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What's been happening in school?

We have had lots of engaging and exciting opportunities in school over the last couple of weeks! Dosbarth Celyn made their way to William Astorn Hall in Wrexham on the 5th February. This was for a First Experiences music concert, as Year 3 have been learning to play the P-Buzz since the beginning of the academic year. The children had the opportunity to play with other schools, supported by the Synfonia Cymru. The children were also able to see Synfonia Cymru play live in situ - a real 'wow' moment, experiencing the sounds of a full orchestra! At the end of the show, Celyn joined in with the other schools to perform a fantastic rendition of 'What a Wonderful World' by Louis Armstrong.

On the 3rd of February, our Reading Ambassadors participated in an online meeting with Wales Children's Laureate author Connor Allen. The Reading Ambassadors loved talking to Connor about the wonderful poems he has written in his book 'Miracles'.

Safer Internet Day is always really important in school, and our staff dedicate time towards developing the pupils' understanding of how to stay safe online. Our Digital Leaders group also led a whole-school service, telling us all about how to avoid scams online, how to report incidents and who to talk to if we are concerned. They delivered these important messages with confidence and maturity. Da iawn pawb!

This week, Dosbarth Brenig went to visit the Coffee Morning at Carmel Village Hall. It has been hugely enriching to have this community link being developed, and both the children and the adults gain a huge amount from the experience. To top the week off, a huge thank you to all our staff who stayed late to help us with our Valentines Disco on the 13th February. We had a lot of fun, and were able to witness some truly spectacular shapes being thrown on the dancefloor! These events go a long way to help support the school at a time when finances are more pressed than ever, so thank you all for your continued support.

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. *Children should be in their classes by 9am at the very latest.*

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

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

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 focuses on social pressures linked to social media influencers.

Year 5 Residential to Kingswod Colomendy / PGL

As you may have seen in the press, the company which owns Kingswood Colomendy activity centre has gone into administration. This week we have had confirmation that we are able to go ahead with our Year 5 residential visit, and have been able to share that fantastic news with the Year 5 pupils and their families. Dosbarth Elsi will now be attending Boreatton Park in Shropshire for three nights. A huge thank you to Mrs Jones, who has really been on the case and would not accept anything less than our first-choice alternative for the children! Information Packs have gone out to all Year 5 attendees, and we look forward to hearing all about their adventure next half term.

Dodgeball Festival

Some of our Year 6 pupils went to Ysgol Maes Glas this week to take part in the regional round of our dodgeball tournament. The team did really well, finishing 3rd out of 8 teams, narrowly missing out on a place in the regional finals. The children conducted themselves really positively, setting a fantastic example to others.

Well done to the team who dodged their way onto the podium!



We would like to remind parents to park considerately on Carmel Road, including avoiding parking on the yellow zig-zags. We appreciate that this is an issue for all primary schools across the country, but we ask for your help and support in ensuring everyone is as safe as possible during busy times. Diolch!

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—P Cornets lessons with Y3 / Dosbarth Llyn Celyn!

Every Tuesday —piano teacher in school

Every Wednesday—guitar teacher in school

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

Week Beginning Monday 24th February—Half Term

Monday 3rd March—School Open after half term break

Kind regards,

Mr M. Martell
Headteacher / Pennaeth



Social media influencers are people who have established credibility in a specific industry and have the power to influence other people's decisions. Most commonly associated with YouTube and Instagram, 'influencers' will usually have a large number of followers and be viewed as authentic by their audience. It is for this reason that many influencers are often paid by big companies to promote their products in the hope of persuading their followers to purchase those goods.



What parents need to know about SOCIAL PRESSURES LINKED TO 'INFLUENCERS'



AN UNREALISTIC PERCEPTION OF BODY IMAGE

Some of the most popular social media influencers often depict themselves as having the 'perfect body' and are paid to promote items such as health supplements or swimwear, which young people believe can help them achieve the same look. What is not always realised is that these images can be edited or filtered and aren't always a true-life representation. Your child may feel like this is what they need to look like and in some cases, become obsessed with their body image, which could contribute towards a lower self-esteem or even becoming depressed if they can't achieve the same look.



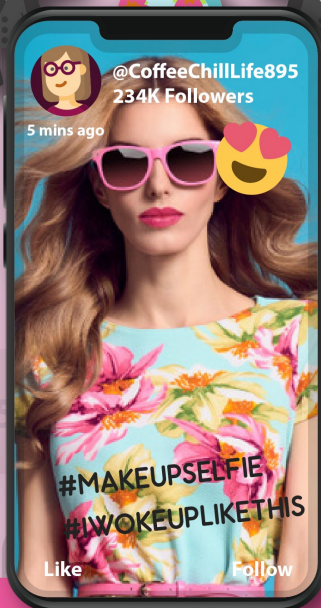
ENCOURAGING BAD HABITS

Although many social media influencers will get paid to advertise brands and their products, they will also post their own material online too, usually depicting their daily life or an activity for example. This may have both desirable and undesirable consequences, with influencers able to inspire both good habits, such as healthy eating, exercise or kindness. However it may also encourage children to adopt bad habits, such as drinking, smoking, swearing or even criminal behaviour, particularly if these are seen to be endorsed by the influencer.



AUTHENTICITY OF ENDORSEMENTS

Social media influencers hold a lot of persuasion with their audience and are often looked up to by younger followers. Many children will see them as credible, authentic and trust what they see online. However, some influencers may not always believe in the product they are promoting and therefore can mislead their followers, abusing their level of confidence in them. Your child may therefore find themselves looking up to people who are disingenuous or who feign interest in activities that they themselves do not actually care about.



BECOMING UNREALISTIC ROLE MODELS

As children become more and more involved on social media and identify who their favourite people are to follow, they may come to see social media influencers as role models, particularly if they are attracted by the lifestyle they see online. This could lead them into developing potentially unrealistic expectations of life and in some cases, using their role models as an escape from reality, particularly if they feel like they're own life isn't very fulfilling.



THE NEED TO HAVE EVERYTHING

Many social media influencers will take photos or videos of themselves wearing the latest fashion or jewellery which companies want them to promote. They may also be provided with the latest gadgets to promote or, if they are children, toys to play with in order to persuade their followers to purchase them. Many children will be keen to buy these items in order to keep up with the latest trends however if they get left behind, they could be made to feel inadequate or inferior by other children who do have them.



Safety Tips for Parents



FOLLOW WHO THEY FOLLOW

A good way to see first-hand who may be influencing your child is to create your own social media account and follow the same people they do. This will give you a strong indication of what is shaping how your child behaves, what they like and what they are taking an interest in.



TALK ABOUT ROLE MODELS

Role models can play an important part of your child's life, particularly outside of the home. Talk to your child about who they look up to and why. Remind them that not everybody online is who they seem to be and if you do have concerns that your child is being negatively influenced, work with them in finding more positive alternatives.

BUILD THEIR SELF-ESTEEM

It's important that your child is aware of how unrealistic perceptions of life can be depicted on social media and that it is easy to be deceived. Discuss with your child how images can be heavily edited, cropped or manipulated to create artificial scenarios and that often the lifestyle that people display on social media isn't always realistic or in fact the truth.



DISCUSS REALISTIC VS UNREALISTIC EXPECTATIONS

If you notice your child has suddenly taken a strong interest in the way they look, or you find they are a lot more body conscious, then it's a good idea to speak to them about why they feel that way. If they seem unhappy, try to build their self-esteem by talking to them and listening to their concerns, helping to build their confidence through praise and positivity. Remind them that looks aren't everything and not everything they see online is actually a true depiction of real life.



ENCOURAGE INDEPENDENT THINKING

Social media influencers can be quite powerful individuals who hold a lot of persuasive power so it's important to encourage your child to think independently about everything they see and engage with online. Talk to them about the dangers of blindly following others and in keeping an open mind when viewing content. Teach them to always question people's motives online, especially when they see individuals are promoting a brand or product which they are likely to have been paid to advertise but may not necessarily personally endorse.



Meet our expert

Pete Badh is a writer with over 10+ years in research and analysis. Working within a specialist area for West Yorkshire Police, Pete has contributed work which has been pivotal in successfully winning high profile cases in court as well as writing as a subject matter expert for industry handbooks.





Our Digital Leaders did a brilliant job of leading a whole school service to tell everyone all about Safer Internet Day. Da iawn pawb!

Dosbarth Brenig had a lovely time at the coffee morning. Diolch Mrs Griffiths and all the community group members for making us feel so welcome.



Dosbarth Alwen have been busy working together to build bridges for three Billy Goats to cross. Da iawn pawb!



We have a little visitor in Dosbarth Meithrin. Michelle the tortoise has had lots of fun being part of the classroom. The children have loved having her in class, they have been learning how to care for her and love helping look after her.!



During 'Children's Mental Health Week', Dosbarth Llyn Elsi have taken part in Chair Yoga. They focused on developing strength and being mindful with each stretch.



Chair Yoga

time to stretch!



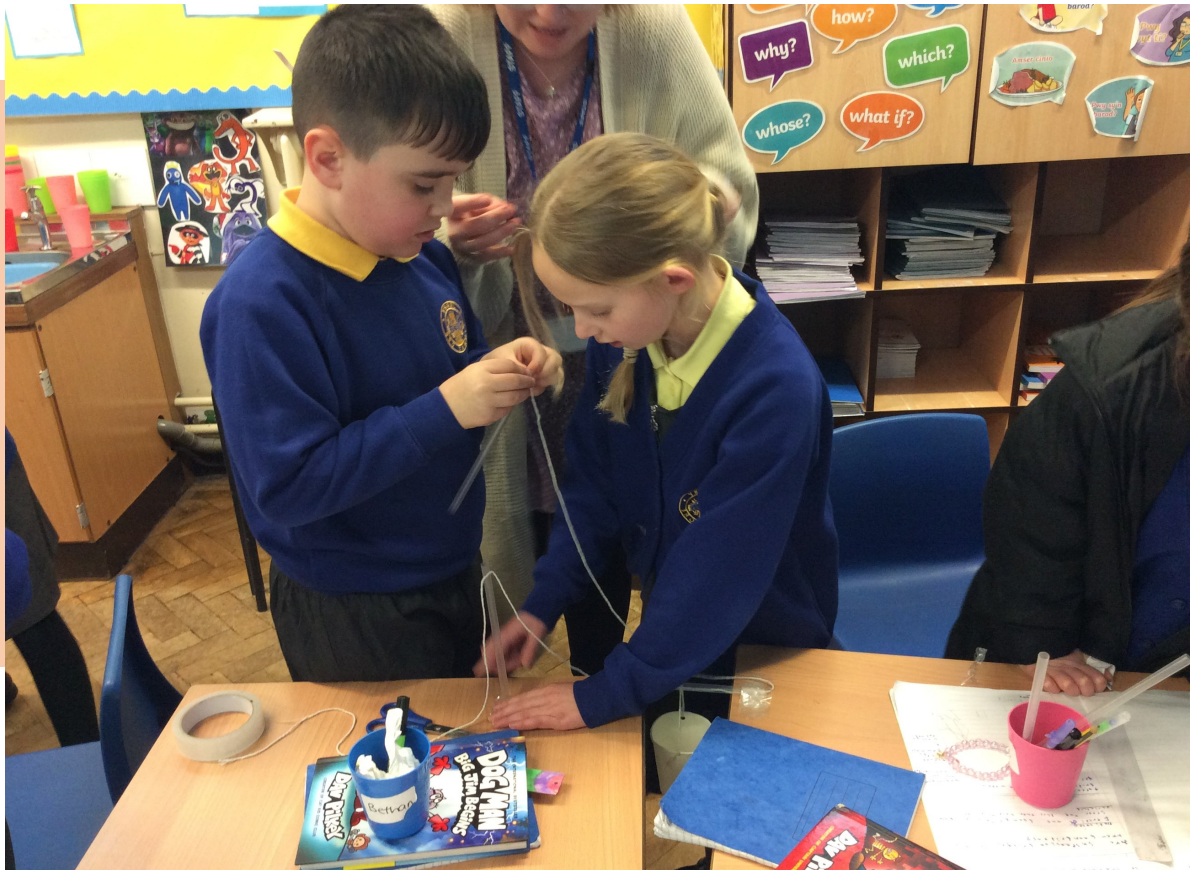
Dosbarth Llyn Celyn have been busy investigating which materials are the most reflective.



BE KIND TO YOUR MIND



The children in Dosbarth Dinas had a wonderful afternoon building suspension and beam bridges to test which one was the strongest.

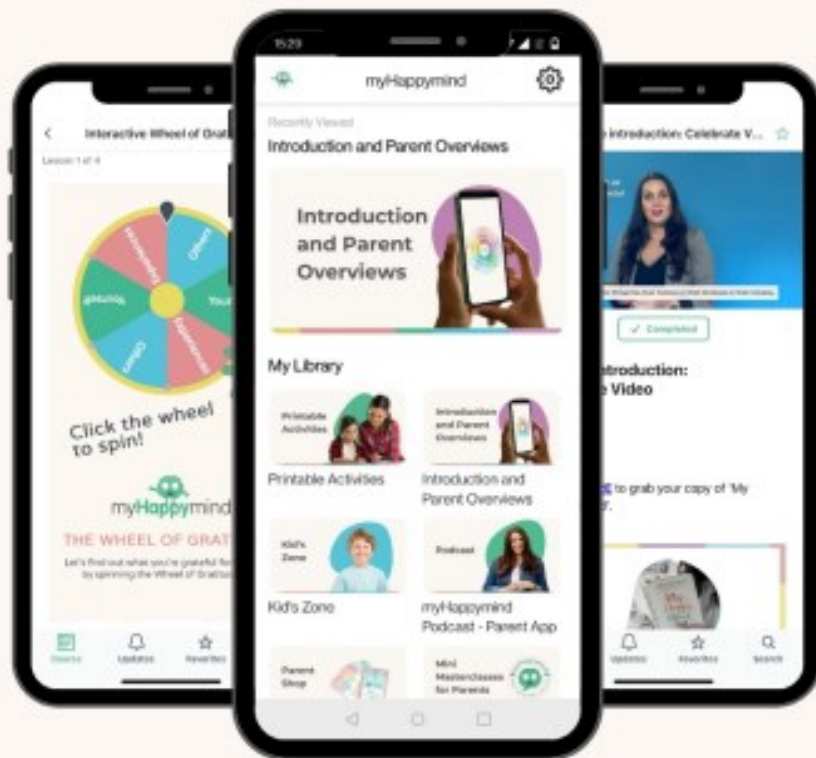


Y Fan Fach were learning about how particles behave in different states of matter. The children were acting like the particles in solids, liquids and gases and then changing between states.



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