Week 2

22nd September
Thought of the day

Today's headlines

Monday September 22nd

Vet prescription fees capped under rule changes

Written prescription fees from vets will be capped at £21 as part of a raft of changes that practices will be legally required to bring in over the coming months.

Vets must also tell clients if cheaper medicine is available online, write price estimates ahead of treatment, and publish price lists for services as part of the rule updates.

The official competition watchdog has brought the measures into force after its investigation into the sector found prices had been rising at nearly twice the rate of inflation.

The Competition and Markets Authority (CMA) made its remedies for the sector legally binding as of Tuesday and vets have up to 12 months to bring all the changes in.

However, critics say the measures will hit independent vets hardest and will benefit the six firms that own more than two-thirds of practices.

Welsh headlines

Dydd Mawrth Medi 22ain

'Terrifying' 101-acre data centre plans would be 'heartbreaking'

A proposed data centre spanning 101 acres would have a "heartbreaking" effect on the landscape and wildlife, campaigners have warned.

Developers want to build the new 30m tall centre between Caernarfon and Y Felinheli in Gwynedd, saying it could create more than 900 jobs during construction and a further 200 permanent roles.

But nearly 15,000 people signed a petition in opposition to the plans, with local campaigners saying the proposed development was too big and would lead to noise pollution and ruin the landscape.

Data centres are buildings full of powerful computers used to run digital services, from online banking to movie streaming. The UK government classifies them as critical national infrastructure and, according to recent Senedd research, "most jobs in the UK" are now reliant on them.

Campaigners have also raised concerns about water usage by the centre, with details showing on average it would use around 700,000 litres a day, although that figure could be nearer to 12 million litres a day at its maximum (the equivalent of 40,000 homes).

1955

Britain's First-Ever TV Ad

The first ever advertisement on British television appeared on this day.

It went out at 8.12pm during a broadcast from London's Guildhall of a dinner to celebrate the launch that day of the Independent Television network (ITV). Until then the BBC held an uncontested monopoly on broadcasting.

That first TV ad was for Gibbs SR toothpaste The ad showed a tube of the toothpaste enclosed in a block of ice in a shimmering stream. TV presenter Alex Macintosh announced: "The tingling fresh toothpaste that does your gums good too. It's tingling fresh. It's fresh as ice. It's Gibbs SR toothpaste."

The arrival of TV advertising in 1955 led to protests by church leaders, teachers, academics and politicians, some of them condemning it as "crass and vulgar."

Music Department

Extra Curricular Activities

Day	Lunchtime	After School
Monday	Choir	County Orchestra
Tuesday	Orchestra	GCSE Composition
Wednesday	Junior Chamber Choir	—
Thursday	GCSE Revision	—
Friday	Chamber Choir	—

Music Department

Peripatetic Tuition at Glan Y Mor

Learn
Play
Grow

Monday	Voice & Brass
Tuesday	Guitar & Strings
Wednesday	Drums
Friday	Woodwind

Build confidence
Develop skills
Love music

Amazing opportunities... for every musician!

Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Eat less often and in small amounts

Choose unsaturated oils and use in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

EVERYONE WELCOME

HOMEWORK CLUB

ROOM 11

MONDAY - THURSDAY

2:50 - 3:50

POLICE

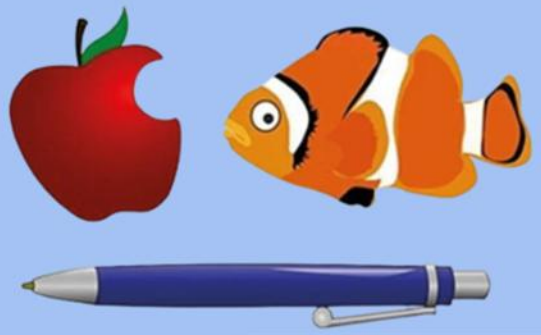
Drop In - Open with PC Andrea

Thursday lunchtimes at ‘Harbwr’

DCF

PASSWORDS

National Cyber Security Centre



DO

Use three random words

Combine three random words to make a strong enough and long enough password.

DON'T

Family or pet names or dates of birth.

Favourite team name or easy to guess words

Burryport123 or Rugby123

DCF

PASSKEYS

NCSC says use passkeys if they are available as an alternative to passwords

National Cyber Security Centre

Passkeys are created, saved, stored and managed for you on your trusted device(s).

Passkeys are resistant to phishing, as they can't be intercepted, reused or stolen like passwords.

They're user–friendly.

Word of the Week

Process

noun.
a series of actions or steps taken in order to achieve a particular outcome.

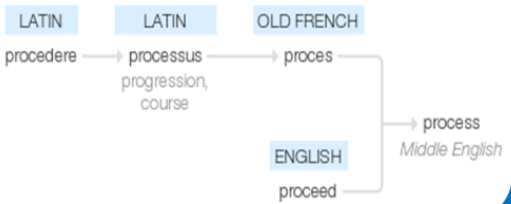
Synonyms

Method
Procedure
Plan
Approach
Technique
System
Formula

In a sentence...

"Make sure you follow the correct process for the experiment."

Etymology



Cymraeg

proses

Welsh phrase of the week

“Byddwch ar amser”

“Be on time”

Cofiwch:
Monday lunchtime 13.10-13.30
Clwb Cymraeg in rm 34

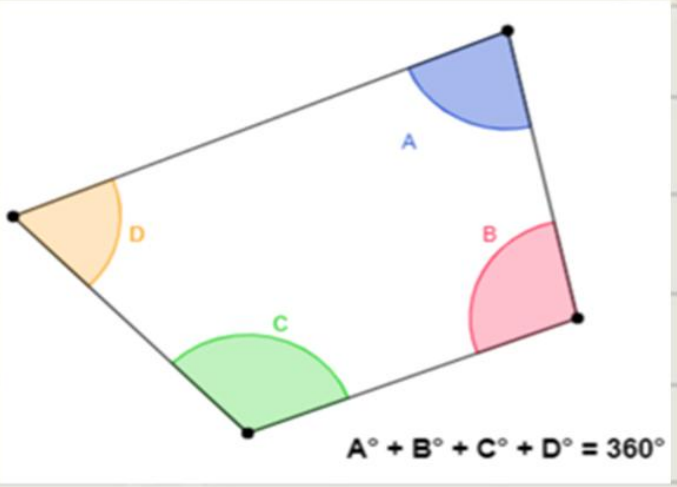
CYMRU

Use it to learn it!

Maths vocabulary/tip of the week

ANGLE FACTS

Angles in a quadrilateral add up to 360°



TOUCH RUGBY CLUB

Fast Feet, Fast Hands

TUESDAY
LUNCH TIME
13:20 - 13:40

WEEK 1 KS3
WEEK 2 KS4

4G PITCH

FOOTBALL/RUGBY
BOOTS NEEDED

BADMINTON CLUB

Turn up and play

THURSDAY
AFTER SCHOOL
3PM-4PM

ALL PUPILS AND
STAFF WELCOME

LOCATION:
SPORTS HALL

TRAINERS
NEEDED

Christian Union
LUNCH CLUB

Come spend your lunch with us – great vibes, amazing people, and a bit of God's goodness.

Join us for:

1. Sweets
2. Games
3. Discovering Christianity

DIGGING DEEPER
Rm 32 on Thursdays

LOOKING IN
Youth block on Tuesdays

You don't have to be Christian to come

Young

DESIGNERS

CLUB

where innovation begins

Lunchtime – Wednesday

Room 17

Lunchtime – Tuesday
Room 3

DRAMA & MUSICAL THEATRE CLUB
Every Thursday lunchtime
1:10pm – 1:40pm
Room 2 / Lower Gym
Starting Thursday 2nd October

Ysgol Glan-y-Môr
ART
CLUB
Tuesdays 7-11 &
Wednesdays 9-11
@ lunch
Wednesdays 3-4
for KS4
Room 29