



Lewis School Pengam

Personal Social Education

Newsletter



May 2022

@LSP_PSE

stranh@lsp.wales

Hi All,

Welcome to the May issue of the PSE newsletter. Hope you had a good Easter holiday and did not overindulge on too many eggs.

At the end of last month we received our School's Health Research Network (SHRN) results which has given us food for thought for next years PSE programme. A summary of some of the results are enclosed.

Good luck to all those pupils that are beginning their exams this month

PSE Lessons in May

PSE lessons in Lewis School Pengam this month for years 7 and 8 are concentrating on Global issues affecting the world. Year 8 pupils will be producing a self researched presentation on their topic. Year 9 will continue with their RSE topics and progress onto financial awareness.

Year 7	Year 8	Year 9
Pupil influenced Global issues awareness	Pupil researched Global issues	Relationship and sexuality education. Financial awareness



16/05/22

GCSE & A Level exams start



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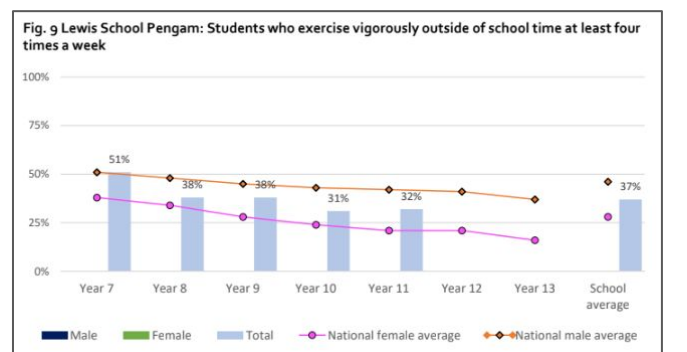
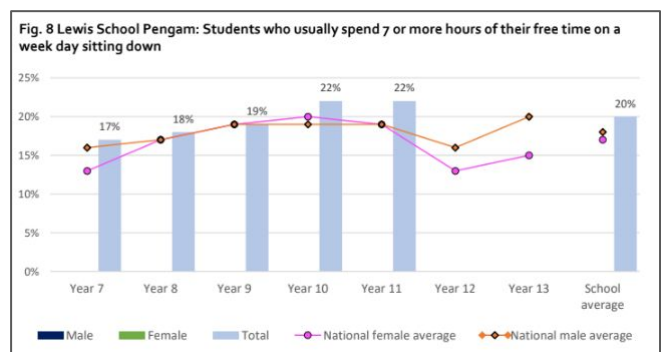
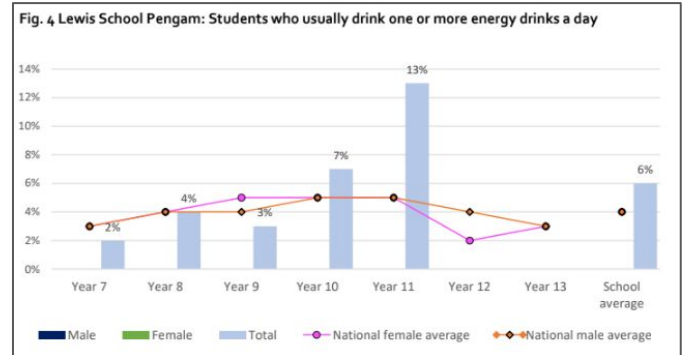
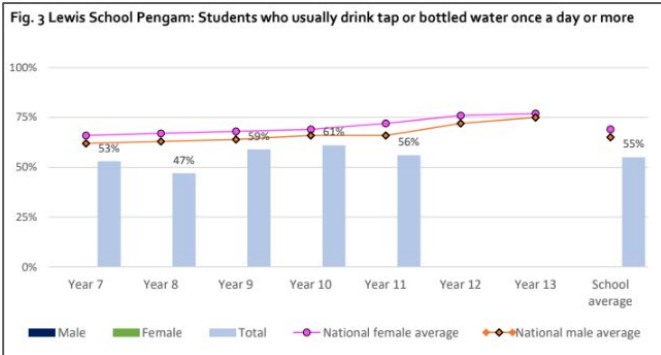


SHRN survey results



SCHOOL
HEALTH
RESEARCH
NETWORK

During the Autumn term all pupils in Wales were invited to complete the Schools Health Research Network (SHRN) survey. This survey was to ask pupils anonymously about various aspects of their life. Below is a summary of some of the findings of the results from pupils in LSP



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SHRN survey results



SCHOOL
HEALTH
RESEARCH
NETWORK

Fig. 13 Lewis School Pengam: Students who "agree" or "strongly agree" that teachers care about them as a person

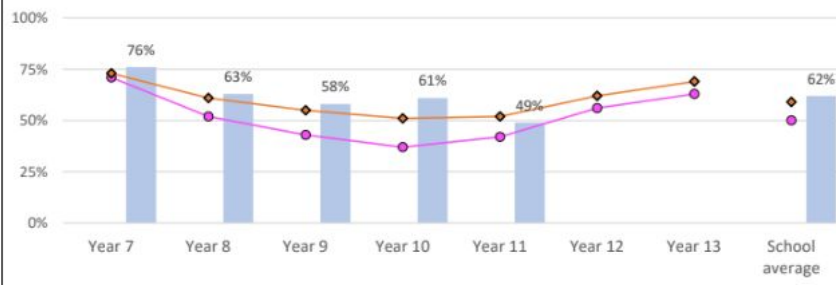


Fig. 17 Lewis School Pengam: Students who usually go to bed at 11.30pm or later when they have school the next day

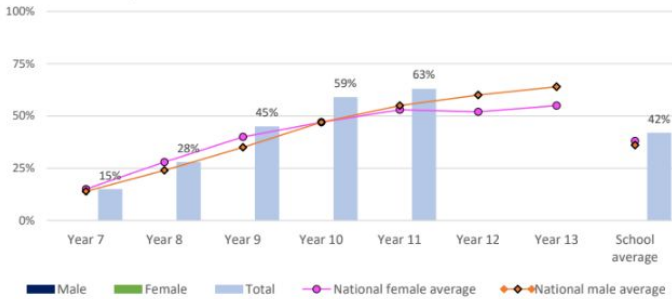
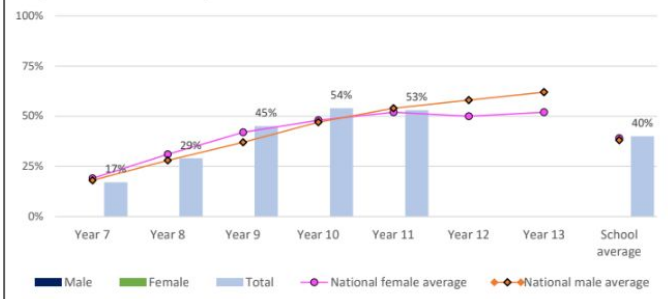


Fig. 18 Lewis School Pengam: Students who look at an electronic screen at 11.30pm or later when they have school the next day



Other events

Congratulations to Mr Thomas on completing his epic bike ride from Cardiff to Edinburgh over the Easter holidays! This involved cycling over 400 miles over 5 days through three countries. Alongside 28 other cyclists he completed the journey on Saturday 16th April. Mr Thomas would like to thank all that sponsored him, between the staff and students at LSP we raised over £750! The total raised for the cycle ride was well over £65000 for two fantastic charities, Velindre and Latch!



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The examination period can be a challenging time for young people and those around them. Attached is information about an event from the Child and Adolescent Mental Health Service you may be interested in. You need to register using the link on the poster. Parents/guardians: please encourage your son to attend virtually, we do hope it will be beneficial. Students of LSP: if you cannot access this event at home and wish to access it on the school site using our devices, please let Miss Clark or your Head of Year know and we will host it in the school library.

Looking after your wellbeing during the exam season

Workshop for pupils

Virtual

5th May at 16:00-17:30

17th May at 16:00-17:30

This workshop has been developed by our colleagues in Primary Care Mental Health Services and covers:

What are the common feelings we have at exam time and how do these affect us?

Understanding emotions and stress

How to look after our emotional wellbeing at exam time.

Some strategies to cope with difficult emotions

For any pupils/families that wish to attend these free workshops, please ask them to register on their preferred date at one of the following links:

5th May - <https://www.eventbrite.co.uk/e/323064132517>

17th May - <https://www.eventbrite.co.uk/e/323174512667>



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Events in the PE Department

During the last week of term the PE department entered Wales's biggest 7's rugby competition - the Urdd WRU 7's. This year was the centenary of the event and under the guidance of Mr Lewis, LSP's very own rugby officer nearly 70 pupils from years 7 to 10 took part. For many of these pupils it was their first experience of competitive rugby let alone 7 a side rugby. There were some encouraging signs and nice tries scored from our pupils. Unfortunately the year 10 competition had to be postponed half way through the day due to bad weather. Hopefully this can be rearranged for another day. Good luck next year as you will be even better.



Year 7



Year 8



Year 9

SUMMER TERM KIT REQUIREMENT

- Black school PE t-shirt
- Black shorts – plain or small logo if possible
- Short socks – change from the ones you wear to school
- Suitable trainers – change from your school shoes.

Pupils will need 3G boots for their 4 week 3G based lessons.

Example of suitable trainers

These are not suitable for practical lessons. If they are worn as school shoes, they are shoes and not trainers.

Please Remember!



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Summer term in the PE Department



SUMMER SPORT PROGRAMME

After school 2.30-3.30pm

Monday – Tennis Y7-9
Tuesday – Athletics Y7-9
Wednesday – GCSE PE Individual sport evening
Thursday – Baseball Y7-10

Tennis courts

Courts will be open every break and lunchtime. Pupils will need their own equipment.

Yard games

Sports leaders will be organising yard games on the Y7&8 yards at lunch. Weather permitting.




YEAR 7 CITIZENSHIP

Summer term - Red overview
 THEME: Perseverance

Block	Activity area	Focus
Weeks 1-4	Tennis	Physical ME: Improving racquet movement skills Social ME - Interacting & Leading Embracing failure
Weeks 5-8	Athletics	Physical ME: Athletic movement skills Leadership Marginal gains Social ME: Recognising rules & norms
Weeks 9-12	Summer team activities (3G)	Physical ME: Behaviour in different situations Social ME: Communication skills Team values Activities to include Flag Football, Tchoukball, Swedish longball, Baseball, Tug O War.

For all activities pupils need to wear school PE t shirt, black shorts, trainers.
 3G boots are required for weeks 9-12 for lessons on the 3G.




YEAR 8 CITIZENSHIP

Summer term - Red overview

Block	Activity area	Focus
Weeks 1-4	Athletics	Physical ME: Athletic movement skills Leadership Marginal gains Social ME: Recognising rules & norms
Weeks 5-8	Tennis	Physical ME: Improving racquet movement skills Social ME - Interacting & Leading Embracing failure Coaching skills
Weeks 9-12	Summer team activities (3G)	Physical ME: Behaviour in different situations Social ME: Communication skills Team values Activities to include Flag Football, Tchoukball, Swedish longball, Baseball, Tug O War.

For all activities pupils need to wear school PE t shirt, black shorts, trainers.
 3G boots are required for weeks 9-12 for lessons on the 3G.




YEAR 9 PE

Summer term - overview

Block	Activity area	Focus
Weeks 1-4	Summer team activities (3G)	Types of health - Physical/Social/Mental Team work & leadership Fitness components recap Activities to include Flag Football, Tchoukball, Swedish longball, Baseball, Tug O War.
Weeks 5-8	Athletics	Personal athletics event choice Marginal gains Performance analysis Fitness components in athletics
Weeks 9-12	Tennis	Tennis tactics & skills Officiating Sedentary lifestyles & obesity related illness

For all activities pupils need to wear school PE t shirt, black shorts, trainers.
 3G boots are required for weeks 9-12 for lessons on the 3G.




YEAR 10 PE

Summer term - overview

Block	Activity area	Focus
Half-term 5	Summer team activities (3G)	Team values Roles in a group & leadership Activities to include Flag Football, Tchoukball, Swedish longball, Baseball, Tug O War.
Half-term 6	Tennis	Skill development Leadership Doubles & tactical play Officiating

For all activities pupils need to wear school PE t shirt, black shorts, trainers.
 3G boots are required for half-term 5 for lessons on the 3G.



YEAR 10 GCSE P.E

Summer term overview

Focus:

- Rugby assessment
- Athletics development & assessment
- 1.3 Movement analysis unit
- 1.3 assessment
- Review of units 1.1, 1.2 & 1.3
- End of year assessment

Practical lessons:
 Mr Richards: Week 1 Weds 1, Week 2 Thur 4
 Mr Vincent: Week 1 Weds 2, Week 2 Fri 4

Outdoor kit required for all practical activities - Athletics through summer term



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Community News

Support for Ukraine

Caerphilly County Borough Council stands in solidarity with the people of Ukraine.

We understand that many people will want to help and show support for the people of Ukraine during this troubling time. There are several organisations who are helping in the humanitarian appeal and who would welcome any support you can give. Check the following website for ways you can support:

www.caerphilly.gov.uk/support-for-ukraine



BRYN MEADOWS CAERPHILLY 10K & CAERPHILLY 2K

The Bryn Meadows Caerphilly 10K is set to return in 2022 on Sunday 15 May along with the Bryn Meadows Caerphilly 2k.

Set in the shadow of the spectacular Caerphilly Castle, the Bryn Meadows Caerphilly 10k will both start and finish on Crescent Road. Runners will have the opportunity to run a good time on a relatively flat course with some undulating points.

The event is organised by Caerphilly County Borough Council, sponsored by Bryn Meadows Golf, Hotel and Spa and is supported by Welsh Athletics and Sport Wales.

For further details log on to the following website:
www.caerphilly10k.co.uk/en/



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**CAERPHILLY
CUP FINAL FIXTURES**

MONDAY 16TH MAY 2022:
 YEAR 11 BOYS – 10:00AM KO
 YEAR 10 BOYS – 12:30PM KO
 YEAR 9 BOYS – 2:30PM KO

TUESDAY 17TH MAY 2022:
 YEAR 7 BOYS – 10:00AM KO
 YEAR 8 BOYS – 11:30AM KO
 UNDER 13'S GIRLS – 1:00PM KO
 UNDER 15S GIRLS – 2:30PM KO

VENUE: CENTRE FOR SPORTING EXCELLENCE,
YSTRAD MYNACH

social media icons: facebook sportcaerphilly, twitter @sport_leisure, and Caerphilly Council logos.

Caerphilly Cup

Good luck to year 7 and 8 who are already in their finals and year 9 in their semi this week.



Mental Health Awareness

One in four adults feel lonely some or all of the time. There's no single cause and there's no one solution. After all, we're all different! But, the longer we feel lonely, the more we are at risk of mental health problems. Some people are also at higher risk of feeling lonely than others. For Mental Health Awareness Week this year, awareness of the impact of loneliness on mental health and the practical steps that can be taken to address it are being raised.

**Who you can call this
Mental Health Awareness Week**

	0300 123 3393 Open 9am-6pm weekdays
	116 123 Always open
	0800 58 58 58 Open 5pm - midnight
If you're in Wales: 	0800 132 737 Always open
If you're under 25: 	0808 808 4994 Open 4pm - 11pm



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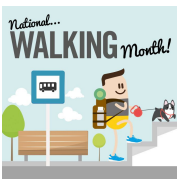


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National Events in May



National Walking Month - May 2022

Walking is an easy and accessible way to improve physical and mental health and a 20-minute walk can reduce the risk of a number of preventable health conditions, including certain cancers, depression, heart disease and Type 2 diabetes.

www.livingstreets.org.uk/get-involved/campaign-with-us/national-walking-month

Skin Cancer Awareness - May 2022

Skin Cancer awareness month is an awareness campaign that takes place annually each May. The campaign aims to raise awareness of the dangers of unprotected sun exposure and educate the public about the ways to help prevent skin cancer.



www.skincancer.org/get-involved/skin-cancer-awareness-month/

Mental health awareness week - 9th - 15th May 2022



The week will raise awareness of the impact of loneliness on our mental wellbeing and the practical steps we can take to address it. Reducing loneliness is a major step towards a mentally healthy society.

www.mentalhealth.org.uk/campaigns/mental-health-awareness-week

World No Tobacco Day - 31st May 2022

The World Health Organisation's World No Tobacco Day was created to bring awareness to more people about the dangers and health risks of smoking tobacco, and ultimately, to stop use of tobacco around the world.



www.who.int/campaigns/world-no-tobacco-day



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