

# ARCHDEACON JOHN LEWIS NEWSLETTER

'Strength through knowledge and faith.'

**Friday 11th October 2024**

Over the last couple of weeks whilst writing the newsletter, I have realised how varied, challenging and exciting our curriculum is.

The children have continued researching significant figures during Black History Month and I continued the theme in our Monday worship by looking at the life of Maggie Aderyn-Pocock. Despite having gone to thirteen schools and having dyslexia, Maggie has been very curious and active in her life and research into astronomy. Today Maggie co-presents 'The Sky at Night' on the BBC. The children talked about the dreams they have of what they would like to do when they are older.

Today Mrs Hodges' class and parents took part in the first of our Messy Church Coffee mornings with the parishioners of St Mary's Church, Brackla.



**Well done to all those who completed the Summer Reading Challenge!**

A Church meeting and Sunday Club for children is held every Sunday at 9.30am in our school Church Hall. We have formed very strong links with the Church and many of you will have met the Parishioners through the numerous Messy Coffee Mornings held throughout the year. This Sunday is 'Cafe Church'. Coffee and pastries from 9:15am, with a service starting at 9:30am. All families are very welcome.

Wishing you all a lovely weekend and hope to see some of you at Church on Sunday.

**Mrs L Forster**

Acting Headteacher

**Keep in Touch:**

[www.ajlprimary.co.uk](http://www.ajlprimary.co.uk) | 01656 815520 | [admin@archdeaconjohnlewisps.bridgend.cymru](mailto:admin@archdeaconjohnlewisps.bridgend.cymru) | Message us using the School Gateway app



## Cauliflower Cards



All classes have now sent their Christmas card artwork home (either in paper form or by photo on Seesaw). Please can you place any orders with Cauliflower Cards and return the paper order form (and artwork if you have it) no later than **Tuesday 15th October** so that they can be sent off for creation!

For further guidance on how to order, please click here: <https://youtu.be/t7ACsObwqI4?feature=shared>



You may have noticed the introduction of traffic cones in the school's lower car park. This is to prevent the parking of vehicles adjacent to the fence. In the interest of pupil safety please only park in the marked bays.

Your co-operation with this is appreciated.

# Harvest Eucharist Service

Monday 14th October, 9:15am - all are welcome!

**We will be collecting for 2 local charities between Mon 14th Nov - Fri 18th Nov.  
Thank you in advance for your generosity!**



- Toiletries (shampoo, shower gel, tooth brushes & toothpaste, razors etc)
- T-shirts and underwear (preferably for men, in various sizes)
- Please ensure donations are new and unopened



- Tinned goods
- Dry goods and packaged food
- Please ensure items are non-perishable, unopened and in date

**Please bring donations to the school office.**

**Diolch! / Thank you!**



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## Important Dates

- Monday 14th October: Harvest Eucharist, 9:15am - all welcome
- Tuesday 15th October: 'Shwmae' Day - wear red, white, green or dress as a famous Welsh person
- Tuesday 15th October: Cauliflower Card forms and artwork (if you have it at home) must be returned to school. You can continue to place orders online
- Friday 18th October: Wear something red for 'Show Racism the Red Card'
- Tuesday 22nd October: Miss Doran's Class Worship, 9:10am - parents/carers welcome
- Wednesday 23rd October: Nasal flu vaccinations, Reception - Year 6 (*please note the date change*)
- Friday 25th October: INSET Day 3 of 6
- Monday 28th October - Friday 1st November: Half Term
- Wednesday 6th November & Thursday 7th November: Parent's Evenings. Bookings will open at 9am on Monday 21st October. Details of how to log in and book an appointment will be sent to parents next week

## Reminders

- Please ensure that pupil absences are reported to the school office by 9:30am.
- Don't forget to update your contact details with us if you have moved house, changed your phone number or email address.
- Parking restrictions outside of schools are there to help all road users stay safe, especially children. Where possible, parents and pupils are encouraged to walk to school. Please take care when using the car park on school grounds.



Don't forget to wear something red for 'Show Racism the Red Card' on **Friday 18th October**. We will be raising awareness of this campaign at school but will not be collecting money. Should you wish to donate you can do so directly to [The Red Card](#).



Pupil's individual and sibling portrait photographs are now available to order online with Tempest. Please use the barcodes provided on the letters taken home on Wednesday.

## Nasal Flu Vaccinations








Pupils in Reception - Year 6 will be offered their Nasal Flu Vaccination in school on **Wednesday 23rd October** (please note the date change) with the School Nursing team.

Please return your consent form ASAP, even if you don't want your child to have the vaccine, so that we can update our list for the nurses. If your child has already had / or you have booked to have their vaccine administered at your GP surgery please let us know.

## Keep in Touch:

**HELP ME QUIT ARE WITH YOU EVERY STEP OF THE WAY ON YOUR SMOKEFREE JOURNEY.**

**SUPPORT IS AVAILABLE IN:**

-  Meetings with other smokers (the best way to stop smoking)
-  1:2:1 appointments, face-to-face or over the telephone
-  Community venues
-  Hospitals
-  Pharmacies

**WE UNDERSTAND HOW HARD IT CAN BE TO QUIT. WE ARE FRIENDLY AND NOT HERE TO JUDGE YOU.**

We will offer you confidential support each week, talking about:

- The steps involved in quitting
- How to set a quit date that works
- How to use stop smoking medication
- How you are getting on

**“ I GOT HELP FROM THE NHS. I COULDN'T HAVE MANAGED TO GIVE UP WITHOUT THE SUPPORT I HAD. ”**

**PAUL,**  
South Wales

**INCREASE YOUR CHANCES OF SUCCESS BY:**

**300%\***

\*With help from the NHS compared to quitting on your own.

**MOST SUCCESSFUL**



Alone      With medication      With NHS support

**HELP ME QUIT IS THE BEST CHOICE YOU CAN MAKE TO STOP SMOKING**

**EVERY YEAR WE HELP OVER 15,000 SMOKERS IN WALES.**

Take the first step to become smokefree and contact Help Me Quit to find the support that's right for you:

Call us: **0800 085 2219**

Text\*: **HMQ TO 80818**

or visit: **HELPMEQUIT.WALES**

\*standard rate message



**THE FINANCIAL COST OF SMOKING**

**CIGARETTES**

IF YOU SMOKE	5 A DAY	10 A DAY	20 A DAY	40 A DAY
1 DAY	£2.38	£4.75	£9.50	£19.00
1 WEEK	£16.66	£33.25	£64.40	£133.00
1 MONTH	£72.19	£144.08	£279.06	£576.33
6 MONTHS	£433.16	£864.50	£1,674.40	£3,458.00
1 YEAR	£866.32	£1,729.00	£3,348.80	£6,916.00
5 YEARS	£4,331.60	£8,645.00	£16,744.00	£34,580.00
10 YEARS	£8,663.20	£17,290.00	£33,488.00	£69,160.00

\*estimated cost based on lowest legal price of £9.50 per 20 pack of cigarettes

**ROLLING TOBACCO**

Number of pouches per week	1 Month savings	6 month savings	12 month savings
1 pouch	£94	£564	£1,128
2 pouches	£188	£1,128	£2,256

\*estimated cost based on lowest legal cost of 50g pouch £23.50

What could you spend the money on if you managed to reduce your smoking or even quit altogether in the future?

Number of cigarettes smoked	cost	Alternative activity
5 cigarettes a day for a week	£16.66	£10-£15 UK average spent on a working lunch each week
10 cigarettes a day for 1 Week	£33.25	Average monthly household water & sewerage bills in England and Wales £33.05 (£396.60 annual)
10 cigarettes a day for 1 month	£144.08	UK average monthly Band D council tax £158.16 (over 12 payments)
20 cigarettes a day for a week	£64.40	£51.24 (average cost of a full tank of petrol UK, £1.22 per litre)
20 cigarettes a day for 1 year	£3,348.80	Average cost for a 10-night holiday abroad for a family of 4 (£3,800 as of 2018)
25 cigarettes a day for a Month	£368.90	£431 (average monthly cost of groceries for a family of 4)

\*estimated cost based on lowest legal price of £9.50 per 20 pack of cigarettes

**HOW WOULD YOU LIKE TO SPEND THE MONEY?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



**TOP TIPS TO HELP YOU MANAGE YOUR CRAVINGS**

- **DELAY** acting on the urge to smoke – see how you feel in 10 minutes.
- **DISTRACTION** techniques – take your mind off the craving by doing something else: puzzles, games on mobile phones or tablets, arts and craft activities, brush your teeth, go for a short walk, research something on the internet, check the weather forecast, put some music on. Focus your mind away from smoking.
- **DRINK** something cold – you don't associate smoking with a glass of orange juice/squash or water
- **DEEP BREATHS** – sit down and relax your body and take five or ten deep breaths and hold the breath and then slowly exhale.
- **REFRAME THE THOUGHT** of "I really need a cigarette!" to "What is the benefit of me smoking? What's the positives of being a smoker?"
- **VISUALISE SUCCESS** – how will you feel when you decline a cigarette saying "No thanks I don't smoke anymore." What health and financial benefits will you see?
- **NICOTINE REPLACEMENT THERAPY** products can also help with cravings and increase chances of successful quit attempts.

All of the above suggestions can be adapted to suit you – what ideas do you have to help manage a craving?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



**STOP SMOKING TODAY**

HELP ME QUIT  
0800 085 2219



## Online Child Safety

The internet is amazing. Children can play, learn, create and connect - opening up a whole world of exciting possibilities. However there are also risks and dangers all parents and guardians should be aware of. During their time online there's a chance that your child may come across inappropriate content, or people online who aren't who they say they are.

Dangers can include:

### Online Child Sexual exploitation (CSE)

When sexual exploitation happens online, young people may be persuaded, or forced, to send sexually explicit images of themselves or take part in sexual activities via a webcam or smartphone. Abusers may threaten to send images, video or copies of conversations to a young person's friends and family unless they take part in other sexual activity. This often follows a period of 'grooming' where the offender will have appeared friendly to gain a child's trust.



### Cyber Crime

Organised criminals can target users, including children, using bogus emails, forums and Apps asking for security information and personal details with the purpose of defrauding people. As well as the risk of being victims more and more teenagers and young people are getting involved in cybercrime themselves. Many do it for fun without realising the consequences of their actions - but the penalties can be severe.

### How can you make sure your child's staying safe?

To help ensure that your child's experience of the internet is as safe as possible you should:

### Talk to your child

Talking openly and regularly to your child is the best way to keep them safe online. Take an interest in what



they are doing online, you might find it helpful to start with a family discussion to set boundaries and agree what's appropriate. Or you might need a more specific conversation about an app or website your child wants to use or something you're worried about.

### Educate yourself

Take some time to learn about games, apps and sites popular with your children. Familiarise yourself with the age ratings which can help to indicate the level and suitability of the content. See if online reviews are available from other parents as these may be helpful.

A wealth of help, advice and guidance is available online, some of it aimed specifically at parents or guardians.

- 📄 [www.getsafeonline.org](http://www.getsafeonline.org)
- 📄 [www.internetmatters.org](http://www.internetmatters.org)
- 📄 [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)
- 📄 [www.saferinternet.org.uk](http://www.saferinternet.org.uk)
- 📄 [www.nationalcrimeagency.gov.uk/crime-threats/cyber-crime](http://www.nationalcrimeagency.gov.uk/crime-threats/cyber-crime)



### Parental controls

Parental controls can be used to block upsetting or harmful content, control in-app purchases or manage how long your child spends online. The good news is parental controls are really easy to set up.

Also ensure that you have full access to any device used by your child.

### What to do if you have concerns

Contact the police if you think your child has been a victim of a crime. Ring ☎ 101 or ☎ 999 in an emergency.

Contact the Child Exploitation and Online Protection command (CEOP) if you are concerned that an adult is behaving inappropriately towards a child on the internet: 📄 [www.ceop.police.uk](http://www.ceop.police.uk)

## Criw Cymreig Update

**Tuesday 15th October** is 'Diwrnod Shwmae', a day to celebrate all things Welsh and an opportunity to have fun and share the Welsh language.

Pupils are welcome to come to school wearing red, green or white (the colours of the Welsh flag!) or to come dressed as a famous Welsh person.

**#shwmaesumae24**

**We have been practising our Welsh phrase of the week.**

## Weather



Sut mae'r tywydd heddiw?

Mae hi'n .....

Model the answer pattern for the children.

Ydy hi'n ..... heddiw?

Ydy / Nac ydy

Model the answer pattern for the children.

..... ac yn .....

heulog	boeth
bwrw glaw	bwrw eira
wyntog	sych
stormus	wlyb
braf	
oer	