

## Newsletter – Spring Term 1

### Healthy Body, Healthy Mind – Spring Term Learning

At Pentyrch Primary School we are using education as a catalyst for health and harmony. By fostering physical health through exercise and diet, mental resilience, compassionate relationships, and active community engagement, we aim to cultivate a generation that thrives in empathy, balance, and social responsibility. Here's what we've been learning so far this term.

#### Year 6 - Bronhaul



Nia and Megan had this to say about their work in year 6 as they explore ways to make a positive impact as young leaders in our community and contribute to making a difference in our village.

*This term, as part of our learning expedition, Healthy Body Healthy Mind, we have been focusing on communities and how they are made up. As part of our WOW event, the local vicar, Father Edward came in to talk to us about his job as a community leader.*

*We have also been researching some young leaders: Greta Thunberg and Malala Yousafzai. We were looking at what they have done to help their community and the world. Recently, in groups we have been planning and organising a charity event to raise money for our chosen charity, School in a Bag. We have been designing a fun obstacle course for the children in each class to have a go at. All the money we raise will go to our chosen charity 'School in a Bag.'*

#### Year 5 - Garth

Teamwork has been the focus in year 5. The children have been learning skills of co-operation, collaboration, problem solving and communication as well as becoming planners and organisers. They have been learning what it means to be part of a team and what different roles there might be. They have been learning the art of taking on board the opinion of others, resolving conflict and learning how to become inclusive and resilient team members through a range of problem solving and reflective activities. They concluded their learning by working in teams to organise an Olympic event for Catwg. Gwen reported on the WOW afternoon that introduced the learning at the start of term.



*Year 5 had our WOW afternoon to begin our learning expedition, Healthy Body, Healthy Mind and we competed in challenges involving lots of teamwork. We had to work with children that we didn't know so well and work out what our roles were in the group, for example a leader or a thinker. My favourite challenge was stacking cups and working as a team to make sure that they didn't fall. We were only given two resources; some string and a rubber band.*



#### Year 4 - Bronllwyn



As part of their work on 'Healthy Body, Healthy Mind', Year 4 have been learning about how they can keep their minds healthy. At the beginning of the context, they enjoyed a talk from Neuroscientist, Dr Dean. He taught them a little bit about how the brain works and how to control emotions and feelings. The class have explored and identified lots of different emotions and feelings, talking about strategies they can use when they may need to overcome a problem. Year 4 enjoyed carrying out their own research into how they can keep their minds and brain healthy. They discovered that drinking plenty of water, eating healthy foods, exercising and ensuring they get enough sleep are some of the most important things. During this term, the class have been working hard in our allotment, getting plenty of

exercise and fresh air! They had a big clear out to prepare the ground and the allotment is nearly ready for the whole school to grow some healthy vegetables. The class are looking forward to finishing their learning with a 'Healthy Mind' week, where they will track their water intake, get plenty of exercise and take time for calming/mindfulness activities and take account of how they make them feel. They also shared emotion stories that they had written with Dafad children in Buddy reading.



### Year 3 - Catwg

As part of their learning expedition 'Healthy Body, Healthy Mind', Year 3 have been learning about how diet, exercise and sleep affect their body. On their WOW day, they completed some experiments about the body and fitness including measuring their pulse and how far they can jump. They have also been learning about different food groups and how our body digests food! They undertook a particularly messy experiment looking at the process of digestion. During an outdoor learning session, they also learnt about the amount of energy in different foods by burning them! At the end of their learning, they recorded a podcast to help people stay healthy.



### Year 1 and 2 - Maes



Year 1 and 2 have been enjoying the expedition of 'Healthy Body, Healthy Mind' by 'Spreading the Joy'. They returned to school in January armed with photos to share with their peers about a joyful moment they'd had in their lives. One child shared a moment of when a butterfly had landed on her nose, another explained that every moment with his little brother playing is joyful. The class continued by delving deep into describing and understanding emotions through the

wonderful story 'Colour Monsters'. The children have collected data about their emotions in school each day and used these to create pictograms and bar graphs. They worked in groups to create word banks of emotional vocabulary and have been learning techniques to relax and look after themselves. They even conducted an experiment to make a rainbow in a jar, not always as successful as hoped, but lots of fun! They ended their learning by setting up a lunchtime Wellbeing Spa for their friends in Year 6 with hand massages, lemon water and relaxing music!



### Nursery and Reception - Dafad

Nursery and Reception began their learning expedition with a special visit from 'Farmer Brennan'. Mr Brennan brought a selection of fresh vegetables that had been harvested which had the children immediately engrossed. Lots of discussions took place about how and where the vegetables grew as well as naming the vegetables. It was then decided by the class that we should use some of the vegetables to make delicious, healthy snacks for their friends. Each day, the children prepared and sold a healthy snack; one of their



favourite snacks was the homemade hummus and carrot slices. The children have also learnt to collect data using the Just2Easy package where they interpreted data about their favourite fruits and vegetables. The class have also worked together to follow instructions for making cress egg heads which they will use to make cheese and cress sandwiches to share. We have been retelling the story of Goldilocks and the Three Bears and one child had the most amazing idea that we should make our own porridge to try in school. We worked out how to make it just right! And of course we had to finish off our learning with a Teddy Bear's Picnic!

### Specialist Resource Base - Calon



Since beginning our new topic "Healthy Body, Healthy Mind" Dosbarth Calon have been looking at the story of 'The Very Hungry Caterpillar' book to explore how healthy eating helps us grow strong and happy! Each week, they have been focussing on a new "colour of the week" to encourage the children to try exciting new foods, linking colours to vibrant fruits and vegetables. The children loved the hands-on experience of chopping their own fruit, developing their fine motor skills while gaining confidence and independence. The

class are working towards fostering a love for nutritious foods and an understanding of how they help our bodies and minds thrive!



## Whole school events – January - February 2025

It's been a very busy start to the new year with lots going on across the school. Here's what we have been up to this half term!

### Whitchurch Fire Station visit

The fire brigade came and visited us in year 5 and we learnt about how to stay safe. They told us to never leave a broken wire or an open laptop on in case it causes a fire in your room. They taught us about extension wires with lots of plugs in and how dangerous this is. We really enjoyed the visit and learnt lots of new things to keep us safe.



### A very 'Happy Gathering'



We were delighted to be able to perform in Pentyrch Rugby Club for the Happy Gathering group whilst they enjoyed a cup of tea, coffee and cake. They sang a range of songs that we have been learning in school from Peter Pan and Matilda. The children also loved the treats they received as a thank you for their performance.

### St Dwynwen's Day

Nia from Criw Cymraeg describes how we marked St Dwynwen's Day in school.

*We celebrated Dydd Santes Dwynwen (Welsh St Valentine's Day) which falls on January 25th each year. As part of our St Dwynwen's Day celebrations we had an assembly to learn about the story of Dwynwen. During a lunch time, Criw Cymraeg ran a Welsh club for any pupils who wanted to make a Santes Dwynwen card to give to someone. We had a big turn out and everybody made some beautiful cards and pictures for family and friends. Dydd Santes Dwynwen was a great day!*



## Chinese New Year



The children celebrated Chinese New Year at the end of January by learning about different Chinese traditions and through creating beautiful pieces of craft based on what they had learnt. They were then able to share their work during a whole school parade in the hall where we saw repeating patterns of snakes, posters about China, handmade lucky red envelopes and much more. To end the day, the children were given a fortune cookie which were kindly donated by FOPSA.

## Eco Warriors

Our year 1 and 2 pupil group took the lead on an assembly recently in their role as pupil leaders of the Eco group. The Eco Warriors wanted to discuss the importance of not wasting water with the rest of the school and suggested ideas on how water can be saved at home and in school. They did a great job inspiring us all to think about how precious water is and how we can all do our bit to help.



## A home for hedgehogs



We were very lucky to receive a hedgehog house from local nature action group Nature by the Taff for our school grounds. Mrs Adam from the group visited school recently to work with our Nursery and Reception children to find a suitable place in our grounds for the house. The children worked hard to make sure the house was camouflaged ready for some hedgehog visitors.



### Tin On A Wall initiative

We are delighted to be supporting Garth Rotary and the Taff Ely Foodbank in participating in their 'Tin On A Wall' initiative. This will be a regular event that we have committed to supporting and ties in with our emphasis on making a difference in school and the community through small acts of kindness. Donations will contribute directly to the Foodbank's supplies that collectively will go a long way to support families and individuals. Through our first collection we were able to contribute 41kg of food! Our second collection has been collected this morning. Thank you for your ongoing support.



### Wear Red For Velindre



As has become tradition, we once again joined in with the annual 'Wear Red for Wales and Velindre' campaign on the 31<sup>st</sup> January. We supported this cause by joining with other schools, businesses and individuals across Wales by wearing something red

to raise vital funds in aid of Velindre Hospital as well as raising awareness for the charity. The day also coincided with wearing red to cheer on our international rugby team as they kicked off their opening Six Nations match.

### StreetWise

Dosbarth Bronhaul have been working with the Local Authority this half term as part of the Streetwise Travel Training initiative. This scheme supports the children to enhance their road safety and hazard awareness. Oliver from Bronhaul reported that the class had used the laptops to research routes from Pentyrch to Cardiff Castle / City Centre using Google Maps looking at different modes of travel.



The children especially enjoyed exploring the village, identifying safe routes, roadside distractions and understanding bus timetables. Jamie, Head Boy reported that they had been taught a catchy song to help them stay safe on the roads and Oliver stated that they had been shown how to use the Cardiff Bus app which was interesting. He went on to say that Streetwise had been a great experience for him and for the class.

### Internet Safety Day



During Safer Internet Day, the children watched an exciting BBC live lesson teaching them to recognise scams and spot untrustworthy people online. The children loved finding tips about how to identify scams and explored this further in a

follow-up assembly. Throughout the day, each class completed different activities to further their understanding such as: learning an internet safety song, role play, creating SMART posters for the school, and even writing a report about online safety! Bronhauil also had an internet workshop session on internet safety led by PC Jane. This focussed on exploring different scenarios and finding solutions based on SMART safety rules.

### Tennis Workshops

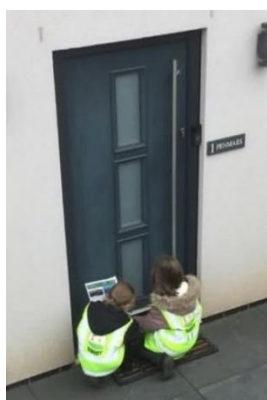
Anyone for tennis? Ellie and Robert from Tennis Squad came to visit school this half term to run a series of workshops for the children. Working in conjunction with Pentyrch Tennis Club, they gave the children the opportunity to learn new skills whilst having lots of fun. Definitely some potential Wimbledon stars in the making. If your children enjoyed their Tennis taster session then please get in touch with Pentyrch LTC and enrol in their Monday night coaching programme with a free racket on offer. Hurry places are limited!



## Radyr Comprehensive School – We Will Rock You!

As part of a programme of transition, Bronhau were invited to the high school to watch their performance of 'We Will Rock You!' They were treated to a real spectacular from pupils from year 8 and upwards with fantastic singing, acting and dancing!

## Supporting the community



We are always looking for different ways that school can support and be involved in our local community. This week Dosbarth Maes donned their coats and hi-vis jackets and went out and about to deliver the Community Link to local residents. We hope that those in receipt of the Link enjoy the read and we look forward to helping out with some more deliveries in the future.

## Eisteddfod

We have had the most wonderful day in school today with all children taking part in our annual school Eisteddfod. Starting with a warm welcome on the gate this morning with flags, bunting and Welsh songs, the children have been immersed in a day of Welsh culture showcasing the incredible efforts of all pupils throughout a week full of Welsh activities and competitions. How fantastic it was to also welcome our pupils from Dosbarth Calon into the celebrations and to join in the fun with the whole school.



It has been a joy to see all of the children oozing in confidence participating in art, handwriting and recitation competitions whilst year 6 have worked their socks off also competing in dance, public speaking and duet competitions also. The standards of Welsh and Drama were particularly impressive with many pupils now going on to participate in the first round of the National Eisteddfod.



Our ever-evolving Eisteddfod day programme this year has included a much greater emphasis on working in our house teams in particular with the introduction of house choir competitions from y3-6. We are delighted to inform you that Rock School is now taking place for Reception – Year 6 pupils on a weekly basis so for the first time in our Eisteddfod we have been treated to Welsh art, ceramics, drama, dance and song with the focus of Rock School this half term being Welsh culture.

The day was rounded off with Dawns y Flodau and a traditional chairing of the bard ceremony. Congratulations to our winning Bard, Nia Deslandes – an outstanding and very moving poem. This year's winning house with the results of all competitions was Ty Coch!

### **We love to play!**



Our year 6 buddies have been instrumental in bringing about change to playtimes this half term. They have embraced their role as play leaders supporting younger pupils and pupils in Dosbarth Calon to develop their social skills during unstructured playtimes. They are looking forward to a session from the Local Authority Health and Wellbeing Curriculum Team after half term to develop their skills to support pupils at play even further. They have also been instrumental in bringing about wholesale change to our

playtimes through developing a range of activities to interest all children. These include netball, football, drama, cycling, multi-skills and mud play.

**\*\*The opportunities for learning are endless through the simplest of resources. We recently started work on developing a 'junk yard' play area and through adding a couple of wooden crates and some guttering to the playground area, we have witnessed fantastic teamwork, problem solving and co-operation from our pupils. But we desperately need your help to expand this area. We are looking for guttering, down pipes, plastic cones, wooden pallets, plastic crates, tyres, wooden cable reels, buckets, cargo nets, large outdoor storage containers. They need to be in good (safe) condition**



**and suitable for the outdoors. If you have anything to help or you are involved in a business / trade that can offer us some resources, please get in touch.\*\***

## Clubs



Clubs continue to go from strength to strength with wonderful crafts being produced each week, skills being developed in sporting clubs and masterpieces being created through imaginative play in Lego Club – we even had a re-creation of Legoland Windsor! The Drama group had a wonderful time showcasing their hard work through their performance of ‘High School

Musical’. Please see ParentMail for further information on clubs that are available next half term and be sure to sign up by Friday 28<sup>th</sup> February if you would like to express and interest in joining a club. (If you are currently in a club there is no need to sign up.)

## Little Haven Pentyrch

Just a reminder that Little Haven Pentyrch are now providing a wraparound session in the mornings to enable school to accommodate the growing number of families wanting to join our School Nursery as we welcome pupils into Pentyrch for an afternoon session. Little Haven will also be open in the mornings for children from the age of 2 years old from 9 – 11.30 am. Should you wish to take up places, please call Little Haven directly on 029 2278 1919 to discuss your needs further or email [learn@littlehavennursery.co.uk](mailto:learn@littlehavennursery.co.uk)



Wishing you all a restful half term and we look forward to seeing you on Monday 3<sup>rd</sup> March.

Best wishes

Pentyrch Primary School

