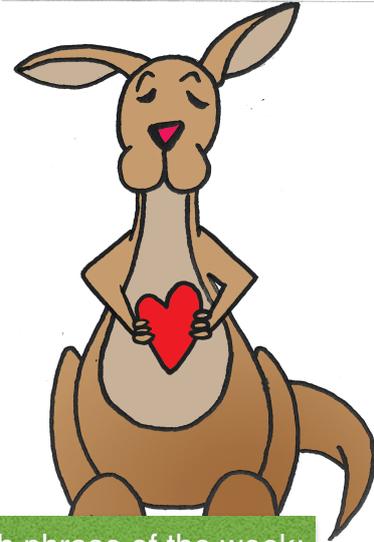


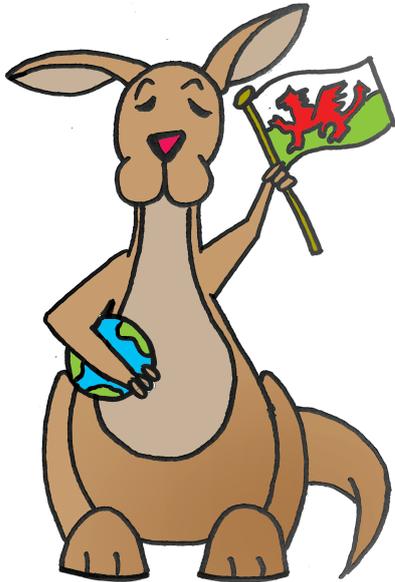


Main message of this week:

Please continue to keep yourselves and your families safe and well.
Keep to the rules of lockdown.



Welsh phrase of the week:



Meddwl

(mare-dddd-ooo-l)

Think

Positive Mindset/Mindfulness:



Ambitious
capable learners who:

- Set themselves high standards and seek and enjoy challenge
- Are building up a body of knowledge and have the skills to connect and apply that knowledge in different contexts
- Are questioning and enjoy solving problems
- Can communicate effectively in different forms and settings, using both Welsh and English
- Can explain the ideas and concepts they are learning about
- Can use number effectively in different contexts
- Understand how to interpret data and apply mathematical concepts
- Use digital technologies creatively to communicate, find and analyse information
- Undertake research and evaluate critically what they find and are ready to learn throughout their lives.

What have you done this week to be 'an ambitious, capable learner'?

Think about ways in which you could help others?

Think about communicating with a friend or family member and send a lovely message or photo.





This week we focus on your well being. Last week was 'mental health awareness week.' We have included some of the information in Pastoral Matters PowerPoint and videos.

If you are having any difficulties please look at the website for helplines, email your form tutor, head of year or any member of staff you feel comfortable talking to. Please talk to your families and tell them how you feel.

Mr Thomas has recorded a message this week. He has also invited staff to give their 'top tips' on coping in lockdown. Enjoy these messages and think of your own message. To see the messages look at :

<https://flipgrid.com/d8318551>

Video Message

Last week Miss Lawlor recorded a short video message for you. This week it is Mr Thomas' turn. Please watch the PowerPoint, it will be emailed separately. If it inspires you to produce a video or a PowerPoint please email your version to Miss Lawlor. Each week a member of the Senior Leadership team will post a message on the website. It will be our opportunity to pass on our message to show we are still thinking of you and hope all is well.

On Wednesday 27th May at 9pm on Channel 4 Gowerton School features in a programme on 'Britain's Unsung Heroes.'

Filming took place 2 weeks ago relating to the production of visors for the NHS. Please watch the programme as there are 8 groups from all over the U.K. that have contributed in various ways during lockdown.

Engagement of pupils.

Staff have been contacting year 10 and year 12 pupils that have failed to engage in their work. Could all pupils that are feeling well enough please make every attempt to access the work and catch up on any work missed.

Remote learning on Website

Please remember that under the 'remote learning' blue button on the website there are lots of activities, helplines and year group information.

If you want extra work to do there are also some excellent resources on the following links:

<https://swanseavirtualschool.org/>

<https://www.bbc.co.uk/bitesize/levels/z98jmp3>

www.explore.org

Helplines

Please remember there is a section on Wellbeing under the remote learning section. Have a look at some of the advice given.

Survey from Welsh Government

This is a request from Welsh Government:

We're contacting you about a really important survey to help children and young people to tell Welsh Government how they've felt about lockdown: how it's impacted on their health; any worries they've had; how they think it might affect their education; and also any positives they've had from it. It's a joint survey from the Welsh Government, the Children's Commissioner for Wales, Youth Parliament for Wales / Senedd Ieuenctid Cymru and Children in Wales.

We are asking children and young people to complete the survey, which should take around 15 minutes to complete. The survey closes on 27th May.

Please share your views using the following link:

www.childcomwales.org.uk/coronavirusandme

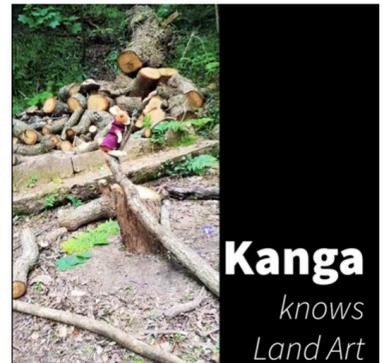
Advice from Welsh Government

Please do not meet up with friends and congregate in groups. If you do this you are putting yourself and family members at risk. Please take the advice given from Welsh Government and abide by the rules of lockdown.

Kanga Diary Week 9

Monday 18th May

Mr Saunders did some amazing work with the pupils and Kanga today. He created superb Land Art in the woodlands and a video diary! Please see the video attachment.



Tuesday 19th May

Today Kanga had a sporty day with Mr Roberts.



Wednesday 20th May

Miss Porter brought in a new friend for Kanga! Although we are in unprecedented times that doesn't stop us learning new skills or making new friends.

Kanga loved spending the day with Luna.



Thursday 21st May

Today everyone had a sporty day with Mrs Davies.



Friday 22nd May

Mr Davies entertained the pupils with his beautiful singing and guitar playing. Pupils and Kanga also enjoyed playing 'social distancing' Yahtzee and a visit to the woodlands.



