

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 27th January 2025 / *Dydd Llun Ionawr 27 2025*

Week 19 / *Wythnos 19*

Message from the Headteacher

Welcome to this week's edition of Major News.

Thank you to all parents/carers who spoke with their children regarding uniform expectations following last week's newsletter: there has been a marked improvement this week which is fantastic to see. If children present to school wearing incorrect uniform, we always try to provide items from our uniform store in the first instance, which are not always returned.

We are particularly in need of ties and black tailored skirts at present. If you have any items at home, you no longer need and would be willing to donate them please drop them to main reception and we will ensure they are put to good use. Equally, if you are in need of any items, please contact the school and if we can, we will be delighted to assist you.

Please be reminded that Monday 17th February is an INSET day so school will be closed for pupils.

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

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one issue of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

12 Top Tips TO SUPPORT MENTAL WELLBEING THROUGH NATURE Online and Offline

'Nature' is a superb choice as the theme of this year's Mental Health Awareness Week, as there's clear evidence that getting access to nature is excellent for our mental health. With Covid-19 restrictions beginning to ease, it's the perfect time of year to rediscover the natural world and give ourselves a calming, uplifting treat. You don't have to drag the family on a four-hour hike, either – just 10 minutes each day in the garden, in the local park or your nearest green space could really help. Here are 12 suggestions for ways you can benefit from nature ... both online and off.

ONLINE

OFFLINE

1 Give something back to nature

A swift internet search should bring up details of any local conservation projects you could volunteer for, or litter-picking events that you could enrol the family in. It doesn't have to be a long-term commitment: most schemes are grateful for every bit of help!

1 Ditch the phone

Now the weather's improving, go for a walk in a green space nearby. If you're already familiar with your chosen route, you could always leave your phone at home to be completely free of the usual distractions and notifications.

2 Tranquil streams

Search your preferred music player for some soothing natural sounds. A few minutes' gentle audio of rainfall, ocean waves or birdsong are all great ways of unwinding at the end of the day to get you ready for an excellent night's sleep.

2 Put down some roots

Planting flowers, shrubs, herbs or vegetables can be extremely rewarding. Not only does it help us to connect with nature – it also provides an ongoing project to draw pleasure from. If your home doesn't have a garden, no problem: a window box will do the job just as well!

3 Give geocaching a go

If you've not heard of it, geocaching is a modern twist on the traditional treasure hunt. Participants look for items hidden in outdoor locations, using a GPS-enabled device like a mobile phone or tablet. We'd recommend that an adult accompanies young adventurers!

3 A different kind of tweet

Most gardens in the UK attract a wonderful variety of birds, and just watching them for a few minutes can be immensely therapeutic. There are some excellent apps and sites to help you name any species you don't already know or even play a game: identifying bird song, like bird song bingo!

4 Share what you see

While you're out exploring nature, take a photo or video of anything you find that inspires you. Not only will it be a nice memory for you to look back on, but you could also share it safely on social media and maybe motivate others to engage with the natural world!

4 Feed your feathered friends

Hang a bird feeder where you can easily see it from a window. Then enjoy the feelgood factor of satisfied avian visitors perching where you can see them. For something more advanced, you could try building a nesting box to fix onto a fence or under a windowsill.

5 Watch the stars

Looking at the night sky can be incredibly calming. There are some comprehensive stargazing websites and apps to help you locate and recognise different stars. It can take 20 minutes or so before you can see stars fully in the dark, even on clear nights, so allow your eyes time to adjust.

5 Park your worries

If you're lucky enough to live within easy travelling distance of a park, you'd benefit from using it. Whether it's to play ball games, get on your bike, walk the dog or just get some fresh air into your lungs, the potential bonuses for mental health are enormous.

6 Wildlife on the web

A Google search will bring up lots of sites that stream webcam footage of nature. From seals to barn owls, rabbits to badgers, you can get an intimate, heart-warming view of all kinds of animal communities from inside the comfort of your own home.

6 Art and soul

Younger children will enjoy drawing or painting animals or nature scenes, or writing a poem or song lyrics about nature. For extra art or crafting fun, you could collect natural materials – leaves, feathers, tree bark or seeds, for example – to use in your creations.

Meet Our Expert

Anna Bateman is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department for Education, advising them on their mental health green paper.



National Online Safety
#WakeUpWednesday

Sources: <https://rnhforest.org/coronavirus-lockdown-we-need-nature-now-more-ever> | <https://www.nationalgeographic.com/magazine/article/call-to-wild> | 'Mental Health and Nature', Mind, 2018

A week in Sports

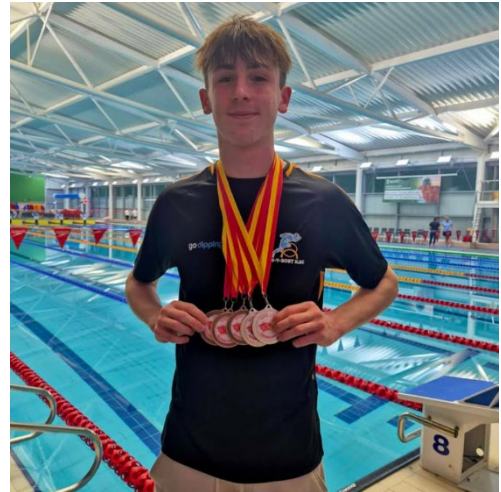
Attendance continues to be excellent for extracurricular football. 🍌 What a great group. 🏈 [#teamlantwit](#)



Congratulations to year 10 GCSE PE pupil Finn Burton who competed at the Welsh SLS Championships 2025 this weekend.

Finn competed for his new team Penybont at the Welsh Stillwaters Championships and won a bronze medal in the 50m manikin carry, a bronze medal in the Rope throw, a bronze medal in the manikin relay and a silver medal in the 100m manikin carry with fins. 🥉🥉🥉🥈

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



Well done to all the [#teamlantwit](#) pupils that competed in the Welsh Stillwater competition on the weekend in Swansea. Some amazing performances and a huge amount of team spirit. 🍌🍌



Seren Academy

Oxford Visit: January 2025

On January 23rd, the year 10 Seren Academy students took a day trip to Jesus College, Oxford for an educational visit to experience a day in the life of an everyday Oxford Student.

After arriving at the college, we got the chance to talk with current students and ask questions about college life, workload and help on applying. This allowed us to have a vision on the support and guidance towards attending Oxford.

We also had the opportunity to talk with Matt, a Professor at the Jesus College who specialises in Politics. He led the seminars, and he later gave us a taster on what an Oxford University interview would be like.

We then had the opportunity to have lunch in one of the old dining hall buildings which was full of paintings of famous people and one of two original paintings of Queen Elizabeth I. After, we split into groups and had a tour around Oxford campus led by another student, Danny. He showed us other colleges, many libraries and even where famous scenes in movies were filmed!

As a group we really enjoyed the tour as it also gave us opportunities to speak with Danny and ask questions as we walked around.

This trip really was a great way to see how applying to a University like Oxford would work and gave us as young students a good insight into college life. Many students believe this was a very educational trip and a lot of fun as not only did we learn things we were able to ask questions and see the city.

Written by Lucy White and friends on the long bus ride home.



Talking Teens Parents' 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



EXAMINATION RE-SIT FORM for Summer 2025

Information for Yr11 – Y13 students

If you are considering being entered for one or more re-sit exams, you need firstly to speak to your subject teacher. Your subject teacher will be able to tell you which unit(s) you need to re-sit, whether the unit is available in the next examination series and give guidance on revision.

To request a re-sit(s):

- Complete the personal information and unit(s) code details (and TIER where applicable) below. Your teacher / subject leader can support you with this.
- Don't forget to confirm which award you want to cash in/certificate (i.e Subject Name and level eg GCSE/ AS/ A level)
- Full payment must be made, and funds cleared before your request can be processed.
- **Please return the completed form with payment made directly via ParentPay by Thursday 20th February 2024 to Mrs Kaye.**
- Payments not made by 20th February will incur additional late charges, this cost is decided by the awarding body.

If you have any queries regarding the procedure for re-sits, please see the Exams Officer – Mrs Kaye.
Cost prices will be provided by Exams Officer.

Candidate Exam Number:Reg Group

Candidate Name:

Level*	Board	Subject Title	Unit Code & Tier	Tier	Unit Fee
Cash in Code					
*eg AS, GCSE				Total Cost	

Major News – suggestions welcome

Towards the end of last year, we asked for your feedback on any suggested improvements you had or any content you would like to see in Major News.

Thank you to those of you that have already provided feedback, this has been really useful.

If you didn't have a chance to provide your feedback and would like to do so, please email: parentforum@llantwitschool.org.uk.

We will collate all the suggestions received and use it to help us shape a 'refreshed' newsletter.

Vale of Glamorgan – Draft Budget Consultation

The Vale of Glamorgan Council's Cabinet has approved its draft budget proposals for 2025/26 for consultation.

The Council will receive just under £223 million from Welsh Government for 2025/26, a figure that accounts for around two thirds of its income. The rest is made up of Council Tax. The Council also receives income from charging for its services.

The money received from Welsh Government is an increase of 3.3% from last year.

However, demand for certain critical council services continues to grow rapidly, as does the cost of delivering many other services.

The Vale of Glamorgan Council, in common with councils across both Wales and England, is experiencing significant financial pressures across both children and adult social care, in school finances especially Additional Learning Needs (ALN) provision, and in providing school transport.

This means the Council is facing a significant budget shortfall for next year. As a result, changes are needed to bring its spending in line with its income.

These changes are set out in the draft budget proposals which proposes £9 million in savings from Council budgets, increased charges for certain services, **and a Council Tax increase of 6.9 per cent.**

The full budget proposals as well as various supporting information, including Equality Impact Assessments for many of the changes proposed can be found on [Participate Vale](#), the public participation hub.

The hub also features an [online survey](#). The Vale will be consulting on these proposals for the next four weeks and would like to hear the thoughts of all Vale residents.

The consultation will close on 14 February.

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.



School Calendar – upcoming events

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>		
Week Beginning – Monday 10 th February 2025 / <i>Dydd Llun Chwefror 3 2025</i>		Week 21 Wythnos
Monday 10 th February / <i>Dydd Llun Chwefror 10</i>		
Tuesday 11 th February / <i>Dydd Mawrth Chwefror 11</i>		
Wednesday 12 th February / <i>Dydd Mercher Chwefror 12</i>		
Thursday 13 th February / <i>Dydd Iau Chwefror 13</i>		
Friday 14 th February / <i>Dydd Gwener Chwefror 14</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>