



Parent/Carer E-Bulletin

W/C Monday 7th February 2022

Assembly Topic

The theme for this week's assembly is "Children's Mental Health Week."

Personal, Social and Education (PSE) Lessons

Year 7 - Coping strategies

Year 8 - Online Safety

Year 9 - My dreams for my life

Year 10 - Work/life balance

Year 11 - Under pressure

Wrexham Schools - The 5 ways to Wellbeing Week

Schools across Wrexham will be taking part in Wellbeing Week.

What is wellbeing?

The definition of wellbeing is both feeling good and functioning well.

The five ways to wellbeing may help young people:

Make the most of opportunities and deal with stressful situations by taking time out and learning how to cope when things get tough.

Increase their interpersonal skills, empathy and communication skills through giving and seeing themselves as part of the wider community.

Increase their chances of employability and self-worth by taking notice of what they are good at and what they have to offer others.

Let's help young people to take responsibility for their own wellbeing

Children's Mental Health Week, 7th-13th February 2022.

This year's theme is Growing Together. "Growing Together is about growing emotionally and finding ways to help each other grow. Challenges and setbacks can help us to grow and adapt and trying new things can help us to move beyond our comfort zone into a new realm of possibility and potential. However, emotional growth is often a gradual process that happens over time, and sometimes we might feel a bit 'stuck'." Place2Be website. Please see Parent/Carer flyer attached.

RHS Gardening Club

We are excited to announce our RHS Gardening Club will be starting after half term. This group has been very popular, and all students are welcome to attend. Furthermore, research shows that gardening is a perfect activity that promotes both physical and mental health in our children. Please see the attached flyer for further information or speak to Mr Whitehead or Miss Brown.

Childline Calm Zone

Visit the Childline Calm Zone to discover lots of ways to feel calmer. Find out what works for you. Try breathing exercises, activities, games and videos to help let go of stress.

Internet Safety Day, 8th February 2022

Safer Internet Day 2022 is on the 8th of February and will be celebrated with the theme 'All fun and games? Exploring respect and relationships online'. Further information on keeping your children safe online can be found at [Repository - Hwb \(gov.wales\)](#) and [10 Internet Safety Tips - Staying Safe Online | SWGfL](#).

Face Masks

Thank you for your support in ensuring your child arrives at school with a face mask unless they are medically exempt. Students are required to wear appropriate face masks when inside the building. Students who arrive without a face mask will be sent home after parents have been contacted.

Attendance & Reporting Absence

Regular attendance at school is important for your child's mental health, development of social skills and achievement. Thank you for your support in ensuring your child attends school when they are well enough to do so.

Students need to be on the school site by no later than 8.40am. Latecomers will be placed on detention and parents/carers will be informed as a matter of courtesy via a text message.

If you have an attendance issue or wish to report a LFT/ PCR result please use the following methods: **Email: Attendance@rhosnesni-high.wrexham.sch.uk or telephone: 01978 340947.** Evidence of all PCR/LFT test results must be reported/presented to the school.

Year 11 Coleg Cambria Open Events

Book Your Open Event Place

Coleg Cambria open events are the perfect opportunity to discover study with us. They are your chance to discover our subject areas, meet course tutors in person and speak to current students.

Employer partners will also be available to discuss progression opportunities and apprenticeships.

As well as learning about the facilities and support services across our sites, it is also the ideal opportunity to apply to study with us.

Upcoming Coleg Cambria open events dates and times are listed below. Book your place now and we will look forward to meeting you soon!

- March 9 2022: **Deeside / Deeside 6** (5.30pm to 8pm)
- March 12 2022: **Llysfasi** (10am to 12pm)
- March 16 2022: **Yale / Yale 6 / Bersham** (5.30pm to 8pm)
- March 19 2022: **Northop** (10am to 12pm)

Ordering School Meals Online

On behalf of the catering team, thank you for your support in pre-ordering meals online. The number of meals ordered on this system doubled last week and has this has allowed the canteen staff more time to prepare meals and reduced lengthy queues for our students.

Parents/carers can pre-order their child's school meal every weekday evening. The two week menu links will be open for pre-ordering the evening before and can be accessed here. <https://rhosnesni-high.wrexham.sch.uk/parents/school-meals/>

Why Should I Pre-order My Child's Meal?

- Your child gets the meal of their choice
- Meal choices can be decided between parent and child from the comfort of your own home, or out and about
- Your child will not have to queue up to order food. They will have more time to interact with their friends
- Allows canteen staff to actually prepare the food rather than take orders which can be time consuming and creates additional pressure on staff
- You can manage your child's accounts and ensure it is sufficiently topped up in advance using the Parent Pay system

Thank you for your continued support in this matter.

Parenting Support

Wrexham Family Information Service offers a range of parenting sessions covering the following topics: Emotional Health & Wellbeing of Young People, Challenging Behaviour, left to their own Devices and Drug Proof your Kid. Please see flyer attached for further details.

Extra-Curricular Activities

Lunchtime and afterschool sports clubs have resumed for this term. Further details available in the calendar section of the school website.

Contacting School

Telephone: 01978 340840 **Email:** Mailbox@rhosnesni-high.wrexham.sch.uk

*Diolch yn fawr,
Team Rhosnesni.*