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### What's been happening in school?

We've had Fairtrade Week at school this week, and I've been lucky to spend time in the different classes this week and have been impressed with their work. Year 6 in particular showed such maturity when discussing how we can make food fairer for the individual growers and farmers. Well done to all at YBC!

### Permissions Form

In order to ensure that we are able to continue to provide a positive experience for our children, we have sent out a permissions form this week. It will hopefully allow the children to access sports, swimming and local visits without school asking parents specifically on each occasion. Larger—scale trips, such as residential or school trips outside of our local area, are beyond the day-to-day curriculum and school day. For these events, families will be contacted as those events occur.

The permissions letter which has been sent out this week includes a section on social media, so please tick this box if you are happy for your child to be included. In the interests of safeguarding every child, we will NEVER post names of children on our social media channels without prior, case by case permissions. We understand that parents may also opt out of electing their children to be on social media and school will fully respect that decision.

In addition, we have sent out Acceptable Use forms for using devices in school. Please take the time to read those with your children and return them to school. If we can collate much of this at the start of the year, it will help both school and home in enabling a rich curriculum for the children.

### Social Media

We have refreshed our social media accounts— from the beginning of October, we will be sharing photos, events and news via these channels. This will be in addition to the key parental information which we currently share via the schools app.

It would be great to start off our new social media feeds with lots of photos of the children, so if you are on social media, please do give us a follow and as soon as we have finished setting up the accounts, we will be up and running! All posts will be mirrored across all three platforms.

## Follow us on Socials!



On X @Ysgol\_BroCarmel  
On Facebook @BroCarmel  
On Instagram @ysgolbrocarmel

## Well-Fed Mobile Shop

Well-Fed Mobile Shop will be on the school carpark from 08:30 until 09:30 each Wednesday. The team did make an appearance this Wednesday (18th Sept) but were a little late arriving on their first day! Do please pop by to see them next week! More info on the Well-Fed initiative is on the next page—it has been a big hit in Flintshire and we're pleased that they'll be bringing this service to our locality.

“

WELL  
-FED

*I am so pleased that the Well-Fed Mobile Shop is proving popular. People need good quality, nutritious, affordable meals which you provide. During these difficult times people need as much help and support as we can offer. There is so much choice on the Mobile Shop and everyone appreciates this. Please keep up this wonderful initiative in Flintshire for our residents to benefit from.*

*Cllr Christine Jones*

OUR  
MEALS  
CHANGE  
LIVES

## 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 week it focusses on keeping children safe online and how parents and carers can ensure that internet use is a safe, positive experience.

## 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 ensure your child is ready in time to be collected. Diolch!

## Diary Dates:

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

*Each Monday —drum teacher in school*

*Each Tuesday —piano teacher in school*

*Each Tuesday—P Buzz in to lead music lessons with Y3 / Dosbarth Llyn Celyn!*

*Tuesday 24th September—Dentist in to see Year 1 pupils*

*Each Wednesday from 8:30—Well Fed Mobile Shop in the school car park*

*Each Wednesday—guitar teacher in school*

Kind regards,



Mr M. Martell  
Headteacher / Pennaeth

WELL  
-FED

# MOBILE SHOP



## THE CORNER SHOP THAT COMES TO YOU!

**As well as a selection of our meals, our shop sells other essential household items:**

- Fruit and veg bags
- Breakfast pots
- Soups pots
- Milk, bread and eggs
- Tinned items
- Cleaning products

The shop sells a range of our meals:

**EASY MEALS!**

£2.25

We have a range of over 50 ready meals available. Simply pop in the microwave or oven.

**Options include:**

- Beef roast dinner
- Cottage pie
- Chicken tikka and rice
- Pork sausage and mash
- Five bean chilli and rice (V)
- Vegetarian roast dinner (V)

FEEDS 1  
PERSON

**SLOW COOKER**

from  
£4.50

Our Slow Cooker bags come packed with a recipe card and all the ingredients for a tasty meal.

**Options include:**

- Sausage and lentil stew
- Italian meatball stew
- Chicken jalfrezi
- Chilli beef
- Sweet potato curry (V)
- Moroccan cous cous (V)

FEEDS A  
FAMILY OF  
4

**COOK EASY**

from  
£5.50

Our Cook Easy bags come with a recipe card and all the ingredients needed to cook from scratch

**Options include:**

- Chicken chasseur
- Sausage and mash
- Hoisin chicken noodles
- One-pot Spanish rice
- Mushroom risotto (V)
- Mixed bean burger (V)

FEEDS A  
FAMILY OF  
4

Well-Fed is a local company. We are committed to making sure everyone has access to good food. At Well-Fed, we think there's no need for compromise. We make meals of the highest quality and we make them available so all of our customers can eat well and cook easy at home.

OUR  
MEALS  
CHANGE  
LIVES

# ONLINE CONTENT

## 10 tips to keep your children safe online

The internet has transformed the ability to access content. Many apps that children use are dependent on user-generated content which can encourage freedom of expression, imagination and creativity. However, due to the sheer volume uploaded every day, it can be difficult for platforms to regulate and moderate everything, which means that disturbing or distressing images, videos or audio clips can slip through the net. That's why we've created this guide to provide parents and carers with some useful tips on keeping children safe online.



### 1 MONITOR VIEWING HABITS

Whilst most apps have moderation tools, inappropriate content can still slip through the net.



### 2 CHECK ONLINE CONTENT

Understand what's being shared or what seems to be 'trending' at the moment.



### 3 CHECK AGE-RATINGS

Make sure they are old enough to use the app and meet the recommended age-limit.



### 4 CHANGE PRIVACY SETTINGS

Make accounts private and set content filters and parental controls where possible.



### 5 SPEND TIME ON THE APP

Get used to how apps work, what content is available and what your child likes to watch.



### 6 LET CHILDREN KNOW YOU'RE THERE

Ensure they know that there is support and advice available to them if they need it.



### 7 ENCOURAGE CRITICAL THINKING

Talk about what people might post online and why some posts could cause distress.



### 8 LEARN HOW TO REPORT & BLOCK

Always make sure that children know how to use the reporting tools on social media apps.



### 9 KEEP AN OPEN DIALOGUE

If a child sees distressing material online; listen to their concerns, empathise and offer reassurance.



### 10 SEEK FURTHER SUPPORT

If a child has been affected by something they've seen online, seek support from your school's safeguarding lead.

