

Hi All,

Welcome to the March issue of the PSE newsletter. Hopefully you all had a nice half term. This month in school there is a number of rescheduled parents evenings so please take note of the dates below.

PSE Lessons in March

PSE lessons in Lewis School Pengam this month is shown in the table below.

Year 7	Year 8	Year 9
Anti bullying awareness	Digital Competency Mental Health	Relationships and Sexuality Education Options Advice

Thankfully this month PC Jones (our school police liaison officer) will be coming into school and delivering lessons that appear on the police schoolbeat website - <u>https://schoolbeat.cymru/</u>





- 3rd Year 11 Options Evening
- 10th Year 9 Parents Evening
- 17th Year 9 Options Evening (6pm Start)









Congratulations to the year 7 football team under the guidance of Mr Vincent who has progressed to the quarter finals of the Welsh cup where a home tie awaits. Good Luck you have represented the school excellent this year



Lewis School Pengam Personal Social Education Newsletter



March 2022

@LSP_PSE

stranh@lsp.wales



Sharing the LOVE!!!

February, traditionally the month of love, was truly spectacular around school for two reasons. Firstly, it was LGBT History Month and pupils and staff spent time reflecting on LGBT icons past and present. There was one of our legendary coffee mornings where we could wear our colours, eat, drink and be merry and learn a bit about the theme of this year's LGBT History Month which is Politics in Art.



We stretched the theme a bit to include a rather impressive playlist, curated by Miss Hacker that got us all singing and thinking. We never miss an opportunity to raise some money for charity and this year we collected money for the National AIDS Trust, which provides valuable support for many LGBT people. Other highlights include the amazing registration resources created by Mr Strange with plenty of related thoughts for the day, Mr Strange's, Miss Hacker's and Mrs Oliver's displays and the rainbow laces and lanyards worn around school.



The second reason is that the Climate Coalition has declared February the month to show love to the environment. Our eco committee, a.k.a. Pengam's Green Machine, made and displayed green hearts around the school and then years 7-9 went outside on Valentine's Day and created a human heart shape that was photographed by Mr Salter. Pengam's Green Machine also had a very productive meeting planning more positive action, conducted a litter pick along the River Rhymney and spent hours sorting our recycling and Terracycling to make sure we are sending less rubbish to landfill and recycling more, including difficult to recycle items. Many pupils also wrote a letter to our local MP, Wayne David, highlighting issues relating to climate change, explaining what positive actions we are taking as a school to tackle the problem and asking him to raise awareness in Parliament. We are awaiting a response!





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Please speak to Miss Treweek if you would like any further information about LGBTQ+ or Eco related issues or would like to take part in any future events.

You can email: treweekp@lsp.wales.

Pengam's Green Machine will be working on making improvements to our recycling systems in the near future, planting a wild garden, holding more litter picks and learning new eco crafts, amongst other things, in the very near future. We also have some top secret work to undertake with Eco Schools Wales.



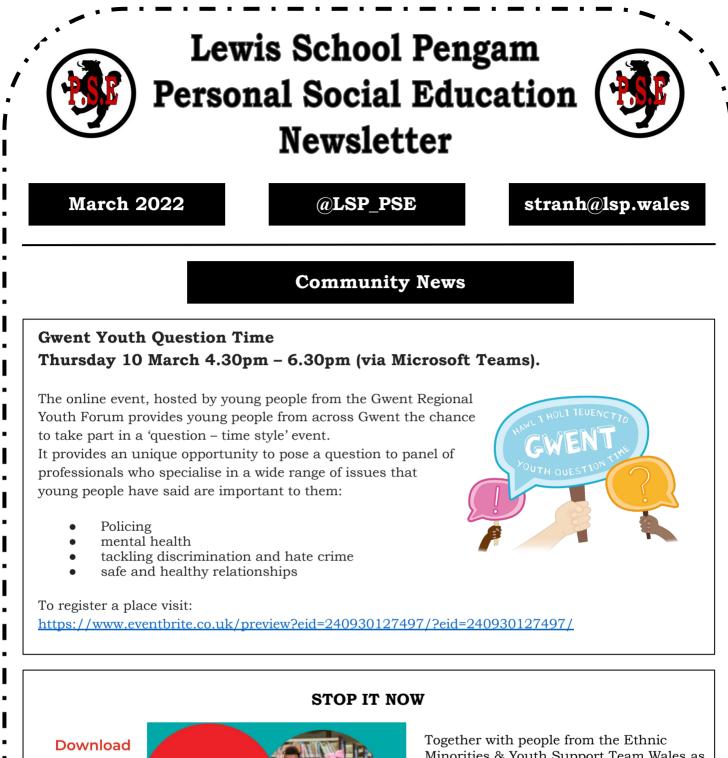
School Event

You can leave your hat on!

On Friday 25th March it is Wear a Hat Day and you are all welcome to wear your favourite headgear to school. The idea is to raise money for Brain Tumour Research so we will ask for a donation of at least £1 to help the charity. Did you know that brain tumours kill more people under 40 than any other type of cancer? We can help by raising some money and awareness.









our leaflet

What we all need to know

Together with people from the Ethnic Minorities & Youth Support Team Wales as well as Stonewall Cymru and Learning Disabality Wales, STOP IT NOW has created new educational leaflets for parents, carers, and professionals with vital information to keep children safe from sexual abuse.

https://www.stopitnow.org.uk/wales/pub lications-and-resources/







Cardiff to Edinburgh.

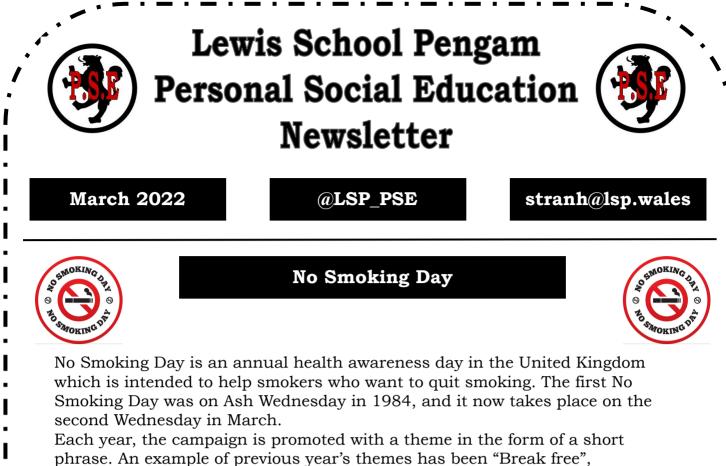
Just a reminder that a group of cyclists including our own Mr Thomas will be leaving Cardiff Castle on April 12th and cycling to Edinburgh. The aim is to raise £50000 for two fantastic charities - Velindre and Latch. If anyone would like to support, the link for the website is <u>C2Cycling</u> (www.c2cycling.co.uk).

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 Cardiff to Edinburgh 2022

 Cardiff to Edinburgh 2022





encouraging smokers to break free from the chains of cigarettes and quit on No Smoking Day and "Time to quit?". Research conducted by GfK NOP following the 2009 campaign found that 1 in 10 smokers quit on No Smoking Day.

Quit smoking

Stopping smoking is one of the best things you will ever do for your health. When you stop, you give your lungs the chance to repair and you will be able to breathe easier.

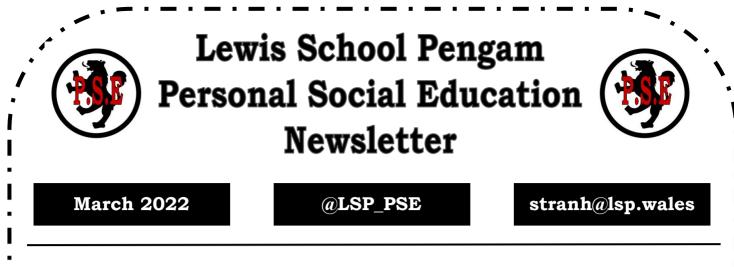




There are lots of other benefits too – and they start almost immediately. It's never too late to quit. Let's do this!







Quitting tips

You have made a great decision to give up smoking. Here are some tips to help you succeed. Once you have picked your quit date, remember to add it to your calendar. https://www.nhs.uk/better-health/quit-smoking/

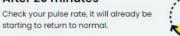
List your reasons to quit.	Tell people you're quitting
If you have tried to quit before, remember what worked.	Use stop smoking aids.
Have a plan if you are tempted to smoke.	List your smoking triggers and how to avoid them.
Keep cravings at bay by keeping busy.	Exercise away the urge.
Join the Facebook group for support and advice.	Throw away all your cigarettes before you start.

What happens when you quit?

The sooner you quit, the sooner you'll notice changes to your body and health. Look at what happens when you quit for good.



After 20 minutes





After 48 hours

All carbon monoxide is flushed out. Your lungs are clearing out mucus and your senses of taste and smell are improving.

0	After 2 to 12 weeks	
2-12w	Blood will be pumping through to heart and muscles much better	
	because your circulation will have	

After 2 to 12 weeks Blood will be pumping through to your



After 1 year Great news! Your risk of heart attack will have halved compared with a smoker's.



After 10 years

More great news! Your risk of death from lung cancer will have halved compared with a smoker's

Personal Social Education Educating Our Future





improved.



3-9m

8h

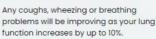
because your bronchial tubes have started to relax. Also your energy will be increasing.

Your oxygen levels are recovering, and the

harmful carbon monoxide level in your

blood will have reduced by half.

After 3 to 9 months







72h

After 72 hours

After 8 hours

If you notice that breathing feels easier, it's

