



## Friday 7<sup>th</sup> February 2025

### News from Acting Head

#### What a fantastic week we've had!

The children have all been out and about for *Children's Mental Health Week*, out in the fresh air enjoying the local surroundings. Some even helped tidy up the community with a litter pick, and I hope you enjoy spotting the little positive messages hidden around the village - they're sure to bring a smile to your walks. The children would love to hear what you think about them.

Back at school, we had special visitors in class from the Fire Service and North Wales Police, and to top it all off, Chef Janet treated everyone to some delicious biscuits to end our week. A huge *Diolch yn fawr iawn* to Mrs Yates for keeping us all organised - she's been out on most of the trips, and after all that fresh air, I think she's earned a well-deserved rest this weekend.

#### A quick heads-up about our upcoming lockdown drill.

We've already practised our fire drill this term, so now it's time for our annual lockdown drill. This is just to make sure everyone knows what to do if there's ever something unsafe outside. We'll keep it light-hearted - don't be surprised if your child comes home saying they played *hide and seek* with Mrs Hughes!

**A big thank you to everyone who supported Ysgol Cynfran in the Asda Cash Pot for Schools event.** Together, you've raised an amazing £214.14 for the school - we're so grateful for your support.

#### A couple of quick reminders:

- We've noticed some children wearing lots of jewellery to school. Please help us by keeping these at home so they can run, play, and enjoy the day safely.
- If your child needs any extra uniform - especially with all the muddy playtimes they've been having - we have plenty of spares in school. Just ask a member of staff at the gate, or get in touch with us on the phone and we'll be happy to help.
- A gentle reminder about keeping lunchboxes and snacks healthy. We are all becoming more aware of how a quick sugar rush can be followed by a big energy crash, making concentration tricky and moods a little wobbly! Studies suggest that too much sugar can lead to fidgeting, difficulty focusing, and even feeling more tired later in the day - which isn't ideal for learning. So as part of *Conwy's Healthy Schools* policy, we ask that sweets stay at home. Thank you for supporting us with this.

We look forward to welcoming you all next week for parents evening. If you still need to book or amend an appointment, please get in touch.

Have a wonderful weekend and see you all next week. Beth Hughes

### Important Dates

Week beginning 10<sup>th</sup> February - parent's evenings

Tuesday 11<sup>th</sup> February  
Year 4 swimming

Thursday 13<sup>th</sup> February  
MW Sports

Thursday 20<sup>th</sup> February  
School Disco (details on Notice Board) £4.50  
(please pay on parentpay)

Half Term  
School Closes - Friday  
21<sup>st</sup> February  
School Opens - **Tuesday**  
4<sup>th</sup> March

**Dolwen Road,  
Llysfaen, LL29 8SS**

**☎ 01492 517326**

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[pennaeth@cynfran.conwy.sch.uk](mailto:pennaeth@cynfran.conwy.sch.uk)

# Notice Board

## Class News

**Dosbarth Dulas Meithrin:** had lots of fun at the park and enjoyed our visit from Gwawr from the Fire Service! We had fun dressing up as firemen and fire ladies!

**Dosbarth Dulas:** had a busy week which started off with a trip to the park for Children's Mental Health Week. We also had a visit from Gwawr from the Fire Service and dressed up as firemen and fire ladies! We were amazing listeners for our visitor too!

**Dosbarth Betws:** had another busy week. We have been talking about the importance of our mental health and positive thoughts. Betws made a great job on their beach clean. We were happy that there was very little rubbish on our beach this time.

**Dosbarth Dolwen:** participated in an Internet Safety assembly this week. They have been busy writing letters to our STEM NHS friend, as part of our well-being project. They will be bringing a well-being questionnaire home this weekend, and we would be extremely grateful if you could complete it and send it back with your child to school on Monday.

**Dosbarth Marian:** for Children's Mental Health week, we have been learning about the 5 Ways to Wellbeing and how we can look after our mental health. We wrote positive messages and decorated wooden discs to leave on our walk around the village and up to Mynydd Marian. This was a great way for us to 'connect' with our local community and share some joy.

**Dosbarth Elian:** have completed some drama activities based on Macbeth. We have also been talking about our own mental health a lot and things we can do to look after ourselves. We enjoyed a sunny visit to the Marian, enjoying the lovely views.

## Seren Yr Wythnos

Dosbarth Dulas Meithrin: Lucas  
 Dosbarth Dulas: Rogan  
 Dosbarth Betws: All of class  
 Dosbarth Dolwen: Layla  
 Dosbarth Marian: Amelia G  
 Dosbarth Elian: Kayla



## Cymro/Cymraes Yr Wythnos

Dosbarth Dulas Meithrin: Dexter  
 Dosbarth Dulas: Emilio  
 Dosbarth Betws: Xander  
 Dosbarth Dolwen: Dani  
 Dosbarth Marian: Daniel  
 Dosbarth Elian: Cian



## REMINDER

Please ring school as early as possible if your child is going to be absent (leave a message) or email

[swyddfa@cynfran.conwy.sch.uk](mailto:swyddfa@cynfran.conwy.sch.uk)



## Important

Due to Health & Safety -

Gates will be locked 8.30am - 9.30am  
 11.00am - 1.00pm  
 2.30pm - 3.30pm

If you need to access the car park for an agreed reason, you will need to call the office  
 01492 517326

Please use the steps down to nursery/reception class

**IT'S DISCO TIME**  
**THURSDAY 20<sup>TH</sup>**  
**FEBRUARY**



Children finishing at 3.00pm - 4.15.4.15

(Children can bring their own to school to get changed into!)

Children finishing at 3.15pm - 4.10.6.00

"Drop off & pick up - front gate"



Children should only come on permission!  
 no late arrivals, no school bags, no coats, no shoes, no hats, no jewelry, no toys, no sweets & crisps

Bring with you: Shirts, Shirts, Hats, Hats, small toys, sweets & crisps

**PMA THEATRE**  
 PRESENTS  
**THE SPONGEBOB MUSICAL**  
**THEATR COLWYN**  
 4<sup>TH</sup> APRIL 7PM  
 5<sup>TH</sup> APRIL 2PM & 7PM  
 PRICES: £10 UNDER 14, £15 ADULT  
 (Airing times will vary)  
 TICKETS AVAILABLE TO PURCHASE FROM THEATR COLWYN  
 CREATED BY STEPHEN HILLENBURGH  
 BOOK BY KYLE JARROW

## Safeguarding

Our Designated Safeguarding Officers are Mrs Beth Hughes, Mrs Cora Williams & Mr Emberton. If you need to talk to us about any concerns, please contact us at School.



# Our week in pictures ...



## Welsh Assembly





# Dosbarth Dulas' week in pictures ...





# Dosbarth Dulas - visit from Gwawr from the Fire Service





# Dosbarth Betws' week in pictures ...



# Dosbarth Dolwen's week in pictures ...

## *Dangerpoint trip*



## Internet Safety





# Our week in pictures ...



## Dosbarth Marian's trip to the Marian





# Dosbarth Elian's week in pictures ...



Times table relay, times table bingo and times table games.



Drama activities



Visit from PC Anna





# Dosbarth Elian's week in pictures ...

Mynydd Marian





# Notice Board - Home Start Conwy

## A VOLUNTEERS NEEDED TO SUPPORT LOCAL FAMILIES

Can you spare 2 hours a week?  
Could you help support local  
families going through difficulties?

Parenting is hard, especially without  
support; that's what we are here for.

For more information please  
email: [info@homestartconwy.org](mailto:info@homestartconwy.org)  
call us on 01492 515477  
or scan QR code below



## Could you be a Baby Group Buddy?

Are you a parent or grandparent?

Could you spare an hour or two a week  
to accompany a parent and child to a  
local group?



## Recruiting now

For more information please email:  
[info@homestartconwy.org](mailto:info@homestartconwy.org)



## Recruiting now for Volunteer Telephone Befrienders

Parenting can be hard,  
frustrating and lonely.  
We are here to provide a  
friendly listening ear.



Do you have parenting  
experience?

Could you help support local  
families going through  
difficulties?

Can you spare a couple of  
hours a week?



Email: [info@homestartconwy.org](mailto:info@homestartconwy.org)

