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Dear parent / guardian,

As the fifth week of the school's closure period begins, can I thank all our parents and guardians for your continued support with the home / online learning. It is important that we remember during this time that we are all in very different situations in our homes, and that we are doing what we as individual families can do. I myself recognise the pressure of working full time with two children, and the struggle that often comes from encouraging them to complete their school work. Remember that we are proud of anything you can do with your children at home, and we understand that this can vary from day to day, depending on a number of different factors. However, I do hope that the daily activities, videos and support being provided by the school are making life a little easier for you in that respect.

*This week is **children's mental health week**. You will find that some activities or ideas are shared with the pupils during their lessons or through the tasks set. Some of these ideas may also be useful to you in the future, and if they are of value and you enjoy them let us know! The mental health of our pupils is a priority to us, but the mental health of the whole school family is also important to us. We understand that the current situation is stressful for everyone, but for parents in particular. Remember that we are here to support you, in any way we can, whether it is help with the work or a resource, advice about your child or an opportunity to have a conversation with another adult.*

*To coincide with children's mental health week, from this week onwards we will be having a 'Lose the Laptop' day, **every week**. Each class teacher will inform you which day it will be. This is a day to come away from the screen and take part in something enjoyable first hand without the need for technology. This is an opportunity for the children to choose a relaxing way to spend a day with a walk or a board game with the family. We hope you will all take this opportunity to look after your families during this difficult time.*

Please do not hesitate to contact us at school by phone, text or email so that we can support you.

Yours faithfully,

Mrs Christine Evans



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Â dawn fe gawn ein geni
A'n hawl yw ei meithrin hi