



Rhydygors News



Spring Term 2

21/03/16

Residential Life – An eggcellent term....

Well that's the shortest term done and dusted, and the kids are heading home for the Easter holidays for their well-deserved two week break.

It's been an action packed term for our residential pupils who have been offered a wide variety of different activities to participate in. Some of the activities offered to the pupils include the following:- Social Skills, Life Skills, First Aid Cadets, Army Cadets, Swimming, Fitness, 5-a-side Football, Hangar 5 Trampoline centre, one to one time, Laserzone, Gym, Chill out, Skiing, Cookery, Music, Bowling, and ICT. Residential pupils will also celebrate the end of term with a meal in the local restaurant with staff, which they all enjoy a great deal.

As a school, and more specifically as a care team, we were visited by the CSSIW inspector in February for our annual inspection and are currently still awaiting their report.

Residential pupils and staff

have been busy developing their living areas within each dormitory and pupils have had a £50 budget each to spend on personalizing their bed spaces.

Residential pupils will soon be offered workshops delivered by "Iechyd Da" on topics covering Sexual Health, Drug & Alcohol Misuse, Smoking, Personal Hygiene, Internet Safety, and other social, emotional and physical needs. This will also be available for pupils on the wrap around provision.

Next term we will all say farewell to our Year 11 pupils who are leaving. We will be sorry to see them finish at Ysgol Rhydygors, however they all know that the Rhydygors door is always open for past pupils to visit!

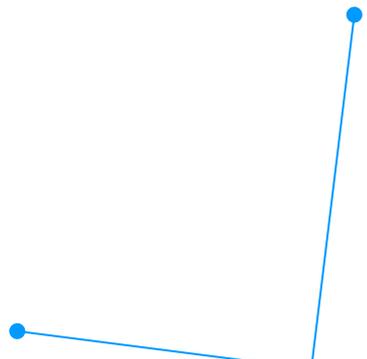
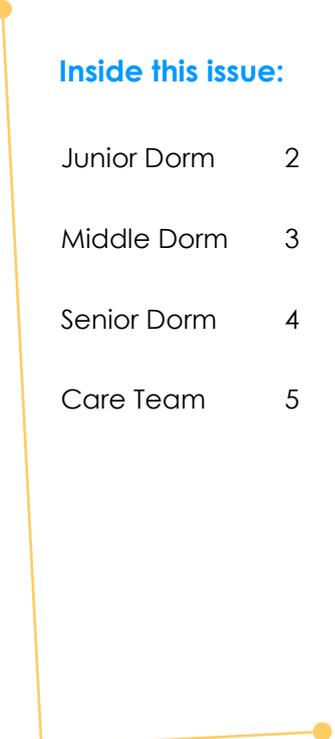
Best wishes



Mr Ian Davies

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Junior Dormitory



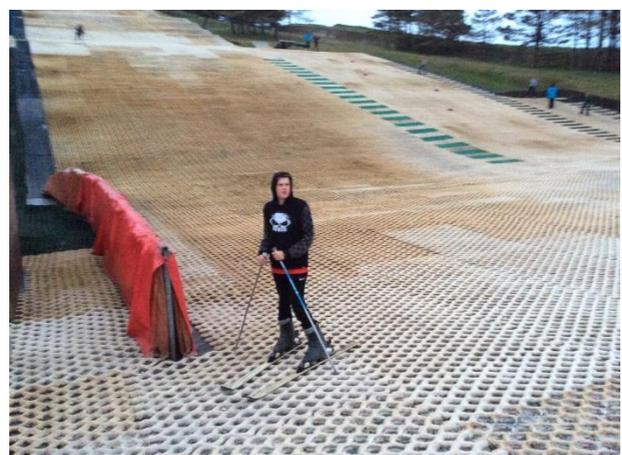
Leo Collins - Xcel Bowl. Leo's skill and technique in bowling has continued to improve during this term and he has enjoyed every session. He has shown that he can take turns and interact well in a small group setting.

Floyd Salt - Gym. Floyd seems to have really thrived on this activity. The small group setting has given him the confidence to fully take part in all it has to offer. He enjoys working out on the weights in the school gym and using the tread mill to improve his fitness.



Ossian Thomas - Skiing. Ossian is a new member of the group and has been welcomed by the other boys. He has gained a sound knowledge of what the sport involves as well as being aware of the necessary safety aspects. He has developed a good technique and his skills are steadily improving week by week.

Matthew Smith - Skiing. Matthew enjoys his skiing activity every week. He has developed in his confidence and concentration when coming down from the highest point of the ski slope. His obvious interest in this activity has allowed him to have consistently positive sessions.



Middle Dormitory

The spring term has been a busy period on the middle dormitory. Following our recent dormitory renovations, the boys have settled in to their freshly painted bed spaces, and feel much more at home in their more personalised rooms.

We began the term by undergoing a fitness program, delivered by professional boxer, Zack Davies. The boys took a great interest in the program, and looked a lot better for it! Circuit training, long distance running and plenty of press-ups ensured that the middle dormitory had a six-pack or two after the heavy festive period.

Continuing the active theme, Thursday evenings have been a fitness feast for the boys. An hour of non-stop 5-a-side football in trinity sports hall, followed by an hour of bouncing in Hangar5. Friday mornings have been a slight battle though, with more than a few tired bodies on the dormitory after an exhausting night of fun!

Another highlight of the term has to be our frequent trips to 'Lazer Station'. Teamwork, enthusiasm and tactical awareness are all traits that have come to the fore during our action packed games there. On occasions, competitiveness has taken over, and the rules sometimes broken. Usually by the staff!

As the spring draws to a close, we look ahead to the beginning of the summer term. Exciting times lie ahead for the middle dormitory, and we would like to take this opportunity to wish you all a happy Easter.



Middle dormitory boys Alex Davies, Reece Richards, and Rhys Moon after their circuit training workout with local professional boxer Zack Davies. And some unfit staff.....



Rhys Moon getting stuck in to painting his bed space. Rhys went on to design and paint his name on a feature wall.



Owain enjoying a meal out with all pupils and staff at a local restaurant.



Reece Richards hitting the slopes of Pembrey on his Tuesday evening activity.

Senior Dormitory

Over the past couple of months the senior dormitory has been a wonderful place to be on. We've had our ups and downs of course but on the whole there have been nothing but good vibes.

After the Christmas break the boys came back in good spirits after having a lovely time off. We began to do senior fitness programmes to work off that extra bit of meat gained over the holidays. Every member of the dorm worked hard during this period and self-esteem was on the up.

With a lot of our boys leaving in the summer it was also time to get them prepared socially and we spent a lot of time together on social skill activities so that they would be comfortable when they left and not worried about the prospect of being in the big bad world on their own.

With summer also creeping up on us we started to get the face masks on, during our pamper nights so that our skin would be silky smooth and looking good.....

We've had a really good term on the dorm and there are positive attitudes the majority of the time. We look forward to the next and our last term together and hope the boys leave with brilliant memories.



Pampering night on the senior dormitory.....



Sam Hudd mixing some beats on his DJ decks....



Chill out time for the senior boys.

Rhydygors School Child Care Team.....



Mr Ian Davies
(Senior Care Manager)



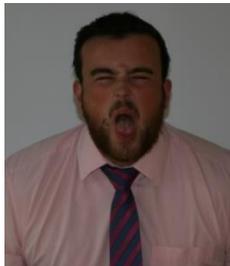
Mr Matthew Kirkham
(Senior RCCO)



Miss Heather Watkins
(Senior RCCO)



Mrs Eirlys Davies
(RCCO)



Mr William Rowberry
(RCCO)



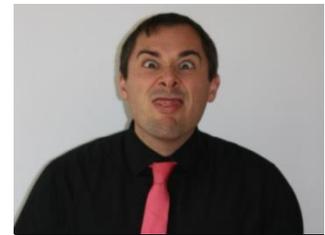
Mr Ben Rowe
(RCCO)



Mr Keith Evans
(LSA/RCCO)



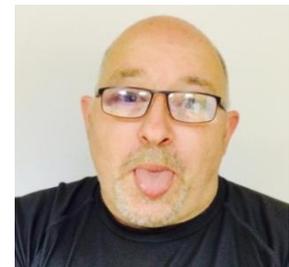
Mr Sion Walker
(RCCO)



Mr Matthew Evans
(LSA/RCCO)



Miss Gemma Evans
(Wake-in RCCO, nights)



Mr Alun Thomas
(Wake-in RCCO, nights)