

TOWNHILL COMMUNITY SCHOOL

Well-being newsletter

Welcome

Welcome to our 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?

Together Tuesdays

Every Tuesday (9am-11am) we are hosting parental coffee mornings. Each week we will have guest speakers, cooking sessions and opportunities for you to gain new skills/qualifications

Being a parent isn't always easy, why not come along to meet other parents, form new friendships and be a part of the school community

Check Class Dojo/Facebook to see what groups we have planned!



Attendance

Regular attendance is essential to maximise your child's full potential. 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 and the risk of receiving a fixed penalty notice (fine)

Punctuality

Reminder: All late arrivals are being monitored by our Education Welfare Officer. Please ensure your child attends school by 8:50am. Breakfast club starts at 8am.

Holidays during term time

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. You may be at risk of a fixed penalty notice if your child's attendance is below 90% and you withdraw them from education for a holiday



Safeguarding at TCS

At TCS we have rigorous child protection procedures based on clear policy, designed to make sure children and young people are safe and feel safe. If you have any safeguarding concerns, please see a member of our safeguarding team

Safeguarding Team

Miss Anna Ruscitto (Family Liaison Officer)
Mr Peter Owen (Headteacher)
Mrs Gadd (Deputy Headteacher)
Mr Stones (Assistant Headteacher)
Mrs Ceri Totty (STF Manager)
Mrs Emma Burrows (ALNCo)

Support

Just a reminder that Miss Ruscitto is available as Family Liaison Officer, if any parents need advice or guidance.

If you need to contact Miss Ruscitto you can email her - ruscittoa@hwbcymru.net



Follow of the term

Facebook: Townhill Community School



What's going on in the local area?



**SWANSEA MOSQUE
BABY BANK**

HAVE YOU HEARD OF A BABY BANK?

Baby banks collect pre-loved & children's clothes, equipment & toys & pass them on to families in our community who need a little help.

If you can't afford the basics for your child & aren't sure where to turn, We're here to help.

At : Swansea Mosque 159a St Helen's Rd, SA1 4DG

No referral needed
Get in touch

Facebook : Swansea Mosque Baby Bank
CHARITY REG NO : 1105355

Baby Bank
Did you know there is a Baby Bank located in Swansea Mosque?
Baby banks collect pre-loved children/baby clothes and essentials. No referral required, just pop by!



**AFRICAN COMMUNITY CENTRE
MENS SHED**



A free, Supportive and Welcoming space for Men to promote Wellbeing and Share ideas

AGENDA
- NETWORKING
- CATCH UP WITH MARC DAVIES
- LIGHT REFRESHMENT
- CARD/BOARD GAMES



VENUE/TIMES
FRIDAYS
2:30 - 4PM
THE GRAND
MULTICULTURAL HUB,
SINGLETON STREET
SWANSEA SA1 3QJ

For more Information:
saheed@africancommunitycentre.org.uk
033022 92995/07825 287334

 **African Community Centre**
Working together to break down barriers
Exclusion | Racism | Prejudice

 **ACC MENS SUPPORT GROUP**

 **Cyngor Abertawe Swansea Council**

Uniform Swap Shop

We will be hosting a pre-loved school uniform swap shop. This will be an opportunity for you to purchase pre-loved uniform at a discounted price. We will also have coats and other school essentials available for you to purchase

When: March 15th
Where: School gym
Time: 1pm-3pm



Hygiene Bank



Reminder: We 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!

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 an easy recipe to try at home as a family

Tuna and Broccoli Paste Bake



Half-fill a large saucepan with water and bring it to the boil. Add the pasta, return the water to the boil and cook according to the packet instructions until just tender. Just before the end of the cooking time, add the frozen broccoli florets to the pan and cook with the pasta for the final 2-3 minutes, until just tender

Meanwhile, heat the butter, flour and milk in a saucepan over a medium heat until the mixture is just bubbling, whisking constantly with a balloon whisk until smooth and thickened to a roux

Continue to cook the roux for a further 2-3 minutes, stirring constantly until it has thickened enough to coat the back of a spoon. Stir in half of the cheese until melted, then season with salt

Preheat the grill to its highest setting

Drain the pasta and broccoli in a large colander and transfer to a pre-warmed shallow ovenproof dish (a lasagne dish is ideal). Flake the tuna on top of the pasta and broccoli

Pour the cheese sauce over the pasta mixture, then top with the sliced tomatoes, if using. Sprinkle over the remaining cheese

Place the pasta bake under the hot grill for 4-5 minutes, or until the cheese melts and starts to turn golden-brown

