

MAJOR NEWS / NEWYDDION MAWR

	SPRING TERM / TYMOR Y GWANWYN
Start / Dechrau:	Monday 6 January 2025 / Dydd Llun Ionawr 6 2025
Half Term / Hanner Tymor:	Monday 24 February 2025 – Friday 28 February 2025 / Dydd Llun Chwefror 24 2025 – Dydd Gwener Chwefror 28 2025
End / Diwedd:	Friday 11 April 2025 / Dydd Gwener Ebrill 11 2025

Week Beginning Monday 17th March 2025 / *Dydd Llun Mawrth 10 2025*

Week 25 / Wythnos 25

Message from the Headteacher

Welcome to this week's edition of Major News. As you can see from the edition, it has been a packed week here at Llantwit with a really successful PE moderation and our younger learners enjoying an enrichment trip to the Senedd and synagogue in Cardiff. It's also been a busy week for extra-curricular sports. It's wonderful so many of our learners are excited to take part in the wide range of extra-curricular opportunities we have on offer at school. If you would like your child to be involved in an activity or club but are unsure what's on offer please do make contact with the school and we will be able to provide you with further information.

Can I please draw your attention to our upcoming Parents' Forum meeting which takes place on Monday 31st March. We would love to have some new members and are keen to work with as many parents/carers as possible on school improvement. If you would like to attend, please email parentsforum@llantwitschool.org.uk. If you are unable to attend in person but would like to join virtually we would be delighted to facilitate that.

You should have received a communication this week regarding our expectations here at Llantwit Major. It clearly outlines the school's position on uniform, mobile phone use, toilet access, verbal and physical abuse towards staff and outlines how our sanction system works. If you have not yet had the opportunity to discuss the content of the communication with your child, I would be most grateful if you could do so this weekend. I will be sending a survey to all parents/carers next week to gather your views on our behaviour protocols and also the feedback your child receives in school from teachers.

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

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

What Parents & Educators Need to Know about WORRY AND ANXIETY

Worry and anxiety are common emotions experienced by children, often triggered by uncertainty or fear. While worry involves concern about future events, anxiety is a persistent feeling of dread or apprehension. Current statistics indicate a rising prevalence of anxiety disorders among children, and this guide has some expert advice on understanding and addressing these concerns.

UNDERSTANDING WORRY AND ANXIETY

Worry and anxiety are emotional responses to stress or uncertainty. Worry is typically associated with potential misfortune, while anxiety is characterised by feelings of fear, apprehension or unease. Both can manifest physically through symptoms such as restlessness, fatigue or muscle tension. Understanding the distinction between worry and anxiety is crucial for effectively addressing these concerns in children.

DIFFERENTIATING WORRY FROM ANXIETY

While worry and anxiety share similarities – in that they both involve concerns about possible trouble – anxiety tends to be more constant and overwhelming. Worry may come and go depending on circumstances, whereas anxiety can linger regardless of the situation. It's essential to recognise when the former crosses into the latter, as anxiety can significantly impact a child's daily functioning and wellbeing.

WHAT ARE THE RISKS?

LONG-TERM CONSEQUENCES

Untreated worry and anxiety in childhood can have potentially lifelong impacts on a person's mental health and wellbeing. Chronic anxiety may increase the risk of developing anxiety disorders, depression or other mental health conditions later in life. Additionally, unresolved worry and anxiety can negatively impact self-esteem, confidence and overall resilience. It's essential to address these concerns proactively and provide appropriate support and intervention.

THE IMPACT ON CHILDREN

Excessive worry and anxiety can have profound effects on children's mental and emotional health. It may interfere with their ability to concentrate, sleep or participate in daily activities. Chronic worry and anxiety can also lead to physical symptoms such as headaches, stomach aches or difficulty breathing. Left unchecked, these concerns can escalate and potentially contribute to the development of anxiety disorders later in life.

THE EMOTIONAL TOLL

The emotional impact of worry and anxiety on children can be significant, affecting their overall quality of life and wellbeing. Children experiencing chronic worry or anxiety may feel overwhelmed, irritable or helpless. They may also withdraw from social activities or avoid situations that trigger their anxiety, leading to feelings of isolation or loneliness. Addressing these concerns early can help prevent long-term emotional distress and promote healthy coping strategies.

ACADEMIC & SOCIAL IMPACTS

Impacts on the academic performance and social interactions of children and young people are very possible. Frequent worry or anxiety may impair concentration, memory and problem-solving skills, making it difficult for children to succeed in education. Anxiety can also hinder social development by causing children and young people to avoid social situations or to struggle with communication and interpersonal relationships, potentially leading to feelings of isolation or exclusion.

Advice for Parents & Educators

ENCOURAGE OPEN COMMUNICATION

Parents and educators can foster a supportive environment by encouraging children to express their worries and anxieties openly. Actively listening and acknowledging young people's emotions can help them feel understood and supported, reducing the situation's intensity. Creating opportunities for regular check-ins and discussions about one's feelings can promote healthy coping strategies and strengthen communication bonds.

CREATE A SUPPORTIVE ENVIRONMENT

Parents and educators play a crucial role in creating a supportive environment that promotes emotional wellbeing. Establishing routines, providing predictability and offering reassurance can help relieve anxiety and create a sense of security for children. Foster a culture of empathy and understanding, where children feel safe enough to express their emotions and seek support when needed.

TEACH COPING STRATEGIES

Empowering children with effective coping strategies is essential for managing worry and anxiety. Encourage the use of relaxation techniques such as deep breathing, mindfulness or progressive muscle relaxation to calm anxious thoughts and promote a sense of composure. Additionally, teaching positive self-talk and problem-solving skills can help children develop resilience and confidence in managing challenging situations.

SEEK PROFESSIONAL HELP

Recognising when to seek professional help is vital for addressing significant or persistent worry and anxiety in children. If worry or anxiety significantly impacts a child's daily functioning, interferes with their relationships or academic performance, or causes significant distress, it may be necessary to consult with a mental health practitioner. Early intervention can prevent long-term consequences and promote positive outcomes for children's psychological wellbeing.

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which collaborates with schools on improving their mental health provisions.



The National College®

A week in Sports

Year 11 PE Moderation

I cannot praise the year 11 GCSE PE cohort enough, for their hard work and dedication over the last two years! A huge thank you to all those non GCSE PE pupils who took part and contributed to an amazing day!

The whole GCSE PE group were unbelievable in all their activities and Mr Crocker is one proud teacher. Here are some of the pupils after the day's activities. **#teamllantwit**



Netball

What an exciting day for both our Year 7 and Year 10 netball teams! 🌞🏐

The Year 10s put on an amazing display of skill and teamwork, narrowly edging out their opponents with a thrilling 7-6 victory! Well done team, your hard work and determination paid off! 💪 Unfortunately, the Year 7s were unable to secure the win, losing 5-2 in a fiercely contested match. But they showed incredible effort and skill throughout the game. 🏐

🏆 Year 7 player of the match 🏆🏆 Maddison Babb-Sheppard. 🏆
🏆 Year 10 player of the match 🏆🏆 Sophie Grafton-Driscoll. 🏆



Football

Another great extracurricular football this week. ⚽ I am still waiting for the first Arsenal jersey to make an appearance in the club. ⏳ Mr Crockers' player of the session was Louis Morris who was unbelievable in goal and asked if he could be player of the session. 🍷 [#teamllantwit](#)



Great to see some of our [#teamllantwit](#) leaders involved in the young leaders of the Vale. 🍷🍷🍷



A tough encounter for our year 8 football team. After a valiant defensive effort, the score remained at 2-0 at half time. Halfway through the second half, Plasmawr managed to be clinical with their attacking play and eventually ran away as comfortable winners. There were chances for Llantwit to claim a goal but sadly it was not our day to find the back of the net. ⚽ Special mention to HFW Wellbeing Leader Harry Newsham for preparing the pupils and coaching them on the side-lines. 🍷🍷

🏆 Harry's Players of the Match 🏆🏆 Harry Brown Pilcher 🏆 & 🏆 Rhys Williams. 🏆

🏆 Mr Nunes' Player of the Match 🏆🏆 Jonathan Rubangakene. 🏆
[#teamllantwit](#)



Parents' Forum

Reminder: The next Parents' Forum meeting is being held on 31st March at 5pm, and everyone is welcome. If you would like to attend, please email parentsforum@llantwitschool.org.uk to register your interest, and to ensure we keep you up to date with any future events.

Forces Fitness Fun Day

Are you ready for a Fun day with Forces Fitness?

Forces fitness have worked with hundreds of sports clubs and schools and have received amazing feedback and are looking to engage families, children, and their friends **ages 7+** for some fun activities on the 23rd April, between 10am -2pm at the Amelia Trust Farm.

The sessions are completely **FREE** to attend and are for **ages 7+** including parents/guardians.

The session will be amazing, fun and could include - mini obstacle courses, Gladiator pupil challenges, Dodge Ball, Capture the Flag, Military Command tasks, Tug of War, water challenges and loads of team fun and games that people of all ages can get involved in.

If you wish to sign up to the session please do so on the below link, limited spaces are available - just fill out and return the form to confirm your space, the form will be turned off once the session is full:

<https://tinyurl.com/FFAmelia>

Parents/Guardians are welcome to either stay and watch, join in, or drop off and pick up their child at the end of the session.

Please note you will need to provide your child with a packed lunch.

Pupil Health & Wellbeing

Please note. The next pupil walking group is on **Monday 24th March at 3.10** and will meet outside reception, and not on the normal Tuesday. The walk will return to its normal Tuesday slot every two weeks after that.

Any pupils interested in taking part should contact Mr Tomsa for further details.

Canteen – price increase

Big Fresh, the Vale of Glamorgan's contracted catering supplier to all schools in the Vale, has notified us that unfortunately due to ongoing increases to energy tariffs, raw ingredients, and operating costs, that they have been forced to implement price increases from April.

Whilst some prices will go up, they have agreed to a price freeze on the 'meal deal', which provides excellent value for money at £2.70 for either a hot meal or a sandwich option with a bottle of still water and a piece of fruit or a homemade cake or biscuit.

They are currently working on a few new food options for pupils, and we will update you on that once the menu is finalised.

The amended prices are detailed below, and canteen boards will be updated to reflect the new prices in due course.

Break

Toast with Butter – 35p	Yoghurt 85p
Sausage Wrap/Bap - £1.90	Assorted Pastries - £1.40
Bacon Wrap/Bap - £1.90	2 Pancakes with Honey/Syrup £1.25
Hash Brown and Omelette Wrap/Bap - £1.90	Single Pancake 65p
Single Breakfast Item 55p	Waffle with Honey/Syrup £1.25
Fruit Pot £1.30	Pretzel- £1.45
Piece of Fruit 65p	Cheese Bagel - £1.50

Lunch

Main Meal Only - £2.20	Jacket Potato 1 Filling - £1.85
Hot Meal Deal - £2.70 – main meal, dessert/piece of fruit & still water.	Jacket Potato 2 Filling -£2.15
Sandwich Meal Deal - £2.70 – Standard Sandwich, dessert/fruit & still water.	Toasted Sandwiches - £2.00
Chicken Breast Burger in a bun (H) - £2.60	Assorted Salad Pots - £2.35
Beef Burger in a bun - £2.00	Standard Sandwich - £1.85
Spicy Chicken Pazzini £1.90	Premium Sandwich - £2.55
Cheese and Onion Pazzini - £1.90	Portion of Chipped Potatoes - £1.10
Sausage Roll - £1.35	
Assorted Panini - £2.00	
Cheese Pizza Slice - £1.15	
Pepperoni Pizza Slice - £1.25	

Extra Toppings

Curry Sauce, BBQ Sauce, Cheese, Beans.

Sweet Stuff

Packet Assorted Cakes £1.15
Cookies - 90p
Homemade Shortbread - 65p
Flapjack – 90p
Brownie – 90p
Homemade Muffin – 90p
Piece of Fresh Fruit – 65p
Mixed Fruit Pot - £1.30
Fruit Jelly - £1.05
Yoghurt - 85p

Drinks

Still Water – 55p
Apple/Orange Carton - 80p
Radnor Canned Drinks - £1.00
Radnor Splash - £1.00
Viva Milkshake – 80p
Milk – 90p
Hot Drinks - £1.10

All food is subject to availability

Yr7 Trip to Senedd

Over the past two weeks, pupils in year 7 have been fortunate to have a day off site to visit the Senedd and a Synagogue in Cardiff.

At the Senedd, we enjoyed a two-hour tour of the building where we learned a lot about the actual building and what goes on in it.

We learned that the building opened on March 1st 2006, is a public building and that anyone is permitted to visit. We also had an opportunity to read about inspirational Welsh women including Betty Campbell and Lady Rhondda amongst others.

During our visit we had an opportunity to sit in the gallery and overlook the main chamber where the Senedd members meet to discuss various matters. We also visited one of the side rooms that had a public gallery for observing committee meetings taking place. We learned that there are many various committees including Business, Children, young people and education, Climate, Economy, Petitions and many more.

We also learned that as people of Wales, we all have a voice. Our opinions matter. In order to have our voice heard, we can take part in petitions, demonstrations, contacting our local Assembly Member. There is even a Welsh Youth Parliament that people can get involved with.

What a fabulous visit!

In next week's newsletter we will tell you all about the second part of our trip, a visit to the Synagogue.



South Wales Police Commissioner Invitation

South Wales Police are keen to engage with young people from across the police force area and are inviting them to attend a workshop with the Police Commissioner on Saturday 29th March to find out more about their thoughts around policing and how things could be improved from their perspectives.

Any feedback will complement the findings of an existing survey and support the development of a Children & Young Person's Police and Crime Plan. The event itself is taking place in Bridgend (Bridgend Life Centre) between 2pm-4pm and they can reimburse travel expenses (including parent/carer car mileage).

Young People taking part will also receive a certificate signed by the Commissioner that can be used as an example of their personal development.

Be part of our **WHAT MATTERS TO YOU** Young person's participation event

Hosted by the South Wales Police & Crime Commissioner

Through your responses to our Children & Young People Police, Crime & Justice Plan survey we have identified topics that you said were most important to you in your communities.

**If you are aged between 11-24 years old, we would love to hear from you!
We would like to work with you to develop solutions which aim to enhance the service you receive from the police, reduce crime and improve your safety.**

DON'T MISS OUT ON THE OPPORTUNITY TO BE INVOLVED



Refreshments
provided



Saturday 29 March
2025, 2-4pm



Bridgend Life Centre,
CF31 4AH



If you are interested in being involved, or would like to find out more information, please get in touch with the Police & Crime Commissioner's team by:

Monday 17th March 2025:

 **Phone/Text:** 07970 008941

 **Email:** engagement@south-wales.police.uk



Please let us know by 17/03/25 regarding accessibility / language needs

Vale Foodbank – March Appeal

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 cleaning products**.



If you can, drop your donation into the collection basket located in the main reception at Llantwit School **between March 23rd – March 28th**.

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



School Calendar – upcoming events

Week Beginning – Monday 24 th March 2025 / <i>Dydd Llun Mawrth 24 2025</i>		Week 26 <i>Wythnos 26</i>
Monday 24 th March / <i>Dydd Llun Mawrth 24</i>		
Tuesday 25 th March / <i>Dydd Mawrth Mawrth 25</i>		
Wednesday 26 th March / <i>Dydd Mercher Mawrth 26</i>		
Thursday 27 th March / <i>Dydd Iau Mawrth 27</i>		
Friday 28 th March / <i>Dydd Gwener Mawrth 28</i>	URDD National Competition Trip	
Week Beginning – Monday 31 st March 2025 / <i>Dydd Llun Mawrth 31 2025</i>		Week 27 <i>Wythnos 27</i>
Monday 31 st March / <i>Dydd Llun Mawrth 31</i>	Parents' Forum – 5pm	
Tuesday 1 st April / <i>Dydd Mawrth Ebrill 1</i>		
Wednesday 2 nd April / <i>Dydd Mercher Ebrill 2</i>		
Thursday 3 rd April / <i>Dydd Iau Ebrill 3</i>		
Friday 4 th April / <i>Dydd Gwener Ebrill 4</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 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>