



Together we learn, together we grow.

Friday 6th June 2025

Dear Parents/Carers,

Annwyl Rhieni,

Welcome back after the May half term break. This term is a busy but exciting one!

Mental Health and Wellbeing:

At our school we recognise the importance of the mental health and wellbeing of pupils as central to pupils being able to achieve happy and fulfilling lives. There are lots of resources and organisations that can also support the mental health and wellbeing of your family and child(ren). Below are some websites/organisations that you may find useful. This is not an exhaustive list. Please use the link below to access the document which is on our school website and also where you will find the website links.

Wellbeing | Dewstow Primary School¹



Dewstow Primary School
'Together we learn, together we grow'



Local Support

dewis.wales	Find local and national organisations and services that can provide information or advice about your well-being; or want to know how you can help somebody else. Including information about people and services in your local area.
Therapeutic Services for children, young people and families in Monmouthshire - Monmouthshire	Information on how to access services available to children, young people and their families in Monmouthshire.
Children and families support service - Monmouthshire	This is a directory website with over 500 links to support families in Monmouthshire. Everything from family support services to children and young people's activities.
Families First Programme - Monmouthshire	'Families First Programme' can provide your family with help, advice and support to prevent any issues or problems you may have from getting worse.

Support Signposting for Pupils

Home - Home - Meic	Meic is the helpline service for children and young people up to the age of 25 in Wales. From finding out what is going on in your local area to help dealing with a tricky situation. Meic will listen even when no-one else will.
Childline Childline	Advice, helpline, resources and support for children.
Winston's Wish - Bereavement Support for Children	Provides support to children and young people after bereavement of a parent or sibling.
YoungMinds Mental Health Charity For Children And Young People YoungMinds	Provides support to children and young people after bereavement of a parent or sibling.

¹<https://dewstow-primary-school.secure-primariesite.net/wellbeing/>

	A charity supporting children, parents, and those working with children and young people.
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Support Signposting for Families

5 steps to mental wellbeing - NHS	5 steps to improve your mental health and well-being. Trying these could help you feel more positive and able to get the most out of life.
HOME CAMHS Resources	For young people, carers and professionals. Lots of helpful resources from across the internet that are available to help support your mental health and wellbeing.
Parenting and Family Support Family Lives	Parenting and family support. This website has very practical guide in a wealth of areas from school routines to self-harm.
Family wellbeing - BBC Parents' Toolkit - BBC Bitesize	Health and wellbeing advice for parents to support their child – from food and sleep, to anxiety and the online world.
Help and support Parent Zone	Providing expert advice regarding internet and digital activity, gaming and online safety.
Home - Nirowahaniaeth Cymru Neurodivergence Wales National Neurodivergence Team	Improving the lives of autistic people living in Wales.
Get support - Cruse Bereavement Support	National charity which offers support, advice and information to children, young people, and adults when someone dies.
mind	Mental Health information and support for adults, children and teenagers. Find local services.
The Sleep Charity	Education, support and advice on good sleep routines for children, teenagers and adults.
ACTivate Your Life - Public Health Wales	Public Health Wales free online course for anyone over the age of 16 designed to help improve mental health and wellbeing.
https://www.melo.cymru/	Aneurin Bevan University Health Board website with partners to look after the mental wellbeing of people living and working in these areas; Torfaen, Newport, Monmouthshire, Caerphilly and Blaenau Gwent.

Family Engagement:

Nursery families are invited to attend Tunes and Tales which started this week, there are two sessions so that morning and afternoon families can attend. Please see the attached posters and contact Hannah Ramsay direct or the school office to book a place.

Tunes and Tales

Join us in nursery at Dewstow Primary School, for fun songs, play and stories! Join your child for a fun and friendly session and leave with new ideas to try at home. All parents, grandparents and carers welcome!

FREE 45 minute sessions running for 6 weeks..
STARTING: Wednesday 4th June TIME: 10:45 - 11:30am

Contact

hannahramsay@monmouthshire.gov.uk for further details or to book a place!



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Tunes and Tales

Join us in nursery at Dewstow Primary School, for fun songs, play and stories! Join your child for a fun and friendly session and leave with new ideas to try at home. All parents, grandparents and carers welcome!

FREE 45 minute sessions running for 6 weeks..
STARTING: Wednesday 4th June TIME: 12:30 - 13:15

Contact

hannahramsay@monmouthshire.gov.uk for further details or to book a place!



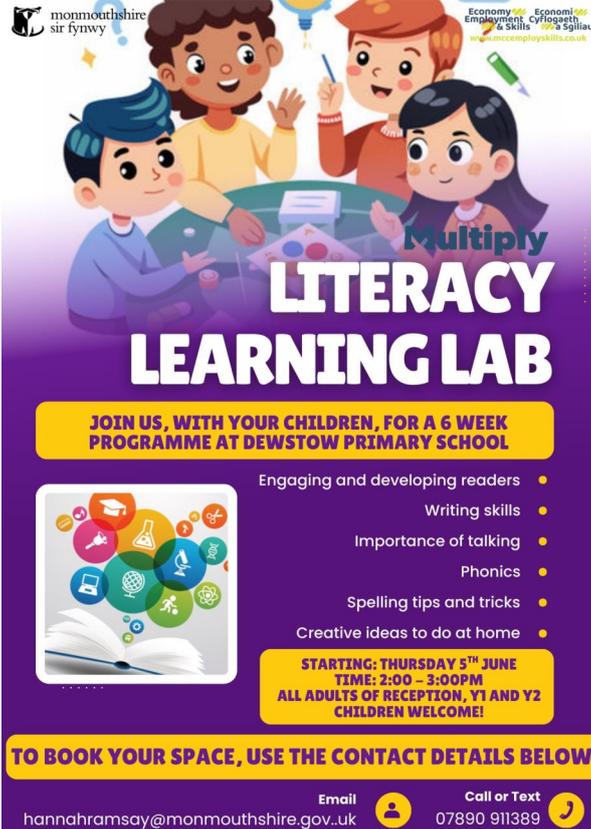
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Family Engagement:

Parents/carers of **Reception, Year 1 and Year 2** pupils are welcome to join our Literacy Learning Lab. These sessions started this week and will run for 6 weeks. Please see the attached flyer for further details and contact Hannah Ramsay direct or the school office to book a place.



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www.monmouthskills.co.uk

**Multiply
LITERACY
LEARNING LAB**

JOIN US, WITH YOUR CHILDREN, FOR A 6 WEEK PROGRAMME AT DEWSTOW PRIMARY SCHOOL

- Engaging and developing readers
- Writing skills
- Importance of talking
- Phonics
- Spelling tips and tricks
- Creative ideas to do at home

**STARTING: THURSDAY 5TH JUNE
TIME: 2:00 - 3:00PM
ALL ADULTS OF RECEPTION, Y1 AND Y2
CHILDREN WELCOME!**

TO BOOK YOUR SPACE, USE THE CONTACT DETAILS BELOW.

Email  hannahrams@monmouthshire.gov.uk

Call or Text  07890 911389

Family Engagement:

Families of children moving up to Reception class in September are invited to attend our "Getting Ready for School" two hour workshop on Thursday 19th June at 9:30am, please see the poster attached for further details. Please contact the school office to book a place.

The Incredible Years

Getting Ready for School

Getting Ready for School is a free workshop to help you to support your child's transition to school

Managing emotions
Language and social skills
Word skills
Interactive reading

The workshop will also cover practical skills such as toileting, eating with a knife and fork and much more!

This workshop will be taking place at Dewstow Primary School on Thursday 19th June 9.30 am - 11.30 am

Please contact your school to book a place

For any general information about the workshops, contact: Monmouthshire Acorn Project Email: parenting@monmouthshire.gov.uk

2 hour workshop

For parents of children aged 3-4, due to start school or just started.

Community Workshops/Events:

GIG NHS | **Swydd Iechyd Prifysgol Anafedig Serennu**
University Health Board

HELPING HANDS OUTREACH VIRTUAL WORKSHOPS: JUL-SEPT 25

Children's Centre Psychology

We run monthly workshops on a range of topics including: Exploring Behaviours That Can Challenge, Introduction to Sleep, Supporting Anxiety in Children, Supporting with Transitions, Introduction to Sensory Processing.

These group workshops are open to any parents/carers of children with additional needs, including families and professionals linked with Serennu, Nevill Hall and Caerphilly Children's Centre. For more information, please speak to the Family Liaison Officer at your local Children's Centre.

The workshops will take place online via a video-call.

MONDAY 7TH JULY 10AM - 12NOON	EXPLORING BEHAVIOURS THAT CAN CHALLENGE We will be sharing ideas behind behaviour support and help you to understand and respond to behaviours that can often challenge. Book by Midday on Monday 30th July
MONDAY 4TH AUGUST 10AM-12NOON	SUPPORTING ANXIETY IN CHILDREN We will share ideas about how to support children and young people with anxiety and worry. Book by Midday on Monday 28th July
MONDAY 15TH SEPTEMBER 10AM-12NOON	INTRODUCTION TO SLEEP We will share ideas about how to manage common sleep difficulties in children and young people. Book by Midday on Monday 8th September
WEDNESDAY 22ND OCTOBER 10AM-12NOON	TRANSITIONS & SEPARATIONS We will share ideas about supporting children and young people with transitions and separations Book by Midday on Wednesday 15th October
	BOOK A SPACE OR SUBSCRIBE TO OUR MAILING LIST To book a space on one of these workshops, or subscribe to our workshop mailing list for updates on all our future workshops, you can: • Scan the QR code • Click on the QR code • Follow this link https://forms.office.com/e/DfgfWSd0kK



Let's Talk Community Safety – Have your say today

Monmouthshire Community Safety Partnership is seeking your views to help them better understand the needs and concerns of Monmouthshire communities.

The Community Safety Survey is live and will remain open until **31 May 2025**.

This is your opportunity to help shape a safer Monmouthshire. Whether it's concerns about anti-social behaviour, road safety, or community resources, your feedback will guide future improvements.

Three surveys are available:

- Community members: For anyone who lives in Monmouthshire
- Businesses: For business owners who operate in Monmouthshire
- Young people (Under 18): For our younger residents who live in Monmouthshire (Primary and Secondary schools)

Take part online: letstalkmonmouthshire.co.uk/community-safety-survey

Paper copies are available at community hubs, libraries, and leisure centres.



Armed Forces Day 2025 – Join the celebration at Caldicot Castle and Country Park

On **Saturday, 28 June 2025**, Monmouthshire will proudly host **Wales' National Armed Forces Day** at Caldicot Castle and Country Park.

This free, family-friendly event will honour the contributions of serving personnel, veterans, reservists, cadets, and their families.

Expect a packed programme including:

- RAF Falcons Parachute Display Team
- Fly-past by the Royal Air Force Battle of Britain Memorial Flight
- Cadets parade
- Live music and entertainment
- Food and drink stalls
- Exhibits from the Army, Navy, RAF, and Blue Light Services
- Activities for all ages

Book your free ticket today:

<https://www.monmouthshire.gov.uk/national-armed-forces-day-2025/>

Volunteer with Us!

We're looking for volunteers to help welcome visitors, provide information, and support event logistics. Shifts are available for the whole day or in the morning only. Training and refreshments will be provided.

Sign up: [Volunteer Monmouthshire](#)

Event Volunteer - Armed Forces Day Caldicot Castle 28th June 2025²

letstalkmonmouthshire.co.uk/community-safety-survey³

<https://www.monmouthshire.gov.uk/national-armed-forces-day-2025/>⁴

Awards:

Well done to all the children who have received awards this week. Bendigedig pawb!

Year Group	Seren yr wythnos Star of the Week	Behaviour of the Week Hot Chocolate Friday!	Attendance Cup
Reception	Elinor	Frederick	91.3%
Year 1	Catrin & Luna	Eva	83.3%
Year 2	Logan	Conor	81.9%
Year 3	Bobby	Ripley	91.5%
Year 4	Cohen	Kaison	94.7%
Year 5	Jayden	Emmanuel	87.3%
Year 6	Tommy	Oliver	95.9% 

²<https://volunteer.monmouthshire.gov.uk/volunteers/opportunity/10237083?lang=EN>

³[https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.letstalkmonmouthshire.co.uk%2Fcommunity-safety-survey&data=05|02|RhodriJones%40monmouthshire.gov.uk|4ba5e7c718bf4070b6a108dd9778aff6|2c4d0079c52c4bb3b3cad8eaf1b6b7d5|0|0|638833267125688161|Unknown|TWfPbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUslYiOilwLjAuMDAwMClslAIiOjXaW4zMilslkFOljoiTWFpbClslldUljoyfQ%3D%3D|0||&sdata=tfDclSA5kPWPkZad7D62i97PTzkaS%2BKKA72ISzOo0IQ%3D&reserved=0](https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.letstalkmonmouthshire.co.uk%2Fcommunity-safety-survey&data=05%20|02%20RhodriJones%40monmouthshire.gov.uk%20|4ba5e7c718bf4070b6a108dd9778aff6%20|2c4d0079c52c4bb3b3cad8eaf1b6b7d5%20|0%20|638833267125688161%20|Unknown%20|TWfPbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUslYiOilwLjAuMDAwMClslAIiOjXaW4zMilslkFOljoiTWFpbClslldUljoyfQ%3D%3D%20|0%20||&sdata=tfDclSA5kPWPkZad7D62i97PTzkaS%2BKKA72ISzOo0IQ%3D&reserved=0)

⁴[https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.monmouthshire.gov.uk%2Fnational-armed-forces-day-2025%2F&data=05|02|RhodriJones%40monmouthshire.gov.uk|4ba5e7c718bf4070b6a108dd9778aff6|2c4d0079c52c4bb3b3cad8eaf1b6b7d5|0|0|638833267125709742|Unknown|TWfPbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUslYiOilwLjAuMDAwMClslAIiOjXaW4zMilslkFOljoiTWFpbClslldUljoyfQ%3D%3D|0||&sdata=jEpp4rHZzpuXX2HJ4i8FDXhch8VGMJydGL4j4azY3NM%3D&reserved=0](https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.monmouthshire.gov.uk%2Fnational-armed-forces-day-2025%2F&data=05%20|02%20RhodriJones%40monmouthshire.gov.uk%20|4ba5e7c718bf4070b6a108dd9778aff6%20|2c4d0079c52c4bb3b3cad8eaf1b6b7d5%20|0%20|638833267125709742%20|Unknown%20|TWfPbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUslYiOilwLjAuMDAwMClslAIiOjXaW4zMilslkFOljoiTWFpbClslldUljoyfQ%3D%3D%20|0%20||&sdata=jEpp4rHZzpuXX2HJ4i8FDXhch8VGMJydGL4j4azY3NM%3D&reserved=0)

Dates for your diary:

June:		
02.06.2025		Pupils return to school
03.06.2025	All day	Nursery to Year 6 Warburtons Visit
04.06.2025	10.45-11.30am	Nursery Tunes and Tales Session with Parents
04.06.2025	12.30-1.15pm	Nursery Tunes and Tales Session with Parents
05.06.2025	08.45-10.15am	Y6 Enhanced Transition Caldicot School
05.06.2025	9.30am	Reception and Year 1 Library visit
05.06.2025	2.00-3.00pm	Reception to Year 2 Literacy and Phonics Workshop Parents
06.06.2025	9.30-2.30pm	Year 5 Playmaker Festival
06.06.2025	2.30pm	Year 1 & 2 book look Family Engagement event
09.06.2025		Year 5 Gilwern
10.06.2025		Year 6 Gilwern
10.06.2025		PTFA Father's Day Gift Sale
11.06.2025		Year 3 Library visit
11.06.2025	10.45-11.30am	Nursery Tunes and Tales Session with Parents
11.06.2025	12.30-1.15pm	Nursery Tunes and Tales Session with Parents
12.06.2025	2.00-3.00pm	Reception to Year 2 Literacy and Phonics Workshop Parents
16.06.2025	9.00-10.00am	Year 3 & 4 Digital Family Engagement Workshop
16.06.2025	2.00-3.00pm	Year 5 & 6 Digital Family Engagement Workshop
17.06.2025	08.45-11.00am	Y6 Enhanced Transition Caldicot School
17.06.2025	09.10am	Reception Class new parents meeting
18.06.2025	9.00am	ALN Coffee Morning Hall
18.06.2025	10.45-11.30am	Nursery Tunes and Tales Session with Parents
18.06.2025	12.30-1.15pm	Nursery Tunes and Tales Session with Parents
18.06.2025	PM	Year 6 Library visit
19.06.2025	09.30-11.30am	Getting Ready for School Workshop - new Reception parents
19.06.2025	2.00-3.00pm	Reception to Year 2 Literacy and Phonics Workshop Parents
10.06.2025	11am	Nursery new parents meeting
23-27.06.2025		Personalised Assessments Year 2 - Year 6
24.06.2025	08.45-11.00am	Y6 Enhanced Transition Caldicot School
25.06.2025		Y5 to Caldicot School - Diversity Group
25.06.2025	10.45-11.30am	Nursery Tunes and Tales Session with Parents
25.06.2025	12.30-1.15pm	Nursery Tunes and Tales Session with Parents
26.06.2025	AM	Moving Up Day
26.06.2025	2.00-3.00pm	Reception to Year 2 Literacy and Phonics Workshop Parents
30.06.2025	08.45-10.00am	Y6 Enhanced Transition Caldicot School
July:		
01.07.2025	PM	Y6 Safe Travelling to School Talk
02.07.2025	10.45-11.30am	Nursery Tunes and Tales Session with Parents
02.07.2025	12.30-1.15pm	Nursery Tunes and Tales Session with Parents
02.07.2025	PM	Year 4 Library
03.07.2025	2.00-3.00pm	Reception to Year 2 Literacy and Phonics Workshop Parents
04.07.2025	10.00-2.00pm	Year 6 Swimming Festival
08.07.2025		End of year Reports to Parents/Carers
09.07.2025	10.45-11.30am	Nursery Tunes and Tales Session with Parents
09.07.2025	12.30-1.15pm	Nursery Tunes and Tales Session with Parents
09.07.2025		Year 5 Library
10.07.2025	2.00-3.00pm	Reception to Year 2 Literacy and Phonics Workshop Parents
10.07.2025	3.00-4.00pm Infants 4.15-5.15pm Juniors	PTFA End of Year Disco
11.07.2025		Year 3 (last swimming lesson)
14.07.2025		Year 6 to Caldicot School Transition Day
15.07.2025	10.00-2.00pm	Year 4 Olympics Caldicot School
15.07.2025	1.00-3.00pm	PTFA Ice Cream Van for all pupils and staff
17.07.2025		Year 6 Leavers Assembly
18.07.2025		Pupils Break up

Should you have any concerns, please do not hesitate to telephone school on 01291 636360, or email the school Dew.Primary@monmouthshireschools.wales⁵

Yours sincerely

Liz Bain

Headteacher / Pennaeth

⁵<mailto:Dew.Primary@monmouthshireschools.wales>