

Ysgol Gynradd Porthcawl Primary School

Newsletter 21.02.25

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Healthy Habits

Food

A well balanced diet is important for a healthy body and a healthy mind. A healthy diet can help to improve our mood, provide us with more energy and help us to think more clearly.

- Try choosing foods that release energy slowly. These include: rice, oats, pasta, nuts and cereals etc.
- Remember to eat breakfast or take breakfast to work.



Hydration

It's important to stay hydrated throughout the day. It helps our mood and improves concentration.

- Carry a water bottle with you so you can refill it through the day.
- Try to choose water over fizzy drinks.
- Add fruit to your water. Many people prefer flavoured water and this can help you drink more than you usually would.



Sleep

Sleep is vital for us to recharge after a long day. It helps us to feel refreshed, improves concentration, think clearly and improves memory. Most adults need seven to nine hours sleep.

- Try to establish a routine. Go to bed and wake up at the same time every day, even on weekends.
- Avoid caffeine, alcohol and large meals close to bedtime.
- Avoid using screens in the hour before bedtime. Consider reading or another relaxing activity instead.
- Try to keep your room a comfortable temperature.
- Exercise in the day or early evening so you have time to unwind before bed.



Exercise

All movement is good movement. Exercise doesn't need to be painful and you don't need to do a 5k or join the gym. Find things you enjoy.

- Dance in the kitchen to your favourite song
- Follow a YouTube Yoga session
- Take the dogs for a walk around the street



Nature

- Spend more time in green spaces
- Do some gardening
- Do hobbies outside

World Book Day

At Porthcawl Primary School we like to be different from the rest of the World!

Due to swimming and St David's Day we will be celebrating World Book Day on a different day. **The PPS World book day will be on Tuesday 25th March.** Pupils will be able to come to school dressed as a character from a book and bring their favourite book to school. We will also be doing various book related activities during the day.



Donations for Nursery Class

Nursery Class are seeking donations of any suitable dress up clothes for our new farm role play.

Items such as child's overalls, body warmer, caps, straw hats, check shirts and wellies please.

Also any animal dress up such as pigs, sheep and cows would be greatly appreciated - thank you!

Welsh Costumes

Welsh celebrations will be taking place during week commencing 3rd March and to coincide with the visit from Porthcawl Male Voice Choir please could pupils wear red / Welsh costumes to school on Monday 3rd March - diolch!

Tasgau Cartref Cymraeg – Welsh Home Tasks

This year for our Eisteddfod we are asking the children to complete a home task over half term. These will be shown during our St. David's Day celebrations and children will earn points for their entries. Please can all entries be returned to school by Monday 3rd March

Nursery – Will complete art-work in class

Reception – To draw, paint, collage or make a model of their favourite Welsh castle.

Dosbarth Garw – Make a model, paint, draw or collage a Welsh dragon.

Dosbarth Ewenni – Make a model, paint or draw a Welsh symbol i.e. daffodil, leek, love spoon.

Dosbarth Teifi – Paint or draw their favourite Welsh landscape.

Dosbarth Conwy – To create a fact file about an inspirational famous Welsh person. This can be someone from the past or present.

Dosbarth Llynfi – Write a poem using the title 'To be Welsh'.



Weekly Attendance (96% target)

Class	Attendance
Reception	92%
Garw	96%
Ewenni	85%
Teifi	92%
Conwy	90%
Llynfi	95%
Whole School	91%

Diary Dates:

Half Term Holiday
24.02.25 to 28.02.25

St David's Day Celebrations
w/c 03.03.25

Fluoride Varnish
N to Yr2
04.03.25

UWIC visit
Dosbarth Conwy
05.03.25

Parent / Carer Meetings
w/c 10.03.25
NO TEACHER LED AFTER SCHOOL CLUBS THIS WEEK

World Book Day
25.03.25

Crucial Crew - Year 6
04.04.25

Meadow Farm Village Nursery Class
10.04.25

Easter Holiday
14.04.25 to 25.04.25



Bank Holiday
05.05.25

INSET
23.05.25

School Mission Statement:

Together every member of our school community will feel fulfilled, valued, and happy. We will develop as ambitious, capable learners who set ourselves high standards and seek and enjoy challenges. We will provide opportunities to express ideas, take risks and problem solve so that we all become creative contributors. In our nurturing environment everyone will feel confident, safe and healthy. With trust and mutual respect, we will build positive relationships. We will respect the needs and rights of ourselves and others as ethically informed citizens of a diverse society in Porthcawl, Wales and the wider world.