

Dyddiadau i'r dyddiadur Dates for the Diary



January 30th 2.15pm: Y1, 5 Family Monday. Come in and see your children's work. Chat with the teacher.

February 1st 2.15pm: Rec, Y4 Family Wednesday. See above. **Cancelled due to NEU strike action -see Feb 6th**

February 2nd: Y6 – Visit to the Metro Bank

February 2nd: Y2 & Y5 – Visit from Cardiff Bay Fire Station

February 3rd: Y2 – Local walk

February 3rd 2.15pm: Y2, 3, 6 Family Friday – See above.

February 3rd and 10th 9-10.45am: Reception parents – come and work with Miss Minkowski and Mrs Lalik to understand how to help your child develop their reading abilities.

February 6th 2.15pm: Rec, Y4 Family Monday. See above.

February 7th Safer Internet Day

February 14th: **NEU strike action** – details of class closures to follow

20th February - 24th February: **Half Term**

February 27th INSET DAY – School closed to children **Everyone back on Tuesday 28th February**

February 28th – 3rd March Welsh Week and Eisteddfod.

March 10th, 17th and 24th: 9-10.45am: Reception parents – come and work with Miss Trevelyan and Mrs Lalik to understand how to help your child develop their maths abilities.

March 15th and 16th: **Possible NEU strike action** – details of class closures to follow

March 17th Red Nose Day

3rd April – 14th April **Easter Holidays**

NEW 21st April INSET DAY – School closed to pupils

1st May Bank holiday

8th May King's Coronation Bank Holiday

RSE – The Headteachers, from the Fitzalan cluster primary schools, have started work on devising a shared approach for RSE. Parents will be able to see this, and give feedback.

I will keep you informed as to when that will be.



Every Wednesday afternoon – come and have a cuppa and chat.

Catch up with other parents, ask any questions about school. You'll be very welcome!

NEU Strike Action

Wednesday 1st February: School open to 1P, 3G and 6G.

Breakfast Club will be open. After school clubs on Wednesdays will be closed.

Further strike dates:

While we all hope the dispute can be settled swiftly, further strikes are planned. Details of which classes will be open will be shared as soon as possible. Please start to consider childcare for these dates, in case the class is closed.

Tuesday 14th February

Wednesday 15th March – After school clubs will be closed

Thursday 16th March

Healthy, confident individuals – one of the 4 purposes of the Curriculum for Wales



Let's Connect!

Place 2 Be have some great resources to help parents support their child's mental health. The theme of this year's week is **Let's Connect**. Have a look here for some great tips:

[file:///C:/Users/Teacher/Downloads/Top tips for parents and carers.pdf](file:///C:/Users/Teacher/Downloads/Top%20tips%20for%20parents%20and%20carers.pdf)

Safer Internet Day

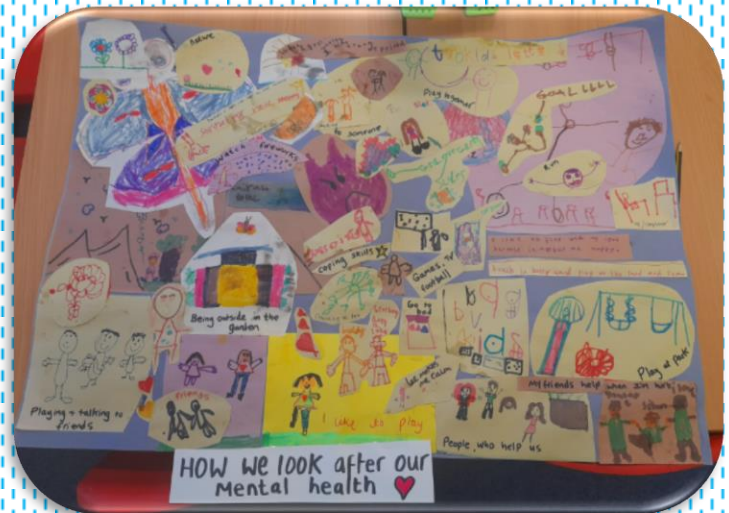
<https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2023>

Safer Internet Day 2023 will take place on the 7th of February 2023, with celebrations and learning based around the theme '**Want to talk about it? Making space for conversations about life online**'.

Coordinated in the UK by the UK Safer Internet Centre, the celebration sees thousands of organisations get involved to promote the safe, responsible and positive use of digital technology for children and young people.

In school, some parents have shared concerns about messages sent and received via phones. Snapchat and Whatsapp, for example, have been used to send unkind messages. If your child has a phone, please take it off them at bedtime, and keep a check on who and what they message.

If they play games online – and play with their headphones on - ask who they are talking to.



Bullying – if you have any concerns, do not hesitate to contact me.

My child is being bullied:

<https://parentingsmart.place2be.org.uk/article/my-child-is-being-bullied-what-can-i-do>

My child is bullying:

<https://parentingsmart.place2be.org.uk/article/my-child-might-have-bullied-someone>

P2B - Supporting parents at Grangetown Primary



I am Gary Carr, the newly appointed Family Practitioner from Place2Be. I look forward to supporting parents at Grangetown Primary School on Thursday mornings. My time in school will be spent delivering the Personalised Individual Parent Training (PIPT). PIPT aims to promote positive child/parent relationships and has proven especially effective with children between four and eight years old. It involves a series of sessions, including dedicated time focused on you and your child playing together.

I can also see parents up to 5 times between Sept-July, for parent partnership meetings. These meetings are to support you with the challenging bits of being a parent; we can look at this together, and I will also help to identify any other support services available to you.

Exclusive to Place2Be schools

Parenting Smart – Online Course

Parents and Carers of 4-11 year olds can now access our free online course providing you with **extra tools to deal with everyday parenting challenges**.

The course aims to help you **strengthen your relationship with your child and respond helpfully to challenging behaviour**. You can also join discussions with other parents in your group from across the UK.

Designed to fit around busy family lives, the 7-week course can be **broken down into short 15-minute sections** and you can access it from your mobile phone, tablet or any other device.

All of the content is based on the latest evidence and experience from Place2Be's Parenting Team, in partnership with South London and Maudsley-NHS Foundation Trust.

- ✓ Free
- ✓ No fixed times
- ✓ Accessible from any device
- ✓ Hear from other parents around the UK
- ✓ Place2Be professional on hand to support learning



Learn more at [place2be.org.uk/family](https://www.place2be.org.uk/family) or talk to the Place2Be staff member in your school.



Course details

- 6-week programme, broken down into **15-minute sections** to fit around your day.
- **Flexible access** to the programme via any device and at a time that suits you.
- **Dedicated Place2Be professional** to join discussions and aid online learning.
- **Dynamic and safe learning community** offering the opportunity to learn from other parents' and carers' experiences.

The course mirrors our face-to-face training provided to parents and carers in primary schools and is split into six modules. Each module focuses on one parenting skill that will help improve your relationships with your children and respond helpfully to challenging behaviour.

Modules

1. **Connecting:** How to build a strong bond with your child
2. **Praise & Reward:** How to encourage desired behaviours
3. **Selective Ignoring:** How to discourage unwanted behaviours
4. **Clear Instructions:** How to ensure your child understands what is expected of them
5. **Boundaries and Consequences:** How to set limits in advance in an effective way
6. **Time Out:** How to manage extreme behaviours

<https://www.place2be.org.uk/our-services/parents-and-carers/support-for-families-in-place2be-schools/parenting-smart-online-course/>