



Nant-y-Parc Weekly Newsletter

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Value of the month: Respect



A peek at the next few weeks...

MEET THE TEACHER

Meet the teacher will take place on **Monday 12th September**. You will be invited into school to meet with your child's class teacher and to discuss any queries you may have. The class teacher will share relevant information with you during this time and will inform of you of their expectations this academic year.

COFFEE CATCH UP

On **Monday 12th September** at 2.30pm Miss Nelson will be available to meet with parents for a check-in and catch-up session. This will be an informal event and a chance for you to ask any questions about the upcoming year etc. All are welcome to join.

ROALD DAHL DAY

On **Tuesday 13th September**, we will be celebrating Roald Dahl Day in school. In order to celebrate the brilliance of one of the best authors, we will embrace being creative whilst enjoying the childlike entrance into a world of fantasy and delight through the use of his books.

SCHOOL PHOTOGRAPHS

On **Monday 19th September**, the photographer will be in school to take the children's photographs. There will be an opportunity for siblings to have photographs taken also. Please inform your child's class teacher if you require sibling photos to be taken by Friday 16th September so that we can organise this.

MINI SENEDD (SCHOOL COUNCIL) ELECTIONS / HEAD BOY & GIRL INTERVIEWS

Week beginning 19th September, we will be holding our Mini Senedd elections in school. The children that wish to apply will need to prepare a short presentation about why they believe they would make a good leader. Year 6 pupils will need to complete an application form (provided by Mrs Davies) if they wish to be considered for an interview. Head Boy/Girl, Deputy Head Boy/Girl, Pupil Leadership Team and Mini Senedd Team will be announced in assembly on Friday 23rd September.

JEANS FOR GENES

On **Friday 23rd September** children can wear denim / jeans to school. A £1 donation towards this great charity would be much appreciated.

SCHOOL UNIFORM

Thank you for taking on board our request for pupils to wear school uniform. They look very smart and consistent which brings a true sense of togetherness.

Superstar Corner

Each class (Reception – Year 6) has two pupils of the week – the first pupil named is for excellence in a particular area and the second pupil named is for their use of Welsh in and around the school.

Nursery – Louie Mealing-Clash

Rec – Oaklyn Hughes & Hallie-Rose Hunt

Year 1 – Kyra Phillips & Sonny Snailham

Year 2 – Kei Jay Bumford & Coby Williams

Year 3 – Alfie Manship & Rorey Kerr

Year 4 – Lilly Edwards & Jenson-Jay Hunt

Year 5 – Alyce Powell & Osian Kennedy

Year 6 – Jessie Shapcott & Ella Isaac

Diary Dates

12.09.22	Meet the Teacher
13.09.22	Roald Dahl Day
19.09.22	School Photographs
23.09.22	Jeans for Genes Day
23.09.22	Y5/6 Trip to Big Pit
26.09.22	European Day of Languages
26.09.22	Y6 parents open afternoon (to support with the completion of admission forms to secondary school 1:30 – 5pm)

Term Dates

Term Dates	
31.10.22 –	Half term
04.11.22	
21.12.22	End of autumn term – finish 1.15pm
09.01.23	Spring term begins

WELSH PHRASE OF THE WEEK

Week beginning 12.09.22 – Sut mae'r tywydd heddiw?

Week beginning 19.09.22 – Cinio / brechdannaau

Admission to Secondary School September 2023

As your child enters Year 6 it is now time for you to apply for
their place in secondary school

You must apply by 28th October 2022

You can apply by visiting www.caerphilly.gov.uk and searching for
school admissions or by scanning the QR code below
For help and support call the Admissions team on 01443 864870



Healthy drinks in primary schools



There is a legal duty for local authorities and schools to **promote healthy drinking in schools**. The Welsh Government and Welsh Network of Healthy School Schemes recommend a whole-school approach.

Drink brought into school for personal consumption can be subject to restrictions at the discretion of the local authority or governing body of a school. Almost all primary schools in Wales specify:

- **only water on desks, or freely available, in the classroom;** and,
- **only water and milk during break times.**

Schools should create an environment and culture where it is **normal and easy for children to drink healthily**. School staff, along with parents/carers, are vitally important in the development of healthy drinking habits for life, through **consistent messages and role modelling**.

Water and milk should be the only drinks at break times in primary schools because:

- this helps children normalise drinking water throughout the school day, and into adulthood, as the **best hydration method**;
- water quenches thirst and is **easily and freely accessible** to children in school and at home;
- milk is a good source of **protein, calcium and other vitamins and minerals**;
- water has no additional calories, helping to **maintain a healthy weight**;
- drinking water can help to **prevent a range of health issues** such as headaches, bladder and bowel problems;
- water and milk **do not damage teeth**, unlike fruit juices and soft drinks, which include 'free sugars' and/or artificial sweeteners; and,
- squash and flavoured water, including sugar-free varieties, encourage children to develop a 'sweet tooth' and do not provide a nutritional benefit.

Healthy snacks in primary schools



There is a legal duty for local authorities and schools to **promote healthy eating in schools**. The Welsh Government and Welsh Network of Healthy School Schemes recommend a whole-school approach.

Food brought into school for personal consumption can be subject to restrictions at the discretion of the local authority or governing body of a school. Almost all primary schools in Wales specify **only fruit and vegetables for snack during break times**.

Schools should create an environment and culture where it is **normal and easy for children to eat healthily**. School staff, along with parents/carers, are vitally important in the development of healthy eating habits for life, through **consistent messages and role modelling**.

Fruit and vegetables should be the only snack at break times in primary schools because:

- they are a good source of **fibre, vitamins and minerals**;
- they are naturally low in calories, helping to **maintain a healthy weight**;
- eating a variety of fruit and vegetables can help to **prevent a range of health issues** such as bowel problems, cardiovascular disease and some cancers; and,
- consumption of fruit and vegetables is below recommended levels, of at least **5 portions per day**.

Some primary schools also specify that fruit and vegetables at break time must be fresh.

