



Annwyl pawb

A huge thank you to everyone who came along on Sunday for our School Eco day. We had more volunteers than we have ever had, the sun shone, everyone worked really hard (including the reception children!) and the school looks so very much better as a result! The children have really noticed the difference and are already using the new picnic benches, bins etc. The school is like the Forth Bridge and there remains a list of jobs that still need to be done (see side column), so if you could spare half an hour (day, evening or weekend) we would be very grateful for your support. Thank you to those parents who have already put their name down for some of the outstanding odd jobs.



Having found a nest in their outdoor area, on Tuesday Elm Class were treated to a super afternoon of Watch Club with Mrs Barbara Woods. Mrs Woods kindly brought her nest collection into school and the children were able to learn about lots of different birds and their needs as part of their Science and Technology work. Thank you Mrs Woods.

I am pleased to confirm that Mrs Sam Puddy has been elected as the new staff Governor this week. I am sure we all wish her well in her new role.

A reminder that there is an Information and Sharing session for parents and children in Y5 & Y6 next Thursday at 4.30pm, to find out more about the residential next month.



Regards – Judith Morris

Jobs needing volunteers please:

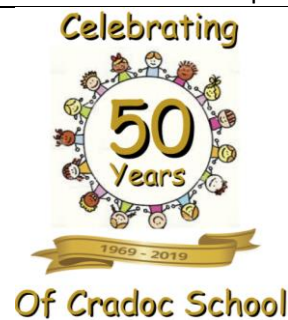
- painting (handrail, step edges, wall)
- trimming low hanging branches (chainsaw needed)
- grass seeding
- moving the capstone for the time capsule (crowbar/scaffolding pole and some serious strong arm from several people will be needed)
- put up noticeboard
- plus a host of other little odd jobs

PTA Dates for your Diary

- 5th June: Next PTA meeting at Cradoc Golf Club at 5.30pm
 - 7th June: Sports Day – lollies for sale + raffle
 - 14th June: Father’s Day presents for sale
 - September: PTA meal
 - October: Fancy Dress Disco
- November: possible Christmas Market trip

50@Cradoc!

Mrs Owen has been working hard on setting up our celebration Facebook and we hope this will go live over the next few days. In the meantime, how are you getting on digging out your old school photos?



Message for Parents from PC Skyrme

Please find below good links in relation to restrictions you can put in place to help control gaming and access to certain content. Well worth a browse if your child uses one of the platforms.



Playstation 4 advice - https://support.playstation.com/s/article/PS4-Parental-Controls?language=en_Uk

Xbox One advice - <https://support.xbox.com/en-GB/browse/xbox-one/security>



In our pastoral role, schools play a very the important part in identifying the social, emotional and mental health (SEMH) needs of children and providing strategies and support to try to prevent the development of more serious mental health difficulties during childhood and into adolescence. In the newly published national curriculum, Health and Wellbeing play an equal role to English and Maths.



Our topic on healthy mind, healthy body has raised the profile with the children and you will doubtless have heard about increased use of mindfulness, flipping our lid and junior yoga, to name but a few.

Next week we are taking part in nurture week. The classes will be learning about body language, challenging negative thoughts, different types of families (including fostering, adoption and same sex parenting etc).

We want to use Nurture Week as a focus to find out exactly what makes the children feel safe in school and so, today, we are **sending home our annual behaviour and bullying survey**. This is an important document for us as it helps us to identifying areas to work on and evaluates the success of last year's work. **Please do take a few minutes to complete this with your child and return it to us.**

As a staff we feel strongly about the importance of mental health; you will doubtless have noticed in the diary the considerable amount of training about aspects of mental health support that staff have volunteered to attend in their evenings. My very grateful thanks to all the staff involved for giving their time, unpaid, to deepen their understanding of how to support the children and keep them safe. It highlights the dedication our staff most certainly have to the children at Cradoc.

WHO'S TEACHING IN MY CHILD'S CLASS NEXT WEEK?

National Tests continue, which means there will be different things going on in classes and staff will be working with different groups of children as necessary. Classes will be taught as follows for as much of the week as we can by:

	Beech Class	Elm Class	Lime Class	Oak Class
Monday am	Mrs Morris	Mrs Hughes	Miss Roberts	Mr Holland
Monday pm	Mrs Morris	Mrs Hughes	Miss Roberts	Mr Holland
Tuesday am	Mrs Morris	Mrs Hughes	Mrs Godfrey	Mr Holland
Tuesday pm	Mrs Morris	Mrs Puddy	Mrs Godfrey	Mr Holland
Wednesday am	Mrs Godfrey	Mrs Hughes	Miss Stephens	Mrs Puddy
Wednesday pm	Mrs Puddy	Mrs Hughes	Miss Stephens	Mr Holland
Thursday am	Mrs Godfrey	Mrs Hughes	KS2 at Hay Festival	
Thursday pm	Mrs Godfrey	Mrs Hughes		
Friday am	Mrs Morris	Mrs Hughes	Miss Roberts	Mr Holland
Friday pm	Mrs Morris	Mrs Hughes	Miss Roberts	Mr Holland

Cool Kids @Cradoc and 3@Cradoc have now been registered for the Government Free Childcare offer. Powys County Council / Welsh Government will pay 10 hours of Foundation Phase Education and 20 hours of free childcare with Cool Kids (breakfast/ afterschool care, including holiday club). Please see the Powys website









<https://en.powys.gov.uk/article/6347/What-is-the-Childcare-Offer> regarding the offer and the criteria parents have to meet. Even if you are not eligible, please help us by passing this information on to your family, friends and work colleagues.



DIARY:

Monday May 20 <ul style="list-style-type: none"> 1.15pm Zulu Museum with Art Session for Oak 1.45 JM medical app 5pm to 8pm Advanced Safeguarding Session one @Beacons College (JM & EW) 	Tuesday May 21 <ul style="list-style-type: none"> Pm 3 year old New Curriculum Training (RD&EW) Swimming Gala Prelims @ Brecon 	Wednesday May 22 <ul style="list-style-type: none"> 8.30am Cluster Meeting @ Llanfaes (JM & BR) Staff Training: supporting children through Bereavement 5.30pm Governors meeting 	Thursday May 23 <ul style="list-style-type: none"> KS2 to Hay festival 4.30pm Broneirion Residential Information and Sharing session for parents and children Y5 & Y6 	Friday May 24 <ul style="list-style-type: none"> 10am Eco Platinum Award revisit Class Photos
Monday May 27	Tuesday May 28	Wednesday May 29	Thursday May 30	Friday May 31
Monday June 3 <ul style="list-style-type: none"> Pm Reception and Y1 trip to Brecon Library for Author visit 5pm to 8pm Advanced Safeguarding Session two @Beacons College (JM & EW) 	Tuesday June 4	Wednesday June 5 <ul style="list-style-type: none"> Girls Cricket @ Brecon 6.30/8.30 Governor Briefing at Brecon High School PTA Meeting 	Thursday June 6 <ul style="list-style-type: none"> 10-12.30 EV meeting at Llandod (JM) 	Friday June 7 <ul style="list-style-type: none"> Sports Day
Monday June 10 <ul style="list-style-type: none"> Reception Class height and weight screening with School Nurse 5pm to 8pm Wellbeing and Resilience in Children/YP @Beacons College (JM, MS, EW) 	Tuesday June 11 <ul style="list-style-type: none"> Mixed Cricket @ Brecon 	Wednesday June 12 <ul style="list-style-type: none"> 10am LAC review (BR) 	Thursday June 13 <ul style="list-style-type: none"> MAT Enriching the curriculum, improving learning @ Millennium Stadium (JM) 	Friday June 14 <ul style="list-style-type: none"> Father's Day Gifts for Sale
Monday June 17 <ul style="list-style-type: none"> 5pm to 8pm Wellbeing and Resilience in Children/YP @Beacons College (JM, MS, EW) 	Tuesday June 18 <ul style="list-style-type: none"> Trauma Informed School Training Part 1 @MRC (JM) 	Wednesday June 19 <ul style="list-style-type: none"> Y5/6 Residential to Broneirion 	Thursday June 20 <ul style="list-style-type: none"> Quad Kids Athletics @Brecon (who) Y5/6 Residential to Broneirion 	Friday June 21 <ul style="list-style-type: none"> Y5/6 Residential to Broneirion Powys HT conference
Monday June 24 <ul style="list-style-type: none"> Sex Ed (Oak Class) 5pm to 8pm Wellbeing and Resilience in Children/YP @Beacons College (JM, MS, EW) 	Tuesday June 25	Wednesday June 26 <ul style="list-style-type: none"> 8.30am Cluster Meeting @ Llanfaes (JM) Staff Training: Using the Out of Doors 	Thursday June 27	Friday June 28 <ul style="list-style-type: none"> All Powys Swimming Gala (who)
Monday July 1 <ul style="list-style-type: none"> Y6 Transition Day @ BHS 5pm to 8pm Wellbeing and Resilience in Children/YP @Beacons College (JM, MS, EW) 	Tuesday July 2 <ul style="list-style-type: none"> Y6 Transition Day @ BHS 	Wednesday July 3	Thursday July 4	Friday July 5 <ul style="list-style-type: none"> Trauma Informed School Training Part 2 @MRC (JM)
Monday July 8 <ul style="list-style-type: none"> Counselling Skills (EW&BR) Y6 leavers concert and sleepover 	Tuesday July 9 <ul style="list-style-type: none"> 9.30/12.30 FP Profile training (JM&MS) 	Wednesday July 10	Thursday July 11	Friday July 12
Monday July 15 <ul style="list-style-type: none"> Y5 transition day at Gwernyfed Y6 parents evening at Gwernyfed 	Tuesday July 16 <ul style="list-style-type: none"> Y6 transition day at Gwernyfed Core Visit 3 (JM&BR) 	Wednesday July 17 <ul style="list-style-type: none"> Y6 transition day at Gwernyfed 	Thursday July 18	Friday July 19 <ul style="list-style-type: none"> Break up
Monday July 22 INSET DAY	Tuesday July 23 SUMMER HOLIDAYS	Wednesday July 24 SUMMER HOLIDAYS	Thursday July 25 SUMMER HOLIDAYS	Friday July 25 SUMMER HOLIDAYS

SCHOOL DINNER MENU:

	Week 1	Week 2	Week 3
	<p>Monday Cheesy pizza Cheesy pizza Herby diced Potatoes Baked beans Salad Trolley / table Fresh Fruit Wedges or Ice Cream & Chocolate Sauce</p>	<p>Monday Lamb Grill in a Bap Cheese & Vegetable Country Bake Herby diced Potatoes Baked beans Salad Trolley / table Fresh Fruit Wedges or Rice Pudding with Jam</p>	<p>Monday Meatballs Vegetarian Meat Free Balls Pasta & Garlic Bread Mixed Vegetables Salad Trolley / table Fresh Fruit Wedges or Apple crumble & Custard</p>
	<p>Tuesday Sausages & Gravy Quorn Sausages Mashed or boiled potatoes Fresh Carrots & Green Beans Salad Trolley / table Fresh Fruit Wedges or Shortbread Biscuit, a portion of raisins & Fruit Juice</p>	<p>Tuesday Chicken with Sage & Onion Stuffing Quorn with Stuffing Mashed or boiled potatoes Fresh Carrots & Broccoli Salad Trolley / table Fresh Fruit Wedges or Cheese cake & Fruit Juice</p>	<p>Tuesday Sliced Turkey with Sage & Onion Stuffing Quorn Roast Mashed or boiled potatoes Fresh Carrots & Peas Salad Trolley / table Fresh Fruit Wedges or Chocolate haystack & Fruit juice</p>
	<p>Wednesday Cottage Pie Vegetarian Cottage Roast Potatoes  Mixed Vegetables Salad Trolley / table Fresh Fruit Wedges or Mini Doughnuts</p>	<p>Wednesday Homemade spaghetti Bolognese Vegetarian Bolognese Spaghetti & Garlic Bread  Sweetcorn Salad Trolley / table Fresh Fruit Wedges or Chocolate & Mandarin sponge & Chocolate sauce</p>	<p>Wednesday Mini Grill (Bacon, sausage & ½ Omelette) Vegetarian grill (2 Quorn sausage & ½ Omelette) Hash Browns Baked Beans Salad Trolley / table Fresh Fruit Wedges or Fruit Yoghurt & Peaches</p>
	<p>Thursday Roast Turkey with Stuffing & Gravy Broccoli Cheese Bake Mashed or boiled potatoes Fresh Carrots & Broccoli Salad Trolley / table Fresh Fruit Wedges or Carrot cake & Milk</p>	<p>Thursday Roast Pork with roast potatoes, apple sauce & Gravy Quorn Roast Mashed or boiled potatoes Fresh Carrots & Green Beans Salad Trolley / table Fresh Fruit Wedges or Flapjack, a portion of raisins & Milk</p>	<p>Thursday Roast Beef with Yorkshire pudding & Gravy Cheese & potato pie Mashed or boiled potatoes Fresh Carrots & Green Cabbage Salad Trolley / table Fresh Fruit Wedges or Blueberry muffin & Milk</p>
	<p>Friday Fish Finger or Salmon Bake Cheese & Vegetable Country Bake Chips or Pasta Baked Beans or Peas Tomato Ketchup Salad Trolley / table Fresh Fruit Wedges or Eves pudding & custard</p>	<p>Friday Fish in batter Omelette Chips or Pasta Baked Beans or Peas Tomato Ketchup Salad Trolley / table Fresh Fruit Wedges or Cheese & Biscuits</p>	<p>Friday Fish Finger Cheese & Vegetable Country Bake Chips or Pasta Baked Beans or Peas Tomato Ketchup Salad Trolley / table Fresh Fruit Wedges or Jam tart & custard</p>
	Week Beginning 13th May, 10th June, 1st July	Week Beginning 29th April, 20th May, 17th June, 8th July	Week Beginning 6th May, 3rd June, 24th June, 15th July

Available Daily Are Jacket Potatoes with Various fillings, Pasta as an alternative Carbohydrate, bread, salad and Water
 We can also provide vegan and special dietary menus when requested

 Suitable for a Vegan diet. Cost for Primary School Children : £2.45