



ARCHDEACON JOHN LEWIS NEWSLETTER

'Strength through knowledge and faith.'

Friday 12th September 2025

Attendance: 91%

Dear Parents/Carers,

Alongside the excitement of the new school year, pupils have been fully engaged in learning across the curriculum. It has been a joy to walk through the classrooms and see the curiosity the children have exploring their new topics and asking deep questions. From science experiments to historical enquiries, and creative writing to number work, the foundations are being laid for a rich and fulfilling term of discovery.

Seesaw account

You should have been sent a link to your child's Seesaw account where you will be regularly updated with class/school news and also photographs of your child busy at school. Please let your child's class teacher know if you require assistance with their account.

Please also be mindful that teaching staff are not always able to monitor Seesaw accounts during the day, due to their teaching commitment, and are not obliged to read Seesaw messages outside the working hours of 8.40am – 4.40pm.

Please contact the admin office via telephone or email if you wish to relay a message to the class teacher.

In order to safeguard our children, all absences or changes to the person picking up your child should always be reported to the admin office.

Thank you for your understanding.

Have a lovely weekend!

Mrs Forster

Acting Headteacher

Keep in Touch:

www.ajlprimary.co.uk | 01656 815520 | admin@archdeaconjohnlewisps.bridgend.cymru | Message us using the School Gateway app

Safeguarding and Child Protection information can be found here: <https://www.ajlprimary.co.uk/whos-who/safeguarding-and-child-protection>

Upcoming Events



- **Tuesday 16th September:** Nursery/Reception class photo
- **Tuesday 16th September:** Year 2 - Kerbcraft introduction
- **Wednesday 17th September:** Open evening for all parents - until 4:30pm
- **Friday 19th September:** Coffee Morning with the Parish for N/R class
- **Friday 26th September:** Eucharist, 9:15am. All welcome
- **Wednesday 1st October:** Mrs Hodges' class trip to Cardiff Museum
- **Friday 17th October:** Wear red for 'Show Racism the Red Card'
- **Wednesday 22nd October:** Flu Vaccines (R - Y6). More info to be sent out soon
- **Friday 24th October:** INSET Day 2
- **Monday 27th - Friday 31st October:** Half Term
- **Monday 3rd November:** All pupils return to school
- **Monday 10th November:** Applications for Reception September 2026 open
- **Friday 21st November:** Messy Church (Miss Conlon's class)
- **Friday 28th November:** Eucharist, 9:15am. All welcome
- **Thursday 18th December:** Christmas Service in Coity Church, all welcome

Please Keep Us Updated!

Please ensure that your details are kept up to date with the school office. It is essential that we hold up to date address details, phone numbers and email addresses for all parents/carers and emergency contacts.

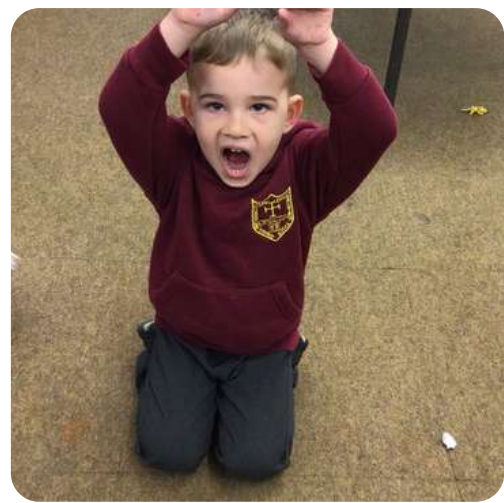
Any updates to personal information can be submitted on the Gateway app or by email to admin@archdeaconjohnlewisps.bridgend.cymru



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We are taking part in **'Snack-tember'**! Please can you make sure your child brings a healthy snack like fruit or vegetables in to school for their snack. We will be encouraging them and giving out stickers to children choosing healthy snacks. Here are some ideas for healthy eating at home.

**Snack
tember**

Why healthier snacking matters

A GUIDE FOR PARENTS AND CARERS OF SCHOOL-AGED CHILDREN

Snacking is a big part of children's daily routine, but many popular snack choices are high in saturated fat, salt and sugars, and low in important nutrients like fibre and vitamins and minerals.

Over time, eating too many of these types of snacks can lead to health issues like too much weight gain and dental problems.

Snacking isn't necessarily bad, it's just about choosing the right snacks.



HEALTHY SNACKS CAN:

- Provide important nutrients to support children's growth and development.
- Be an opportunity to have a drink to stay hydrated (water or milk are best).
- Help children feel less hungry so they don't overeat at mealtimes.

TRY these healthy snack ideas!

ON-THE-GO:

- Fresh fruit (e.g. apple, banana).
- A slice of malt loaf.
- Two or three wholemeal crackers with a 30g portion of reduced-fat cheese.

AT HOME:

- Vegetable sticks (e.g. pepper, carrot) with hummus or a reduced-fat dip.
- Half a wholemeal bagel with reduced-fat soft cheese, cucumber and tomato.
- A rice cake with peanut butter and banana.



ENCOURAGE OLDER CHILDREN

to prepare their own simple snacks:

- Wholegrain breakfast cereal with milk.
- Wholemeal toast or crumpets with reduced-fat spread.
- Pizza toast (cheese and vegetables, such as tomato, pepper and sweetcorn, on toast).

CELEBRATE SNACK-TEMBER

by trying out these tasty snack recipes!

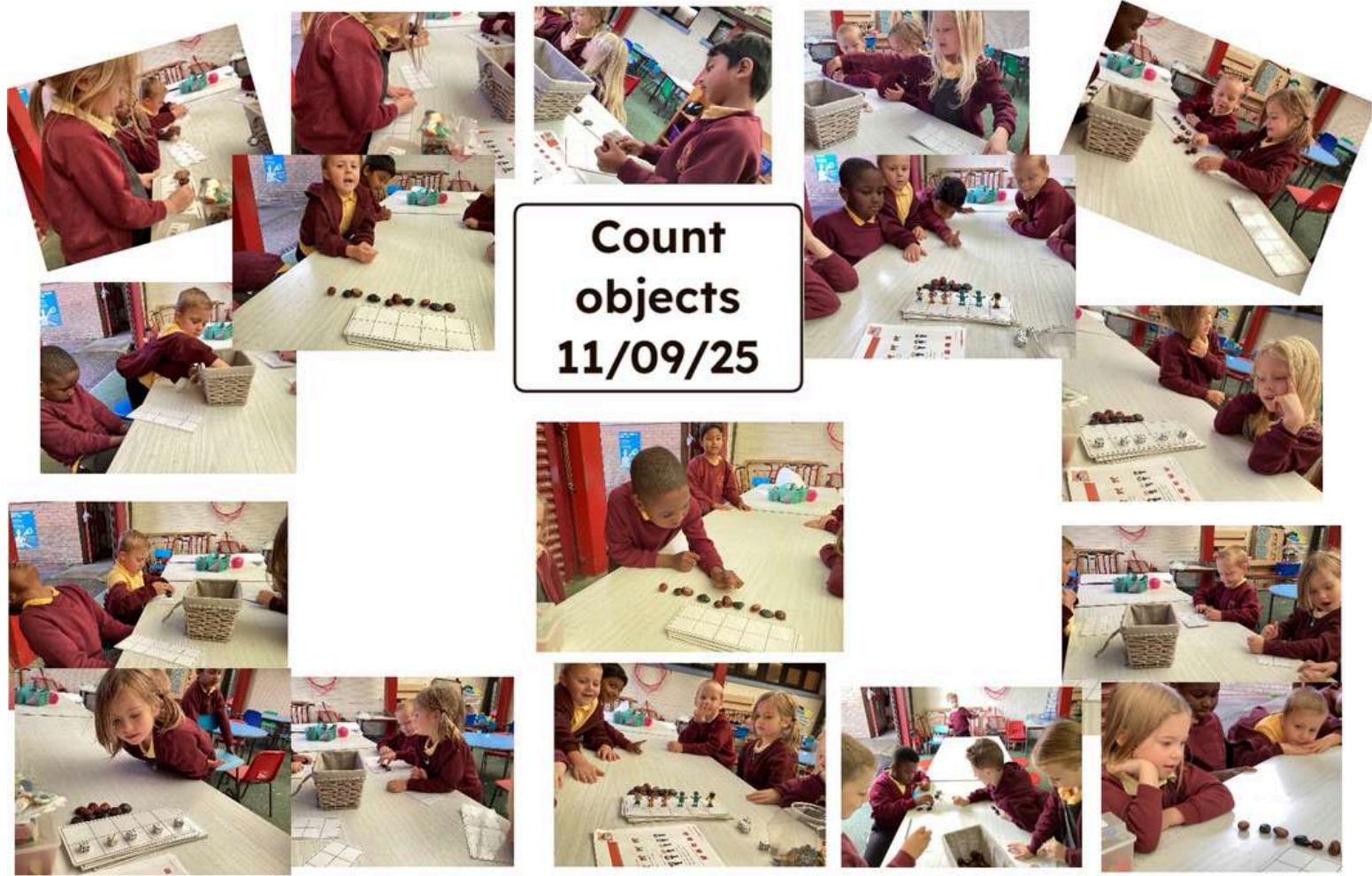
- Paprika tortilla chips and spring onion dip
- Beany dip and crunchy veg
- Homemade popcorn
- Fruit and oat bites
- Pizza muffins



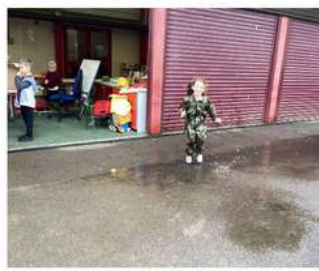
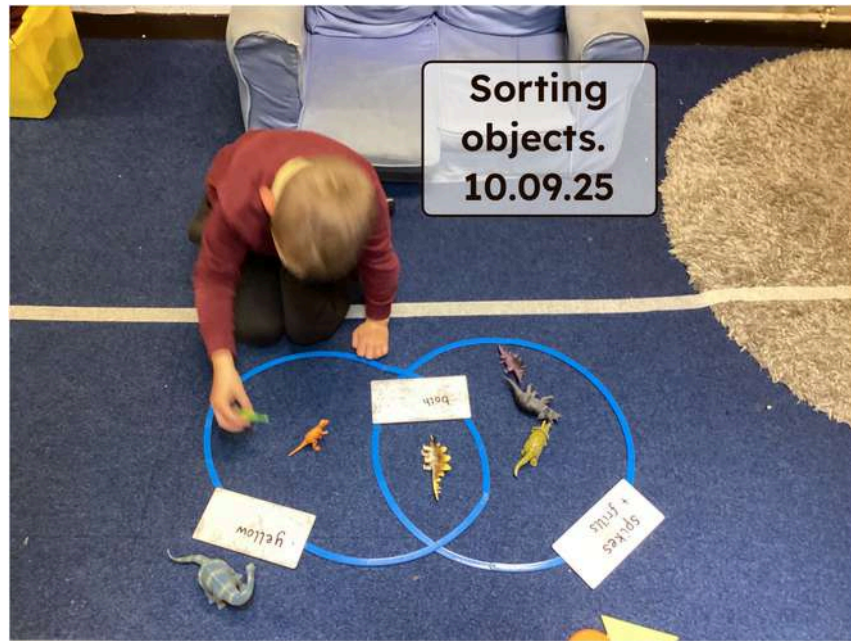
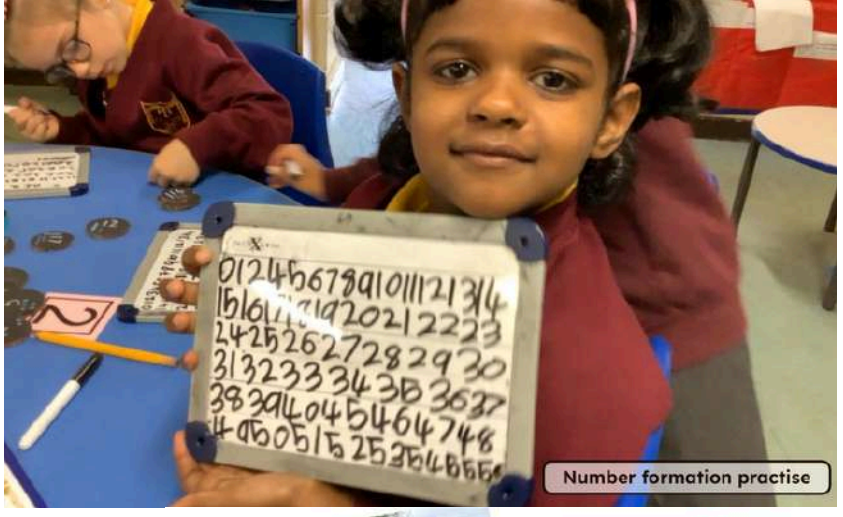
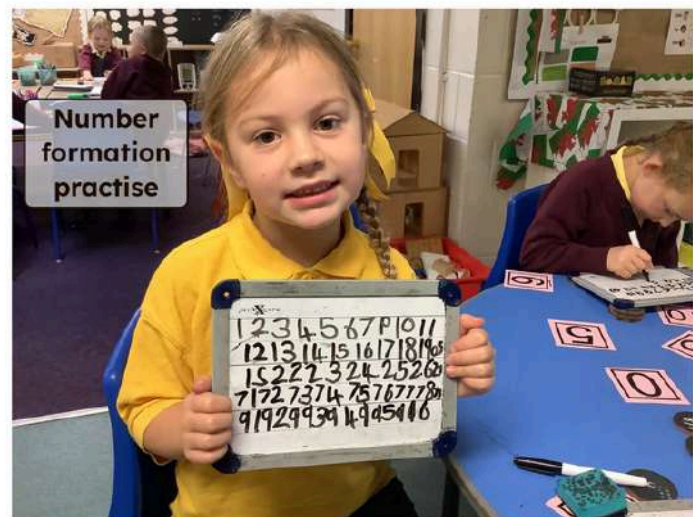
Take a look at these recipes!
www.nutrition.org.uk/snack-tember-2025



Thank you from,
The Healthy Schools Ambassadors



**Count
objects
11/09/25**



**Having fun
in the
puddles**

Diarrhoea and vomiting in children

There's no specific cure for stomach bugs such as **Norovirus**. See tips to reduce the spread and treat symptoms

Keep kids home from school for



after symptoms have passed. This is enough time to let the virus run its course

If your child already has a serious illness, or symptoms last longer than a few days, contact your GP to seek advice

Visit [nhs.uk/norovirus](https://www.nhs.uk/norovirus) for more



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different strains of norovirus are known to affect humans.

They're the most common cause of stomach bugs in the UK

Home Treatment



Liquid paracetamol is useful for fever or aches and pains



Give kids plenty of water to stay hydrated and replace lost fluids



If your child feels like eating, give them foods that are easy to digest

NHS choices



Do I need to keep my child off school?

Whooping Cough

48 Hours after commencing antibiotics

Chicken Pox

Until all spots have crusted over

Conjunctivitis

No need to stay off but school or nursery should be informed

Diarrhoea & Vomiting

48 hours from last episode

Glandular Fever

No need to stay off but school or nursery should be informed

Hand, foot & mouth

No need to stay off but school or nursery should be informed

Measles or German Measles

4 days from onset of rash

Mumps

5 days from onset of swelling

Scabies

Until after first treatment

Scarlet Fever

24 hours after commencing antibiotics

Slapped Cheek

No need to stay off but school or nursery should be informed

Impetigo

Until lesions are crusted & healed or 48 Hours after commencing antibiotics

Flu

Until recovered

Head Lice

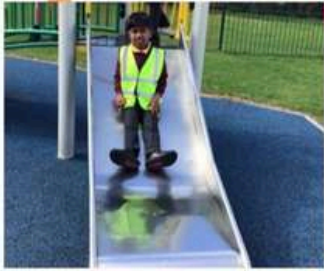
No need to stay off but school or nursery should be informed

Threadworms

No need to stay off but school or nursery should be informed

Tonsillitis

No need to stay off but school or nursery should be informed



PIC • COLLAGE





Archbishop McGrath Catholic High School

Ysgol Uwchradd Gatholig Archesgob McGrath



11th September 2025

Dear Parent/Carer,

We are delighted to invite you and your child to our Year 6 Open Evening on **Tuesday, October 7th, starting at 4:30pm.**

The evening will begin with a welcome in the main hall from key staff and some of our wonderful pupils. From there, you will have the opportunity to explore our classrooms, meet our dedicated teachers and students, and experience the excellent facilities and vibrant learning environment that Archbishop McGrath offers.

Each year, we receive more applications than we have places available in Year 7. This year, we received over 190 applications for just 145 places—a reflection, we believe, of the outstanding opportunities and care we provide for our pupils. If you would like to apply for a place, please complete our online application form using the link:

<https://forms.gle/1VxQGcwnEoQZ3wPd6>

You can also find more information about our school on our website:

www.archbishopmg.co.uk

We very much look forward to welcoming you and your child on October 7th.

Yours sincerely,

Ashley Howells

Headteacher

