



Ysgol Gynradd Aberbargoed Aberbargoed Primary School

"Everybody Matters"
"Mae Pawb Yn Bwysig"

Ambitious Capable Enterprising Creative Ethical Informed Healthy Confident

Spring 2023 Newsletter

Croesol

We are pleased to welcome new staff to our school community. You'll have the opportunity to meet them over the coming weeks in school.

Miss Lewis has joined our administrative team. Mrs Jeremiah our new Additional Needs Coordinator and Year 5 Class Teacher. We are also thrilled to welcome three new governors to our Governing Body: Councillor Ingram-Jones, Mrs Bodenham and Ms Horton. We are delighted to have so many new and enthusiastic members of our school team who will be working with us to drive forward our ambitions for the learners and community of Aberbargoed Primary.



Miss Lewis.

Hello, thank you for your lovely warm welcome to Aberbargoed Primary School. I am looking forward to getting to know all the children and working closely in the office with Mrs Attwood.

Mrs Jeremiah

I am very excited to join such a wonderful school and I cannot wait to get to know all the children and parents throughout the Summer term! Teaching is my passion, and I am fully committed to ensuring your child feels happy, safe, valued and successful in my classroom. In my spare time I enjoy spending my weekends in Tenby and having fun on the beach with my little girl.

I have a passion for teaching the Expressive Arts through Art and Music. I am also a qualified Google Educator - so Year 5 expect to become digital wizards this year!

The happiness and safety of your child is very important to me. So, if you have any questions or concerns please do not hesitate to get in contact with me. Or if you would like to arrange a meeting to discuss the ALN needs of your child, then we can arrange a meeting.



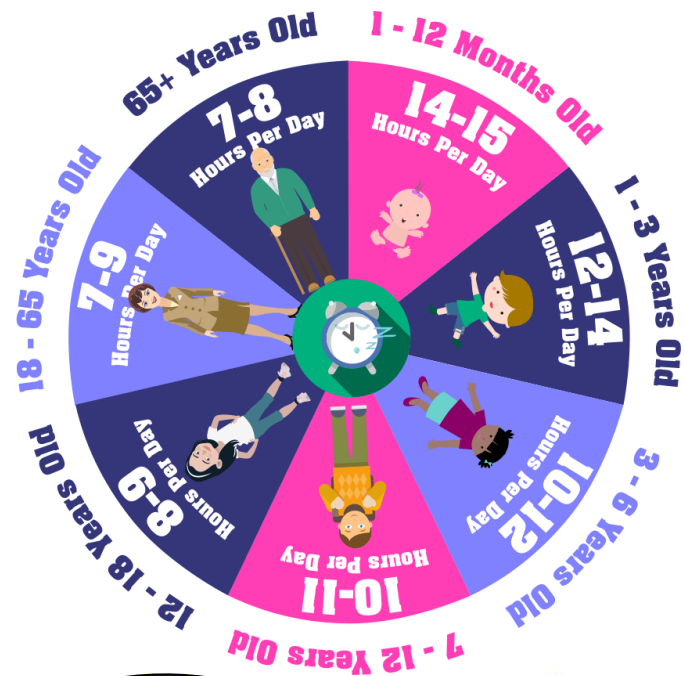
How to support your child's progress in school

Sleep

Sleep plays a crucial role in the development of young minds. In addition to having a direct effect on happiness, research shows that sleep impacts alertness and attention, mood, resiliency, learning and memory skills - to name just a few!

What Happens When Children Don't Get Enough Sleep? As every parent knows, a child that's short on sleep can swing between being grumpy and hyperactive. Sleepiness can also affect your child's ability to pay attention, with ramifications for their performance in school.

For more information and helpful tips, including creating a bedtime routine please visit <https://thesleepcharity.org.uk/information-support/children/>



How much sleep should my child have?



Article 28 of the UNCRC says that children and young people have the right to education.



Attendance Matters

We are going to be working hard with families this year to raise attendance levels in school. Our target for **excellence** is **97%** attendance.

A whole year has 365 days; a school year has 190 days. That leaves 175 days to spend on family time, visits, holidays, shopping and appointments.

LATENESS

How much time can you lose?

in one school year

5 MINUTES

late each day



=3
days off

School Development Plan Progress Update



We are always striving to improve and provide the best possible education for the children of Aberbargoed Primary. Here is an update on just some of the activities undertaken to address targets in our School Development Plan.

Target 1

Investment in the developments of Learning Environments indoors and outdoors to ensure progression in provision.

Teachers have observed teaching practices in other schools.

Daily carousels of basic skills activities taking place in all classes.

Developing self-assessment tools to support learners to reflect on their learning.

Target 2

Pupil Voice Planning to ensure we are planning learning that interests our children.

Availability of resources in class to support independence e.g. thesaurus, dictionaries, chromebooks/ipads

Development of 'root, rise and shine' challenges in which the children can choose their level of challenge.

Areas set up in the classroom in which children can consolidate and practise new skills in another context.

A range of after school clubs available to develop skills and interests.

Target 3

Leaders working with support networks to refine and improve practices in school.

Implementing termly pupil progress reviews with learners and members of senior leadership team.

Exploring new spelling and mathematics assessments to track and monitor progress in skills development.

Target 4

Training in the use of digital technologies.

Training in the development of Read Write Inc.

Professional learning for teaching assistants to deliver wellbeing intervention Thrive and Lego Therapy.

Governor training event and link Governor meetings with staff teams..

Online Safety Advice

On 7th February, we celebrated Safer Internet Day in school. Children took part in activities to promote the safe, responsible and positive use of digital technology in school and at home.

Safer Internet Day 2023 | **Tuesday**
7 February

Coordinated by the UK Safer Internet Centre

saferinternetday.org.uk

Smartie the Penguin says:

Always stop, think about what to do and ask an adult to help you.



Year 2 created their own version of Smarties rules to stay safe online

BE SMART ONLINE



Childnet International

S

SAFE

Keep your personal information safe. When chatting or posting online don't give away things like your full name, password or home address. Remember personal information can be seen in images and videos you share too. Keep them safe to keep yourself safe.

M

MEET

Meeting up with someone you only know online, even a friend of a friend, can be dangerous as this person is still a stranger. If someone you only know online ever asks you to meet up, for personal information or for photos/videos of you then tell an adult straight away and report them together on www.thinkuknow.co.uk

THINK UK KNOW

A

ACCEPTING

Think carefully before you click on or open something online (e.g. links, adverts, friend requests, photos) as you never know where they may lead to or they may contain viruses. Do not accept something if you are unsure of who the person is or what they've sent you.



R

RELIABLE

You cannot trust everything you see online as some things can be out of date, inaccurate or not entirely true. To find reliable information compare at least three different websites, check in books and talk to someone about what you have found.



T

TELL

Tell a trusted adult if something or someone ever makes you feel upset, worried or confused. This could be if you or someone you know is being bullied online. There are lots of people who will be able to help you like your teachers, parents, carers or contact Childline - 0800 11 11 or www.childline.org.uk



BE SMART WITH A HEART

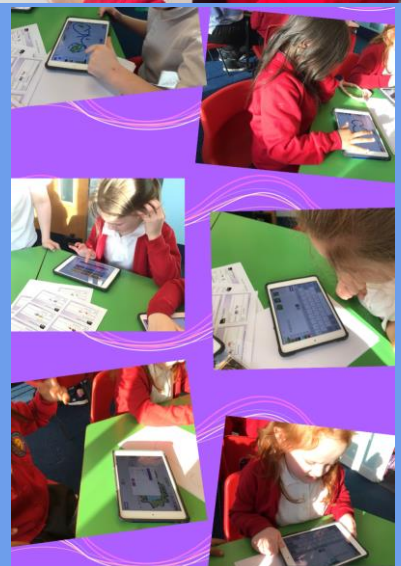
Remember to always be smart with a heart by being kind and respectful to others online. Make the internet a better place by helping your friends if they are worried or upset by anything that happens online.



WWW.CHILDNET.COM

This is the information we share with the children in school to promote online safety

We follow these rules to stay safe online





**National
Online
Safety**

7 questions to help you start a conversation with your child about online safety

#WakeUpWednesday

Publish date: 07/11/18



1



Which apps/games are you using at the moment?

THIS WILL GIVE YOU A GOOD OVERVIEW OF THE TYPES OF THINGS YOUR CHILDREN ARE DOING ON THEIR DEVICES, ALONG WITH THEIR INTERESTS. REMEMBER THAT THEY MIGHT NOT TELL YOU EVERYTHING THEY ARE USING, SO IT IS A GOOD IDEA TO ASK THEM TO SHOW YOU THEIR DEVICE. BECAUSE NEW APPS AND GAMES ARE RELEASED REGULARLY, IT IS IMPORTANT TO HAVE THIS CONVERSATION OFTEN TO ENSURE YOU ARE UP TO DATE WITH WHAT THEY ARE DOING.

Which websites do you enjoy using and why?

AS IN THE TIP ABOVE, ASKING THIS QUESTION WILL ALLOW YOU TO FIND OUT WHAT YOUR CHILD IS DOING ONLINE, AND ENCOURAGE POSITIVE CONVERSATIONS ABOUT THEIR ONLINE ACTIVITY. ASK THEM HOW THEY USE THE WEBSITES, AND TAKE AN INTEREST IN HOW THEY CAN USE THEM IN A POSITIVE WAY, ALSO ASKING THEM TO SHOW YOU IF POSSIBLE.



2

3



PLAY AGAIN?
YES NO

**How does this game/app work?
Can I play?**

SHOW A GENUINE INTEREST IN WHAT THEY ARE DOING. WHILST YOU ARE PLAYING A GAME OR USING AN APP WITH THEM, IT MIGHT HIGHLIGHT SOMETHING THAT THEY DON'T NECESSARILY THINK IS A DANGER TO THEM. IF THEY ACT LIKE THEY DON'T WANT TO SHARE THEIR ACTIVITIES WITH YOU, QUESTION WHY.

Do you have any online friends?

CHILDREN CAN FORM POSITIVE RELATIONSHIPS WITH PEOPLE ONLINE, AND THIS HAS BECOME MORE COMMON THANKS TO ONLINE MULTI-PLAYER OPTIONS, BUT THEY MAY NOT FULLY UNDERSTAND THE DIFFERENCE BETWEEN A FRIEND AND A STRANGER. YOU COULD MAKE THE QUESTION MORE SPECIFIC TO YOUR CHILD. FOR EXAMPLE: "HAVE YOU MET ANYONE ONLINE THAT YOU LIKE TO PLAY GAMES WITH?" THEY MAY NOT WANT TO SHARE THIS INFORMATION WITH YOU, SO ENSURE YOU TEACH THEM ABOUT HEALTHY RELATIONSHIPS.



4

5



Do you know where to go for help?

ALTHOUGH YOU MAY BE THE ADULT THEY TRUST THE MOST, SOME CHILDREN STRUGGLE TO TALK ABOUT WHAT HAPPENS ONLINE DUE TO CONFUSION OR EMBARRASSMENT. BECAUSE OF THIS THEY MAY STRUGGLE TO APPROACH THE NORMAL PEOPLE WHO WOULD HELP, SUCH AS YOURSELF OR A TEACHER. HAVE A CHAT TO YOUR CHILD ABOUT EXACTLY WHERE THEY CAN GO FOR HELP, AND HOW THEY CAN REPORT ANY ACTIVITY THAT THEY BELIEVE IS INAPPROPRIATE ONLINE.

Do you know what your personal information is?

YOUR CHILD MAY ALREADY KNOW WHAT THEIR PERSONAL INFORMATION IS BUT THEY MIGHT NOT THINK ABOUT HOW IT CAN BE SHARED. HAVE A CONVERSATION ABOUT WHAT PERSONAL INFORMATION IS AND HOW THIS CAN AFFECT THEM IF IT IS SHARED BEYOND THE INTENDED RECIPIENT. IT IS IMPORTANT THAT YOUR CHILD UNDERSTANDS THE DANGERS OF SHARING CONTACT DETAILS OR PHOTOS, AS INFORMATION SUCH AS THIS CAN SPREAD QUICKLY ONLINE.



6

7



Do you know your limits?

CHILDREN MAY NOT UNDERSTAND THE NEGATIVE IMPACTS OF DEVICE OR GAME ADDICTION. TALK TO THEM OPENLY ABOUT HEALTHY HABITS AND ASK WHETHER OR NOT THEM SPENDING TIME ONLINE OR PLAYING A GAME IS AFFECTING THEIR SLEEP, PERFORMANCE AT SCHOOL OR IF THEY ARE GENERALLY LOSING INTEREST IN OTHER ACTIVITIES. YOU MAY LEAD ON TO ENCOURAGING ALTERNATIVE ACTIVITIES AND DISCUSSING THE INTRODUCTION OF TIME LIMITS WHEN AT HOME.



Introducing Picture News has enabled us to discuss a wider variety of topics such as: how a paralympian overcame challenges for a gold medal, or the issues facing Ukrainian refugees, and displaced Syrians.

#EthicalInformedCitizens



Diversity
IS THE ONE THING
WE ALL HAVE
IN COMMON.
Celebrate
IT EVERYDAY.

We read 'M...
investigati...
secondary

We also learnt... NO COLOUR IS MORE
IMPORTANT THAN OTHER COLOURS and
mixing them can give wonderful things!



Celebrating Diversity



A variety of books have been added to our class libraries and literacy journeys to spark discussions about historical issues and current affairs such as refugees.



Miss Everson helped spread the message about the importance of acceptance, kindness, discrimination and diversity and what is acceptable in Aberbargoed Primary School and the wider world.



We received a message from author Floella Benjamin reminding us to remain kind, accepting and tolerant.

Please find some more information about the RSE curriculum by clicking the link below.

[Relationships and Sexuality Education \(RSE\)](#)



Mental Health Week - Let's Connect



This term we have explored our Mental Health, joining in with activities to celebrate Children's Mental Health Week, which took place from the 6th - 12th February. The theme this year was 'Let's Connect' which provided lots of fun ways to explore how we connect to each other, our families and the wider community.

If you would like support on ways you can 'CONNECT' at home, please visit <https://www.childrensmentalhealthweek.org.uk/families/>, where you can access free resources and further helpful links.

St David's Day Celebrations

Congratulations to our Bard winner, for her beautiful poetry and **Ty Glas** who won this year's Eisteddfod Cup!



A time travelling dinosaur came to school...

A news report was aired live in Year 1 and Year 2 explaining something had crashed in Aberbargoed. After using our investigation skills we discovered it was in fact a dinosaur - but was it here to stay or was he lost?

We got to work researching what dinosaurs need to survive, and looked at pros and cons to see if the dinosaur should stay in Aberbargoed or return to dinosaur land.

It opened up a debate between our newly appointed law firms. After causing mischief in the classroom every evening and leaving us a giant egg some children wondered if it was lonely and scared and wanted to be friends. But others were certain he was far too big and was causing too much mischief and damage to classrooms he had to go back in the time machine. After looking at all the evidence we had collected through the term we decided the best place for the dinosaur would be back in Dinosaur land.



Look
what we
spotted!

Curriculum Experiences



Health and Wellbeing



Yoga

Year four have been lucky enough to have the opportunity to develop their wellbeing with the help of PiliPala Yoga so far, they have been working on breathing techniques, calming strategies and 'being in the moment'.

Crucial Crew

Year six developed a range of skills to keep themselves safe when they attended a trip to Crucial Crew earlier this term. They worked with St John's Ambulance, Road Safety Officers, the Fire Service, Electricity Board and developed their knowledge of the importance of food hygiene. They were excellent ambassadors for school.

#HealthyConfidentIndividuals

Dance



Year six requested rugby sessions as part of our topic on Hopes and Dreams.

Rugby

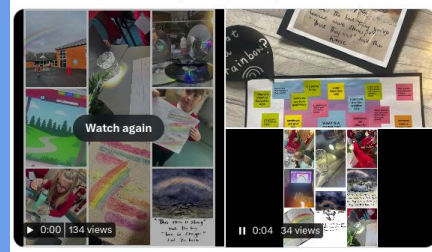


Curriculum Experiences

Rainbows

Spotting a rainbow over our school and being a prominent feature in our class novel @charliemackes sparked a bit of an investigation and inquiry.

We also found out it was a sign of 'hope' #HopesAndDreams



This term, we have all been busy discussing, planning and sharing our hopes and dreams for our futures but in very different ways.

'Learner Voice' forms an integral part of the experiences staff plan for the children so you may have noticed a variation in what children in different classes are learning. It is all based on questions the children have and what they would like to learn about.

Dinosaurs



The moon

Space



Bedtime

We celebrated 'Hopes and Dreams' as a whole school with an immersion day of ambitions, goals and aspirations. Take a look at some of our costumes on our Twitter page.



"Do you have an ambition?"



"To give" said the boy.



Staff also got involved by dressing as what they wanted to be when they grew up or if they didn't work in #Faberbargoed.



Male



"Myself" said the boy

Female



Both

We have been discussing gender equality in our classes, busting gender stereotypes, raising aspirations and realising ANYONE can do ANYTHING! #AmbitiousCapableLearners



Year 5 enjoying the outdoors making journey sticks.

Our Forest School Song

We are going to forest school
Forest school is really cool
we don't leave any trace
Because forest school is a
special place
We don't run we only walk
We listen to each other talk
We don't lick and we don't pick
We don't poke any sticks
We love forest schools
Forest school is really cool



Year 3 and 4 using their maths skills on an outdoor maths trail.



With the flexibility of the curriculum Nursery to Year 2 and Year 6 do not have set days for Forest Schools, you will be notified of days your child requires outdoor clothing. Forest schools is a fortnightly event for pupils, (weather permitting).

Forest School - Alternate Weeks

Monday	Tuesday	Wednesday	Thursday	Friday
Year 3	Year 4	Year 5		

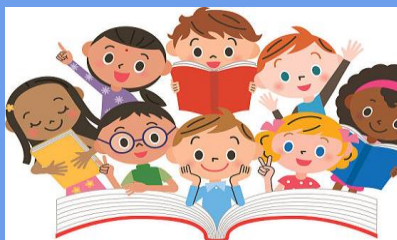
Reading Books

Studies show that reading for pleasure makes a big difference to children's educational performance. Evidence suggests that children who read for enjoyment every day not only perform better in reading tests than those who don't, but also develop a broader vocabulary, increased general knowledge and a better understanding of other cultures.

Here are some of the ways in which you can help at home.

- ★ Reading aloud to your child, talking about the words and pictures, and sharing ideas about the book.
- ★ Reading yourself - children who see adults reading, and enjoying it, are much more likely to want to read themselves.
- ★ Surrounding your child with books - you don't need hundreds of books at home, but go to the library or bookshop regularly to borrow books, spend time together, browse and make choices. In this way, reading becomes a habit.

Please can your child remember to **bring in their reading books daily** so that the children can read at home and with their teachers.



We've enjoyed developing calming reading areas in every classroom. We also look forward to finding out who is taking home the reading basket each week in class.



Ellen Withey @EllenWit... · 11/11/2022
Nia enjoying her book from @AberbargoedPS she is determined to finish it by Monday! She was very happy to borrow the reading basket this weekend 🥰❤️



👤 🔄 📄 12 📊 +



PE Days

Pupils can wear their PE kit to school on PE days. We ask that PE kit is in our school colours where possible. Children should wear shorts and T-shirts for PE or jogging bottoms if the weather is cooler. They will also need to wear appropriate footwear for outdoor lessons.

Children will not be allowed to wear earrings for PE with one possible exception. Pupils who have had their ears pierced in the last six weeks will be allowed to wear studs providing they are covered during PE sessions.

Any items of jewellery brought to school shall remain the responsibility of the child and parent. The school accepts no liability or responsibility for the loss of, or damage to, any items of jewellery or any accidents caused by the wearing of such items.

Monday	Tuesday	Wednesday	Thursday	Friday
Year 6 Year 1	Reception Year 2	Year 2 - Year 5 will have dance lessons - normal uniform can be worn for this.	Year 1 Year 5 Year 6 - Rugby	Year 4 - Yoga Reception



Behaviour



To celebrate the hard work of learners we plan to...

- Develop a **'Top Table'** in which our Friday Learning Superstars will dine in style.
- **'Friday Meet and Greet with the Head'** in which Miss Everson will have some wellbeing, quality time with the Friday Superstars who are awarded a certificate in celebration assembly.
- A **Green Points Shop** where green points can be exchanged for prizes.
- A **cinema trip** for the top five Green Point scoring children in each class. (this will be changed termly and could be a bouncy castle, party or other exciting event).
- Politeness awards when children are 'caught' being courteous.

#MannersMatter

Dates for the Diary

**COMIC
RELIEF**

- Friday 17th March: Comic relief: Wear red - voluntary donations
- Tuesday 21st & Wednesday 22nd March Parents and Carers Evenings - In School
- Thursday 30th March - Disco
- Friday 24th March - WOWV day Reception Class - the first of a trail of special days throughout the year planned by our PTA
- Friday 31st March - **Easter bonnet parade:** We had amazing entries for the Easter bonnet parade last year - we'd love to make this event even better this year and plan to invite families to see a parade in school (weather permitting)
- Friday 31st March - Easter event day and Easter Chocolate Raffle
- Friday 31st March - Mini Enterprise Sale
- Wednesday 29th March - Techniquet Trip Year 5 & Year 6 *TBC*
- Friday 31st March - Spring term ends.
- Monday 17th April - Summer term begins



Twitter

Please follow your child's class on Twitter for updates on learning experiences:

- School Account: @AberbargoedPS
- Year 6: @misssnailham7
- Year 5: @MrsJeremiahAPS
- Year 4: @MrsRoach_Rooke
- Year 3: @abermrsphillips
- Year 2: @MrsFBaber
- Year 1: @AberMrsDavies
- Reception: @2misslewis
- Nursery: @DosbarthDraig

Follow your class Twitter pages for an insight into the learning taking place in your child's class..