



Ysgol Frongoch

Cylchlythyr wythnosol – Weekly Newsletter

June 19th 2026

Annwyl rhieni

What a fantastic week we have had here at Frongoch. The week started with an exceptional sports day on Monday and ends today with our Sponsored walk. It coincided nicely with the theme for our services this week being all about the importance of fresh air and how lucky we are living where we do. Many thanks to everyone who has supported either/ both of these days and we really do appreciate your support in hosting such events.

School Priorities 2026-27

As you know, the 3 main priorities this year have focused on developing independence, challenging pupils and developing pupils' Welsh speaking skills. Our monitoring timetable from this academic year has highlighted that Numeracy skills across the Curriculum, developing creativity and improving pupil voice are areas which are likely to become Priorities for the next academic year.

Transition, anxiety and good habits:

Services have continued this week based on using the right skill/ knowledge at the right time to help us when dealing with Transition and raised levels of anxiety. The following good habits were discussed:

Communicating: The children shared how they can share their worries by talking to a trusted adult [at home or at school] and also by writing down their worries, or indeed drawing them.

Screen time: Many children shared how they feel too much screen time impacts their wellbeing and in particular their sleeping habits. We discussed limiting screen time and also not having any screen time at least 2 hours before bed time.

Sleep: Following on from screen time, many children shared how they struggle to sleep before 'big days'. Having a clear and consistent bed time routine was discussed, as well as the reducing screen time [as above].

Eating healthily: Eating nutritious, balanced and healthy food on a regular basis was discussed and how this impacts positively on our wellbeing.

Sports Day

Huge thanks to everyone who supported this year's sports day and help make it such a success.

As always, we welcome feedback so if there is anything which you feel we could realistically improve on for future Sports days, do let us know. Last year, we received feedback from some parents/ carers who asked us to consider hosting both on the same day to minimise how much time off work they needed to take. We trialled that this year and it seemed to work perfectly well, with so many commenting on the wonderfully positive atmosphere and also the great sportsmanship shown by everyone involved- be it the children, staff and of course the huge crowds who were in attendance for both the morning and afternoon sessions.

Here are the overall total points and final standings:

- 4th Place with 176 points = Clwyd
- 3rd Place with 210 points = Brenig
- 2nd Place with 222 points = Ystrad
- 1st place with 231 points = Elwy

Da iawn pawb and huge congratulations to Elwy for finishing 1st overall!!!

Sponsored walk

Today is our Sponsored Walk and staff have already completed the walk for a risk assessment. This year we have already raised enough money for the new adventure playground and the next target is to raise enough money to buy benches and planters for the front of the school. Works have been agreed to remove weeds and to replace with tarmac, which will significantly improve the appearance at the front of the school.

To donate please click on the following link:

<https://gofund.me/e45b54873>

To date, £710 has been raised. Thanks to everyone who has already donated! This link will remain open for the next week or so, please feel free to share this link with family and friends.

Pentrellyncymmer Year 6

All photographs of the pupils who attended Pentrellyncymmer in Year 6 have now been shared via the pupils' HWB accounts. Please ask your child to log into their account and they will have received an email from Mrs Cooke allowing them access to the file. Please do not share photographs including other pupils online. Diolch.

Dates for the Diary:

Tuesday 23 rd June	Lower Juniors to Theatr Twm o'r Nant
Wednesday 1 st July - 3 rd July	Denbigh High School transition days.
Friday 3 rd July	Year 3 Jodrell Bank Trip
Monday 6 th July	Year 5 Residential Trip
Friday 10 th July	Year 6 leavers service 1.30pm
Wednesday 15 th July	Year 6 leavers party 4pm

Attendance

Attendance remains a priority for Frongoch and we will share our target school attendance and also our current attendance here.

Target School Attendance

94.2%

School Attendance to date

93.2%

REMEMBER punctuality is equally as important as attendance. Please try to ensure your child arrives in school for 8:45am.