

Ysgol Bryngwyn School

Update for Parents, Carers and Learners – 6th March 2023



Latest News:

1. Prize Evening
2. Key Stage Three Exams
3. Eisteddfod
4. World Kidney Day
5. Information for GCSE Learners
6. Lesotho Visit

Key Dates:

- **Monday 6th March:** Whole School Prize Evening
- **Thursday 9th World Kidney Day** – hosted @ Bryngwyn
- **Wednesday 15th & Thursday 16th March:** Potential disruption due to Industrial Action
- **Monday 27th March:** Exams years 7, 8 & 9
- **Friday 31st March:** End of term for staff and students.



For all future events please visit our diary and planner at:

<https://www.bryngwynschool.co.uk/Diary/>

Dear Parent/Carer,

We hope this update finds you well as we begin another busy week here at Bryngwyn as we progress into the second week of this half term.



FAIR TRADE

I pity the man who wants a coat so cheap that the man or woman who produces the cloth will starve in the process.

Benjamin Harrison

A thought for this week

*Yn rhai o'n gorau
Giving our best to be the best*

Mon 6th	Tue 7th	Wed 8th	Thu 9th	Fri 10th	Sat 11th	Sun 12th
9° 2°	6° -2°	5° 2°	7° 3°	9° 6°	10° 7°	11° 7°

The weather for the week ahead suggests temperatures dropping significantly during the middle of the week before recovering a little towards the weekend.

1. Prize Evening 2023 Monday 6th March

A very successful Prize Evening was held last night.

2. Key Stage Three Exams 27th March

Timetables will be issued shortly for examinations for learners in years 7, 8, and 9 to take place during the week commencing Monday 27th March.

3. Eisteddfod 2023 Wednesday 1st March



It was fantastic to spend last Wednesday, St David's Day, celebrating Welsh culture with a full day of activities based around Welsh language, tradition and artistic expression in our full school Eisteddfod. The atmosphere throughout school was cheerful and exciting as learners engaged with activities that promoted and celebrated the Welsh language in so many different ways. A fantastic day culminated in the awarding of the Welsh and

English chair in the tradition of the bard, with an opportunity to learn about this historic event that is still celebrated every year in Wales, and held this year in Carmarthenshire.

Events such as this take a huge amount of planning and work, and we thank everyone involved for putting together and delivering the event, and engaging in the events on the day.



Da iawn, pawb!

The Bryngwyn 2023 Winners were Ty Morlais!



4. World Kidney Day Event Thursday 9th March – Year 9

This Thursday we are looking forward to hosting the World Kidney Day event, in partnership with NHS Wales and Cardiff University. Learners in Year 9 will have the opportunity to hear from a range of visiting guests as outlined below:



A WORLD KIDNEY DAY EDUCATION EVENT

Brought to you by GIG Cymru NHS Wales

LEARN MORE ABOUT:

- 1 Keeping healthy with diet and lifestyles
- 2 What kidneys do and kidney disease
- 3 How we keep people alive with dialysis and kidney transplants
- 4 How we create our digital technology for health care
- 5 How we make our animations, videos and augmented reality
- 6 The type of career you could have in the NHS here in Wales



VENUE -
Bryngwyn school
March 9th 2023

MEET THE TEAM

Professor Chris Brown - Consultant Kidney Pharmacist
 Owain Brooks - Kidney pharmacist
 Sister Jenny Williams - Kidney nurse
 Emma Cofling - Dietitian
 Portia Rees-Jones - Dietitian
 Hannah Street - Dietitian
 Sister Melanie Pickman - Kidney Transplant Nurse
 Clare Weekes - Physiotherapist
 Mike Wakelyn - Digital engineer
 Richard Foreman - Digital engineer
 Dafydd James - Kidney Pharmacy Technician
 Anto Sebastian - Medical animator
 Dan Williams - Medical videographer
 Ivor Davies - Social Technologist
 Team from - Cardiff University



SPECIAL GUEST
Judith Paget CBE
Chief Executive NHS Wales

SCAN HERE :



Learn about NHS innovation for kidney care



Joe has kidney disease. Here is his story

CHOICE BREAK OUT SESSION



FOR THE STUDENTS

LEARNING ZONE

SCAN HERE

Watch our Animations: The GCSE Science Curriculum & Our Kidneys

The Structure of the Excretory System



The Structure of the Kidney & Nephron



Our Kidneys: Osmoregulation



Learning Zone: Teaching resources GCSE

KIDNEY CONTENT FOR GCSE BIOLOGY



5. Important Information for Year 11 - Preparation for GCSE

GCSE

- **Revision: Power Up your child's preparation for the Summer exams!**



As the Summer exams approach for Years 10 and 11, Welsh Government have co-ordinated a host of resources that have been brought together in their “Power Up” website for learners. These resources will help on everything associated with the Summer exams from exam technique and revision tips to guides on wellbeing and managing exam stress. You can find these resources below:

<https://www.gov.wales/power-up-wales#GCSE>

- **Qualifications Wales Learner Guide to Exams and Assessment**



Qualifications Wales have published a guide to exams and assessments 2022-2023, to give learners the information they need about arrangements for their qualifications this year.

It includes lots of helpful information, including:

- an overview of this year's arrangements
- key dates
- information on grading
- advance information
- links to helpful websites where learners can access revision tips, wellbeing guidance and other support

Please see the [Guide to Exams and Assessments](#) This may useful as learners continue to prepare for their exams and assessments.

There are also a variety of resources that can help with revision and independent learning approaches, in addition to our school based resources including Google Classroom.

Independent Learning Resources:

- <https://www.bbc.co.uk/bitesize>
- <https://www.wjec.co.uk/home/student-support/revision-resources/>
- <https://collins.co.uk/pages/free-revision-resources>
- <https://revisionworld.com/gcse-revision>
- <https://kids.nationalgeographic.com/>

6. Lesotho 2023 – “An uplifting, memorable week with a human touch!”

It was fantastic last week to welcome back our staff and students who spent the half term in Lesotho cementing our link with **Thaba Tseka High School**. It has been wonderful to hear about the different experiences of all involved. It was a real privilege to send such a fantastic group of young people. They represented themselves, Bryngwyn School, Dolen Cymru and Wales with pride and passion and truly experienced something very special and unique.



They even managed to meet the British High Commissioner and presented him with the Welsh flag for his office.

This was our first visit under the Taith Scheme, working with Dolen Cymru, to Lesotho - our new link



school. Our hosts welcomed us with open arms and showcased Basotho culture.

This June we will be hosting staff and students from Thaba Tseka at Bryngwyn. More details will follow in due course and we all look forward to greeting them with a warm welcome to Ysgol Bryngwyn.

All this is only possible with a huge amount of support and preparation from the staff and students involved, as well as the support of carers and parents, and a huge thank you to all involved, in both countries, that made this amazing experience possible! -DIOLCH!

General News Round-Up



• **Bryngwyn Showjumping Success** - Congratulations are extended to Mia Haf Bowen who represented Bryngwyn in a Schools Riding Club showjumping competition at the weekend. Mia, and her beautiful horse, successfully completed their rounds and cleared all fences. They have now qualified to compete in the final rounds at the prestigious showjumping venue of Hickstead in the South of England. **Good luck, Mia Haf!**

- **UK Maths Challenge** - Congratulations to the year 10 and 11 learners who achieved a bronze award in the UKMT maths challenge. Well done!
- **Mixed Martial Arts Winner** – Congratulations to Jay Williams from Year 8 who competed on a professional MMA card this weekend in Neath. He got to showcase his skills in a youth MMA bout against a skill full striker. Jay stuck to his game plan, listened to his corner and came away with his first Mixed Martial Arts win inside the cage! **Ardderchog!**



- **Extra-Curricular PE Activities**

We are delighted to be able to offer a full range of extra-curricular sport activities during lunch times and after school.

This week we have:

JAN – MARCH 2023	LUNCHTIME	AFTERSCHOOL
MON	GCSE BADMINTON (YEAR 10 AND 11)	
TUES	VOLLEYBALL – (ALL YEAR GROUPS)	KS3 RUGBY 7s (YR 7, 8 & 9) – Mr Martin & WRU KS4 Rugby 7s (YR 10 & 11) – Mr Jenkins & WRU NETBALL (ALL YEARS) – Miss Williams
WEDS	NETBALL (YEAR 7)	KS3 FOOTBALL (YR 7, 8 & 9) HOCKEY (ALL YEARS)
THURS		KS3 BADMINTON – (YR 7, 8 & 9) HOCKEY (ALL YEARS) GCSE PE Revision - (Starts Feb 7th)
FRI	KS 4 BASKETBALL (YR 10 & 11) – Miss Fair	



- **Extra-Curricular Music Activities**

This week we have:

	Lunchtime 1.10 – 1.40 pm	After school 2.50 pm – 3.50 pm
Monday	Double-Reed Workshop M2	
Tuesday	Year 7 Choir in M1	Theory Club in M1
Wednesday	Brass Group in M1 Wind Band in M2	Year 10 Band
Thursday	String Group in M2 Samba Band in Gym	Year 9 Band
Friday	Senior Choir in M2	

As a school, we would like to thank everyone who works so hard to make these opportunities happen, and especially our pupils who take part with such enthusiasm.

Proud to be Bryngwyn!

Reminders of Important Information

Uniform



We would like to thank parents and carers for your ongoing support in helping us ensure we maintain excellent standards of uniform for all our learners. We especially appreciate these efforts as the weather turns colder.

As a reminder or in case anyone is in any doubt, our school uniform is published on our new school website (see link below):

<https://www.bryngwynschool.co.uk/Parents/School-Uniform/>

It is also very helpful if pupils' names are written inside uniform. This is of huge importance for items such as coats which can be easily left behind or mislaid.

A grant is available for school uniform and equipment for families who are eligible. Please see the link below for more information:

<https://www.bryngwynschool.co.uk/News/School-Uniform-and-Equipment-Grant/>

Thank you for your continued support in this matter.

Free School Meals

As we welcome a number of new pupils to our school and as times are challenging for many families, we have more and more children that see their school dinner as a key part of their nutrition and wellbeing. If your child is entitled to free school meals at Bryngwyn School, apply via the link below:

<https://www.carmarthenshire.gov.wales/home/council-services/education-schools/school-meals/free-school-meals/#.X4gaJNBKiUI>

Welsh Water Support for Families

Please see below important information regarding Welsh Water's offer of support for families:

Families who are eligible for The Pupil Development Grant and are in receipt of a qualifying benefit may also be entitled to help towards their water bills from Welsh Water.

What financial support is available from Welsh Water?

By switching to Welsh Water's HelpU tariff, customers could save up to £230 off their water bill. Find out more [here](#).

More information on the help available for households can be found, [here](#).



The poster features the Welsh Water logo (Dŵr Cymru Welsh Water) in the top left. A yellow speech bubble in the top right corner states: "You could save up to £230 on your annual water bill." The main title is "Support for families" in large white font. Below this, a paragraph explains: "With half term approaching, we know some families may be worried how they will afford daily essentials, as well as providing meals for their children who are off school." A "Did you know?" box contains the text: "Families who receive the pupil development grant and are in receipt of a means tested or disability benefit may also be entitled to help towards their water bills." The bottom left features a "We're here to help" icon of a person and the text: "Call us to talk through your options: 0800 052 0145. Visit us online for more information: dwrcymru.com/supportwithbills". The bottom right contains a QR code. The background illustration shows a woman with glasses carrying a large shopping bag full of groceries, with a young girl in a purple dress holding an orange in front of her.

Parking in the Community

As you know, the roads around the school can be very busy at the end of the day when learners are being collected and buses are leaving the school. As requested by the Local Authority, the gates are closed from 2.45pm to ensure **no vehicles move in the school car park until pupils have vacated the area.**



We appreciate your help in further ensuring pupil safety by **not parking on the yellow zigzags** on the road around the school and being mindful of local residents if parking on nearby streets. For those who use the car park of Prince Phillip Hospital when collecting learners from school, we appreciate your help in parking sensitively so as to ensure the buses and ambulances that use the hospital have easy access to the roads, and that patients can park conveniently for their appointments.

Keeping Informed of Changes

During these times it is fundamentally important we remain in contact. We will always do our best to keep parents informed of any changes as quickly as possible. **Please therefore check our text messages, SIMS Parent App, websites and social media pages on a very regular basis.** If you don't receive such updates or have changed your phone or contact details, please ensure we have up to date information by emailing us on enq@bryngwyn.cymru

If you have any questions or would like a conversation about any aspect of learning or wellbeing please contact us on 01554 750661 between the hours of 8.00 a.m. and 4:00 p.m. or at enq@bryngwyn.cymru as usual.

Thank you as always for your continued support of our school and wider community as well as your families and our learners. Please stay safe and well and we look forward to continuing to work together to provide the very best experiences for all our learners this week and into the second half of the Spring Term ahead.

Diolch,

Mr Paul Jones

Head teacher

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