Week 1

28th September
Thought of the day

Today's headlines

Monday September 28th

The treasured 'eternal snow' on this tropical island is about to disappear forever

The mountains of Papua are not far from the equator, but they've been topped with "eternal snow" for centuries.

The peaks in this Indonesian region on the world's second-largest island, just north of Australia, have offered scientists countless insights into the Earth's climate history.

But now, nearly all the snow is gone.

A century ago, the 300km (190-mile) stretch of the Sudirman Range had snow and permanent ice on all four of its major peaks.

But now there are only small areas around Puncak Jaya, also known as Carstensz Pyramid, with any snow at all. These are expected to entirely disappear in a year or two.

The retreat of Papua's glaciers is driven by the same forces affecting ice around the world, a warming atmosphere caused by human activity, including the burning of fossil fuels like coal, oil and gas. The glaciers' retreat is evidence the Earth has been warming over a long period - and their disappearance "removes both a biological habitat and part of a

Welsh headlines

Dydd Llun Medi 28ain

'No turning back' in independence journey, says first minister at rally

Wales' first minister has said there is "no turning back" on the journey to independence for the country, as he attended a rally on Saturday.

In a speech addressing the crowd gathered in Aberystwyth, Ceredigion, Rhun ap Iorwerth said the "next step" for Wales had to be "equality with Scotland, as a minimum".

Thousands were in attendance, with the event organisers, campaign group Yes Cymru, saying it estimated the march attracted between 8,000 and 9,000 people.

Since 2019, thousands have taken part in independence marches across Wales, including in Cardiff, Swansea, Wrexham, Merthyr Tydfil, Rhyl and Barry.

But this was the first time the first minister of Wales had attended a Yes Cymru march.

Ap Iorwerth said: "We are standing up for Wales, pursuing the investment and greater powers we need from Westminster now, so we can make a real difference to people's lives as the next step in our constitutional journey."

This Day in History

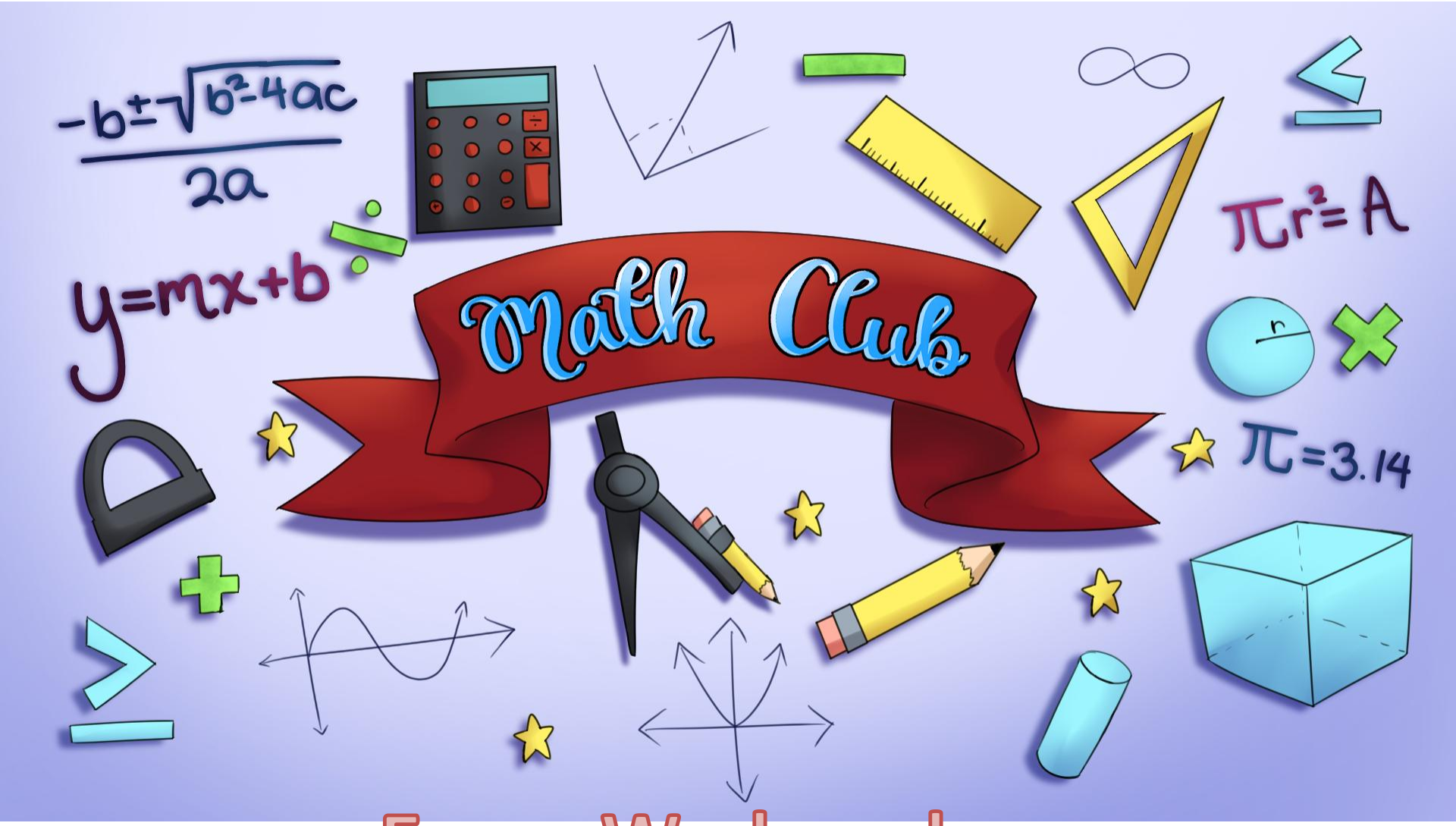
1066

Norman Invasion of Britain

In 1066 the course of British history changed forever when William, the Duke of Normandy, landed on the southern coast of England and seized the country from its Anglo-Saxon king Harold Godwinson.

The Normans weren't the only ones keen on the English throne - the Norwegians, led by King Harald Hardrada, invaded northern England and Harold defeated them at the Battle of Stamford Bridge on September 25, but at the cost of severely weakening his army immediately prior to William the Conqueror's invasion.

William invaded with around 7,000-12,000 men, and constructed a castle in the area of Hastings. This is where the famous Battle of Hastings would happen, on October 14, 1066. King Harold was killed (by an arrow to the eye according to legend - though this is debated among historians) and William marched on London.



Every Wednesday

14.50 – 15.50

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

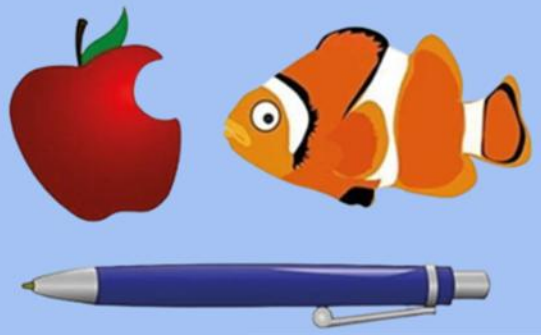
Drop In - Open with PC Andrea

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.

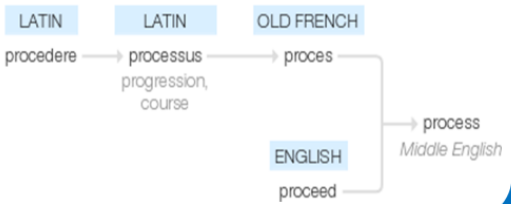
Synonyms

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

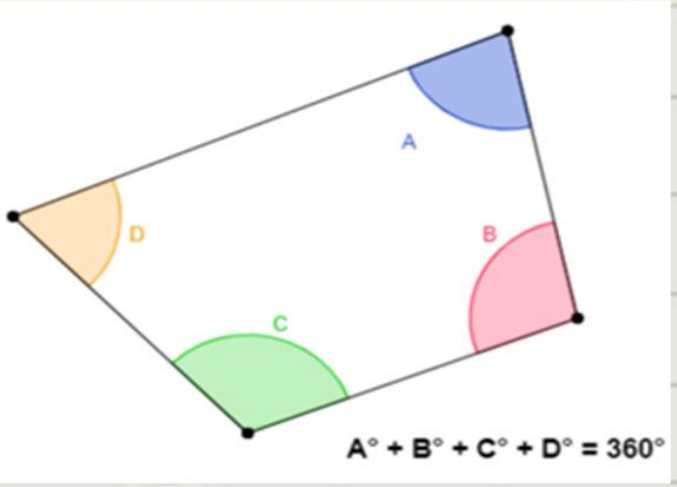
CYMRU

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