



Ysgol Sant Elfod

Oni flagura ni ffrwytha

Mighty oaks from little acorns grow

Chwefror 10fed February 10th 2023

Log on to our website www.ysgolsantelfod.org.uk
Follow us on **Twitter** and **Facebook**



Be Bright, Be Seen Week

On Friday the 17th February, the children are encouraged to come to school on their bike or scooters and bling them up with lights and anything that will make their bike be seen. We will also be having a 'be bright' fashion show on the Friday to highlight the importance of being seen in the dark. There will be prizes for the 'blingiest' bike/scooter and the brightest dressed person in each class.



Valentine's/ Spring Disco

Thursday February 16th

5pm to 6pm

£3.50 a ticket



Price includes a hot dog/ drink

(Please pay on ParentPay by February 13th)

Available to purchase at the disco will be sweets/additional drinks/ glowsticks.

Diary / Dyddiadur

Chwefror/ February

15th Forest School

Dosbarth 5 & Dobarth 4

16th Valentine's Disco 5-6pm

17th Be Bright Be Seen

17th School Closes 3.10pm

27th School Opens 8.55am

27th "What Wales Means to Me" work to be bought in.

28th Dosbarth 6 & 9 Renewable Energy Workshop at Emrys-ap-Iwan

Mawrth/ March

1st St David's Day- wear something red or traditional Welsh costume.

1st Dosbarth 8 at Emrys-ap-Iwan

2nd World Book Day

3rd Dosbarth 10 & 7 Renewable Energy Workshop at Emrys-ap-Iwan

10th Dosbarth 8 Renewable Energy Workshop at Emrys-ap-Iwan



Sêr yr Wythnos

Lower School

Noah B Abel S-P Sam R

Mia H Jayden GJ

Upper School

Yousif A Jamie B Jessica W

Thomas W Jessica S

WELL DONE!

DA IAWN!



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Relationship and Sexuality Education

Information for Parents and Carers:

Relationships and Sexuality Education

INFORMATION FOR PARENTS/CARERS



Relationships and Sexuality Education (RSE) is mandatory within the Curriculum for Wales 2022.

Our whole school RSE programme is inclusive, holistic, rights and gender equity based and conforms with the National Guidance and Code 2021.

The school acknowledges that parents/carers are essential to the success of our RSE programme. This leaflet outlines some of the broad mandatory content that will be taught within our whole school RSE programme.

Evidence emphasises that children and young people who have received effective early RSE are more likely to keep themselves safe and make informed choices in respect of their health and wellbeing.

Images from Teach Health 4 Kids resources.



In association with



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In Progression step 1 (from age 3 upwards) Children will:

- Understand diversity of families and relationships and why these are important.
- Use accurate terminology for all body parts.
- Be aware of how human bodies change as they grow.
- Understand the importance of personal self-care and hygiene.
- Recognise that everyone's body is unique and special to them.



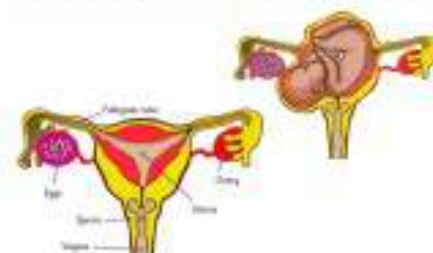
- Understand everyone's right to privacy, personal boundaries and which parts of the body are private.
- Be able to communicate if someone is touching them in a way that makes them feel uncomfortable.
- Be able to recognise positive and harmful behaviours, including bullying.

In Progression step 2 (from age 7 upwards) Children will:

- Be aware of the characteristics of different families and friendships and their diversity.
- Understand the importance of sex and gender equality.
- Understand different kinds of harmful or abusive behaviour and the role technology can play.
- Develop skills to build consensual relationships and know how to safely respond and report harmful behaviours and relationships offline and online.
- Understand how to keep safe online.



- Understand how children and young people experience changes during puberty.
- Know how to manage personal self-care and hygiene, including the importance of menstrual well-being.
- Understand how reproductive organs develop in the human body.
- Understanding fertility and the processes of reproduction.
- Recognise the process of pregnancy and birth.



Welbeing

This week is Place2Be's children's mental health week, with the theme being 'connecting with others.' Dosbarth 8 spent an afternoon mixed with Dosbarth 3 where children were able to connect with new friends. Children created kindness lan-

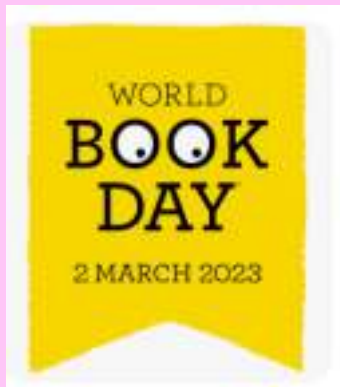
yards to wear around school and completed different activities to get them connecting with each other.

We had another great session from Stacy from FFIT CONWY who helped us to be active. We worked as teams to compete in activities before the timer ran out.



Welbeing

What an incredibly busy week we have had in Dosbarth 1. It's Children's Mental Health Week and the theme has been 'Let's Connect', we have played some silly games in class to connect more with each other. We have thought about our own mental health, discussed why it is healthy to talk and how we can look after ourselves by surrounding each other with kindness and positive people. We have had a mindful moment with the meditation chimes in class. We have looked at the role of 'by-standers' in bullying situations and discussed how to protect and look out for each other. We have been outside around the school getting some lovely fresh air (but were shocked at the amount of litter we counted in our survey.) We also had a Forest Schools session this week, creating faces to represent feelings, nature riddles and a STEM challenge to make a tin foil boat. We have tested our agility and stamina in our P.E. session with Stacey as part of the inter-school competition and of course, we have smiled and giggled as we listened to a wealth of Welsh music across the week to celebrate Dydd Miwsig Cymru. Our current Class favourite is the rousing 'Yma o Hyd' - maybe you heard us singing it because we were very loud!



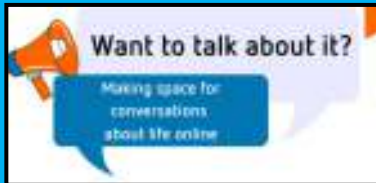
Thursday 2nd March

We invite all the pupils to celebrate World Book Day by coming to school dressed as a character from a book. Dressing up is optional and if your child prefers, they can come to school in non-uniform. There will be some fantastic book prizes this year written by Welsh authors or stories in Wales.

We will be holding a Book Swap, pupils may bring in book to swap. During the day we will be celebrating our love for reading and books with many activities.

Further information about World Book Day can be found on www.worldbookday.com

Safer Internet Day 2023



This year, the theme once again was "Want to talk About It" - Making space for conversations about life online'. The day was celebrated with the aim of joining together to make the internet a safer and better place for all.

The pupils took part in many activities to raise awareness of internet safety and to looked at the positive and negative aspects of the internet and how we can keep ourselves safe. We were reminded about the age restrictions on apps.

The website Better Internet for kids is a guide to apps and aims to provide key information about some of the most popular apps, social networking sites and other platforms which are commonly being used by children and young people (and adults) today. <https://www.betterinternetforkids.eu/en-GB/apps-guide>. Take a look!



School Eisteddfod

March 1st/ Mawrth 1af

To celebrate **St David's Day** this year we would like all pupils to create an Art or Craft piece to produce a piece of work that symbolises "What Wales Means to You".

Work could be a:- collage, poem, story, painting, fact file, poster, 3-D model, drawing, knitting etc. The work could depict Symbols of Wales, Castles and Dragons, Welsh Music and Musicians or Sport in Wales -it should reflect "What Wales Means to You". Let your creativity flow!

Please ensure your child's name and class is written on the back of their creation and that all entries are in school by Monday 27th February. Diolch yn fawr iawn a phob lwc!

On March 1st the pupils may wear red or traditional Welsh costume.

Valentine's Lunch

Wednesday February 15th

Valentine's Pizza
Potato Wedges
Sweetcorn
Heart Shaped Biscuit



CORNEL CYMRAEG

10 February 2023 is Welsh Language Music Day

Welsh Language Music Day celebrates all forms of Welsh Language music. Whether you're into indie, rock, punk, funk, folk, electronica, hip hop or anything else, there's incredible music being made in the Welsh language for you to discover.

But you don't have to wait until Welsh Language Music Day to share your love for Welsh language music or to find your favourite new tune, just follow @Miwsig or search #Miwsig.



Listen to our specially curated Welsh Language Music Day playlists

Here are some playlists of great Welsh artists for you to enjoy.



O GYMRU
Best of Wales playlist: on Spotify

Listen to our bilingual Best of Wales playlist containing some legendary acts such as Catriona, 4876 and Roger Potts Adams.



SEREN A SBARC
Seren a Sbarc playlist: on Spotify

This playlist is great for a school disco or a kids birthday party.



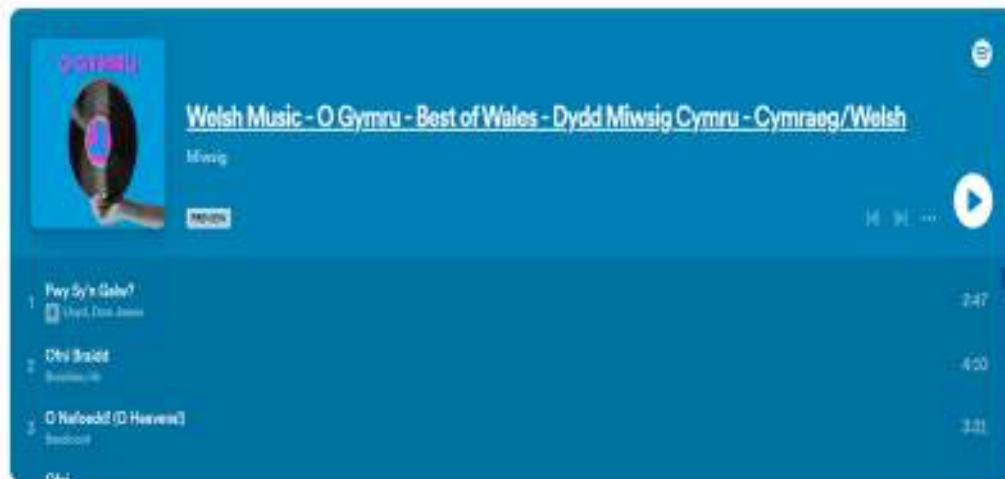
GWEITHIO O ADRE
Working from home playlist: on Spotify

This playlist is perfect if you're working from home.

Watch Cardiff City players react to Welsh Music:



To get a taste from previous years, check out the O Gymru Spotify playlist from Dydd Miwsig Cymru.



O Gymru spotify playlist from Dydd Miwsig Cymru:



BRAWDDEG YR WYTHNOS

Pa fath o gerddoriaeth wyt ti'n hoffi?



Dw i'n hoffi cerddoriaeth roc.

Dw i'n hoffi cerddoriaeth pop.



CHWEFROR

Here's a little video explaining what Dydd Miwsig Cymru is:

