

MAJOR NEWS / NEWYDDION MAWR

SPRING TERM / *TYMOR Y GWANWYN*

Start / <i>Dechrau:</i>	Monday 6 January 2025 / <i>Dydd Llun Ionawr 6 2025</i>
Half Term / <i>Hanner Tymor:</i>	Monday 24 February 2025 – Friday 28 February 2025/ <i>Dydd Llun Chwefror 24 2025 – Dydd Gwener Chwefror 28 2025</i>
End / <i>Diwedd:</i>	Friday 11 April 2025 / <i>Dydd Gwener Ebrill 11 2025</i>

Week Beginning Monday 6th January 2025 / *Dydd Llun Ionawr 6 2025*

Week 16 / *Wythnos 16*

Message from the Headteacher

Welcome to the first Major News edition of 2025! I trust you had a restful and enjoyable Christmas break.

We are currently experiencing an extremely cold week of weather, please be assured that the school is appropriately heated, and children do not need to keep coats on in class or bring blankets to school. Please reiterate this to your children over the weekend.

Well done to all Yr10 & Y11 students who sat their English Literature exam this week and behaved in an exemplary manner.

Yr9 parents / carers, please be advised that next week Mr Davis will be taking a special assembly to outline the options process to your child. You will then receive communication from him, outlining the different stages of the process, in advance of Yr9 Options Evening on 6th February.

As ever, I wish you an enjoyable weekend and thank you for your continued support.

Mrs C L Robins
Headteacher/Pennaeth
Llantwit Major School/ Ysgol Llanilltud Fawr

Conflict Resolution

Conflict can arise through personal differences between individual pupils, problems which occur outside school life and are brought into school, or from difficulties arising from the breakdown of relationships between individuals or groups of pupils. This guide will provide you with the basic steps you can take to help pupils resolve conflict and develop the necessary skills to deal with difficulties which arise.

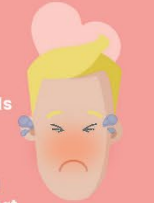
1. FORMULATE POLICY

When a school has a clear process for conflict resolution which is used by everyone, it helps pupils to learn the skills of dealing with conflict and to know what is expected when it does occur.



2. MANAGE EMOTIONS

Before any conflict is to be resolved, pupils need to access their executive functions such as thinking, listening and problem solving. This is not possible when their emotions are in charge. Help them to find the best way of calming down, and support them in this process if necessary.



3. ESTABLISH THE FACTS

Seek to gain the whole picture of what has happened from all parties so that the different perspectives are understood by all. This involves pupils actively listening to each other.

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If pupils can learn skills such as calming down techniques, active listening, debating and problem solving during lessons away from actual conflict, the better they will be able to employ these skills when conflicts do arise and strong emotions run high.



4. BUILD EMPATHY

If pupils understand their own feelings and those of others, it will begin to build empathy and an establishment of connection and reconnection between all those involved.

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Helping pupils learn the skill of conflict resolution takes time, particularly where strong emotions are involved, or pupils have not had good conflict resolution modelled before.

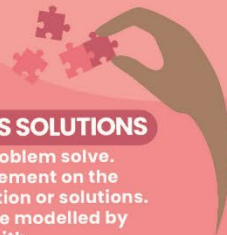


5. IDENTIFY RESPONSIBILITY

Where appropriate, it is important that pupils take responsibility for their actions and the consequences it has had for those involved. A good prompt for this might be 'Could you have done something differently to change what happened?'

Where appropriate, it is important that pupils take responsibility for their actions and the consequences it has had for those involved. A good prompt for this might be 'Could you have done something differently to change what happened?'

Share ideas and problem solve. Seek to reach agreement on the most suitable solution or solutions. This may need to be modelled by an adult to begin with.



The National College

This guide is part of The National College staffroom poster series. A collection of information posters for your school staffroom.



Meet the Expert: Anna Bateman
Anna Bateman, subject matter expert on mental health & wellbeing and school improvement adviser

10 Top Tips for Parents and Educators

SUPPORTING CHILDREN TO MANAGE CONFLICT EFFECTIVELY

Disagreement is a natural part of human interaction. This can seem particularly true when dealing with the sensitive issues that arise for secondary-aged pupils. This guide brings you 10 top tips which can help prevent conflicts arising or mitigate their impacts when they do.

1 INSPIRE RESPONSIBILITY

The best approaches to conflict resolution are restorative. This means that rather than adults imposing their own solutions on children who have had a disagreement, they should work with them. Allowing them to handle it can feel empowering to young people and will hopefully teach them to manage their own disputes as they move towards adult life.

2 ACTIVELY LISTEN

Remember to give every child the opportunity to voice their opinion, regardless of their age, stage of development, special educational needs, or other individual requirements. This can be done using a variety of different communication methods. For example, some children find it easier to express how they're feeling using pictures and drawings, while some prefer to write their ideas down.

3 BE CURIOUS

Demonstrating how to approach conflicts with a mature and empathetic mindset can set a good example to children, which can prove a useful skill for them later in life. Model this by asking inquisitive-yet-respectful questions about the issue at hand. Really try to understand where all parties are coming from, and share information between them when and where appropriate. This should encourage young people to mirror your behaviour, teaching them to be curious about the other sides of a conflict, and thus being more willing to hear them out.

4 PROMOTE DIFFERENCES

Children and young people may come from a range of different backgrounds and cultures or have protected characteristics which may cause them to see things from various angles. Having a school and community culture which celebrates and embraces diversity in all things – including diversity of opinion – means people are more likely to feel heard and understood.

5 BE SUPPORTIVE

Discussions may be sensitive or, in some cases, even trigger negative emotions. Pupils may have mixed feelings about the issue at hand. They could be nervous or anxious before even coming to the table to talk about it. Try and create a space where all parties feel safe, welcome and comfortable. Allow breaks and time-outs if the conversation gets heated, to prevent anyone from saying something they might later regret.

6 MENTALLY PREPARE

Think of how you can approach the conflict in a calm and regulated manner. Consider taking some extra time to prepare beforehand and finding somewhere quiet to relax. Even if you're not directly involved with the conflict, mediating can be a stressful experience in its own right. Make sure you're hydrated, fed and comfortable, and do the same for the young people involved. These may seem like insignificant factors, but it's important to remember that physical discomfort can trigger dysregulation, which can make it much harder to have a calm, productive conversation.

7 GET YOUR FACTS STRAIGHT

Make sure you have all the facts, figures and timelines of the situation prior to the discussion. This should be done as objectively as possible with the aim of resolving the ongoing issue. You may want to risk assess any problems that may arise and look for possible solutions during your preparation time.

8 STICK TO THE POINT

Make the reason for, and purpose of, any meetings or communications clear prior to setting them up. Provide an agenda. Act as a neutral chairperson who can keep all parties on track. Make sure everyone has a chance to air their concerns about the issue being discussed and try to avoid talking about unrelated incidents. Close off with some action points, detailing what everyone can do to resolve the conflict.

9 BE SOLUTION FOCUSED

It's often said that the art of diplomacy is about giving others ladders to climb down. This means the main aim of any meeting or correspondence should be finding mutually acceptable and amicable solutions. Parents, carers, teachers and pupils should be aware there may need to be a compromise for the common good – and, most importantly, the good of the children you're supporting.

10 DON'T IGNORE OR AVOID CONFLICT

No one benefits from allowing concerns and grievances to fester, as this can lead to further division and mistrust, and ultimately doesn't help the children involved. Use our tips to open meaningful lines of communication. These should help you find a suitable resolution and minimise the number of conflicts you're faced with mediating overall.

Meet Our Expert

Catrina Lowri is a neurodivergent former SENCO and advisory teacher. She founded her company, Neuroteachers, to improve inclusion for neurodivergent people. She works with nurseries, schools, colleges and businesses providing consultancy, training and mentoring to create belonging and understanding for people with the full range of neurotypes.



#WakeUpWednesday

The National College

Sources: See full reference list on guide page at: <https://nationalcollege.com/guides/supporting-children-to-manage-conflict-effectively>

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Safeguarding your children online

We have become increasingly aware of learners having negative experiences online with harmful content being shared. Wizz App is a platform that has become increasingly popular among young people. This app is not safe, and students are at risk of networking with people they don't know from all over the world, and receiving harmful content. Please be reminded that most social media platforms have ages ratings of 13+. As a school, we work closely with South Wales Police regarding online risks to learners and it was one of the many reasons we banned mobile phones at Llantwit Major School.

If you would like further guidance on how to monitor and manage your child's access to platforms and the internet please find further details here; <https://www.nspcc.org.uk/keeping-children-safe/online-safety/parental-controls/>

Talking Teens Parent Workshop

Following the success of last year's course Llantwit Major School is delighted to be welcoming the Vale Parenting Team back to host Talking Teens.

Please see the information below.

To register your interest in the course please complete the following form <https://forms.office.com/e/SqpHcNpATk>

What did parents say last year?

- "I felt better knowing I am not on my own."
- "I enjoyed the friendly and approachable group discussions."
- "It opened my mind to things I hadn't thought about in a while."
- "Talking to other parents and hearing their experiences was reassuring to know, everyone is in the same boat."

5-WEEK TALKING TEENS PROGRAMME

Talking Teens develops parents understanding of teenage development and the influence of brain development on behaviour. It promotes positive approaches to boundary setting and problem solving while encouraging the importance of listening, verbal and non-verbal communication.

WEEK 1 Being a parent of a teenager; the role of parents and responding to difficult feelings.

WEEK 2 Understanding your teenager; Teenage development, parenting styles and praise & criticism.

WEEK 3 Communicating with your teenager; talking & listening, communicating clearly & handling difficult issues.

WEEK 4 Managing conflict; rules & boundaries, choosing how to respond and problem solving.

WEEK 5 The importance of education and attendance.

Who?

Delivered by Vale Parenting Service (in partnership with the Inclusion Team), for parents/carers of children 11yrs+

When?

4th March 2025 – 1st April 2025
5-7pm

(please arrive at 4:30pm on week 1 to complete registration)

Where?

Llantwit Major Comprehensive



A week in Sports

🎉🎉🎉 WELCOME 2025 🎉🎉🎉

We hope you've all had a lovely Christmas and have had time to rest and relax with family and friends. All our sports activities will begin next Monday, 13th January. Please check out the PE extracurricular timetable below for further information. We look forward to seeing our returning pupils and lots of new faces attending our clubs. 🍊

For new pupils, a reminder that there is no need to sign up to any clubs!! All are welcome to attend, you simply turn up and enjoy. 🏀🏈🏐🏓

All clubs run from 3pm-4pm and pupils must have made travel arrangements to make their way home once the club has finished 🚗. During extracurricular activities, Llantwit Major PE kit is not mandatory but can be worn. 👍

We have several fixtures already in the January calendar for all year groups so we encourage all pupils to attend clubs to ensure they can be selected to represent the school if they wish to. 🌟 [#teamllantwit](#)

January 2025					
PE Extra-Curricular Timetable					
Week 1/Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Before School (7:30am)</i>					<i>Run Club Mr Tomsa Mr Pascoe</i>
<i>Week 1 Lunchtime 1:10 - 1:55pm</i>		<i>Badminton Miss Bowen</i>	<i>Basketball Mr Nunes</i>		
<i>Week 2 Lunchtime 1:10 - 1:55pm</i>		<i>Badminton Miss Bowen</i>	<i>Basketball Mr Crocker</i>		
<i>After School 3:00pm – 4:00pm</i>	<i>Rugby Mr Nunes</i> <i>Netball Miss Bowen</i>	<i>Fixture Day</i>	<i>Gymnastics Miss Bowen</i> <i>Football Mr Crocker</i>	<i>Health and Fitness Mr Crocker</i>	

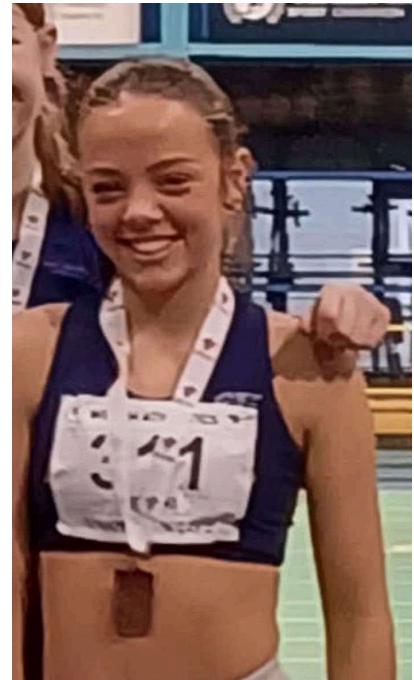


A massive congratulations to our year 11 Cardiff and Vale representatives who attended their Presentation evening over the break. 🏆 Well done to Aaron Moce, Eli Hickman, Walker Baugh and Declan Lester. 🏆 A special mention and further congratulations to Eli Hickman who won most improved player and Walker Baugh who won clubman of the year. 🏆 [#teamllantwit](#)

Congratulations to Imogen Vecchi who took part in the Welsh regional championships on the weekend. 🏆 🏆

Imogen won a silver medal in the hurdles with a new pb of 9.97. 🌊 Imogen also won bronze in the shot put with a new pb of 8.32. 🥉

Well done from all of us here at [#teamlantwit](#).



English Department

This week, our Year 10 learners completed their GCSE English Literature unit 1 exam which is worth 35% of their final GCSE grade. In preparation, the English Department ran two-hour revision sessions on both Monday and Tuesday, focusing on exam skills.

We were extremely impressed by the positive attitude of the learners during these revision sessions; their focus and hard work was exemplary. Furthermore, their approach and behaviour on morning of the exam was also excellent. We look forward to seeing the outcome of all their hard work when the results are released in March.

Science Department

REMINDER:

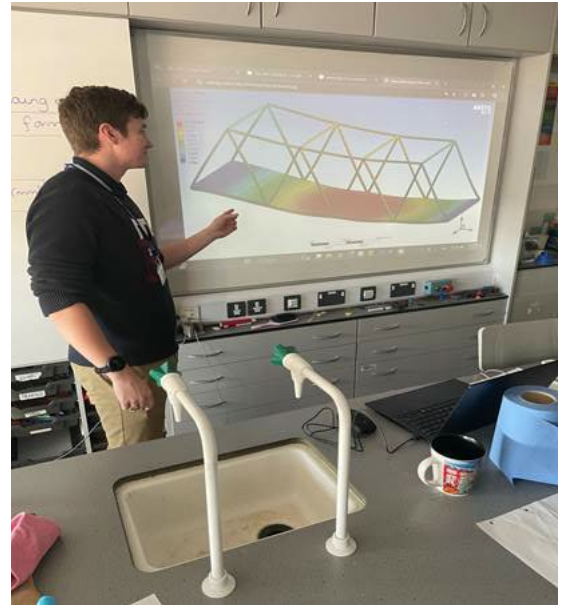
The Year 11 GCSE Science Practical Exams are already underway. Further details of specific dates have been shared via a ClassCharts announcement.

Pwb Lwc!

MIT Teaching STEM Classes

Once again, the pupils at our school have been lucky enough to engage with a range of hands-on activities that have been designed and delivered by a visiting student from the prestigious MIT university. Brian will be with us for the next three weeks, as part of the Global Teaching Labs program, teaching STEM classes that focus on aeroplane and space structures.

Brian was originally born in New York City before moving to Fort Myers in South Florida. He is currently in his fourth year studying Aerospace Engineering and Political Science and after graduating he will join the US Air Force, hoping to fly fighter jets and eventually working as a test pilot. Brian hopes this career pathway will be conducive to following his dream of serving as an astronaut.



Year 10 learnt about the importance of truss structures on the International Space Station.



They were then challenged to use their teamwork and communication skills, in combination with their integral skills of critical thinking and problem solving, creativity and innovation, planning and organising along with computational thinking to work together to build their own truss structure that could withstand tensile, torsion and compressive forces.



Atlantic College - Teen Chefs

Atlantic College have asked that we share details of an event their food systems students are delivering. It is a cooking event for teens (13-17) on Saturday, January 18th, and they have advised us that pupils of Llantwit School are welcome to attend and take part.

Participants will learn to cook meals from Nepal, China, Italy and the Philippines. They will also have an opportunity to participate in a Japanese tea ceremony, learn to use chopsticks and even the protocols on how to eat with their hands!

A more detailed presentation of the event can be found via the following link:

Presentation

If your child would like to attend, please email parentforum@llantwitschool.org.uk no later than the 15th January and we will pass your details on.

Please note that you will need to organise travel to and from the college yourself.

**Teen chefs:
World
edition!**

With UWC Atlantic
**18th January
2025
1-6:30pm**

**FREE OF
CHARGE**

.....
Meats from around the world!! Join us for an exciting day of intercultural cuisine! Learn how to make quick, delicious recipes from around the world and discover new flavors and cooking techniques. Connect with friends and enjoy a fun community meal together at the end. Perfect for ages 13-17!
.....

For More Information and Registration :

Music Department

INSTRUMENTAL LESSONS AT LLANTWIT MAJOR SCHOOL

Is your child interested in learning an instrument at school? Through a series of excellent providers, we are very pleased that we can offer a range of instrumental tuition for students at Llantwit Major Comprehensive School.

We also have a small stock of instruments that we can loan out (except for harp), and so purchasing an instrument is not always necessary.

Violin	Trumpet	Flute	Piano/Keyboard	Singing
Viola	Cornet	Clarinet	Guitar	Rap
Cello	Tenor Horn	Saxophone	Ukulele	
Harp	Trombone		Bass Guitar	
	Baritone		Drums	

Playing a musical instrument has huge benefits for students. It is good for academic progress, improving concentration, organisation, developing self-esteem and confidence and honing social skills; quite apart from the sheer pleasure playing music brings!

Prices will vary depending on the length of the lesson, but a typical lesson would be £13 for 20 minutes. Lessons will occur during the school day on a rolling rota to ensure minimum disruption.

NEW ENQUIRIES

If your child would like to register their interest in lessons, please fill out the form below and return to Miss Toms in the Music department. This can also be returned electronically via

PerformingArtsDepartment@llantwitschool.org.uk.

Once you have registered your interest the relevant instrumental teacher will contact them directly to organise lessons.

RETURNING STUDENTS

If pupils have previously registered for lessons and wish to continue with their teacher, please ask that they contact them directly to secure their space for the next term if they have not already done so.

INSTRUMENTAL LESSONS APPLICATION FORM

Please fill out this application form and return it to Llantwit Major School Music Department.

Student Name	Registration Group
Instrument Choice	
Parent/Guardian Full Name	
Parent/Guardian Email Address	

School Calendar – upcoming events

Week Beginning – Monday 13th January 2025 / <i>Dydd Llun Ionawr 13 2025</i>		Week 17 Wythnos
Monday 13 th January / <i>Dydd Llun Ionawr 13</i>		
Tuesday 14 th January / <i>Dydd Mawrth Ionawr 14</i>		
Wednesday 15 th January / <i>Dydd Mercher Ionawr 15</i>		
Thursday 16 th January / <i>Dydd Iau Ionawr 16</i>		
Friday 17 th January / <i>Dydd Gwener Ionawr 17</i>		
Week Beginning – Monday 20th January 2025 / <i>Dydd Llun Ionawr 20 2025</i>		Week 18 Wythnos
Monday 20 th January / <i>Dydd Llun Ionawr 20</i>		
Tuesday 21 st January / <i>Dydd Mawrth Ionawr 21</i>		
Wednesday 22 nd January / <i>Dydd Mercher Ionawr 22</i>		
Thursday 23 rd January / <i>Dydd Iau Ionawr 23</i>	MAT SEREN Trip – Y10	
Friday 24 th January / <i>Dydd Gwener Ionawr 24</i>		

Key Academic Dates 2025

Spring Term:

- **Start:** Monday 6th January 2025
- **Half term:** Monday 24th February to Friday 28th February 2025
- **End:** Friday 11th April 2025

INSET Days:

- **INSET Day 5:** Monday 17th February 2025
- **INSET Day 6:** Monday 21st July 2025

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>