

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 /	Monday 28 October 2024 – Friday 1 November 2024/
<i>Hanner Tymor</i>:	<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 21st October 2024 / *Dydd Llun Hydref 21 2024*

Week 8 / *Wythnos 8*

Message from the Headteacher

Welcome to the final edition of Major News before the October half term break.

This is the longest half term of the school year and I'm sure your child/children are all tired, particularly those in Year 7! As we reflect on the last eight weeks there is much to celebrate, and our learners should be extremely proud of their hard work and accomplishments.

I very much hope that the next 10 days provides the opportunity for all pupils to relax and recharge so they may return to school refreshed and ready for learning.

A huge thank you from me for your continued support as parents/carers and I wish you a restful weekend and an enjoyable half term with your children.

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

What Parents & Educators Need to Know about SHARING INTIMATE IMAGES

An intimate image depicts sensitive – often sexual – content, and sharing these photos or videos is commonly known as ‘sexting’. As of January 2024, it is a criminal offence to distribute any intimate images shared by a third party without consent, with offenders facing prison time. Naturally, misuse of intimate images can lead to emotional distress and reputational damage.

WHAT ARE THE RISKS?

EMOTIONAL DISTRESS

Victims of the misuse of intimate images and so-called ‘sexortion’ (blackmail involving sexual material) often experience significant emotional distress. The threat of having these photos or videos shared publicly can lead to anxiety, depression and a sense of helplessness. This emotional turmoil can affect daily life, academic performance and personal relationships.

DAMAGE TO REPUTATION

Intimate images being made public can severely damage a person’s reputation. This can lead to bullying, social ostracisation and long-term impacts on personal and professional relationships. If a blackmailer gets their hands on any intimate images, the fear of reputational damage can also make a victim far more vulnerable to ongoing extortion.

PRIVACY VIOLATIONS

Once intimate images are shared online, it can be difficult to quickly control where they wind up and who else sees them. This loss of privacy can have lifelong repercussions, including identity theft and persistent online harassment.

FINANCIAL EXPLOITATION

Perpetrators of sextortion may demand money from victims under the threat of releasing their intimate images publicly. This can lead to severe financial problems for victims and their families, compounding their emotional and psychological distress.

LEGAL CONSEQUENCES

If a child or young person creates and/or sends intimate images to others – especially adults – this is considered a form of child abuse under UK law. Having to disclose this type of abuse, although necessary, can be harrowing, leading to further trauma. It’s crucial for parents, carers and educators to understand the legal processes and be able to provide proper guidance and support.

TRUST ISSUES

Sharing of intimate images without consent can lead to long-term trust issues. Victims may find it difficult to trust others, impacting future relationships and their ability to form healthy, supportive connections. This erosion of trust can have profound effects on mental health and social wellbeing.

Advice for Parents & Educators

FOSTER A CULTURE OF OPEN COMMUNICATION

It’s vital to encourage open communication with children and young people about the dangers of sharing intimate images. Create a safe space where they feel comfortable discussing their online activities and any concerns they may have without fear of judgement. Be sure to respond to any worrying information with an attitude of support and learning.

PROMOTE DIGITAL LITERACY

Digital literacy is incredibly important for children and young people to understand how to protect their privacy online. Teach them about secure online practices, such as using strong passwords, enabling privacy settings and recognising suspicious behaviour. This empowers them to be proactive in terms of their own safety.

EDUCATE CHILDREN ON THE RISKS

Children and young people often want to understand why certain rules are in place. Educate them about the risks of sharing intimate images online, explaining the reasons for monitoring and other security measures. Highlight the potential for misuse, including sextortion, and the long-term consequences that can arise from these actions.

PROVIDE SUPPORT RESOURCES

Ensure that children and young people know where to seek help if they become victims of sextortion or any other online abuse. Help them identify in advance which adults they can turn to and provide them with information about trusted resources like helplines (e.g. Childline) that they can access if they need help.

Meet Our Expert

Gabriella Russo is a safeguarding and neurodiversity consultant with over 30 years’ experience working with children, families and adults in education, local authority and mental health settings in the UK and abroad.



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Source: See full reference list on guide page at: [what-parents-need-to-know-about-sharing-intimate-images](#)

A Week in Sport

A valiant effort from our year 8 rugby team against one of the strongest teams in the area. 🍌
A much-improved performance from the team in comparison to the last time we faced Cowbridge in year 7. Sadly, we came out the same side of the result, with Cowbridge showing their dominance once more. However, in glimpses, there was fantastic play with the team showing exactly what they were capable of when in possession and were rewarded with 3 brilliant tries! Try Scorers: 🍌 Ethan Stockwell 🍌🍌 & Tomos Curtis. 🍌 Conversions: 🏈 Leo Carbis x 2.

🏆 Mr Nunes' player of the match: 🏆🏆 Tomos Curtis. 🏆 #teamllantwit



Well done to the Makers. 🙌 Abigail and Jayden Maker passed 2 stages in their Karate grading last weekend. 😊

Jayden is now Blue Belt, Yellow stripe and Abigail is now Blue Belt.
#teamllantwit



It was so pleasing to see 26 players make themselves available for the fixture against Stanwell. Llantwit took an early lead with tries from Joao Clark and Jack Collins. 🍌 Jack converted his own try and took the team in to half time 12-0 up. However, Stanwell were extremely powerful and testing every part of the defence, and with a great break from the Stanwell centre, they were under the posts. 🍌 Stanwell then took the lead after some heavy carries from their pack and a converted try took the score to 14-12 to the visitors. It was an arm wrestle then for the last 10 minutes, and in the final minutes Llantwit were awarded a penalty on the 22m line. Up stepped Jack Collins to kick the final penalty, 🍌 a few tight seconds passed and eventually #teamllantwit secured the win 15-14. 🍌

Mr Crocker's MOTM: Ollie Morris. 🏆 #teamllantwit



An update from year 9 pupil Eddie Mullis and his clay shooting competition at the weekend. 🎯 Eddie did brilliantly, especially considering he has only shot the ABT discipline 3 times before. 🍌 He was privileged to be shooting alongside and against GB shooters, Welsh Internationals and Welsh Champions. Eddie was pleased to be a part of the winning county, Glamorgan. 🇬🇧 A huge well done and an example of what can be achieved if you try something new. [#teamllantwit](#)



Badminton club in full swing during Wednesday's lunchtime club. 🏸
[#teamllantwit](#)



An extremely tough game in the CVSFA cup against a very strong Cowbridge team. 🏴‍☠️ It wasn't our day, but the boys fought until the very end and should be proud of their efforts. 🏆 We'll dust ourselves off and begin to prepare for the next fixture. 🏴‍☠️

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

Unbelievable work rate throughout the game and covered every cm of their 4G. #teamllantwit

Another great performance from the year 9 rugby team who beat a very raw and powerful Whitmore team 50-14.

The year 9 rugby team are now unbeaten with 5 wins in 5 games. 🍌

Even more pleasing was being able to make 10 changes to the team who previously played, with a lot of new players joining the team, which is excellent to see. 🍌

Try scorers:

Timothy Balbach, 🍌 🍌 Ollie Morris, 🍌 🍌

Asher Osbon, 🍌 🍌 Jack

Collins, 🍌 Evan Parsons, 🍌 Rory Edbrooke 🍌 & Jonah Hickman. 🍌



Mr Crocker's men of the match: Finlay Wood 🏆 & Timothy Balbach 🏆 #teamllantwit



Congratulations to Sophie Roberts. Sophie has been a member of Llantwit Major Archers since 2022 and last weekend took part in a Welsh Field Archery Association competition, in AfanNedd.

Sophie successfully came away from the competition with a new WFAA Juniors record. Sophie will be presented with her certificate at their next competition in November.

Well done Sophie!

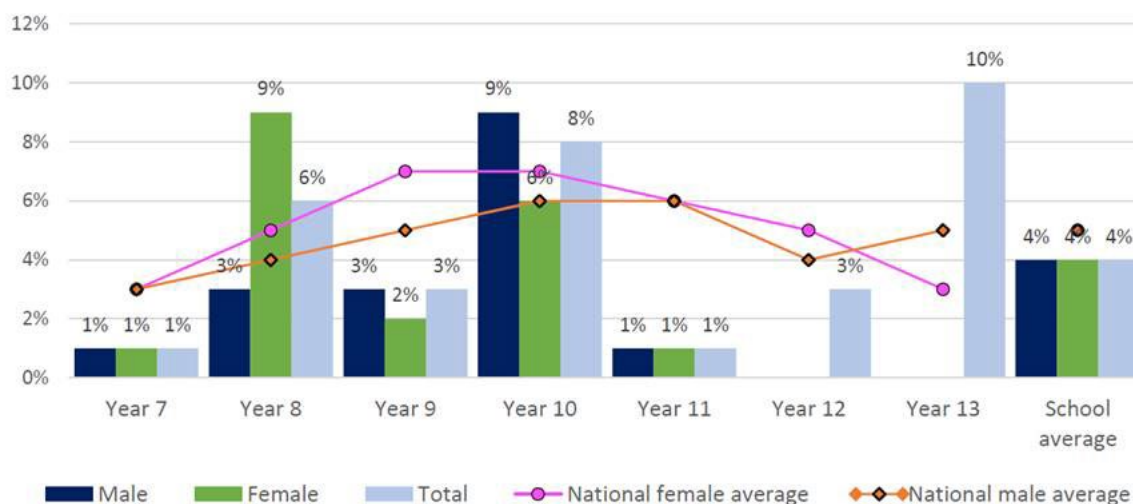


Health & Wellbeing October Focus

With Halloween approaching and pupils likely to indulge in the festivities over the forthcoming holiday, it is worth bearing in mind the dangers of energy drinks.

Last year, pupils in year 8 and 10 indicated that their consumption of energy drinks was far higher than the national average. These students are now in years 9 and 11 and they continue to bring energy drinks into school or are drinking them on the way to school.

Fig. 4 Llantwit Major School: Students who usually drink one or more energy drinks a day



I am sure that you are aware of the dangers of young people consuming energy drinks. According to key sources, the main areas of concern are:

- Caffeine content: Energy drinks can contain high levels of caffeine, which can cause increased heart rate and blood pressure. It is recommended by experts that adolescents aged 12-18 consume less than 100 mg of caffeine per day, but some energy drinks can contain 100-200 mg of caffeine per serving.
- Sugar content: Many energy drinks contain large quantities of added sugar.
- Risky behaviours: Energy drink use has been linked to risky behaviours.

Please can parents and carers raise the topic of energy drinks with their children through curiosity, rather than a lecture or a ban. Ask your children what they've heard about energy drinks, why they drink them, and how they make them feel.

It is always good to be prepared ahead of having these conversations at home, so I do hope that this month's H&W focus is helpful.

Careers



Careers Wales is committed to ensuring that parents are empowered and suitably prepared to support their child in their career planning.

In addition to the information and tools available on their website, they create a newsletter for parents every term.

We are pleased to share their autumn newsletter with you. One version is written for parents and carers of children in mainstream education. The second version is for parents and carers of children with additional learning needs.

Newsletter for parents and carers of children in mainstream education:

https://publicfiles.careerswales.gov.wales/cw-marketing/newsletter_parents_autumn.pdf

Newsletter for parents and carers of children with additional learning needs:

https://publicfiles.careerswales.gov.wales/cw-marketing/newsletter_parents_autumn_aln.pdf

Mathematics

Congratulations to our three SPARX winners from years 7, 8 and 9 this half-term. These pupils have achieved the most XP points on SPARX this term in their year groups. They were rewarded with a certificate, a jump the queue pass and a sweet treat.

For a chance to win next term, pupils need to ensure they complete their SPARX homework, and to increase their XP points, they can try the XP boost and independent learning sections.

The winners were, Jacob Martyn (7), Ruby McClelland (8) and Harry Cooper (9).

School Crossing – Lollipop Lady

Just to remind parents that currently we do not have a SCP. The Vale is unable to provide cover, and we have not been advised when they will return. Just in case they are not back when pupils return to school after the half-term break, please remind your children to be extra careful when crossing Ham Lane East and to look out for school staff who will be on duty in the area to assist them if necessary.

6th Form Nutrition – Gateaux Practical

Some fantastic results from our 6th Form students, during their Gateaux Practical.

Hopefully they made it home safely and parents / carers enjoyed tucking into the results!



Performing Arts News



Fantastic Oliver rehearsal last week with a whopping 127 students currently on the cast list! This is going to be a mammoth undertaking but we at Performing Arts HQ cannot wait!

Letters for parent/carers have been issued, to ensure everyone is confident with key dates and rehearsal commitments.

Will this show be worth the wait?
ABSOLUTELY!



A Major Review

The September winner of the Major Review is Belle McKenzie in year 8. Thank you for writing such a thorough review. Remember the competition is open all year. Enter your book review using the Google Classroom code: onkqgla for the chance to win a £20 voucher!

Review of *The Switch Up* by Belle McKenzie

The title of this fabulous book is 'The Switch Up' and the Author of this book is called Katy Cannon. In my overall opinion, I quite like this book as the detail really goes quite deep into depth and clearly explains what is going on in the storyline. It even fully describes what is going on in each stage of the story as you read through the book. My final opinion is that it doesn't give away what is going on later on in the book, as soon as you start it.

The book is about 2 girls named Alice and Willa who look absolutely identical to each other but are strangers. They both meet each other while waiting for both of their flights in the airport and decide to swap lives for the few weeks they are both on holiday. But later on, when they land in their destination things start to go downhill and don't end up as good as they thought they would.

I most enjoyed the part when they were in the airport because it was their first time meeting each other and realising what they would do was really shocking. But also, as they are two completely different people, like different tastes in fashion and everything but only look like each other. So that makes the book even more fun to read.

Personally, I would recommend this book if you're into drama and stuff related to that, as a lot of drama happens near the end of the book. But I would recommend this book to 10+, only because I don't think anyone any younger would get the book as well as

pre-teens/teenagers. Overall, I would give this book a 4-star rating out of 5 as they could have given more detail while they were waiting at the beginning o



Our October winner is Jasper Porter, also in year 8. This sounds like a unique read. If anyone enjoys Maths, why not give it a read.

Humble Pi – Matt Parker

I would definitely recommend this book, since there isn't really a book like this. To give you an idea of what I mean, hidden in the pages are three **deliberate** Maths and Physics mistakes, I was able to identify two*. This was one of the main reasons why I bought the book, and it did not disappoint. (Although it did lead me on a wild goose chase just staring at random pages.)

Humble Pi shares many stories of how Maths, Physics and Engineering have been used up to the point that it breaks, for example a roll over error, or how the game show "Press Your Luck" wasn't able to use randomness and lost over £110,000. This book has shown me how many people fail to spot simple patterns and tricks that are hidden in plain sight.

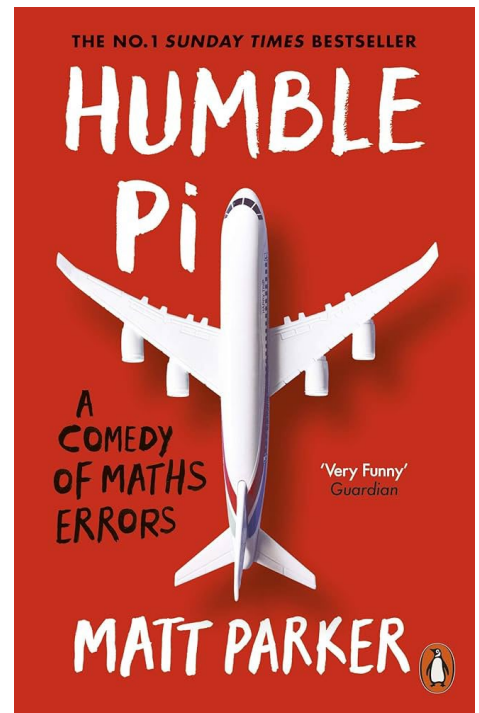
I enjoyed how the author explained *weird* concepts in an easy-to-understand way. I had never before heard about the "Swiss Cheese Model" or how Daylight savings was killing people (Spoiler – It wasn't)

I also enjoyed how he made the subtitles full of intrigue, for instance, Doors of Death and Deadly Code. These headers made me want to read on, and I am glad that I did, as most of the topics were very interesting.

In conclusion, I would highly recommend this book, as it has filled much of my time. It is a real page turner and I believe that you would enjoy it very much. 4.5/5 stars.

Thank you to Mr Cheesbrough for recommending the book!

**I am still looking for the third. I decided that I wouldn't look at the internet for it.*



Health & Wellbeing



Another 'pupil' walk to Llantwit beach, taking full advantage of another glorious autumnal day. Our numbers are growing, the weather is helping, and we are now up to 10. We tried a bit of fossil hunting on beach and bumped into some horses on the way back.



Friday morning - Fun Games.

The Year 7s continue to hammer Mr Tomsa and Mr Pascoe in Basketball on Friday mornings. Mr Crocker has organised a staff basketball match before staff start the Inset Day on Friday and hopefully they will benefit from some much need practise and pro-tips.



There are still plenty of spaces available to join us on either the walk or on Friday morning games, so if any pupils are interested in joining, Please contact Mr Tomsa for more information.



This week we were also able to undertake a 'reward trip' for some of our pupils who have demonstrated improvements in behaviour over the week.

Mr Tomsa and Mr Paylor took pupils to Forage Farm to see the animals which they really enjoyed.

School Calendar – upcoming events

Week Beginning – Monday 28th October 2024 / <i>Dydd Llun Hydref 28 2024</i>		Week 9 <i>Wythnos 9</i>
Monday 28 th October / <i>Dydd Llun Hydref 28</i>	Half-term	
Tuesday 29 th October / <i>Dydd Mawrth Hydref 29</i>	Half-term	
Wednesday 30 th October / <i>Dydd Mercher Hydref 23</i>	Half-term	
Thursday 31 st October / <i>Dydd Iau Hydref 31</i>	Half-term	
Friday 1 st November / <i>Dydd Gwener Tachwedd 1</i>	Half-term	
Week Beginning – Monday 4th November 2024 / <i>Dydd Llun Tachwedd 4 2023</i>		Week 10 <i>Wythnos 10</i>
Monday 4 th November / <i>Dydd Llun Tachwedd 4</i>		
Tuesday 5 th November / <i>Dydd Mawrth Tachwedd 5</i>		
Wednesday 6 th November / <i>Dydd Mercher Tachwedd 6</i>		
Thursday 7 th November / <i>Dydd Iau Tachwedd 7</i>	Year 9 Parent/Carer Evening - Online	
Friday 8 th November / <i>Dydd Gwener Tachwedd 8</i>		

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
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>