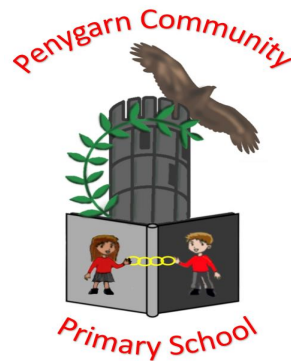


Penygarn Community Primary School

Penygarn Road,
Penygarn
Pontypool,
Torfaen.
NP4 8JR

Headteacher: Mrs L Smith
Deputy Head teacher; Mr L Jones
Telephone: 01495 742090
E-Mail: officepenygarncps@torfaen.gov.uk



"Nurturing the Hearts and Minds of the future"

Dear families,

Autumn term is flying by, the weather is turning colder and nights are darker. I am very pleased to share with you how quickly the children have settled back into the new school year. Our classrooms are busy, engaging and a hive of activity.

All of us at Penygarn would like to extend our warmest welcome to all of our Nursery and Reception children who have started with us.

Thank you to all parents, carers and extended family members who have supported school activities, whether that be attending parent/teacher meetings, donating items for Harvest, supporting the PTFA or offering time and expertise as a visitor or volunteer.

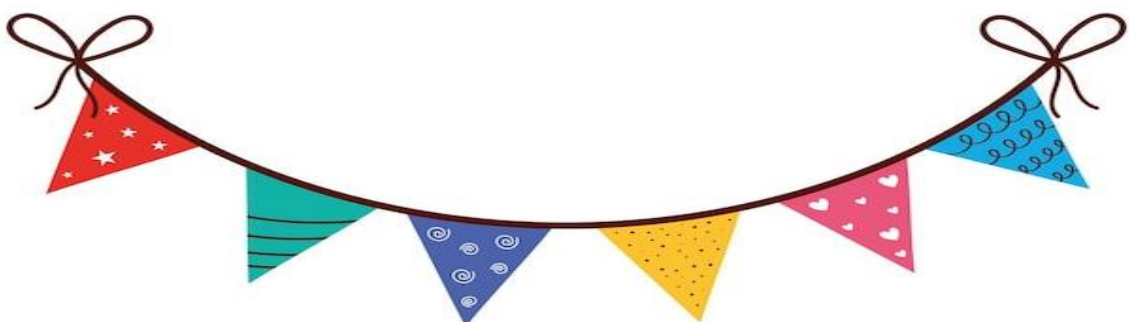
We are so grateful for your continued support with all we are trying to achieve at Penygarn Community Primary.

Please don't hesitate to contact the school with any queries, using the office email and telephone number given at the top of the page.

Warm regards/Cofion cynnes

Mrs L Smith

Headteacher/Pennaeth





COMMUNITY NEWS

Thank you for all of your kind donations for our Harvest festival that we celebrated in early October; donations were given to the local food bank.

Thank you to the PTFA for organising 2 very successful discos- it was great to see the children's dance moves and enjoyment.

This half term we have been very lucky to have a series of visitors in school to deliver assemblies and talks to the pupils.

- Mr Big assembly
- Fire brigade
- Show Racism the Red Card
- Newport County- County in the Community
- Gwent music

ATTENDANCE

A reminder of the importance of good attendance as we move through the academic year. Regular and punctual attendance is a legal requirement and is essential to enable all children to maximise their educational attainment and opportunities available to them.



RECEPTION 2026 APPLICATIONS

The application process will go live on Thursday 13th November 2025 (9am). Full details of the Authority's Admission arrangements and related issues such as the provision of school transport can be found in the Parent/Carer information booklet. Please note that if you currently attend our Nursery, you are not automatically entitled to a Reception place. You will still need to apply for a September 2026 Reception place, through the TCBC Admissions process.

TOTS TIME

All little ones are welcome to come with an adult to our Tots time on a Wednesday morning from 9.10 until 10.30. Looking forward to seeing you there!!.

PLAYTIME SNACKS

A reminder that playtime snacks should be healthy options such as fruit or vegetables. Crisps, sweets and chocolate are not permitted at playtime. **Fruit Tuck is available at 30pence per item- apples, oranges, pears and cucumbers are available- but we are looking to expand- please let us know what your child would like to see for sale.**

ANTI-BULLYING WEEK 2025

Anti-bullying week will take place from Monday 10th to Friday 14th November, with the theme 'Power for Good'. The week will kick off with Odd Socks Day on Monday 10th with staff and pupils invited to wear odd socks to school to celebrate what makes us all unique. Please note that full school uniform should be worn on this day.



CHILDREN IN NEED- 14th November 2025

School will be supporting Children in Need. Pupils are invited to wear pyjamas to school and donate to this worth cause.

Citizens Advice Service

Citizen advice service is now working in partnership with schools to deliver and offer operating a monthly drop-in confidential and impartial advice on a range of areas including

- **Debt management**
- **Benefits**
- **Housing**
- **Employment**
- **Family**

You can meet with the dedicated advisor at Penygarn School from 2.00pm until 4.00pm on

- **1.12.25**
- **5.1.26**
- **2.2.26**
- **2.3.26**

If you can't make it please give a call on **01633 973570** or WhatsApp 075685212



IMPROVING ROAD SAFETY

We have been informed by Torfaen County Borough Council that from Monday 3rd November, a new mobile enforcement car will be used to enforce parking restrictions around all schools in Torfaen. The vehicle is fitted with CCTV which will record footage of cars parked in contravention of a restriction outside schools, as well as in bus stops or on zig zag lines.

A two-week warning period will start from Monday 3rd November, when any vehicle captured parked in contravention will receive an automatic warning notice in the post. Full enforcement will then begin on Monday 17th November, when any drivers parked in the excluded areas will be sent automatic penalty charge notices. The penalty notice charges will be £70; this can be reduced by 50% if paid within 14 days. It is hoped the camera enforcement vehicle, together with the Civil Enforcement team, will help to ensure drivers park safely and responsibly, which will make the environment around schools safer for all road users.



CHRISTMAS PLANS

We look forward to this year's Christmas festivities at Penygarn Primary and aim to fill the school with fun and excitement in the lead up to Christmas. We will ensure that we do all we can to maximise the magical time in school, whilst balancing the need to focus time learning in classrooms.

CHRISTMAS ELF DAY

This will take place on Friday 28th November, with the children engaging in a number of Christmas activities. Children may wear Christmas themed clothing to school on this day and all areas of the school will be decorated. Children are invited to wear Christmas themed clothing every Friday in December, in the lead up to Christmas.

CHRISTMAS DINNER ~ WEDNESDAY 10th DECEMBER

Our catering team will be serving a Christmas menu for all children who order a school lunch on Wednesday 10th December. We will be collecting numbers at the end of November, to inform our food orders.

FESTIVE FILM AFTERNOON

All of our classes will have the chance to watch a festive film in school after Christmas dinner on the afternoon of Wednesday 10th December.





Community Corner



If you have anything that you feel would benefit our community and would like to share this here, please let us know.

SCHOOL NURSING SERVICE, ANEURIN BEVAN UNIVERSITY HEALTH BOARD
GWASANAETH NYRSIO YSGOL, BWRDD IECHYD PRIFYSGOL ANEURIN BEVAN

SUPPORTING YOU AND YOUR CHILD
CEFNOGI CHI A'CH PLENTYN

Emotional Wellbeing Lles Emosiynol	Toileting Support Cefnogaeth Toiled
Immunisations Imiweiddiadau	Nutrition & Growth Maeth a Thwf
Vision & Growth Profi llygaid a Thwf	Developmental Concerns Pryderon Datblygiadol
Behaviour Ymddygiad	

Contact Us / Cysylltwch â Ni
01633 431 685

QR code and illustration of two children reading a book.

The Care Collective

Are you a parent with a child who is ill, disabled, has Additional Learning Needs or has mental ill health?

If the answer is yes, you may be a Parent Carer.

Come and join us at the Gwent Hub
Every Friday 12.30 -14.00

Wellbeing support, refreshments, information / advice and lots more

Children are also welcome

Contact Us:
3 Central Mews,
Pontypool,
NP4 6LY
01495 367564

gwentcarershut@thecarecollective.wales

Illustration of a family sitting on the floor.

SCHOOL ESSENTIALS GRANT

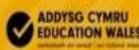
If you claim certain benefits, you may be eligible for the Schools Essentials Grant of £125 per learner and extra funding. Follow the link for more information.

[School Essentials Grant: help with school costs | GOV.WALES](https://gov.wales/school-essentials-grant)



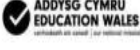
Need help with school costs? Check if your child is eligible and claim what's yours.





Eligible for Free School Meals? Get help with other school essentials too.





Even if your child already receives Universal Primary Free School Meals, check if you can get:

- ✓ up to **£200** for School Essentials
- ✓ **extra funding** for your school



Activities for families



Talks in Torfaen for Parents & Caregivers
Autumn 2025

A series of talks are available for parents & caregivers of children who are nursery or primary school age (1-10 years old) in Torfaen.

Talks are targeted towards **ALL** parents - to help you best support your child's **development & emotional well-being**.

Talks will take place online using **Microsoft Teams** and are delivered by **NHS Psychologists**.

Monday 10th November
9:30 - 10:30am
Supporting your child's **emotional well-being**

Monday 17th November
9:30 - 10:30am
Supporting your child's **development**

Monday 24th November
9:30 - 10:30am
Supporting your child to have a positive relationship with **screens & devices**

Monday 1st December
9:30 - 10:30am
Supporting your child to have a positive experience of **going to school** (and prevent 'school avoidance')

If you would like to book on to these talks please **click on the link below or scan the QR code**
<https://forms.office.com/e/5MOAg9AMnn>





CWMBRAN STADIUM
FUN & Wellbeing Camp
OCTOBER 2025

Tuesday 28th October
Wednesday 29th October
Thursday 30th October
10:00am - 3:00pm
Age 8 to 11 years

Cwmbran Stadium
Henllys Way, Cwmbran, NP44 3YS

Pre booking available
Please use the QR code to pre book.
Reservations are requested to accompany those under 16 and are £10 per day (free of charge for children 16 and over). If you have not pre-booked, the registration process is more complex.

For more information please contact: torfaenplay@torfaen.gov.uk




Thursday 30th October
7:00 - 8:30pm
Pontypool Active Living Centre



For Dads By Dads Pop Up Event

- Meet Other Dads
- Find Support in Torfaen

For Dads of all ages - FREE

For more information contact Jacob Guy
07980662256
Jacob.Guy@torfaen.gov.uk



Featuring local organisations including:
Gwent PCC • ABUYS • 4Minds • Gwent Ngage • Torfaen RS • Samaritans



Monday 8th Sept Dydd Llun 8fed Medi
9:30 - 10:30

Monday 6th Oct Dydd Llun 6ed Hydref
9:30 - 10:30

Monday 10th Nov Dydd Llun 10fed Tach
9:30 - 10:30

Blaenafon ICC, Blaenafon Primary School
Coedcae Road, NP4 9AW



Funded by UK Government
Wedi ei ariannu gan Llywodraeth y DU

DyfodolCadarnhaol
PositiveFutures

**BLAENAVON ACTIVE LIVING CENTRE
MUGA**

**FREE FRIDAY'S
6PM - 8PM**

FOR MORE INFORMATION CONTACT:
ABIGAIL.POWELL@TORFAEN.GOV.UK

Funded by UK Government
Wedi ei ariannu gan Llywodraeth y DU

TORFAEN COUNTY BOROUGH
DYFODOL CADARNAOL
POSITIVE FUTURES

**JOIN US
SPORTS SESSION** **FREE**

DATE
WEDNESDAYS

TIME
16:00 - 17:00 PM

VENUE
COED EVA PRIMARY SCHOOL
4G PITCH

AGE 9 - 16

MORE INFO:
abigail.powell@torfaen.gov.uk

DyfodolCadarnhaol
PositiveFutures

**RECRUITING
COME AND JOIN US!!!!**

**FUN
RESPECT
FRIENDSHIPS
TEAMWORK
DISCIPLINE
MEMORIES
SKILLS
SOCIAL EVENTS
FITNESS
CONFIDENCE
TOURS**

#OneClub

Tiny Tigers = Age 3 - 5
Under 7s - School year 2
Under 8s - School year 3
Under 9s - School year 4
Under 10s - School year 5
Under 11s - School Year 6
Under 13s - School Year 8

CONTACT JAMIE WILLMOTT 07583690571

Tolywain Minis & Juniors RFC
DBS QUALIFIED COACHES

Years 2 & 3 - Thursday 18:00 - 19:00
Years 5 & 6 - Friday 18:00 - 19:00

Pontypool Community Council
supported by Torfaen Play

LEGO AND PLAY

Encouraging creative skills, self-confidence, resilience, interaction and wellbeing

**TUESDAYS
4:00PM - 5:30 PM
5 - 11 years old**

FREE OF CHARGE

BOOKING REQUIRED
To make a booking or for more information please contact:
torfaenplay@torfaen.gov.uk

Torfaen County Borough Council,
Civic Centre,
Pontypool,
NP4 6YB

@chwaraeortorfaenplay
torfaenplay@torfaen.gov.uk

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Wedi ei ariannu gan Llywodraeth y DU

TORFAEN COUNTY BOROUGH
DYFODOL CADARNAOL
POSITIVE FUTURES

**BLAENAVON
TENNIS COURTS**

**MONDAYS
16:30 - 18:00**

AGES 9 - 16

FREE TO ATTEND

FOR MORE INFORMATION CONTACT: ABIGAIL.POWELL@TORFAEN.GOV.UK

DyfodolCadarnhaol
PositiveFutures

Funded by UK Government
Wedi ei ariannu gan Llywodraeth y DU

CYSYLLTU
CONNECT

**Search for the latest
volunteering opportunities**

Connecting you with your community

Activities/Gweithgareddau
Events/Digwyddiadau
Volunteering/Gwirfoddoli



Take It Back

Inhaler Recycling Scheme

To help the environment, please return your used inhaler to any North Monmouthshire GP Surgery, or local pharmacy, when it is no longer usable, or needed.

Please scan the QR code for participating branch details and further information about the scheme.



GIG FORTH NHS WALES
Grŵp Iechyd Prifysgol Amherth Bren
University Health Board



What to do if a child has an ASTHMA ATTACK

Actions to take if a child has an asthma attack and when to call 999.

- 1 Help them to sit up – don't let them lie down. Try to keep them calm.
- 2 Help them take one puff of their reliever inhaler (with their spacer, if they have it) every 30 to 60 seconds, up to a total of 10 puffs.
- 3 If they don't have their reliever inhaler, or it's not helping, or if you are worried at any time, call 999 for an ambulance.
- 4 If the ambulance has not arrived after 10 minutes and their symptoms are not improving, repeat step 2.
- 5 If their symptoms are no better after repeating step 2, and the ambulance has still not arrived, contact 999 again immediately.

Important: This asthma attack advice does not apply to MMDT inhalers. Speak to your GP or asthma nurse for more information.



A school asthma card contains contact details and essential information about a child's asthma. Scan the QR code to get yours.

ASTHMA+ LUNG UK

AsthmaAndLung.org.uk



10 Top Tips for Parents and Educators DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is fundamental for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people experience difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

- 1 **MINDFUL TECH USE**
Screen time is a common barrier to good sleep. Encourage children to put away devices at least 30 minutes before bedtime. If they must use a device, encourage them to use it in a way that is not stimulating (e.g. reading an e-book or listening to a podcast).
- 2 **EFFECTIVE SLEEP PRACTICES**
Offer children advice on creating a bedtime routine. Consistent routines help children to relax and prepare for sleep. Encourage them to go to bed at the same time every night and to wake up at the same time every day.
- 3 **HYDRATION HABITS**
Encourage children to drink plenty of water throughout the day, but to stop drinking fluids at least 1 hour before bedtime. Encourage them to avoid caffeine and sugary drinks in the evening.
- 4 **CONSISTENT BEDTIME SCHEDULE**
Encourage children to go to bed at the same time every night. Consistent bedtimes help children to relax and prepare for sleep. Encourage them to go to bed at the same time every night and to wake up at the same time every day.
- 5 **OPTIMAL SLEEP ENVIRONMENT**
Encourage children to create a comfortable, quiet and cool sleep environment. Encourage them to use a comfortable mattress and pillow. Encourage them to avoid bright lights and noise in the bedroom.
- 6 **RELAXING EVENING ACTIVITIES**
Encourage children to engage in relaxing activities in the evening, such as reading, listening to music, or taking a warm bath. Encourage them to avoid stimulating activities, such as playing video games or watching TV, in the evening.
- 7 **PRIORITISING ADEQUATE SLEEP**
Encourage children to get enough sleep. Encourage them to go to bed at the same time every night and to wake up at the same time every day.
- 8 **NUTRITIONAL BALANCE**
Encourage children to eat a healthy, balanced diet. Encourage them to avoid sugary and fatty foods, especially in the evening. Encourage them to eat plenty of fruits and vegetables.
- 9 **PARENTAL SUPPORT**
Encourage parents to provide support and encouragement. Encourage them to be consistent and to follow through with the advice. Encourage them to be patient and to understand that it may take time for children to adjust to the new routine.
- 10 **MILITARY SLEEP METHOD**
Encourage children to try the military sleep method. This method involves relaxing the body and mind, and it can be a useful tool for helping children to fall asleep more easily.

Meet Our Expert
Dr. Sarah Jones, a leading expert in children's sleep health, shares her top tips for helping children to sleep more healthily. Dr. Jones is a consultant paediatrician at the Children's Hospital of Wales and is also a member of the Royal College of Paediatrics and Child Health.

WakeUp Wednesday
The National College

WakeUp Wednesday
@wake_up_weds
www.thenationalcollege
@wakeupwednesday
wakeupweds

Penygarn Community



Primary School