

Portfield News Newyddion Portfield

Welcome to the July Newsletter.

July 2018
Gorffennaf

WELSH PHRASES

Parti Ysgol - School Party

Mabolgampau - Sports

Amser Snac- Snack Time

RIGHTS



RESPECTING SCHOOL

To be the best that you can be.



Our Leaver's Assembly and Sixth Form Prom were enjoyed by pupils and families alike, many thanks to everyone who helped make the events such a success.

We would like to wish our 2018 Leavers the best of luck in all their future endeavours!





Dear Parents and Carers,

As you are aware I will be retiring from 1st September 2018. I have worked at Portfield School since 2005 and have had the honour and privilege to get to know you all and to celebrate the achievements of all your amazing children. I wish all staff, pupils, parents, governors and stakeholders at Portfield School every success in the future.

Mrs Ladan Harper, Headteacher.



Thank you to everyone who has supported the Fun Day already. If you are not able to help on the day but want to support us we would be very grateful for any cakes (homemade or bought), books, wine and anything items for the tombola stall (unopened gifts, smellies, chocolates).



A big thank you to our 6 brave members of staff who abseiled down the tower at Pembroke Castle to raise funds for school. Well done!



On Sunday 8th July the Friends of
Portfield held a party for the all pupils;
Little Monsters provided the
entertainment with a balloon show and a
disco, and Fuschia Café very kindly
donated the party bags.

A big thank you to all the families who supported the event,

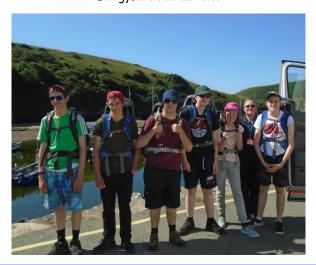
great fun was had by all.

Portfield School's new Headteacher is Mr Paul Hughes who will take up the post from 1st September 2018.

Congratulations from Mrs Harper and the Governors of Portfield School, SLT, staff and pupils who are all looking forward to working together.



The Bronze and Silver Duke of Edinburgh Award Participants completed their expeditions at the end of June. The Bronzes walked for two days and camped for one night and the Silvers walked for three days and camped for two nights. The days were broken up with activities such as drawing the landscape around them; an ecology study of adder habitats at St David's Airfield with the Adder Trust and a guiz and talk at the Solva Woollen Mill. Despite the soaring temperatures and the sometimes difficult terrain, the pupils' spirits stayed high throughout their expeditions. They worked together at all times as a team, leading each other through their map reading and encouragement. When they needed to help each other, they overcame all their fears and made themselves proud. They came back to school smiling brightly and the word of the day was "awesome"! Llongyfarchiadiau i chi!



Buddies.

Three pupils from KS5 have recently completed an 8 week work experience placement at Buddies Cafe in Milford Haven. Every Tuesday they prepared, cooked and served a 2 course meal to the members of the Sospan Fach pensioner's Lunch Club. They have thoroughly enjoyed the whole experience of learning new skills and meeting the members of the community.





A very big thank you to all the volunteers who generously give their time to support the Friends of Portfield School Shop. Your support is invaluable.

Please note the message below from our new

GROWN OUT BEFORE WORN OUT...

"To enable us to get your order to you before your first day back in September your

recommended last date to order is 12th August 2018 giving time for your child to try on their new uniform."

Portfield School has been awarded the Welsh Network of Heathy Schools National Quality Award this term for the third time.

The report stated: "Portfield Special School is an outstanding health promoting school. The Health Promoting Schools ethos is evident across the whole school population it runs seamlessly throughout everything that the school does, health behaviours are embedded into the life of the school. The introduction of new initiatives and the further development of previous work undertaken is impressive, this report can only capture some

of the work undertaken."

Congratulations to Portfield Special School for all your hard work in a successful 3rd reassessment

of the Welsh Network of Healthy School Schemes National Quality Award.

Congratulations to all the pupils, families and staff for promoting healthy lives.







to discuss my own situation at home and get

FOR UNPAID CARERS

The following workshops will be available from mid July 2018 to the end of February 2019 :

- Direct Payments what they are and how they can
- Direct Paymens Libratic Paymens Basic Posture tips, principles of handling, do and don'ts, back care. Basic First Aid to include unconscious casually CPR, Wound dressing, Talking casualty, Choking Paediatric Basic First Aid of young children an
- infants Stress Management tips to recognise stress in yourself and how to avoid/reduce stress Introduction to Self-Management tips to help you look after yourself

To find out more, to book onto a course and/or enquire about respite provision, please contact Hafal Crossroads Pembrokeshire Carers Information & Support

pciss@crossroadsmww.org.ul

01437 611002

Talk about their online world

advice and support,

please visit:

We talk to children about crossing the road, bullying and speaking to strangers. But what about staying safe in the digital world?

Having regular conversations about what your child is doing online - just like you would their day at school - is the best way to keep them safe.

You'll be able to spot any problems, encourage them to come to you if they're worried and make sure they know what's ok to share online - and what's not

You can find out more about the social networks, apps and games your child uses with our Net Aware tool.









3 tips to help start the conversation



AUTISTIC PEOPLE CAN GET OVERLOADED BY EVERYTHING AROUND THEM. IT'S LIKE ALL THE SENSES ARE FIRING, ALL AT ONCE.

LIKE THERE'S NO FILTER, LIKE THEY'RE GETTING TOO MUCH INFORMATION.

And that makes the world a terrifying, isolating place. But it doesn't have to be like this. One small change from you could help to reduce the overload.

Whether you're at the shops, on public transport, at work or out with friends, a change as simple as using clear language, having a bit of patience, or avoiding last minute changes can really help.

derstand autism, the person, and the change you can make.

WWW.AUTISM.ORG.UK/TMI

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School Attendance — June 2018

Lower 1	Lower 2	Lower 3	Lower 4	Lower 5	Lower 6	Lower 7		Y Porth
94.38%	92.50%	84.06%	97.14%	96.67%	90.00%	78.75%		94.69%
Upper 1	Upper 2	Upper 3	Upper 4	Upper 5	Sixth Form 1	Sixth Form 2	Taskers 1	Taskers 2
95.25%	94.72%	93.41%	97.50%	89.38%	92.29%	88.54%	97.12%	93.41%

Congratulations to all classes who have achieved over the school target of 93.5%!

Clynfyw Care Farm Open Day

Celebration of Care Farms, Gardens and Nature Based Health Services
With West Wales Action for Mental Health's Care Farm and Gardening Community of Practice





Friday 17th August 2018 (10.30-2.30)

Come and learn about the work of the new NHS!-the Natural Health Services and the part they can play in improving all round health and wellbeing

Animal Assisted Therapies, Care Farming, Therapeutic Gardening, Forest Schooling...

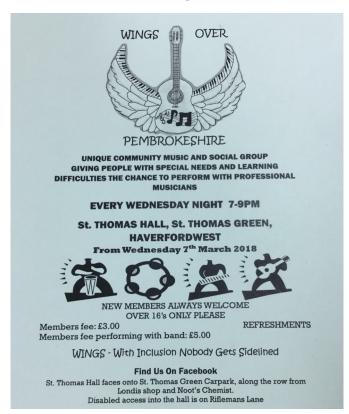


Take a tractor ride across the farm to the woodland walk and roundhouse. Watch a charcoal burn in the woods. Visit the pigs in the walled garden and our ex-caged chicken survivors...

...and the formal launch of our 'Care Farming for Beginners' book following an introduction from Patrick Holden (formerly the Director of the Soil Association and now the Founding Director of the Sustainable Food Trust).

Teas, coffee, cake, barbecue, craft, eggs and vegetable sales

Clynfyw Care Farm is on the B4332 between Boncath and Cenarth More info: 01239 841236



Dates for your diary

Saturday 21st July:

Friends of Portfield Summer Fun Day

Tuesday 24th July:

Last day of term.

SCHOOL MEAL PRICES
AS OF SEPTEMBER 2018

INFANT: £2.35

JUNIOR: £2.45

SECONDARY: £2.50