

CHEPSTOW SCHOOL

Dear Parents and Carers,

As we reach the end of another successful academic year, I would like to take this opportunity to thank our students, staff, governors and families for their unwavering support and commitment to our school community.

We are delighted to be one of only a small number of schools to achieve the Careers Gold Award, recognising the high-quality careers education, guidance and opportunities we provide for our learners. We have also been awarded the Anti-Bullying Bronze Award, reflecting our commitment to creating a safe, inclusive and respectful environment where every young person can flourish.

Our attendance continues to be amongst the highest across the authority. This is a remarkable achievement and one that is only possible because of the strong partnerships we have developed with you as parents and carers. Thank you for working alongside us to ensure that our young people attend school regularly and are able to make the most of the opportunities available to them.

Keep up to date with the latest news

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Staffing Updates

As we reach the end of another successful year at Chepstow School, we would like to acknowledge colleagues who are moving on to new opportunities and welcome those taking up new roles within our school community.

Farewell and Best Wishes

We extend our sincere thanks and best wishes to Dan Harris who has successfully secured a Deputy Headship at River Centre, Blaenau Gwent. This is a fantastic achievement and a testament to the dedication and leadership Dan has shown during his time with us.

Ella Keddie and Dougal Tyrie Davies (Mathematics and Numeracy), Jordan Nasser (Drama and Expressive Arts), Sam Wong (Science), Support Staff include Mia Evans Powell, Clare Roullier, Natasha Williams, Layla Ball (who is embarking on a PGCE and we may even see her back in Chepstow one day)

Angela Warren, who, after almost 10 years as our wonderful Exams Officer, leaves behind a legacy of professionalism, commitment and outstanding support for both students and staff.

We thank each colleague for their valuable contribution to our school and wish them every success and happiness in the future.



New Appointments and Internal Roles

We are delighted to welcome and congratulate colleagues who are joining the team or taking on new responsibilities:

Mrs Giddy and Mrs Wilks are both permanent members of the Senior Leadership Team. Mrs Giddy is also taking on the role Head of Sixth Form and Mrs Wilks Curriculum Development.

Miss Martinez will undertake a secondment to Assistant Headteacher during Mrs Glover's maternity leave. Miss Manship takes on the role of Faculty Lead for Languages, Literacy and Communication (LLC).

Mrs Gulnaz, Mr Pugh and Mr Jones will join the Mathematics Department, Mrs Ball and Miss Smith will join Health & Wellbeing, Humanities, Skills and Alternative Pathways Faculties. Mrs Weston joins the Expressive Arts Faculty as our new Drama teacher. Ms McWha, who joined us at Easter, has already made a significant positive impact within the Music Department. Mr Morgan will join Health and Wellbeing and Miss Ribbeck the English Department.

Mr L Goddard is Leader for Skills, and Alternative Pathways whereas Mr M Goddard takes on the role of Head of Year 10.

We are excited about the wealth of experience, expertise and enthusiasm these colleagues bring and look forward to the positive impact they will have on our school community in the year ahead.





Every day, our pupils demonstrate the values that make our school such a special place. We are proud of every child for the kindness, resilience, respect and ambition they show daily in and around the school and within the wider community.

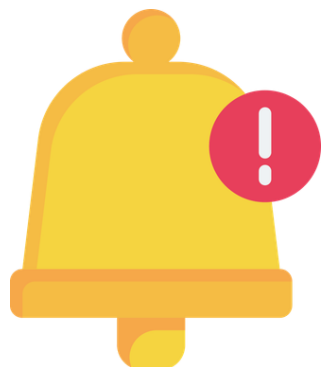
I would also like to thank all our dedicated staff for the opportunities and experiences they provide for our learners. This term alone has been filled with memorable events, including our Leavers' Assemblies, Proms, Sports Day, SPOTY, Year 7 Normandy Trip, visits to Chepstow Castle, the Bridges Project, Race to the Line, alongside countless other enrichment activities. These experiences create lifelong memories and help shape our young people into confident, capable and compassionate individuals.

As we look ahead to the summer, we wish all our students, families and staff a well deserved break.

Keep up to date with the latest news



Key Dates Academic Year 26/27



Autumn Term

01.09.2026 - 18.12.26

Years 7, 12, 13

return on

02.09.2026

Spring Term

04.01.27 - 19.03.27

Summer Term

05.04.27 - 20.07.27

All learners return

on 03.09.2026

October Half Term

26.10.26 - 30.10.26

February Half Term

08.02.27 - 12.02.27

Whitsun Half Term

31.05.27 - 04.06.27

INSET DAYS

01.09.26

02.10.26

04.12.26

27.01.27

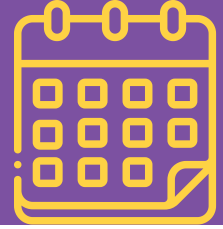
05.04.27

24.06.27

Early May Bank Holiday

03.05.27

Key Summer Dates



Examination Results 2026 - Canlyniadau Arholiadau 2026

13th August : A & AS Level and Level 3 Qualifications

Collection from 08:00 – 12:00 in the Arts Hall

20th August : GCSE and Level 2 Qualifications

Collection from 08:00 – 12:00 in the Arts Hall

Year 11: Collection from 08:00 – 12:00

Year 10: Collection from 10:00 – 12:00

Sixth Form Enrolment Dates: 20th and 21st August

PTA

THANK
YOU

As another successful school year comes to an end, we would like to say a huge thank you to our fantastic PTA for their unwavering support throughout the year.

From organising fundraising events and giving their time so generously to supporting school activities and enhancing opportunities for our students, their hard work and dedication have made a real difference to our school community.

The generosity, enthusiasm and commitment shown by our PTA are truly appreciated, and many of the experiences and resources our students have enjoyed this year would not have been possible without their support.

On behalf of all our staff and students, thank you for everything you have done. We wish you a wonderful summer and look forward to working together again next year.

Class Charts Champions



Year 7

Jemima N

Tilly O

Harrison J

Year 8

Oscar B

Molly C

Albie M



Year 9

Willow P

Nartalie M

Oliver H

Year 10

Maddelena P

Seren P & Zoe D

Maegan J

Year 11

Maisy K

Daniel K

Gweny M



100% Attendance



Year 7

Abigail C
Ava D
Mary E
Toby G
Florrie K
Shane M
Dylan M
Harriet R

100%

Year 9

Evie D
Esmee L
Henry J
Ellie K
Maya M
Alex O
Seren P
Amelia T
Mostyn T

Year 8

Ayberk A
Rosalyn D
Teilo F
Finn G
Chloe P
Erin P
Noah R
Layla S
Oliver W



Year 10

Leah C
Gracie D
Finlay H
Isabelle M
Milo S
Hollie S

Y8 Summer Term Highlights

Since returning from the Easter break, Blwyddyn 8 pupils have continued to take part in a range of exciting opportunities and celebrate some fantastic achievements.

We have had a number of guest speakers come in this term. This has included a Water Safety Course delivered by SARA (Severn Area Rescue Association), learning valuable life-saving skills and how to stay safe around water. They also attended a Hate Crime awareness session delivered by Gwent Police, which encouraged important conversations about respect, inclusion and community responsibility.

The summer term has also seen pupils embracing physical activity. The Mini Marathon was a great success, with most of Blwyddyn 8 taking part and challenging themselves to complete the course. Pupils also threw themselves into Fitness Week, demonstrating enthusiasm, teamwork and resilience while taking part in a wide range of activities.

We are incredibly proud of several pupils who have excelled in sport this year. Congratulations to Heidi C, who received a Sports Personality of the Year (SPOTY) Award. We would also like to recognise Sebby C and Jack W, who were both nominated for the award – a wonderful achievement.



Y8 Summer Term Highlights

A special mention goes to Daisy O, who has enjoyed an outstanding 2025–26 canicross season. Alongside her home-bred German Shorthaired Pointer, Wiz, Daisy competed in two National Championship races with British Sled Dog Sports, held in Thetford and Scotland, showing exceptional dedication to her sport.

Finally, congratulations to the 13 Blwyddyn 8 pupils whose Global Grades increased this term. Their hard work, commitment and positive attitude towards learning have been recognised through their improved outcomes, and they should be extremely proud of their achievements.

Well done to all of our Blwyddyn 8 pupils for a successful and memorable summer term. We look forward to seeing all they achieve as they move into Blwyddyn 9.



Y8 Summer Term Highlights



Y9 Summer Term Highlights

Year 9 have enjoyed an exceptional year filled with academic growth, personal development and impressive achievements both inside and outside the classroom. As a year group, they have shown maturity, kindness and a strong sense of community, consistently demonstrating the qualities that make them role models within the school. Their progress this year lays a powerful foundation as they move confidently towards Key Stage 4.

Across the cohort, 27 students have increased their Global Grade, reflecting clear academic improvement and a commitment to learning. Even more encouraging is the rise in attainment across every GCSE-linked category, showing that Year 9 are building the skills and knowledge they need for future success.

Their positive contribution to school life is equally remarkable, with over 27,000 positive points awarded this year, a clear testament to their daily effort, kindness and readiness to support others.

Throughout the year, students have consistently demonstrated resilience, determination and integrity, qualities that will serve them well as they progress into GCSE study.

Year 9 have also shown a strong commitment to supporting others beyond the school community. This year, students raised funds for their assigned charity, Ty Hafan, demonstrating compassion and social responsibility. A particular commendation goes to Ms Manship's form, who made a concerted effort to raise as much as possible, highlighting their dedication to charitable work and their willingness to make a positive difference.



Y9 Summer Term Highlights

This year also brought the important milestone of choosing GCSE option subjects, a challenge that requires maturity, self-reflection, and ambition. Year 9 approached this process thoughtfully and confidently, showing that they are ready for the next stage of their academic journey.

A special mention must go to several students who have excelled in their sporting fields:

Evie C Road and track cycling
Joey H for pickleball
Edward G for basketball
Daiy B and Tori P for cheerleading
Shae D for football
Jack R for football
Dan R for archery
Finn S for skydiving
Dougie W for athletics
Rori C for golf
Ruby M for gymnastics
Lilia M for gymnastics
Joey J for go-karting
Fraser G for basketball



Their dedication, discipline and passion are an inspiration to the whole year group.

Year 9 should feel incredibly proud of everything they have achieved - academically, personally and within the wider school community.

Lastly, it is important that I mention I am stepping down from the role as Head of Year, but that Mr M Goddard will now be taking on this responsibility. I would like to wish him all the best and I will sorely miss the relationship I have built with such an incredible group of young people.

Y9 Awards

Value Awards

Positivity –Lacey Mae C

Lacey Mae consistently brings a bright, uplifting attitude to every aspect of school life. Her ability to remain optimistic, encourage others, and create a warm atmosphere in the classroom makes her a true role model. She embodies the spirit of positivity through her kindness, enthusiasm, and unwavering good humour.

Perseverance – Lexi H

Lexi shows exceptional determination, consistently pushing herself to overcome challenges and improve. Her resilience and willingness to keep going, even when things are difficult, highlight her strength of character. She truly represents the value of perseverance through her hard work and dedication.

Ambition – Alex O

This student has shown a clear drive to achieve their best, setting high standards and working with purpose to reach them. Their motivation and forward-thinking approach inspire others and demonstrate a mature commitment to personal growth. They embody ambition through their focus, effort, and determination to succeed.

Y9 Awards

Curiosity – Edward G

Edward approaches learning with genuine interest and enthusiasm, always seeking to understand more and ask thoughtful questions. His inquisitive nature enriches discussions and encourages others to think more deeply. He exemplifies curiosity through his eagerness to explore new ideas and broaden his knowledge.

Equity – Dan R

Dan demonstrates fairness, respect, and inclusivity in everything he does. He treats everyone with equal consideration and ensures that all voices are heard, making him a valued and trusted member of the year group. His commitment to equity sets a strong example for his peers.

Pupil of the Year

Choosing a Pupil of the Year in Year 9 is never easy, especially given the exceptionally high calibre of students across the cohort. However, **Henry J** stands out as a truly deserving recipient. Henry is a conscientious worker whose unwavering positivity lifts those around him. He consistently supports others, offering encouragement and kindness and he brings a warm sense of humour that strengthens the relationships within his form and across the year group. Henry's presence has had a profoundly positive impact on both his peers and staff, making him a role model who embodies the very best of Year 9.

Y10 Reward Celebration

✨ Year 10 Rewards Breakfast Celebration ✨

We were delighted to celebrate our incredible Year 10 students at our Rewards Breakfast as they began their GCSE examination journey.

We are so proud of the resilience, determination and growth they have shown throughout this academic year. Adapting to the new Curriculum for Wales has been no small feat, and they have risen to the challenge with positivity and perseverance.



Y11 Reward Celebration

☀️ Year 11 Rewards Breakfast Celebration ☀️

This term we were delighted to host a special rewards breakfast for our fantastic Year 11 students before they started their GCSE exams. 🍌🍓

We are incredibly proud of the positivity, perseverance and ambition they have shown in the lead-up to this important milestone. This was a small way to recognise and celebrate their hard work and dedication.



Y11 Celebration

🍕 ✨ Year 11 End of Half Term Celebration ✨ 🍕

Chepstow School were delighted to recognise and reward our fantastic Year 11 students to a well-deserved Pizza Rewards Lunch to celebrate their incredible positivity and perseverance throughout their GCSE revision and exams.

Over the past weeks, staff have been running daily revision sessions, and we are so proud of the commitment shown by students who have consistently attended and given their very best. This event was a small way to recognise and reward their hard work, dedication, and resilience.

A huge thank you to Stone Rock Pizza Chepstow for providing such delicious food and helping us make this celebration extra special!



Mathematics & Numeracy



UKMT Junior Mathematical Challenge and Junior Kangaroo Success

Congratulations to all our students who took part in this year's UKMT Junior Mathematical Challenge. We are incredibly proud of the effort, resilience and enthusiasm shown by everyone involved.

Many students across Years 7 and 8 achieved Bronze, Silver and Gold certificates, recognising their excellent mathematical reasoning and problem-solving skills. These awards were presented in assembly last week, celebrating the hard work and success of all participants.

Special congratulations go to Macsen (Year 7) and Dima (Year 8), who both achieved Gold Certificates in the Junior Mathematical Challenge and qualified for the UKMT Junior Kangaroo. We are delighted to share that Dima went on to earn a Bronze Certificate in the Junior Kangaroo, an outstanding achievement that reflects his exceptional mathematical ability and perseverance. Macsen also performed brilliantly in the challenge, narrowly missing out on a Bronze Certificate.



We would also like to recognise Arlo (Year 8) for achieving a fantastic Gold Certificate in the Junior Mathematical Challenge – a wonderful accomplishment.

Mathematics & Numeracy



These results represent an exceptional achievement for our students, and everyone involved should be extremely proud of their success. Well done to all participants, and congratulations once again to Dima, Macsen and Arlo for their outstanding performances.



Building Bridges to Success

Year 7 students recently took part in an exciting Bridge Launching Challenge delivered by engineering specialists Cass Hayward. During the workshop, pupils worked in teams to design and build a solution for launching a bridge span, while taking on professional roles including engineers, project managers, financial officers and company executives.

Mathematics & Numeracy

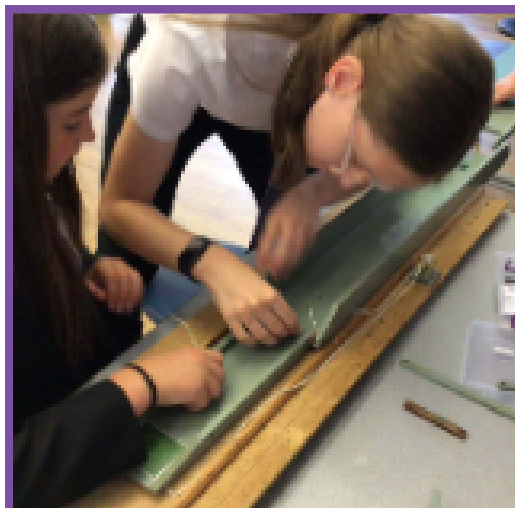


The challenge encouraged students to collaborate, solve problems and make important decisions as they developed their designs. Teams were responsible for managing budgets, creating company branding and testing their ideas, giving pupils a real insight into the world of engineering and project management.

Following the workshop, each group produced a presentation showcasing their solution, explaining their design choices and providing detailed costings. Students confidently presented their work to their peers, demonstrating excellent teamwork, creativity and communication skills throughout the project.

A huge thank you to Cass Hayward for delivering such an engaging and inspiring workshop. The experience gave pupils a valuable insight into the world of engineering and highlighted the importance of collaboration, innovation and numeracy in solving real-world problems.

We are incredibly proud of the enthusiasm and professionalism shown by all of the students involved. Well done to everyone who took part!





Year 7s Race to the Line Competition Delivers Speed, Creativity and Excitement

Our Year 7 students recently took part in the highly anticipated Race to the Line Competition, an exciting STEM challenge supported through The Learning Partnership and our valued sponsors, Cass Hayward.

In the weeks leading up to the event, students combined their learning from both Science and Design & Technology lessons to design, build and test their own racing cars. In Science, pupils explored the topic of forces, developing their understanding of concepts such as friction, air resistance and the impact these forces have on the speed and performance of moving objects. They then applied this knowledge in DT lessons, where they designed and carefully constructed their competition cars, refining their ideas to create vehicles that were both fast and visually impressive.

The culmination of all their hard work came during an exhilarating afternoon of racing in the school hall. With students, parents, our Chair of Governors Mr Dunn, and representatives from Cass Hayward gathered to watch, anticipation built as each team prepared to launch their cars down the track.



Science & Technology



The standard of work was exceptional, with some cars reaching speeds of up to 40 mph as they raced towards the finish line. Each car was closely watched as they raced down the track and the atmosphere was filled with excitement as spectators cheered on the competitors.

In addition to the racing competition, representatives from Cass Hayward judged the entries and selected the car they felt demonstrated the best overall design, recognising the creativity, engineering thought and craftsmanship shown by our students.

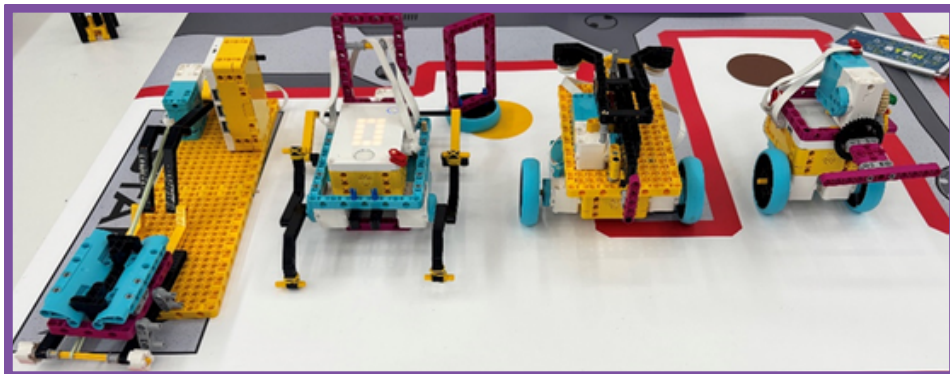
The racing itself produced some fantastic results. The winning car completed the course in just over one second, with the second and third-placed teams finishing only fractions behind, highlighting the quality of the competition and the attention to detail shown by all participants.



The event was a wonderful celebration of teamwork, problem-solving and innovation, allowing students to see how the scientific principles they learn in the classroom can be applied to real-world engineering challenges. We are incredibly proud of all the Year 7 students who took part and would like to thank The Learning Partnership, Cass Hayward, Mr Dunn, and all the parents and supporters who helped make the event such a memorable success.

Science & Technology

Chepstow Stem Club were lucky enough to be invited to the first ever Monmouthshire Lego Challenge. We had been given a certain amount of information beforehand about the challenges we would face which included navigation, lifting, pushing and raising a flag. The team spent hours designing robots and writing the code which would complete these challenges. We also had to design and build a hopper to race against the other Monmouthshire Schools. On the day, there were a series of extra challenges to complete which involved firing an arrow to a target, throwing a dart and an extra navigation challenge.



Science & Technology

The team got stuck in straight away coming up with a series of designs that could complete the new challenges and then writing the code that would spell success. Then came the hopper race. After a slow start our hopper raced through the pack to finish second.



Then came the big competition. We had two five-minute blocks of time to complete the challenges. In our first attempt, we aced the navigation scoring nearly maximum points, our lifting task was completed successfully giving us maximum points and we less than a centimetre away from maximum points in the raising the flag task.

Overall, the pupils had a great day meeting the challenges set by this lego competition and they have been inspired to try and complete more challenges by using the skills they have learned.



Y7 & 8 Anti-Racism Workshop

🌟 Year 7 & 8 Anti-Racism Workshops 🌟

This term, our Year 7 and 8 learners took part in powerful Anti-Racism School Workshops delivered by Race Equality First. The sessions were incredibly impactful and gave pupils the knowledge and confidence to recognise, challenge, and report racism in all its forms.

Our pupils engaged brilliantly, showing maturity, empathy, and a strong commitment to creating a safer, more inclusive school community.

A huge thank you to Race Equality First for delivering such excellent provision and supporting our learners in becoming confident, informed, and compassionate young citizens.

Together, we continue to build a school where everyone feels respected, valued, and safe!



Pride



During Pride Awareness Week at Chepstow School, students took part in a range of activities designed to promote understanding, respect, inclusion and equality for all members of our school community.

A key focus of the week was our assembly exploring the history of LGBTQ+ rights in the UK. Students learned how attitudes and laws have changed over time, highlighting both the significant progress that has been made and the challenges that still exist today. This included the importance of the Wolfenden Report (1957), the partial decriminalisation of LGBTQ+ relationships in 1967, the impact of Section 28, and the development of equality legislation including the Equality Act 2010 and the legalisation of same-sex marriage.

Students also explored why LGBTQ+ visibility and positive role models remain important today and discussed the continued need for Pride events to celebrate diversity and challenge discrimination.

Alongside the assembly, students participated in a Thought for the Week session delivered by form tutors, focusing on Allyship. The session encouraged students to consider what it means to be an ally and how they can support others who may experience discrimination or prejudice.



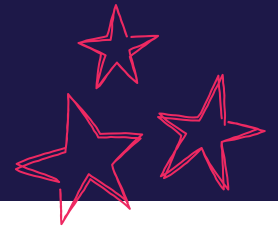
Pride



Students learned that allies play an important role in creating welcoming and inclusive communities by listening, supporting others and standing up for equality

Through Pride Awareness Week, we reinforced our commitment to creating a safe, welcoming and inclusive environment at Chepstow where every student feels valued, respected and able to be themselves.





A fantastic opportunity for some of our Year 7 and Year 8 students who recently took part in Seren Academy aspiration sessions. ✨

The sessions encouraged students to think about their future goals, build confidence and explore the exciting opportunities available to them.

We are proud of their engagement, enthusiasm and ambition throughout. 🙌





We recently held our annual Sports Personality of the Year (SPOTY) Awards, celebrating the outstanding achievements, dedication and success of our pupils throughout the year.

The evening recognised pupils across a wide range of sports, with awards presented for Players' Player, voted for by teammates, Coaches' Player, and Most Improved Player. It was wonderful to see so many pupils recognised for their commitment, teamwork and sporting excellence.

A special Outstanding Achievement Award was presented to our talented cheerleading team, who qualified for the World Championships in Florida in April and achieved an incredible 5th place finish on the world stage.

The event concluded with our major awards of the evening:

Ben Kellaway Commitment to Sport Award – Harry M (Year 7)
Rosie Eccles Award for Commitment to School Sport – Lucy T (Year 9)
Team of the Year – Year 11 Football Team, following their fantastic success in winning the Newport Schools Cup
Sports Personality of the Year 2026 – Heidi C (Year 8)





The final award of the evening was hotly contested, with the closest voting result we have ever seen, making Heidi's achievement even more remarkable.

The PE department would like to thank all the pupils who gave up their time to attend and make the evening such a special occasion.

We are incredibly proud of all of our young people and greatly appreciate the enthusiasm, commitment and support shown throughout the year.

Congratulations to all of our winners and nominees on a fantastic year of sporting achievement.



SPOTY





Sports Day 2026 – Day 1

Day 1 of Sports Day proved to be a hugely successful event, with fantastic levels of participation, enthusiasm and team spirit on display throughout the day. It was particularly pleasing to see Years 7 and 9 embracing the occasion so positively, with excellent numbers competing across the track events and contributing valuable points to their form teams.

The field events were equally impressive, with both the shot put and long jump attracting strong participation and producing some excellent performances. Students demonstrated great determination and effort, helping to create a brilliant atmosphere around the competition areas.

One of the highlights of the day was the relay events, which brought plenty of excitement and fun. Students gave their all in some closely contested races, while staff and Sixth Form relay teams also joined in, adding to the enjoyment and providing great entertainment for spectators.

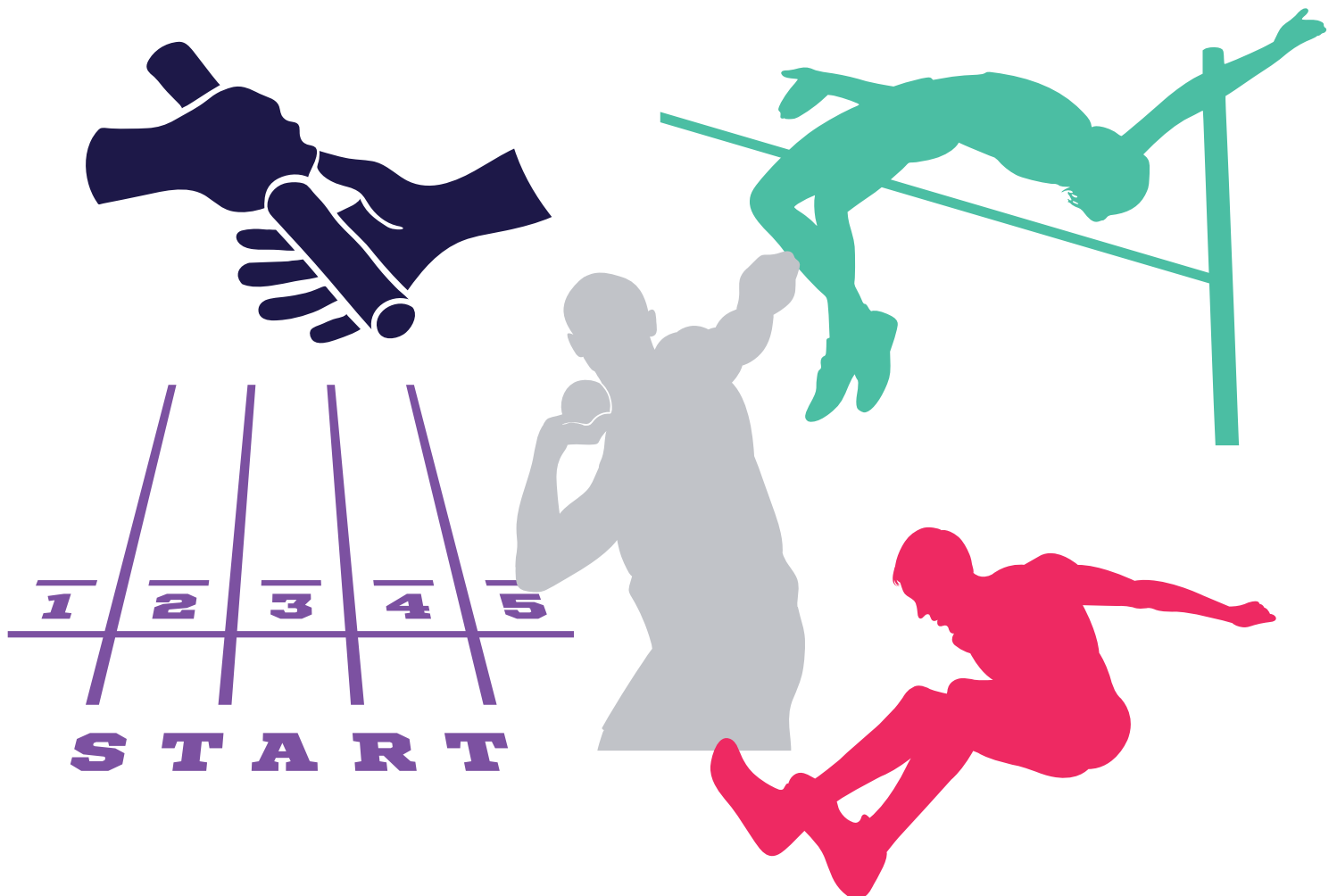
Several students deserve special recognition for their outstanding commitment throughout the day. Huw B, Lewys C, Honoria L, Daisy B, Forest B and Evie R were constantly involved across a wide range of events, repeatedly stepping up to represent their forms and gaining valuable points for their teams through their efforts and determination.

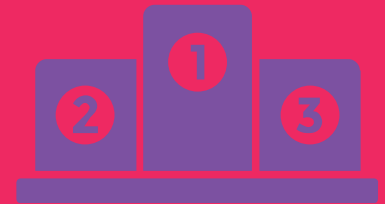
Sports Day



The Year 7 boys' and girls' races were particularly competitive, with students demonstrating excellent sportsmanship, resilience and determination. Every competitor represented their form groups and the school with pride, and they should be congratulated for the positive attitude they showed throughout the day.

Overall, Day 1 was a fantastic success and set the stage perfectly for the final sports day on Thursday for year 8 & 10. Well done to all students, staff and Sixth Form students who took part and helped make the event such an enjoyable celebration of school sport.





Sports Day 2026 – Day 2

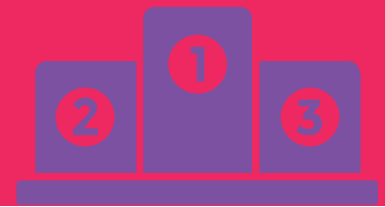
Day 2 of Sports Day saw our Year 8 and Year 10 pupils take to the track and field, demonstrating outstanding commitment, determination and sportsmanship throughout the day.

The atmosphere was fantastic, with pupils supporting one another and representing their forms with pride. From the first event to the last, competitors gave their all, producing some exceptional performances across both track and field disciplines.

There were a number of standout individual performances on the day, including impressive displays from Alex M, Lacey B, Cerys D, George P and Heidi C, all of whom excelled in their respective events and contributed significantly to their form totals.



Sports Day



The standard of competition was extremely high, with pupils showing resilience, teamwork and a positive attitude throughout the event. The encouragement shown by participants and spectators alike reflected the values of our school and helped make the day a great success.

Sports Day Form Winners:

Year 7: 7S

Year 8: 8T

Year 9: 9C

Year 10: 10C

Following the completion of all events, the overall Sports Day Champions were 7S, whose consistent performances across the competition secured them the title.

Congratulations to all pupils who took part and contributed to another memorable Sports Day. Your effort, enthusiasm and sportsmanship were a credit to yourselves and the school.



XMaS Scientist Experience

My name is Stella, and I was incredibly lucky to be selected as one of just 16 girls from across the UK to win a competition for young women interested in physics and STEM. As part of the prize, I spent five amazing days in Grenoble, France, where we visited the European Synchrotron Radiation Facility (ESRF), one of the world's leading scientific research centres. During the trip, we met scientists and physicists, learnt about the incredible research taking place there, and got a behind the scenes look at technology that is helping to solve real world problems. It was an unforgettable experience that not only taught me so much about physics but also showed me the exciting opportunities available to women in STEM. I came home feeling inspired and even more motivated to pursue a future in science.



Mental Health Awareness Week

Our school community came together to recognise Mental Health Awareness Week, and what a fantastic week it was!

Students and staff engaged positively in a wide range of bespoke activities, including the Daily Mile, morning workouts, assemblies, a wellbeing quiz, and inspiring external workshops. It was also great to unite with MonLife wellbeing provision, further strengthening the support available to our school community.

The enthusiasm, participation, and openness shown throughout the week were truly encouraging. It was wonderful to see everyone taking time to focus on their mental health, support one another, and build positive habits.



Internet Safety

We would like to remind all students to be careful when using school computers.

Please do not download software or programs from the internet. Similarly, do not copy programs or applications from USB drives into your school home folder or onto school computers.

Recently, our security systems detected unauthorised software that had been downloaded to a student account. As a precaution, the account was automatically disabled by our ransomware protection software to help protect the school's network and data.

To help keep our systems safe:

Only use software that has been approved by the school.

Never download programs from websites unless directed by a teacher.

Do not copy executable files or applications from USB drives.

If you need software for schoolwork, speak to a teacher or the IT department first.

These measures help protect everyone from malware, ransomware, and other security risks while ensuring that our school network remains safe and reliable for all users.

Thank you for helping to keep our school systems secure.



Internet Safety

 **A huge thank you to Gwent Police!**

We were delighted to welcome Gwent Police into school to deliver excellent learning on Cyber Awareness. Their sessions helped our students develop a really secure understanding of how to stay safe online, how to recognise risks, and how to report concerns confidently and appropriately.

The discussions sparked some incredibly thoughtful and insightful questions, showing just how valuable this learning was for everyone involved.

We are very grateful for the partnership and support.

Diolch yn fawr!   



Health and Wellbeing

Congratulations to Sofia on securing 2nd place at this year's Oxford Open! 🏅

An outstanding achievement that speaks volumes about your hard work and perseverance.

Wishing you even more success in the competitions ahead.

Well done! 🙌



Congratulations to Evie who took on Round 2 of the National Youth Omnium in Wolverhampton. 🚴

🏅 3rd overall in her first year as an Under 16!

Race results:

- 🚩 1st – Time Trial
- 🚩 1st – Match Sprint
- 🚩 4th – Elimination
- 🚩 5th – Points Race
- 🚩 6th – Scratch Race

A fantastic all-round ride and a huge achievement.



Health and Wellbeing

A huge thank you to ALP Synergy for their incredibly generous donation to Chepstow School.

This funding has allowed us to enhance our sports equipment, providing our pupils with even greater opportunities to participate, develop their skills, and enjoy physical activity.

We are extremely grateful for your continued support. Your generosity will make a real difference to our pupils' experience both in lessons and in extracurricular sport.

Thank you for investing in our school community.



Congratulations to Oliver on winning the national boxing championships. He also attended 3 box cups and won Gold in Manchester and Hull. An outstanding achievement and a testament to all the hard work, discipline, and determination that went into it.

Health and Wellbeing

Huge congratulations to Heidi on being selected to represent Wales at the London Mini Marathon 2026! 🏃

Competing against a strong field from across London and the regions, Heidi finished an impressive 47th out of 218 runners

A fantastic achievement and a proud moment. Well done Heidi!



Great effort from Tom representing Cardiff against Ospreys U17s at Cardiff Arms Park 🏉👏

Proud moment and plenty more to come 💪



Health and Wellbeing

Daisy competed at a truly high level this year, including taking part in two national championship races with British Sled Dog Sports in Thetford and Scotland.



We are beyond proud to share that she finished the season as a silver medalist 🏅



So incredibly proud of Daisy, Faye, Tori and Seren! 🌟

Last month, they competed with their team Comets, at the prestigious Allstar Worlds Cheerleading competition in Florida and they placed 5th in the WORLD! 🌍 ✨



🏏 Congratulations to Ewan, who represented Cricket Wales East U14s as part of the Cricket Wales Pathway Programme.

Ewan kept wicket and opened the batting for his side, helping the team secure a well-deserved victory 🙌



Health and Wellbeing

A special moment for a special group

Our Year 11 football team were crowned cup winners last week, winning 5–4 on penalties after a hard fought 0–0 draw in normal time.

This group of boys have been together since Year 7, and to see them lift the cup in their final year together makes this achievement even more meaningful. It is the first time this team has won the competition, and they fully deserve it.

A fantastic achievement and a moment they will never forget. We are incredibly proud of you all.



Health and Wellbeing

🎾 Congratulations to Scarlett! 🎾

Scarlett has been crowned South Wales Under 12 and Under 16 Doubles Champion — an incredible accomplishment! 🏆🏆

Her success doesn't stop there...

✨ She has progressed to the "Play Your Way to Wimbledon" County Qualifying Round

✨ She will be representing Wales at the National Tennis Centre in Roehampton this July

✨ And she will be training this summer at the Rafa Nadal Tennis Academy in Spain
What an amazing journey — we wish Scarlett the very best of luck as she continues to soar both on and off the court! 🌟

👏 Well done, Scarlett — we are all very proud of you!



Congratulations to Heidi!

Huge congratulations to Heidi in Year 8 who won silver in the 1500m at the Welsh Championships this weekend!



An incredible achievement — we are so proud of your hard work and dedication.



Health and Wellbeing

🎉⚽ **Cup Champions!** ⚽🎉

Huge congratulations to our incredible Year 7 boys on winning the U12's Cup Final! 🏆

They secured an impressive 2–0 victory against Raglan, with fantastic goals from Jaxon C and Dexter T. 🙌
A brilliant team performance, showing determination, teamwork, and skill throughout. We are so proud of you all! 🙌💙



Congratulations to Joey who achieved a silver medal at the Dreambrwaker Pickelball Event against all adult competitors.

Pickleball

This term, we introduced an exciting new sporting opportunity for our learners with the purchase of a pickleball set. The game quickly became a lunchtime favourite, with pupils embracing the challenge and organising matches independently.

It has been wonderful to see learners developing their teamwork, communication and sportsmanship skills while enjoying this fast-paced and inclusive sport. What started as a small group of enthusiastic players soon grew into a popular lunchtime activity, with many more pupils coming together to learn the rules, join in the games and support one another.

One of the real highlights has been seeing learners from different year groups mixing and encouraging each other in a positive and active environment. The enthusiasm surrounding pickleball has been fantastic, and we look forward to seeing the game continue to grow in popularity throughout the school community.



Health and Wellbeing

It has been another fantastic year for the Health & Well-being Department, with pupils taking part in a wide range of opportunities both in and out of the classroom. From cheerleading and boxing to football, netball and everything in between, our pupils have embraced every challenge and represented the school with pride. Throughout the year, pupils have developed invaluable lifelong skills including leadership, teamwork, cooperation, communication and resilience. Whether during lessons, competing in fixtures, supporting peers, officiating events or participating in extra-curricular activities, our young people have consistently demonstrated determination, commitment and a positive attitude.

Within our Health & Well-being curriculum, pupils have continued to develop their knowledge and understanding of important topics such as healthy relationships, bullying, online safety, emotional wellbeing and personal development. We are incredibly proud of the maturity, respect and thoughtfulness pupils have shown when discussing and engaging with what can sometimes be sensitive topics.

Looking ahead, we are excited to be expanding our enrichment opportunities with the launch of two new educational visits. In May 2027, pupils in Years 7 and 8 will have the opportunity to take part in a Football and Netball Tour to PGL, while plans are already underway for our Ski Trip to Les Deux Alpes in 2028 for KS4 & 5, which promises to be another unforgettable experience.

As a department, we are extremely proud of everything our pupils have achieved this year and would like to thank them for their enthusiasm, effort and commitment. We look forward to building on this success and creating even more opportunities for our pupils in the years ahead.

Inter-Schools Photographic Competition Success

Congratulations to Grace (Year 8) for winning 2nd Prize and Rio (Year 7) for receiving a Highly Commended award in Category A – Secondary at the Inter-Schools Photographic Competition.

The organisers praised our pupils and school, commenting: “Every congratulations to the pupils, you and the school on yet again a very successful competition. We really appreciate you taking part.”

The competition is now open again with this year’s theme, “My Environment”. Pupils are encouraged to enter using a phone, iPad or camera. Every participant will receive a certificate, and winning photographs were displayed at the Abergavenny Arts Festival on

6th June. 📷 🏆



Expressive Arts



CHEPSTOW
SCHOOL
INSPIRING LEARNING

Expressive Arts Newsletter July 2026

Expressive Arts Showcase

Our Expressive Arts Showcase on Thursday 18th June was a truly memorable evening, celebrating the creativity, commitment and talent of our learners. With over 30 pupils involved across music and drama, the event was a wonderful reflection of the vibrant artistic community within our school. The evening featured an exciting programme of performances from both Key Stage 4 and Key Stage 3 students, ranging from solo instrumentalists and vocalists to ensembles and dramatic pieces. Each performance brought something unique to the stage, and it was inspiring to see students perform with such confidence and passion, particularly those taking to the stage for the very first time.

What stood out most was the courage shown by our performers. Standing in front of a live audience is no small task, yet our learners embraced the opportunity and delivered performances full of energy, expression and professionalism. They should all be incredibly proud of themselves.

Behind the scenes, the event relied on a fantastic team of student helpers. Special recognition must go to Ben O and Luke B, who expertly managed the sound throughout the evening, ensuring that every performance could be enjoyed at its best. We would also like to thank those supporting — your contribution was invaluable and helped the evening run smoothly from start to finish.

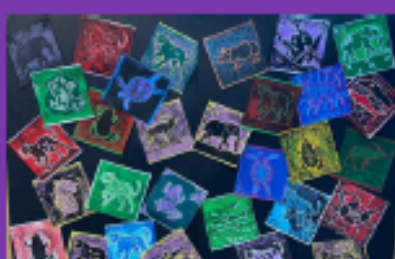
We are extremely grateful to all staff who supported the event and to the families who came along to encourage and celebrate our students. Your support makes opportunities like this possible.

Overall, it was a fantastic evening that highlighted not only the talent within our school, but also the dedication, teamwork and enthusiasm that defines our Expressive Arts community.

Well done to everyone involved. We very much look forward to the next showcase in the winter.



Expressive Arts



The Art Department has continued to be a vibrant hub of creativity, experimentation and artistic achievement. Learners across Key Stage 3 have embraced a range of exciting projects, developing their artistic skills, knowledge and confidence.

Year 7 learners began the year by researching the fascinating world of gargoyles, exploring their history, purpose and design. Using their research as inspiration, pupils designed and sculpted their own gargoyle models from clay, developing their understanding of three-dimensional form and construction techniques. They then moved on to a project exploring how artists create a sense of movement within their work. Learners researched the pioneering work of early photographers and the Futurist artists, investigating how movement can be captured and represented through line, shape and repeated imagery. As part of this project, pupils also explored colour theory, using oil pastels to develop their understanding of the colour wheel and colour relationships.

Year 8 learners focused on the important theme of endangered animals, combining research with creative exploration. They investigated the work of artist Sue Davis and experimented with a variety of printing techniques, including monoprinting, poly printing and press printing. Through these processes, learners developed their understanding of pattern, texture and image-making while producing striking printed outcomes inspired by wildlife conservation. More recently, Year 8 have been learning about the beauty and importance of coral reefs. Inspired by the intricate work of Yellena James, pupils have explored watercolour techniques such as wet-on-wet painting, layering colour and creating organic forms to produce vibrant underwater-inspired artworks.

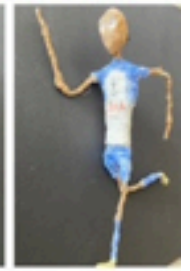
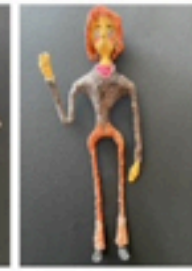
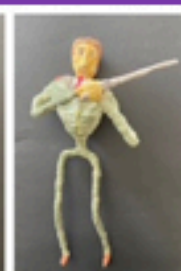
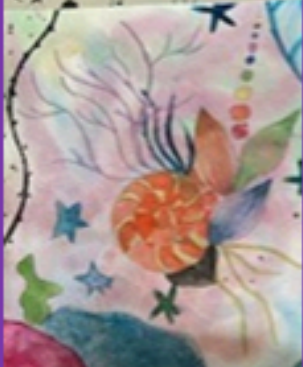
Year 9 learners have been researching and celebrating their chosen Rebel Hero—individuals whose actions, ideas or achievements have helped shape the world. They explored the distinctive artistic style of Tim Burton, analysing how character design can communicate personality and individuality. Learners then created two-dimensional designs of their chosen rebel heroes in Burton's recognisable style before developing these ideas into three-dimensional sculptures. Using wire armatures and Modroc, pupils transformed their designs into expressive sculptural pieces, demonstrating creativity, problem-solving skills and growing confidence in 3D construction techniques.

We have been incredibly impressed by the enthusiasm, resilience and imagination shown by our learners throughout the year. From clay sculpture and printmaking to painting and model-making, the quality and diversity of work produced has been outstanding. The Art Department continues to be filled with creativity and ambition, and we look forward to seeing what our talented young artists

Expressive Arts

Artwork by

Year 7, 8 & 9



Expressive Arts



Art Exhibition 2026 - Our Expressive Arts Showcase was further enriched by our Art and Photography Exhibition, which displayed an impressive range of work from our GCSE, AS and A Level students.

The exhibition space offered visitors the opportunity to explore the creativity and technical skill of our learners. From bold, expressive paintings to detailed observational drawings, photography, mixed media, and three-dimensional pieces, the variety and quality of work on display was excellent.

We would like to extend our sincere thanks to all of the students whose work was exhibited — you should be incredibly proud of what you have achieved.

Year 9 Artwork Showcased at UWE Bristol - We are incredibly proud to share that a selection of Year 9 artwork has recently been exhibited at the University of the West of England (UWE) in Bristol, providing our learners with a fantastic opportunity to have their work displayed in a professional and inspiring space.

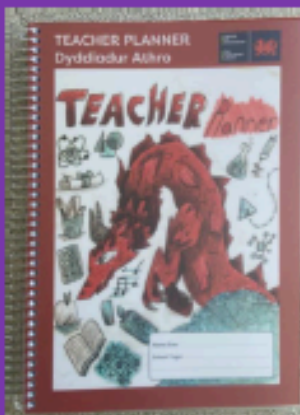
A special mention must go to Mr Marshall, our student teacher, who played a key role in supporting the students and curating the selection.

We would like to congratulate all of the pupils whose work was selected for the exhibition — you should be extremely proud of your achievement.

Year 7 Art Competition Winners - Congratulations to Mary and Angela in Year 7, whose outstanding artwork was selected as the winning entries in the NASUWT Cymru Teachers' Diary Design Competition.

Pupils from across Wales were challenged to create a full-colour A4 design based on the theme "School" for the NASUWT Cymru Teachers' Diary.

Mary and Angela impressed the judges with their creativity, imagination and artistic skill, securing both winning places in the competition. Their success is a fantastic achievement and a testament to the talent and dedication of our young artists.



Humanities

This term, our Year 7 students enjoyed an exciting and enriching visit to Chepstow Castle and St Mary's Church as part of their Humanities studies.

The visit to Chepstow Castle provided an invaluable learning experience for our students. Having recently studied different types of castles in class, students were able to see firsthand how castles developed and evolved over time. Chepstow Castle is particularly significant because it demonstrates how castle design changed to respond to increasingly powerful weapons and changing defensive needs.



Students learned that construction of the castle began in 1067 under William fitz Osbern, a close friend of William the Conqueror, making it one of the earliest Norman strongholds in Wales. Over the centuries, influential figures including William Marshal, Roger Bigod, and Charles Somerset expanded and developed the castle, transforming it into the impressive fortress that stands today. Students were fascinated to discover that Chepstow was home to some of the wealthiest and most powerful people of the medieval and Tudor periods, who used the castle as one of several grand residences across their estates.

Humanities

The trip also included a visit to St Mary's Church, where students were warmly welcomed by Reverend Philip Averay. Reverend Averay shared fascinating insights into the history of the church and explained its importance within the local community over many centuries. Students greatly enjoyed the opportunity to explore the church, examine its historical features, and ask questions about its heritage and role today.

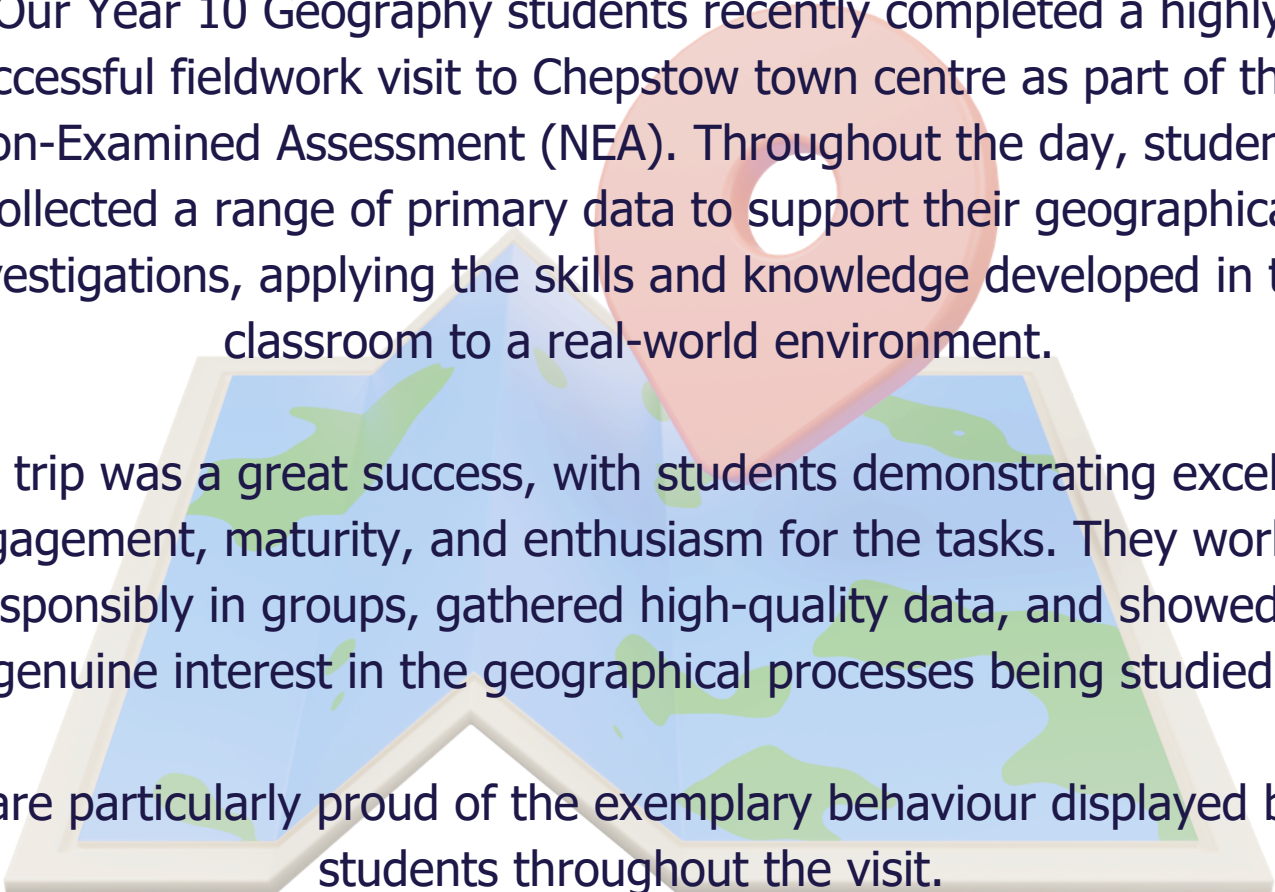
Visits such as these bring classroom learning to life and help students develop a deeper understanding of the rich history that exists within our local area. We are incredibly proud of the enthusiasm, curiosity, and excellent behaviour shown by all Year 7 students throughout the day.

Year 10 Geography NEA Fieldwork Visit to Chepstow

Our Year 10 Geography students recently completed a highly successful fieldwork visit to Chepstow town centre as part of their Non-Examined Assessment (NEA). Throughout the day, students collected a range of primary data to support their geographical investigations, applying the skills and knowledge developed in the classroom to a real-world environment.

The trip was a great success, with students demonstrating excellent engagement, maturity, and enthusiasm for the tasks. They worked responsibly in groups, gathered high-quality data, and showed a genuine interest in the geographical processes being studied.

We are particularly proud of the exemplary behaviour displayed by all students throughout the visit.



We look forward to seeing the fieldwork findings incorporated into their NEA projects and would like to thank all students for making the trip such an enjoyable and productive experience

Year 13 Criminology Students Gain Insight from Court Prosecutor

Our Year 13 Criminology students recently had the exciting opportunity to meet with a prosecutor from the local Magistrates' Court, providing a valuable real-world link to their studies.

During the visit, the prosecutor delivered an engaging presentation on the UK legal system, offering students an insight into the vital role prosecutors play within the criminal justice process. Students learned about the journey of a case through the courts, the responsibilities of legal professionals, and the importance of ensuring justice is served fairly and effectively.

The session also explored a variety of real-life cases (appropriately anonymised), giving students a deeper understanding of how laws are applied in practice and the challenges faced by those working within the legal system. These examples helped bring classroom learning to life and allowed students to see the complexities behind legal decision-making.

One of the highlights of the visit was the question-and-answer session. Our students demonstrated excellent curiosity and critical thinking as they asked thoughtful questions about court procedures, evidence, case preparation, and career pathways within the legal profession. The prosecutor was impressed by the maturity and enthusiasm shown by the group and provided detailed responses that sparked further discussion.

Humanities

Experiences such as these are invaluable in helping students connect their academic studies with the wider world. The visit not only enhanced students' understanding of criminology and the justice system but also encouraged them to consider future opportunities within law, criminal justice, and related fields.

NORMANDY

It's that time of year again when the Humanities Department embarks on its annual trip to Normandy in the Search of Conquerors! With an early start from school, pupils were full of excitement as we made our way across the Channel. Arriving in France with plenty of time to spare, our first stop was the famous Pegasus Bridge, one of the most important objectives of D-Day. Capturing the bridge in the early hours of 6 June 1944 was vital to the success of the Allied invasion. Whilst there, we learned about the daring glider assault that secured the crossing and helped protect the eastern flank of the invasion force. After a long but rewarding day, we enjoyed a well-earned meal at the Buffalo Grill before checking into our hotel.



Humanities

Day two began with a substantial breakfast before we headed to Falaise Castle, the birthplace of William the Conqueror. Exploring the castle allowed pupils to deepen their understanding of one of the most significant figures in English and Norman history. From there, we travelled to Caen to visit the imposing castle commissioned by William and later his final resting place at the magnificent Abbaye aux Hommes. These visits provided a fascinating insight into the legacy of the man who changed the course of English history in 1066.

Following a busy morning, pupils enjoyed the opportunity to experience a traditional French lunch whilst exploring the bustling markets of Caen. Refuelled and ready for more adventures, we travelled along the Normandy coastline to visit the British Normandy Memorial, where we reflected on the sacrifices made by those who fought for freedom. Nearby, we visited the moving Standing with Giants installation, whose figures represent the men who lost their lives during the Normandy campaign and provide a powerful visual reminder of the scale of the conflict.



Humanities

The afternoon continued with a visit to the Arromanches 360° Cinema, where pupils watched an immersive film explaining the story of the D-Day landings and their impact on both Normandy and the wider world. Afterwards, we took a stroll along the promenade to view the remains of the remarkable Mulberry Harbour, an engineering achievement that played a crucial role in supplying Allied troops after the invasion.

Following another excellent meal, our final stop of the day was the German gun emplacements, where pupils were able to appreciate the formidable coastal defences that the Allies faced during the operation.

The first weekend of July sees the annual Bayeux Medieval Festival, and this year's visit coincided perfectly with the celebrations. Pupils immersed themselves in medieval culture, enjoying historical reenactments, colourful costumes, traditional crafts and, of course, a chance to sample some local delicacies. This festival is always one of the highlights of the trip, offering a unique opportunity to experience history beyond the classroom. We also visited Bayeux War Cemetery, the largest Commonwealth cemetery of the Second World War in France, where a wreath was laid on behalf of the school as a mark of remembrance and respect.



Humanities

As our time in Normandy drew to a close, we began our journey back to Poole, making stops at Sainte-Mère-Église and the American Cemetery overlooking Omaha Beach. Visiting on the 250th anniversary of American Independence gave the occasion additional significance and provided an opportunity to reflect on the enduring relationship between the United States and Europe. These final visits offered a fitting conclusion to a trip that had explored nearly a thousand years of history, from William the Conqueror and the medieval world to the events of D-Day and the liberation of Europe.

All in all, we enjoyed a fantastic three days away filled with learning, reflection and unforgettable experiences. The trip once again reminded us why Normandy remains such a special destination for the Humanities Department—and, as always, no trip would be complete without the traditional team photo.



Humanities



Literacy

A huge thank you to our Literacy Ambassadors for stocking and delivering Chepstow's Travelling Tales book carts. Their hard work, enthusiasm and commitment have helped ensure that pupils across the school have access to a wide range of exciting books to enjoy. We are incredibly grateful for their efforts in supporting reading and promoting a love of literature throughout our school community.

The Literacy Ambassadors are:

Archie M
Alex O
Reuben J
Maisie K



Bilingualism

Throughout the year, forms have been taking part in the Say Something in Welsh Challenge, competing to see who can spend the most time learning and practising Welsh during form time. An incredible achievement has been made by Form 9C, who have almost completed 24 hours of Welsh learning! Regular use of Welsh in short sessions helps pupils improve their recall and confidence, and this approach was highlighted and praised by Estyn during their visit.

The school is also proud to have achieved a Welsh Siarter Iaith Award, recognising its commitment to promoting the Welsh language and culture. In addition, Miss Jones has been visiting local primary schools to teach B6 students, a project which has been extremely successful in strengthening Welsh language skills and building positive links with our feeder schools. We look forward to welcoming them in September.



Digital Skills Ambassadors Launch New Recruitment Campaign

Chepstow School's Digital Skills Ambassadors are busy creating an exciting new promotional video to showcase the important role they play in supporting students and staff across the school.

The video, written and presented by our current ambassadors, explains what it means to be a Digital Skills Ambassador and highlights the many ways they help others develop confidence with technology. From supporting students with Microsoft Teams, Office 365, Outlook and Canva, to promoting online safety, digital citizenship and responsible use of technology, our ambassadors play an important part in everyday school life.

As well as helping others, being a Digital Skills Ambassador is a fantastic opportunity to develop valuable leadership, communication and problem-solving skills. Ambassadors work alongside staff, share ideas from a student perspective and encourage everyone to become confident, safe and responsible users of digital technology.

Could You Be Our Next Digital Skills Ambassador?

We are now recruiting new **Digital Skills Ambassadors** for **Years 7, 8 and 9** to join the team from **September**.

This is an excellent opportunity for students who:

- Enjoy using technology and learning new digital skills.
- Like helping and supporting others.
- Want to develop leadership and communication skills.
- Are interested in promoting safe and responsible use of technology throughout the school.

Digital Competency Framework

No expert knowledge is required—just enthusiasm, a willingness to learn and a positive attitude towards helping others.

Keep an eye out for our new promotional video, created by the current ambassador team, which will be released soon. It offers an insight into the role and the impact Digital Skills Ambassadors have within our school community.

If you're interested in becoming one of our newest Digital Skills Ambassadors, speak to Mr Collins.



CHEPSTOW SCHOOL
INSPIRING LEARNING

DO YOU WANT TO BECOME A DIGITAL SKILLS AMBASSADOR?

As a Digital Skills Ambassador, you'll help others, build your confidence and develop **leadership skills** for the future.

HELP OTHERS.
BUILD CONFIDENCE.
MAKE A DIFFERENCE.
BE A LEADER.

BE THE DIGITAL DIFFERENCE IN OUR SCHOOL COMMUNITY!

HOW YOU CAN HELP OTHERS WITH DIGITAL SKILLS

 PEER SUPPORT Help classmates who need support with using devices, apps or software in lessons.	 TECH TIPS Share tips and shortcuts to help others work smarter and solve problems.	 DIGITAL CHAMPION Be a go-to person for digital questions and help promote safe and responsible use of technology.	 MODEL BEST PRACTICE Demonstrate how to use digital tools effectively and responsibly in lessons.	 SUPPORT PROJECTS Help teachers with digital activities, events and projects across subjects.
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DEVELOP YOUR ABILITY TO CONTRIBUTE TO THE WIDER SCHOOL COMMUNITY

 LEADERSHIP Build confidence, communication and leadership skills.	 MAKE AN IMPACT Help create a positive digital culture in our school.	 GAIN RECOGNITION Receive training, certificates and recognition for your contribution.	 BUILD YOUR FUTURE Strengthen skills that look great on future CVs and applications.	 BE PART OF A TEAM Work with other students and staff to make a real difference.
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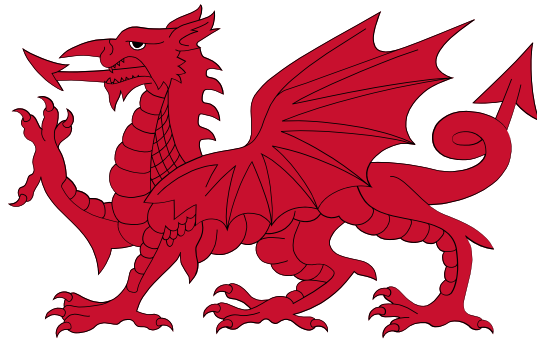
INTERESTED? → Speak to **Mr Collins** to find out how you can **apply!**

 **YOUR SKILLS. YOUR SCHOOL. YOUR IMPACT.**

Literacy, Languages and Communication

This term, Year 7 have embarked on a fascinating journey into the world of Welsh myths and legends, discovering the stories that have shaped our nation's rich cultural heritage.

From the dramatic tale of The Myth of the Welsh Dragon, where the red dragon triumphs over its rival, to the heroic adventures of King Arthur and his legendary knights, pupils have explored how stories from the past continue to inspire us today. They have analysed characters, themes, and moral lessons whilst developing their reading and discussion skills.



One of the highlights of the term was studying The Lady of Llyn y Fan Fach, a captivating legend filled with mystery, magic and powerful messages about love, promises and consequences. Learners enjoyed uncovering the symbolism within the story and discussing why legends have been passed down through generations.

Alongside their reading, pupils have demonstrated fantastic creativity through descriptive writing, character profiles and retellings of these traditional tales. They have worked hard to identify literary techniques, expand their vocabulary and bring legendary characters to life in their own writing.

We are incredibly proud of the enthusiasm and imagination shown by Year 7 throughout the topic. Their exploration of Welsh folklore has not only strengthened their literacy skills but also deepened their appreciation of Wales' unique traditions and storytelling heritage.

Literacy, Languages and Communication

Year 8 have been immersed in the lively and thought-provoking world of Willy Russell's play, *Our Day Out*. Through studying this much-loved drama, pupils have explored the key conventions of a play, developing their understanding of stage directions, dialogue, characterisation and performance techniques.

Learners examined the different characters and their behaviours throughout the trip, considering how Russell uses humour, conflict and relationships to reflect important social issues. They engaged in thoughtful discussions about the motivations behind characters' actions and how these shape the audience's response.

A particular highlight of the unit was the opportunity for pupils to become playwrights themselves. Drawing inspiration from the play, they created and performed their own pieces of dialogue, carefully considering how speech can reveal character, emotion and personality. Their creativity and enthusiasm shone through as they developed realistic conversations and brought their ideas to life.

Through reading, writing, discussion and drama activities, Year 8 have strengthened their analytical skills, built confidence in expressing ideas and gained a deeper appreciation of how playwrights craft engaging stories for the stage. We have been delighted by their imagination, thoughtful contributions and excellent engagement throughout the unit.

Literacy, Languages and Communication

Year 9 have been studying Charles Dickens' much-loved classic, *A Christmas Carol*. Through their exploration of the novella, pupils have traced Scrooge's remarkable journey from a selfish, miserly businessman to a compassionate and generous member of society, considering how Dickens uses his transformation to convey powerful moral messages.

Learners examined Dickens' themes of kindness, social responsibility and redemption, discussing how the issues raised in the text remain just as relevant today as they were in Victorian Britain. Many pupils were struck by the novella's enduring message: that individuals have a responsibility to care for others and contribute positively to their communities.

One of the highlights of the unit was exploring the vibrant atmosphere of Fezziwig's Christmas party, which sparked thoughtful discussions about generosity, leadership and the importance of bringing people together. Pupils also enjoyed analysing the dramatic moments that lead to Scrooge's change of heart, celebrating his transformation and reflecting on the lessons he learns throughout his journey.

As well as examining character and theme, Year 9 developed their appreciation of Dickens' craft, exploring his use of language, symbolism, setting and structure. Through close textual analysis, they gained a deeper understanding of how Dickens carefully constructs meaning and engages his readers.

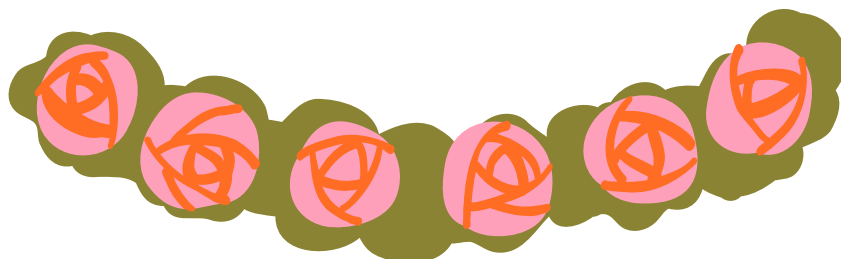
We have been incredibly impressed by Year 9's thoughtful discussions, insightful interpretations and enthusiasm for a text that continues to resonate across generations.

Literacy, Languages and Communication

Year 10 have been preparing for their study of Shakespeare's Romeo and Juliet and Macbeth by exploring life in Shakespearean England. Through this historical journey, pupils developed their understanding of the social, cultural and political influences that shaped Shakespeare's writing and the world of his characters.

A key focus of the unit was examining the role of women during the Elizabethan and Jacobean periods. Learners were often surprised by the limited rights and freedoms available to women at the time, exploring how expectations surrounding marriage, obedience and social status influenced the lives of female characters in Shakespeare's plays. These discussions provided valuable context for understanding characters such as Juliet and Lady Macbeth.

Pupils also familiarised themselves with the plots, characters and key themes of both Romeo and Juliet and Macbeth. They explored the tragic consequences of family conflict and forbidden love in Romeo and Juliet, alongside the ambition, power and betrayal that drive the action in Macbeth. Developing this foundational knowledge has equipped students with the confidence to engage more deeply with the texts as they begin their detailed study next term.



Literacy, Languages and Communication

We have been impressed by Year 10's curiosity and thoughtful engagement throughout the unit. Their growing understanding of Shakespeare's world has provided an excellent foundation for the exciting literary challenges ahead as they delve into two of the most famous plays ever written.

As we conclude another successful term, we would like to thank every learner for their continued effort, enthusiasm and commitment to their studies. Across all year groups, pupils have embraced new challenges, engaged thoughtfully with a wide range of texts and developed their reading, writing and analytical skills. We are incredibly proud of their achievements and look forward to supporting them on the next stage of their learning journey. We wish all of our students and families a restful and enjoyable break.



Skills and Alternative Pathways

Building Skills Through Minecraft

This term, all Key Stage 3 pupils have been taking part in an exciting Minecraft project as part of the Digital Technology scheme of work.

Although pupils are using a familiar gaming platform, the focus is firmly on developing important cross-curricular and real-world skills.

Working both independently and collaboratively, pupils have been challenged to design and construct either a Welsh castle or a new stadium for Welsh sporting and entertainment events. Throughout the project, they have developed their creativity, problem-solving, communication, digital literacy and teamwork skills.

The project has proved so popular that a number of pupils have even chosen to spend their lunchtimes working with Mr M Goddard and Ms Bourne to continue developing and improving their designs. It has been fantastic to see such enthusiasm, independence and pride in their work.



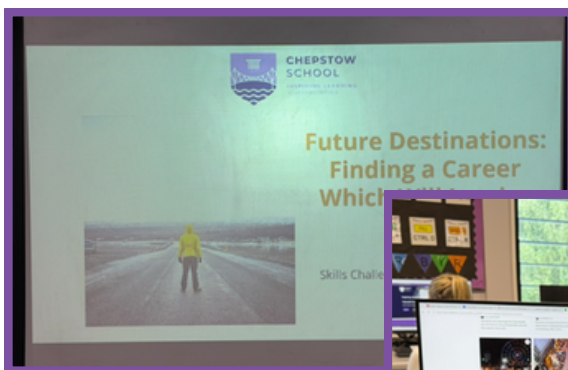
Skills and Alternative Pathways

Successful Year 11 Transition Sessions

We have also enjoyed a highly successful series of transition sessions for pupils moving from Year 11 into Year 12. Both Skills Challenge and Tourism, our exciting new post-16 subject, proved extremely popular with students.

During the Skills Challenge session, pupils explored the Future Destinations element of the course. They began considering potential careers and researching the pathways they may wish to follow after leaving school.

In Tourism, pupils were challenged to create an itinerary for a holiday, an engaging activity that reflects the type of practical work they will complete during the course. Students demonstrated excellent creativity, organisation and decision-making throughout the session. We are delighted that both subjects have attracted such a high level of interest and uptake for next year. We look forward to welcoming our new Year 12 students and supporting them as they develop the skills, knowledge and confidence required for their future destinations.

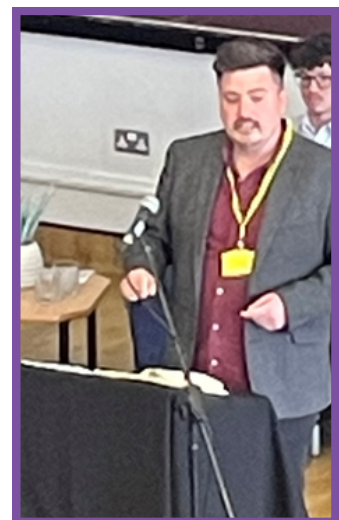


Students Engage in Local Democracy Chepstow Hustings

A particular highlight of the term was the opportunity for our students to attend the first hustings event of its kind in Chepstow, bringing together representatives from across the political spectrum. The event provided students with a valuable opportunity to engage directly with democratic processes and hear a range of perspectives on issues affecting both local and national communities.

Our students conducted themselves exceptionally well, asking thoughtful and challenging questions, listening respectfully to differing viewpoints, and demonstrating genuine curiosity about the issues being discussed. The experience encouraged critical thinking, informed debate, and an appreciation of the importance of civic engagement.

We were incredibly proud of the maturity, confidence, and professionalism shown by our students throughout the event. Opportunities such as these help prepare young people to become informed and active citizens, and it was fantastic to see them engaging so positively with the democratic process.



Students Engage in Local Democracy Chepstow Hustings



Careers Wales Quality Award



We're proud to have achieved the Gold @CareersWales Quality Award 🏆

The Careers Wales Quality Award supports the development of purposeful and relevant CWRE (Careers and Work-Related Experiences) across the curriculum, with learners aged 3 to 16.

The CWQA has 3 stages, each with a different focus. To achieve the Gold Award, we were asked to demonstrate the leadership, development and impact of our CWRE provision.



Y6 Transition

It was a pleasure to welcome our incoming Year 6 pupils for two exciting Transition Days as they prepare to join us in September.

We are delighted to be welcoming our largest ever cohort, with 190 pupils joining the school, and it was wonderful to see so many attending and embracing the opportunity to experience life as a secondary school student.

Over the two days, pupils followed a packed timetable designed to give them a flavour of the subjects, teachers and opportunities that await them in September. In English, pupils demonstrated their creativity and communication skills through a range of engaging activities, while in Mathematics they tackled problem-solving challenges and worked collaboratively to develop their confidence.

Creativity was on full display in Art and Music, where pupils produced some fantastic work and enjoyed exploring new techniques. In Science, they took part in exciting practical investigations, experiencing first-hand the curiosity and discovery that underpin the subject. Meanwhile, in PE, pupils threw themselves into a variety of activities, making new friends and demonstrating excellent teamwork and enthusiasm.

Languages also formed an important part of the timetable, with pupils enjoying lessons in either Spanish or Welsh, giving them a taste of the opportunities available to develop their communication skills and cultural understanding.

Y6 Transition

Our Humanities department challenged pupils to become medieval architects as they designed and constructed castles, linking creativity with historical knowledge. In IT, pupils developed their digital skills through coding activities, while in Design and Technology they put their culinary talents to the test by making their own pizzas—a particular highlight for many!



Throughout the two days, pupils displayed excellent behaviour, enthusiasm and a willingness to get involved in every activity. It was fantastic to see new friendships forming and confidence growing as they became more familiar with the school environment.

We would like to thank all the pupils, parents, carers and primary schools for their support in making the transition process such a success. We thoroughly enjoyed meeting our new Year 7 students and are looking forward to welcoming them officially in September. Based on the enthusiasm and positivity shown during the Transition Days, we know they will make a fantastic addition to our school community.

Schools and Community Event

This week, we were delighted to host our annual School and Community Event, bringing together an incredible range of local agencies, organisations and support services from across our community.

The event provided a valuable opportunity for our students, staff and families to explore the many activities, opportunities and support networks available locally. From health and wellbeing services to youth organisations and community groups, there was something for everyone to discover.

A huge thank you to all the agencies who attended and shared their time, expertise and enthusiasm with our school community. Your commitment to supporting young people and families is greatly appreciated and helped make the event such a success.

We are proud to work in partnership with so many dedicated organisations and look forward to continuing to strengthen these connections for the benefit of our students and wider community.

#CommunityPartnerships #SchoolCommunity #HealthAndWellbeing
#Belonging #OpportunitiesForAll #ChepstowSchool 💙💛



Youth Conference Visit

On 3rd July, a group of ten Year 10 students were proud to represent Chepstow School at a Youth Conference held at Usk County Hall, organised by the MonLife Youth Service.

The day began with icebreaker activities and discussions about issues affecting young people. We were asked to respond to statements such as "Getting support for mental health issues is easy" and share our opinions with students from other schools.

Throughout the day, we took part in a range of workshops focusing on Mental Health and Wellbeing, Employment and Skills, Youth Work in Monmouthshire, and Experiences and Opportunities for Young People. We had the chance to share our views on how young people are supported, suggest improvements, and discuss ideas such as increasing work experience opportunities and career pathways. It was encouraging to hear that many students from other schools shared similar views and experiences.



Youth Conference Visit

After lunch, workshop leaders presented the key feedback gathered from students and explained how our ideas could help shape future services and opportunities for young people across Monmouthshire.

Overall, we were grateful for the opportunity to have our voices heard and really enjoyed taking part in a conference that will help influence future decisions for young people in our county.

Gracie D Year 10



Flow Fairies Leading the Way

Congratulations to our amazing Flow Fairies, whose dedication to promoting period dignity has been recognised as part of a county-wide initiative. Through their work supporting their peers and raising awareness, they are helping to make a positive difference for young people across our school community.

To read the full Monmouthshire County Council article, please visit:
<https://www.monmouthshire.gov.uk/2026/07/young-people-leading-the-way-on-period-dignity-in-monmouthshire/>



Flow Fairies & Period Dignity Ambassadors

This past term, we have continued supporting younger year groups by restocking period products in the school bathrooms and running drop-in sessions, where girls can access any products they need while also learning more about which products may work best for them.

We were also invited to attend the Period Ambassadors Conference at King Henry School, which celebrated young people who are driving positive change, breaking down stigma, and championing period dignity within their schools. It was a fantastic opportunity to meet ambassadors from three other schools and hear from inspiring speakers, including Angela Sandles. We also watched Wales' Big Sister, Molly Fenton's TED Talk and received a special message from her.

As part of the conference, we also had the opportunity to watch a video from Claire Baker of Cycle Coach School, who shared her passion for the programme and expressed how proud she is of the positive impact it is having on young people.

We are proud to continue our work as Flo Fairies at Chepstow School, helping to ensure that all students feel supported, informed, and confident.

Bethan & Team Flo Fairies



End of Year Wellbeing Day

A Day to Remember!

On Wednesday 15th July, Chepstow School came together for our annual End of Year Wellbeing Day, providing students with the opportunity to celebrate the end of another successful academic year through a day filled with fun, laughter, teamwork and unforgettable memories.

Thanks to the generosity and support of our parents and carers, students enjoyed a fantastic programme of activities designed to promote wellbeing, strengthen friendships and ensure that every young person felt included and valued. From our hugely popular and expanded Inflatable World to Chepstow's Got Talent, Bingo Lingo, Lip Sync Battles, Golden Hour activities, and the many opportunities to unwind, socialise and celebrate together, there truly was something for everyone. The addition of a complimentary ice cream for every student added to the excitement and helped make the day even more special.

What stood out most throughout the day was the exemplary behaviour of our students. They represented Chepstow School with pride, demonstrating kindness, respect, inclusivity and encouragement towards one another at every opportunity. It was wonderful to see students stepping out of their comfort zones, supporting their peers, celebrating each other's successes and embracing every activity with enthusiasm. The positive atmosphere across the school was a powerful reminder of the strength of our school community and the values that underpin everything we do.

End of Year Wellbeing Day

A Day to Remember!

One of the highlights of the day was undoubtedly our Chepstow's Got Talent Showcase, which truly celebrated the incredible range of talents within our school community. Students took to the stage with confidence, creativity and enthusiasm, showcasing talents from every genre imaginable. The audience enjoyed an outstanding variety of acts, including rapping, solo and group singing, live bands, dancing, theatrical performances, football keepy-uppy challenges, Rubik's Cube competitions, impressive biking skills, basketball challenges, hoop-offs and much more. The event perfectly captured the spirit of the day, with students courageously sharing their talents, cheering one another on and celebrating each other's achievements in a truly supportive and inclusive atmosphere. Every performer should be immensely proud of their contribution to what was a fantastic showcase of talent, determination and school spirit.

Winners:

Our expanded Inflatable World allowed students throughout the day to enjoy a range of inflatable races, obstacle courses and team challenges, all while encouraging and supporting one another.

A special thank you must go to our incredible Sixth Form students, who played such an important role in leading and facilitating activities throughout the day.

We would also like to extend our sincere thanks to all staff who gave their time, energy and creativity and our Heads of Year, whose dedication and hard work behind the scenes ensured the day ran seamlessly.

End of Year Wellbeing Day

A Day to Remember!

Our thanks also go to MonLife for once again supporting the event and finally, we would like to express our genuine thanks to our parents and carers. Your generous contributions enabled us to provide this incredible experience for our young people.

It was, without doubt, a day to remember forever. We are incredibly proud of every student and grateful to everyone who contributed to making this such a wonderful celebration of our school community.



Y11 Leavers

✨ Celebrating Our Incredible Year 11 Leavers ✨

This term, we came together for a truly memorable Year 11 Leavers' Assembly, marking the end of an important chapter and celebrating the completion of GCSE examinations.

It was a wonderful opportunity to reflect on the journey our students have taken over the past five years. Tutors shared heartfelt and personal messages with their tutor groups, celebrating individual achievements, cherished memories, and the strong sense of unity that has characterised this remarkable year group. We also celebrated the diversity that has enriched our school community and made their cohort so special.

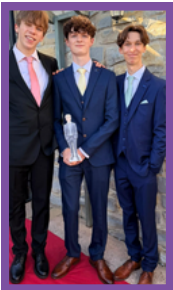
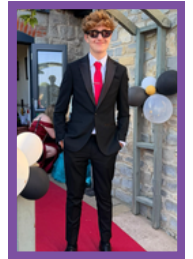
💙 You have left your mark on our school community, and we have no doubt that you will continue to achieve great things.
Congratulations, Year 11 – your future is bright! ✨



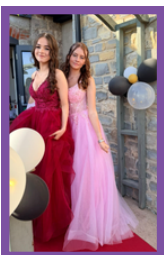
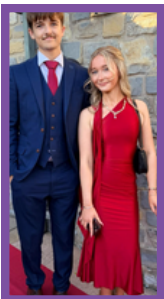
Y11 Prom



As a school community, we could not be prouder of our Year 11 pupils and the remarkable young people they have become. It has been a privilege to watch them grow, mature and develop throughout their time at Chepstow School, and to see the kindness, resilience and determination they bring to everything they do.



The Prom was a wonderful celebration of the end of their Year 11 journey and a chance to reflect on everything they have accomplished. It was truly heartwarming to see them arrive looking so fantastic, enjoying time with their friends and embracing every moment of such a special evening. The laughter, smiles and happiness on display reminded us just how much this year group has contributed to our school community and how much they will be missed.



Y11 Awards



In the run-up to the Prom, Year 11 pupils voted for a series of special awards to recognise the characters, talents, achievements, personalities that made them smile, as well as the memorable moments that helped make their year group unique. The results were in, and the award winners were:

Most Likely to Win Love Island: Grace W

Tik Tok Sensation: Molly R

Most Dramatic: Maisie A

Best Bromance: Leo D & Oscar G



Y11 Awards



Dynamic Duo: Catie B & Amelia S



Future Nobel Prize Winner: Lauren D



Budding Comedian: Oliver C



Prom King & Queen: Luke B & Amelie T



Best Dressed: Fin K & Macie G



Y13 Leavers' Assembly

Our Leavers' Assembly was a truly special occasion, providing an opportunity to reflect on the incredible journeys of our students as they prepare for the next chapter of their lives. It was a time to celebrate achievements, share memories, and wish our leavers every success in their future adventures.

As part of the assembly, a number of awards were presented to recognise students who have embodied our school values and made outstanding contributions to both their studies and the wider school community.

Positivity Award – George S

George was recognised for the positivity he brings to everything he does. His cheerful attitude, willingness to help others, sense of humour, and ability to remain thoughtful and sensible in all situations have made a lasting impact on those around him.

Ambition Award – Harry E

Harry received the Ambition Award in recognition of his determination, hard work, and resilience. Through unwavering commitment to his goals, he has successfully secured a fantastic apprenticeship and demonstrated the value of perseverance in achieving success.

Curiosity Award – Eliza D

Eliza was awarded for her genuine passion for learning and academic dedication. Her desire to explore ideas in greater depth and embrace challenges with enthusiasm has been evident throughout her studies.

Y13 Leavers' Assembly

Perseverance Award – Mya M

Mya was recognised for her exceptional commitment to her studies in History, Criminology, and Psychology. Her resilience, determination, and ability to overcome challenges have been truly inspiring.

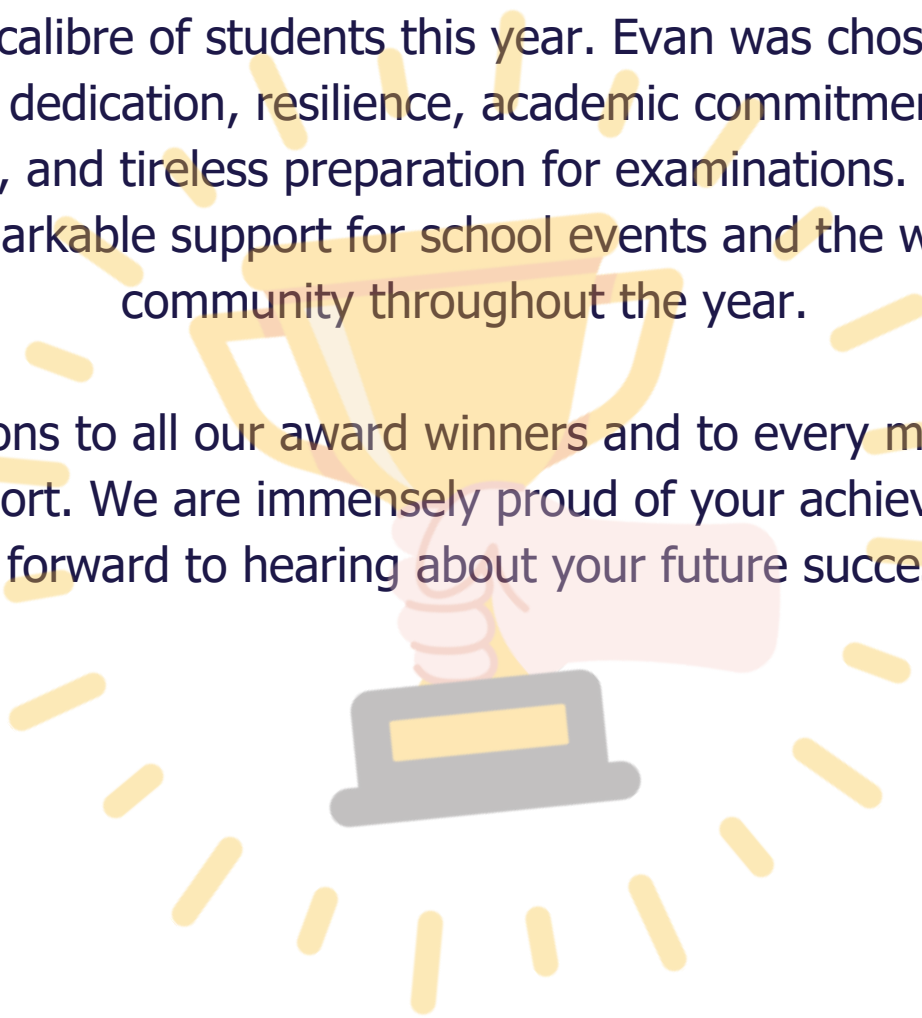
Equity Award – Josh W

Josh received the Equity Award for his outstanding contribution to inclusion and community. Through mentoring younger students and establishing clubs such as Warhammer and Criminology, he has helped create opportunities for connection, belonging, and personal growth across the school.

Outstanding Achievement Award – Evan B

The final award was one of the most difficult to decide upon due to the high calibre of students this year. Evan was chosen for his exceptional dedication, resilience, academic commitment, excellent attendance, and tireless preparation for examinations. He has also shown remarkable support for school events and the wider school community throughout the year.

Congratulations to all our award winners and to every member of our Year 13 cohort. We are immensely proud of your achievements and look forward to hearing about your future successes.



Student Leadership Team

We are delighted to announce our new Student Leadership Team following a highly competitive and professional selection process. Students submitted leadership campaigns, delivered speeches, and took part in interviews, demonstrating maturity, confidence, and a genuine commitment to representing the student body. The quality of applications was exceptionally high, making decisions incredibly difficult.

Congratulations to our newly appointed leaders:

Head Students

Eleanor C

Charlie W

Deputy Head Students

Amy E

Alex K

Assistant Head Students

Wellbeing – Caitlin M

Enrichment – Max P

Ambition – Willow S

Positivity – Bethan B

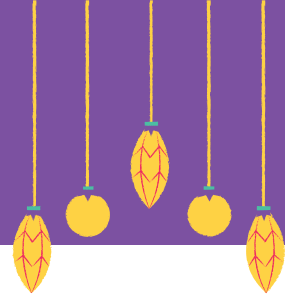
Equity – Stella J

Curiosity (Teaching and Learning) – Sofia M

Perseverance – Artem B

We would like to thank every student who applied. The professionalism, passion, and commitment shown throughout the process were outstanding. We look forward to seeing our new leadership team make a positive impact across the school and continue to strengthen our school community in the year ahead.

Y13 Summer Ball



Despite taking place on the hottest day of the year, our Year 13 Prom was a fantastic celebration enjoyed by students and staff alike. Held at the beautiful Mounton Brook Lodge, the evening was filled with laughter, dancing, and memories that will last a lifetime.

Students arrived dressed to impress and enjoyed the opportunity to celebrate the end of their school journey together. The evening also included a range of student-voted awards, recognising friendships, achievements, and memorable moments from their time with us.

It was wonderful to see so many students come together to mark this important milestone before embarking on their next adventures. We wish them all the very best for the future and thank them for the positive contribution they have made to our school community.



Sixth Form

UCAS Convention

A great day at the UCAS Convention yesterday, where students had a fantastic opportunity to explore courses, ask informed questions, and start shaping their future aspirations.



Y11 into Y12 Transition Taster Day

The day provided students with the opportunity to experience a range of subjects, explore future pathways, and gain a greater understanding of what life in Year 12 will look like. Through engaging lessons, practical activities, and discussions with staff, students were encouraged to develop their confidence, independence, and aspirations for the future.

It was fantastic to see students embracing new challenges, asking thoughtful questions, and demonstrating a positive attitude towards the next stage of their educational journey. The enthusiasm and maturity shown throughout the day were a credit to them.

We look forward to supporting our students as they take this exciting next step and begin their Year 12 studies in September. The future is bright, and we are proud to be part of their journey.



Supporting You for the New Academic Year

We're pleased to continue our partnership with Global Uniform, our trusted school uniform supplier, who provide high-quality, personalised service to meet the needs of every pupil.

To support families in preparing for the new academic year, there are two convenient ways to purchase your child's uniform:



Visit the Global Uniform Shop in Cwmbran

Enjoy a personalised, in-store experience where staff are on hand to help with sizing, selection, and any individual requirements.



Uniform Pop-Up at Chepstow School

Global Uniform will be visiting Chepstow School on
Thursday 30th July : 10:00 - 12:00.

We are extremely fortunate to work with such a superb supplier who caters to all individual needs, ensuring every pupil feels confident and comfortable in their school wear.

For more information or to browse their range, visit
www.globaluniform.co.uk

Uniform



GLOBAL UNIFORM
EST 1968

CHEPSTOW SCHOOL

POP UP SHOP

UNIFORM DELIVERY DAY
for pre-orders



WEDNESDAY
19TH AUGUST



10:00AM – 12:00PM



PRE-ORDERED UNIFORM

Collect your pre-ordered uniform quickly and easily from our Pop Up Shop.



PRE-ORDER

Order online or in store before the event.



COLLECT

Collect your pre-ordered items on the day.



SAVE TIME

Skip the queues and get sorted before term starts.



BE PREPARED

Start the new term with everything ready to go.



FLEXIBLE. CONVENIENT. STRESS-FREE.

LOCAL SERVICE TRUSTED BY PARENTS



GLOBAL UNIFORM
EST 1968

LAYBY SCHEME

*Plan ahead, pay your way,
when it suits you.* 



BRING YOUR CHILD IN

Pop in and try on their
uniform to find the right fit.



PAY A DEPOSIT

Secure their uniform with
a deposit and we'll hold it
for you.



PAY IT OFF & COLLECT

Pop back and pay the
balance when the time
is right for you.



READY FOR SCHOOL



Collect everything before the
children start back at school,
stress-free!



FLEXIBLE. CONVENIENT. STRESS-FREE.

We're here to help every step of the way. 



GLOBAL UNIFORM
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SCHOOLWEAR
WORKWEAR
TEAMWEAR
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Uniform



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EST 1968

WATCH YOUR MONEY GROW

with
**GLOBAL UNIFORM
— SAVING CLUB —**



**FROM OCTOBER 1ST
TO JUNE 1ST**



SAVE REGULARLY

Pay in gradually and earn more on what you save.



EARN MORE

Earn an extra **10%** on what you pay in.



FLEXIBLE & CONVENIENT

Pay what works for you, when it works for you.



BE PREPARED

New Uniform

FOR SEPTEMBER

Have everything ready when school starts.



EARN AN EXTRA

10%

ON WHAT YOU PAY IN.



FLEXIBLE. CONVENIENT. STRESS-FREE.

We're here to help every step of the way.



SERENE SUNDAY'S

Offering a calm shopping
environment for families with
children & young adults who require
a more specialised service.

Pre-booking is essential.
Please call 01633 484408 to reserve
an appointment.



Autism Family Support Service

Summer Newsletter 2026



A Message from the Team

As another school year comes to an end, we wanted to take a moment to say a huge thank you to all of our families for your continued support throughout the year.

Whether you've attended a coffee morning, popped into a drop-in session, sent an email, or simply followed along on our social media pages, we are incredibly grateful to be part of such a wonderful and supportive community. It is a privilege to walk alongside you on your autism journey.



Summer Holidays

The summer holidays can bring lots of excitement, but they can also feel overwhelming and exhausting for many of our families. Please remember that you're not alone.

We've enclosed a Summer Holiday Guide, packed with handy tips and ideas to help make the holidays a little easier, along with a list of places and activities that have been tried and tested by our families.

A little reminder from us:

- 🕒 Early mornings often work best at popular attractions.
- 💖 Don't feel pressured to do all the things – quiet days at home count too.
- 📅 Visual timetables and countdowns can help with transitions.
- 🔄 It's okay to leave early if something isn't working.
- 💛 Be kind to yourself – you're doing an amazing job.



Although our coffee mornings will pause over the summer break, we are still available via email if you need us.

We are a small, part-time team with children and families of our own, so we completely understand the joys and challenges that the holidays can bring.

We're all in this together.



Our Drop-In Sessions

We are delighted to say that our partnership with the Au-Some Café continues to go from strength to strength.

Our Monday term-time drop-ins, held from 9.30am to 11.00am, have become a wonderful space for families to connect, share experiences and support one another. It has been lovely to see so many familiar and new faces.

We're also really pleased to now be running our Tuesday drop-in sessions at Estero Lounge, Monmouth, and we would love to see even more families come along and join us.



Our Information Booklets Are Here!

Fantastic news – our new information booklets are now ready!

They will be available to collect at our drop-in sessions and coffee mornings.

We've worked hard to create a resource full of useful information and signposting, and we hope families will find them helpful.



Coffee Mornings – Dates for Your Diary

Before the Summer Holidays

- Monday 7th July – Chepstow Garden Centre, 9.30am – 11.30am
- Monday 14th July – Estero Lounge, Monmouth, 9.30am – 11.30am

It's been fantastic to see so many parents coming along for a chat, a cuppa and support from one another. Members of the team will be there if you need advice or simply a friendly face.



Looking Ahead to September

- Monday 8th September – Chepstow Garden Centre, 9.30am – 11.30am
- Monday 15th September – Estero Lounge, Monmouth, 9.30am – 11.30am

Please pop these dates in your diary – we'd love to see you there.



Workshops Are Returning!

We are super excited to announce that our workshops will be returning from the week commencing 21st September.

We have been working hard behind the scenes planning lots of exciting opportunities for families,



and we can't wait to share more details with you soon.



And Finally...

Believe it or not, while we're talking about summer holidays, we're also busy planning our Christmas Party because it will be here before we know it!

Keep an eye on our social media pages and future newsletters for updates and announcements.



Until then, we hope you all have a lovely summer, make some special memories and remember to reach out if you need us.

Best wishes,
The Autism Family Support Service Team



GWENT PARENT CARER NETWORK
Caring for Carers

JULY 2026



UPCOMING COFFEE MORNINGS FOR CARERS

JULY
6

GPCN OFFICE
THE OLD POLICE
STATION
ABERGAVENNY
NP7 5BB

JULY
7

CHEPSTOW
GARDEN CENTRE
A48, PWLLMEYRIC
CHEPSTOW
NP16 6LF

JULY
10

MIA'S COFFEE SHOP
MAGOR VILLAGE
NP26 3HY

JULY
14

ESTERO LOUNGE
95-97 MONNOW
STREET
MONMOUTH
NP25 3PS

JULY
23

THE BELLHANGER
(WETHERSPOONS)
CHEPSTOW
NP16 5EW

DROP IN BETWEEN 9.30 AM & 11.30 AM



HwbGofalwyr
Gwent
CarersHub

+123-456-7890
@reallygreatsite
reallygreatsite.com





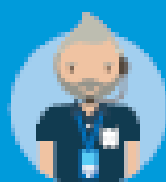
You could
save up to £300
on your annual
water bill.

Support for families

Summer holidays can be a challenging time for families, juggling the kids being off school with work and other commitments, as well as managing money during what can be an expensive few weeks.

Did you know?

Working families, low-income families and families receiving a means tested or disability benefit may be entitled to money off their water bill.



We're here
to help

Call us to talk through
your options:

0800 052 0145

Visit us online for
more information:

dwrcymru.com/supportwithbills





LET'S TALK AUTISM

A WORKSHOP FOR FAMILIES

NO AGENDA. NO PRESSURE. JUST REAL CONVERSATIONS.

Join us for a relaxed, informal space to share,
listen, ask, laugh, vent, learn and connect.

Whatever's on your mind –
let's talk about it together.



SUPPORT



CONNECT



SHARE



BELONG



♥ *Real families. Real support. Together.*

THIS WILL BE IN 3 LOCATIONS
MONMOUTH • CALDICOT • ABERGAVENNY

You're not alone. ♥ We're here with you.

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for
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ZOO
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OF YOUR CHOICE



FUN FOR
FAMILIES & FRIENDS



SUPPORT WILDLIFE.
BUILD A BETTER FUTURE.



HELP MAKE
A POSITIVE IMPACT

£20

FOR A FAMILY OF 5

To book, just get in touch
AND WE'LL DO THE REST!



Disability
& Inclusion
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SOUTH DROP-IN SESSION

IN PARTNERSHIP WITH

THE
Au-Somé
— CAFÉ —



UNDY/MAGOR HUB
MAIN ROAD, UNDY
NP26 3GD



RUNNING
MONDAYS,
TERM TIME
9.30AM – 11.00AM



A friendly drop-in for parents and carers of children with autism. Pop along for a cuppa, a chat and support.



A SAFE AND WELCOMING SPACE

A relaxed environment where you can feel comfortable, accepted and understood.



FRIENDLY CHAT

A chance to talk, share and be heard by people who really get it.



TIPS & SUGGESTIONS

Pick up practical ideas that can help make everyday life a little easier.



CONNECT WITH OTHERS

Meet and connect with other parent carers on a similar journey.



CUPPA & SUPPORT

Enjoy a cuppa while gaining support and friendship.



WE'RE GROWING FROM STRENGTH TO STRENGTH!

Our amazing community is growing and we're so proud of the support, kindness and friendships that are blossoming.

We'd love to see you there!



Find us on Facebook:
Autism Family Support Service
Monmouthshire



Email us:
autismfamilysupportservices@
bridgescentre.org.uk

Pop in
anytime
between
9.30am &
11.00am

TRAVELLING WITH YOUR AUTISTIC CHILD

OUR GUIDE & TIPS

Our experience of a 2 week holiday
in Greece with our amazing son,
Harry ♥

Overall: A SUCCESSFUL HOLIDAY!

We would do it all again! ♥



✈️ 1. THE AIRPORT – A GREAT START!



- ✓ We used the Hidden Disabilities Sunflower Lanyard – it made such a difference.
- ✓ We got special assistance from the moment we arrived.
- ✓ Pretty much straight through security – less waiting, less stress!
- ✓ Staff were kind, patient and understanding.
- ✓ Harry stayed in his buggy the whole time, which really helped.

TIP: Don't be afraid to ask – people want to help!



✈️ 2. FLYING WITH EASE ♥

- ✓ We were some of the last to board, which meant a quieter plane.
- ✓ The lift was used to help us get Harry and his buggy on board – so helpful!
- ✓ The cabin crew were amazing with Harry.
- ✓ He loves TUI and they made it extra special!
- ✓ Harry was given some TUI goodies (bag, water bottle & more!) which he loved.

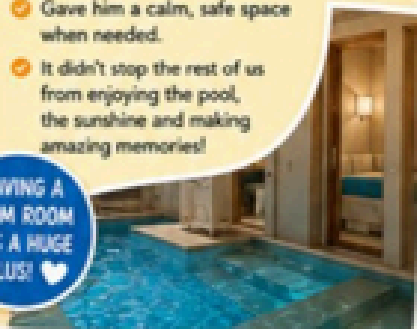


HAVING A SWIM ROOM WAS A HUGE PLUS! ♥

3. ACCOMMODATION – A GAME CHANGER!



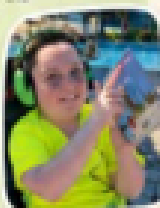
- ✓ We were lucky to have a **SWIM ROOM** – it made such a difference!
- ✓ Harry could stay in the room and enjoy playing with the tap and water.
- ✓ Gave him a calm, safe space when needed.
- ✓ It didn't stop the rest of us from enjoying the pool, the sunshine and making amazing memories!



4. IN-RESORT – FINDING OUR RHYTHM

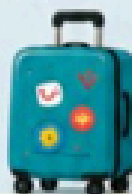


- ✓ Routines helped – we stuck to familiar meal times and rest times.
- ✓ We explored quieter times of day & quieter areas.
- ✓ Having sensory breaks in the room really helped.
- ✓ The pool was a huge hit, especially with the swim up bathroom!
- ✓ Take it one day at a time – flexibility is key.



5. PACKING MUST-HAVES

- ✓ Sunflower Lanyard
- ✓ Fidget toys & comfort items
- ✓ Headphones
- ✓ Snacks & favourite drinks
- ✓ Visual timetable / first-then cards (if used)
- ✓ Medication & any therapies needed
- ✓ TUI Essentials! (They really do go the extra mile) ♥



TOP TIPS FROM OUR EXPERIENCE

- ✓ Plan ahead, but don't stress about every detail.
- ✓ Use the lanyard – it opens doors and hearts.
- ✓ Ask for help – people want to support.
- ✓ Celebrate the small wins!
- ✓ Most importantly – enjoy the moments together.

YOU'VE GOT THIS! ♥

**KINDNESS
PATIENCE
FLEXIBILITY
MEMORIES**

♥ A HOLIDAY TO REMEMBER

Travelling with an autistic child can feel daunting, but with the right support, understanding and a bit of planning, it can be an incredible experience for the whole family. ♥

I'm so happy to share any of our experiences or answer any questions. Please feel free to reach out!



HARRY APPROVED!



Inspire Next Steps

Feeling unsure about what's next after Year 11, 12, or 13?
Or are you aged 15–19 and not currently in education,
employment, or training?

You're not the only one — lots of people feel this way, and that's okay.

Why not pop in for a chat with our friendly team?

We can help you explore your options, look at CV's, applications and figure out a plan that
works for you — one that feels positive, realistic, and exciting.

Location	Course/Activity	Date
Monmouth Community Hub	Next Steps	Mondays 27th July 3rd/10th/17th August 10 -1pm / 2-3pm
Chepstow Community Hub	Next Steps	Tuesdays 28th July 4th / 11th / 18th August 10 -1pm / 2-3pm
Caldicot Community Hub	Next Steps	Wednesdays 29th July 5th / 12th / 19th August 10-3pm
Abergavenny Community Hub	Next Steps	Fridays 31st July 7th / 14th / 21st August 10-3pm

We have a range of support and qualifications that can be accessed including Customer Service,
Food Safety, Work skills and more.

We'd love to meet you over the summer and support your next steps.

LouiseWilce@monmouthshire.gov.uk

Ysbrydoli Camau Nesaf

YA ydych yn ansicr ynglŷn â beth sydd nesaf ar ôl Blwyddyn 11, 12, neu 13?
Neu ydych chi rhwng 15 a 19 oed ac nid ydych chi mewn addysg, cyflogaeth na hyfforddiant
ar hyn o bryd?

Nid chi yw'r unig un - mae llawer o bobl yn teimlo fel hyn, ac mae hynny'n iawn. Beth am alw
heibio am sgwrs gyda'n tîm cyfeillgar?

Gallwn eich helpu i archwilio'ch opsiynau, edrych ar CV, ceisiadau a pharatoi cynllun sy'n
gweithio i chi - un sy'n teimlo'n gadarnhaol, yn realistig ac yn gyffrous.

Lleoliad	Cwrs/Gweithgaredd	Dyddiad
Hyb Cymunedol Cil-y-coed	Camau Nesaf	Dydd Mercher 29ain Gorffennaf 5ed / 12fed / 19eg Awst 10-3
Hyb Cymunedol y Fenni	Camau Nesaf	Dydd Gwener 31ain Gorffennaf 7fed / 14eg / 21ain Awst 10-3
Hyb Cymunedol Trefynwy	Camau Nesaf	Dydd Llun 27ain Gorffennaf, 3ydd/10fed/17eg Awst 10 -1pm / 2-3pm
Hyb Cymunedol Cas-gwent	Camau Nesaf	Dydd Mercher 28ain Gorffennaf 4ydd / 11eg / 18fed Awst 10 -1pm / 2-3pm

Mae gennym ystod o gefnogaeth a chymwysterau gan gynnwys
Gwasanaeth Cwsmeriaid, Diogelwch Bwyd, sgiliau Gwaith a mwy.
Byddem wrth ein bodd yn cwrdd â chi dros yr haf a chefnogi eich
camau nesaf.

LouiseWilce@monmouthshire.gov.uk

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one platform of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

Edit date: 29/05/19



Snapchat is a photo sharing app for mobile phones and tablets. The app allows users to share images, videos and chat with friends through voice call or text message. Users can share images and videos directly to specific friends, or through a 'story' shared with their entire friend list, which documents the previous 24 hours. In a study, Snapchat was ranked the 4th most negative app in terms of having an impact on young people's health and wellbeing, with children feeling that they can use the app Snapchat to "make you look pretty."



What parents need to know about SNAPCHAT

EXPOSING YOUR CHILD'S EXACT LOCATION

The 'Snap Map' lets you share your EXACT location in real-time through a map on the app. The user's location updates when the app has been opened on the device. There is a warning on the Snapchat website about uploading images and videos to 'Our Story' stating that "snaps you submit to 'Our Story' can still show up on the Map, no matter which location setting you choose." When uploading to 'Our Story', your child's image or video could appear in "Search results and Stories on or off Snapchat - today or in the future."

ADDICTIVE SNAPSTREAKS

'Snap Streaks' are gained when snaps have been sent back and forth consecutively between friends. The longer that snaps are sent between users, the longer the streak becomes. Furthermore, Snapchat rewards users who have achieved high Snap Streaks, by gifting emojis, adding incentives for users to keep the streaks. Children invest time into making their streaks as long as possible, which can put an incredible amount of pressure on both themselves and their friendships.

SEXTING

While Snapchat's gimmick is that all photos, videos and text disappear eventually, users still have the capability to screenshot or record anything which has been sent to them. Users may sometimes forget that screenshotting is possible and send a compromising image or message to somebody who they think they trust. Due to 'Snaps' disappearing, users can even send a one-second photo or video. Snapchat has become the chosen platform for children and young people to send sexually explicit images or 'selfies'. Once a photo/video has been screenshot, or recorded using another device or software, this can lead to further dangers, such as blackmail and cyberbullying.

It is illegal to make, possess, download, store and share sexual images, photos and videos of a person under the age of 18. This also includes any sexual images, photos and videos that a child may have taken of themselves. However, if a young person is found creating or sharing images, the police can choose to record that a crime has been committed, but taking formal action isn't in the public interest.



EXTRAS TO MAKE YOU STAY

Aside from taking photos and videos, Snapchat has other elements to keep users coming back for more. 'Snap Games' is a feature within the app where users can play minigames with others on their friends list. The games function is easily accessed by tapping on the rocket button during a conversation. Another feature on the app is 'Snap Originals', which allows users to watch content created by Snapchat, celebrities and other accounts, including a mixture of comedy shows, drama, news and more. These features are designed to encourage users to stay on the app, which may be quite addictive.

DAMAGE TO CONFIDENCE

Snapchat's selection of filters and lenses are seen as a great way to enhance your 'selfie game'. Although the filters are often created to promote entertainment and humour, using the 'beauty' filters on photos can set unrealistic expectations and create feelings of inadequacy. Children may strive for admiration and appreciation by sending these 'edited' photos to their friend list. Judging themselves against other users on the app might threaten their confidence or self-worth.



Top Tips for Parents



THE RISKS OF SEXTING

It can be slightly awkward talking about this topic with your child, but if it helps them protect themselves, it is worth it. Talk to them about the consequences of sexting and make sure that they're aware of the risks. Ensure your child knows that 'Snaps' can be screenshot. Teach them that if they post anything potentially embarrassing or harmful (either of themselves or someone else) it can have severe consequences as the message, image or video can be shared further.

REPORTING A STORY, LENS, FILTER, SNAP OR MESSAGE

If your child comes across inappropriate Snapchat content sent directly to them or in another person's story, advise them to report it immediately. This may include an inappropriate lens, filter, message or snap. To report an offensive lens, they should open the app and select the lens they want to report. An info button will appear above the lens. Click this, followed by the flag icon. This will send a report to Snapchat for further investigation. Reports can also be made on the Snapchat support website: support.snapchat.com.

USE 'GHOST MODE'

We highly recommend enabling 'Ghost Mode' on the app so that your child's location will no longer be visible to anyone on the 'Snap Map'. To enable this, go onto the Snap Map and tap the cog in the top-right corner. Here, change the setting to 'Ghost Mode'.

HOW TO DELETE A MESSAGE

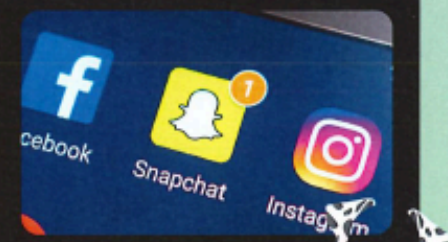
Advise your child never to send any negative messages (or images through gallery in the chat on the app) as screenshots can still be taken. You should also advise your child to screenshot any negative comments they receive as the sender can also delete them. To delete a message, simply press and hold the sent message and press delete.

TURN OFF 'QUICK ADD'

'Quick Add' helps friends find each other on the app. This is based on mutual friends or if their number is in their phone book. Explain to your child that this feature can open up their profile to strangers. We highly recommend that your child turns off the 'Quick Add' feature. This can be done in the settings.

RESTRICT STORY VIEWS

Your child can add videos and images to their 'Story' throughout the day which will last for 24 hours. By default, anyone in a user's friends list can see their story. We recommend checking the privacy settings to ensure that this has not been edited. This can simply be done in the app's settings under the 'Who Can View My Story' section. The options to choose from are 'My Friends', 'Everyone' or 'Custom' - we suggest that it is set to 'My Friends'.



What Parents & Educators Need to Know about

WHATSAPP

AGE RESTRICTION
13+

...MSG ME...

WHAT ARE THE RISKS?

With more than two billion active users, WhatsApp is the world's most popular messaging service. Its end-to-end encryption only allows messages to be viewed by the sender and any recipients: not even WhatsApp itself can read them. The UK's Online Safety Bill proposes to end such encryption on private messaging, but for the time being, this controversial feature remains.

EVOLVING SCAMS

WhatsApp's popularity makes it a lucrative hunting ground for scammers. Recent examples include posing as the target's child, requesting a money transfer because of a spurious 'emergency' – plus a scam where fraudsters trigger a verification message by attempting to log in to your account, then (posing as WhatsApp) call or text to ask you to repeat the code back to them, giving them access.

CONTACT FROM STRANGERS

To start a chat, someone only needs the mobile number of the WhatsApp user that they want to message. Therefore, if a child has ever given their number out to someone they don't know, that person could then contact them via WhatsApp. It's also possible that the child might be added to a group chat or community (by one of their friends, for example) containing other people that they don't know.

CHAT LOCK

In 2023, WhatsApp introduced a feature that lets users keep their chats in a separate 'locked chats' folder, saved behind their phone's passcode, fingerprint or face ID authentication. They subsequently developed an additional feature – 'Secret Code' – where users set a unique password for their locked chats. Unfortunately, this function creates the potential for young people to hide conversations and content they suspect their parents wouldn't approve of (such as age-inappropriate material).

COMMUNITIES AND GROUPS

A community is a collection of related groups on WhatsApp. They can consist of thousands of users. Communities can often be used by scammers to target large groups, hoping someone clicks on their link or responds to their requests. In communities and groups, there are multiple ongoing conversations, which results in pressure to respond. Members – even if they are not each other's contacts – will be able to see any messages sent into the group.

'VIEW ONCE' CONTENT

The ability to send images or messages that can only be viewed once has led to some WhatsApp users sharing inappropriate material or abusive texts, knowing that the recipient can't re-open them later to use as evidence of misconduct. People used to be able to screenshot this disappearing content – but a recently added WhatsApp feature now blocks this, citing protection of privacy.

FAKE NEWS

WhatsApp's connectivity and ease of use allows news to be shared rapidly – whether it's true or not. To combat the spread of misinformation, messages forwarded more than five times on the app now display a 'Forwarded many times' label and a double arrow icon. This makes users aware that the message they've just received is far from an original – and might not be entirely factual, either.

VISIBLE LOCATION

WhatsApp's 'live location' feature lets users share their current whereabouts, which can be helpful for friends meeting up or parents checking that their child is safe while out, for example. However, anyone in a user's contacts list or in a mutual group chat can also track their location – potentially letting strangers identify a child's home address or journeys that they make regularly.

Advice for Parents & Educators

EMPHASISE CAUTION

Encourage children to treat unexpected messages with caution: get them to consider whether it sounds like something a friend or relative would really send them. Make sure they know never to share personal details over WhatsApp, and to be wary of clicking on any links in messages. Setting up two-step verification adds a further layer of protection to their WhatsApp account.

ADJUST THE SETTINGS

It's wise to change a child's WhatsApp settings to specify which of their contacts can add them to group chats without needing approval. You can give permission to 'My Contacts' or 'My Contacts Except...'. Additionally, if a child needs to use 'live location', emphasise that they should enable this function for only as long as they need – and then turn it off.

DISCUSS GROUP CHATS

Make children aware that there could be members of a group that they don't know well and that words can be misinterpreted. Encourage them to leave a good impression, to avoid joining in if conversations turn towards bullying, and to respond to such situations in an appropriate way. Make sure they know that it's OK to leave a group chat if it makes them uncomfortable – or for any reason, in fact.

THINK BEFORE SHARING

Help children understand why it's important to stop and think before posting or forwarding something on WhatsApp. It's easy – and all too common – for content that a user posts to be shared more widely, even publicly on social media. Encourage children to consider how an impulsive message or forwarding might damage their reputation or upset a friend who sent something to them in confidence.

CHAT ABOUT PRIVACY

Check in with the child about how they're using WhatsApp, making sure they know you only have their safety at heart. If you spot a 'Locked Chats' folder, you might want to talk about the sort of content they've stored in there, who they're talking to, and why they want to keep these chats hidden. Also, if children send any 'view once' content, it could be helpful to ask them why.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



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What Parents & Educators Need to Know about

INSTAGRAM

AGE RESTRICTION
13+

WHAT ARE THE RISKS?

Instagram remains one of the world's most popular social media platforms, especially among teens – with around 70% of 13 to 17-year-olds using it. Owned by Meta, Instagram allows users to share photos and videos, create interactive 'stories', broadcast live, send private messages and follow others. With regular updates and new features, it's essential for parents and educators to stay informed about how children are using the app – and what the risks are.

EXCESSIVE SCREEN TIME

Instagram's design encourages prolonged use through endless scrolling of trending content and generating a fear of missing out (FOMO). Children can quickly lose track of time browsing posts from friends, influencers, and strangers, which may disrupt their day-to-day activities.

AI CHATBOT CONCERNS

Meta's AI, which is available on Instagram, allows users to chat with an in-app chatbot. While often helpful, it can blur boundaries for young users, who may ask for or read content that is inappropriate or see it as a real friend or confidant. Privacy issues also arise, as conversations may not be as secure or private as children assume.

RISKS OF GOING LIVE

The livestream feature allows real-time broadcasting to followers – or anyone, if the account is public. This increases the chance of unwanted contact from strangers and pressure to act in ways that gain attention, including engaging in inappropriate behaviour. Viewers may also post offensive or harmful comments during live sessions.

THREADS INTEGRATION

Threads is Instagram's sister app for public, text-based conversations. Posts from Threads appear in users' Instagram feeds and can lead children to view, share, and comment on public conversations with strangers. The content may not always be age-appropriate and can be misleading or false.

SCHEDULED MESSAGING

Instagram's newer ability to schedule direct messages means that children could receive messages late at night or early in the morning. This can disrupt their sleep or keep them preoccupied before the school day even begins.

EXCLUSION AND LOW SELF-WORTH

Feeling left out online can have a real emotional impact. Being left out of photos, receiving fewer likes, being unfollowed, or being ignored in chats and comments can leave children feeling excluded, which often hurts as much as in real life. There is a risk this can lead to reduced self-esteem and a sense of not belonging.

Advice for Parents & Educators

USE INSTAGRAM'S SUPERVISION TOOLS

Instagram's built-in Family Centre lets parents monitor how much time their child spends on the app. Specialised 'teen accounts' are private by default and offer controls on who can message them. Make sure that children use their real age when registering their account to ensure they have these protections.

OPEN UP THE CONVERSATION

Talk regularly to the children in your care about what they enjoy on Instagram – and what makes them uncomfortable. Encourage honest chats about filters, body image, and online approval. Reassure them that they don't need to edit their appearance or chase 'likes' to feel valued.

SET BOUNDARIES FOR THREADS AND AI

Parental controls on Instagram also apply to Threads. These allow parents to monitor time spent in the app, check follower lists and adjust exposure to sensitive content. Discuss AI features, too, therefore helping children understand that chatbots aren't real people and should be used with care.

BE MEDIA-SAVVY WITH INFLUENCERS

Parents should follow a few of the influencers their child watches, so they can better understand the content they're seeing. Use this as a springboard to talk about the difference between genuine recommendations and paid promotions – and how online personalities can shape opinions and behaviour.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



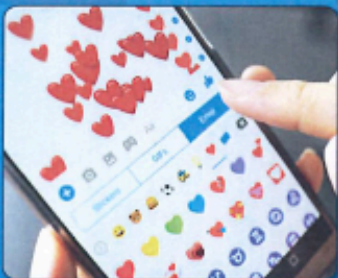
#WakeUpWednesday

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THIS IS A RESOURCE. THIS GUIDE FOCUSES ON ONE PLATFORM OF MANY WHICH WE BELIEVE TRUSTED ADULTS SHOULD BE AWARE OF. PLEASE VISIT WWW.NATIONALONLINESAFETY.COM FOR FURTHER GUIDES, HINTS AND TIPS FOR ADULTS

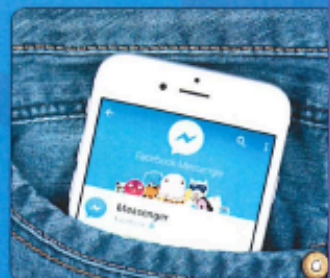


Facebook Messenger is a communication and chat application which is part of the wider Facebook platform and has been a standalone app on mobile devices since 2011. Through Messenger, users can exchange messages and send photos, videos, stickers, gifs, audio files and play games. It allows both one-to-one conversations and group chats, has a 'stories' feature and provides the ability to set up a video call session with up to 50 people at a time through its latest update, Messenger Rooms. That's why we've created this guide to help parents and carers understand exactly what Facebook Messenger is all about.



What parents need to know about

FACEBOOK MESSENGER



ADDICTIVE NATURE

Whereas Messenger is integrated into Facebook itself on a desktop or laptop, it is a separate app on mobile phones. It is similar in many ways to other messaging platforms with the added bonus of being able to upload stories, make live video calls and have group chats, beyond just standard text messaging. All of this can encourage children to spend more time on the app and on their phone, contributing towards increased levels of screen time.



REQUESTS FROM STRANGERS

Messenger cannot work without creating a Facebook account first. From here, if your child sets their profile to public, there is a chance that children may receive message requests from people they don't know. There have been reports of online grooming on Facebook and some people use fake profiles to reach out to children they don't know to try and encourage them to engage in conversation.



SECRET CONVERSATIONS

Messenger has a function called 'Secret Conversations' which means that your child can have encrypted end-to-end conversations with another user. Unlike regular chat on Messenger, these messages can only be viewed on the device being used and are not transferred to anywhere else where Messenger is logged in. Messages can also be set to delete after a time, although screenshots can still be taken. This means your child could engage in a private conversation with someone, who may look to take advantage of them, but leave no record of any previous messages.



LIVE STREAMING RISKS

LIVE

Through its latest feature, Messenger Rooms, Facebook now offers the ability to hold live video calls with up to 50 different users. Although video calls aren't new on Messenger, this latest addition pushes the 'live streaming' element of the app, which is also linked to WhatsApp and Instagram, and doesn't necessarily require a Messenger account. This can heighten the risk factors around privacy, security and being exposed to explicit or inappropriate content from other users with little, to no, prior warning.

OVERSHARING PERSONAL INFORMATION

Messenger can be an easy way for children to overshare personal or sensitive information with people they don't know. If Messenger is granted access to their photo library, links a phone number to the account or enables location settings, children can potentially share their private photos, videos, mobile number and even their current location with others.



CYBERBULLYING RISKS

#BULLY

Like many other social media platforms or messaging apps, Messenger can be an avenue for cyberbullies or trolls to target children through online abuse or sending nasty private messages. This might be in the shape of harassment from others or being purposely excluded from or targeted in group chats.

TARGETED ADS & DATA SCRAPING

Facebook uses algorithms to understand how users interact with their platform and also what they're interested in. Messenger is not immune to this, and data shared - even between your child's friends - can be used to target children with advertisements around topics such as health, fitness, beauty, celebrities or something else which might not always be age-appropriate.



Safety Tips for Parents & Carers



REPORT INAPPROPRIATE BEHAVIOUR

If your child experiences anything negative on Messenger or is sent content from someone which makes them feel uncomfortable, they should speak to you about it and report it directly to Facebook. Users can also be blocked from messaging your child further and if your child doesn't want to display to others that they are online, they can switch off their active status from the settings.



KEEP YOUR PROFILE & STORIES PRIVATE

You can setup your child's profile on Facebook so that only friends can contact them. Similarly, on Messenger, parents can make their child's 'stories' feature only visible to their friends list. Not adding a phone number also means that your child can't be found by searching for their personal number. This helps to keep their account more secure and less likely to be found by people they don't know.



SHARE THEIR MESSENGER ACCOUNT

Some parents insist on checking their children's messages regularly, to see who they are talking to, rather than what they're talking about. This can seem intrusive, but when approached in a sensible, collaborative way, it can help you to keep an eye on who your child is communicating with and help to reduce the chances of misuse.



DISCUSS LIVE STREAMING RISKS

Speak to your child about how to use video calls safely and securely. Make sure that when setting up video calls on Messenger Rooms, invites are only sent to friends and family that your child knows and only allow people into the 'room' who they trust. Discuss how they should behave and that they should act responsibly during a live stream, even if it is with people they know.



EXPLAIN THE DANGERS

Give examples of how Messenger has been used by other users pretending to be someone else to get information that they may do harm with. Tell your children that whilst Messenger is a great way for people to communicate and have fun, not everyone is who they claim to be and that they shouldn't accept messages from people they don't know and shouldn't share any private information, such as pictures, videos or their location, with strangers.



Meet our expert

Alex Wright is a former Facebook employee and social media expert with over 15 years' experience working in digital media. He has worked with some of the biggest organisations in the world and has a wealth of knowledge in understanding how social media platforms work and how they engage their audience.



SOURCES: <https://www.facebook.com/help/messenger-app/>
<https://www.androidcentral.com/how-make-facebook-messenger-secure-possible>

Everyone in the UK has the right of "freedom of expression". That's the right to voice your opinions and share information and ideas with others, it's not the right to say whatever you want without regard for others' feelings and values. We all have a responsibility to use this right properly: being respectful and inclusive to others. Whether online or offline, communication attacking or discriminating against groups or individuals (because of protected characteristics like race or religion) is hate speech, not free speech.

Free speech is a person's legal right to share information, opinions and ideas without fear of retaliation, censorship or legal consequences. This freedom of expression is recognised in international human rights legislation, and here's what it does for us in our day-to-day lives ...

The Human Rights Act 1988 states that everyone has the right to express themselves freely – even if their views are unpopular and might offend others.

Freedom of expression encourages listening to others and allowing opposing views to be heard. It's important to respect someone's opinion, even if we disagree with it. Free speech lets us engage in meaningful discussions with people who feel differently.

Any concept could potentially offend someone. Galileo's ideas were incredibly offensive to many at the time, while not everyone agrees with Darwin's theory today. Freely exchanging ideas promotes progress.

Free speech allows us to engage people we disagree with in a debate. The ability to challenge others' views is healthy – while having ours challenged helps us learn how to deal with criticism and think deeply about what we say and believe.

Free speech is a powerful tool for change, justice and reform. Many modern UK rights – such as women being allowed to vote or decent working conditions – couldn't have been achieved without it.

Freedom of expression includes the right not to do something, like not standing up for – or singing – the national anthem. Even though some people would find that offensive, it isn't illegal.

Hate speech refers to any communication – like talking, texting or posting online – which displays prejudice against someone's identity. Derogatory, demonising and dehumanising statements, threats, identity-based insults, offensive name-calling and slurs would all count as hate speech. Here are some common forms it takes ...

Targeting people or groups because of who they are – including but not limited to aspects such as race, sexuality, religion or a disability – and verbally abusing them with slurs and name-calling. The Equality Act 2010 has more information on this.

Content that dehumanises people based on those same attributes: referring to them as if they were animals, objects or other non-human entities, for example.

Calling for violence or hatred against certain people or groups and justifying and glorifying those actions

Claiming that specific types of people are physically, mentally or morally inferior (or even that they are criminals) to encourage others to view them in the same way.

Making up or repeating insults about a person or group because something about their identity is different to the person who's posting.

Promoting the segregation of certain groups, or discrimination against them, because of who they are.

The Global Equality Collective is an online community for homes, schools and businesses, a collective of hundreds of subject matter experts in diversity, equality and inclusion, and the organisation behind the GEC app, the world's first app for diversity, equality and inclusion.

GLOBAL
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<https://www.biolabsonline.gov.uk/jsp/2019/15/contents> /
https://www.leapfrogfund.org.uk/2019/42/schedule/#_list=1%20can%20the%20rich%20in%20freedom%20of%20expression

AGE RATING
13+

Servers and channels marked as "NSFW" require users to be 18 or older to join.

 @nationalonlinesafety

14+
POP BY. HAVE A CHAT.

INSPIRE EMPLOYABILITY SKILLS DROP IN SESSIONS CHEPSTOW



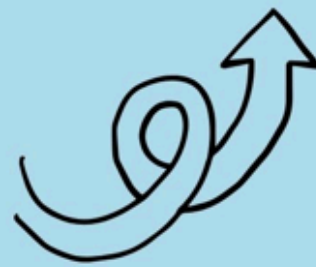
Keep in Touch

Pop in for a chat,
check in or just to
say hi



Next Step Support

Talk through your ideas,
ask questions and
discover opportunities
that might interest you



Upskill

Find out about courses,
training & workshops
to help you grow
including CV writing

For more information, contact
LouiseWilce@monmouthshire.gov.uk

These sessions will take place at
Chepstow Community Hub

10:00 - 13:00

14:00 - 15:00

You've got options!
Let's find yours.

No appointment. No pressure

Dates

Tuesday 28th July

Tuesday 4th August

Tuesday 11th August

Tuesday 18th August



CHEPSTOW

Summer

FOR AGES 11+ AT BULWARK COMMUNITY CENTRE

MONDAY 20TH OPEN 12-6	TUESDAY 21ST CLOSED	WEDNESDAY 22ND OPEN 3-9	THURSDAY 23RD OPEN 12-6	FRIDAY 24TH CLOSED
MONDAY 27TH OPEN 12-6 DJ WORKSHOP	TUESDAY 28TH CLOSED	WEDNESDAY 29TH OPEN 3-9	THURSDAY 30TH ALTON TOWERS (£30)	FRIDAY 31ST CLOSED
MONDAY 3RD OPEN 12-6	TUESDAY 4TH CLOSED	WEDNESDAY 5TH OPEN 3-9	THURSDAY 6TH OPEN 12-6	FRIDAY 7TH CLOSED
MONDAY 10TH OPEN 12-6	TUESDAY 11TH CLOSED	WEDNESDAY 12TH OPEN 3-9	THURSDAY 13TH OPEN 12-6	FRIDAY 14TH CALDICOT FOOTBALL TOURNAMENT
MONDAY 17TH CAMPING TRIP (£20)	TUESDAY 18TH CAMPING TRIP (£20)	WEDNESDAY 19TH OPEN 3-9	THURSDAY 20TH OPEN 12-6	FRIDAY 21ST ABERGAVENNY SKATE JAM 1-6
MONDAY 24TH OPEN 12-6	TUESDAY 25TH CLOSED	WEDNESDAY 26TH OPEN 3-9	THURSDAY 27TH OPEN 12-6	FRIDAY 28TH CLOSED



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CHEPSTOW Summer

FOR AGES 11+ AT BULWARK COMMUNITY CENTRE

**YOUNG PEOPLE AGED 11-25 ARE WELCOME TO DROP BY
BULWARK COMMUNITY CENTRE
WHEN IT SAYS WE ARE 'OPEN.'**

**BULWARK COMMUNITY CENTRE IS LOCATED ON
LABURNAM WAY, BULWARK, NP16 5RF**

**EACH DAY, WE CHOOSE WHAT TO DO WITH THE YOUNG
PEOPLE PRESENT AT THE CENTRE. THIS INCLUDES GAMES,
WATER BATTLES, MOVIE DAYS, COOKING, POOL, ETC.**

**IF YOUNG PEOPLE HAVE ANY IDEAS,
WE ARE ALWAYS EXCITED TO TRY AND MAKE THEM
HAPPEN!**

**FOR MORE DETAILS ABOUT OUR TRIPS OR ANYTHING ELSE
THAT'S GOING ON THIS SUMMER, PLEASE STOP BY THE
YOUTH CENTRE OR CONTACT US AT
YOUTH@MONMOUTHSHIRE.GOV.UK**



Sponsored by
Chepstow Town Council



@monmouthshireyouthservice



monmouthshire
sir fynwy

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Youth

CAMPING TRIP!

ADVENTURE, FRIENDS. MEMORIES.
A SUMMER TO REMEMBER!



MONDAY
17TH – 18TH
AUGUST 2026

£20
PP



SILENT DISCO



FOOD IN THE EVENING
(SHARKBITES BURGER VAN)



BREAKFAST ON THE
NEXT DAY PRIOR TO
DEPARTURE

SCAN FOR MORE INFO



FOR **11-15** YEARS OF AGE



QUESTIONS?

youth@monmouthshire.gov.uk



**SCAN QR CODE FOR
DIGITAL CONSENT
FORM.**

**DEADLINE FOR
CONSENT FORMS:
05/08/2026**



**FREE
EVENT!**

6 A SIDE FOOTBALL TOURNAMENT

24/02/2023 @ Caldicot Leisure Centre

12:00 pm to 5:00 pm

Young People v Police

Players of all Skills and Abilities Welcomed!

Male and female players welcome.

Age: 11 - 18

**For More information please use the following
details:**

Telephone: 07890069375/01291425427

Email: IanWheeler@monmouthshire.gov.uk



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Youth**



Alton Towers

ALTON TOWERS!

 **THURSDAY**
30TH JULY 2026 | **£30** PP

THIS INCLUDES TRANSPORT AND PARK ENTRY! 

 **FOR SCHOOL**
YEARS 7+
(AGES 11-18)

ABERGAVENNY	CALDICOT	CHEPSTOW	MONMOUTH
			

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 **youth@**
monmouthshire.gov.uk

Citizens Advice Drop-in

Our run of Citizens Advice drop-in sessions at the school have now ended for this academic year. However, we are still happy to assist and advise parents on a range of issues over the summer months either in our office or over the phone. If you would like to talk to us about any issues you may be having, please complete the short self-referral form by clicking the link or scanning the QR code below.

Monmouthshire County Citizens Advice offer free and confidential advice to families on a range of topics including:

- Work
- Family problems
- Benefits
- Debt
- Housing

[Schools Family Advice South Wales - Self Referral form](#)

