



THIS MONTH'S EDITION



ST. DAVID'S DAY

Cover

WORLD BOOK DAY

Page 2

WORLD WILDLIFE DAY

Page 2

ONLINE SAFETY GUIDE FOR PARENTS

Page 3

NEW TIMES FOR ARRIVING AT SCHOOL

Page 4

COVID 19 CHECKLIST

Page 5

FREE SCHOOL MEALS \\\n PARENTPAY

Page 5

SCHOOL LUNCH MENU

Page 6

St David's Day



Usually, we would all be meeting in the hall for a mini Eisteddfod, led by our Criw Cymraeg, with each class presenting an item in Welsh to the rest of the School. This year it will be a more low-key event, with activities in separate classes, but as is the tradition, all children who are in school on **MONDAY 1ST MARCH** are invited to wear **RED, WHITE and GREEN** (the colours of the Welsh flag) or traditional Welsh dress.

Children were invited last week to enter the County organised cookery competition, 'A Dish for Saint David'. Congratulations to the winners, Tomos in Year 5, and Grace in Year 2, who will now go through to the next stage of the competition.

The children who are in school will be taking part in Welsh activities all day and there will be Welsh activities on Seesaw for those working at home.

Saint David said, 'it is the little things you do that are so important' 'Y Pethau Bychain' and children will be asked to think of things they can do for others.

Happy Saint David's Day! Dydd Gwyl Dewi yn hapus!

WORLD BOOK DAY

4 MARCH 2021

This year, the theme of World Book Day is 'Share a Story'. All children are invited to enter our competition to draw a picture or send a photograph of themselves sharing a story with someone. This can be a member of your family, a pet or your favourite teddy. The deadline for entries is **Thursday 4th March at 12 noon** and they should be sent to pw@bodnant.org. The winners will be announced on the day.

Children in school, are invited to wear their **PYJAMAS** or to dress up as a **CHARACTER FROM A BOOK**. Children will be taking part in story themed activities in their class and children working at home will have book themed activities shared on Seesaw.

Please check out the World Book Day website at www.worldbookday.com. There are lots of free audio books, author and illustrator workshops, a national competition and lots of free activities. As usual, there have been 10 books chosen for World Book Day. The £1 World Book Day Tokens can be used to get one of the books for free. The tokens will be given to children in school and there will also be tokens by the school office. Please help yourself to one!



Bedtime Routines

A bedtime routine is important in getting a good night's sleep. A routine helps to support children's body clocks and aid relaxation. Here are some helpful tips.

"Quality sleep is essential for children's growth and development".



"A good night's sleep will help children do better at school, allow them to react more quickly to situations, have a more developed memory, learn more effectively, and solve problems, plus it will make them less susceptible to colds and other minor ailments, less irritable and better behaved!" (The Sleep Council). Please click on the link for further information <https://thesleepcharity.org.uk/information-support/children/>



Children's sleep problems

The most common issues kids have at bedtime: settling, changes in routine, bed wetting, fear/anxiety, sensory issues, feeling hungry or thirsty, discomfort.

Can you find ten endangered animals?

Tiger
Elephant
Rhinoceros
Gorilla
Leopard
Panda
Turtle
Otter
Dolphin
Orangutan

b	s	k	o	r	a	n	g	u	t	a	n
k	t	y	n	h	p	z	d	k	r	g	e
e	i	w	b	i	o	l	b	t	e	z	p
u	g	t	s	n	k	b	o	u	y	d	a
o	e	n	c	o	t	t	e	r	g	a	n
a	r	a	m	c	l	e	z	t	q	s	d
l	o	h	s	e	q	f	h	l	f	l	a
l	s	p	f	r	c	s	n	e	x	b	i
i	n	e	d	o	l	p	h	i	n	j	e
r	y	l	n	s	y	t	a	x	c	y	f
o	c	e	d	z	k	m	i	t	n	i	s
g	t	v	a	x	l	e	o	p	a	r	d

Promise me you'll always remember:
You're braver than you believe,
and stronger than you seem,
and smarter than you think.



WORLD WILDLIFE DAY

MARCH 3

www.wildlifeday.org

ONLINE SAFETY GUIDE FOR PARENTS

SchoolBeat.cymru

The UK internet use surged to record levels during lockdown! (Ofcom June 2020)

TIPS FOR PARENTS...

- ✓ Ask your children about what they know about online safety and discuss the positive and negative aspect of being online.
- ✓ Ask them for advice and make time to learn and understand what they know.
- ✓ Be in control of Parental Control! These can vary from device to device and from app to app.
- ✓ Make sure they understand that they are not to share personal information like their phone number or email address
- ✓ Explain that people can lie about who they are online – they should only talk to real friends and family.



SOCIAL MEDIA



Since the Covid-19 pandemic, Social Media as a platform has seen a huge surge in usage, with TikTok being the most downloaded app during the first lockdown. If your child is using Social Media or any social networking sites on their digital devices. Get up to speed with how they can manage their privacy settings:

CLICK HERE



Privacy settings can help you and your child to manage how much and what kind of information is shared, whilst still enjoying their favourite sites, games and apps. It can be difficult to keep up with the latest online trends and apps. Netaware has a vast amount of current and up-to-date information regarding new apps and games:

CLICK HERE



73%

Nearly three quarters of children aged 8-15 who use video-sharing platforms watch videos several times a day.

(Ofcom June 2020)

Set up Parental Control on your children's digital devices.

Discuss Social Media and Gaming with your children on a regular basis.

Set time limits for play/Internet time and stick to it.

Charge phones and devices downstairs or away from bedroom at night.



GAMING

Online games can be a great way for children to keep busy and stay in touch with friends and family but it's important that it's done safely and that children and parents know and understand the risks.

- ✗ Children can be bullied and feel excluded online
- ✗ Some children experience trolling
- ✗ Some games cost money to download
- ✗ A lot of games enable users to play with strangers online

More information and advice can be found on: www.nspcc.org.uk



19%

In the year ending March 2020, an estimated one in 5 children aged 10 to 15 years in England and Wales experienced at least one type of online bullying behaviour

(ONS November 2020)

Unfortunately, some children will experience some form of Cyberbullying when online and it's important that children and parents know where they can go for help and support. Online bullying can take place on any online platform. There's a wealth of information on Cyberbullying and other online issues on: www.childline.org.uk



**HEDDLU
GOGLEDD CYMRU
NORTH WALES
POLICE**

USEFUL WEBSITES

www.reportharmfulcontent.com
Helping everyone to report harmful content online

www.commonssensemedia.org
Reviews for what your kids want to watch (before they watch it)

www.parentzone.org.uk The experts in digital family life



making North Wales the **safest** place in the UK



Timetable for children arriving / leaving school – Feb 2021

Please find below the plan and times for dropping off and collecting children after half term. All pupils to wear school uniform.

Please can we remind parents / carers:

- 1) Please wear a face mask on site.
- 2) Please adhere to social distancing whilst on site.
- 3) Please use foot paths to enter school and use the parent car park for both drop off and collection. Please do not use the staff car park entrance as the gate will not be open.
- 4) Please be mindful of children in the car parks.
- 5) Only ONE person to drop off and pickup children and no siblings.

CLASS	CHILD ENTRY POINT ONTO SCHOOL PREMISES	ARRIVAL TIME	HOME TIME
Foundation Phase – From Wednesday 24th February			
Bodnant Bach	Nursery gate, through Nursery door.	From 7:30a.m	Until 6:00p.m
Nursery AM	Nursery gate, through Nursery door, parents to be outside the classroom at 9am. Please do not be early as year 2 are also using that entrance and we do not want to mix bubbles.	9:00am	11.30am
Nursery PM	Nursery gate, through Nursery door, parents to be outside the classroom at 12.30pm. Please do not be early as year 2 are also using that entrance and we do not want to mix bubbles.	12.30pm	3.00pm
RLG	In through Nursery gate, onto soft play. Out through windy tunnel and through front gate. This includes home time.	8:50am	3:10pm
RSD	In through Nursery gate, onto soft play. Out through windy tunnel and through front gate. This includes home time.	8:50am	3:10pm
RSP	In through Nursery gate, onto soft play. Out through windy tunnel and through front gate. This includes home time.	8:50am	3:10pm
1CR	Parent Car Park to playground in front of classroom	8:50am	3:10pm
1HN / AL	Parent Car Park to playground in front of classroom	8:50am	3:10pm
2LW	Nursery gate – am please outside the classroom at 9am to avoid mixing bubbles with nursery. Nursery gate and out across yard past the main office through the playground not through the staff car park please, this will be the same for home time – pm	9:00am	3:20pm
2ZC	Nursery gate – am please outside the classroom at 9am to avoid mixing bubbles with nursery. Nursery gate and out across yard past the main office through the playground not through the staff car park please, this will be the same for home time – pm	9:00am	3:20pm

Key Worker Parents Key Stage 2 – New times			
3NV	Classroom drop off and pick up as you have been doing during lockdown.	9:00am	3:30pm
3PW	Classroom drop off and pick up as you have been doing during lockdown.	9:00am	3:30pm
4AS	Classroom drop off and pick up as you have been doing during lockdown.	8:45am	3:15pm
4SH	Classroom drop off and pick up as you have been doing during lockdown.	8:45am	3:15pm
5CVN	Classroom drop off and pick up as you have been doing during lockdown.	9:00am	3:30pm
5JH	Classroom drop off and pick up as you have been doing during lockdown.	9:00am	3:30pm
6HL	Classroom drop off and pick up as you have been doing during lockdown.	8:45am	3:15pm
6RB	Classroom drop off and pick up as you have been doing during lockdown.	8:45am	3:15pm
Rainbow Room	Parent Car Park, old main entrance.	8:50am	3:20pm

Key Stage 2 Critical Worker Provision

If you require provision for your child in Key Stage 2 (Juniors), it is essential that you submit the booking form, which is sent out each week to parents/carers via email. If your child is not booked in, we will be unable to offer them a place.

Thank you for your co-operation.



Now that the Foundation Phase Pupils / Key Worker children have returned to school, please can we ask parents to regularly check their child's ParentPay School Meals Account to ensure that it is in credit. **All meals MUST be paid for in advance.** Thank you for your co-operation.

TERM DATES AND TRAINING DAYS

DATES	HOLIDAYS / EVENTS
Friday, 26 th March 2021	Last day of term – Easter holidays begin
Monday, 12 th April 2021	School re-opens for pupils – Summer Term begins
Monday, 3 rd May 2021	May Day Bank Holiday
Friday, 28 th May 2021	Last day of half term
Monday, 7 th June 2021	School re-opens for pupils
Monday, 28 th June 2021	Staff Training Day
Monday, 5 th July 2021	Staff Training Day
Friday, 16 th July 2021	Last day of term for pupils
Monday, 19 th July 2021	Staff Training Day
Tuesday, 20 th July 2021	Staff Training Day

2021

If you are in receipt of certain benefits and you think you may be entitled to Free School Meals, please call in at the School Office for an application form or download from the Denbighshire County Council website below <https://www.denbighshire.gov.uk/en/resident/education/grants-and-funding/free-school-meals.aspx>

It could mean a saving of over £400 a year!

Free School Meals

Are you entitled?



Covid-19 (Coronavirus) Absence A Quick Guide for Parents



What to do if...	Action needed	Return to school when...
My child or another family member has Covid-19 symptoms	<ul style="list-style-type: none"> Do not come to school Keep school updated Self-isolate – follow guidance Book a Covid-19 test Inform school immediately about test results 	The test comes back as negative .
My child tests positive for Covid-19	<ul style="list-style-type: none"> Do not come to school Keep school updated Self-isolate for at least 10 days Inform school immediately about test results Keep siblings off too Seek guidance from TTP 	They can return to school after 10 days (siblings after 14 days if not showing symptoms) even if they have a cough or loss of taste/smell. These symptoms can last for several weeks once the infection is gone.
Somebody in my household has Covid-19	<ul style="list-style-type: none"> Do not come to school Keep school updated Self-isolate Household member to book a Covid-19 test Inform school immediately about test results 	The household member test is negative or self-isolation is completed
Somebody in my household has tested positive for Covid-19	<ul style="list-style-type: none"> Do not come to school Keep school updated Self-isolate for 14 days 	The child has completed 14 days of self-isolation.
NHS test and trace have identified my child as a 'close contact' of somebody with symptoms of confirmed Covid-19	<ul style="list-style-type: none"> Do not come to school Book a Covid-19 test Keep school updated Self-isolate for 14 days 	The child has completed 14 days of self-isolation The Covid-19 test comes back as negative .
We/my child has travelled and has to self-isolate as	<ul style="list-style-type: none"> Do not take unauthorised leave in term time Consider quarantine requirements and FCO advice when booking travel 	The quarantine period of 14 days has been completed.

part of a period of quarantine	<ul style="list-style-type: none"> Provide information to school as per attendance policy Returning from a destination where quarantine is needed: Do not come to school Keep school updated Self-isolate for 14 days 	
We have received advice that my child must resume shielding	<ul style="list-style-type: none"> Do not come to school Contact the school as advised by the attendance officer/pastoral team Shield until you are informed restrictions are lifted and shielding is paused again 	School/other agencies inform you that restrictions have been lifted and your child can return to school again.
A member of staff or a member of their household becomes symptomatic	<ul style="list-style-type: none"> That member of staff must remain at home until they or a member of their household receives their test result. School will seek advice from Test, Trace, Protect Wales and the Local Authority. 	If it is negative they will return to school. If they or their family member is positive then Test, Trace, protect Wales will contact the school and give advice.
I can't get a test for my symptomatic child when I go online or ring	<ul style="list-style-type: none"> If you cannot access a test locally when you go online Apply for a coronavirus (COVID-19) test GOV.WALES or ring 119 please contact the school and we will try to help.(We cannot promise we can help but we will try our best!) 	The test is negative

(Many thanks to the Rhyll and Rhuddlan Learning Community for developing this guide.)

If you are unsure or have any questions regarding sending your child to school, please contact the school office before sending them in to ensure the safety of all staff and pupils.

3-7 year olds are back at school. We must still limit the spread of the virus to help keep schools and childcare open. So remember:

- Only share a lift to school if you have to
- Wear a mask for school drop off and catch up over the phone not at the school gate
- Always remember – hands, face, space
- School bubbles are for school only
- Keep your child at home if they are unwell – even if you don't think it's Coronavirus
- There'll be time for birthday parties and sleepovers before long... but for now, thank you for everything you're doing to keep schools and childcare open.



Together we'll keep Wales safe
gov.wales/coronavirus



Llywodraeth Cymru

Welsh Government
Hands, face, space...

and limit contacts outside school and childcare to help keep them open



Together we'll keep Wales safe
gov.wales/coronavirus



Week Beginning Monday 1st March is Week 2

New Improved Menus

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN MEAL	Turkey Meatballs Sweet n Sour Sauce	BBQ Day BBQ Chicken Fillet	Cottage Pie In a Yorkshire Pudding	Gammon Steak with Pineapple	Harry Ramsdens Fish in a light batter
CHOICE	Macaroni Cheese	Assorted Filled Wraps	Assorted Jacket Potatoes	Plated Cheese Salad	Vegetable Nuggets
CARBOHYDRATE	Pasta Cheesy Bread	Loaded Potato Skins	Creamed Potatoes	Roast Potatoes	Chipped Potatoes
VEGETABLES	Oriental Vegetables	Corn on the Cob	Country Vegetables	Cauliflower Cheese Fresh Carrots	Salad Sticks Or Mushy Peas
SALAD TROLLEY	Salad Trolley	Salad Trolley	Salad Trolley	Salad Trolley	Salad Trolley
SWEET	Saucy Chocolate Pudding Pears	Cream Bun Berry Coulis	Pineapple Paradise Slice Vanilla Sauce	Rocky Road	Lemon and Lime Muffin

WEEK TWO	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN MEAL	Home Made Pizza Slice	Oriental Dish of the Day	Fish Cake In a Crispy Batter	Roast Pork Loin Apple Sauce Gravy	Chicken Fillet in a Bun
CHOICE	Assorted Filled Wraps	Vegetable Fried Rice	Cheese and Tomato Quiche	Filled Jacket Potato	Quorn Sausage
CARBOHYDRATE	Oven Baked New Potatoes	Noodles or Rice	Cheese and Potato Pie	Roast Potatoes	Chipped Potatoes
VEGETABLES	Sweetcorn	Oriental Vegetables	Baked Beans	Fresh Carrots Broccoli	Mixed Salad
SALAD TROLLEY	Salad Trolley	Salad Trolley	Salad Trolley	Salad Trolley	
SWEET	Strawberry Frozen Yoghurt Compote	Fortune Cookie	Chocolate And Mandarin Trifle	Fruit Sponge And Custard	Marian Slice

WEEK THREE	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN MEAL	Fish Goujons	Big Breakfast Baked Sausage	Baked Lasagne Or Bolognese	Roast Turkey Fillet Stuffing Gravy	Lamb Burger in a Sesame Bun
CHOICE	Vegetable Nuggets	Filled Assorted Rolls	Pasta In Tomato Sauce	Quorn Sausage	Quorn Burger
CARBOHYDRATE	Skin on Wedges	Potato Waffle Scrambled Egg	Pasta Garlic Bread	Roast Potatoes	Chipped Potatoes
VEGETABLES	Mushy Peas Or Peas	Baked Beans	Sweetcorn	Fresh Carrots Broccoli	Salad Sticks
SALAD TROLLEY	Salad Trolley	Salad Trolley	Salad Trolley	Salad Trolley	
SWEET	Cheese and Crackers Apple	Yoghurt Cereal Topping	Caramel Pudding	Fruit Jelly with Vanilla Ice Cream	Crystal Cookie

Available Daily:
Filled Jacket Potato, Yoghurt and Fresh Fruit