Week 1

29th September
Thought of the day

Listen more than you talk.
Nobody learned anything by
hearing themselves speak.

Today's headlines

Tuesday September 29th

Nigerian attempts to break world record by dancing non-stop for seven days

A Nigerian dancer is attempting to dance non-stop for seven days in order to set a new world record.

Benjamin Daniel, known as Ben Dancer, is aiming to dance for 168 hours - 41 hours longer than the current record for the longest individual dance marathon.

Young people have been gathering in recent days to cheer him on at Freedom Park in Lagos, filming his every move and dancing along from behind the barriers.

The current record is 127 hours, set by Indian dancer Srushti Jagtap in 2023, when she was 16. Her performance focused mainly on kathak, one of India's major classical dance forms.

Ben Dancer, 33, has been dancing professionally for 18 years.

His attempt began on Tuesday 22 September and, if he completes the planned 168 hours, he is due to reach his target early on Tuesday morning.

Welsh headlines

Dydd Mawrth Medi 29ain

Father and son crowned Sheep Dog World Trial champions

The first father and son to both be crowned champions at the Sheep Dog World Trial said they "never in million years" thought they would win the double.

Farmer David Howells and his son, Jack, 19, from Cymmer, Neath Port Talbot, travelled to the trials in Scotland last weekend.

David took the world title with his Border Collie dog, Wyverne Pip, in a field of about 300 competitors from 34 different countries.

Meanwhile his son, Jack, won the Young Handler world title with his dog, Cydros Boss.

It marks the first time that a parent and child have won both titles at the same world trial.

"We both live on a farm, and it's a hill farm with lots of sheep, so we need the sheep dogs as every-day work," David said.

"Then we've got into trials as well. To do a job that you enjoy, and then get to do a hobby alongside it, is extra special."

This Day in History

1916

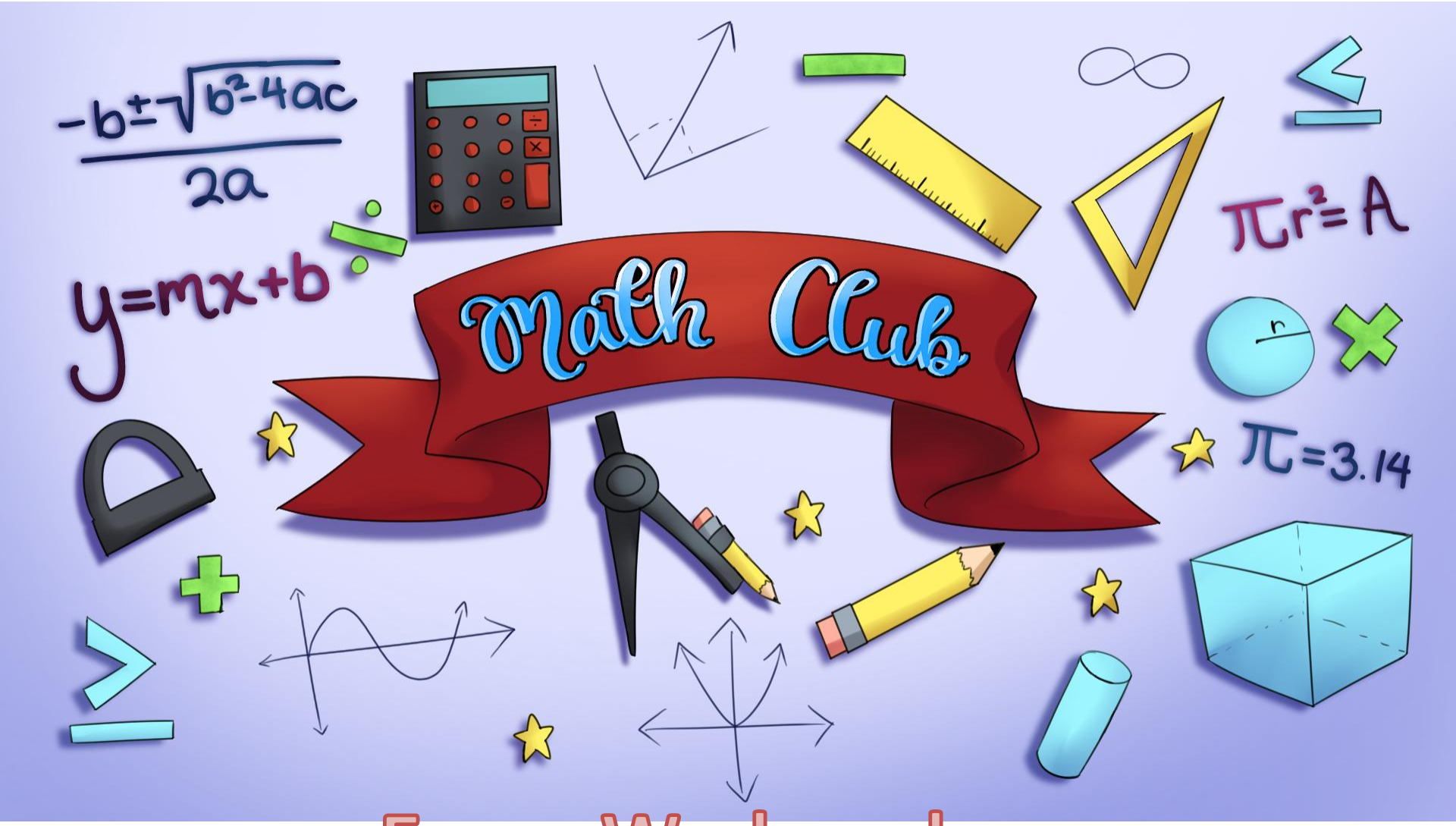
A billion dollars

American oil tycoon John D. Rockefeller becomes the World's first billionaire.

Rockefeller (born in 1839) was an American businessman and philanthropist, and one of the wealthiest Americans of all time. He founded the Standard Oil Company in 1870 and ran it until 1897 remaining its largest shareholder until his death in 1937.

His wealth grew substantially as kerosene and gasoline became increasingly important commodities, eventually making him the richest person in the United States and the World’s first billionaire in 1916.

In his retirement, he focused his energy and wealth on philanthropy, especially regarding education, medicine, higher education, and modernization.



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

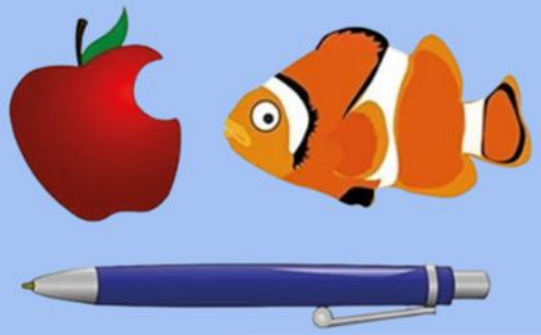
Drop In - Open with PC Andrea

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.

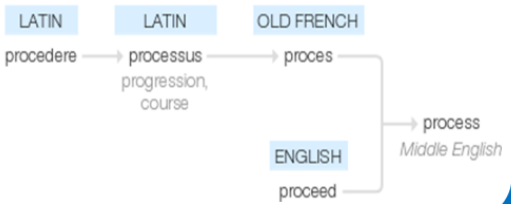
Synonyms

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 yn ofalus”

“Be safe/careful”

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

CYMRU

Use it to learn it!

Maths vocabulary/tip of the week

DIFFERENCE

To find the difference of two numbers, we subtract them.

The difference between 27 and 35 is 8.

35 - 27 = 8

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