

Ysgol Bro Carmel
Carmel
Holywell
Flintshire
CH8 8NU

Tel: 01352 712234
Email: ycmail@hwbcymru.net
Headteacher: Mr M. Martell



Ysgol Bro Carmel
Carmel
Treffynnon
Sir Y Fflint
CH8 8NU

Ffon: 01352 712234
e-bost: ycmail@hwbcymru.net
Pennaeth: Mr M. Martell

What's been happening in school?

The standout moment over the last couple of weeks of school has definitely been the Year 6 residential trip to Cardiff, which took place last week. Our Year 6 pupils, supported by four brave members of staff, had three fantastic days down in the capital! Not a moment was wasted whilst the children were there. From exploring the National Museum (and seeing a real-life Van Gogh self-portrait worth millions of pounds, on loan from the Musee D'Orsay in Paris!) to visiting the Principality Stadium and Cardiff Castle, to bowling, movie nights, treasure hunts and water taxis, the trip was full of learning, exploration, personal development and enjoyment. The children conducted themselves maturely and responsibly, showing everyone just how wonderful they are. Diolch yn fawr a da iawn pawb!

Back in school, we have had lots of exciting activities take place. Our children have started their new topic, which is 'Enterprise and Innovation'. Lots of opportunities for science, critical thinking and exploration have already taken place. You can see some of these exciting activities later on in the newsletter, and of course over on our social media pages.

Year 5 Residential to Kingswod Colomendy

As you may have seen in the press, the company which owns Kingswood Colomendy activity centre has gone into administration. Consequently, Year 5 will not be attending Colomendy as planned in March. However, we are working alongside Flintshire County Council, and PGL (the buyers of some of the Kingswood sites) to find an alternative activity centre in the PGL group for the children to attend. We appreciate the patience and understanding of the parents and community as we work through the process.

As soon as we have further information, we will share this with the school community. Diolch.

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?

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 edition focusses on supporting children to deal with big and difficult feelings in a healthy manner.

Parent Governor Vacancy

We have had a space open up on our Governing Body for a parent governor.

Our governors come from a range of backgrounds, skills and experience but all share a common interest of wanting the best possible education for the children in our school. All new governors will be supported in the role through training and mentoring. Please note, *you do not need to have an educational background to be a governor!*.

If you are interested, please contact the school by **14th February**.

EVER THOUGHT ABOUT BECOMING A GOVERNOR?



Diary Dates:

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

Every Monday —drum teacher in school

Every Tuesday —piano teacher in school

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

Every Wednesday—guitar teacher in school

Every Wednesday—Well-Fed mobile shop—8.45—9.30

Monday 3rd February—Reading Ambassadors online meeting with Wales Children's Laureate author Connor Allen

Wednesday 5th February—Dosbarth Celyn to Wrexham for Theatre Clywd Music Concert

Wednesday 12th February—Dodgeball Festival (Y5/6) @ Maesglas

Thursday 13th February—Dosbarth Alwen at the Village Hall Coffee Morning

Thursday 13th February—Valentines Disco—after school until 5pm

Week Beginning Monday 24th February—Half Term

Monday 3rd March—School Open after half term break

Kind regards,

A handwritten signature in black ink, appearing to be 'M. Martell', written in a cursive style.

Mr M. Martell
Headteacher / Pennaeth

10 Top Tips for Parents and Educators

SUPPORTING CHILDREN TO DEVELOP EMOTIONAL LITERACY

Emotional literacy refers to the ability to recognise, understand and express our feelings effectively. It plays a crucial role in strengthening a child's wellbeing by enhancing their relationships and resilience. However, emotional literacy is not necessarily an innate talent, and its development may present challenges. This guide gives parents and educators practical tips on supporting children to cultivate this essential skill.

1 NAME THE EMOTION

Encourage children to identify and name their emotions. This helps them understand what they're feeling and why. Use simple language and relatable examples to make it easier for them to share their emotions. This builds a foundation for emotional understanding and open communication.



2 MODEL EMOTIONAL EXPRESSION

Demonstrate healthy emotional expression by sharing your feelings visibly. When children see adults properly displaying how they're doing and what they're thinking, they learn to do the same. Discuss how you handle emotions in different circumstances, providing a real-life framework for young ones to follow.



3 MINDFULNESS ACTIVITIES

Teach children mindfulness practices to help them stay present and manage their emotions during more challenging moments. Activities like deep breathing, meditation or yoga can reduce stress and enhance emotional regulation. Regular practice can improve focus and emotional stability, which can significantly help children both as they're growing up and throughout their adult life.



4 USE STORYTELLING

Incorporate storytelling to help children understand emotions. Stories can offer relevant scenarios illustrating how the characters experience and manage their feelings. Discuss the emotions depicted in stories and ask children how they might feel in similar situations.



5 PRACTISE EMPATHY

Teach children to consider others' views and emotions – and to explore why they might think or feel this way. Role-playing and discussing various scenarios can enhance their ability to empathise. Understanding others' emotions helps children to develop compassion and improves their social interactions.



6 ENCOURAGE JOURNALING

Suggest keeping a journal to make note of thoughts and emotions, as writing can provide an outlet for self-reflection and emotional processing. Encourage children to write about their daily experiences and feelings, helping them gain insight into their emotional world. Do this alongside them, so they can see and experience how to do it effectively.



7 TEACH PROBLEM-SOLVING

Do what you can to help children develop problem-solving skills to assist in managing emotional challenges. Discuss potential solutions to emotional conflicts and encourage them to think critically about what they (and others) can do to process their feelings in a healthy way. This empowers children to handle emotions positively and build resilience.



8 CREATE A SAFE SPACE

Establish an environment where children feel safe to display their emotions without judgement. Encourage open exchanges and reassure them that all feelings are valid. This supportive atmosphere promotes trust and encourages children to express themselves with confidence.



9 USE VISUAL AIDS

Take advantage of visual aids like emotion charts or mood meters to help children identify and express their feelings. Use these tools regularly in your interactions. They provide a visual representation of emotions, making it easier for children to communicate their emotional state.



10 CELEBRATE EMOTIONAL GROWTH

Acknowledge and celebrate progress in emotional literacy, and praise children for expressing their emotions and handling them effectively. Positive reinforcement is a useful tool that will encourage continued growth and reinforces the importance of emotional literacy – encouraging young people to maintain the good habits and healthy behaviours that you've taught them.



Meet Our Expert

Adam Gillett is Associate Vice-Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, an organisation that supports schools in improving their mental health provision.



#WakeUpWednesday®

The National College®

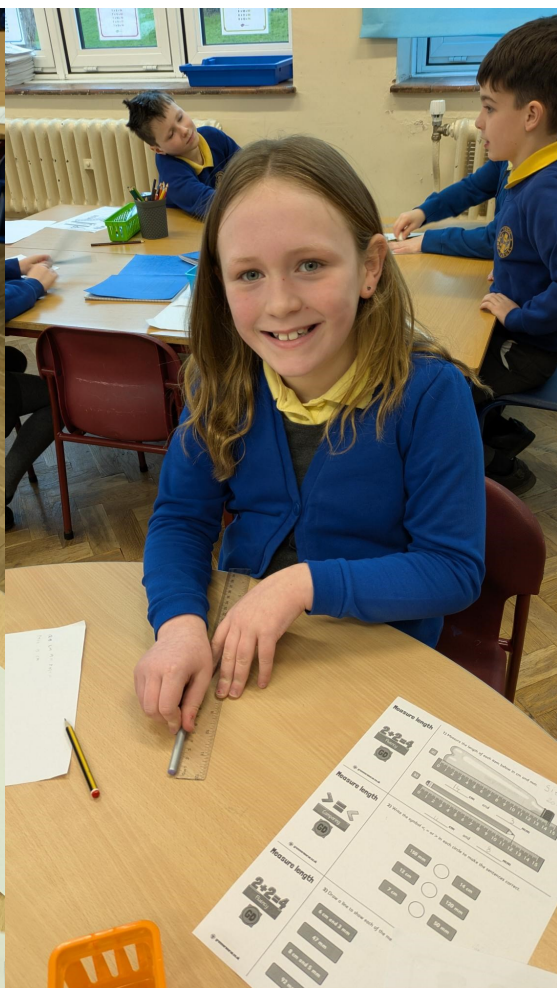


Dosbarth Alwen have been learning to code through using bee bot!

Dosbarth Brenig have been enjoying activities linked to our new 'Materials' topic based on the story of 'The Three Little Pigs'. They have been doing some 'Big Bad Wolf' coding online and they have been practising their Welsh phrases in the Builders' Merchant role play. Da iawn!



Dosbarth Llyn Celyn have been measuring length in maths!



Dosbarth Dinas have made an excellent start to their new topic about bridges and structures. They have been confident and ambitious learners while presenting their research about famous bridges to the rest of the class!



Dosbarth Llyn Elsi have been designing and building rollercoasters in groups, working together to solve problems and exploring the forces of physics!



Criw Cymraeg helped lead this morning's Welsh service. Diolch a da iawn!



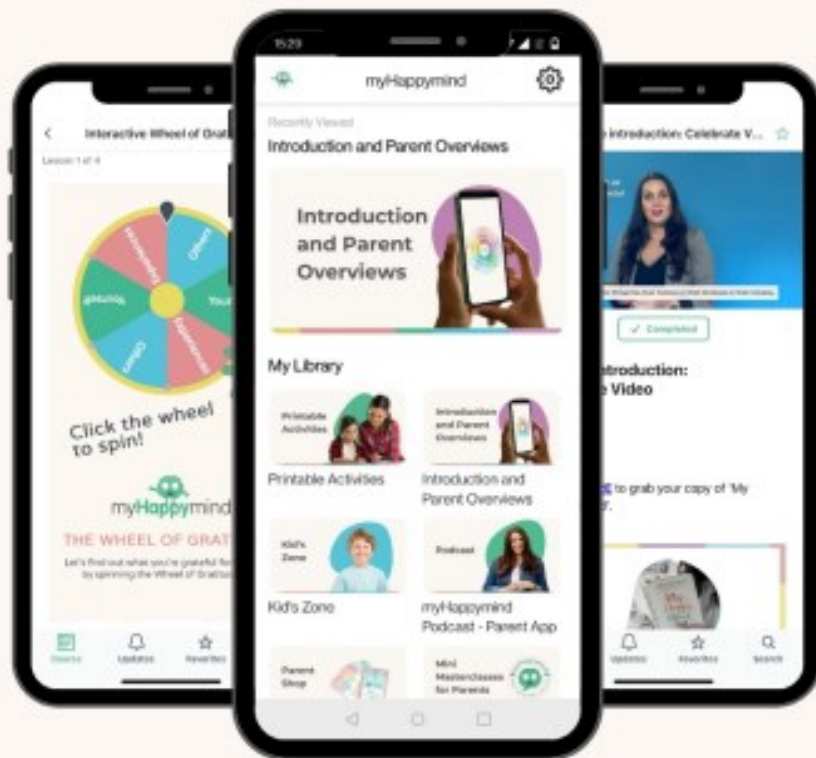
Year 6 Residential visit to Cardiff!





Download your FREE myHappyMind Parent App

...An online resource to support you and your family to learn more about how you can use myHappyMind to support your child.



myHappyMind for Parents

Exclusively for parents with children at a myHappyMind School or Nursery.



Learn all about what your children are learning in school


myHappyMind
Parent App

YOU WILL NEED THIS AUTHENTICATION CODE TO SIGN UP

400340