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### What's been happening in school?

World of Work week was again a huge success! Thank you to the parents and community for giving up their time to share all about their working day with the children. It was a really positive week and exemplified the strong community we have at Bro Carmel. We had our Halloween Disco before half term too—the staff have just about recovered from the excitement! Some of our older classes have been learning about the gunpowder plot this week, finding out all about the reasons we have bonfire night, and our younger classes have been learning about fireworks and how to stay safe at this exciting time of year.

We have shared a few diary dates with the community too, as we begin the run up to the 'C' word! Dates are also on the newsletter, as well as on our social media channels. Our Christmas Catalogue is online, with orders coming in for the gifts the children will be busy making—if you have not yet had a chance to look, the link is here (<https://t.co/uaZKOXTe8q>) as well as hyperlinked into our Schools App and social media posts. Thank you, as always, for your ongoing support of school.

### 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 building emotional resilience—making a mistake isn't the end of the world, but for many children it can feel that way.

### Remembrance Day 2024

This week the children have had the choice to decorate a poppy for our Remembrance wreath in school. As you can see from the photograph, almost every child in school chose to decorate a poppy! Two of our School Councillors went to the memorial garden in Holywell to proudly place our school wreath alongside the poppies and crosses that adorn the area.

In school, we will be marking Remembrance on Monday during service. We will be learning about the importance of Remembrance day and marking the two-minute silence by tuning into the live feed from the cenotaph in London.

We've also been raising money for the British Legion's Poppy Appeal this week—thank you to the parents, carers, grandparents and children who have all sent in money for the collection. We'll share how much has been raised in the coming weeks. Thank you.



## School Website

Our school website is up and active— you can find us at [ysgolbrocarmel.co.uk](http://ysgolbrocarmel.co.uk)! Key school information will be hosted on the site, alongside via our schools app and newsletters!



## 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!

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

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.

We encourage parents to bring their children into school within that window—the children come straight in and do their basic skills at this time, as well as editing work or responding to marking from the previous day's learning.

**Good time keeping means being in school, on time, everyday, ready to learn.**



**DID YOU KNOW? IF YOU ARE 15 MINUTES LATE EACH DAY YOU WILL HAVE MISSED 2 FULL WEEKS OF SCHOOL IN ONE YEAR?**

### Diary Dates:

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

*Week Beginning 11th November—Parents Evening Week*

*Wednesday 13th November—Y3/4 netball tournament*

*Friday 15th November— Children in Need (details to follow)*

*Monday 18th November—Netball tournament*

*Tuesday 19th November—PC Sayer in to see Y6 (am)*

*Tuesday 19th November—Y6 School Councillors to County Hall*

*Each Monday —drum teacher in school*

*Each Tuesday —piano teacher in school*

*Each Wednesday—guitar teacher in school*

Kind regards,

Mr M. Martell  
Headteacher / Pennaeth

# 10 Top Tips for Parents and Educators

## SUPPORTING YOUNG PEOPLE TO BUILD EMOTIONAL RESILIENCE

With increasing societal pressures, many children struggle with managing emotions, facing challenges and processing failure in a healthy way. This is why building emotional resilience in young people is vital for their mental health and personal success. This guide provides practical strategies for parents and educators to help children develop resilience and foster confidence, adaptability and a positive mindset.

### 1 ENCOURAGE OPEN COMMUNICATION

Regularly engaging children in open dialogue fosters trust and emotional expression. Encourage them to share their thoughts and feelings freely without judgment. Set aside time daily, perhaps during dinner, to ask open-ended questions such as, "What's made you happy today?". This encourages children to express themselves openly.

### 2 MODEL POSITIVE BEHAVIOUR

Children often learn how to manage emotions by observing adults. By modelling calm and positive responses to challenges, you can teach them valuable emotional management skills. If you've had a difficult day, verbalise how you're feeling and explain how you plan to handle it, such as "I'm a bit worked-up, so I'm going for a walk to clear my mind."

### 3 TEACH PROBLEM SOLVING SKILLS

Helping children break down challenges into manageable steps encourages a proactive mindset. Explain that every problem has a solution, even if it's not immediately obvious. For example, if a child is stuck on homework, support them in breaking the task into smaller steps, saying things like "Let's focus on just this first question for now."

### 4 FOSTER A GROWTH MINDSET

Encourage young people to view mistakes as learning opportunities. A growth mindset helps them see setbacks as part of the process, rather than something to be upset about. After a child loses a game or performs poorly on a test, for example, ask them what they've learned from the experience. This reinforces the idea that effort – and even failure – leads to improvement.

### 5 PROMOTE SELF-CARE PRACTICES

Teaching children about self-care helps them understand the importance of balancing work with relaxation to maintain emotional wellbeing. Parents and carers could start a screen-free hour before bedtime where the family engages in relaxing activities like reading, setting an example to the child for how to unwind.

### 6 BUILD HEALTHY RELATIONSHIPS

Strong relationships with peers and adults provide a support system that enhances resilience. Encourage positive, respectful interactions to develop social skills. Playdates or group activities can be instrumental in teaching children how to resolve conflicts with friends by modelling and practicing calm communication.

### 7 SUPPORT EMOTIONAL AWARENESS

Helping children to identify and name their emotions allows them to manage those feelings more effectively. When a child's upset, encourage them to talk to you about what they're feeling in an empathetic and supportive manner, and ask them why they might be experiencing these emotions.

### 8 ENCOURAGE INDEPENDENCE

Giving children opportunities to make their own decisions boosts confidence and problem-solving skills. A good example of this would be letting children choose and pack their own lunches for school, guiding them with options but allowing them to assume responsibility for the task to help them take ownership.

### 9 DEVELOP COPING STRATEGIES

Teaching children techniques like mindfulness, deep breathing or journaling can help them to manage stress. Show them how to perform breathing exercises when they're feeling anxious, and practise this regularly. Reinforcing this behaviour in young people will make it easier for them to use these techniques of their own accord during stressful moments.

### 10 CELEBRATE SMALL WINS

Recognising effort, no matter how small, reinforces perseverance and encourages children to keep trying. After a child completes a difficult task, makes progress on a project or reaches another type of personal goal, praise their efforts. Emphasise the hard work they've put in and be sure to let them know how proud you are!

## Meet Our Expert

Adam Gilllett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which works with schools on improving their mental health provisions.



#WakeUpWednesday

The National College



# Christmas at Ysgol Bro Carmel

Dec 6th -

Winter Wonderland 3pm - 6pm - £10

Crafts, hot dogs, hot chocolate and others treats included

Dec 12th -

Christmas jumper & Christmas party day

Wear your Christmas jumper/outfit and be party ready

Dec 17th

Santa visits - £5

Santa is visiting school so book your slot

Dec 18th -

Christmas dinner

Time for Pam's special roast potatoes and sprouts

Dec 19th -

Pantomime - £20

In Rhyl Pavilion to see Cinderella

(More details will follow )

Christmas Diary

Dates for Ysgol Bro  
Carmel!



Here are some photos of Criw Cymraeg judging the poster competition. The were announced in service on Friday!



Dosbarth Llyn Brenig have been enjoying doing number line work outdoors!





To celebrate bonfire night, Dosbarth Alwen created their own bonfire and firework dances. Da iawn, Pawb!



In Dosbarth Meithrin, we have been making magical reindeer food! We have been following a recipe, weighing the ingredients and mixing them all together with a sprinkle of magic, to help the reindeer to fly on Christmas Eve!

