



Ysgol Sant Elfod

Oni flagura ni ffrwytha

Mighty oaks from little acorns grow

Mehefin 9fed June 9th 2023

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



Healthy Living Week/ Wythnos Byw'n Iach

Next week, commencing 12th of June we are celebrating our Healthy Living and Sports Week. We have lots of exciting things planned already including team building activities, tennis, Tour De France breakfast, rugby and many other activities. There will be no charge on the fruit trolley next week. During this week, pupils are encouraged to ride their bikes or scooters to school. Each day, cyclists/scooterist will be given a raffle ticket to be entered in to a draw. If they wear a helmet or come with an adult they will be given extra tickets.

	Uppers healthy Living Week	Lowers healthy Living Week
Monday	Sports Day Practice	Fun Activities at school
Tuesday	Sports Day	VIP guest at school
Wednesday	Abergele Rugby Club 10am - 2pm Bring a pack lunch	Sports day practice
Thursday	Ffit Gym Abergele Cycle Proficiency Yr5	Ffit Gym Abergele
Friday (Dr Bikes)	Dinerben Field 10:00 - 12:00	MW Sports Visiting School

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

Diary / Dyddiadur

Mehefin/ June

12th-16th Healthy Living Week
13th Upper School Athletics Afternoon
19th Lower School Athletics Afternoon
26th Non-Uniform Day- donations for hampers

Gorffennaf / July

3rd Staff Training Day
5th Non-Uniform Day- £1 for raffle ticket
11th Non-Uniform Day- Donations for the Tombola
14th Summer Fair
20th School closes 3.10pm

Medi / September

5th Pupils return to school



Sêr yr Wythnos

Lower School

Jack G Max G Oliver D
Toby W Nico J

Upper School

Lexi C Ruby L Willow F
Cooper W Stefan G

WELL DONE!

DA IAWN!



Book of the Month

Our book of the month is 'Butterflies for Grandpa Joe' by Nicola Davies and illustrated by Mike Byrne. It conveys how love across the generations and the healing power of nature can soothe the heartache of grief and give hope for the future.



Non-Uniform Days

WE NEED YOUR HELP!!!!

In the build up to our Summer Fair, on July 14th, we will be holding some non-school uniform days. In exchange for wearing their own clothes the pupils will be asked to bring in items or a donation of £1 for a raffle ticket.

The non-uniform days will be on:-

Tuesday June 27th

Lower School Years 3 & 4

Please bring in items to make up a Holiday Hamper (sun cream, balls, bucket and spade, beach items etc)

Upper School Years 5 & 6

Please bring in biscuits, sweets or chocolate to make up a Sweet Hamper or items to make a 'Back to School' Hamper (pens, pencils, felts, rubber, ruler, pencil cases etc) .

Wednesday July 5th

Please bring in **£1** for a raffle ticket— Various items to be won. You may buy as many tickets as you like and you can pay on Parent Pay.

Tuesday July 11th

Please bring in new items for the Tombola or bottles for the Bottle Stall

Athletics

Weather permitting, we have arranged some running races for the pupils on **June 13th and June 19th**. To simplify arrangements the races for each class will be over a 20 minute session. This will make it far easier for you to attend if you are able to do so.

Tuesday JUNE 13th

Dosbarth 6 - 1.00pm - 1.20pm
Dosbarth 7 - 1.25pm - 1.45pm
Dosbarth 8 - 1.50pm - 2.10pm
Dosbarth 9 - 2.15pm - 2.35pm
Dosbarth 10 - 2.40pm - 3.00pm

Monday JUNE 19th

Dosbarth 3 - 1.00pm - 1.20pm
Dosbarth 1 - 1.25pm - 1.45pm
Dosbarth 2 - 1.50pm - 2.10pm
Dosbarth 4 - 2.15pm - 2.35pm
Dosbarth 5 - 2.40pm - 3.00pm



Summer Reading Challenge



Welbeing LLES

This week, Dosbarth 1 have kept our bodies active practising lots of skills for our upcoming sports day. In our Growth Mind Session, we did another deep dive into the brain. We learnt about the amygdala and the prefrontal cortex. The amygdala is like a guard dog, always on alert, looking for danger and working hard to protect us. When the 'guard dog' part of our brain thinks there is a danger, it signals the body to push out adrenaline and cortisol. We learnt about the stress responses of fight, flight, freeze, flop and faint. These chemicals make us stronger and faster in case we need to run away from danger but too much of them can have a negative impact on the body, our mood and our behaviour. Sometimes the 'guard dog' can be a bit 'over-reactive' and it needs help to calm down and stop pushing out adrenaline and cortisol. Our prefrontal cortex or the Wise Old Owl helps to calm the guard dog, it takes practise to do this and there are lots of strategies that can help, like deep breathing, candle breath, walking in nature, petting your dog or cat, looking at objects around you and really focusing on them, or the cupping technique - gently squeezing the skin and muscles of the arms. The chemical oxytocin stops the body making cortisol, so doing something that makes you smile and feel good, like a hug from a friend, listen to your favourite song, listen to a baby laugh. Our brains are fascinating! The more we learn about them, the more we can understand our own behaviour and in time, we realise, we can decide how to react or not. We rounded off our KIVA lessons this week with online games, this was an opportunity to reflect on the important lessons and the discussions we have had about bullying. Have a great weekend everyone and remember next time you get scared, worried or anxious, it is your amygdala (aka the Guard Dog) thinking you are in danger, try one of the techniques above to help CALM your brain.

SUMMER FAIR

Friday 14th July
3.10pm-4.30pm

Refreshments BBQ

Tombola

Bottle Stall Face Painting
Raffle

and much much more.....

Please come along we'd love to see you!

The School Council Need Your Help

In our meetings, the School Council have decided they would like to create a calm area for break times where children can relax and unwind. But we need some help to create a nice and comfy area. We would really appreciate it if anyone was able to donate some comfy things for us to lay out at break times.

We need: Picnic rugs, Blankets, Cushions, Bean bags and Large pieces of fabric.

Diolch yn fawr!



Cycling Proficiency

Blwyddyn 5 have enjoyed their first cycling proficiency session today in the sunshine. Da iawn chi.



CORNEL CYMRAEG

Dyma Cân yr Wythnos.

<https://youtu.be/AxTtn5q5844>



In our Gwasanaeth Cymraeg this week, we shared the story 'Pysgodyn Enfys'. The Criw Cymraeg from Uppers delivered the assembly in the hall, whilst Criw Cymraeg in Lower delivered the assembly in class.



Classes are now operating a weekly 'Welsh Detective'. Their job is to listen to which children in class use the most Welsh and celebrate their achievement at the end of the week.

Criw Cymraeg from Dosbarth 6 have been to Ysgol Glan Gele to share a reading book with them to promote enjoyment of reading Welsh stories.

Our school reception area has been given a face lift. Dime_One graffiti artist continues to take the ideas and designs of our pupils and turn them into permanent works of art. In this piece he has included our three schools rules... READY, RESPECTFUL and SAFE. Can you see Sant Elfod himself in this piece of art? All the pupils are impressed and are looking forward to coming up with themes and designs to inspire his next target area - the school toilets. Watch this space!

Upper Criw Cymraeg have been available each playtime to play Welsh games with the Lower Junior children.

Brawddeg yr Wythnos



Ga i weld dy waith plis?



Cei

Wrth grws

Dyma fy ngwaith



Upper juniors have had PE sessions this week through the medium of Welsh.

Community News

Tuesday 13th June
1pm to 2.30pm



Community Clothes Share Project

Free pre-used children's clothing in good, clean condition.



Held at Canolfan Dewi Sant Centre, South Parade, Penarth, Abergele, Cymru, LL22 7RG

Held on the Second Tuesday of every month from 1:00pm - 2:30pm
Starting again from 11th October 2022 Term time only.

PHOCOLLAJE



CYLCH TI A FI BAE CINMEL

Don't worry if you don't speak Welsh as EVERYONE is welcome at the Cylch Ti a Fi

DYDD IAU / THURSDAY
Cylch Ti a Fi Bae Cinmel
Llyfrgell Bae Cinmel Library
13:30-14:30y/1pm

08/06/23 29/06/23
15/06/23 06/07/23
22/06/23 13/07/23



Tymor ysgol yn unig / school term only

Ysgol Gynradd Dewi Sant

For young people aged 8-18 living in County Penarth

Time	Activity	Staff
8:00-9:00am	Ysgol Gynradd Dewi Sant	Ms. Jones
9:00-10:00am	Ysgol Gynradd Dewi Sant	Ms. Jones
10:00-11:00am	Ysgol Gynradd Dewi Sant	Ms. Jones
11:00-12:00pm	Ysgol Gynradd Dewi Sant	Ms. Jones
12:00-1:00pm	Ysgol Gynradd Dewi Sant	Ms. Jones
1:00-2:00pm	Ysgol Gynradd Dewi Sant	Ms. Jones
2:00-3:00pm	Ysgol Gynradd Dewi Sant	Ms. Jones
3:00-4:00pm	Ysgol Gynradd Dewi Sant	Ms. Jones
4:00-5:00pm	Ysgol Gynradd Dewi Sant	Ms. Jones
5:00-6:00pm	Ysgol Gynradd Dewi Sant	Ms. Jones

If you would like to get involved, please contact us

DIGWYDDIAD AGORED GORSAF DAN BAE COLWYN

COLWYN BAY FIRE STATION OPEN DAY

Dewch i'n gweld i ddarparu fod mwyl!

Visit us to find out more!

DYDD SADWRN 29 GORFFENNAF TIAM - 4PM

Gorsaf Dan Bae Colwyn

SATURDAY 29 JULY TIAM - 4PM



SUN PROTECTION GUIDELINES



In anticipation of warm weather (we can but hope!) we would like to remind parents/carers of our sun protection guidance. Ideally, please apply sun cream to your child before they come to school on hot days. The long lasting protection types are recommended. However, if your child is prone to burning and you feel they may need an additional application you may send in a labelled bottle of sun cream, which your child should give to their teacher. Your child will be able to apply the cream themselves when needed under the supervision of a member of staff.

It is also advisable to provide your child with a sun hat/cap and a drink on hot days and we will encourage children to sit in the shade as required at break-times and drink plenty of water.

Sun protection healthdirect



Slip on protective clothing	Slop on SPF30+ or higher sunscreen	Slap on a hat	Seek shade	Slide on sunglasses
---------------------------------------	--	-------------------------	----------------------	-------------------------------

Cricket Festival

Pupils from the Upper School have taken part in Cricket Wales cricket festival in Pentre Mawr Park. We are delighted to announce that one of our teams won the overall tournament. Well done "Green Team"! They all had a wonderful day and deserve praise for their behaviour and excellent effort! Da iawn pawb!



Congratulations to our "Green Team" !!!