



YSGOL RHOS HELYG

NEWSLETTER 3

Friday, 23rd January 2026



We have noticed that numerous pupils look tired in school. It is advised that Primary school children have between 10-12 hours sleep every night.

Online Safety. Some pupils are telling us that they are online for a lot of time on their devices and some children tell us that they are online very late at night.

Please be vigilant and limit screen time .

We have noticed that not many pupils are using the School Bus . Pupils are welcome to use this free service. For more information please contact the School Office.

Dates for your diary-



February 13th -Community Cafe

February 13th -Close for Half Term



Reminders

Please remember your coats.