

# Blaendulais News

"Making a Difference"

## Raising aspirations...

We are looking for past pupils (or indeed, parents) who have attended our school and gone on to great things...! Do you know of any nurses, armed forces personnel, councillors, engineers (or many other occupations) who would be willing to share their stories with our children? If so, please ask them to get in touch with school. We would love to hear about their journeys since leaving Blaendulais. Our children can learn so much from local heroes who have gone on to help others and have success in their chosen field. They would be welcome to share their tales in an assembly or with small groups of children across the school. Please contact Mrs Cross if you are interested, or if you know of someone who is!

## Sleep!

It has been really noticeable over the past few weeks that some pupils appear really, really tired! If they get into a little bother in school, one of the first questions we ask is, 'What time did you go to bed last night?'. Usually, the answer is a sensible, '7 or 8 o'clock', but on a few occasions we have had pupils telling us they go to sleep at 10.30pm or even midnight! Now we all like a late evening on the weekend watching Britain's Got Talent or Strictly, but on a school night, the teachers are always in bed early! Allied to this, the children often say they are on gadgets watching Youtube or playing games until the late hours - many of which are PEGI rated 18/Mature games such as 'Grand Theft Auto' or 'Call of Duty'. Scientific research shows that the 'blue light' emitted from screens suppresses the production of the sleep hormone melatonin more than any other type of light. Not only does this have a real knock-on effect in school, as children suffer with their concentration and can lack focus in school, but the violent content can lead to the normalisation of violence in playground games and role-playing. As the evenings draw in, let's make a real effort to get our children into good bedtime routines and turn those gadgets off a good two hours before bedtime!



## Costcutters Donation

A huge 'Thank You' to Mr Akhtar from the local shop for his amazing donation of £185 to the school! The school hopes to use the money to purchase water bottles for all pupils in school so they can have access to regular fresh water.



*it takes a village to raise a child*

## Uniform

The children are still looking amazing - thank you for your support with this! Uniform is the most cost effective way of looking smart in school. Please check out the school website for info on the agreed uniform and stockists. **If pupils forget to wear school uniform, spare jumpers will be offered to ensure they look part of the team.**

## Attendance

Whilst we understand that children do become ill now and again, developing good habits at an early age is imperative - regular attendance at school is part of this. Governors have asked that the school keeps a close eye on attendance, and as a result, all pupils below 95% will be issued with NPT advisory letters. Pupils attending below 90% will be subject to Education Welfare Officer (EWO) referrals. Of course, school will celebrate high attenders in end-of-term assemblies and be rewarded for their efforts!

## Diary Dates

03.10.19	-	Year 6 Transition Day @ Llangatwg Comp
03.10.19	-	Walking Bus from the Community Centre - 8.30am
04.10.19	-	Road Safety sessions with Ms. Lyons
09.10.19	-	Wales v. Fiji - Rugby World Cup
10.10.19	-	Dosbarth Mrs Jones Class Assembly (Y5/6)
17.10.19	-	Harvest Festival (letter to follow)
23.10.19	-	Road Safety Quiz - Year 6 pupils
24.10.19	-	PTA Halloween Disco - 5.00pm to 6.30pm
25.10.19	-	PTA Non-Uniform Day - 50p donations, please!
28.10.19	-	Half Term Break



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