

BRYN Y DERYN AND CARNEGIE NEWSLETTER

June 2023

Welcome to the June edition of our monthly newsletter. Below, you will find a collection of resources such as help guides, announcements and support services that may be of use to you.

Parents/carers can always contact the centre by calling 02920 529 398 or emailing schooladmin@brynyderyn.cardiff.sch.uk

Controlled assessments

Firstly, we'd like to applaud our learners for their efforts during the exam season so far. The following controlled assessments will take place in June

- Monday 5th June (morning, 9am start) – GCSE English language – Unit 2
- Wednesday 7th June (morning, 9am start) – GCSE Numeracy – Unit 2
- Monday 12th June (morning, 9am start) – GCSE English language – Unit 3
- Tuesday 13th June (morning, 9am start) – GCSE Applied Science – Unit 1
- Wednesday 14th June (morning, 9am start) – GCSE Mathematics – Unit 2
- Tuesday 20th June (morning, 9am start) – GCSE Food and Nutrition – Unit 1

It is very important that learners attend these exams. If there are any issues on the day, please contact school on 02920 529 398 as early as possible.

Bryn y Deryn Year 11 leavers ceremony

A leavers ceremony for our Year 11 Bryn y Deryn learners will take place on **Wednesday 21st June**. Whilst we will be sad to see them leave, we look forward to reflecting on their time here and commemorating the efforts they have put in.

If you'd like to attend and join us in recognising the wonderful achievements of our Year 11s, please get in contact via phone or email.

Revision hacks – ADHD and anxiety

This was shared in May's newsletter, but remains as we still have exams this month.

Please see a link below for a video highlighting some revision tips and tricks for those affected by ADHD. The video was made by a secondary school and A Level teacher who has a diagnosis of inattentive ADD. The tips and tricks are useful for those with and without ADHD as they aim to improve focus, memory and recall and make revision activities less overwhelming. The link as follows:

<https://m.youtube.com/watch?fbclid=IwAR1wC7WWVdUt8bmgnIDQ9TPOwNfFwHj14beNe5sPI59irSkRU7S3EQI4wl&v=pjXNHTRsvZc&feature=youtu.be>

NHS Wales also publishes a Self-Help Workbook for secondary school learners. This gives some information about what anxiety is and how it relates to our biology, and



also offers tips and tricks to deal with anxiety when revising. The link for this workbook is below:

<https://cavuhb.nhs.wales/files/resilience-project/resilience-project-logo-adjustments/rp-anxiety-workbook-final-english-pdf/>

Bryn y Deryn 'bake-off'

We are going to have the Bryn Y Deryn Great British Bake off here for the next 4 weeks. Each week a different bake and challenge will be set, similar to the TV show. This will be inclusive for all pupils who will learn new baking skills on recipes that can both push them, but also teach them baking classics. Please see the end of this page for some examples of baking we have done ready for the bake off!

Byddwn yn cael 'Bryn y Deryn great British Bake off' yma am y 4 wythnos nesaf. Bob wythnos byddwn yn bobî gwahanol cacennau a bydd pob wythnos yn debyg i'r sioe lle bydd her cacen newydd yn cael ei gosod. Bydd hyn yn gynhwysol i'r holl ddisgyblion sy'n dysgu sgiliau pobî newydd ar ryseitiau a all eu gwrthio ond hefyd dysgu rhai clasuron pobî iddyn nhw. Dyma rai enghreifftiau o bobî rydyn ni wedi'u gwneud yn barod ar gyfer y 'bake off'.

Informing school of non-attendance

We are required to take a reason for non-attendance for every day that learners are absent. If your child is unable to come to school, please contact the office via phone (02920 529398) or email (schooladmin@brynyderyn.cardiff.sch.uk). This allows us to adhere to legal requirements such as accurate registers and safety/welfare commitments.

If you have not been receiving contact from school, it may be that we do not have an up to date contact number. If you are concerned that school has not been contacting you for any reason, please call or email so we can update our contact information.

Food voucher referrals

Bryn y Deryn and the Carnegie Centre are able to refer people for food vouchers. If you are struggling and would benefit from a referral to a food bank, please do not hesitate to get in contact with us.

Mental Health Awareness Week

The week commencing Monday 15th May was #MentalHealthAwarenessWeek. To mark this, The Cardiff and Vale University health board shared their services.

🧠 Stepia – free mental health advice and self help resources



☁ SilverCloud – an online therapy platform

💻 Emotional Wellbeing and Mental Health website.

To gain more information and access these services, please follow the link below:

orlo.uk/hpGQ1

ByD and the Carnegie Centre are happy to receive donations

We are always appreciative of any donations parents can make to the school. If you have any spares of the following items, we'd gratefully receive them:

- Indoor and outside plants
- Gardening tools
- Kitchen gadgets no longer being used e.g pop corn makers, smoothie makers, juicers etc
- Clean takeaway containers so learners can take their cooking home
- Unused toiletries
- Teenage books
- Plant pots indoor and outdoor
- Non-fiction books, especially cook books and gardening books
- Lego and construction toys e.g mecano
- Unused musical instruments
- Anything you think may be useful

TransVision Cymru

Are you a parent, professional or advocate for better healthcare for nonbinary, gender questioning and LGBT+ youth in Wales? The TransVision Cymru group meets at Bryn y Deryn every 4-6 weeks and welcomes young people, parents, professionals and allies to attend. The group meets with the aim of campaigning for better services for trans and non-binary youth in health, education and online.



Please contact transvisioncymru@gmail.com to find out more and to get involved.

Learner achievements

Our learners in CC and BYD were cooking sausage rolls before the half-term break. They turned out fantastic. Those produced by Kenzi, Shania and Rosie (staff) are pictured below. Ardderchog!



Follow us on Twitter

For updates, information and useful resources, please follow us on Twitter [@byd_and_cc](#).

See our Blog

Much of this information in this newsletter is first put out on our blog. If you are interested in receiving this information when it comes out, please check [the blog](#).

We hope you have found the above information useful. Please don't hesitate to contact us should you have any questions.

