

TOWNHILL COMMUNITY SCHOOL

Well-being newsletter

Welcome

Welcome to our new Well-being Newsletter! The newsletter is aimed to share relevant and valuable information with you and to inform you of upcoming events and services in Townhill Community School and the local area.

What's going on in school?

Dragon Bags:

Recycle unwanted clothes and help us raise funds for our school.

Simply drop off your unwanted clothes into our clothing bank, located in the school office.

For more information, please visit www.dragonbags.co.uk

Attendance Expectations

Regular attendance is essential to maximise your child's full potential. Attending school every day is important for your child's development. A pupil with attendance of 80% is missing the equivalent of 1 year in every 5 years. This means that by the time they sit their GCSEs they are at least 2.5 years behind!

Please ensure your child attends school as often as possible, if your child is unwell then please inform the school office on day 1 of your child's absence. This will avoid any unauthorised absences.

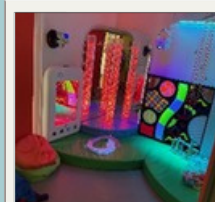
Holidays:

Holidays are no longer authorised. Holiday request forms can be collected and returned to the school office two weeks prior to your child's absence.



What's going on in your local area?

Have you seen the wonderful refurbishment plans for the park at The Phoenix Centre, Powys Avenue? Contractors are due to start at the end of September and are hoping the new park will be finished by November 2023. This is great news for our children!



Mountain View have a fully equipped sensory room, available to parents who feel their children could benefit from the use of sensory play. Mountain View Children's Centre also have a community shop selling baby clothes, toys and essentials for as little as 20p per item. Open weekdays until 3pm.





FOLLOW OF THE TERM

Instagram: [the.swansea.parent.guide](https://www.instagram.com/the.swansea.parent.guide)



We want you!

Thinking of becoming a governor of the school?

If you would like to have an input in the development of the school by becoming a parent governor, please contact Mrs Jan Chaplin – janetchapline@hotmail.co.uk

Hygiene Bank

We are pleased to announce that we now have a hygiene bank in school. We have a range of free hygiene products (shower gel, shampoo/conditioner, deodorant etc) for families who are in need of them. If you require a hygiene parcel, please contact Miss Ruscitto (Family Liaison Officer) at school and let her know how many people live at your property so that she can provide you with what you need. We are here to help!



Reminder

As you are aware, Mrs Williams retired in July, meaning we have appointed a new Family Liaison Officer (FLO). Our new FLO is Miss Anna Ruscitto.

If you feel you need any support or guidance, please do not hesitate to contact Anna at school (01792 516370)

Coming Soon.....

A new Help Hub will be based in our office area.

Our Help Hub will be a safe space for you to "drop in" to speak with professionals, swap preloved uniform and access support



Did you know?

There are lots of benefits from cooking together. Cooking together creates positive memory association, develops your child's life skills and can increase confidence. We understand life can get busy sometimes, so here is a quick and easy recipe to try at home as a family.

QUICK ONE-POT PASTA FOR TWO (or a hungry one)

You need: Half a pack of pasta (250g) and a tin of tomato soup

Also good to have: Cheese, peas or sweetcorn, parsley

Equipment: Saucepan, stirring spoon, plates

How to make it:

- 1.Put half a pack of pasta in a saucepan***
- 2.Add the tin of soup.***
- 3.Fill the empty can with water and add this to the saucepan.***
- 4.Bring the pasta to the boil***
- 5.Let it boil gently for 7 to 8 minutes***
- 6.If you want to add sweetcorn or peas, now is the time to do it!***
- 7.Keep the pan boiling gently until the sauce is very thick and the pasta is soft. Add more water if you need to.***
- 8.Turn off the heat. Stir in the parsley if you are using it.***
- 9.Put the pasta onto plates and cover in grated cheese if you are using it.***

