



# Lewis School Pengam

## Personal Social Education

### Newsletter



April 2022

@LSP\_PSE

stranh@lsp.wales

Hi All,

Welcome to the April issue of the PSE newsletter. In school this month we are looking forward to receiving the results of the SHRN survey which the pupils took in the Autumn term. Some of the findings will be published in the May newsletter. The year 7 football team have a National cup semi final to play at the end of the month.

As a reminder all pupils will break up on Friday 8th and return to school on Monday 25th April, this is a week one.

#### PSE Lessons in April

PSE lessons in Lewis School Pengam this month will consist of finishing off work started in March. The pupils move on to their next topics in year 7 and 8 which looks at global environment issues.

Year 7	Year 8	Year 9
Anti Bullying Global Issues	Mental Health Global Issues	Relationships & Sexuality Education



07/04/22 - Year 10 Parents evening  
(Remember this is being held in school)

08/04/22 - Break up for Easter Holiday  
25/04/22 - Return to school (Week One)



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#### April Events in PE Department



Congratulations again to the year 7 football team as they march on to a semi final place in the National cup against Llanishen after their win against St Cyres. Kick off is 3pm on 28th April at Cardiff West School Good luck boys you have represented yourselves and the school admirably this year



Goodluck to pupils taking part in the National Urdd 7's rugby tournament.

This is a national event which takes place at Pontcanna Fields, Cardiff. Dates of the tournament are opposite

### LSP RUGBY

#### URDD RUGBY 7S DATES

- Tuesday 5<sup>th</sup> April – Year 8
- Wednesday 6<sup>th</sup> April – Year 7
- Thursday 7<sup>th</sup> April – Year 9
- Friday 8<sup>th</sup> – Year 10

Squads and event information will be provided in a few weeks.

Each squad will be a maximum of 12 players.

All competitions are at Pontcanna fields, Cardiff.



Nice to see Aled taking part in year 7 lessons this term. His skills in orienteering must be great.



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#### School News

#### First Give Finals - March 11th

Every year pupils in year 7 compete form against form in order to win a £1000 prize for their chosen charity. This year, 7I were the winners and the money went their chosen charity which was @2wishcharity who give Support for those affected by sudden death in young people.

Special commendation was given to pupils in 7W who were supporting @holibobscharity who provide holidays and short breaks for children in Wales diagnosed with cancer



173  
Puzzle Number

**PUZZLE OF THE WEEK**

Entries open: Mon 28th March Entries close: Sun 3rd April



Vicky has the six cards shown on the right.  
She arranges them so that:



- The first digit is lower than the second
- The number made by the first 2 digits is a multiple of 2
- The number made by the first 3 digits is a multiple of 3
- The number made by the first 4 digits is a multiple of 4
- The number made by the first 5 digits is a multiple of 5
- The entire 6-digit number she makes is a multiple of 6

What 6-digit number did Vicky make?  ?  ?  ?  ?

Extension: Find a different set of 6 cards you could give to Vicky so that she can still complete the puzzle.

#### Puzzle of the Week

This term the school has signed up to "Puzzle of the Week" This is an international puzzle competition for schools. Students submit answers to a challenging puzzle which is published weekly on Mondays. Please sign up on the following website:

[www.puzzleoftheweek.com](http://www.puzzleoftheweek.com)

Pupils in years 7 & 8 will need their parents to enrol them. For further information contact Mr Strange in school.



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#### Community News

**JUNIOR ADVENTURE DAYS**  
with Caerphilly Adventures @ Cwmcarn

AGE 7-12 £25 a day

Bush Craft, Adventure Walk, Canoeing, Stand Up Paddle Boarding

Monday 11th April - Thursday 14th April 2022  
Tuesday 19th - Friday 22nd April 2022

Cwmcarn Forest

Booking essential via the Leisure Lifestyle App. For further information please call 01495 271234 or email caerphillyadventures@caerphilly.gov.uk

Caerphilly Adventures @Caer\_Adventure

After months of planning, colourful Snoopy sculptures are just days away from putting their best paw forward in Cardiff, Porthcawl and Caerphilly.



The free public art trail will see 40 giant Snoopy sculptures on display along with 75 smaller Snoopy sculptures designed by schools across South Wales. The Schools' Snoopy sculptures have already been unleashed and are lapping up all the love in advance of the main trail going live on Friday (8 April).

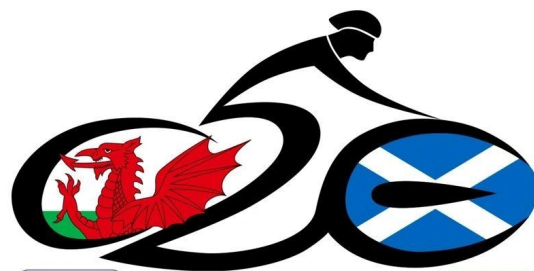
The trail will raise money for Dogs Trust, which has rehoming centres in Cardiff and Bridgend, to help the charity continue to care for thousands of dogs every year whilst they wait to find new loving families and homes. To find out more about the trail and see the map please visit [www.adogstrail.org.uk/art-trail](http://www.adogstrail.org.uk/art-trail)

#### 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.

The link opposite contains detail of the events and how it is possible to sponsor us. Many thanks to those who already have made contributions.



Cardiff to Edinburgh 2022  
Caerdydd i Gaeredin 2022



<https://www.sponsorsome.co.uk/c2cycling/c2e22.aspx>



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#### Community News



**MAKE NEW FRIENDS**

**FUN ACTIVITIES**

**GREAT COACHES**

**AGES 7-12**

# EASTER SPORT SCHEME

**Monday 11th April - Friday 22nd April**

**Caerphilly Leisure Centre 9am-3pm £8.90 per day**  
**Risca Leisure Centre 9am-3pm £8.90 per day**  
**Heolddu Leisure Centre 10am-2pm £5.60 per day**

**Please book via the Leisure Lifestyle APP (Scan the QR Code to download the APP)**

**Bookings must be made prior to attending.**

Parents must complete a consent form prior to their child taking part. This will be carried out when securing your space. Sport Coerphilly reserve the right to cancel these sessions at short notice due to adverse weather and changes to Welsh Government Covid-19 guidance.

**For more information please call 01443 863072 or email Sean Davies: [davies30@caerphilly.gov.uk](mailto:davies30@caerphilly.gov.uk)**

sportcoerphilly 
 @sport\_leisure

# DISABILITY SPORT SCHEME

**AGES 7-12**

Week 1	Activity	Time	Venue	Additional info	Cost
11th April 2022	Skateboarding	1.30pm-3pm	Penllwyn (Pontllanfaith) skate park	Parents/Guardian must be present	Free (limited spaces)
12th April 2022	Sports Camp	9am-3pm	Sue Noake Leisure Centre	N/A	£10
13th April 2022	Sports Camp	9am-3pm	Sue Noake Leisure Centre	N/A	£10
14th April 2022	Sports Camp	9am-3pm	Sue Noake Leisure Centre	N/A	£10
Week 2					
19th April 2022	Sports Camp	9am - 3pm	Sue Noake Leisure Centre	N/A	£10
20th April 2022	Sports Camp	9am - 3pm	Sue Noake Leisure Centre	N/A	£10
21st April 2022	Horse riding	3.30pm-4.30pm	Smugglers horse riding	Parents/Guardian must be present	Free (limited spaces)
22nd April 2022	Family Swim	9am -11 am	Cefn Fforest Leisure Centre	Parents/Guardian must be present	Free (limited spaces)

- Booking must be made through the Leisure Lifestyle app to secure your child's place (Scan QR code to download app)
- Participants must be able to toilet and feed themselves
- For more information please email [willil17@caerphilly.gov.uk](mailto:willil17@caerphilly.gov.uk)

sportcoerphilly 
 @sport\_leisure

### Easter Holiday Sports

We're back for the Easter Holidays and running our hugely popular Sport Schemes and Disability Sport Scheme

Spaces are limited so book now to avoid disappointment



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Caerphilly Youth Service



The Basement project is the youth information service for Caerphilly Youth Service and offer free impartial, confidential information, support, and advocacy to young people 11-25, as part of the project 5 years ago they set up a LGBTQ+ support group called Guys, Gals and Non-binary Pals (GGNP) providing much needed support to the young LGBTQ+ community. The group has grown extensively over this time and the project is now expanding into other community buildings across the borough.

The group provides a friendly, safe space for young people to explore themselves, make new friends, participate in various fun activities and info sessions on topics that the young people choose at the end of each session.

The group also offers one-to-one confidential support with qualified youth and community workers, group support, telephone, email, or social media-based support if this is required.

If you know someone that would benefit from accessing the project or you yourself would like to come along to one of the sessions, please give us a call or text on:

07876 358 034 or 07879 693 905.

**L.H.D.T.C.+**  
**L.G.B.T.Q.+**

Information diversity Transgender  
 hunaniaeth gwybodaeth deurywiol Lesbian Gay Proud  
 trawsrywiol amrywiaeth Queer Hetrosexual asexual  
 lesbiaidd heb ryw Friendship genderfluid  
 hoyw heterorywiol support Equality  
 cydraddoldeb cymorth Bisexual Identity  
 hyblys o ran rhyw cyfeillgarwch Bigender  
 balch

Prosiect Gwasanaeth Ieuenctid Caerffili yw hwn sy'n cefnogi'r bobl ifanc sy'n cydnabod neu'n cwstyfnu eu rhyw a'u hunaniaeth rywiol.

Cynhellir cyfarfodydd y dydd Sadwrn olaf pob mis yn Islawr Coed Duon, Llyfrgell Coed Duon, 192 Y Stryd Fawr, Coed Duon, NP12 1AJ.

Os oes gennych ddiddordeb yn y prosiect hwn cysylltwch â Gweithiwr Ieuenctid yn y Prosiect Islawr.

Rhif Ffôn: 01495 235511  
 E-bost: yrIslawr@caerffili.gov.uk  
 Twitter: @youth4u1  
 Facebook: youth4u  
 Testun: 078 7635 8034

A Caerphilly Youth Service Project to support LGBTQ+ young people or those questioning their gender or sexual identity.

Meetings will be held the last Saturday of each month at Blackwood Basement, Blackwood Library, NP12 1AJ.

If you are interested in this project please contact a Youth Worker at the Basement Project.

Tel: 01495 235511  
 E-mail: thebasement@caerphilly.gov.uk  
 Twitter: @youth4u1  
 Facebook: youth4u  
 Text: 078 7635 8034

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#### National Events in April

##### Stress Awareness Month - April 2022



Stress Awareness Month has been held every April since 1992 to increase public awareness about both the causes and cures for our modern stress epidemic. Stress can filter in from various parts of life, from the workplace as well as personal relationships, and coping with and relieving it can certainly look different for each individual person.

[www.stress.org.uk](http://www.stress.org.uk)

##### National Stop Snoring Week- April 22nd - 26th 2022

National Stop Snoring Week is the annual event promoting general awareness that nobody need suffer as a result of snoring: it is a condition that can be treated.



[www.britishsnoring.co.uk](http://www.britishsnoring.co.uk)

##### Earth Day - 22nd April 2022



Earth Day recognises that the Earth and its ecosystems provide its inhabitants with life and sustenance. It also aims to raise awareness that humans have a collective responsibility to promote harmony with nature and to balance the economic, social and environmental needs of present and future generations.

[www.earthday.org](http://www.earthday.org)

##### Stop Food Waste Day - 27th April 2022

Stop Food Waste Day is about educating and igniting change. Food waste is central to some of the key challenges facing the world today, including hunger and poverty, climate change, health and wellbeing and the sustainability of agriculture and oceans.



[www.stopfoodwasteday.com](http://www.stopfoodwasteday.com)



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