Week 2

24th February
Thought of the day

NEON DRAGONS

EXPLORING LANGUAGE AND LIFE IN 21ST CENTURY CHINA

Neon Dragons is a flexible, online course for year 8-12 students who want to explore modern Chinese language and contemporary life. No prior experience needed.

HOW CAN I STUDY?

- Study independently at your own pace
- Or study individually as part of a lunchtime group or school club
- No Chinese teacher required

WHO IS IT FOR?

- Year 8 students or above
- Complete beginners welcome
- Curious, open-minded learners interested in the modern world

WHAT WILL I LEARN?

- Short, manageable weekly lessons
- Modern Chinese culture: youth life, media, society, and global connections
- Taster-level Chinese language that is just enough to be useful and spark interest
- Real-world Chinese, not textbook-heavy
- Designed to build confidence and curiosity

Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

confuciusinstitute@uwtsd.ac.uk

Today's headlines

Tuesday February 24th

Giant tortoises return to Galápagos island after nearly 200 years

Giant tortoises are roaming the Galápagos island of Floreana for the first time in more than 180 years, in what conservationists have called a "hugely significant milestone".

The release of 158 captive-bred juvenile tortoises onto the island is part of the Floreana Ecological Restoration Project led by the Galápagos National Park Directorate.

The reintroduction follows a "back-breeding" programme launched in 2017 after scientists discovered tortoises carrying ancestry of the Floreana giant tortoise on nearby Isabela island.

Floreana's native species was driven to extinction in the 1840s by sailors who took thousands from the island for sustenance during long voyages.

"The restoration of Floreana has reached a hugely significant milestone, with 158 captive-bred giant tortoises released into the wild this week," the Galápagos Conservation Trust (GCT) said in a statement on Friday. "This long-anticipated moment gives hope, not just for the future of Floreana, but for the future restoration of islands around the world," it added.

Welsh headlines

Dydd Mawrth Chwefror 24ain

Valleys football club could become first to power its ground with water

A football club in the south Wales valleys could become the first in the country to power its home ground through hydropower.

If approved, plans would see floodlights at Cambrian United lit up by using water from the Nant Clydach to create energy, while a nearby school would also benefit from cheap electricity in the day.

The mountains and valleys of south Wales could provide a natural source of energy

Experts believe the potential is huge in valleys such as Rhondda, and thousands of streams could make villages and towns energy independent.

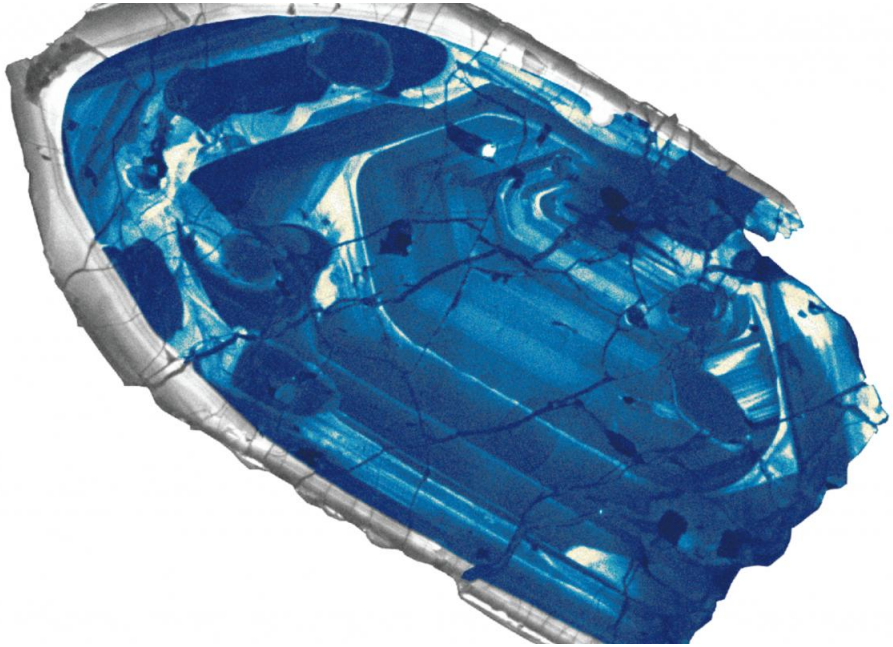
Plans are set to be submitted to Rhondda Cynon Taf council that would pave the way for Cambrian United's home to have its energy provided by power from nearby stream, the Nant Clydach.

Many more could soon follow, according to Chris Blake, who is the former director of a company that installs renewable energy technology around south Wales. "There's enormous potential. We did a study which identified 20 potential hydro sites in Rhondda Cynon Taf alone," he said.

This Day in History

2014

Ancient rock



A 4.4 billion-year-old crystal called zircon is discovered, the oldest known fragment of Earth's crust.

It was found in the Jack Hills region of Western Australia and provides a significant insight into the planet's early history, suggesting that Earth was likely cooler and wetter than previously thought, with conditions favorable for the existence of liquid water and possibly life shortly after the formation of the crust.

The zircon's extraordinary age and resistance to weathering make it a crucial piece of evidence for understanding Earth's formative years.

Friendly February 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1 Send a message to let someone know you're thinking of them
2 Ask a friend how they have been feeling recently	3 Do an act of kindness to make life easier for someone	4 Invite a friend over for a 'tea break' (in person or virtual)	5 Make time to have a friendly chat with a neighbour	6 Get back in touch with an old friend you've not seen for a while	7 Show an active interest by asking questions when talking to others	8 Share what you're feeling with someone you really trust
9 Thank someone and tell them how they made a difference for you	10 Look for good in others, particularly when you feel frustrated with them	11 Send an encouraging note to someone who needs a boost	12 Focus on being kind rather than being right	13 Smile at the people you see and brighten their day	14 Tell a loved one or friend why they are special to you	15 Support a local business with a positive online review or friendly message
16 Check in on someone who may be struggling and offer to help	17 Appreciate the good qualities of someone in your life	18 Respond kindly to everyone you talk to today, including yourself	19 Share something you find inspiring, helpful or amusing	20 Make a plan to connect with others and do something fun	21 Really listen to what people say, without judging them	22 Give sincere compliments to people you talk to today
23 Be gentle with someone who you feel inclined to criticise	24 Tell a loved one about the strengths that you see in them	25 Thank three people you feel grateful to and tell them why	26 Make uninterrupted time for your loved ones	27 Call a friend to catch up and really listen to them	28 Give positive comments to as many people as possible today	

ACTION FOR HAPPINESS

Happier · Kinder · Together

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 Phishing

Fake messages, emails or websites that try to steal your information.

What to look out for

- Urgent or threatening language
- Generic greetings – Hello, Hi
- Spelling mistakes
- Too good to be true offers
- Suspicious sender e.g.info@aamazn.com
- Suspicious links and QR codes

Protect yourself

- Do not click links
- Do not download attachments
- Use strong passwords
- Verify the website
- Report it

CEOP

Online safety reporting website

Word of the Week

Source

noun.
where information comes from;
a person, book, document, etc.
that gives information

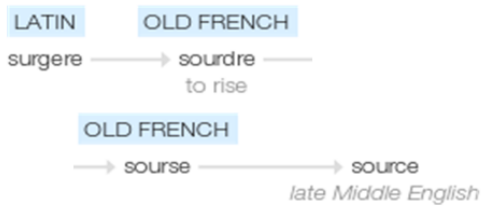
Synonyms

Origin
Text
Authority
Documentation
Reference
Quotation

In a sentence...

"Ensure the sources you use for this essay are reliable."

Etymology



Cymraeg

ffynhonnell

Welsh phrase of the week

“Byddwch yn ddewr”

“Be courageous”

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

CYMRU

Use it to learn it!

Maths vocabulary/tip of the week

UNITS

1 kg = 2.2 lbs

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