

RUABON NEWS LETTER 509



YSGOL RHIWABON
SINCE 1375



PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING FEBRUARY HALF TERM 2024

moneysavingcentral.co.uk/kids-eat-free



ASDA

Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required.

TESCO

Kids eat free with a purchase of 60p+ from
From Mon 12th - Fri 23rd February 2024

SAINSBURYS CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

THE REAL GREEK

Kids under 12 eat FREE every Sunday for every £10 spent by an adult

GREENE KING PUBS

Kids Eat Free all-day with the purchase of an adult's meal. Deal, Monday-Friday, between Mon 12th - Friday 23rd February 2024

TRAVELODGE & PREMIER INN

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

TGI FRIDAYS

Kids Eat Free When 'Stripes Rewards Members' purchase a full priced adult's main meal (App needed)

IKEA

Kids get a meal from 95p daily from 11am

MORRISONS

Spend £4.49 and get one free kids meal all day, every day.

GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

YO! SUSHI

From Mon 12th - Fri 23rd February 2024
kids eat free with every £10 adult spend

BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

DOBBIES GARDEN CENTRES

At Dobbies, for every adult breakfast or lunch purchase, kids eat for FREE. Every Day!

TABLE TABLE

Two children under 16 can get a free breakfast every day with one paying adult!

PAUSA CAFE @ DUNELM

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

HUNGRY HORSE

Kids eat for £1 on Mondays

FUTURE INNS

Under 5s eat for free with any adult meal.

Welcome to Ysgol Rhiwabon from our Headteacher, Mrs. Melanie Ferron-Evans



Headteacher, Mrs. M. Ferron-Evans

Ysgol Rhiwabon is a warm and vibrant learning community for our 11-16 year olds and I am proud to introduce you to our school.

We are based at the heart of our local community, enjoying excellent links with our feeder primary schools. Our transition planning ensures a smooth and happy start for our Year 7 students and their families.

As our learners progress through the school, we are committed to ensuring that every individual achieves the very best they can.

It is important to us that our young people leave school in Year 11, confident, happy and equipped with the skills for lifelong learning.

Ysgol Rhiwabon has a proud history with values based on tradition and the school motto 'Nothing Without Labour'. At the same time, we are an innovative and forward-facing school linked to the best educational practice locally, nationally and internationally.

However, we very much see excellent examination results as the foundations for future success. We are not complacent and have set ourselves ever more challenging targets for the years ahead..

It goes without saying that we want our students to be successful academically but of equal importance is that they become well rounded young adults who can go on to make a success of themselves in whatever they choose to do.

Currently we are one of a handful of schools in Wales to be a member of the Prince's Teaching Institute which has at its heart the aim of developing "inspiring teachers who are knowledgeable and passionate about their subjects".

We are delighted to have met the very exacting criteria set by the Prince's Teaching Institute which accurately reflects the vibrant, engaging and challenging teaching and learning that is apparent every day of the week here at Ysgol Rhiwabon.

Often the best way of understanding how a school operates is to ask the parents.

Below is a small selection of comments from parents of our current Year 7. I think they speak for themselves:

- *"The school uniform looks fantastic, nice to know that students have had input to style and choice."*
- *"After School Clubs – fantastic range of activities on offer. My daughter attends netball and has represented the school in matches – she thoroughly enjoys this!"*
- *"The Lead Learner gave me a phone call to let me know how my son was settling in – it really put my mind at rest."*
- *"The transfer to Ysgol Rhiwabon has gone extremely well, with the support and organisation of all the staff. Our daughter has quickly and comfortably adapted to the different way of life at high school and comes home happy every day."*

A website only gives a flavour of what a school is about. Whether you are a prospective parent or a member of the local community please do feel free to get in

touch with us to have a tour of the school or to meet with key members of staff for an informal chat. I am confident that you will be impressed by what you see.

Mrs Melanie Ferron-Evans
Headteacher

Avian Influenza

In November 2021, in the face of Great Britain's biggest outbreak of Avian Influenza, a ban on poultry gatherings was introduced to help prevent the spread of the disease and protect flocks.

After more than two years of not allowing gatherings, the second part of 2023 brought a change in the disease picture, with fewer Infected Premises and findings in wild birds. There have been no Infected Premises in Wales since April 2023.

However, the risk levels are still considered to be too high for gatherings of Anseriforme birds such as ducks, geese and swans, which will remain prohibited.

From today, Galliforme bird keepers arranging a fair, market, show, exhibition or other gatherings will be required to follow and meet all requirements of a general licence. Details can found on the Welsh Government website at www.gov.wales/bird-gatherings-general-licence-gatherings and www.gov.wales/bird-gatherings-general-licence-poultry.

Chief Veterinary Officer for Wales, Dr Richard Irvine said:

“Poultry keepers have worked hard to protect their birds from the risks of avian influenza by implementing strong biosecurity and other measures, and I want to thank them again for all they have done.

I am pleased we are now able to allow gatherings of Galliforme birds to resume. This is a welcome development, enabled by the support and cooperation of the poultry sector.

This means, from today, gatherings of all types of birds, except Anseriforme birds, will be permitted across Wales, provided keepers follow and meet all the requirements of the general licence.

This does not mean the risk of avian influenza has disappeared. Scrupulous hygiene and biosecurity are essential to protect flocks from the threat of disease, and it is important bird keepers continue to complete the biosecurity self-assessment checklist.

All of our mitigation measures, including restrictions on bird gatherings, are kept under constant review, to help ensure the national flock is protected.

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St David's Day

Wrexham's St David's Day parade is one of the most exciting and popular events in Wrecsam, and again this year schools,

organisations, and individuals will be flocking to the city centre to celebrate this special occasion on Friday, March 1st 2024.

The parade will assemble outside the Guildhall (Llwyn Isaf) at 12.45pm before starting at 1.00pm (sharp!) under the leadership of Band Cambria, making its way through the town and ending at Queen's Square where everyone will sing the National Anthem and Calon Lân together, led by Andy Hickie.

On behalf of Wrexham County Borough Council and Menter Iaith Fflint a Wrecsam we warmly invite everyone from across the county to join in the fun.

The Mayor Cllr. Andy Williams said:

"With the next two years promising to be an exciting time with the National Eisteddfod on the horizon, how wonderful it is to be able to celebrate Welsh culture annually with this magnificent parade."

For the first time this year will also see the celebrations continuing at Tŷ Pawb at 4pm with live entertainment from Welsh artists Megan Lee and Meinir Gwilym, Welsh produce stalls and a family craft session.

These celebrations are a part of numerous events that will take place across Wales to celebrate our Patron Saint's Day, so use **#DewiWrecsam** on social media for information, to share photos, and to follow the event throughout the day.

All those interested in getting involved in the parade should contact Maiwenn Berry, Menter Iaith Fflint a Wrecsam on 01352 744 040 or email Maiwenn@menterfflintwrecsam.cymru.

The 'Museum of Two Halves' is our shorthand name to describe the project that will see the development of the Football Museum for Wales and a new Wrexham Museum in the current museum building on Regent Street in Wrexham.

The new football museum will celebrate Welsh football, past and present, in all its diversity, from grassroots clubs to the national teams, as well as highlighting Wrexham's historic achievements in the sport and celebrating the rich heritage of the County Borough.

New galleries will be created to display the Wrexham Museum collections, which means an enhanced experience for visitors and a first-

class, modern venue for discovering the fascinating and eventful story of our region of North East Wales.

Working alongside the community, the museum will host a programme of activities and events to inspire all who visit to learn, be active and achieve their potential.

Lorraine is warning of the impacts of mould spores

Keep up to date with the latest stories with our WalesOnline newsletter

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When Lorraine Hewitt attended a meeting at a village hall she had no idea it would result in her ending up in hospital, struggling to breathe. The retired nurse from [Ruabon](#) in [Wrexham](#) lives with asthma and she had experienced a severe reaction to mould. It took her a total of 12 months to fully recover from the reaction.

Mould thrives in wet and damp conditions and Lorraine is now sharing her story to warn others of the dangers of mould following the wet and cold winter we have experienced. Lorraine said: "I have what they call allergic asthma. It hits sometimes when you're not expecting it. I can go from being normal to feeling someone has put a brick on my chest that I cannot push up to get any breath in."

Lorraine, 64, became poorly within days of attending a meeting at her local village hall where she breathed in mould spores. Despite six months of steroid treatment she believes her lungs have never returned to how they were. She added: "I have needed emergency oxygen, nebulisers, and steroids for exacerbations. Gasping for air is really scary and I don't have the breath to explain how poorly I feel. I attended a work meeting at a village hall and had a reaction to breathing in mould. Three days later I was hospitalised and it took me over 12 months to recover.

READ MORE: [Back pain, uneven posture and fatigue are all signs of this condition that first starts in teens](#)

READ MORE: [Mum was told her baby was 'lazy' and not to worry but the damage of his hidden condition 'was already done'](#)

"Despite six months of steroids my lungs have never returned to how they were. I had no idea that breathing in mould spores could do that. There needs to be more awareness of the dangers of mould, especially to those who live with a lung condition like me.

That one meeting in a mouldy village hall left me struggling to eat or walk up the stairs."

Lorraine says her lungs have never returned to full capacity

Charity Asthma + Lung UK Cymru has warned that certain groups of people are more at risk to the impact that mould can have on your health. Mould can be very harmful to babies, small children, older people, and people with allergies.

Mould often shows up as fuzzy black, white, or green patches on walls, ceilings, or tiles. It might also have a damp and musty smell. If you're allergic to mould it can cause symptoms like coughing, wheezing, sneezing, and watery eyes or make lung conditions like asthma or COPD worse. Keeping your home well aired and warm to at least 18C in colder months helps reduce condensation, which leads to mould.

However there is a concern that the rising cost of living has made it increasingly harder for those with lung conditions to maintain an appropriate temperature in their homes due to the cost of bills. **Support award-winning journalism with Wales Online's Premium app on [Apple](#) or [Android](#).**

Joseph Carter, head of the charity, said: "Mould is a serious issue. If you have a lung condition your symptoms may get worse and if you have asthma mould could cause an asthma attack. Babies, small children, older people, and people with allergies are more likely to be affected by mould.

"If you think your home is damp or you've noticed mould it's best to act quickly before it gets worse. For those in rented accommodation landlords have a responsibility to their tenants and to fully support them to make sure that the housing is up to scratch. They should not just paint over the problem. "

How to protect yourself from mould

You can find helpful advice on how to protect your health at [Asthma + Lung UK Cymru](#). According to the charity there are a number of helpful steps you can take to help protect yourself from the effects of mould:

1. Remember to take all your medicines as prescribed to lower the risk of mould affecting your lung condition.
2. Keep rooms well-aired by opening your windows for five to 10 minutes several times a day, especially when you're cooking or using the shower.
3. If possible dry washing in a tumble dryer or in a well-aired room or airing cupboard.
4. Fix any leaks or water damage to prevent humidity that causes condensation.
5. Try to keep your home at a good background temperature so it never gets too cold – ideally at least 18 degrees when it's cold outside.
6. Use extractor fans in the kitchen and bathroom or open a window when cooking or after a shower to get rid of moisture in the air.
7. Close the door of the room you are in if you're cooking or showering to prevent condensation in other rooms.
8. Some people find that dehumidifiers help to dry the air and prevent damp and mould. But make sure you get the setting right as leaving the air too dry might make you cough.
9. Remember mould spores can be outside too so make sure you carry your reliever (or rescue) inhaler wherever you go to deal with any symptoms quickly.

Welcome

Welcome to the latest edition of our Healthy Weight: Healthy Wales strategy newsletter covering recent news, updates, and best practice in relation to the Healthy Weight: Healthy Wales strategy.



Healthy Start eLearning resource

The Healthy Start Scheme provides eligible pregnant women and young families in receipt of certain benefits help to buy fruit, vegetables, milk and infant formula, and free Healthy Start Vitamins. It applies from the 10th week of pregnancy until a child's fourth birthday.

The support amounts to £4.25 per week for eligible pregnant women and children from their first until their fourth birthday, and £8.50 per week for babies up to one year of age, pre-loaded onto pre-paid cards issued to households.

Take up of the scheme in Wales is currently around 70% but varies across the country. We know families on low incomes have to spend a disproportionate amount of their income on food, and in the current cost of living crisis, we are committed to increase take up of the scheme and achieve consistency across Wales.

We have developed a bite-size training course for health professionals and other stakeholders to raise awareness of Healthy Start and how it can support our most vulnerable young families to access healthier food, thereby contributing to reducing food poverty and consequent health inequalities that arise from poor diet (such as obesity and increased risks of non-communicable diseases). It will be mandatory for all health

care professionals working with pregnant women and families with children under 4 years old.

The eLearning course has now been launched and is available in Welsh and English.

The course consists of 5 modules:

1. The Healthy Start Scheme - Who can benefit?
2. Eat Well – Key messages for pregnancy, infants (0-1year) and children under 4 (preschool)
3. Healthy Start Foods
4. Healthy Start Vitamins
5. Supporting People and Families to access the scheme and wider promotion

The modules can be completed separately or all at once (approx 20-30mins each).

The course is available on the NHS Electronic Staff Record (ESR) system and Learning@Wales platforms. Please contact the helpdesk eateb@wales.nhs.uk or 02920925444 to request access to Learning@Wales.

Read more at [Accessing the Healthy Start eLearning via ESR and Learning@Wales](#)



Eat Them to Defeat Them 2024

TV campaign launches Saturday 17th February 2024

Schools' programme launches 19th February 2024

The Eat Them to Defeat Them campaign by Veg Power & ITV to get kids to eat more vegetables is returning to every primary school in Wales in 2024, thanks to funding from the Welsh Government. School packs including posters, stickers and reward charts are on their way.

The core creative idea for social media and schools this year is THE BIG CHOMP. To help create excitement and support the launch we'd love you to post about Eat Them to Defeat Them during launch week - w/c 19 February.

[Social Media Toolkit - English](#)

[Social Media Toolkit - Welsh.](#)

This campaign is all about kids having fun and eating veg – please join us in celebrating and supporting teachers, school caterers and parents. Any support to champion them – like, share, comment – would be most welcome! Follow #EatThemToDefeatThem / #BwyteWchYLLysiau.

If you would like details of the programme and impact, please check out the [five year evaluation report](#) from Veg Power website..



Fit Fans is coming to Newtown

Newtown A.F.C. will be joining FIT FANS later this month to provide provision within Powys.

FIT FANS is a collaboration between the Football Association of Wales and the English Football League (EFL) Trust, supported by Welsh Government funding. It is proven to help people achieve significant long-term improvements in weight loss, physical activity, diet, and psychological wellbeing with participants on average losing over 5% of their body weight during the 12-week course.

FIT FANS is back this year at Cardiff, Swansea, Newport, Aberystwyth, Wrexham and Bangor. We would be grateful if you could again spread the word amongst your networks by sharing supportive social media to encourage participation.

[FIT FANS social media and graphics](#)

This year, there will be additional FIT FANS sessions at community venues across Swansea thanks to additional funding by the UK Shared Prosperity Fund.

People can

or via the [website](#)



apply through participating clubs
[EFL Trust](#)
[FIT FANS -](#)

efltrust.com

Supporting Healthy Behaviours

The Primary Care Hub in Public Health Wales is producing a series of resources, designed to equip the primary and community care workforce to have conversations with individuals about adopting healthy behaviours.

The resources discuss key health behaviours, in relation to smoking, alcohol, healthy weight, physical activity, and preventing type 2 diabetes, and specifically include:

- Areas for quality improvement activities
- Links to training and resources for the workforce
- Brief information about the benefits of adopting healthy behaviours and harms of unhealthy behaviours
- Signposting information for individuals to access further support.

The first two resources in this series have been tailored to staff working in (1) general practice and (2) optometry, with versions bespoke to community pharmacy and community dental services in development.

Whilst these resources have been tailored for use in specific contracted services, the majority of the information has relevance to the breadth of staff in health and care settings. The documents are available from [Supporting Healthy Behaviours - Public Health Wales \(nhs.wales\)](http://Supporting Healthy Behaviours - Public Health Wales (nhs.wales))



A Citbag Full of Inspiration

Giving young people an enjoyable experience in physical activity and sport from a young age is really important as it means they're more likely to be active for the rest of their lives. Sport Wales' Citbag resources develop fundamental movement skills, setting the foundations for children to become healthy and confident individuals.

The Citbag online platform is packed full of ideas to help primary school teachers make physical activity and sport more fun and enjoyable for children. All of the bilingual resources describe the key teaching points and list any equipment that's needed to deliver the activities safely.

While Citbag is primarily aimed at teachers, the FREE resources can also be used by anyone offering physical activities and sport to children and young people such as coaches, volunteers, young leaders, parents and carers.

For more information and to register, visit: [Citbag/Sport Wales](#)



Survey to map out good practice across Wales

A new online survey has been launched to help Sport Wales identify successes, challenges and ideas that people have around, making sport and physical activity more inclusive for everyone in Wales.

Sport Wales is particularly interested in hearing from those who are creating opportunities for children and young people, either in a paid or voluntary role.

The full article and access to the survey can be viewed on the Sports Wales website - [Help us shape the future of sport in Wales | Sport](#)



L-R: physiotherapy assistant Emma Stephens; booking coordinator Lorraine Mthembu; senior physiotherapist Alice Mayo; clinical lead and advanced practice physiotherapist Chris Lambert; senior dietitian Nadia Kudrjasova; dietetic assistant practitioner Rhiannon Rogers; physiotherapist Natalie Capel; physiotherapy assistant Natalie McCarthy. Completing the team, but not in the photo, is business support manager Lowri Ridings.

The new team keeps patients in the best possible shape while they await surgery.

People waiting for new hips or knees are being offered extra support to keep them in the best possible shape until their surgery can go ahead.

More than 2,000 of them across Swansea Bay have been invited to an assessment to see what options could be available to them.

These range from weight management and exercise classes, physiotherapy, steroid injections for pain management, or mobility aids such as walking sticks or knee braces.

Although only recently launched, the health board's orthopaedic prehabilitation service has already assessed almost 150 patients. Of these, around 100 have been referred on to one or more of the various treatments on offer, with virtual options available too.

As is the case across Wales, waiting lists for hip and knee replacements have been high in Swansea Bay for some time, a situation which the pandemic exacerbated.

The health board is working hard to address this, including opening new theatres at Neath Port Talbot Hospital which is being developed as a centre of excellence for planned orthopaedic and spinal surgery.

But the longer people wait, the greater the risk their mobility and therefore their quality of life will deteriorate. For some it could lead to weight gain, which in turn could affect their fitness for surgery, or even delay it. Patients with a high BMI will be offered to attend a weight management group programme or one-to-one appointments.

The group classes consist of 12 weekly sessions. They include everything from weight management and healthy eating for osteoarthritis to overcoming emotional eating and changing eating habits for good. Practical cookery sessions are also being planned.

As well as the dietitians, there will also be physiotherapy-based options which extend beyond a simple exercise regime.

The new prehab service is being funded by the Welsh Government as part of its 3Ps (promote, prevent and prepare for planned care) policy.

The full article is available at [Swansea Bay University Health Board \(nhs.wales\)](https://www.swansea-bay.nhs.uk/news/2020/12/16/prehabilitation-service-launches)

View the Welsh Government policy [Promote, prevent and prepare for planned care | GOV.WALES](https://gov.wales/policy/promote-prevent-and-prepare-for-planned-care)

[Best Practice Projects](#)



Good Food Cardiff aims to influence how food is produced and consumed in Wales, ensuring that healthy and sustainable food are at the heart of a just, connected and prosperous food system. In the Good Food Cardiff zone at the Amgueddfa Cymru Food Festival, there were fun activities for all the family to learn about food which is good for people and the planet. Hosted by Good Food Cardiff, the zone included inspiring workshops, demos, talks and activities celebrating local food. Beca Lyne-Pirkis, Healthy Weight Healthy Wales Ambassador, was at the event.

Wrexham Library

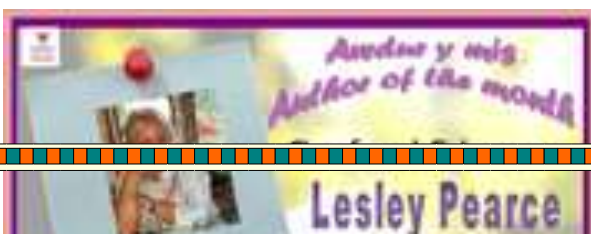


Meet the Author – Paul Clifton

Local poet and author Paul Clifton will be in conversation with distinguished author and poet Aled Lewis Evans. Paul will be launching and talking about his latest and third anthology *1988 – A Poetic Diary of a Wrexham Author* and reading extracts from the book. His latest collection will take you on a lyrical voyage of his hometown Wrexham and beyond, from his most significant moments to the smallest of nuances.

Experience his life journey with him and discover his adventure as he takes you through the pages of his book. The event will take place on Wednesday 6th March, 6.00pm at Wrexham Library. This is a free event but you will need to reserve your place. library@wrexham.gov.uk /01978 292090.

Author of the Month



Lesley Pearse was born in Kent and is a writer of romantic and family sagas, set both in the present day and the early twentieth century. Pearse came comparatively late to literary fame, having worked in a number of jobs before being inspired to take up her pen in her mid-30s. She was first published at the age of 48 with *Georgia* and has gone on to sell millions of copies of her books world-wide. Pearse's works include the popular *Belle* series, set before and during the First World War. Her latest book is a memoir entitled *The Long and Winding Road*. Lesley lives near Bristol, has three daughters and one grandson.

Time to Remember at Ruabon, Rhos & Llay Libraries

Join us at Ruabon, Rhos and Llay Libraries to share your memories, reminisce with books and music, try out our new activities and meet and chat with others. Time to Remember at Ruabon Library will take place on the 3rd Wednesday of the month at 2pm, with the next session on Wednesday 21st February. Reminisce will take place at Rhos Library on the 3rd Friday of the month at 11am with the next session on 16 February. Reminisce at Llay Library will take place on the 4th Tuesday of the month at 1pm, with the next session on Tuesday 27th February. Refreshments will be available and individuals, families and carers will be very welcome.

Thank you to Dawn Hughes Loydd
for sending this in.



1975 NEWTOWN AFC

**Coleg Y Drenewydd
Newtown College**
UNIVERSITY COLLEGE/IMPTE
PART OF IMPTE GROUP OF SCHOOLS

GIRLS ONLY SCHOLARSHIP PROGRAMME

IN PARTNERSHIP WITH NEWTOWN COLLEGE

- STARTING SEPTEMBER 2024
- GIRLS AGED 16-18
- EXTENDED DIPLOMA - SPORT & PHYSICAL ACTIVITY
- EQUIVALENT OF UP TO 3 A LEVELS
- CAN ALSO STUDY ALTERNATIVE COURSE
- FULL TIME FOOTBALL TRAINING PROGRAMME
- OVERSEEN BY NEWTOWN AFC ACADEMY STAFF
- WEEKLY GAMES PROGRAMME
- GAIN VOCATIONAL EXPERIENCE IN FOOTBALL
- GAIN FAW COACHING QUALIFICATIONS
- HOMESTAY PROGRAMME AVAILABLE
- TO REGISTER YOUR INTEREST PLEASE EMAIL THE FOLLOWING INFORMATION TO [SCHOLARSHIP@NEWTOWNAFC.CO.UK](mailto:scholarship@newtownafc.co.uk)

NAME | CURRENT AGE | DOB | PLAYING POSITION
CURRENT CLUB | CURRENT SCHOOL | PREDICTED GCSE RESULTS
BRIEF PLAYING HISTORY | CONTACT NUMBER

NATIONAL ACADEMY
CATEGORY A

CONTROL TECHNIQUES

EvaBuild
Built Around You

CellPath
INNOVATION IN CELLULAR PATHOLOGY

hilltop HONEY

Hello Everyone

I have included a list of food on the first page, which cost very little or no money at all.

This was sent in by Mr Giles Evans, the School Manager, to ensure that no one should go hungry **during the holidays.**

Now, of course, the wonderful food from the school kitchen will keep everyone happy and 'fulfilled'.

Sybil (Bremner).
