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### What's been happening in school?

The short answer is—a lot! We had our Book Bonanza last week, which was a great opportunity for the children to recycle the books they've finished for something new. Thank you to the School Council, who organised and ran the event—you all did a fantastic job!

Thank you for the donations to date for the sensory room/calm room, including the sofa we have gratefully received! The new sensory room is taking shape—we have had the necessary electrics wired in over the last few days with a view to installing some sensory lighting in there.

We are also pleased to share that Baby Brews will be taking place on Mondays at Ysgol Bro Carmel! We are delighted to be able to work alongside a really wonderful company, which provides a fantastic service to families with important members who are just that too bit too small to join Bro Carmel!

In staffing news, Mrs Parry will be returning from maternity leave after Easter, and will be working in Dosbarth Meithrin. I am sure you will all join me in welcoming her back to school!

### Parent Consultations

The parent consultations for Reception to Year 6 are Tuesday 1st April and Wednesday 2nd April.

All parents / carers of children in these year groups should have now received an appointment. If not, please contact the school office.

Dosbarth Meithrin will be on the afternoons of Tuesday 8th and Wednesday 9th of April.

### Non-Uniform Day (Friday 4th April)

There will be a non-uniform day on Friday 4th April, in exchange for Easter raffle prizes. The tickets for the Easter raffle itself are available via the online payment system, priced at 50p each. Diolch!

## NEW LOCATION ALERT



New Location



The last juniors swimming session will be next Tuesday 1st

Thank you to the parents who were able to take part and answer the parent questionnaire in Mental Health and Wellbeing provision at Ysgol Bro Carmel.

From the responses received, there are clear areas in which the school can improve.

*1. Ensuring parents are aware of the key lead staff members involved in MH&W (Mental Health and Wellbeing.)*

*2. Ensuring parents are more aware of the provision we offer at school*

*3. Signpost parents to more specialist outreach and organisations where specific or additional support can be accessed by families*

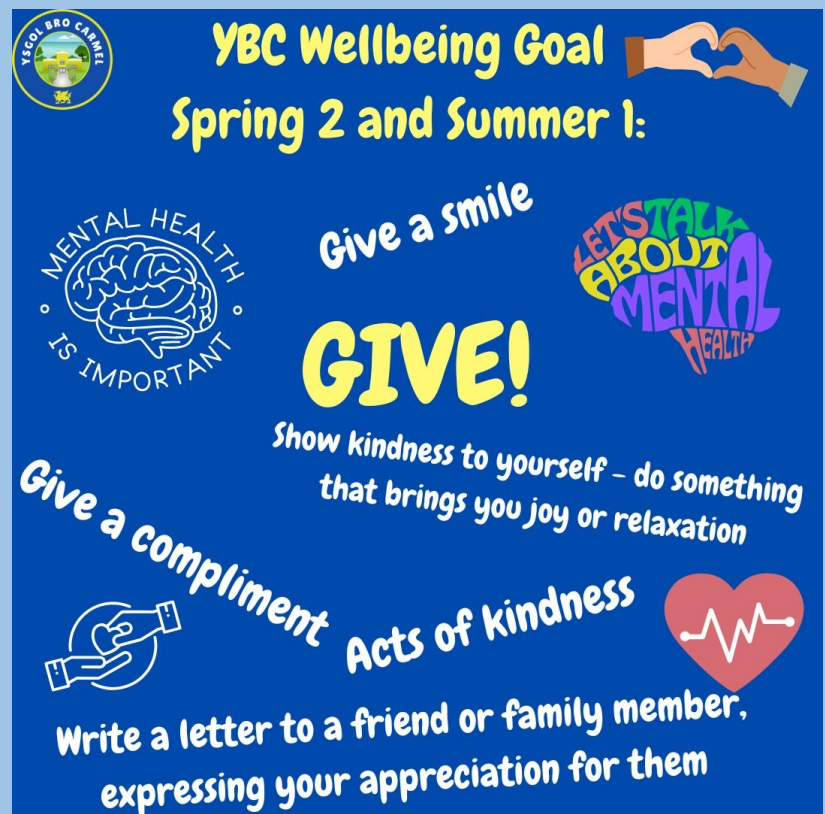
1. Our MH&W lead at school is Mrs Metcalfe, and Mrs Wilson is our ALNCo. Happiness Heroes is the name of our pupil group, who work alongside Mrs Metcalfe on MH&W at school. They meet regularly with Mrs Metcalfe, and can be identified by their green 'mind' badges. Each half term, we have a different wellbeing goal within school, and this is shared by Mrs Metcalfe and the Happiness Heroes with the rest of the school.

2. At school our MH&W offer is through MyHappyMind and Jigsaw. Jigsaw is primarily our PSE scheme of work, whereas MyHappyMind is more focussed on Mental Health and Wellbeing.

We have a number of additional support programmes and strategies to support interpersonal relationships and mental health in school, using evidence-backed programmes such as Friends Resilience, and ELSA supervision sessions.

Further details of this pastoral support can be found on our school website's dedicated MH&W page. We have also listened to feedback in terms of what is shared more widely with the parent community through our newsletters and social media pages.

3. Our Mental Health and Wellbeing page contains signposts to outside agencies who may be able to offer further specialised support to families. Where further support is required, these services can be accessed independently or via arranging a meeting with our ALNCo, Mrs Wilson, and we will be happy to support families in being directed to, and supported in, accessing these services.



### **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 the new social media app, Bluesky Social.

**CAN YOU HELP?  
WE ARE LOOKING FOR SOME MATERIALS  
FOR OUR EXCITING OUTDOOR AREA FOR  
R-42.**



**COULD YOU OR YOUR WORKPLACE  
HELP? WE WOULD LOVE TO RECEIVE:**



- MILK CRATES
- WHITE BED SHEETS
- HALF BARRELS
- OUTDOOR STORAGE
- PLAY BARK
- PLAY SAND
- GRAVEL
- CHILDREN'S DRESSING UP COSTUMES
- BUILDER CONES
- BUILDING SIGNAGE



**DIOLCH YN FAWR!**



We have noticed that there has been an increase in children being unsafe on the way out of school at the end of the day. This has included climbing on the wall by Discover and Do and climbing/walking on the stone wall at the front of school. Class teachers have spoken to their classes about this, as well as school discussing this in Service with the children. We love seeing the children leave school happily and having fun with their friends, but their safety is paramount and we would hate to see an accident occur on the way out of school when it could have been prevented. If the importance of this could also be reinforced at home, it would be much appreciated.

#### 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*

*Monday 31st March—Y5 cricket*

*Tuesday 1st April—KS2 swimming—LAST SESSION*

*Tuesday 1st April—Parent Consultations*

*Wednesday 2nd April - Parent Consultations*

*Friday 4th April—Non Uniform Day*

*Tuesday 8th April, afternoon— Meithrin Parent Consultations*

*Wednesday 9th April, afternoon—Meithrin Parent Consultations*

*Friday 11th April—Last Day of term*

*Monday 28th April—Training Day for Teachers*

*Tuesday 29th April—School open for pupils*

Kind regards,

Mr M. Martell  
Headteacher / Pennaeth

# What Parents & Educators Need to Know about BLUESKY SOCIAL APP

AGE RESTRICTION  
**13+**

With an App Store rating of 17+ & Google Play rating Mature

## WHAT ARE THE RISKS?

While Bluesky has been around since 2019, it's suddenly taken off in a big way thanks to a significant exodus from X (formerly Twitter). Indeed, it looks and behaves a lot like Twitter before Elon Musk bought the platform. Bluesky has been touted in recent months as a safer, more open-minded alternative to X – but like any social media site, it still has its share of risks.

## NO PRIVATE ACCOUNTS

While most social networks allow accounts to be private, at the time of writing, all Bluesky accounts must be public. The development team has indicated this might change in the future, but the app is built on a public-first protocol. If private accounts are ever introduced, it may only be in a limited way – such as through the implementation of group chats.

## INTERACTIONS WITH STRANGERS

Every account being public means that anyone can be contacted by anyone else. While users don't have to respond and can easily block people and move on, it does mean that youngsters are at particular risk of being conned by scammers, messaged by predatory adults or exposed to others with ill intentions. These hazards can be compounded by the fact that Bluesky doesn't require its users to provide their real name.

## TROLLING AND BULLYING

While Bluesky currently feels a lot friendlier than X seems to have become, its lack of private accounts means that there's nothing to stop users from trolling and cyberbullying younger people. While accounts can be blocked and reported, a persistent bully could simply create a new profile, potentially making their victims feel unsafe in continuing to use the app.

## DANGEROUS MISINFORMATION

Established news organisations have fact-checking and editing processes, but social networks have no such controls and can often serve as breeding grounds for misinformation and disinformation. Bluesky will possibly be no different once it reaches a certain size, and children may not have the critical thinking skills to tell fact from fiction – or to discern an informative, honest user from a malicious one.

## ADULT TARGET AUDIENCE

Bluesky isn't designed with children in mind, and there aren't many parental controls on the platform. In an interview with the BBC, Bluesky's CEO originally said that the app would only allow users aged 18 and above to sign up, but a spokesperson later clarified its age restriction as 13+. This could imply the app was originally meant for an adult audience and suggests that making the platform more child-friendly might not currently be a priority.

## RAPID GROWTH

At the time of writing, Bluesky seems calm in comparison with other social networks where moderation is lax and the atmosphere toxic – but that's due at least in part to its smaller community. The app has recently been adding as many as a million users per day, and if that continues, there'll be more unpleasant users to handle, and moderators could struggle to maintain the pleasant environment Bluesky is currently known for.

## Advice for Parents & Educators

### USE THE ADULT CONTENT FILTER

Bluesky doesn't have much in the way of parental controls, but there are content filters which can hide sexual and graphic imagery. These are enabled by default for underage accounts but can be manually turned on in the 'Moderation' section of the app's settings. The 'advanced' Bluesky Moderation Service lets you restrict content even further, hiding – for example – self-harm content, extremist rhetoric, and even rude posts.



### LOOK OUT FOR FAKES

Impersonation is a problem on all social networks. While the consequences are usually benign, imposters sometimes attempt to scam or groom children by pretending to be a popular influencer or online personality. Bluesky is unique in that it can be connected to official domains, with users' handles linking to other sites; while this isn't widely used right now, it could be a reliable way to verify celebrities and public figures in future.



### ENCOURAGE BLOCKING AND REPORTING

Another tool that Bluesky uses to ensure a decent experience is muting and blocking accounts. The former prevents you from seeing a specific user's content, while the latter stops them from seeing yours. If a child is encountering trolls or bullies on the platform, encourage them to use this function, while also reporting the offenders to help make the platform a nicer place for everyone.



### KEEP AN OPEN DIALOGUE

As with all social media platforms, moderation and content filters can only do so much; it's highly likely that a child will eventually face something unsavoury. For that reason, it's important to make sure that young people are aware of the risks and know how to handle the technology if anything they see on the app makes them feel unsafe or uncomfortable.



## Meet Our Expert

Alan Martin is an experienced technology journalist who has written for the likes of Wired, TechRadar, Tom's Guide, The Evening Standard, The Guardian and The New Statesman.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/bluesky-app>

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Dosbarth Y Fan Fach have been enjoying using the Digital Audio Workstation on YuStudio to create sound effect-based music for a short video clip titled The Ocean Zone. They've also been practising playing musical pieces on the xylophones.



What a wonderful few days we have had at PGL! Blwyddyn 5 have been amazing!





Dosbarth Llyn Celyn have been having lots of fun in their p-cornet and p-bone lessons.



Dosbarth Brenig have been preparing their beans and are now looking forward to watching them grow!

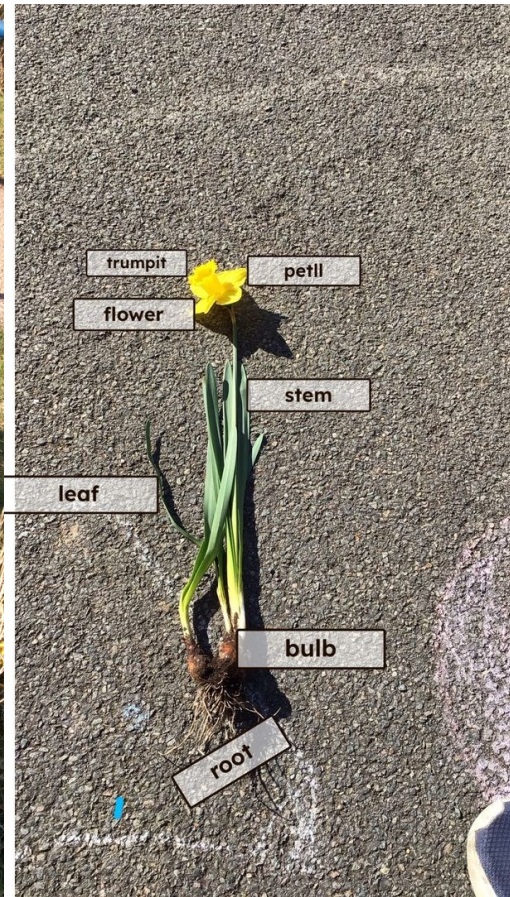


Dosbarth Llyn Elsi have been learning to play the notes A and B on the recorder.



Dosbarth Dinas have been enjoying using Britannica Online to find out facts to start our new Extreme Weather topic





This week Dosbarth Al-wen have been on a walk around school to spot the signs of spring and have labelled the different parts of a plant. Da iawn pawb.

We have been reading the story Jack and the Beanstalk in Dosbarth Meithrin. Today the children planted their own magic beans. The children are very excited to start seeing the magic beans grow.





# 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

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