



Ysgol Bryngwyn School

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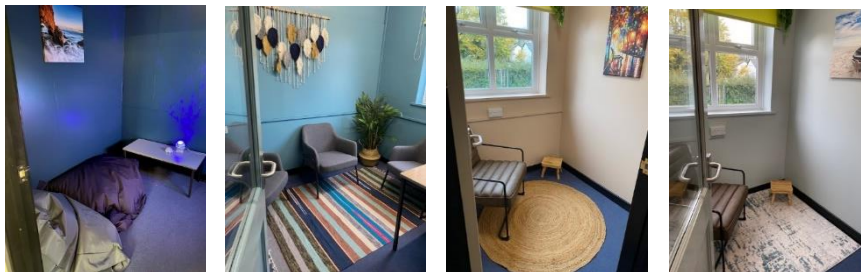
Dear Parent/Guardian,

We continue to thank you for the productive dialogue that we enjoy with both pupils and parents to support our learners, ensuring that every pupil has an educational experience of the highest standard. We are delighted to share with you some of the initiatives we have been working on as a team at Bryngwyn to help us all **'give our best, to be the best'**.

Our Latest Initiative (Emotional Regulation Space)

You may be aware of an increased focus on emotional wellbeing, that has become a national priority for us all. Equipping pupils with the skills and knowledge that will allow them to understand and regulate their everyday emotions is a key life skill which we hope will be of long-term benefit to all our students. Evidence has shown that when our emotions are regulated, both as children and adults, we are able to respond to situations in a calm and reasoned way. When emotions become overwhelming, pupils often show this in a way that results in disruption to learning for themselves and others.

To help support our students we have created a calming area for reflection to assist any pupils who may, at times, become emotionally overwhelmed. Below is a selection of photographs of the new area which we will be utilising.



Wellbeing Programme

Alongside this new space, we will also be launching a wellbeing programme over the next few weeks to increase pupils' understanding of how our brains work and how our emotions can cause our bodies to react. This programme will equip our students with the skills needed to identify the signs that their emotions are becoming overwhelming and will enable them to develop techniques that help them to cope.

We would be grateful if you would support us by watching the short video on the link (or QR code) below. This gives an example of one of the videos that pupils will watch during their lessons.

<https://www.youtube.com/watch?v=3bKuoH8CkFc>



This emotional regulation will form part of our pastoral support and will ensure pupils are ready to reflect and discuss any behavioural issues during the school day. It is important to note that this intervention is not a form of sanction but is a supportive measure. Once the pupil has regulated their emotions, a calm and reflective dialogue can begin to address any issues alongside an appropriate sanction where necessary.

As always, we strive to encourage our students to reflect honestly on their actions and interactions within our community, acknowledging responsibility and taking appropriate steps to restore/repair relationships. Your help with this is greatly appreciated to enable pupils to engage with these initiatives, complete appropriate sanctions and develop into thriving members of society who are fully equipped for their future pathways.

Many thanks once again for your continued support, as we work together for the benefit of our young people and the school community as a whole.

Kind regards,

A handwritten signature in black ink, appearing to read 'B. Tyler', with a stylized flourish at the end.

Ben Tyler

Assistant Headteacher

A handwritten signature in black ink, appearing to read 'Rob Jones', written in a cursive style.

Rob Jones

Head of School