

Merit Certificates

| | | | |
|-----------------------|---|---------------------|--|
| Dosbarth Solva | Mia Martusewicz “For excellent letter formation when writing her name.” | Dosbarth Newgale | Taine Macphee “For being an ambitious problem solver and reasoning so clearly during our maths learning this week.” |
| Dosbarth Amroth | George Trew “For a week of outstanding behaviour and his lovely contribution to a baptism role play as a priest.” | Dosbarth Druidston | Evie Bartlett “For showing excellent perseverance during our Numeracy work this week.” Casey McKee “For showing excellent perseverance during our Numeracy work this week.” |
| Dosbarth Little Haven | Leo Hudgell “For sharing his thoughtful ideas and taking such pride in his RE work.” | Dosbarth Whitesands | Sophie Bradley “For demonstrating perseverance in all tasks across the curriculum.” |
| Dosbarth Marloes | Ryley Schroeder “For displaying excellent manners, to everyone, at all times.” | Dosbarth Abereddy | Haydn Clift “For excellent perseverance in maths and really concentrating on his presentation! ” |

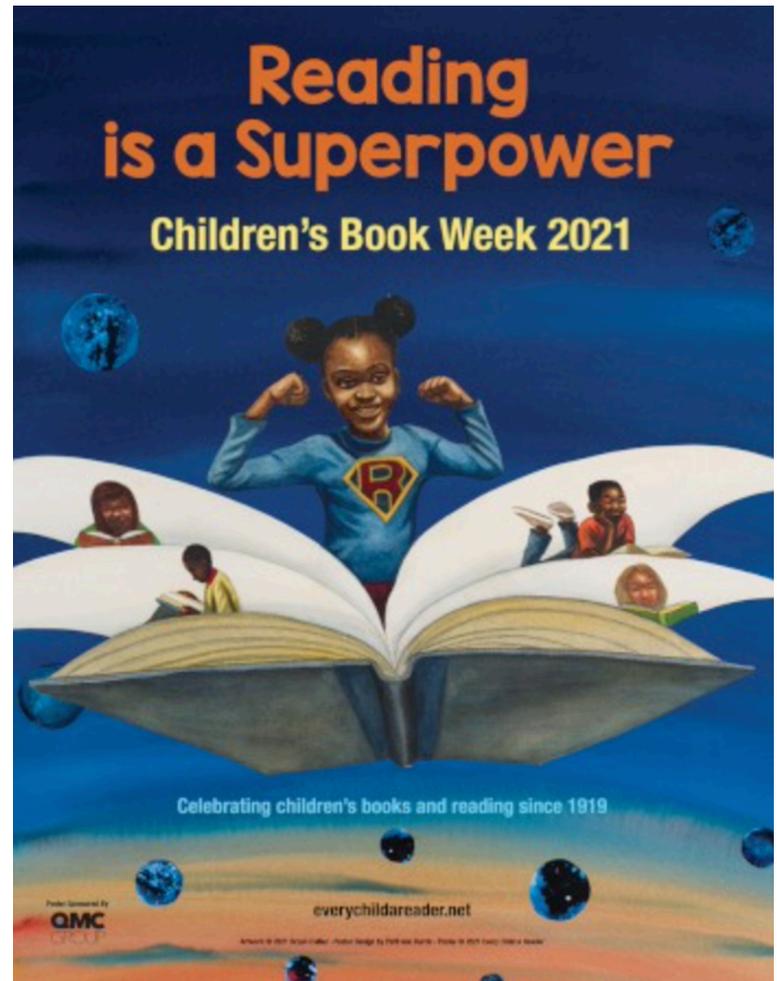
**Dear Jesus,
 Help us remember that true happiness comes from living the way Jesus calls us to.
 Thank you for the love and care of our family and friends.
 Help us to be more like St Teresa:
 by giving to others, we can bring happiness to others.
 Amen**



Y Senedd

Department of Communication

Croeso to the Department of Communication. As always, we have been very busy making plans and putting them into action. We met before half term with Mrs Priestley and decided that we would like to take part in 'Children's Book Week,' which takes place next week (November 8th - 14th). During half-term and this week, we have been busy creating posters and writing letters to encourage others to join us in our celebration. We have written to local businesses to ask for book contributions towards our raffle within school. We would also like to ask for your help. If you have any unwanted books at home we will happily take them off your hands for a book sale. Book contributions will need to be given to Mrs Tweedie on or before Tuesday 9th November. We will be holding a book sale in school on Friday 12th November. For those wanting to purchase a new book, we will be asking for a contribution of 20p per book. We look forward to sharing our future achievements with you.



Marvellous Movers



Curious & Active

Cwestiwn yr Wythnos



Ble wyt ti'n byw?

Ble wyt ti'n byw?

Ar hyn o bryd..

..dw i'n byw mewn ...
(tŷ teras, tŷ semi, tŷ ar wahan, bwthyn, fflat)

..yn Hwlffordd, yn Aberdaugleddau, yn Johnston.

Where do you live?

At the moment..

I live in a terraced house, semi detached house, detached house, cottage, flat

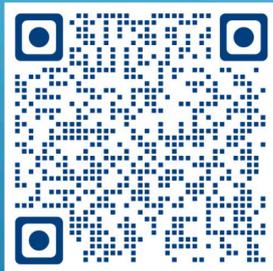
...in Haverfordwest, Milford Haven, Johnston.



Cân y bythefnos

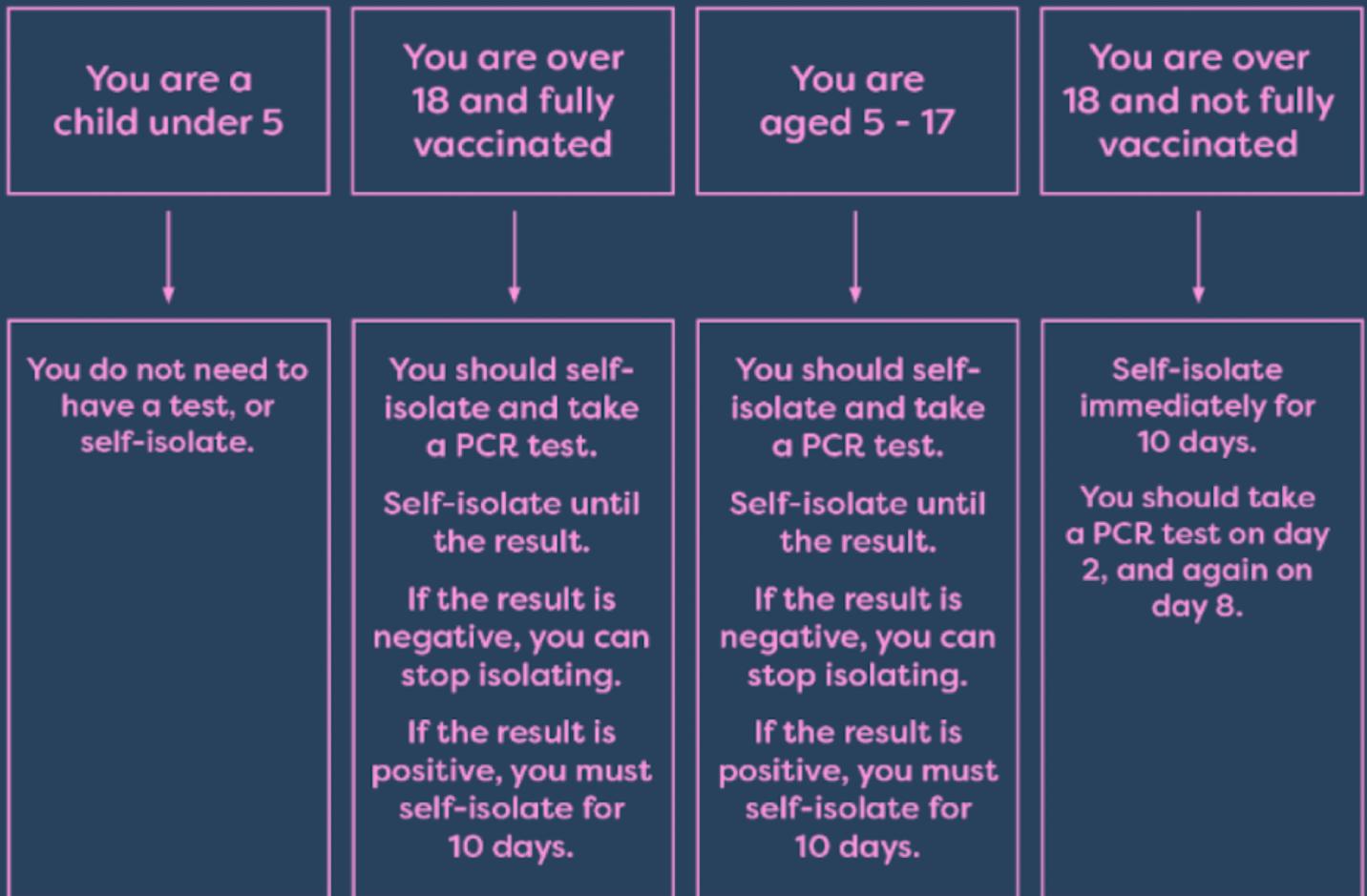


'Sebonna Fi' – Yws Gwynedd



Every fortnight our Criw Cymraeg will be choosing a new song to listen to around the school. Scan the QR code to listen at home. Mwynhewch!

Someone in your household has COVID symptoms or has tested positive for COVID



#KeepWalesSafe



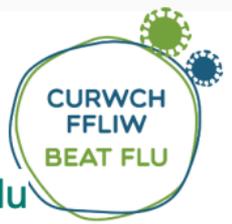
GIG
CYMRU
NHS
WALES

Profi
Olrhain
Diogelu

Test
Trace
Protect



Llywodraeth Cymru
Welsh Government



Flu Vaccination 2021

Flu (also known as influenza) can be serious and having a flu vaccination is the best way to protect yourself and others.

Those most at risk from flu are also the most vulnerable to COVID-19 and we want to do all we can to help protect everyone this coming winter. We will aim to continue to support the NHS by; providing opportunity for all staff to receive a season flu vaccination and by promoting the public health "Beat Flu" infection prevention and control campaign.

How do I arrange my vaccine?

Option 1: NHS Priority Groups

If you meet the criteria outlined below you should request vaccination via your GP or Community Pharmacy: The priority groups for 2021-22 are as follows; children aged two or three years on 31 August 2021, children in primary school from reception class to Year 6 (inclusive) children in secondary school Year 7 to Year 11 (inclusive) **people aged 50 years and older (age on 31 March 2022)**. People aged six months to less than 50 years who are identified within the clinical risk groups. This year the NHS are extending the offer to those aged 16 years on 31 August who are morbidly obese. Pregnant women, Unpaid carers, people with a learning disability and all adults resident in Welsh prisons.

Option 2: Healthcare Workers

Flu vaccination is also encouraged for all **healthcare workers (including healthcare students) with direct patient contact, all staff who work in nursing homes and care homes and also staff who provide domiciliary care** – please speak to your line manager for more information and to request an authorisation letter.

Option 3: Boots Voucher

Boots Pharmacy Flu Vaccine Voucher – requested through Occupational Health via email: **please confirm on the request that you are not eligible for free vaccine as outlined within options 1 & 2 above and provide a mobile phone number or email address for the flu voucher to be sent direct to.**

Email address: fluvaccinationadmin2020@pembrokeshire.gov.uk



Please Note: Following recent communication from our Tax Consultants we **do not** encourage any staff member to pay for the vaccine and then reclaim via employee expenses due to this type of claim being subject to Tax / National Insurance deductions.

MAE FFLIW YN LLEDAENU'N HAWDD
FLU SPREADS EASILY



EI DDAL

defnyddiwch hancas bapur i ddal eich peswch neu disian



CATCH IT

use tissues to catch your cough or sneeze

EI DAFLU

taflwch eich hancas bapur cyn gynted â phosib



BIN IT

dispose of your tissue as soon as possible

EI DDIFA

glanhewch eich dwylo cyn gynted ag y gallwch



KILL IT

clean your hands as soon as you can

Gall ffliw fod yn ddifrifol iawn. Y ffordd orau o osgoi'r ffliw yw cael eich brechu.
www.curwchffliw.org

Flu can be very serious. The best way to avoid flu is to get vaccinated.
www.beatflu.org



© 2021 Curwch Ffliw - Aelodau'r Cymdeithas Cymru i Iechyd a Gwroliaeth. All rights reserved.

For more information or advice contact
Occupational Health
01437 775318 / 01437 776192

Additional Information and Resources
are available at:

[Public Health Wales Beat Flu](#)

[Flu - Information and Resources](#)



New Ways November 2021

MONDAY



1 Make a list of new things you want to do this month

TUESDAY



2 Respond to a difficult situation in a different way

WEDNESDAY

3 Get outside and observe the changes in nature around you

THURSDAY

4 Sign up to join a new course, activity or online community

FRIDAY

5 Change your normal routine today and notice how you feel

SATURDAY

6 Try out a new way of being physically active

SUNDAY



7 Be creative. Cook, draw, write, paint, make or inspire

8 Plan a new activity or idea you want to try out this week

9 When you feel you can't do something, add the word "yet"

10 Be curious. Learn about a new topic or an inspiring idea

11 Choose a different route and see what you notice on the way

12 Find out something new about someone you care about

13 Do something playful outdoors - walk, run, explore, relax

14 Find a new way to help or support a cause you care about

15 Build on new ideas by thinking "Yes, and what if..."

16 Look at life through someone else's eyes and see their perspective

17 Try a new way to practice self-care and be kind to yourself

18 Connect with someone from a different generation

19 Broaden your perspective: read a different paper, magazine or site

20 Make a meal using a recipe or ingredient you've not tried before

21 Learn a new skill from a friend or share one of yours with them

22 Find a new way to tell someone you appreciate them

23 Set aside a regular time to pursue an activity you love

24 Share with a friend something helpful you learned recently

25 Use one of your strengths in a new or creative way

26 Try out a different radio station or new TV show

27 Join a friend doing their hobby and find out why they love it

28 Discover your artistic side. Design a friendly greeting card

29 Enjoy new music today. Play, sing, dance or listen

30 Look for new reasons to be hopeful, even in tough times





Lost Apple Varieties Saved

A man, from Clemmons in the south-eastern US state of North Carolina, has spent his retirement tracking down rare and lost apple varieties in an attempt to save them. 79-year-old, Tom Brown, has travelled around Appalachia since the late 1990s. Appalachia was home to some 14,000 orchard-grown varieties at the beginning of the last century but by the late 1990s, commercial orchards in the US were growing only around 100 different types. Since Mr Brown's quest began, he has coaxed back more than 1,200 apple varieties in his orchard. Tom said: 'One so-called expert said I should only be trying to find the really outstanding varieties, but to me, they're all equally important. Years ago, they all had their uses – be it for cider, for canning or turning into jelly, or for animal feed. It's a thrill to rediscover them, and to know I'm

doing something unique.' Mr Brown plans to continue searching for rare apples but as apple trees do not generally live long, it is becoming harder to do.



*Pictured: Tom Brown with some of his 'lost' apple varieties
Source: @HiraethResists*

One In A Million Colour Party!



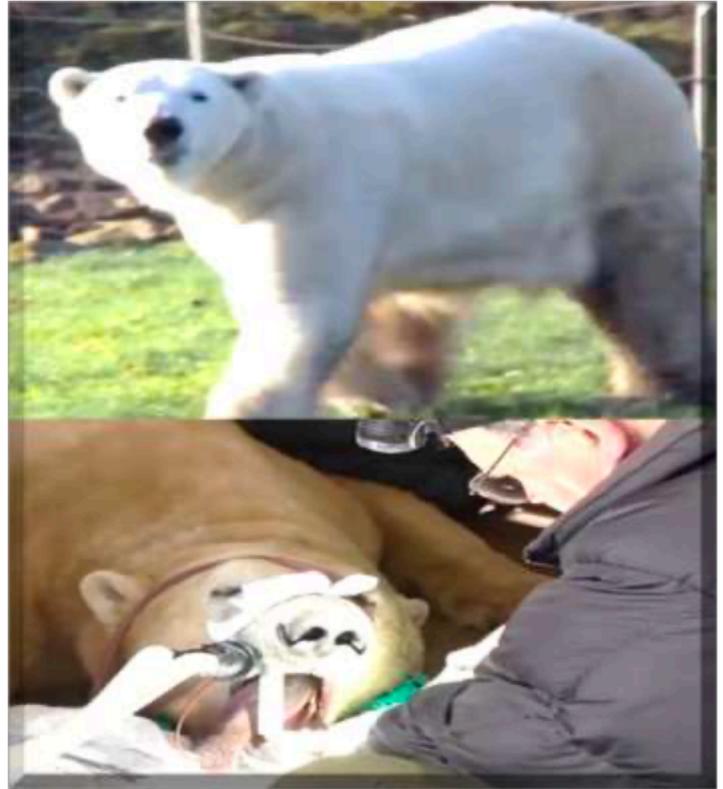
*Pictured: The rainbow captured from the Peak District summit
Source: Danny Shepherd's Facebook post*

Photographer, Danny Shepherd, has captured a spectacular image of a full double rainbow from a Peak District summit. Mr Shepherd, who has been taking pictures in the national park for 20 years, witnessed the spectacular view at the top of Mam Tor. He later posted the pictures on social media saying: 'If you were one of the lucky ones on Mam Tor this morning, you would have seen a 1 in a million colour party that lasted a good 20 mins.' The rainbow could also be seen from Winnats Pass and by mid-afternoon it was viewed near Langsett Reservoir, South Yorkshire. Have you ever seen a double rainbow? We would love to hear about it if you have!



Polar Bear Needs A Dentist

What happens if you have toothache? Do you visit the dentist? It turns out that is what polar bears do too! Polar bear, Sisu, was visited at Yorkshire Wildlife Park, Doncaster, by animal dentists after keepers noticed that one of his three-inch canine teeth was broken. The three-year-old polar bear was operated on for an hour by animal dentist, Dr Peter Kertesz. He carried out the tooth root filling along with dental nurse, Monika Mazurkiewicz and a vet specialised in the use of anaesthetics. Dr Kertesz said: 'It was a standard procedure, where we cleaned out the infected root canal of the canine tooth, which was over three inches long, and filled it. Sisu will now have a pain and infection free tooth for the rest of his life.' Charlotte McDonald, the wildlife park's director of animals, has since confirmed that Sisu is now fully recovered.



Pictured: Polar bear, Sisu.

Source: @YorkshireWP Twitter page

Your thoughts on last week's news...

I don't think it should be just one person who chooses. Everyone should be involved so we learn about and remember a variety of things.

Cora – age 11



What was your opinion on this week's news? Visit our discussion area, found here:

www.picture-news.co.uk/discuss
to share your thoughts!

I want to choose for myself but sometimes this is hard as it means looking into the past for myself and finding it out and it can be hard and take a lot of time.

James – age 9

My mum and dad and grandpa.

Destiny – age 5

I think...



YOUR COMMENTS

Share your thoughts on our online discussion board:
www.picture-news.co.uk/discuss

Email: help@picture-news.co.uk Tweet: @HelpPicture
or post to: Picture News Ltd, Colber Lane, Bishop Thornton, Harrogate, North Yorkshire, HG3 3JR