



# Ysgol Sant Elfod

*Oni flagura ni ffrwytha*

*Mighty oaks from little acorns grow*

Chwefror 3ydd February 3rd 2023

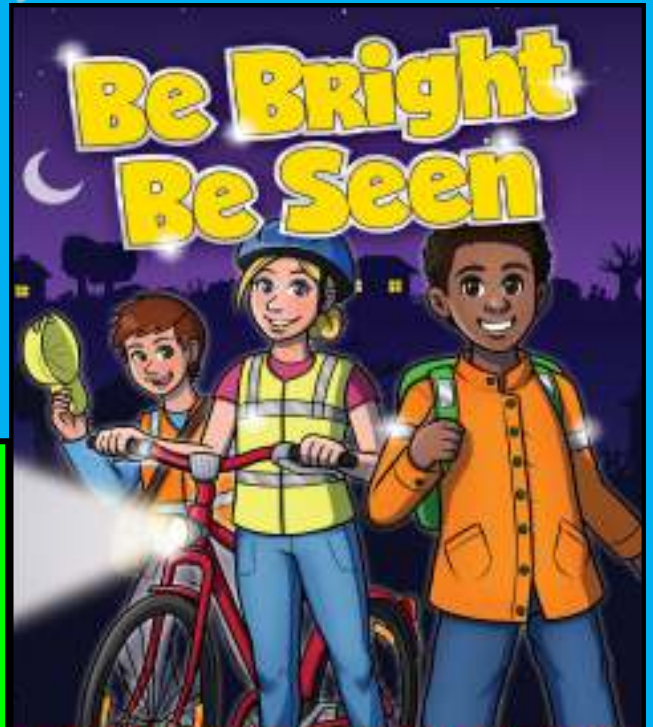
Log on to our website [www.ysgolsantelfod.org.uk](http://www.ysgolsantelfod.org.uk)  
Follow us on Twitter and Facebook



**N  
e  
w  
s  
i  
e  
t  
t  
e  
r**

## Be Bright, Be Seen Week

On Friday the 17<sup>th</sup> 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



Get yourself noticed when it REALLY matters!

### Lower School Forest School Sessions

February/ Chwefror  
7th Dosbarth 7  
8th Dosbarth 2 & Dosbarth 1  
15th Dosbarth 5 & Dobarth 4

Please make sure that your child comes dressed appropriately for these outdoor sessions. Thank you.

### Diary / Dyddiadur

Chwefror/ February  
9th Upper school & Dosbarth 1 PE session with Stacey- PE kits to be worn  
16th Valentine's Disco 5-6pm  
17th Be Bright Be Seen  
17th School Closes 3.10pm  
27th School Opens 8.55am  
28th Dosbarth 6 & 9 Renewable Energy Workshop at Emrys-ap-Iwan

### Mawrth/ March

2nd World Book Day  
3rd Dosbarth 10 & 7 Renewable Energy Workshop at Emrys-ap-Iwan



## Sêr yr Wythnos

### Lower School

Harry L Jac R-S Hari Anton N  
Mia R Carter N

### Upper School

Zac B-C Blake SW Pana T  
Alfie R Ollie Y

WELL DONE!

DA IAWN!



# Sponsored Punch-a-thon

On Wednesday 1st of February, the students from PMA karate and Kickboxers class, successfully completed a Punch-a-thon to raise money for a portable Defibrillator. All members of the class were able to do 1000 punches, including pupils from this school Theo, Noah, Lexi, Archie, Ruby and Jack they raised money for a defibrillator in the building  
**By Theo, Noah and Lexi.**

Not only would PMA members get access to the defibrillator, but we want all the people who run groups in Canolfan Dewi Sant Centre - Pensarn access to this vital bit of equipment.

Da iawn pawb! We're all proud of you.



## Community News

**Ar Werth For Sale**

**Abergele Men's Sheds**

**£70**

**£65**

**£70**

**£35**

We can repair and refurbish your broken garden furniture for a donation. Furniture can be made to your specifications. Call us to the Men's Shed to see what we have.

Contact details: Call us at: Men's Shed, Church Hill, Grove Llys, Abergele LL22 8UX  
 Or email: Daig on: 07734066143

#CyfunFusio

**the national sleep helpline**

**Does your child suffer with sleep issues?**

**Do you struggle with your child's bedtime?**

**Will your child not sleep in their own bed?**

**WE CAN HELP**

**03303 530 541**

03303 530 541

**the national sleep helpline**

**50%**

**Around 50% of children will have a sleep issue at some point\***

**WHAT IS THE NATIONAL SLEEP HELPLINE?**

In partnership with Families Village, The Sleep Charity has launched a brand new National Sleep Helpline to ensure that everyone has access to high quality, evidence-based advice.

**HOW CAN THE NATIONAL SLEEP HELPLINE HELP YOU?**

- Provide a team of specialist nurses who can help.
- Offer you some practical strategies and resources to help your child sleep better.
- Check that you or your child have also taken an important step in your child's mental health and wellbeing.
- Offer advice on how to help your child sleep better.
- Provide you with some resources so you can understand why your child might not be sleeping well and how that can change.

**03303 530 541**

Partnership with Families Village

**Rydym yn cynnig cyngor ar fagu plant yn gadarnhaol i rieni plant yn eu harddegau**

**We offer positive parenting advice for parents of teenagers.**

**Ewch i:**

**llyw.cymru/rhowchamseriddo**

**Visit:**

**gov.wales/giveittime**

**I've been feeling..... can we talk?**

**time to talk day 02/02/23**

**Make space in your day for a conversation about mental health**

**Talk, Listen, Change Lives**

**Y CHWE GWLAD g**

Dydd Sadwrn 4 Chwefror | Cio Gyntaf - 14:15

**CYMRU** ✓ **IWERDDON**

Dydd Sadwrn 11 Chwefror | Cio Gyntaf - 16:45

**YR ALBAN** ✓ **CYMRU**

Dydd Sadwrn 25 Chwefror | Cio Gyntaf - 16:45

**CYMRU** ✓ **LLOEGR**

Dydd Sadwrn 11 Mawrth | Cio Gyntaf - 14:15

**YR EIDAL** ✓ **CYMRU**

Dydd Sadwrn 18 Mawrth | Cio Gyntaf - 14:45

**FFRAINC** ✓ **CYMRU**

# STEM Tallest Tower Challenge

The pupils were set the challenge to build the tallest tower using only paper and tape. They could use only A4 paper and sticky tape to create their tower, work as a team on their creation and their tower had to be strong enough to hold a tin of food at the top, as well as being tall.



## Wellbeing

This week Dosbarth 7 have had an extra PE lesson with Stacey from FFIT Conwy. We love to be active and have enjoyed the circuits and recording ourselves having healthy competitions with other schools.



Our collective worship this week has been focused on our words and making sure they are thoughtful and not careless. Dosbarth 7 have been super mature in these discussions.

To help share our worries we have introduced the "Sharing Pot" which has enabled learners to tell the teacher what has happened and what is upsetting them. Dosbarth 7 are utilising it really sensibly



and it is making a difference already.

Mrs Parry had given the staff a wellbeing sticker and there were a few left so Mrs Carroll thought of how much it made her cheer up and class 7 have been able to choose one each.

## Litter Survey

Next week the lowers classes are going out into the local community to do a litter survey for our topic. They will need to wear appropriate clothing.

Class 2	7/2/23 – 11am -12.50pm
Class 1	7/2/23 – 1pm – 2pm
Class 4	9/2/23 – 11am – 12.50pm
Class 3	10/2/23 – 9.30 – 10.30
Class 5	Week after - TBC

## WhatsApp

It has come to our attention that some pupils have made a WhatsApp group that mentions teachers by name.

We would be very grateful if you could check if your child is a member of this group and remove all messages concerning staff.

Many thanks for your co-operation in this matter.





Dear Sir / Madam,

Complaints have been made that parents of Abergele Schools are parking illegally outside the school.

The Police and Conwy County Borough Councils Enforcement Officers have been informed.

The School is situated on a narrow road as you all are aware and parking and dropping of children by the school main entrance is very restricted and can get easily congested, cause obstruction and is dangerous for the children. All children enter the school via the main gate and so parking soon becomes a problem especially when some parents try and park illegally and dangerously on the Zig Zag lines which obstructs the main gate entrance and subsequently could cause a collision.

Most of the parents park their cars further down the road and walk up with their children to the school safely and some parents walk to school which eases the congestion and is definitely the safer route to the school. We would like to thank those parents that are ensuring the safety of their children and the safety of others and just point out that holding hands and walking all together will ensure further safety measures.

Please ensure all children have the appropriate In car safety seats and are wearing seatbelts and please do not leave Young babies and children un attended in Vehicles. We will monitor the situation at Abergele Schools and will enforce when needed. In the meantime, parents and carers are reminded that it is their responsibility to ensure that their children travel to and from school safely

Yours sincerely  
for G.B. Edwards  
Head of Environment, Roads & Facilities

## **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.**



# CORNEL CYMRAEG

This week, we would like to share with you some useful Apps that will help your child to learn Welsh whilst having lots of fun.



# Brawddeg yr wythnos

Beth ydy dy hoff fwyd?

Ey hoff fwyd ydy sgllodion.

Ey hoff fwyd ydy pítsa.

**CHWFROR**

