RRS Committee



Our Rights Respecting Schools committee delivered class assemblies and updated classroom displays with the article of the month:

Article 2: No discrimination
Every child has these rights no matter what.

The RRS Committee have also been busy preparing for our upcoming events: Children in Need, Anti-Bullying Week and UNICEF's World Children's Day.

UNITED KINGDOM
unicef
Rights Respecting Schools

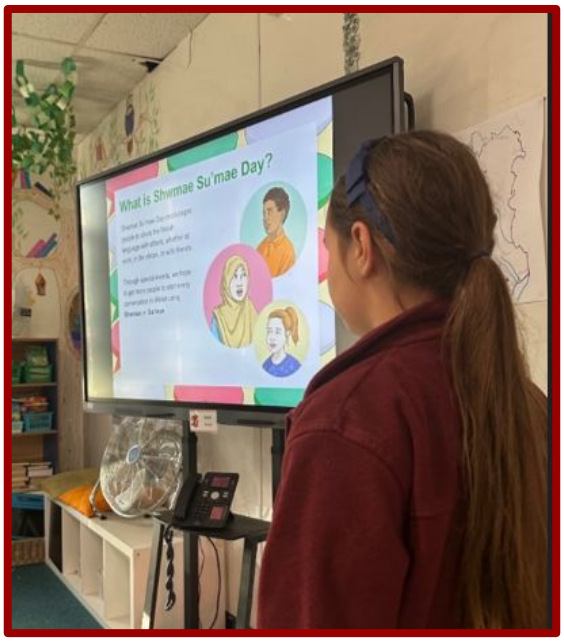


Criw Cymraeg

The Criw Cymraeg loved greeting everyone on Diwrnod Shwmae. They also loved judging the cakes as part of the Urdd PobUrdd and CogUrdd competitions. Llongyfarchiadau to the winners.











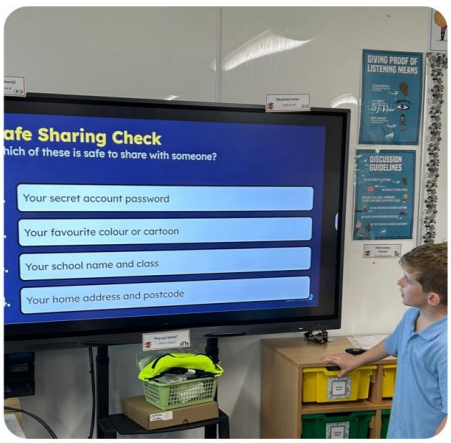




Digi Dudes

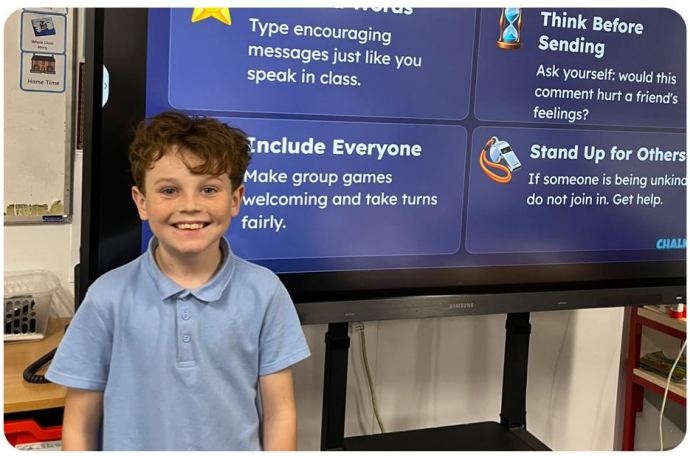
Ambitious Capable Learners

Our new Digi Dudes have had a brilliant start to the new year!
The confidently presented to their classmates, reminding everyone about our school's online safety rules. They spoke clearly and responsibly, sharing important messages about how to stay safe, kind, and respectful when using technology. The children listened carefully and were reminded of the key steps they can take to make positive choices online and help keep our school community safe.



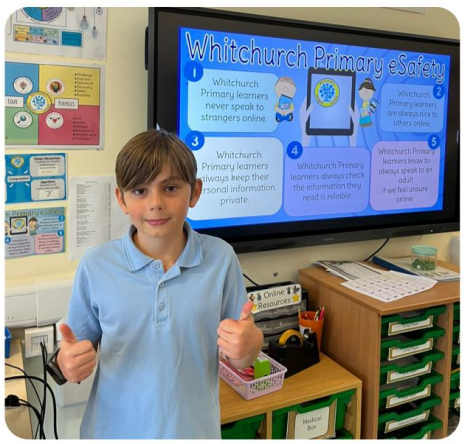


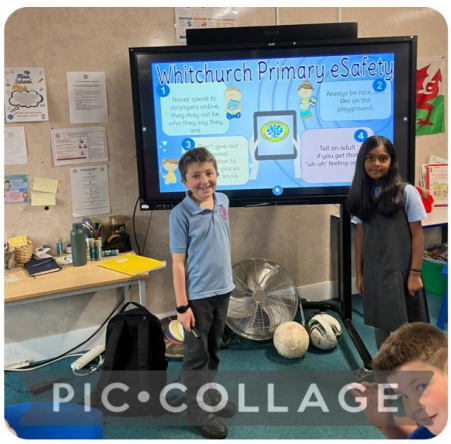










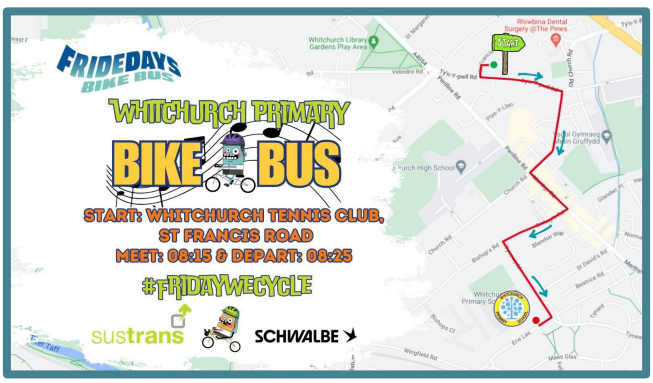


ACTIVE TRAVEL

We completed our first Wednesday Bike bus this half term. It was a beautiful Autumn morning and we really enjoyed cycling together!







Edward is part of our pupil voice Active Travel group and he will be encouraging other children to join him cycling to school !

Sporting Success

We are delighted to share that Gabriel in Year 2 has been selected to represent the Cardiff & Vale Schools FA.

This is a fantastic achievement and a testament to Gabriel's hard work, dedication and talent!

We are incredibly proud of him and look forward to hearing about the team's future successes.



Sporting Success

Congratulations to all the children who have played sport this half term!











Sporting Success

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Sporting Success

Congratulations to all the children who have played sport this half term!



Well done to our Year 6 rugby squad who played against St. John's College.
Great attitude, teamwork and respect shown throughout the match.
Da iawn bechgyn!



Sporting Success



Well done to our Year 6 rugby squad who attended the annual Cathedral School rugby festival.

Great performances and teamwork from all. The team managed 5 wins out of 5!





Year 3 Trip: Caerleon

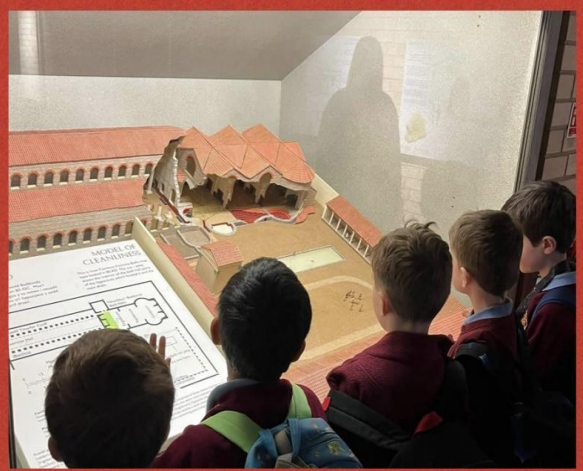




Year 3 had a fantastic day at Caerleon! We explored the barracks, tried on Roman armour and visited the museum. During an exciting Roman soldier workshop, we learned about life in the Roman army, discovered lots of fascinating facts and practised different battle formations. The highlight of the day was seeing the impressive amphitheatre ruins and Roman baths, bringing our learning about the Romans to life.










Reception: Local Area Walk

Reception had a lovely walk around our area. We were super detectives spotting different types of houses and homes, features of homes and how they are different on different types of homes. We also spotted 'For Sale', 'Sold' and 'To Let' signs, we discussed what this means and any experiences the children may have had of this. We were also lucky enough to see Whitchurch Builders Yard and talked about what they do there and some building work actually happening on a home.





Year 2 Train Trip

Year 2 enjoyed a trip to Llandaff Train Station to launch their new topic on Transport. Pupils had the chance to look at the timetable, plan their journey on the train, and to travel to Taffs Well to see the depot. They also had the chance to learn about the new electric Metros. It was a fantastic day, full of purposeful, authentic learning.









Year 5: Rhondda Heritage Park



The pupils had a fantastic day at Rhondda Heritage Park, immersing themselves in the history of Welsh coal mining.

They enjoyed a Welsh coal mining experience, learnt lots in a workshop about the lives of coal mine workers and had a chance to explore the museum!





10 Top Tips for Parents and Educators

CREATING FAMILY RULES FOR USING DEVICES

A set of family rules agreed on with children can promote the safe, responsible use of devices like tablets, smartphones, gaming consoles and computers. By developing rules around technology, it opens the conversation regarding boundaries and expectations, ensuring a healthy balance of screentime. This guide will help you to develop an age-appropriate family agreement to suit your household.

1 WORK TOGETHER

Collaborating with children when setting rules around the use of technology is a valuable task that can encourage them to take more ownership. It's important to make rules which reflect your family and are age appropriate. Think about what you all enjoy doing online and what apps, games or devices children use most frequently.

2 AGREE TIME LIMITS AND SUITABLE TIMES

Be realistic when setting screen time limits. These can vary depending on the child's age, whether it's a weekday or weekend, and what they're actually doing online. If they're conducting research for homework, that might require more time than if they were playing games. Consider when screen time begins: does it come after chores and homework? Agree times when technology and phones must be put away.

3 ENCOURAGE HONESTY

Family rules ensure that everyone can have fun with their devices and be safe while doing so. Nonetheless, children may make mistakes as they learn to navigate the online world. Emphasise that if they ever feel worried, unsafe or upset about something they've done, sent, said or received, they should tell you immediately so you can help them resolve the problem.

4 CHARGING AND OVERNIGHT STORAGE

To ensure children get the downtime they need overnight, it's important that devices – especially smartphones – are kept in a common space, where possible. This reduces the chance of pointless late-night scrolling or sleep being disturbed by calls, messages or notifications. There are charging boxes you can purchase, or all gadgets could be charged in the kitchen overnight to avoid distractions.

5 REVIEW RULES REGULARLY

Anything you agree on isn't set in stone. These rules will likely alter as children get older and the way they use technology changes. Take time to review these as a family; discuss what's working, and what isn't. Communication is key – so by doing this, you involve the child in their own online safety while promoting an open dialogue.

6 PROTECT PERSONAL INFO

Discuss and demonstrate the importance of protecting your personal information. Talk about what details you share online and who with. Use parental controls to block children from connecting with strangers, so that any information they do share is among their real friends. Ask a child's permission before posting any photos of them on social media, as this demonstrates positive online behaviour that they should learn and remember.

7 BE RESPECTFUL

Highlight the importance of showing respect to others when using technology. Encourage children to speak kindly to others online – such as on social media, when playing multiplayer games or in group chats (which can often lend themselves to teasing behaviour). Explain that if they aren't treating others considerately, they might be made to stay away from their devices for a while.

8 "NO TECH" ZONES

Designating spaces in the house where technology isn't allowed (for example: bedrooms, bathrooms and at the dinner table) lets you keep an eye on what children are viewing and who they're communicating with. It gives you some quality, screen-free time with them, too. It also helps reduce any impulses to potentially engage with inappropriate content, as they're unlikely to do so in a common space within the home.

9 AGREE ON CONSEQUENCES

BAD CHOICE

GOOD CHOICE

As a family, discuss why the rules are important: to balance their screentime, to ensure everyone enjoys gaming or interacting online, and that they are safe when doing so. Therefore, if these rules are broken, there has to be a consequence. Discuss what would be fair for certain breaches of the rules, as this can prevent a disproportionate response in the future.

10 KNOW ALL PASSWORDS

To protect children from inappropriate content, parents should have access to all passwords. Parents should also make it clear that they will check children's devices, should they have any concerns about their use. Emphasise that this isn't due to a lack of trust but is an extra way of keeping them safe.

Meet Our Expert

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



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