

Dear Parents and Carers,

Diolch!

Last week we had a wonderful harvest celebration. The sound of harvest songs echoed through the corridors and we celebrated with poems and prayers of thanks. Representatives from the local food bank attended and were thrilled by the collection gathered. Over 250 food items were donated. Thank you so much for your support. The children got excited every day that they saw the tables getting more and more full. In the end, two tables



and a bench were completely filled! What an amazing community we have at Aberbargoed Primary.



Languages Connect Parent and Pupil Cafes

We would like to invite parents to come in for a short language cafe to celebrate our work around Languages in our first topic of the year on **Thursday 24th October**. The cafes will include: some singing by pupils; British sign language; and the chance to taste some food from countries explored by the children as part of their learning journey.



- **9.15-10.00 - Mrs Baber and Miss Counsell's Classes**
- **11.00-11.45 - Mrs Phillips' and Mrs Davies/Ashcroft Classes**
- **1.30 - 2.15 - Mrs Roach-Rooke's Classes**
- **2.15 - 3.00 - Miss Snailham and Miss Griffiths' Classes**

Flu Immunisations

Tuesday 15th October, Flu immunisations will take place in school. Please ensure you have completed the e-consent forms. This information has been sent out by school email/text.

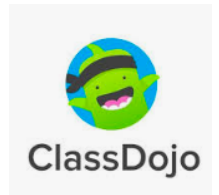


Show Racism the Red Card

Friday 18th October - We encourage children to wear as much red as possible to show support for Show Racism the Red Card Day. We will hold an assembly celebrating diversity and inclusion.

Class Dojo

Thank you to all the families who have joined Dojo. If you require an additional code to sign up please see your child's class teacher as soon as possible. Please could I take this opportunity to ask families to send messages relating to individual pupils directly to class teachers rather than commenting on the overall class story or class group chats. Diolch.



The importance of sleep

We need your help. We have noticed a pattern of pupils struggling to focus, concentrate and manage peer relationships on Mondays. Pupils often describe themselves as feeling tired as part of the reason for their low mood. We would welcome your help in encouraging your child to have a good night of sleep on a Sunday so they feel ready and prepared for learning from the very start of the school week. We've included below some guidance about the number of hours sleep recommended for pupils of different ages. NHS Advice:

How much sleep does my child need?

AGE GROUP

Infants 4 - 12 months old

Children 1 - 2 years old

Children 3 - 5 years old

Children 6 - 12 years old

Teens 13 - 18 years old

HOURS PER NIGHT

12 - 16 hours per 24 hour period

11 - 14 hours per 24 hour period

10 - 13 hours per 24 hour period

9 - 12 hours per 24 hour period

8 - 10 hours per 24 hours

Naps included, according to the American Academy of Pediatrics



Pupil Photos

Have you ordered your school photos yet? A polite reminder that the closing date for **free delivery** back to school is **Monday 14th October 2024**. Order through the Tempest website using your unique link or visit www.tempest-orders.co.uk. If you need any assistance in ordering your photos, feel free to contact Tempest on 01736 751555 (option 3).

Effective Communication

Over the last week there have been several occasions where our hardworking administrative team have been spoken to inappropriately. There are times when senior staff, including myself, are unavailable to respond to immediate requests for conversations or meetings. We try our very best to accommodate requests, however, this is not always possible and we try to get back to families as soon as possible. Our administrative team support us by communicating this to families. It is very important that staff feel safe in their working environment. One of the sayings we use with the children in school is, 'Manners cost nothing, but they mean the world'. I am hopeful this gentle reminder will resolve this.

INSET day

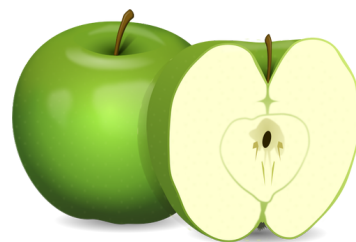
A reminder that on Friday 25th October, school is closed to pupils. Staff will be undertaking professional learning on this date.

Half term

Half term begins Monday 28th October. Pupils return to school on Monday 4th November. Pupil progress meetings will take place that week also. Information to book appointments online will be shared towards the end of next week.

Fruit Tuck Shop

You said (in a recent survey) that you wanted fruit tuck shop to return. We listened and look forward to establishing this as a trial starting the week after half term. The specific details about how and when you need to order fruit will be shared prior to half term. Fruit tuck shop will be for pupils from Reception to Year 6. Nursery pupils will continue their own processes for snack time.



We hope you have a fabulous fun-filled weekend!

Miss Everson