



Newsletter

If your children receive free school meals and you haven't registered yet, please register for our new direct payments scheme by Friday, May 1.

Hwb
Digital Learning for Wales

Post-16 distance learning resources

Welsh Government are working with universities in Wales to create online learning experiences and events for learners in Year 13.

[Hwb post-16 distance learning resources](#)



My next Fairtrade adventure (age 11-14 years)

This week, the [Home Learning Challenge](#) is to learn more about the farmers behind your cuppa. Join Tayna on her '[Next Fairtrade Adventure](#)' to learn more about the effects of climate change on tea farming and how Fairtrade can tackle some of these effects.

1 – 10 Times Tables Chart

1X	2X	3X	4X	5X
1x1=1	2x1=2	3x1=3	4x1=4	5x1=5
1x2=2	2x2=4	3x2=6	4x2=8	5x2=10
1x3=3	2x3=6	3x3=9	4x3=12	5x3=15
1x4=4	2x4=8	3x4=12	4x4=16	5x4=20
1x5=5	2x5=10	3x5=15	4x5=20	5x5=25
1x6=6	2x6=12	3x6=18	4x6=24	5x6=30
1x7=7	2x7=14	3x7=21	4x7=28	5x7=35
1x8=8	2x8=16	3x8=24	4x8=32	5x8=40
1x9=9	2x9=18	3x9=27	4x9=36	5x9=45
1x10=10	2x10=20	3x10=30	4x10=40	5x10=50
1x11=11	2x11=22	3x11=33	4x11=44	5x11=55
1x12=12	2x12=24	3x12=36	4x12=48	5x12=60
6X	7X	8X	9X	10X
6x1=6	7x1=7	8x1=8	9x1=9	10x1=10
6x2=12	7x2=14	8x2=16	9x2=18	10x2=20
6x3=18	7x3=21	8x3=24	9x3=27	10x3=30
6x4=24	7x4=28	8x4=32	9x4=36	10x4=40
6x5=30	7x5=35	8x5=40	9x5=45	10x5=50
6x6=36	7x6=42	8x6=48	9x6=54	10x6=60
6x7=42	7x7=49	8x7=56	9x7=63	10x7=70
6x8=48	7x8=56	8x8=64	9x8=72	10x8=80
6x9=54	7x9=63	8x9=72	9x9=81	10x9=90
6x10=60	7x10=70	8x10=80	9x10=90	10x10=100
6x11=66	7x11=77	8x11=88	9x11=99	10x11=110
6x12=72	7x12=84	8x12=96	9x12=108	10x12=120

guruparents.com ★

How to teach ... times tables

The Guardian Teacher Network has resources to help you get your pupils up to speed with their times tables – without boring them to death

[Read more here](#)



Healthy Family Challenge...

Every day mark your progress against each of the five challenge areas.

Add up your scores at the end of the week. Who's the winner?!

[Healthy Family Challenge](#)

DEALL EICH PLENTYN UNDERSTANDING YOUR CHILD



S O L I H U L L A P P R O A C H

Dear Parent / Carer,

Free online courses for residents of NORTH WALES:

- **Understanding your pregnancy birth labour and your baby**
 - **Understanding your baby**
 - **Understanding your child**
- **Understanding your teenagers brain**

The Betsi Cadwaladr University Health Board Public Health Team have invested in a multi-user licence for 4 award winning, quality marked, evidence based online courses by the Solihull Approach (a national NHS organisation).

These courses are for ALL parents-to-be, parents, grandparents or carers of any child from the antenatal period to age 18 years. These courses are relevant for parents of all children, including those with special needs, autism, ADHD etc. Within the attached documents is a Newsletter promoting the course, FAQ's and Testimonials by parents who have completed the course.

We believe that parents are their children's first and most important educators and we are delighted to share this growth and learning opportunity to you as parents and carers. We would encourage you to take advantage of this time limited opportunity. These courses are **FREE** to all residents of North Wales with the access codes below.

The licence is valid until 30 November 2022 so please take advantage of this fantastic resource while you can. Once you have accessed the courses using this code you will have non-expiring access.

Go to www.inourplace.co.uk and apply the **NWSOL** access code:

- **Understanding your pregnancy, labour, birth and your baby**
 - **Understanding your baby**
 - **Understanding your child**
- **Understanding your teenagers brain**

You will be asked to create an account so that you can resume the course where you last left off. You will also be asked to verify that you are legitimately entitled to use the access code by entering your postcode.

Personal information supplied by you remains private. Your responses to the monitoring questions are anonymised. You will not receive any marketing emails. You will receive congratulatory emails when you complete a module.

The Solihull Approach may very occasionally email you to tell you about updates to the course. We welcome your feedback.

For further information about the course visit www.inourplace.co.uk

For technical queries email solihull.approach@heartofengland.nhs.uk or ring 0121 296 4448 Mon-Fri 9am-5pm

For any local questions or queries please contact in Welsh or English to nwsol@wales.nhs.uk

Best wishes, *BCUHB Public Health Team*

Check out the **Health & Wellbeing Links for Families** on the Wrexham Health & Wellbeing webpage - [Click here](#)

And finally.....

YOUR FULL NAME

that's your workout!

FITPOSSIBLECOACH.COM

A	50 JUMPING JACKS	N	50 JUMPING JACKS
B	25 SIT UPS	O	25 SIT UPS
C	30 SQUATS	P	20 PUSH UPS
D	15 PUSH UPS	Q	35 SQUATS
E	10 BURPEES	R	15 BURPEES
F	25 SQUAT JUMPS	S	15 TRICEP DIPS
G	30 JUMPING JACKS	T	1 MIN PLANK HOLD
H	15 SIT UPS	U	50 SIT UPS
I	1 MINUTE WALL SIT	V	40 HIGH KNEES
J	20 BURPEES	W	20 PUSH UPS
K	20 TRICEP DIPS	X	2 MINUTE WALL SIT
L	40 JUMPING JACKS	Y	15 SIT UPS
M	1 MIN PLANK HOLD	Z	25 SQUAT JUMPS

REPEAT IF NECESSARY

Good luck to anyone with a long first name! : D