bit colder, please speak to Mr Tomsa if you are interested.

The club run from 7.30 till 8am in the school gym.



School Calendar – upcoming events

Week Beginning – Monday 25th November 2024 / <i>Dydd Llun Tachwedd 25 2024</i>		Week 12 <i>Wythnos 12</i>
Monday 25 th November / <i>Dydd Llun Tachwedd 25</i>		
Tuesday 26 th November / <i>Dydd Mawrth Tachwedd 26</i>		
Wednesday 27 th November / <i>Dydd Mercher Tachwedd 27</i>	Yr7-11 Nasal Flu Immunisation	
Thursday 28 th November / <i>Dydd Iau Tachwedd 28</i>	Yr7 Parents’ Evening – face-to-face from 4pm	
Friday 29 th November / <i>Dydd Gwener Tachwedd 29</i>		
Week Beginning – Monday 2nd December / <i>Dydd Llun Rhagfyr 2 2024</i>		Week 13 <i>Wythnos 13</i>
Monday 2 nd December / <i>Dydd Llun Rhagfyr 2</i>		
Tuesday 3 rd December / <i>Dydd Mawrth Rhagfyr 3</i>	6th Form Open Evening – from 6pm	
Wednesday 4 th December / <i>Dydd Mercher Rhagfyr 4</i>		
Thursday 5 th December / <i>Dydd Iau Rhagfyr 5</i>	Christmas Concert St Illtyds Church - 6.30pm	
Friday 6 th December / <i>Dydd Gwener Rhagfyr 6</i>	INSET DAY 4	

Key Academic Dates 2024/2025

Autumn 2024:

- **Start:** Wednesday 4th September 2024
- **Half term:** Monday 28th October 2024 to Friday 1st November 2024
- **End:** Friday 20th December 2024

INSET Days:

- **INSET Day 3:** Friday 25th October 2024
- **INSET Day 4:** Friday 6th December 2024

General Information

Contacting School

Please refrain from telephoning the school, other than for urgent purposes.

Email is the preferred means of communication, and all the relevant email addresses are listed on the following page to allow you to directly contact either your child 'subject' department teacher, their progress teams or other areas of the school for assistance.

Please be reminded that we operate an appointment only system for meetings with parents/carers and if you present at school requesting an immediate appointment, we will not be able to accommodate you.

Forgotten Items

We can no longer accept the delivery of forgotten items such as PE kit, books, lunch boxes etc. during the school day. Please ensure your child arrives at school with the equipment needed for the day.

In the exceptional case where you do need to bring an item into school for your child, you will be asked to leave it with reception located in the school's main entrance. This is to reduce traffic on to the school site and ensure student safety during lesson transitions.

Medication

Please note we **do not** stock medication of any kind in school, including paracetamol, and we are not allowed to dispense medication without parental consent.

If your child receives prescribed medication a medical form, available from main Reception to be collected by your son/daughter, will be required to be completed and returned to Reception.

Should your child need medication throughout the school day please ensure they bring only what is needed for that day.

If your child is in receipt of free school meals and you would like to discuss any aspect of their school life, please contact Mrs L Pownall at pownalll@llantwitschool.org.uk

Primary Contact - email addresses

Progress Leader Team	Email Address
Progress Leader Yr7	Year7ProgTeam@llantwitschool.org.uk
Progress Leader Yr8	Year8ProgTeam@llantwitschool.org.uk
Progress Leader Yr9	Year9ProgTeam@llantwitschool.org.uk
Progress Leader Yr10	Year10ProgTeam@llantwitschool.org.uk
Progress Leader Yr11	Year11ProgTeam@llantwitschool.org.uk
Progress Leader 6th Form	Year1213ProgTeam@llantwitschool.org.uk
Headteacher	headteacher@llantwitschool.org.uk

Department	Email Address
Additional Learning Needs Department	ALN@llantwitschool.org.uk
Art Department	ArtDepartment@llantwitschool.org.uk
Business/Careers Department	CareersDepartment@llantwitschool.org.uk
Cymraeg Department	CymraegDepartment@llantwitschool.org.uk
D&T Department	DTDepartment@llantwitschool.org.uk
English Department	EnglishDepartment@llantwitschool.org.uk
Geography Department	GeogDepartment@llantwitschool.org.uk
History Department	HistoryDepartment@llantwitschool.org.uk
Home Economics	HomeEcDepartment@llantwitschool.org.uk
ICT Department	ICTDepartment@llantwitschool.org.uk
Maths Department	MathsDepartment@llantwitschool.org.uk
MFL Department	MFLDepartment@llantwitschool.org.uk
PE Department	PEDepartment@llantwitschool.org.uk
Performing Arts Department	PerformingArtsDepartment@llantwitschool.org.uk
RS Department	RSDepartment@llantwitschool.org.uk
Science Department	ScienceDepartment@llantwitschool.org.uk
Welsh Bacc Department	WelshBacc@llantwitschool.org.uk

Generic Email Accounts	Email Address
ParentPay Enquiries	parentpay@llantwitschool.org.uk
Parent Forum	parentforum@llantwitschool.org.uk
General School Enquiries	llantwitmajorhs@valeofglamorgan.gov.uk

Help and Support Information – outside of school

Schools Essentials Grant/School Uniform

Welsh Government have informed us that the School Essentials Grant remains open until 31st May 2025. Removing barriers to participating in education, including helping families with the cost of the school day, including school uniform, is so vital, especially in the current climate.

Registering as eligible for free school meals with your Local Authority unlocks access to the School Essentials Grant. It also means schools get more funding. With the introduction of free school meals for primary pupils, many parents/carers do not realise that schools will lose out unless they continue to register as eligible.

Please click on the link below for more information on both the grant and free school meals:

<https://www.gov.wales/get-help-school-costs>

Services and support that help with food costs. Information on food vouchers and food banks.

Penarth food pod:

https://www.valeofglamorgan.gov.uk/en/our_council/press_and_communications/latest_news/2022/March/New-Food-Pod-opens-in-Penarth.aspx

Vale Food Bank: <https://vale.foodbank.org.uk/get-help/foodbank-vouchers/#Vale%20foodbank>

Food Vale: <https://foodvale.org/where-can-i-get-support/>

How to get free or cheap food: <https://www.moneysavingexpert.com/shopping/how-to-get-free-or-cheap-food/>

Find information on grants and benefits available to you such as Council Tax Reduction.

<https://www.valeofglamorgan.gov.uk/en/living/Cost-of-Living/Grants-and-benefits.aspx>

Get help with household and energy bills.

<https://www.valeofglamorgan.gov.uk/en/living/Cost-of-Living/Household-and-energy-bills.aspx>