



ARCHDEACON JOHN LEWIS NEWSLETTER

'Strength through knowledge and faith.'

Friday 19th September 2025

Attendance: 92%

Dear Parents/Carers,

On Wednesday, we held an Open Evening for parents/carers to catch up on how your child is settling in and to provide you with a little more information about the curriculum. If you were not able to attend, you will be able to view this information on Seesaw or be provided with a copy from your child's class teacher.

Thank you to Rev Mark, Mrs S Parfitt, Mrs A Parfitt, Mrs Harrison and Mrs Elward from St Mary's Church, Brackla, for holding a Coffee morning for the Nursery/Reception parents/carers. The parents enjoyed a play with their children and a Bible story from Rev Mark. A good chance for new parents to get to know each other. There will be opportunities for all parents/carers to attend Messy Church Coffee mornings with the parish throughout the year.

With the term in full swing, we have a few activities next week: Kerbcraft for Year 2 pupils, a French assembly as part of European Day of Languages and on Friday 26th September at 9:15am we will be holding our Harvest Eucharist, of which you and your families are warmly invited. We will be collecting items for the Bridgend Foodbank and donations can be brought to school from Monday. Thank you.

Have a lovely weekend.

Mrs Forster

Acting Headteacher



Visit the [Bridgend Foodbank website](https://bridgend.foodbank.org) to find out what donations are most urgently needed.

<https://bridgend.foodbank.org.uk/give-help/donate-food/>

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



- **Friday 26th September:** Harvest 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'
- **Thursday 2nd October:** Online Safety Workshop for parents, 6pm
- **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

Head Lice

We have had a few cases of Head Lice reported through the school and would like to take this opportunity to remind parents of the following:

- please check your child's hair weekly and treat as soon as soon as head lice are spotted
- we recommend that long hair is tied up for school

More information can be found here: <https://www.nhs.uk/conditions/head-lice-and-nits/>

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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Safeguarding Children Online

Over my year as Acting Headteacher, I have had to deal with an increasing number and very worrying safeguarding issues relating to online/social media use which have occurred outside of school.

You will know from recent research and press coverage what effects using devices has on children. We have included in this newsletter some information regarding safeguarding your child online.

An Online Safety workshop with Mat Jones (Lead Officer for Digital Learning at BCBC) has been arranged and we would like to invite all parents to attend. Please find more information about this on the next page.

In the meantime, please monitor your child's online activity.

Some Useful Links:

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

<https://www.internetmatters.org/>



<https://hwb.gov.wales/keeping-safe-online>

<https://www.bbcchildreninneed.co.uk/about-us/staying-safe-online/>



The screenshot shows the top of the Hwb website. At the top left is the Welsh Government logo with the text 'Llywodraeth Cymru Welsh Government'. To its right is the 'ADDYSG CYMRU EDUCATION WALES' logo with the tagline 'CERDDODWTH ERH CENEDL | our national mission'. Below these is a large red banner with the 'Hwb' logo in white. Underneath the banner is the heading 'Keeping safe online' followed by the text: 'The latest news, guidance, resources and training to help you, your school and your family stay safe, secure and smart online.' Below this is a card titled 'Advice for children and young people' with a sub-heading 'Learn more >' and an illustration of a person's head inside a smartphone frame.

There are lots of resources on Hwb regarding Online Safety. You can access these by using your child's Hwb log in.

AGE RESTRICTIONS ON MAIN UK SOCIAL MEDIA SITES	
	Facebook 13+
	Instagram 13+
	Snapchat 13+
	TikTok 13+
	YouTube 13+
	WhatsApp 16+

Dear parents/carers,

We are excited to invite you to our upcoming **'Online Safety Learning Event'** with Mat Jones, Lead Officer for Digital Learning at BCBC.

The event aims to encourage thinking around children and their relationships with online technologies, including social media and mobile apps, whilst highlighting the increasing risks posed to children by the online and digital world.

Here are the details:

Date: Thursday 2nd October

Time: 6pm

Location: Church Hall, Archdeacon John Lewis Primary School

Here is the agenda:

- The parent/carer online safety learning session will cover:
- Mobile apps children are commonly using
- Mobile apps to be aware of and those that pose risks
- Mobile app age-restriction settings
- Are children ready for social media and over-aged apps (consequences, responsibilities, digital footprint)?
- The risks of under-aged children using social media and video games
- Bridgend learner context
- How to report and remove harmful content
- Family agreements for our devices and our time spent online

We would be grateful if you could attend.

Mat will also be holding discussions with our Year 4, 5 and 6 pupils on this day.

Please confirm your attendance prior to the event by messaging the school office via Gateway/email.

We look forward to seeing you there!

Kind regards,

Mrs L Forster

Acting Headteacher

What Parents & Educators Need to Know about GROUP CHATS

WHAT ARE THE RISKS?

On messaging apps, social media and online games, group chats are one of the most popular ways that children connect. Group chats allow messages, images and videos to be shared in one place and help friendships flourish; however, they also come with a number of risks.

TEASING AND BULLYING

Children of all ages are keen to fit in socially, and group chats can sometimes complicate that process. While group chats can foster connection, they can also give way to mean comments or jokes at someone's expense, especially when others join in for laughs. When bullying happens publicly, in front of friends and classmates, it can intensify the emotional impact – adding to embarrassment, anxiety and feelings of isolation for the child being targeted.

UNKNOWN MEMBERS

Children often can't control who is added to a group, which can lead to privacy concerns. Sharing personal details in group chats can be dangerous, and children have no control over what others do with the material they send. Some members of the chat might even decide to use such information maliciously.

PEER PRESSURE

Children may feel they have to constantly stay engaged just to be included and keep up with the conversation. In some cases, they might partake in inappropriate behaviours – like sharing explicit photos, jokes or teasing – just to fit in. Group settings can also encourage children to act in ways they normally wouldn't, or stay silent when they know something is wrong, out of fear of being excluded. Some children may find it difficult to leave toxic group chats.

INAPPROPRIATE CONTENT

Some group chats may include inappropriate language or imagery. Even if a child isn't actively participating in the conversation, they may still be exposed to this content simply by being part of the group. Some apps have disappearing messaging features, where content is only available once or for a few seconds, which makes it harder for children to report something they've seen.

EXCLUSION AND ISOLATION

Exclusion in group chats is common and can take several forms. Sometimes a new group is created specifically to leave one child out on purpose. In other cases, the chat may happen on an app that a child doesn't have access to, making it impossible for them to join in. This can cause feelings of being left out – even unintentionally.

VIDEO AND LIVE CHATS

Many popular apps allow children to engage in live streaming with interactive chats or have group video chats. Anyone can be added to these streams, and often children tag peers in the comments and have conversations which are unmoderated. There's a risk of being exposed to inappropriate or violent content and offensive language, either in the group videos or via the group chats.

Advice for Parents & Educators

CONSIDER OTHERS' FEELINGS

Group chats can become an arena for children to compete for social status. Help children consider how people might feel if they behave unkindly. If a child does upset someone, encourage them to reach out, show empathy and apologise for their mistake.

SET SOME GROUP CHAT RULES

Discuss safe group chat practices, such as asking a peer for consent before adding them to a group chat, or leaving a group chat if a stranger is added. Tell children that if they're added to a group they didn't agree to beforehand, it's OK for them to leave immediately.

BLOCK, REPORT AND LEAVE

If a child encounters inappropriate content or feels uncomfortable in a group chat, encourage them to block and report the sender and leave the group. Make sure children know it's OK to leave a group chat if they feel uncomfortable or unsafe.

SUPPORT, NOT JUDGEMENT

Group chats are an excellent way for children to connect and feel like they belong. However, remind them that they can confide in you if they feel bullied or excluded, instead of responding to the person who's upset them. Validate their feelings and empower them by discussing how they'd like to handle the situation. You can also encourage children to speak up if they witness others being bullied.

PRACTISE SAFE SHARING

It's vital for children to be aware of what they're sharing and who might potentially see it. Ensure they understand the importance of not revealing personal details – like their address, their school, or photos they wouldn't like to be seen widely. Remind them that once something is shared in a group, they can't be certain where it might end up or how it might be used.

SILENCE NOTIFICATIONS

Being bombarded with notifications from a group chat can be an irritating distraction – especially if it's happening late in the evening. Explain to children that they can still be part of a group chat while disabling notifications. In fact, it would be healthier for them to do so, helping them avoid the pressure to respond immediately.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant at BCyberAware, who has developed anti-bullying and cyber-safety workshops and policies for schools in Australia and the UK. She has written various academic papers and carried out research for the Australian government, comparing the internet use and online behaviours of young people in the UK, USA and Australia.

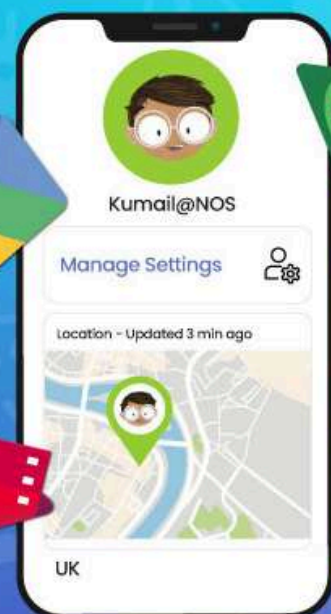
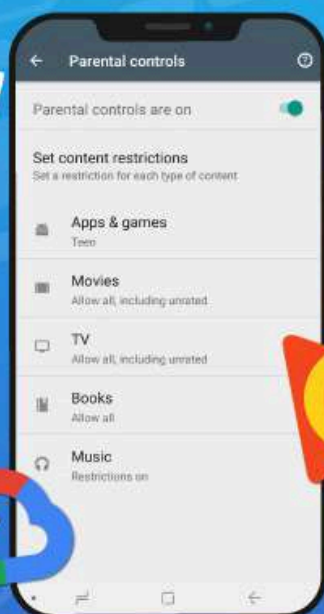


#WakeUpWednesday®

The National College®

How to Set up PARENTAL CONTROLS for APPS on an Android Phone

On Android phones, restricting access to particular apps usually requires going onto Google Play. From there, it's fairly easy to navigate your way through the settings to manage the parental controls and authentications relating to any apps on the device. These features can prevent your child from downloading or buying anything unsuitable for their age. Updated versions of apps or games that your child has already installed may occasionally contain something inappropriate, so we've explained how to stop those, too.



How to Block App Downloads (This Also Disables In-app Purchases):

- 1 Open Google Play Store
- 2 Tap the profile icon in the top right
- 3 Tap Settings
- 4 Scroll down to the Family section and tap Parental controls
- 5 Toggle 'Parental controls are off' to 'Parental controls are on'
- 6 Create a PIN and tap OK
- 7 Confirm your PIN and tap OK again
- 8 Tap Apps & Games
- 9 Set the age limit you wish to set (18+)
- 10 Tap Save to apply your changes

How to Stop Auto-updates

- 1 Open Google Play Store
- 2 Tap the profile icon in the top right
- 3 Tap Settings
- 4 Tap Auto-Update Apps
- 5 Select 'Don't auto-update apps' and then tap Done

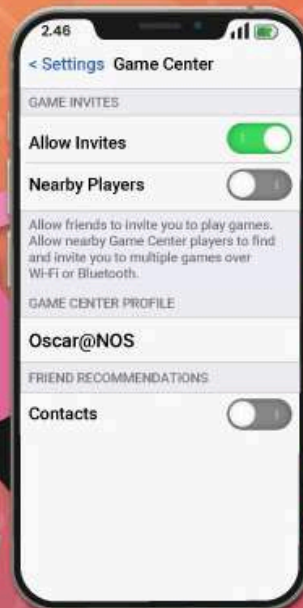
Restricting Apps Through Google Family Link

- 1 Open Google Play Family Link for parents
- 2 Tap the three horizontal lines in the top left
- 3 Select your child's account
- 4 Tap Manage
- 5 Tap Controls on Google Play
- 6 Tap Apps & Games
- 7 Select the age limit you wish to set (18+)



How to Set up PARENTAL CONTROLS for APPS iPhone

Apple devices come with built-in apps already available: Mail, FaceTime and Safari, for example. However, you can choose which apps and features appear on your child's device and which ones don't. You can also manipulate the features in Game Centre to enhance your child's safety and privacy when playing games, as well as blocking iTunes or App Store purchases if you wish.



How to Restrict Built-in Apps/Features

How to Restrict Game Centre

How to Restrict iTunes & App Store Purchases

- 1 Open Settings
- 2 Tap Screen Time
- 3 Tap Content & Privacy Restrictions
- 4 Tap Allowed Apps (you may need to toggle this to 'on' at the top)
- 5 Enable or disable the apps you wish to appear (or disappear) on your child's device

- 1 Open Settings
- 2 Tap Screen Time
- 3 Tap Content & Privacy Restrictions
- 4 Tap Content Restrictions (you may need to switch the toggle at the top to the 'on' position)
- 5 Scroll down to Game Centre
- 6 Choose between Allow, Don't Allow, or Allow with Friends Only in the settings for each feature

- 1 Open Settings
- 2 Tap Screen Time
- 3 Tap Content & Privacy Restrictions
- 4 Tap iTunes & App Store Purchases
- 5 Select Allow or Don't Allow for each feature (you can also lock these settings with a password)



www.nationalonlinesafety.com



Llywodraeth Cymru
Welsh Government

KEEPING SAFE ONLINE

YOUTH GROUP



HAVE YOUR SAY

APPLY NOW!

An amazing opportunity to
have your voice heard

Influence content created
for young people

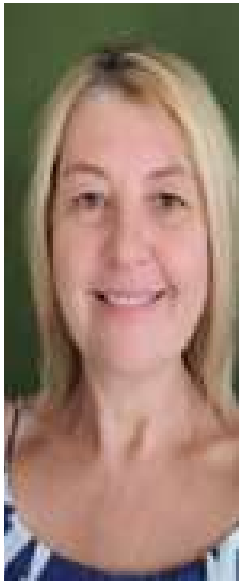
Dig deep into topics that
affect teens online



Grŵp Ieuenctid Cadw'n Ddiogel Ar-lein
Keeping Safe Online Youth Group







We would like to introduce **Carolyn Richards** our Community Focused Schools Family Engagement Officer (CFS FEO).

She has 35+ years experience of caring for and educating children and young adults.

“As an empathetic and compassionate mother of twins, I am excited to be part of your families journey through school and I am eager to develop my links within your community and families.

Please say hello, stop and chat or just acknowledge me with a wave when you see me around school.

Remember its hard to be a new face in a crowd.”

I am in school every Tuesday, please contact me through the school office.



Community Focused Schools

Did you know...

28% of children in Wales live in relative income poverty.

This can have an impact on:

Literacy skills



By age **5**

children living in low income households may already be a year behind in their literacy skills!

School attendance



-8 percentage points

is the difference in school attendance in Wales between those eligible for free schools meals and those who are not.

GCSE attainment



A* to C grades in 2021 to 2022 were

28 percentage points

lower for children in Wales who are eligible for free school meals than those who are not.

Community Focused Schools are a crucial part of our national mission to tackle the impact of poverty on educational attainment.



Community Focused Schools can help tackle the impact of poverty on educational attainment by:



Supporting strong links between schools and families to better support children's learning, aspirations and attendance.



Supporting families to help their children with their learning at home and improving the home learning environment.



Encouraging conversations about learning.



Offering connected learning opportunities between home, school and the community.



Helping to lessen the impact of the pandemic on learning.



Providing high quality Early Childhood Play, Learning and Care (ECPLC).



Working together with the community.



Providing links to wider support services ensuring easier access for families and children.

Welcome to the SHINE Padlet



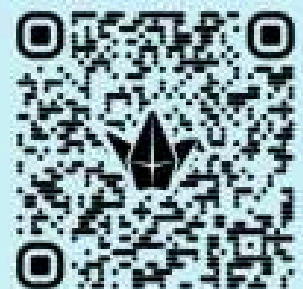
Schools **IN**reach Emotional
Wellbeing Service

This is an innovative platform that facilitates communication between parents/carers, school staff & external organisations.

It works as an online noticeboard.
Take a look at all our excellent resources, information & signposting.

Please click on the link or scan here to access a wealth of SHINE original resources:

<https://padlet.com/camhsshine1/camhs-shine-whole-school-approach-service-xzhh9qfp7el2sgzc>

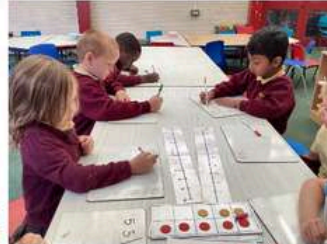


GIG
NHS
WALES

Bwrdd Iechyd Prifysgol
Cwm Taf Morgannwg
University Health Board



Making salt dough dinosaur 16/09/25



Count on from any number 18/09/25



Friends of Archdeacon John Lewis PTA



Are you a Parent, Grandparent, Auntie or Uncle of a child who attends our school?

If so we would really like your help, if you have some time to spare.

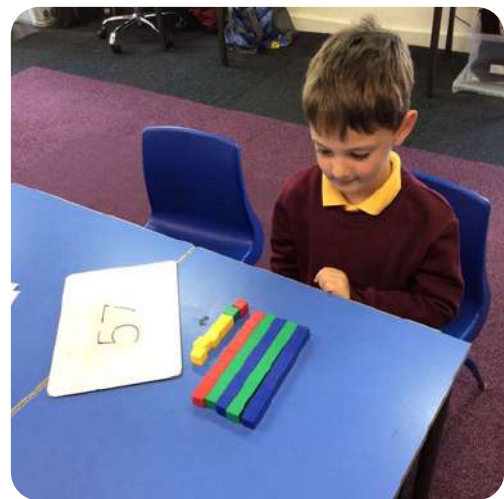
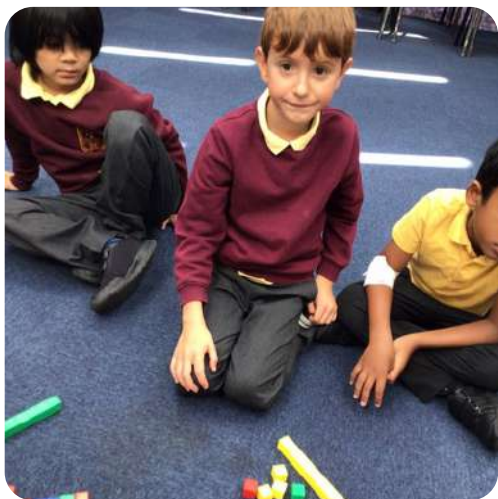
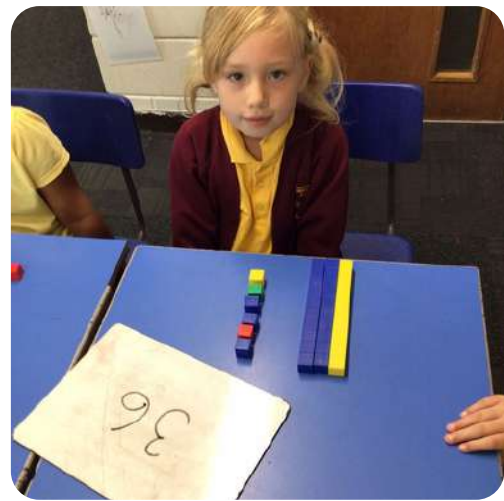
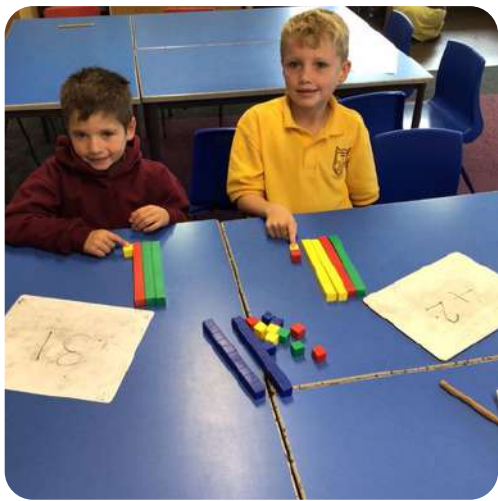
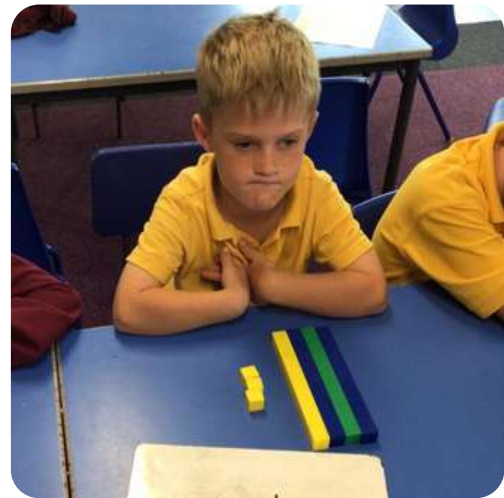
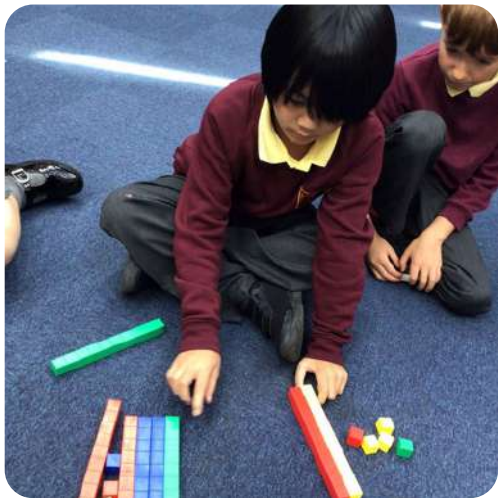
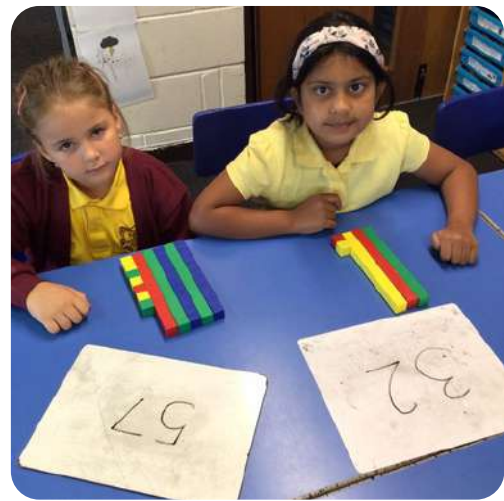
The PTA put on fun events throughout the year for all the children to enjoy, whilst at the same time raising some extra funds.



However much or little time you can spare, our PTA would love you to come and join us.

Our first meeting will be held in the school staff room on Tuesday 23rd of September at 3:30pm. (you are welcome to bring your children with you)

For any further information contact: Mrs Hulme via the school office, leaving a forward email or phone number.



Rights Respecting Super Ambassadors

Our Super Ambassadors met this week. We looked at the Children's Commissioner for Wales website and watched a video of our Commissioner Rocio Cifuentes introduce herself. Her role is to promote and protect children's rights in Wales.

Monthly matters are set for children to discuss in class and then complete a survey. The data from these surveys are shared the following month. We will be discussing these in more detail during our meetings.

September's Monthly Matter is about school uniform.

Is school uniform important?

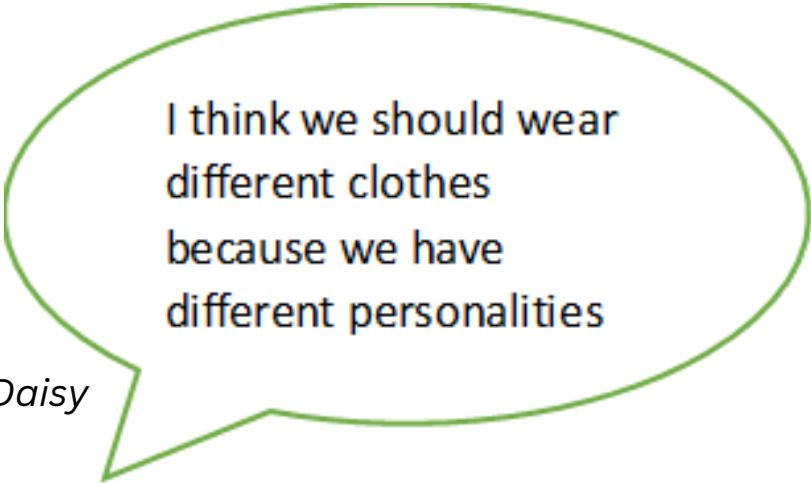
Is your uniform comfortable?

What about the cost of school uniform, is this something you know about?

Click on the link and check out the website if you would like to find out more:


[Home - Children's Commissioner for Wales](#)

Remember: Article 12 – Right to proper food, clothing and housing



I think we should wear
different clothes
because we have
different personalities

Daisy



My uniform is nice and
comfortable and keeps
me warm

Carter



We are the Kings
and Queens
of 2025!





The children eagerly shared with their peers how they celebrated Onam with their families.



The Titanic: Investigating the past through sources



What is RSE?

Young people should have the right to access information that keeps them safe from harm. This includes learning about healthy relationships, keeping safe, online and offline, and being confident to raise issues with responsible adults.

RSE is designed to safeguard all our children and young people, supporting them to develop knowledge, skills and behaviours that will assist in protecting them throughout their lives.

This is critical to building a society which treats others with understanding and empathy, whatever their ethnicity, social economic background, disability, sex, gender or sexuality.

Please see below some information regarding RSE (Relationships and Sexuality Education).

If you would like to view our teaching materials or talk to the RSE lead then you would be welcome to do so. Please contact the school office to arrange an appointment or phone call.

All RSE lessons are delivered in the Summer term once the children are comfortable with their teachers and at their most mature stage of the school year.

Relationships and Sexuality Education

Growing Up



information leaflet for Parents/carers

Cyflun Ysgolion Iech Gwynedd



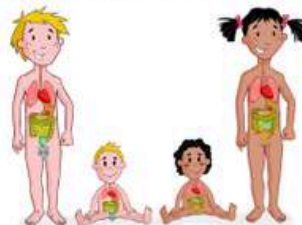
Gwynedd Healthy Schools Scheme

Our school is participating in the Gwynedd Healthy Schools Scheme and as part of the work we will be teaching Relationships and Sexuality Education.

The purpose of this booklet is to provide you with information on what will be introduced to the children.

Relationships and Sexuality Education will be introduced to pupils through:

- Circle time activities.
- Gwynedd Healthy Schools 'Growing Up' resources.
- Story books.
- Curriculum subjects e.g. Science, Religious Education.
- Personal and Social Education programmes.
- Informally as opportunities arise in the classroom.



Learning Outcomes for the Foundation Phase

By the end of the Foundation Phase 2 pupils will be able to:

- Differentiate between appropriate and inappropriate touching.
- Use the correct words to name parts of the body in order to differentiate between male and female. The terms we will be using are penis (pidyn), testicles (ceiliau), breasts (bronnau) and vagina (fagina/gwain).

Learning Outcomes Years 3/4

Following a series of lessons pupils will:

- Understand the importance of their personal safety.
- Understand what to do or to whom to go when feeling unsafe.
- Take increasing responsibility for keeping the mind and body safe and healthy.
- Value families and friends as a source of mutual support.
- Develop respect for themselves and others.
- Understand how cultural and religious beliefs can affect the way people think.
- Respect differences and acknowledge the importance of equal opportunities.



Learning Outcomes Years 5/6

Following a series of lessons pupils will:

- Understand the reasons for the physical and emotional changes which take place during puberty, including conception, pregnancy and birth.
- Understand the range of their own and others' feelings and emotions.
- Know what to do or who to turn to when they are not feeling safe.

If you wish to see a copy of the school's policy or any of the resources or for more information you are welcome to contact the school.

OCTOBER HALF TERM INTENSIVE SWIMMING LESSONS

Get **50% OFF** your
booking — only **£15.75**
total for 4 lessons!
That's just **£3.94** per session!*

Limited spots – don't miss out!
Call us on **01432 842075**, or pop in to
your local pool to secure your child's place.

*Terms & conditions apply


halo

Food support is available

The effects of the cost-of-living crisis are still with us, with food insecurity continuing to impact families across Wales and the rest of the UK.

If you, or someone you know, could benefit from food support, there is a range of services available across the county borough to help.

To find out more, please click on the link...

<https://www.bridgend.gov.uk/residents/benefits-and-support/cost-of-living-support/>



WELSH VEG IN SCHOOLS

Growing a Healthier Future for Wales

What is it?

An initiative led by Food Sense Wales in collaboration with Castell Howell, Farming Connect Horticulture, growers, farmers and local authorities to get more locally grown, organic vegetables into primary school meals across Wales.



Why do it?

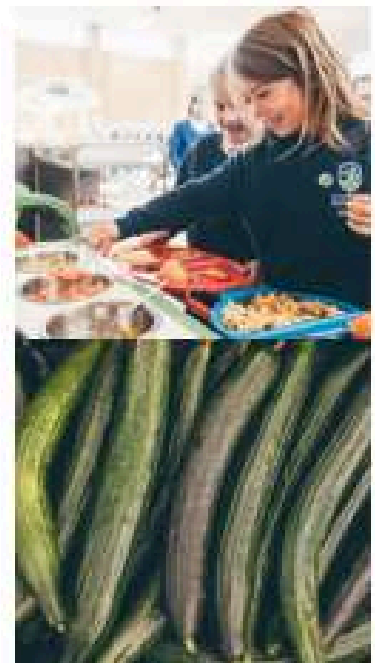


- Improve children's access to healthy, local food
- Support Welsh farmers and growers
- Build strong local food systems
- Tackle climate change
- Increase biodiversity

Who benefits?



- Primary aged children in a selection of schools across Wales during the summer Food and Fun sessions and the autumn term
- Schools receive fresh veg like carrots, broccoli, tomatoes, cucumbers and much more



Impact so far

Started in 2022:

- 1 grower
- 1 tonne of courgettes
- 1 local authority area



- 3 tonnes CO₂e saved
- 35% increase in biodiversity
- 1.2 full-time jobs created



In 2024:

- 14 tonnes delivered to 200+ schools
- 200,000 portions served

In 2025:

- 15 growers involved
- 60 tonnes of veg = 1 million portions
- 12 local authorities participating



Why it matters

- In 2022, only 6% of veg bought for the public sector in Wales was being sourced from Wales
- This initiative helps:
 - ◊ Provide local, organic veg for nutritious school meals
 - ◊ Support local farmers and growers
 - ◊ Cut carbon emissions
 - ◊ Support wildlife and biodiversity
 - ◊ Reduce reliance on imports



Vision for 2030

- 25% of all primary school veg to be local and organic.

What's needed

- Support and training for farmers and growers
- Investment in equipment and infrastructure
- Connect children to where their food comes from
- 3p per meal per day for 2 portions of seasonal, local organic veg

Voices from the field



We're delighted to be involved in this amazing project. It's a fantastic opportunity to supply fresh, local food to local schools. At Gardd Enfys, we're also working directly with schools to show children where their vegetables are grown and help them connect with the food on their plates.

Ruth Davies, Grower

I'm really excited to be part of the Welsh veg into schools project, it means that great food is getting to those who need it most, our future generations. I hope we can inspire them to not only be passionate about eating healthy, environmentally conscious food, but to also be the future farmers and growers who will feed us all in return.

Katherine Langton, Langtons Farm



Get Involved

Learn more: foodsensewales.org.uk

Contact: foodsensewales@wales.nhs.uk

