



NEWSLETTER/CYLCHLYTHYR

SUMMER 1/ HAF 1

**Our designated safeguarding officer is:
Jamyn Beesley: 07495158404
Deputy designated safeguarding officers are:
Caroline Joy: 07458079269 & Dale Lord:
075539332245**

Croeso i Ysgol Cynefin West Welcome to Ysgol Cynefin West



Dawn cooks food for all of us.



Miss Bux works in the office.



Dosbarth Gwdihw staff team



Mrs Joy & Mr Lord are here to help everyone.



Dosbarth Draenog staff team



Dosbarth Broga staff team



Congratulations to Mrs Taylor and Mr Walters on completing their HLTA course



Dosbarth Robin-Goch staff team



**Ysgol
Cynefin**



We have settled into our new school and are looking forward to the summer term together.

Dates for your diary:

Monday 18th INSET day - School closed to pupils

Monday 25th- Friday 29th Half Term

Pupils return on Monday 1st of June





Dear Parents and Carers,
Schwmae!

I'm Avery. I'm a registered Dramatherapist and Psychotherapist originally from the US, and I'm the psychotherapist at Ysgol Cynefin West. I can't wait to meet you and get to know you!

What is Dramatherapy? It's a creative arts approach to therapy using imagination, storytelling, and play for therapeutic purposes. Play allows me to join folks in a way that can lighten their burdens through nurturing self expression, help them practice creative new approaches to old patterns, and remind them that they're not alone.

Studies show time and again that the therapeutic relationship is the most important piece of the therapy puzzle. So! As we make this new start, I'm aiming to meet you where you are, learn about you, and gently build trust.

My role is to support pupils, their families and carers, and staff.
What do I mean when I say "support"?

For pupils, support may look like formal therapy sessions, 1:1 or in groups– for which I will ask for informed consent– psychoeducation and therapeutic facilitations in classrooms, or support alongside staff when pupils are feeling dysregulated.

For parents and carers, support may look like weekly phone calls, in-person meetings at the school, home visits, or the periodic parents and carers group offered by the school.

An essential part of my work involves collaborating with you to make therapeutic support as accessible and adaptive as possible. I want to hear your feedback about the barriers you're facing and the ways in which we can aim to meet specific needs, wants, and wishes.

Thank you for letting me be part of your lives. My door is open!
Warmth,

Avery Rabbitt