

## Newsletter - Spring Term 1

As we reach the end of a very busy first six weeks of the spring term, it is hard to believe how quickly the time has flown by. Despite the seemingly endless rain and muddy puddles, the children have approached each day with enthusiasm, resilience and positivity. We are certainly ready to welcome some brighter mornings and, hopefully, warmer days as we move into the next half term.

This half term, pupils have thrown themselves into our new expedition, **'Healthy Bodies, Healthy Minds'**. Across the school, classes have been exploring how we can look after ourselves physically and mentally — from learning about balanced diets and exercise to understanding the importance of rest, wellbeing and positive relationships. It has been wonderful to see such thoughtful discussions, active learning and a genuine commitment from the children to making healthy choices.

## Healthy Body, Healthy Minds

### Dosbarth Calon

Over the past term, Dosbarth Calon have been busy exploring the theme of winter through a wide range of engaging and meaningful activities. We have enjoyed lots of wonderful winter sensory stories and social stories, helping us to understand the world around us while developing our communication and social skills. The children have taken part in exciting sensory parties, including a fantastic snow storm party, as well as fun dough discos, pen discos and lively paint parties, all designed to support their creativity and sensory development. Dosbarth Calon are also really enjoying their sensory circuits in the hall, building their confidence, coordination and independence. At break times, the children have loved playing alongside the rest of the school, running around the yard, sharing games and making new friends.



## Dosbarth Dafad

This half term in Dosbarth Dafad, the children have been learning all about keeping a healthy body, heart and mind. We began by sorting foods into healthy and unhealthy choices, before thinking about different ways we can feel happy and take care of our wellbeing. The children have also enjoyed making their own nutritious snacks—peeling carrots, cutting cucumber and celery, and even trying houmous! We also had lots of fun retelling the story of *Goldilocks and the Three Bears*.



The children explored capacity while making their own bowls of porridge, carefully measuring, pouring and stirring to make it taste *just right!* Alongside this, we explored what love means and how we can show love through kindness, helping others and looking after ourselves.

## Dosbarth Maes

### 'Terrific Teams'

This half term, Dosbarth Maes have been taking part in the Healthy Body, Healthy Mind Expedition, with a strong focus on learning how to create Terrific Teams. The children worked together to choose team names and designed eye-catching logos and mascots inspired by pop art. They also wrote thoughtful poems exploring the skills needed to be a good team member, such as cooperation, communication and kindness.



As part of their learning, the class collaborated to design and make 3D models of dens, using their teamwork skills in a practical and creative way. The children are very excited and can't wait for the weather to improve so they can head outdoors and build their life-size dens together.

## Dosbarth Catwg

Dosbarth Catwg have loved their expedition 'Healthy Bodies, Healthy Minds!' We spent the half term learning about how to look after our body through eating a balanced diet and we have also thought about how to look after our minds by learning about different wellbeing techniques. For our summit, we recorded informative podcasts to share with the rest of the school!



## Dosbarth Bronllwyn

In Dosbarth Bronllwyn our Expedition has focused on Living Things and we began this half term by completing the RSPB Big School Bird Watch. We have learnt about life cycles, food chains and habitats. We have undertaken scientific experiments and created a human food chain! We have written an explanation about meerkat families and even developed a meerkat themed playground game which we have played ourselves and then taught to Year 3. For our Summit, we have followed in the footsteps of David Attenborough to spread the message of looking after our natural world. We have worked in teams to create presentations and pieces of drama to share with the rest of the school to spread this important message.



## Dosbarth Garth

This term, Garth have fully immersed themselves in our exciting expedition, *Healthy Bodies, Healthy Minds*. From the very beginning, we focused on building our teamwork and collaboration skills, learning what it truly means to be part of a successful team.

We explored the different roles within a team and discussed the qualities needed for each one. After reflecting on our own strengths and characteristics, we decided which role suited us best and were placed into new teams. Working with classmates we wouldn't normally choose helped us develop resilience, patience and strong communication skills.

Each team designed their own unique name and logo before taking part in a series of fun (and challenging) team-building activities. We quickly realised that listening carefully, sharing ideas respectfully and encouraging one another were key to success.

A real highlight of the term was our residential trip, where our teamwork skills were put into action in the best possible way. Whether we were rowing canoes in sync, or working together to make our beds and organise our rooms, we saw first-hand how important cooperation and communication are. It was wonderful to see everyone stepping up, encouraging each other and showing growing independence.

As our confidence developed, we turned our attention to leadership. In our new teams, we designed creative playground games that Year 3 pupils could enjoy at break time — without needing any equipment. We wrote clear instructions, tested our games and evaluated how successful they were, thinking carefully about what worked well and what we could improve.

Garth have shown fantastic growth in their ability to work together, solve problems and support one another.

## Dosbarth Bronhau

This half term, during our expedition *Healthy Body, Healthy Mind*, Year 6 have been exploring what it means to be active, responsible members of our community and how young people can lead positive change. To launch the journey, we welcomed three visitors who spoke about their roles in the village and beyond, inspiring us to think about the impact we can make. The children then researched a range of charities before working in teams to plan and run their own fundraising events for classes across the school. From discos and scavenger hunts to escape rooms and cat afternoons, Year 6 impressed everyone with their creativity, independence and commitment to raising money for their chosen causes.

## Out And About

Some of our Year 5 and 6 children began the year with a wonderful opportunity to perform for the community as part of the villages' **Happy Gathering** group. They visited Pentyrch Rugby Club to share lively excerpts from our Christmas production, *Cinderella & Rockerfella*, bringing joy, music and plenty of sparkle to the room. It is always special to showcase what happens in school with our wider village community, and the children were warmly praised for the confidence, energy and talent they brought to their performance.



Year 6 enjoyed a visit to **Radyr Comprehensive School** last week, joining other cluster schools to watch their production of **Footloose**. The children thoroughly enjoyed the performance and are excited for the new opportunities that secondary school will bring. It was also lovely to see so many of our past pupils performing on stage.



Garth had an incredible time at the **Argoed Lwyd Outdoor Learning Centre**. After arriving in the morning, the group had a quick briefing before heading to the nearby canal for canoeing. Everyone worked together to carry the canoes safely to the water, and after a bit of lunch, the real adventure began. The afternoon was spent learning how to paddle, manoeuvre, and steer their own canoes, as well as teaming up with others to build rafts. Later, they returned to their accommodation, where they enjoyed plenty of downtime with friends, some lovely food, and a welcome sense of freedom and independence during a giant sleepover that made the experience even more memorable.

Dosbarth Garth enjoyed a wonderful visit to the **Pentyrch Community Council Library** as part of their work with the Pupil Leadership Group, who are currently supporting the running of the school library. Upon arrival, the children were warmly welcomed by **Yvonne** and **Deb**, who kindly showed them around the space.

Deb led the children through the museum section, sharing fascinating insights into the history of the local village and helping them develop a deeper understanding of the Pentyrch community. Yvonne then supported the children in choosing a book each—and they were incredibly lucky to take these home to help build up the classroom library.

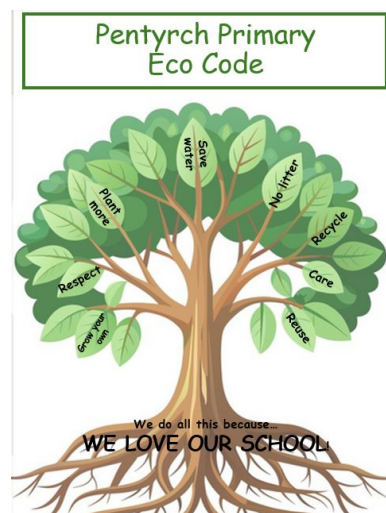
The children were inspired by this fantastic community resource, which encourages borrowing, swapping and donating books for both children and adults. As the weeks move on, everyone is eagerly looking forward to seeing the **spring bulbs donated by PCC** grow and bloom. A huge thank you for this kind and thoughtful contribution.

Dosbarth Bronhaul had a fantastic time taking part in the **Streetwise** programme. During the sessions, pupils learned how to plan safe walking routes, discussed key aspects of road safety, and explored Pentyrch to identify safe places to cross. They also practised reading bus timetables and understanding public transport options. The children showed great enthusiasm and maturity throughout, gaining valuable skills to help them travel safely and independently.

## Pupil Voice

### Eco Council

The Pentyrch Eco Council has proudly launched their Eco Code, setting out their commitment to caring for our school and the environment. They recently joined forces with Year 6 to carry out an environmental review of the school grounds, both indoors and outdoors. Following their findings, the Eco Council has launched three new focus targets to help make our school a healthier and more sustainable place.



### Health, Well-being and Food:

The Eco Council aims to encourage and educate children and parents about the importance of healthy snacks, as well as introduce a range of opportunities across the school to promote positive well-being.

### Biodiversity:

They will work to encourage a wider variety of wildlife on the school grounds by providing food and shelter to support biodiversity.

### Litter and Waste:

The Eco Council is committed to reducing the amount of waste produced in school, lowering general waste during litter picking, and continuing the high standards of recycling correctly in all classrooms. To support this exciting work, a whole-school competition has been launched to design a Pentyrch Eco Council logo. All entries must be submitted by March 6th, and we look forward to seeing the creative ideas from across the school.

### School Leadership Group

Our School Leadership Group has been working on several helpful projects this term. They have been designing and making new Dojo coins to support our positive behaviour system, as well as developing an updated pupil survey to gather feedback from across the school. The group has also spent time looking at lunchtimes and playtimes, thinking about what is working well and what could be improved. Their ideas are already helping us make small but meaningful changes.

### Criw Cymraeg

In Criw Cymraeg we are aiming for the bronze award! So far we have a phrase of the moment and ours now is 'dwi'n cytuno' which means 'I agree.' We have also made Welsh posters that say 'mae cymraeg yn cwl.'

Every week we have a Welsh assembly where we collect tocyn iaiths that are like Welsh points. We have learnt Welsh games, such as Faint o'r gloch Mr Blaidd, and after lunch everyday we do a Welsh session to let everyone learn more Welsh and make Welsh fun for all! By Heidi and Luchia.