

DOLEN

YSGOL
BRO
TEIFI

Issue 8- 17th April 2025

Welcome to April's edition of our newsletter, Dolen. During the past term, we have celebrated many successes in the school be they on the stage, the playing field or in the area of STEM. You can learn a little more about these successes in this edition.



We will also share some important information with you about how to order a copy of our whole school photograph; the first in Ysgol Bro Teifi's history. We also look forward to some of next term's events including the secondary age School Eisteddfod, the primary and secondary sports days and the transition and taster days for years 5 and 6.

Remember to visit our website, www.ysgolbroteifi.cymru in order to get the latest information about our school. Remember also that if there is anything worrying you about your child's experience and education in school, that you can arrange an appointment to meet with me to find a way forward.

I would like to wish a Happy Easter to each and every one of you and we look forward to welcoming the pupils back on the 28th of April,

Regards,
G Evans

Headteacher surgery appointment times

Tuesday Morning between 8.30 and 9.00 (3 x 10 minute slots)

Thursday Afternoons between 15:30 and 16:00 (3 x 10 minute slots)

To make an appointment, visit:

<https://www.ysgolbroteifi.cymru/info/v/93-gwnewch-apwyntiad-i-siarad-gyda-r-pennaeth/>



Celebrating Success!

This talented group of students from Year 9 travelled to Christ's College Oxford in March in order to compete in the Seren Network's National Public Speaking competition which was in the form of a debate

A huge congratulations to them for coming second in the competition overall. Excellent!

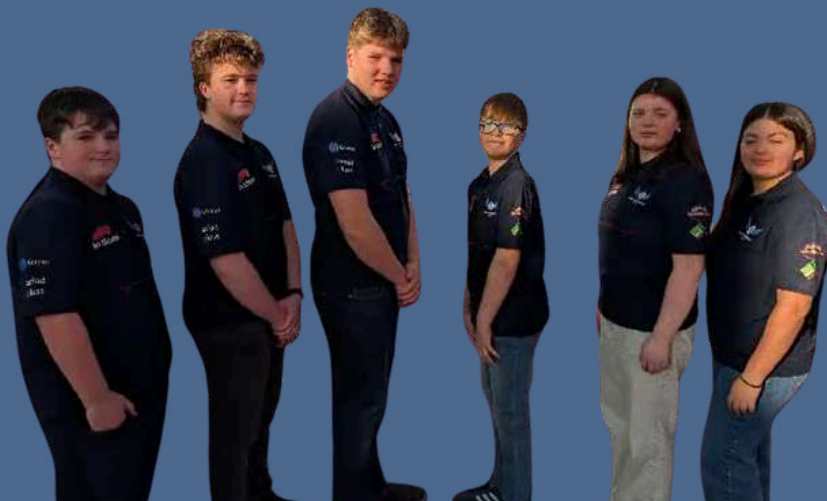


SEREN
ACADEMY • ACADEMY



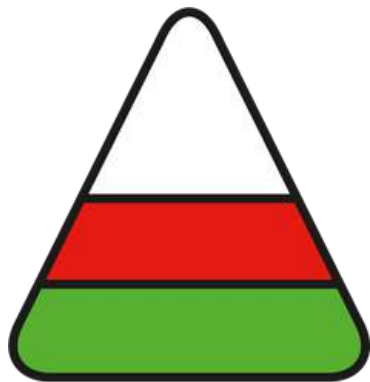
Congratulations to our Year 12 engineering team for their success in the EESW competition this year. The group won the prize for their work on safety matters in collaboration with SERB in Ffostrasol. There were 61 teams in this year's competition from other schools and colleges across South Wales. Well done one and all!

Congratulations to the 'Teifi Warriors,' following their success in the development class in this year's F1 in schools competition. They came second in the 'design and engineering' category and in the 'verbal presentation' category and also came 3rd in the 'brand identity' category. A fantastic performance all round!



Urdd Regional Eisteddfod

A warm **congratulations** to all our primary and secondary pupils who competed in the recent regional Eisteddfods. We look forward to seeing them now in the Dur and Mor Eisteddfod in Margam Park in May. **Go for it!**



Urdd

First Place:

Year 6 and under Vocal Ensemble
Percussion Solo Yr. 6 and under
Cerdd Dant Solo Yr.2 and under
Solo Recitation Yr.2 and under
Yr6 and under Choir (under 150 pupils)
Two-part party Yr.6 and under
Cerdd Dant Solo Yr.3 a 4
Creative Dance Yr.6 and under
Recitation Group Yr.6 and under
Solo Recitation Yr.2 and under (Learner)
Yr7-9 Duet
Vocal Ensemble Yr.7-9
Harp Solo Year 10 and under 19
Folk Dance Yr.7-9
Solo Recitation Yr.7-9
Solo Theatric Performance Yr.7-9
Performing a Scene Yr.7-9
Duet Year 10 and under 19
SA Choir Yr.13 and under
Vocal Ensemble Year 10 and under 19
Folk Dance Year 10 and under 19
Recitation Group Year 10 and under 19
Performing a Scene Year 10 and under 19

Second Place

Percussion. Solo Yr 7-9
Individual Recitation Yr.5 & 6(L)
Individual Recitation Yr.5 & 6
Individual Recitation Yr.3 & 4
Solo Yr.2 and under
Duet Yr.6 & under
SA Solo Year 10 and under 19
Female Solo Yr.7, 8 & 9
Recitation Group Yr.7, 8 & 9



**Eisteddfod Dur a Môr,
Parc Margam a'r Fro 2025**

Remember to follow our facebook page for further information



www.facebook.com/BroTeifi

Third Place

Folk Tune Performance Yr.6 and under
Solo Yr.5 & 6
Solo Yr.2 & below
SA Choir Yr.7, 8 & 9
Sting Solo Yr.7, 8 & 9

Bro Teifi Sports Stars!

During the Easter term, a number of sporting successes were seen across our primary and secondary age teams. Along with the Urdd tournaments, national competitions and a trip to the Rosslyn Park 7-a-side rugby tournament, it's nice to see our pupils taking advantage of the many sporting and health and well-being opportunities. Thank you to all the staff for training and taking the pupils to these events.



Under 12 Hockey Team



Yr 4 Football Team



Yr 5 & 6 Football Team



Year 5 and 6 Rugby Team (A)



Year 5 & 6 Rugby Team (B)



Year 7 Girls - 7-a-side Team

Sêr Chwaraeon Bro Teifi!



	Team	P	W	D	L	PF	PD	Points
1	Ysgol Bro Teifi Boys-U13A	5	5	0	0	160	105	15
2	Queen Elizabeth's School, Barnet U13A	5	4	0	1	100	60	12
3	West Monmouth School Boys-U13A	5	2	0	3	100	10	6
4	Welland Park Academy Boys-U13A	5	1	1	3	80	-45	4
5	Bennett Memorial Diocesan School Boys-U13A	5	1	1	3	75	-45	4
6	The British School in the Netherlands Boys-U13A	5	0	2	3	60	-85	2

National Sevens Junior Festival

Group N 10:20 Pitch A2

Ysgol Bro Teifi
Boys-U13A

35-5

The British School
in the
Netherlands
Boys-U13A

National Sevens Junior Festival

Group N 11:40 Pitch A4

Ysgol Bro Teifi
Boys-U13A

20-5

Queen Elizabeth's
School, Barnet
U13A

National Sevens Junior Festival

Group N 13:00 Pitch A3

Ysgol Bro Teifi
Boys-U13A

35-10

Welland Park
Academy
Boys-U13A

National Sevens Junior Festival

Group N 14:20 Pitch A5

Ysgol Bro Teifi
Boys-U13A

30-15

West Monmouth
School
Boys-U13A

National Sevens Junior Festival

Group N 15:40 Pitch A1

Ysgol Bro Teifi
Boys-U13A

40-20

Bennett Memoria
Diocesan School
Boys-U13A

Summer Term Important Dates

Dyddiad Date	Digwyddiad	Event
7/5/2025	Arholiadau TGAU / Safon Uwch yn dechrau	GCSE / A' Level Examinations Begin
12/05/2025	Wythnos Arholiadau Bl 9	Year 9 Examinations Week
14-16/05/2025	Taith Breswyl Glan Llyn - Bl 6	Yr 6 Residential Trip - Glan Llyn
23/06/2025	DIWRNOD HMS - Ysgol ar Gau i ddisgyblion	INSET DAY - School Closed for Pupils
25-26/06/2025	Diwrnodau Pontio Bl 6	Year 6 Transition Days
25/06/2025	Cyfarfod Pontio i Rieni Darpar ddisgyblion Bl 7	Transition Meeting for Parents of Prospective Yr 7 pupils
27/06/2025	Bron yn Prom - Bl 11	Yr 11- "Bron yn Prom"
27/06/2025	Mabolgampau Bl 1- Bl 6	Yr1 - Yr 6 Sports Day
01/07/2025	Mabolgampau Oed Uwchradd	Secondary Age Sports Day
02/07/2025	Diwrnod Hwyl Blwyddyn 5	Year 5 Fun Day
03/07/2025	Mabolgampau Meithrin a Derbyn	Nursery and Reception Sports Day
10-11/07/2025	Eisteddfod Ysgol Oed Uwchradd	Secondary Age School Eisteddfod
18/07/2025	DIWEDD Y FLWYDDYN ACADEMAIDD	END OF SCHOOL ACADEMIC YEAR

Exam Support

ADOLYGU

AWGRYMIADAU I LWYDDO

BYDDWCH YN DREFNUS

Dechreuwch adolygu'n gynnar, peidiwch â gadael y cyfan tan y diwedd. Gwnewch amserlen ar gyfer adolygu. Adolygwch mewn cyfnodau o 20-30 munud. Gwnewch yn siŵr bod popeth wrth law e.e. offer a cyn papurau.



CREADIGRWYDD

Amrywiaeth! Defnyddiwch luniau, symleiddiwch eich nodiadau'n llwgar, graffiau, odiau. Defnyddiwch gymysgedd o offer print a digidol i yegogi ochr weledol eich ymennydd. Profwch eich hun gyda phobl eraill.



CADW'N ACTIF

Mae bod yn actif yn rhyddhau cemegau sy'n gwella'r cof, egni, ffocws a hyder. Gwnewch yn siŵr eich bod yn ymarfer yn rheolaidd (ac yn cymryd eich meddwl oddi ar yn adolygu). Ystyriwch ychwanegu cyfnodau ymarfer i'ch cynllun adolygu.



CWSG

Geisiwch wella ansawdd eich cwsg (8-10 awr) Daw adalw gwybodaeth yn gryfach a'n haws ar ôl cwsg da. Mae cwsg yn gwella'ch gallu i ganolbwyntio, cof a chreadigrwydd. Gadewch i'ch ffôn gysgu hefyd!



BWYTA

Dechreuwch gyda brecwast. Taniwch eich corff ac ymennydd gyda bwyd maethlon. Digon o ffrwythau a llysiau gan osgoi bwydydd wedi'u prosesu. Yfwrch digon o ddŵr, sy'n cynyddu pŵer yr ymennydd!



DEFNYDD O DECHNOLEG

Geisiwch beidio colli ffocws. Peidiwch ddefnyddio ffôn yn ystod cyfnodau adolygu. Gwrandewch ar gerddoriaeth heb eiriau, mae'r geiriau'n cymryd % o'ch gofod gwybyddol, gan adael llai o le i ddysgu.



CYMRYD EGWYL

Gweithiwch yn fwy clyfar, nid am fwy o amser! Fel eich corff, mae angen seiliant ar eich ymennydd i adfer. Cymerwch saib rheolaidd, symudwch, gwnewch dasgau hollol wahanol i adolygu. Mae'r buddion yn debyg i'r buddion cysgu uchod.



COFIWCH...

Nid yw arholiadau'n addas i bawb, rydym i gyd yn unigryw, gyda chryfderau gwahanol. Yn unig beth maen nhaid i chi wneud yw CEISIO EICH GORAU! Pob lwc!



REVISION

TIPS TO SUCCEED

GET ORGANISED

Start revising early, don't leave it all until the end. Create a timetable for revision. Chunk revision into 20-30 minute periods. Make sure you have everything to hand e.g. stationary, past papers.



BE CREATIVE

Variety! Use pictures, simplified and colourful written notes, graphs, rhymes. Use a mixture of both print and digital tools to stimulate the visual side of your brain. Test yourself with others.



EXERCISE

Exercise releases chemicals that improve memory, energy, focus and confidence. Make sure you exercise regularly (and take your mind off revision). Consider timetabling exercise into your revision plan.



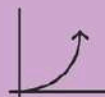
SLEEP

Get plenty of quality sleep (8-10 hours) Brain recall becomes stronger after sleep and information becomes easier to access. Sleep improves concentration, memory and creativity. Let your phone sleep also!



EAT

Start with breakfast. Fuel your body and brain with nutritious food. Plenty of fruit and veg and avoid processed foods. Keep hydrated with water which increases brain power!



LIMIT TECHNOLOGY USE

Turn off distractions. No phone use during revision periods. Listen to music without lyrics. Lyrics take up too much cognitive space, leaving little room for learning.



TAKE A BREAK

Work smarter, not harder! Like your body, your brain needs a break to recharge. Take regular breaks, get moving, do an unrelated task. The benefits are similar to those of sleep above.



REMEMBER...

Exams aren't suited to everyone, we all have our individual strengths. The only thing you need to do is TRY YOUR BEST! Good luck!



Ceredigion Youth Work & Engagement Service

EXAM STRESS SUPPORT FOR YOUNG PEOPLE

We know that exams can be stressful.
There are services available for young people
to access in Ceredigion.

Meic:

<https://www.meiccymru.org/exams/>
Phone: 080880 23456 / Text: 04001

Young Minds:

<https://www.youngminds.org.uk/young-person/coping-with-life/exam-stress/>

MIND:

<https://www.mind.org.uk/for-young-people/feelings-and-experiences/exam-stress/>

Area 43 Counselling:

<https://www.area43.co.uk/here-for-you/>
Phone: 0800 0385778

Childline:

<https://www.childline.org.uk/info-advice/school-college-and-work/school-college/exam-stress/>
Phone: 0800 1111

Kooth:

<https://www.kooth.com/>

C.A.L.L Mental Health Helpline:

<https://www.callhelpline.org.uk/>
Phone: 0800 132 737 / Text: 81066

SHOUT Mental Health 24/7:

<https://giveusashout.org/>
Text: 85258

Summer Term Uniform

From Monday the 28th of April, pupils will be able to come to school in their summer uniform in accordance with the information shown below:

Nursery - Year 4

Yellow polo shirt with an option of a "gingham" dress for the girls.



Years 5 and 6

Yellow polo shirt*.

Year 5 **pupils** will retain the yellow polo shirt as the only school uniform until the end of year 6 (shirt and tie will be abolished at primary age).



*If year 5 or 6 **pupils have** a red polo shirt from last year, then they are allowed to wear it for the rest of their period in the primary age to save parents from having to buy a yellow shirt.

Year 7 - 11

Red polo shirt with school badge

Year 12-13

Blue polo shirt with school badge



Parent App Now Available!

In order to access the app / website, please follow the guidelines below.

- Go to the website
<https://www.mychildatschool.com/MCAS/MCSParentLogin>
- Press the link "Join / Sign Up"
- Enter the school's postcode **SA44 4JL** OR the school's code **16054**.
- Enter your email address. This needs to be the same email address that is registered with us at the school.
- This will send a unique code to the email address which will allow you to set a password.
- Once you have done this, you will be able to use the details to log in to the app on your device.
- **NOTE:** This is not a pupil's account. Pupils have received information in their Hwb email accounts which will explain the process of registering on the Bromcom app for students.
- It will be possible for parents/carers to set up separate accounts as long as they are "parental responsibility" on our system.
- If you have any difficulty with the above process, please contact the office.



Access Scholarships



Following taking the Aberystwyth University scholarship exams, congratulations to **Mared, Heulyn, Mya, Teleri, Megan, Leisa** and **Erin** from year 13 who have received an unconditional offer to study there. Further congratulations go to **Leisa** for receiving a financial scholarship, the Evan Morgan Scholarship, and to **Erin** for winning a merit award.

Aeron has also won a Coleg Cymraeg Cenedlaethol scholarship to study at Bangor University. Congratulations.



Our Whole School Photo is now available to order!



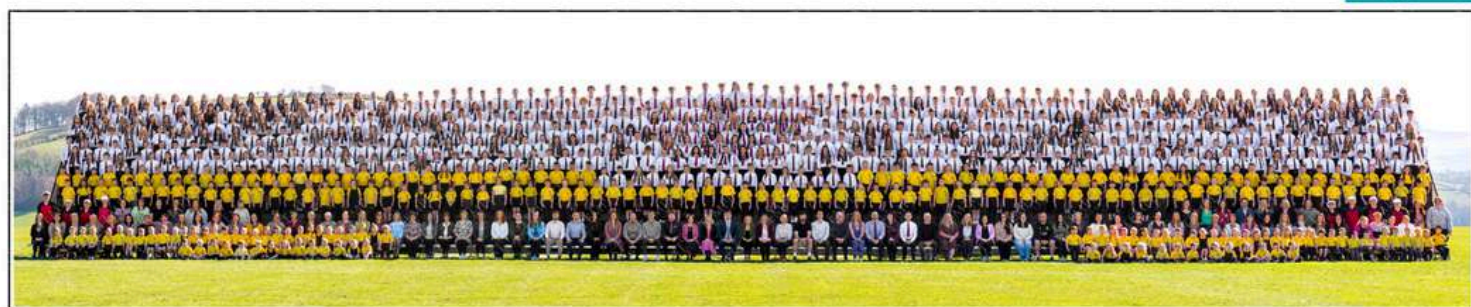
This is your chance to order a copy of this special photo; the first such photo in the history of Ysgol Bro Teifi!

Order between the 17th of April and the 1st of May to save on postage costs (the picture will be delivered straight to the school).

Click the link below to see a copy of the picture and to place your order. Please state your child's full name on the order to facilitate distribution arrangements at school.

Whole School Group Photo 38" x 10" - <https://http.st/CE0039-12>

If you would like any support with the order, please call 01736 752411



Happy
Easter
to
you all!

