Week 2

8th 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

Monday June 8th

Mangrove forests are healing after decades of human destruction

The world's coastal mangrove forests, which protect millions of people from storms - and soak up vast amounts of planet-warming gases - are staging an unexpected comeback, scientists find.

For decades these swampy trees had been declining rapidly as they were cleared for fish farms and housing.

A new study shows that since 2010 the world has been gaining more mangroves than it has been losing - driven by stronger legal protections and increased public awareness of their importance, sparked by disasters such as the 2004 Indian Ocean tsunami.

Not only do they store up to five times more, carbon dioxide than land-based forests, but their tangled roots can also slow down waves and protect coastal communities from storm surges and tsunamis.

These same roots provide a perfect nursery for many species of fish and other marine life - protecting them from predators and providing ample food.

Welsh headlines

Dydd Llun Mehefin 8fed

'Ridiculous' parking at beauty spot could be tackled with free tourist buses

A free shuttle bus around one of Wales' most popular beauty spots could stop the area being blighted by nightmare parking issues, according to a local councillor.

Almost four million people visit Eryri, or Snowdonia, each year and around 98% of those arrive by car.

Parking problems have seen vehicles towed away in peak seasons, and even in January, police warned visitors not to leave cars in "ridiculous" locations as they went on walks to take "Instagram photos".

Conwy councillor Paul Luckock believes the solution is a free shuttle bus, similar to those operated in Alpine areas of continental Europe.

Another solution to traffic issues would be to allow farmers to offer parking in their fields.

In a statement, Gwynedd council and Eryri National Park Authority said they are working with partners to "develop a convenient, reliable and reasonably priced public transport network

1984

Who you gonna call?

"Ghostbusters," American supernatural comedy film starring Bill Murray, Dan Aykroyd, Harold Ramis, and Ernie Hudson, premieres.

The film followed three eccentric parapsychologists who, after losing their university jobs, started a ghost-catching business in New York City.

Armed with quirky proton packs, they face mischievous spirits, rising supernatural chaos, and a mysterious client linked to an ancient evil.

Blending sharp comedy, special effects, and inventive action, the film became a cultural phenomenon and remains a must-watch classic for its humour, charm, and iconic moments.

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

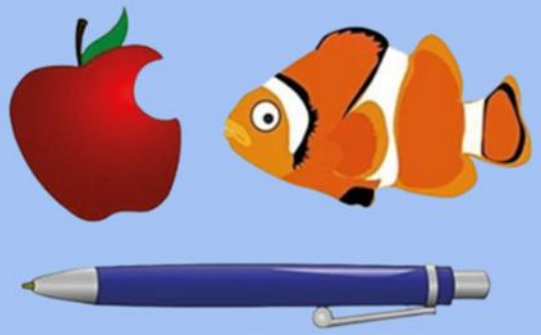
Drop In - Open with PC Andrea

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

Synonyms

Examine
Explore
Investigate
Probe
Inspect
Research
Study

In a sentence...

"You must analyse the results of the science experiment"

Analyse

verb.
to examine something in detail, typically in order to explain and interpret it.

Etymology

Cymraeg

dadansoddi

Welsh phrase of the week

“Byddaf yn trio”

“I will try”

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

CYMRU

Use it to learn it!

Maths vocabulary/tip of the week

MEDIAN

The middle number from an ordered set of numbers.

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