

Ysgol Bro Carmel
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Welcome back

Firstly, I would like to extend warm welcome back to the Ysgol Bro Carmel community! Hopefully you have received my introductory letter earlier this week. We've had a wonderful first few days back, and it has been great to see the positive start the children have made to this year. Please have a look below for some key information for your classes for this term.

PE timetables

Please find below the PE days for this term.

Meithrin (Nursery) - Wednesday, am

Llyn Alwen (Year R/1) - Tuesday pm, Thursday am

Llyn Brenig (Year 1/2) - Tuesday pm, Thursday am

Llyn Celyn (Year 3) - Wednesday pm, Thursday pm

Llyn Dinas (Year 4) - Monday and Friday, pm

Llyn Elsi (Year 5) - Wednesday and Thursday, pm

Llyn Y Fan Fach (Year 6) - Monday and Friday, pm

Earrings in PE

Please can parents provide a water bottle and ensure that children do not wear jewellery on PE days. If children do wear earrings on PE days, the children can either remove them, themselves in preparation for the PE lesson, or bring into school plasters or tape to cover the earrings over—this is to ensure the children and their earrings are as safe as possible during the lesson. Thank you!

Quick reminder of start and end times to the school day.

As many of our children have not only changed class, but changed phase, it may be useful to share a quick reminder of the start and end times for the different phases across school.

The gates and classroom doors open for all at 8.45 for a 9am start each day.

Our infants (Llyn Alwen and Llyn Brenig) finish at 3pm.

Our Junior classes (Celyn, Dinas, Elsi, Y Fan Fach) finish at 3.10pm.

Attendance

Please can we ask that all parents/carers contact the school office by telephone or email if their child is not able to attend school. This also applies for a medical/dental appointment that might be at the start of the school day.

If your child has a medical appointment during the school day, please contact the school office so we can inform class teachers and ensure your child is ready in time to be collected.

Thank you!

School Website

We will soon begin the process of launching a new school website— in the next few weeks you will receive a form requesting permissions to have pupil photos on the website. We will also be launching social media channels on X (formerly Twitter), Instagram and Facebook, so that we can celebrate all the exciting things that happen at Ysgol Bro Carmel with the wider community. It will take a few weeks to get everything set up—more details will follow in due course! We intend to continue to use the schools app to share information after the website is launched.

Topic theme

Our topic theme for this term is '*conflict*'. This topic theme ranges from the theme of *helping* and people *who help us* in Meithrin (Nursery) , through to *conflict and resolution* in Llyn Y Fan Fach.

National College Newsletter

Attached is a newsletter from the National College—this newsletter is released on Wednesdays and contains really useful information for parents and schools. This often focusses on Online Safety, but this edition focuses on developing healthy sleep patterns for children, which is especially relevant as the they're up and out the house so early for school!

Diary Dates:

Please see below for a brief overview of key dates for the next two weeks.

Monday 9th September—drum teacher in school

Tuesday 10th September—piano teacher in school

Week beginning 16th September—Fairtrade week

Kind regards,



Mr M. Martell
Headteacher / Pennaeth

10 Top Tips for Parents and Educators

DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.

