

Ysgol Gynradd Aberbargoed Aberbargoed Primary School

"Everybody Matters"
"Mae Pawb Yn Bwysig"

Ambitious Capable Enterprising Creative Ethical Informed Healthy Confident

Croesol

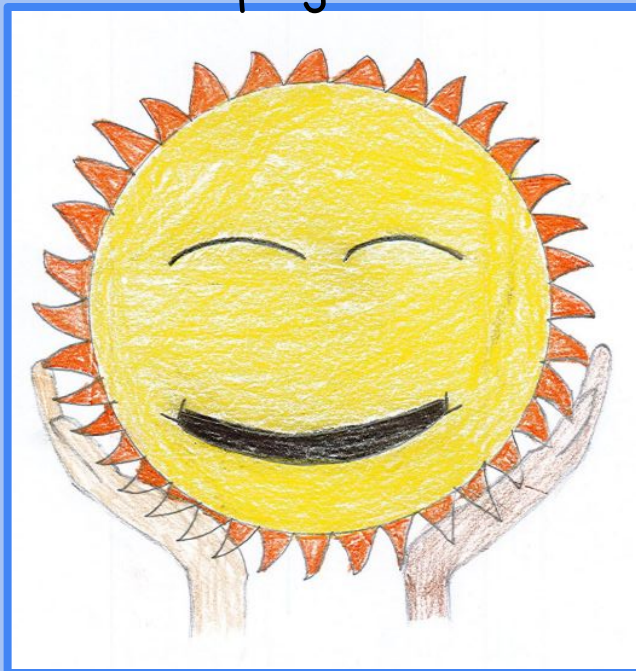
We are pleased to share with you the first of our Helping Hands newsletters.

These will be shared each term, with links to agencies, support networks and helpful links to support pupils and families.

If you would like support to access any of the resources shared, or would prefer a private chat, please contact Mrs Phillips in school, who, alongside the Health and Wellbeing team, will be happy to help.

Helping Hands

Logo designed
by Isla Fisher -
Year 6



"It takes a whole village to raise a child."

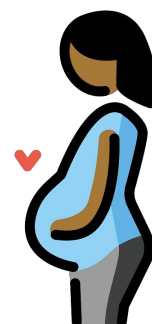
"Everybody Matters"

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The best start...

- If you're more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy healthy food and milk
- If you're eligible, you'll be sent a Healthy Start card with money on it that you can use in some UK shops. We'll add your benefit onto this card every 4 weeks.
- You can use your card to buy:
- plain liquid cow's milk
- fresh, frozen, and tinned fruit and vegetables
- fresh, dried, and tinned pulses
- infant formula milk based on cow's milk
- You can also use your card to collect:
- Healthy Start vitamins - these support you during pregnancy and breastfeeding
- vitamin drops for babies and young children - these are suitable from birth to 4 years old



<https://www.healthystart.nhs.uk/>

Parent and Baby groups

- Story and Rhyme Time - Aberbargoed Library - Parent and toddler / preschool activities - Tuesday 10.30 - 11.15 am
- Rhyme Time - Bargoed Library - Parent and toddler / preschool activities - Thursday 10.00 - 10.30 am
- Cymraeg I blant / Welsh for kids: Baby Groups Caerffili - Bargoed Library - Parent and toddler / preschool activities - Tuesday 14.00 - 15.00 pm
- Early Birds Rhyme Time - New Tredegar - Parent and toddler / preschool activities - New Tredegar Library - Mondays 9.30 am - 10.15am (Excludes Bank Holidays)
- Play Date - New Tredegar - Parent and toddler / preschool activities - Wednesday 2 - 3 pm

Follow the link to find more groups in our area -

<https://www.childcareinformation.wales/services/W06000018/24>



Food



Food vouchers

You can get vouchers from;

- Citizens Advice
- JobCentre Plus
- GP surgeries
- Health visitors & social workers

Or give us a call in school and we can help arrange a voucher for you.

Rhymney Valley Foodbank

If you or someone you know is in need of support please ring the referral line on **01443 811490**. You will be able to speak to a support worker who is able to make a referral for a parcel to reach people in need.

PHONE

07944354175

WEBSITE

<http://rhymneyvalley.foodbank.org.uk>

EMAIL

info@rhymneyvalley.foodbank.org.uk

St Peter's Church

Church Street Aberbargoed
CF819FF

OPENING TIMES

Wednesday - 11:00 - 13:00

White Rose Resource Centre,
Elliot's Town
New Tredegar

NP24 6EF

OPENING TIMES

Thursday - 11:00 - 13:00

<https://www.trusselltrust.org/get-help/find-a-foodbank/rhymneyvalley/>



Food



FareShare Cymru

The following organisations are members of the FareShare Cymru scheme and can provide food bags to those in need.

This is not a referral service and is a 'walk in' open to all those in need, although they can be recommended to visit by client support services. There is a suggested donation usually of **£3.00** per bag which helps to cover the costs of the volunteer's petrol to pick up the food.

- Graig Y Rhacca - open Monday (10am - 1pm)
- Michael Climer Trust (Holy Trinity Church, Ystrad Mynach) - open Tuesday (9am - 12pm)
- Newbridge Tabernacle - open Wednesday (10am - 12pm)
- Oakdale Christian Centre - open Monday (5pm - 7pm)
- The Pantri (Tredegar St, Risca, Newport NP11 6BW) - open Monday & Tuesday (3pm - 6pm)
- River Church (Tram Rd, Pontllanfraith, Blackwood) - open Monday (call to arrange time slot)
- **St Gwladys** - open Monday (10am - 1pm)
- TLC Café (Elm Dr, Risca, Newport) - Fare Share Member - open Monday, Wednesday, Friday (10am - 1pm)
- Van Community Centre, Van Road Caerphilly - open Monday (10am - 1pm)
- **White Rose** - open Tuesday (9:30am - 1pm)

<https://fareshare.cymru/get-food/>



Universal Free School Meal Provision

All Primary school children in Wales will get free school meals by 2024.

This commitment is in response to the rising cost-of-living pressures on families and Welsh Government's shared ambitions of:

- tackling child poverty
- ensuring no child goes hungry in school

There are also wider benefits of free school meals, including:

- promoting healthy eating across the school
- increasing the variety of food options
- improving social skills at mealtimes
- improving behaviour and attainment

All pupils in the appropriate year groups are qualified to receive UPFSM automatically. **There are no forms to fill in.**

Find out more by visiting:

<https://www.gov.wales/universal-primary-free-school-meals-upfsm#:~:text=All%20primary%20school%20children%20in,child%20goes%20hungry%20in%20school>

Or visit the Caerphilly website:

<https://www.caerphilly.gov.uk/services/schools-and-learning/school-dinners-and-breakfast-clubs/universal-primary-free-school-meals/universal-primary-free-school-meals-faqs?lang=en-GB>

You can access the menus and nutritional information here:

<https://www.caerphilly.gov.uk/services/schools-and-learning/school-dinners-and-breakfast-clubs/schedule-and-prices>





School Essentials Grant Information

School Essentials Grant (Replaces PDG Access Grant) 2023/2024

This grant provides **£125** (except for Year 7 which is **£200**) to buy school uniform, equipment, sports kit, and kit for activities outside of school for your child.

The scheme for the 2023/24 academic year will begin on 1 July 2023 and end on 31 May 2024.

This grant applies to all eligible pupils of compulsory year groups (Reception - Year 11).

For Year 7 learners the grant is **£200**, recognising the increased costs associated with starting secondary school.

The funding can be used to purchase:

- School uniform, including coats and shoes;
- School sports kit including footwear;
- Uniform for wider activities, for example sports, scouts and guides;
- School equipment where new curriculum activities begin such as design and technology; and
- Equipment for out of school hours trips such as waterproofs for outdoor learning.
- Laptops or tablets to assist with remote learning. Welsh Government advice families to contact their child's school/setting to discuss loaning equipment before purchasing.



If you have already purchased the items, you can still receive the funds retrospectively.

If you have any queries relating to this 2023/24 grant please e-mail: schoolessentialsgrant@caerphilly.gov.uk or call our Catering Support Team on 01443 864055

Further information about this funding is available on the Welsh Government website -

https://www.gov.wales/school-essentials-grant?fbclid=IwAR2eE3NrBWV7oxJVV6gFx07z34aiZJI6ldv53PY1YLd3M_30QDLaC-2b_uc5w



Hygiene

Free hygiene products

Periods are not a choice and period products are not a luxury. The Welsh Government has created this map, powered by DataMap Wales, so that wherever you live in Wales you can locate free period products as and when you need them.

<https://datamap.gov.wales/maps/map-to-free-period-products/>



The nearest place listed currently to Aberbargoed is:

SWFFRYD COMMUNITY CENTRE, WALTERS AVENUE, SWFFRYD, ABERTILLERY, NEWPORT, NP11 5HT

Aberbargoed Primary School has made enquiries to become a period products community hub. We will update you with more information regarding this as we receive it.

Period Dignity products are also currently available in all Caerphilly libraries.

All primary schools have access to feminine hygiene products to support learners.

Toothbrushing

Please take a everyday hygiene pack with you today! Along with other useful items, there is also a toothbrush and toothpaste.

You can get more information on ways to ensure good oral health for yourself and your children by visiting:

<https://phw.nhs.wales/services-and-teams/designed-to-smile/information-for-parents-and-carers/>





School Attendance

Education is important. Going to school and not missing lessons improves.



Attendance Matters

We are going to be working hard with families this year to raise attendance levels in school.
Our target for excellence is 97% attendance.

A whole year has 365 days; a school year has 190 days. That leaves 175 days to spend on family time, visits, holidays, shopping and appointments.

You can only allow your child to miss school if either:

- They're too ill to go in
- You've got advance permission from the school

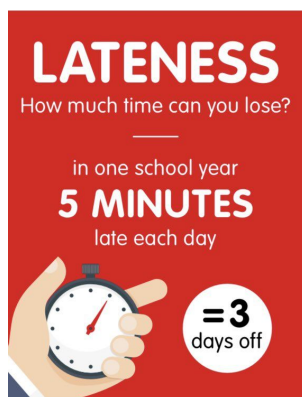
Extra support is available if your child can't go to school for long periods because of a health problem.

If you need support to improve your child's school attendance, you can contact Geraint Edwards who is our Education Welfare Officer;

edwargh@caerphilly.gov.uk

Telephone: 07702948738

Article 28 of the UNCRC says that children and young people have the right to education.



When your child is in school they will...

- Have fun;
- Make new friends;
- Achieve;
- Develop new skills;
- Build confidence and self-esteem;
- Experience new things and have the best possible start in life!



Parenting

The Parent Network

The Parent Network support you to have your voice heard in your community by encouraging you to contribute to discussions and consultations about local issues and the development of local services.

It provides the opportunity to meet others in your local community through supportive weekly group meetings where you can learn new skills and gain volunteering experience. Activities are tailored to meet the needs of the group and can include **wellbeing, digital literacy support, cookery and sewing classes, craft workshops, outdoor activities and qualifications and skills for employment.**

There is also an opportunity to become a Community Champion, to supporting families in your local community with appropriate information and signposting to local services.

How to get involved

You can get involved if you are a parent, grandparent, or carer in the Caerphilly county borough.

Contact the team on **01443 875444** for an informal chat. You can find out more by following them on <https://www.facebook.com/The-Parent-Network-352111561543070/>

Parenting Courses

The Caerphilly Early Years Team offer several parenting programmes and courses to support you as a parent. Each focus on skills and techniques to strengthen family relationships and family resilience and reduce family breakdown. If you are interested in attending or would like to find out more, please speak to your Midwife, Health Visitor or [contact us](#).

<https://www.caerphillyearlyyears.co.uk/family-support/parental-support/parenting-programmes-and-courses/>

Free practical tips and expert advice for all your parenting challenges;

<https://www.gov.wales/parenting-give-it-time/children-4-7>

<https://www.gov.wales/parenting-give-it-time/children-8-12>



Useful Links

What is Multiply?

Coleg y Cymoedd has partnered with Coleg Gwent, Adult Learning Wales and Equal Education Partners to support adults and families within the Caerphilly County Borough area improve their numeracy and maths skills through Multiply.

Multiply is a new government-funded programme, through the UK Shared Prosperity Fund, offering **free numeracy courses to build your confidence with numbers and gain a qualification.**

Good numeracy skills are essential in the workplace and in your everyday life. They can help improve household finances and support with helping your children with their homework. Enhancing your numeracy skills can also unlock new job opportunities, leading to higher wages and better wellbeing, and will open the possibility to progress to higher levels of training.

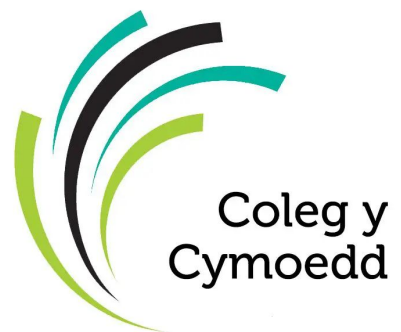
Who can access Multiply funded courses?

Multiply funding is available to residents of Caerphilly County Borough, aged 19+, who don't currently hold a Maths GCSE.

To register your interest in applying for Multiply funded courses, please register your interest here.

<https://forms.office.com/Pages/ResponsePage.aspx?id=EFq5xiqYUG1pA7PILlrf29Cd7U8yhVJtL6G19HLVAZUNlpaMIRYRKlQUjVOV0daQ0dGSzZRUDRSUI4u>

Multiply is also available for employers to support with assessing and boosting the skill levels of your workforce.





Useful Links

Citizens Advice Caerphilly Blaenau Gwent (Bargoed)

Citizens Advice give people the knowledge and confidence they need to find their way forward - whoever they are, and whatever their problem. Our national charity and network of local charities offer confidential advice online, over the phone, and in person, for free.

They are able to provide help and support with issues such as;

- Benefits
- Work
- Debt and money
- Consumer
- Family
- Housing
- Law and courts
- Immigration
- Health

1-2 Church Place
Bargoed
Caerphilly
CF81 8RP

How to get support:
0800 702 2020

<https://www.citizensadvice.org.uk/about-us/contact-us/local-citizens-advice/0014K000009FMM1QAO/>



**citizens
advice**

School Nurse

School nurses are specialised qualified experienced professionals that work across health and education boundaries.

They work with individual children, young people and families, schools and communities to improve health.

They also provide the link between school, home and the community. They are supported with a team of Registered Nurses and Health Care Support Workers.

If you would like to seek health and/or wellbeing support for your child, please call **01633 431 685** to be referred to the School Nursing Service.

<https://abuhb.nhs.wales/hospitals/childrens-healthcare-services/school-nursing/#:~:text=Contact%20the%20School%20Nursing%20Service,to%20the%20School%20Nursing%20Service>

You can also visit the Healthier Together website which has lots of useful information, such as what to do if your child is unwell, keeping your child safe and healthy, your child's development, getting ready for school, you're your child's mental well-being and more.

<https://abbhealthiertogether.cymru.nhs.uk/professionals/school-nurses>