



Ysgol Sant Elfod Newsletter / Cylch Lythyr

Oni flagura ni ffrwytha

Mighty oaks from little acorns grow

Medi 29ain September 29th 2023

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



Parents' / Guardians' Evening

Monday October 2nd Dosbarth 1,2 (Mrs King),3,4,5,7,8,& 10

Tuesday October 3rd Dosbarth 9

Wednesday October 4th Dosbarth 2 (Mrs Harper)



Your child's class teacher will contact you by telephone to discuss how your child has settled in to their new class.

You will have been sent an email with a link to can book a time, this will allow your child's class teacher to contact you at the most convenient time for you. Please complete one form per child.

Please note:

- Dosbarth 2, Mrs King is holding her meeting on Monday October 2nd and Mrs Harper on Wednesday October 4th.
- Dosbarth 9's meeting will be on Tuesday October 3rd.
- Due to unforeseen Dosbarth 6's meeting will be rescheduled. You will be informed as soon as a new date has been set.

Diolch

Urdd Football Tournament

Yesterday, we played in the Urdd Football Tournament at Coleg Llandrillo. We won two games and lost two. We scored 7 goals in total. We came third in our group. A fun day was had by all.

By Raheem and Oliver



PTA AGM

Monday October 2nd
@ 6pm

Dydd Llun Hydref 2ail

Please join us in the school hall.
You are all welcome.



Sêr yr Wythnos

Lower School

Charlie R Elliott K Sam R
Toby W Sam W H

Upper School

Elliot D Safaa M Jessica W
Armaa S Ashlyn B

WELL DONE!

DA IAWN!



Diary / Dyddiadur

Hydref / October

2nd Speak with the Teacher,
Dosbarth 1,2,3,4,5,7,8 & 10

2nd PTA AGM 6pm in the school hall.

3rd Speak with the Teacher, Dosbarth 9

4th Speak with the Teacher, Dosbarth 2

6th Dosbarth 1 Forest School

13th Dosbarth 3 Forest School

26th Dosbarth 5 Forest School



Flu Vaccine

We have been asked to share this message with parents by Betsi Cadwaladr University Health Board-

All primary and secondary school children can get a free and painless nasal spray flu vaccine at school, at a clinic organised by the school nurse. Having the flu vaccine is the best way to protect your child against catching or spreading flu this winter.

Children at **Sant Elfod** will be offered their flu vaccine at school on **7th November 2023**. Please make sure you have completed and returned a consent form for your child.

Flu can be a very unpleasant illness for children. It can lead to serious problems, such as bronchitis and pneumonia, and severe illness.

Children catch and spread flu very easily. Vaccinating them also protects other members of your family who are vulnerable to flu, including older relatives and people with underlying health conditions.

Your GP surgery will also offer free nasal spray flu vaccines to all children who were aged 2 or 3 on August 31 2022. Please take up the invitation for your child or children this winter.

Find out more: <https://bcuhb.nhs.wales/flu>



Community News

WNO WELSH NATIONAL OPERA CENEDLAETHOL CYMRU

Venue Cymru, Llandudno
Space Spectacular
14 Oct 2023, 3:30 pm

Chwarae Opera YN FYW | **Play Opera LIVE**

Travel through the depths of space on a musical voyage that is out of this world.

Experience extra-terrestrial activity, learn fun facts, and orbit the incredible world of opera and classical music with Welsh National Opera's space-themed interactive and educational family show that's suitable for all ages.

A WNO family experience wouldn't be complete without free foyer activities. Transform into an alien at their face painting station, enjoy an intergalactic treasure hunt, and more from 1.30pm.

Running time: approximately one hour and 10 minutes with no interval.
Tickets: Adult £15, Child £7.50

LLANRWST + COEDWIG GWYDYR FOREST

Dafydd ap Siencyn

GWYL HANES, NATUR + DIWYLLIANT
HISTORY, NATURE + CULTURE FESTIVAL

Special Dates - Chwedlau, Hwylchymyskiau, Cwyliau'r Ffocwl, Nostalgic Folia - Ffocwl, Forest Activities for the Family, Bandiau + Cerdd

ENAGLER / PROGRAMME @ apSiencyn.com

Me and my baby sessions
Online group for parents to be and new parents

Monday 02.10.23 - 2.00pm
(Bilingual Session)

These sessions will help you explore:

- How speaking Welsh can give your child more opportunities
- How to use sign, baby massage and yoga to communicate with your baby
- How to access Welsh and bilingual books and apps
- Where to find your local 'I' a Fi group, Cych Mawrdd and Welsh medium school
- How to enroll on a Learn Welsh course as a beginner

To register, scan the QR code or visit bcuhb.nhs.uk

hands4babes

Conwy Family Information - Gwybodaeth i Deuluoedd Conwy

Here is the latest timetable for Dinorben Family Centre, Abergel

For more information, contact 01492 577757, familysupport.east@conwy.gov.uk

East Conwy

11.00 - 12.00	12.00 - 1.00	1.00 - 2.00	2.00 - 3.00	3.00 - 4.00
Family Support	Family Support	Family Support	Family Support	Family Support

Canolfan Dewi Sant Centre - Pensarn

Canolfan Dewi Sant Centre South Parade, Pensarn

Canolfan Dewi Sant Centre comprises of St David's Church & three multi purpose rooms.

There are many different community & social groups, fitness, wellbeing activities, support & advice groups taking place here every day of the week for all ages.

If you run a community group or work for a third sector organisation and would like to find out more about how you can have your own base here at Canolfan Dewi Sant Centre, please contact Theresa Curran, Administrator of CDSC on 07975 543020 or email dewisant@btconnect.com

Design a 'Mayor's Christmas Card' Competition

The Council have asked all pupils to take part in a competition to design a Christmas Card for the Mayor to send into the community at Christmas.

The overall winning design will be reproduced as a Christmas Card for the Mayor to send to local organisations and dignitaries as well as friends and families. Prizes and a certificates will be presented to the winning entries from our school.

The entries need to be submitted by Monday October 18th.

PE Kit

Dillad Addysg Gorfforol

Children may come in PE Kit on the days their class is having PE. Please note that they may wear clothes suitable for outdoors such as tracksuit and trainers or shorts and T-shirt depending on the weather. We politely ask that pupils do not wear jeans, cropped tops or unsuitable shoes. Thank you for your co-operation.



Recommended Treatment for Head Lice

The wet combing method involves removing the head lice by systematically combing the hair using a special fine-toothed comb.

You can buy a fine-toothed comb from your local pharmacy.

Lotions or sprays don't need to be used for wet combing. However, to be effective, wet combing needs to be carried out regularly and thoroughly. The method you should use is described below.

- Wash the hair using ordinary shampoo and apply plenty of conditioner, before using a wide-toothed comb to straighten and untangle the hair.
- Once the comb moves freely through the hair without dragging, switch to the louse detection comb. Make sure the teeth of the comb slot into the hair at the roots, with the bevel-edge of the teeth lightly touching the scalp.
- Draw the comb down to the ends of the hair with every stroke, and check the comb for lice.
- Remove lice by wiping or rinsing the comb.
- Work methodically through the hair, section by section, so that the whole head is combed through.
- Rinse out conditioner and repeat the combing procedure.
- Repeat the procedure on days three, six, nine, 12 and 15, so that you clear young lice as they hatch, before they have time to reach maturity.

How long it will take to comb your child's hair will depend on the type of hair they have and its length. For example, short, straight hair can be quickly prepared and can be fine-toothed combed in a few minutes. Longer, curlier hair will take longer to comb.



Wellbeing

In Dosbarth 2 this week, we have written compliments about others after discussing the qualities of the people in different Harry Potter houses. We have also developed our throwing and catching skills in PE, playing games that build on our ability to work well in a team and making sure we encourage each other to do well. In our collective worship, we have talked about being gentle, and about how being gentle and kind can often help someone who is being angry and upset.

Cymraeg

Our Helpwr Heddiw children have been wonderful this week, taking charge of the dinner register and leading questions about how we are feeling each morning. All children are increasing in confidence when asking and answering these questions! We have also been reading a Welsh legend and discussing the different parts of the story. In our Cymraeg lessons, we have been developing the use of "Dw i'n gwisgo" as part of our Harry Potter topic. Da iawn pawb!



Attendance Matters

We would like to remind parents/carers of the importance of all pupils arriving at school on time. The day begins at 8.55am and the school doors are open at 8.50 am to ensure that all pupils are in class ready for registration. The school gate will now be locked at 9am and pupils arriving after this time will need to enter the school via the front door. This is to improve site security and simplify the registration process.

The school should be notified of a pupil's absence by 9.30am at the latest on the first day of absence. This can be a verbal message if you are bringing another child to school, or a note or telephone call to the office. We would ask for your co-operation in this matter. Thank you! (School Telephone 01492 577240)

Why school attendance is important

Attending school on a regular basis is the key to children doing well at school, and sets them up with good habits for later life and the working world. It also gives children the opportunity to:

- make lots of friends and feel included
- learn new things and develop their skills
- increase their confidence and self esteem
- improve their social skills
- be part of a school team or club
- improve their career prospects
- achieve their potential and fulfill their aspirations



Why school attendance matters

You can help your child establish good habits from an early age.

When your child attends school on a regular basis, they take an important step towards reaching their full potential, and are given the greatest opportunity to learn new things and develop their skills.

The more time they spend around other children, whether in the classroom or as part of a school team or club, the more chance they have of making lots of friends and feeling included, boosting social skills, confidence and self esteem.

CORNEL CYMRAEG

Band y Mis

Bwncath

("buzzard") is a Welsh rock-folk or contemporary folk band from Caernarfon.

Follow the link to learn more about them [Home | Bwncath](#)



Brawddeg yr Wythnos

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Ydych chi wedi mwynhau y gwybodaeth am Owain Glyndŵr?

Ydw / Nac ydw

MEDI

Join the Urdd!

By joining the Urdd your child has the opportunity to participate in various sporting and craft events with the Urdd within the school year. Trials for the sporting events will be held throughout the year.

now
Follow the

Membership is
open.

2023-24 membership prices

Individual membership: £10
Family membership (3 or more children): £25

*£1 for those receiving one of the following:
Income Support
Income Based Jobseeker's Allowance
Income Based Employment and Support Allowance
Support under Part VI of the Immigration and Asylum Act 1999
Guaranteed element of Pension Credit
Child Tax Credit
Working Tax Credit
Universal Credit

link to find out more
information

Scan the QR
code to listen to
Hei Mistar Urdd



Cynefin

We have been learning about our local area this week.

ABERGELE began as a Roman town. Aber means the mouth of the river. Gele, originally Gelau, meant the blade of a sword or the tip of a spear in old Welsh. So Gelau could refer to a narrow, swift stream.

Modern Abergele and Pensan grew with the coming of the railway in 1848 - but it is much older than that.

The hills above are studded with Iron Age forts, and it later became a Roman trading town and medieval marketplace.

