Diary Dates:

Wednesday 2nd October : Year 2 Road Safety Course with John Rogers

Wednesday 9th October : ColorFoto Individual / Family Photographs

Monday 14th October : The School Health Research Network Survey [2 weeks]

Wednesday 16th October : School Harvest Service at St Augustine's [Donations to Community Foodbank]

Friday 18th October : Show Racism the Red Card : Wear Red Day

Tuesday 22nd October : Year 6 visit to Cardiff Museum [Family Learning Partnership Event]

Friday 25th October : INSET DAY

Monday 28th October to Friday 1st November : Half Term Holiday

Monday 4th November : School Re-opens

Monday 4th to Friday 15th : Online Personalised Assessments [Years 2 to 6]

Monday 11th November : Remembrance Assembly

Thursday 14th November : Childrens' Flu Vaccinations [Reception to Yr 6]

Friday 15th November : Children in Need Day

Monday 18th November : Road Safety Week

Thursday 21st November : 'Into Film' Cinema [Yrs 5 & 6]

Tuesday 26th November : 'Into Film' Cinema Visit [Yrs 1,2&3]

Thursday 28th November : 'Into Film' Cinema Visit [Year 4]

Friday 6th December : Neurodevelopmental Drop-in Sessions [1.30pm]

Monday 16th December [week beginning] : Christmas Carol Concerts [Tabernacle]

Thursday 19th December : Proposed 'Carols in the Yard' [After-school]

Friday 20th December : End of term [school closes for Christmas at 3.30pm]

Monday 6th January 2025 : School Re-opens for Spring Term 2025

You will be informed of further details and events during the term.

NEW WOW SCHOOL

LIVING STREETS — LET'S WALK TO SCHOOL

Dear parent/carer,

Your child's school has chosen to be part of an exciting initiative to encourage more children and their families to walk to school. **WOW – the walk to school challenge** is delivered by Living Streets, the UK charity for everyday walking, to help as many children as possible experience the benefits of walking to school.

The pupil-led challenge enables children to self-report how they get to school every day. If they travel actively (walk/wheel, cycle, scoot or Park and Stride) at least once a week for a month, they get rewarded with a badge. It's that simple!

What are the benefits of walking to school?

- Children feel happier and healthier
- They arrive to school refreshed and ready to learn
- Helps reduce congestion and pollution at the school gates

What if we can't walk to school?

If driving, 'Park and Stride' to help your child earn their WOW badges. Park **at least ten minutes away** from the school and walk the remaining journey.

If using public transport, hop off **at least ten minutes away** and walk the rest (recorded as 'other' on the WOW Travel Tracker).

Where walking to school isn't an option, we work with schools to establish a bespoke approach to WOW that works best for their pupils' needs.

If you have any questions on the adaptability of WOW or have suggestions of how we can improve, we would love to hear your thoughts. Please email walktoschool@livingstreets.org.uk

What is a WOW badge?

There are 11 badges to be earned from September 2024 – July 2025. Each badge has been designed by a pupil from across the UK as part of our annual WOW Badge Design Competition. A new badge can be earned every month if pupils' walk/wheel, cycle, scoot or Park and Stride at least once a week.

WOW 2024/25 encourages pupils to *Walk with Imagination,* with a selection of badges ranging from a Bird's Eye View to Road Surfing up for grabs.

The badges are made in Cornwall from material that was otherwise destined for landfill, including fridge trays, plastic plates and yoghurt pot off-cuts. For more information, visit:

livingstreets.org.uk/recycling

In the UK, last year, around 2,300 schools and over 600,000 pupils enjoyed the benefits of walking to school with WOW. Will you join us?

Green Cone Safety Initiative

Please be reminded that our school is part of a scheme introduced as an additional safety measure to PROTECT CHILDREN as they enter or leave our school.

The green cones are to deter illegal parking practices. This official school initiative has the full support of the local Police/Council Enforcement Officers to deter dangerous and illegal parking practice.

Please don't stop/park by the 'Green Cone Safety Initiative' outside our school.

CARS AND KIDS DON'T MIX
Please park away from our school!

Gwasanaeth **Niwroddatblygiadol**
Neurodevelopmental Service

Community Connector Drop-in Session

For parents/carers of children aged 0-11 years on the Neurodevelopmental Service waiting list.

Drop-in for a chat about:

The Neurodevelopmental waiting list and assessment process.
Information on services and support available while waiting.

At: **Albert Primary ,Albert Road Penarth CF64 1BX**

On: Friday 6th December

Time: 1.30 pm till 3.00pm

NHS Online Cognitive Behavioural Therapy Service to Support Young Minds

1 in 6 young people experience mental health challenges

If your child is experiencing symptoms of anxiety or low mood, they are not alone. As a parent or carer trying to support them, help is here for you.

Cognitive Behavioural Therapy (CBT) can help young people manage anxiety by encouraging them to understand how they think, feel and behave.

Parents can sign up for a free 12- week online CBT programme to support children and young people aged 4-18 who are experiencing mild-to-moderate anxiety.

Teens aged 16-18 can also sign up for their own free programme independently of a parent.

Helping you help them

Programmes feature tools and activities to try at home. Support your child to build skills to manage their anxiety and thrive.

Access anytime, anywhere

Sign up for free online therapy via smartphone, tablet, laptop or desktop computer. It's available 24 hours a day, 7 days a week. No need to be referred by a GP.

Go at your own pace

Family life is busy. Complete online programmes at your own pace over 12 weeks. For best results, use it for 15-20 mins per day, three to four times a week

Online therapy with a human touch

You'll be allocated a SilverCloud Supporter who will check in with you online every two weeks to review your progress and provide feedback.

Sign up here: **nhswales.silvercloudhealth.com/signup**

GIG CYMRU NHS WALES

SilverCloud