



Mental Health Matters Week



Mental Health Matters Week was an opportunity to reflect on the children's and adult's mental health and wellbeing. Pupils and staff worked together to create a program of events and activities to learn about ways of staying safe and mentally healthy, including connecting with your friends, mindfulness breathing, the importance of kind words, and of having someone to share your worries as well as good times with. A member of the school council spoke superbly in assembly, explaining what was happening during the week. Thank you to all for an amazing week!



Primary

We are all loving our new topic 'Around the World in 80 Days!' celebrating Chinese New Year and flying off on our magic carpet to Antarctica and the Great Barrier Reef. We explored the different countries using spices, bubbles and some of us even felt the cold ice on our belly BBBRRRR!

Our Attention Autism and Curiosity Programme has allowed us all to experience these places further. We made a Chinese Dragon and danced around in time with the drum, but our favourite attention grabber was popping water balloons and blowing water out of a snorkel!



Primary

Lot's of classes have experienced being submerged in the Great Barrier Reef with the VR headsets. The anticipation of the bright coloured fish and scary sharks definitely made us jump! We also loved watching the penguins playing on the ice

Our hydro sessions have taken us on a wonderful journey around the world also, with different music and activities to represent the places visited– China, Antarctica, Great Barrier Reef, Jungle, India and back home.

Class 5 have had a great time in the orchard cooking sausages on the bar-b-que. Of course the best bit was eating them with lots of tomato sauce.



Secondary are participating in a fun topic this term

'Around the world in 80 days'

During this exciting term of traveling through countries and exploring religions and traditions, pupils have brought the world to the doors of Heronsbridge school! Pupils have flown to America to play basketball, Scotland to play curling, taken part in drama circle, dressed in Chinese finery, visited the local community, and much more.

I don't think there are enough hours in the day to take part in all the exciting activities planned!

The pupils enjoyed posing with a bamboo straw hat all the way from China!

Secondary

Key Stage 4 community participation group visited Bridgend Leisure Centre to take part in a Zumba class.

This was for our accredited WJEC work. We had a great time following the dance instructors moves and spending time with friends!

Did you know that Zumba isn't only helpful for our physical health?

It's also an amazing fun way to strengthen our mental health and offers a social and emotional connection within the local community.

Here are two pupils with the leading lady herself!

Heronbridge would like to thank the dance instructor for her time and skills shared!



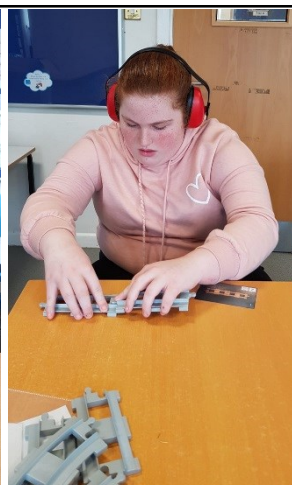
Centre for Autism

This term we have 'travelled Around the World in 80 Days'. We have explored foods from different countries including China and India.

We have participated and engaged with sensory stories to learn about different countries and their cultures.

Digital Skills

During our computation thinking session we have been learning to follow a simple pattern using Duplo to build a train track and train.





Leavers

As part of their Careers and the World of Work lessons, Leavers students have the opportunity to do work experience in the community. Some of our students chose to go to The Zone community hub in Bridgend town centre. They used their catering skills learned in school to prepare and cook food for homeless people. Work experience co-ordinator Mandy Taylor said: "The students all worked hard and were great team players."

St Valentine's Day

Love was in the air for the students in the Leavers' Design and Technology pathways group! They used Artificial Intelligence technology to design unique Valentine's Day cards and messages. The cards were sold for £1 each to raise money for the Leavers' Enterprise fund. Loved-up staff snapped up the cards and the students were delighted to sell out all their stock!



Pupil Voice

In January, The School council had an important meeting with a manager of the Bridgend catering team. She explained about the government nutritional standards that are set for each meal planned but also listened to concerns pupils had about school dinners. As a result we now have milk and



As part of Mental Health Matters Week. Sarah Jones founder of Unique photography, spent a day with pupils, providing them with an opportunity to explore their world through the lens of a camera, creatively expressing themselves in ways that adults would never think of! Thank you Sarah!



#uniqueyou_ltd





We are exploring the possibility of holding a summer school at Heronsbridge. Please click on the QR code to take part in a very quick survey. This will enable us to see how much interest there would be for this project. Many thanks Sylvia

FAMILY MATTERS
School counsellor Joy Wilkins
**CHRONOLOGICAL AGE vs
DEVELOPMENTAL AGE**



Thursday 30th March
Heron Hall 10.30 - 12.30
All welcome

FAMILY MATTERS

FAMILY DROP IN

Our Family Drop In is held every Tuesday from 9.15 until 12. Come along have a coffee and a chat.

Everyone is welcome.

Please feel free to contact me on

01656 815725 at any time.

Karen.davies@heronsbridge.bridgend.cymru

Karen Davies

Family Engagement Officer

Please visit Gov.wales to check eligibility for the 'Wales Fuel' support Scheme Payment.



Attendance to date 87.3%

Half term-Top attenders

1. Class 9 96.3%
2. Class A3 94.5%
3. Class A8 94%

If your child is unable to attend school, please phone the office on 01656 815725 before 9.00am on the first day of absence and

Keeping learners safe

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The following link will also take you to information on how to keep safe online.

<https://heronsbridge.co.uk/online-safety/>

If you have any concerns during the holidays or at the weekends,

Dates for the Diary

February

20-24th HALF TERM

March

**30th Parent training
Heron Hall 10.30-11.30**

**Chronological age vs
Developmental age -strategies
to support stage not age**

(Joy Wilkins)

31st INSET DAY

April

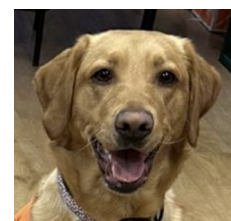
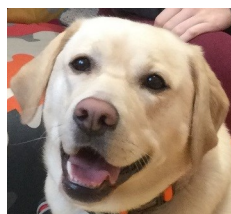
3rd-14th EASTER HOLS



Meet Our New Recruits!



Congratulations to Alana and Paula for gaining Dog mentor status, as well as to 4 new dogs who have passed their dog mentor training. Amber, Charlie, Ruby and Luna. We are all looking forward to seeing our new and old furry friends back in school next term.



Primary

We had an exciting World Book Day assembly where all of the pupils went up on stage to show everyone their wonderful costumes! We saw everyone from Super Mario to Dorothy from the Wizard of Oz. We shared our favourite stories with our friends and then chose a different book to take home. Some of us have also been busy at home as well, making our own Easter Bonnets! We proudly wore them to our Easter Bonnet assembly and paraded around for all to see our wonderful creations!



Primary

A small group of pupils were lucky enough to pull on their wellies and waterproofs and attend the Steer Enterprise Group in Tondy for Forest Schools. They all came back waving their willow fairy wands with big beaming smiles on their faces. They made the most of being out in the fresh air meeting the animals, playing in the woods and even cooking marshmallows on the campfire! Class 4 and 5 have also been out exploring the local area and had fun looking for Easter eggs in Ogmores Castle! Yum Yum!



Secondary

It's that time of year again when we celebrate living in Wales and being Welsh! Seniors and leavers come together to celebrate by taking part in on and off stage competitions. Creating a rugby shirt design, writing a Welsh poem and performing a Welsh song, are just some of the competitions completed. Cheers and laughs were had when staff had to eat raw spring onions! It's definitely the taking part that counts!

Thank you to our judges, you did a *lush* job!

Secondary

This half term, Key Stage Four learners have participated in the 'Shakespeare School's Festival'. Our talented learners put on a fantastic performance of 'Romeo and Juliet' live on stage at the Riverfront Theatre, Newport. The performance was packed with impressive dance moves, modern jokes and gave opportunities for all to shine on stage. Well done to the learners who will now concentrate on another performance in the Sony Theatre during the summer term.

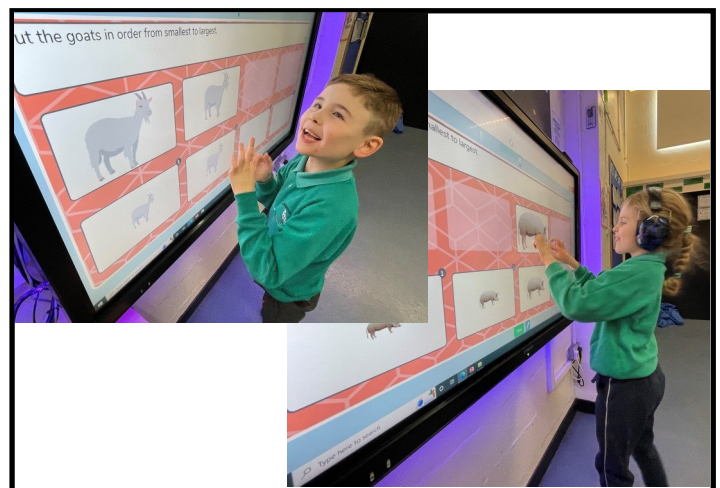


Centre for Autism

As part of our topic 'Around the world in 80 days' we have explored Africa and have enjoyed a full sensory experience! Through our sensory sessions we have used all of our five senses to experience all things African. We explored all of the different animals roaming the African plains through our VR headsets. We also listened to African music and followed the rhythm on the djembe drums.

Centre for Autism

This term we have been exploring matching and ordering sizes during our ICT sessions. The pupils have accessed Purple Mash using their individual logins. During this lesson we have used numeracy for our cross-curricular focus. The children have thoroughly enjoyed these experiences while enhancing their digital and numeracy skills.





Leavers

Students in the Leavers department were appalled by the damage and deaths caused by the huge earthquake in Turkey and Syria so they decided to hold a fund-raising cake sale. Students worked hard in the coffee shop baking delicious cakes which were sold to staff and provided to students for donations. The hard working students raised a massive £562.20 which was donated to the charity Doctors without Borders. Da iawn pawb!

Leavers

Leavers 4 students are looking at natural habitats as part of this term's topic, Around the World in 80 Days. They visited Plantasia in Swansea to study rainforest habitats. They shared the forest floor with a python and leaf-cutting ants and travelled up to the forest canopy where they found an iguana and a talkative parrot!



Pupil Voice

The school council met with AECOM-The company that is responsible for designing and planning the new Heronsbridge school. Pupils shared some inspirational ideas on what was needed in the new school. All pupils have been involved in completing a survey responding to ideas that have been put forward by the design team. Pupil, staff and other stakeholders will be instrumental in the development of the new building and school grounds-exciting times!! The school council have also met with Dr Emily Payne who will be arranging a visit to PoW hospital so they can help with suggesting

ALL WALES
HEALTHY OPTIONS AWARD
GWOBR OPSYNAU
IACH CYMRU GYFAN
GOLD/AUR



This is to certify that / Mae hyn i dystio bod

Blas Da Coffee Shop

Has been awarded the Gold Healthy Options Award /
Wedi emill Gwobr Aur Opsiynau Iach

Herafion

Head of Shared Regulatory Services /
Siarth Regulatory Services / Gwasanaethau
Rheolddol a Remor



March 2023 March 2025
Awarded on / Opsiynau Iach Valid until / Dilys tan

Bla; da Coffee shop

Congratulations to the students and staff working in the Blas da Coffee shop for achieving a gold healthy options award. This celebrates the diversity of healthy food that is prepared and sold at our coffee shop. The students also serve the food to our very appreciative staff!



Super Heroes Need Veg Power!!

As part of our theme on Super Heroes next term and to support healthy eating, we are embracing the Veg Power campaign to encourage pupils to develop a healthy attitude towards vegetables. During the week of April 17th we will be focussing on ways of making vegetables more fun to eat. The catering team will be providing different vegetables for pupils to explore (and possibly eat!) and classes will be taking part in a range of healthy eating activities, including growing our own vegetables. Parents are invited, without pressure to become involved at home. Click on the QR code to find out more!!



Where kids eat free (or for £1) during the Easter holidays

<p>ASDA Asda Children eat for £1 all day, every day with no adult spend until the end of Easter 2023</p>	<p>BRAINS Brains Children can eat for £1 in Brains pubs when any adult meal is purchased, on a Wednesday</p>
<p>Morrisons Spend £4.49 and get one free child's meal all day, every day</p>	<p>Whitbread Inns Two kids under 16 eat for free with an adult £9.99 breakfast. They also have 3-course meal deals for £4.99 or 1 course for 99p</p>
<p>Sainsbury's Children can eat a hot main meal or lunch bag for £1 with the purchase of an adult hot main from £5.20</p>	<p>Premier Inn/Travelodge Buy one adult breakfast from £8.99 and up to two children under the age of 16 eat breakfast for free</p>
<p>Bill's Two kids eat free all day, every day from April 3-14 2023 (excluding 8-9) if one adult orders any main dish</p>	<p>Yo! Sushi Children eat free all day at any restaurant with any adult. £10 spend</p>
<p>Bella Italia Kids eat for £1 with any adult main between 4-6pm Monday to Thursday. Three courses and a drink</p>	<p>Brewers Fayre Two under 16s can get a free breakfast with one paying adult. Kids can also get three courses for £4.99</p>
<p>Hungry Horse Kids eat for £1 on Mondays and up to two children get free breakfast with one adult breakfast</p>	<p>Ikea Plate of pasta and tomato sauce with a drink for 95p, or any other children's meal for £1.50</p>
<p>Future Inns Under 12s eat for £1 with any adult main during the school holidays</p>	

FAMILY MATTERS

FAMILY DROP IN

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Everyone is welcome.

Please feel free to contact me on

01656 815725 at any time.

Karen.davies@heronsbridge.bridgend.cymru

Karen Davies

HERONSBRIDGE

FAMILY INFORMATION DAY

27th APRIL 2023

10 until 12.30

Attendance to date 87.6%

Half term-Top attenders

1. Class A9 100% *
2. Class A6 96.9%
3. Class 1 96.1%

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March

31 INSET DAY

April

03— 14 EASTER HOLS

27 Family Information Day 10—12.30

May

01 Bank holiday

03 Money Matters 10—11.30

08 Bank holiday

29-2June HALF TERM

WHITSUN