



19th July 2018

Dear Parent/Carer

Thank-you very much for all your support this year. We are very proud of the achievements of all of our pupils and our success would not have been possible without your support. We are all looking forward to another set of excellent examination results in August and further success in the new academic year.

End of Term

We break up for the summer holiday on Tuesday 24th July when we will be holding our traditional 'Vintage Sports Day'. School buses will leave from Lawrenny Avenue at 12.00pm. If you require your child to be supervised until the end of the school day, please let us know.

New School Year

The autumn term begins on Wednesday 5th September, 8.30am for all pupils. We expect all pupils to be in full, correct uniform, have all their equipment with them and be ready to learn, on time, every day. Thank-you for your continued support in ensuring that Fitzalan pupils achieve the highest standards of appearance, motivation and punctuality.

Wellbeing

In the spring term many of our pupils completed the Schools Health Research Network survey. This is an anonymous survey completed by 100,000 young people across Wales. The results show that many of our pupils make healthy choices. However, too many pupils say that they come to school without breakfast and spend too much time looking at a screen (TV, computer, tablet or phone). Some pupils said that they regularly go to bed after 10pm. Some say they drink at least one energy drink a day. Research shows these things are not healthy for young people. If any of them apply to your child, please support us and their wellbeing by limiting screen time, making sure they have a good night's sleep, and have a healthy breakfast.

I wish you all a happy and restful summer holiday.

Yours sincerely

Mrs C Bradshaw
Headteacher