

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 20th January 2025 / *Dydd Llun Ionawr 20 2025*

Week 18 / *Wythnos 18*

Message from the Headteacher

We have a bumper edition of Major News today since there was no publication last week. I do hope you are keeping well during this period of tempestuous weather.

I sent a communication earlier in the week regarding our expectations here at Llantwit Major and thought it pertinent to share them with you here:

Uniform

There has been an increase in the number of pupils breaking uniform rules since we returned from Christmas. Please be reminded that hoodies are banned. If pupils arrive to school wearing a hoodie, they will be required to take it off at the main entrance and hand it over for collection at the end of the school day.

Leggings and jeans are also not permitted. If pupils arrive wearing these, they will not be admitted to learning. We will provide pupils with suitable items if we have them. If we do not, parents/carers will be contacted and asked to bring appropriate uniform to school. We do not wish to inconvenience you by asking you to do this but do require pupils to follow our dress code. If you could therefore ensure that your child has appropriate uniform items, and that they leave for school wearing them, it would be very much appreciated. If you are struggling to obtain any uniform items, please let us know and we would be delighted to assist you.

Phones

We are a no phones school. Pupils are required to switch their phones off and put them in their bags before entering school. If they are seen with a phone out at any point during the school day, they will be expected to hand it over and will get it back at the end of the day. If they refuse, the matter will be escalated to a senior member of staff. Please could you remind your child/children of these expectations. If a pupil repeatedly breaks our phone rules, then they will be required to hand their phone in at the beginning of each school day before being admitted to learning.

Attendance at lessons

We have unfortunately experienced an increase in truancy from lessons with a very small number of pupils of late. We are in very regular contact with the parents/carers of these pupils, but it is of course the case that if pupils refuse to go to lessons, then they are missing out on vital learning and we as a school cannot safeguard them. We as a school very much want to work in partnership with you as parents/carers and ask for your support in ensuring high standards and expectations here at Llantwit Major. If your child truant and refuses to go to lessons, then we will contact you and ask you to come to school to support us in getting your child back into learning.

Could I please ask that you check your child's ClassCharts and if there are any trancies/refusal to go to lessons logged that you reiterate to them the importance of them attending all lessons on time. If you have any concerns regarding your child's attendance or wellbeing and are not already in regular contact with the school about these then please contact your child's progress team using the email address included in the weekly newsletter.

To close, it is interesting to note in the news this week that one of our three core values, kindness, has been voted word of the year amongst young people in a recent survey conducted by Oxford University Press. Here at Llantwit Major, we expect all students and staff to uphold these values of Ambition-Respect-Kindness and very much appreciate parental support in ensuring that our learners are following school rules and interacting with other members of the school community in a kind, respectful manner.

I wish you a relaxing weekend.

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

Emotional Intelligence

Emotional Intelligence helps people to perceive emotions in themselves and others, take control of stress and overwhelming emotions and build and maintain better relationships.

So how can you help your pupils to become more emotionally intelligent and manage exam stress, conflict and promote good mental health?

1. DEVELOP SELF-AWARENESS THROUGH THE CURRICULUM

Provide opportunities through the curriculum for pupils to widen their emotional vocabulary, and understand the emotions of characters through literacy texts and current news.



2. DEVELOP SELF-AWARENESS THROUGH PSHE

Explicitly teach pupils to connect emotional vocabulary with their own physiological experience. Teach pupils that feelings give us information that is helpful, and there are no good or bad feelings, just uncomfortable or comfortable ones.



6. APPLY TO CONFLICT SITUATIONS

At times of conflict, it is helpful to remind pupils that they can use these skills to understand, empathize and regulate their own emotions. They can also use problem solving skills to resolve conflict.



3. DEVELOP SELF-AWARENESS IN THE MOMENT

When pupils display a particular emotion, help them name it. When you can name it you can tame it.



5. HELP PUPILS TO PROBLEM SOLVE

Once pupils can understand and regulate their emotions, they can then make healthier choices and problem solve more effectively because they are not hijacked by strong emotions. Help pupils develop the skill of problem solving regularly.



4. MODEL HEALTHY SELF-REGULATION

Self-awareness leads to regulation. Provide pupils, through modelling and discussion, ways of managing and regulating overwhelming feelings i.e. calming down techniques, mindfulness, safe space or walk and talk.



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

DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

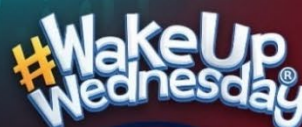
Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



Last week in Sports

And the cup run is over. 🏆

A tough battle against a very physical team saw the Year 9 rugby team face their toughest challenge last Monday (13th). The game was 5-5 at halftime after a try from Kaylum Wilcox and the team were starting to gain momentum. 🍌 However, two early tries in the second half for Caerleon saw the momentum change and Caerleon kept pushing hard until the last whistle where it finished 27-5. 🍌 A great spectacle and the boys should be extremely proud of what they've achieved. [#teamlantwit](#)

Try Scorer:

Kaylum

Wilcox. 🍌

Mr Crocker's
man of the
match: Ollie

Morris. 🍌



Another phenomenal football extracurricular on Wednesday 15th. ⚽ A reminder that football is after school on Wednesdays 3pm-4pm and open to all year groups. [#teamlantwit](#)



A terrific encounter between the Year 8 team and a very strong Stanwell side last week! There was some brilliant attacking phases from the Year 8 team but at key moments small mistakes cost us a well-deserved try. What's most pleasing is the number of pupils that turned out to represent the team. 22 players made themselves available with some excellent individual performances. 🏈

Mr Nunes' Players of the Match: 🏆 Harry Brown
Pilcher, 🏆🏆 Ethan
Packwood 🏆🏆 & Ethan
Stockwell. 🏆

[#teamlantwit](#)



This week in Sports

Another great lunchtime basketball club on Wednesday (22nd) run by our year 12 health and wellbeing leader Alex Robson. 🏀 [#teamlantwit](#)



A great performance from the Year 8 rugby team this week. 🍌 Perfect playing conditions for running rugby and that's what the spectators had! Some brilliant team and individual tries scored all round resulting in a 54-14 win. 🍌 The last time we faced St Richard Gwyn we finished with a draw in Year 7 which shows how far the team have progressed. 🍌 What's most pleasing is we fielded 21 players with 4 players unavailable.

Lots of new faces making their debuts for the team. 🍌 A special mention to Year 13 pupil Kaiden Baugh for his top quality officiating. 🍌 #teamllantwit

Try Scorers: Logan Keith, 🍌
Tomos Curtis, 🍌 Ellis Davies, 🍌
Rhys Williams 🍌 & Daniel
Matthews. 🍌
Conversions: Leo Carbis x 6
Mr Nunes' Player of the Match:
🏆 Evan Clayfield. 🏆



A fantastic extracurricular rugby session this week! Pupils worked extremely hard, and it was really pleasing to see some new and returning faces to the club. 🍌 #teamllantwit

Year 10 vs Year 11 football this week in preparation for GCSE PE moderation. ⚽
This year, Year 10 have bragging rights and beat the Year 11 team 4-1, with some great football played by all. 🍌 #teamllantwit



Under 18 Rugby



UNDER 18 RUGBY




We are looking to establish our Under 18 team for the 25/26 season.

If you are in school year 11 or 12 and want to be part of this fantastic rugby opportunity then we will be happy to have you.

- 🏉 New players welcome
- 🏉 WRU approved league & cup fixtures

INTERESTED?

contact Mark
on 07817 435056 or at
mark75rees@gmail.com

   @LlantwitRugby

Careers

The Vale of Glamorgan's biggest recruitment event will take place at the Memo Arts Centre, Gladstone Road, Barry (CF62 8NA) on Wednesday 12th February between 10am-2pm and 3pm-6pm.

This is an opportunity to connect with top employers and explore endless possibilities. 🧰🌟 60+ employers and providers will be in attendance offering employment and apprenticeship opportunities, interactive hands-on workshops and live demonstrations from Cardiff & Vale College pupils in:

- Automotive Engineering - have-a-go kit centred around Light Vehicle (Cars) and Robotics
- Aircraft Engineering - hand skills trainer & avionics head display unit
- Health & Care - staff providing information on courses
- Business / IT + space - Coding activities to programme gyrospheres
- Public Services - trying on riot gear and basic self-defence
- Hairdressing incl. hair-up restyles / straightening / curling
- CAVC Apprenticeship team offering advice & guidance on how to secure an Apprenticeship, different career pathways etc.



**APPRENTICESHIP
AND CAREERS
FAIR**

THE BIGGEST
2025 RECRUITMENT
EVENT IN VALE OF
GLAMORGAN
SO FAR!

MULTIPLE EMPLOYERS
OFFERING JOBS,
CAREERS &
APPRENTICESHIPS

UNMISSABLE
OPPORTUNITIES

EMPLOYERS +
COLLEGE + CAREERS + APPRENTICESHIP
UNIVERSITY

12TH FEBRUARY 2025
10AM - 2PM & 3PM - 6PM
**MEMO ARTS CENTRE, GLADSTONE
ROAD, BARRY, CF62 8NA**

DROP IN EVENT **OPEN TO
ALL AGES**

FOR FURTHER INFORMATION:
C4W-BARRY@VALEOFGLAMORGAN.GOV.UK

Logos at the bottom include: Skills Development Wales, Cardiff & Vale College, UK Government Wales, Gyfa Cymru Careers Wales, Vale Employer Prize, and Address Cyllegr.

Vale Foodbank

Providing emergency food to people in crisis.

Everyday people in Wales go hungry for reasons ranging from redundancy to receiving an unexpected bill. A simple box of food makes a big difference. Foodbanks rely on donations from school, churches, business, and individuals.

Get Help!

We know that anyone can reach crisis point and we're here to help when that happens.

Llantwit Major Foodbank

Bethel Baptist Church
Commercial Street
Llantwit Major
CF61 1RB

Tel: 07879 562077

Open on Wednesday between 1pm and 3pm



How can you support us and give help?

Every month we collect a different item for the foodbank – this month we are collecting tinned food. No baked beans this time though please.



If you can, drop your donation into the collection basket located in the main reception at Llantwit School **between the 27th – 31st January.**

We will collect your donations, and these will be packed into food boxes which will help people in your community.



Welsh



'Dydd Santes Dwynwen' also known as the Welsh St Valentine's Day is on Saturday 25th January.

Santes Dwynwen was a princess from the 5th century who became known as the patron saint of love. Click the links below to find out more about her story and some of the Welsh words used to describe the story:

https://youtu.be/X_U332b84rA

https://youtu.be/r5_yKOzyCis



Games Club

Games Club continues every Friday from 7.30am till 8am in the School Gym with Mr Tomsa and Mr Hall. Whilst we have our regular Year 7 pupils attending each week, we are always on the lookout for new members to come and join us for a bit of fun.

If any pupil is interested in joining, please see Mr Tomsa.

Health & Wellbeing

As part of the South Wales Police '#NotTheOne' campaign, school children are being educated about the dangers of knife crime and how to take steps to protect themselves against it.

On Monday 13th January, PC Sally Davies along with a group of external speakers addressed our Year 7 pupils and clarified the laws on what constitutes 'a weapon' and ran through a range of potential consequences that could arise if a person was to be caught in possession of any of these items.

Following PC Davies' presentation, the pupils were introduced to John Davey, who was himself a victim of knife crime having sustained very serious life-threatening injuries 20 years ago. Now, thankfully, he gives up his time to address students and shares his story in schools across South Wales to raise awareness of the dangers of knife crime.



Following the presentations, the Year 7 pupils had the opportunity to ask questions and really impressed our visitors by asking very mature and thought-provoking questions which they were able to respond to with very informative answers.

School Calendar – upcoming events

Week Beginning – Monday 27 th January 2025 / <i>Dydd Llun Ionawr 27 2025</i>		Week 19 Wythnos
Monday 27 th January / <i>Dydd Llun Ionawr 27</i>		
Tuesday 28 th January / <i>Dydd Mawrth Ionawr 28</i>		
Wednesday 29 th January / <i>Dydd Mercher Ionawr 29</i>		
Thursday 30 th January / <i>Dydd Iau Ionawr 30</i>		
Friday 31 st January / <i>Dydd Gwener Ionawr 31</i>		
Week Beginning – Monday 3 rd February 2025 / <i>Dydd Llun Chwefror 3 2025</i>		Week 20 Wythnos
Monday 3 rd February / <i>Dydd Llun Chwefror 3</i>		
Tuesday 4 th February / <i>Dydd Mawrth Chwefror 4</i>		
Wednesday 5 th February / <i>Dydd Mercher Chwefror 5</i>		
Thursday 6 th February / <i>Dydd Iau Chwefror 6</i>	Y9 Options Evening	
Friday 7 th February / <i>Dydd Gwener Chwefror 7</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>