



# Newsletter



## Uniquely Me....

Many young people will have found the past few months tough going, but you can help boost their self-esteem with the FREE Uniquely Me Parent's Guide

from Dove.

This essential resource pack gives parents all they need to teach their children and young people about the importance of a healthy body image, nurture their self-esteem and empower them to reach their full potential.

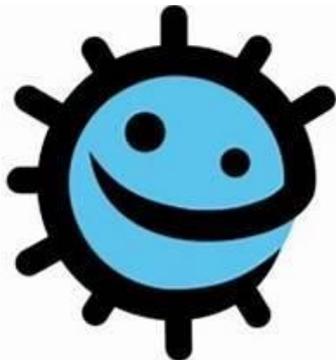
Download it today and give your child a positive wellbeing experience during a tricky time.

[Click here](#)



## Family Art Club

While Tŷ Pawb is closed, we will continue to deliver an adapted version of Family Art Club each Saturday morning as part of our 'Arts at Home' programme. Our Family Art Club artists will create downloadable activities, which will be made available via our website and [facebook page](#), each [Saturday](#).



## E Bug

Your weekly installment of the E bug teaching resources adapted by Betsi Health Board are now available to download off our website. This week we have 'Treatment of infection and antibody use'. This is available bilingually.

[Click here](#)

*(To find it quickly please look for the modified date of 19 June)*



## Happi Cook-a-long



Richard Shaw has been adding to his many online cooking clips with new mouth watering recipes for you and your children to cook-a-long to.

Find him on facebook - 'Happi cook-a-long' 'Cooking together' to watch the latest cooking lessons

And finally.....

Ffrydio'n Fyw  
Nos Wener 7:30pm (GMT)  
Live Streaming  
Friday Night 7:30pm (GMT)

Cara Hammond

tŷ pawb  
celf cartref  
arts at home

www.typawb.cymru  
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@tŷpawb

**You may have just noticed a slight change in our weather lately? Here are some facts to ponder over while you're under your umbrella....**

**1. 'Phantom rain':**

Not all rain drops that fall from the sky reach the ground. Under specific conditions, sometimes rain can fall but never touch Earth. This occurs when rain falling from a cloud evaporates or sublimates as it draws closer to Earth's surface. When this happens, it forms what is known as 'Virga Clouds'; a tail or wisp extending from a cloud in a downwards position. Generally, these are seen to extend from Cirrocumulus, Altopumulus, Altostratus, Nimbostratus, Stratocumulus, Cumulus or Cumulonimbus clouds.

**2. Rain has a smell:**

When raindrops fall on clay or dusty soils, they trap small air bubbles on the surface which raise upward and burst out of the droplet. This then produces pockets of scent into the air where they are then carried by wind. This is what causes the familiar smell of rain, which is called 'Petrichor'.

**3. Shape of a raindrop:**

Raindrops are usually represented in the shape of a teardrop, but this is not true in reality.

When raindrops first form high up in the atmosphere, they take on a spherical shape as the water molecules bind together held by surface tension. As they begin to fall their shape changes, while air resistance causes the bottom of the drop to flatten and curve resembling the shape of a jelly bean.

[More rain facts](#)