Week 1

5th June
Thought of the day

EXAMINATIONS

ITEMS NOT ALLOWED

NO MOBILE PHONES

NO HOODIES

NO WATCHES

PLEASE FOLLOW THE RULES

EXAMINATIONS

REMEMBER FOR YOUR EXAMS

FULL SCHOOL UNIFORM

BLACK PEN

CLEAR PENCIL CASE

CLEAR WATER BOTTLE
(NO LABEL)

BE PREPARED • BE ON TIME • DO YOUR BEST

Today's headlines

Friday June 5th

Do you find yourself aimlessly scrolling? You're not alone

It's something many of us have experienced: You go on your phone to check something and - in the blink of an eye - you've been scrolling for an hour.

People estimate more than a third of time on their phones is spent without a clear purpose, according to a new report.

Dr Eleanor Drage of Cambridge University said "this isn't just a question of people making unwise choices," but that we are "undermined by the immersive nature of the technology".

The survey suggested those who said they spend more time using their phone without a clear reason were also were more likely to report negative experiences - including feeling worse afterwards or seeing harmful or unpleasant content.

Drage said her goal was to make device use "manageable" and help people have more of a say in how tech is designed.

"The fact is, we will be continuing to use our mini supercomputers that we carry around with us. There's no one way that we're telling people to use our devices, but what we do want to do is help people who would like to feel more in control", she said.

Welsh headlines

Dydd Gwener Mehefin 5ed

'Apocalyptic' Tata Steel fire sees 'substantial' damage to production line.

People living near the Tata Steel plant in south Wales have been asked to stay indoors after a "major" fire broke out.

The blaze started at one of the Port Talbot site's processing lines at about 20:00 BST on Wednesday with staff safely evacuated, Tata Steel said.

Large plumes of smoke were visible from the site and could be seen across the surrounding area.

South Wales Police said emergency services remained at the scene on Thursday and were working to manage the incident.

Unite general secretary Sharon Graham said she was thankful "no one was injured in the fire" and "workers were evacuated safely".

Graham also called for measures to be put in place to protect jobs both at Tata and down the supply chain during any period of disruption.

1977

Green-belt

The National Council of Women of Kenya led by Wangari Maathai march to Kamukunji Park, Nairobi, and plant seven trees - beginning of the Green Belt Movement.

After founding the Movement in 1977, Maathai was responsible for planting over 50 million trees in Africa and helping provide employment for nearly 900,000 women.

An Internationally renowned environmentalist and political activist, Dr. Maathai became the 1st African woman to win a Nobel Peace Prize in 2004 for her work against environmental degradation and poverty.

The ongoing work of the Green Belt Movement integrates climate resilience, gender advocacy, and sustainable development, making it a globally recognized model for community-driven environmental action

Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Eat less often and in small amounts

Choose unsaturated oils and use in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

EVERYONE WELCOME

HOMEWORK CLUB

ROOM 11

MONDAY - THURSDAY

2:50 - 3:50

POLICE

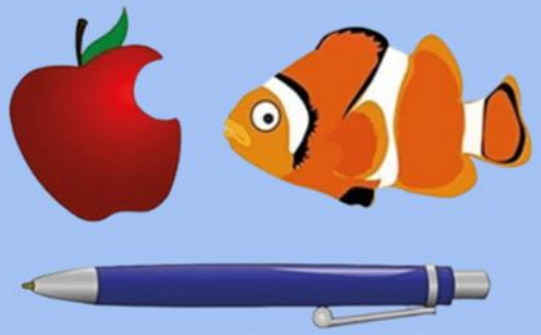
Drop In - Open with PC Andrea

Thursday lunchtimes at ‘Harbwr’

DCF

PASSWORDS

National Cyber Security Centre



DO

Use three random words

Combine three random words to make a strong enough and long enough password.

DON'T

Family or pet names or dates of birth.

Favourite team name or easy to guess words

Burryport123 or Rugby123

DCF

PASSKEYS

NCSC says use passkeys if they are available as an alternative to passwords

National Cyber Security Centre

Passkeys are created, saved, stored and managed for you on your trusted device(s).

Passkeys are resistant to phishing, as they can't be intercepted, reused or stolen like passwords.

They're user–friendly.

Word of the Week

Method

noun.
a way of doing or achieving something, often one that involves a procedure, system or plan

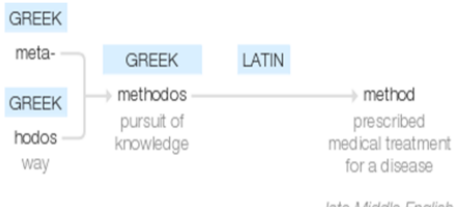
Synonyms

Approach
Plan
Process
Technique
System
Mechanism
Way

In a sentence...

"Consider what method you will use to work out the maths question"

Etymology



Cymraeg

dull

Welsh phrase of the week

“Byddwch yn hyderus”

“Be confident”

Cofiwch:
Monday lunchtime 13.10-13.30
Clwb Cymraeg in rm 34

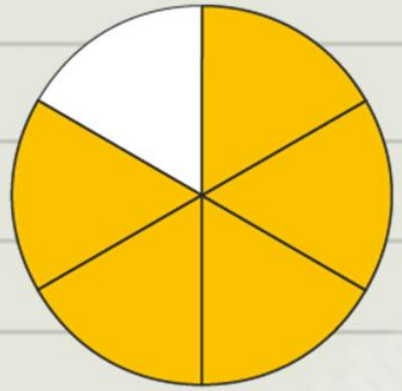
CYMRU

Use it to learn it!

Maths vocabulary/tip of the week

NUMERATOR

The top part of a fraction.



Numerator
(number of parts we have)

$\frac{5}{6}$

Denominator
(total parts in whole)

Young

DESIGNERS

CLUB

where innovation begins

Lunchtime – Wednesday

Room 17

Lunchtime – Tuesday
Room 3

DRAMA & MUSICAL THEATRE CLUB
Every Thursday lunchtime
1:10pm – 1:40pm
Room 2 / Lower Gym
Starting Thursday 2nd October

Ysgol Glan-y-Môr
ART
CLUB
Tuesdays 7-11 &
Wednesdays 9-11
@ lunch
Wednesdays 3-4
for KS4
Room 29

Lunchtime club

Christian Union GATHERING

Come spend your lunch with us – great vibes, amazing people, and a bit of God's goodness.

Join us for:

1. Sweets
2. Games
3. Discovering Chstianity

DIGGING DEEPER
Rm 32 on Tuesdays

LOOKING IN
Youth block on Thursdays

You don't have to be Christian to come