



**6th September
2024**

Thank you!

Parents, you've done a great job helping to prepare the children for the start of term! We have had a wonderful first few days, the children have settled in really well into their new classes with their new teachers. Contact details for each teacher are below, as are the links to the Step web pages.

The Step web pages contain all of the information you need regarding PE kit, park trips, home learning tasks and curriculum links. A lot of time goes into creating them and teachers keep them as up to date as they can. Occasionally things crop up that are a little unexpected, or learning goes in a slightly different direction. This is all in line with our curriculum expectations and our curriculum being, in part, led by children's interests.

There are many different ways you can help to support your child's learning and support the school. Helping Hands meetings happen on some Friday mornings, there are also Parent Space meetings online on some Tuesday evenings - please see the diary section of the newsletter.

If you are in a position to help out regularly in school, we'd be very grateful for volunteers. Our regular park trips often require enhanced adult numbers, helpers are always welcome to walk to and from Gelligaer Street Park. We also welcome adults who can hear children read regularly on a 1:1 basis. Any regular volunteers will require a DBS (Police Check) certificate, we can apply for this on your behalf in school. I know that regular volunteering is not always possible for working parents, so please don't feel under pressure to do so.

4 little things all parents can do which help us in school

1. **Name everything** - jumpers, bags, water bottles, coats... if you'd be upset if it didn't come home, please name it to save everyone's tears/frustration
2. Ensure your child has a freshly filled **water bottle each day**
3. Bring **PE kit in to keep in school**, we promise to send it home when it's dirty/wet/smelly
4. **Select any meals** your child wants to eat that week on the Sunday night, but at least a day before, as the system often won't let you choose on the day

Greening Cathays Family Fun Day @ The Sherman Theatre

Go to The Sherman Theatre on Saturday 14 September from 2-5pm for some FREE family fun as we celebrate the launch of Greening Cathays. The day will include craft activities, storytelling and dance inspired by biodiversity and the environment.

The exciting line up of events will include:

Performances from:

- Duke AI (Spoken Word Artist)
- Tamar Williams (Storyteller)
- Joon Dance
- Plus Live Music

Workshops with:

- * Zines For Change with Ffion Denman (Visual Artist)
- * Storytelling with Tamar Williams
- * Dance with Joon Dance

Drop in Arts & Crafts:

- Helen Malia
- The Well Wagon

Interactive Stands and Stalls:

- * Cardiff University Greening Cathays Team
- * Stand With Nature
- * National Museum Cardiff – Urban Meadow

Greening Cathays is a partnership with Cardiff University supported by the UK Government's Shared Prosperity Fund that will explore and nurture the environment in and around Cathays and improve community cohesion.

<https://www.shermantheatre.co.uk/event/greening-cathays-family-fun-day/>

Children in Step 3 will be involved in this project, following the launch, as part of their learning - it would be wonderful if you could take your child/ren to it as it will really help inform their learning!

If this event was during the school day we would absolutely be taking them on this FREE school trip, but it's a Saturday so it is over to you...

[For important health messages from our School Nursing team - please click here.](#)

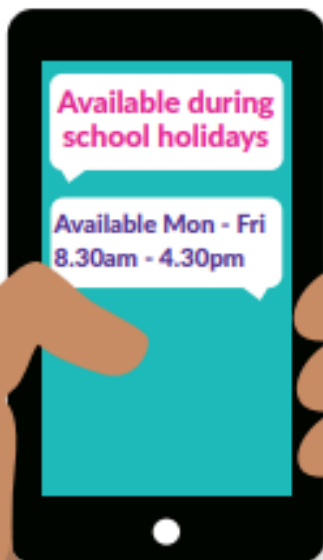


Nyrsgo Ysgol | School Nursing
BIP Caerdydd a'r Fro | Cardiff & Vale UHB

parent line

If you're a parent or carer of a 5-16 Year Old
Text your school nurse on
07312 263178
For confidential advice and support

This will be a text in service for parent to access their school nurse to help with a wide range of health problems. This won't be a diagnostic service but we can give advice on....



emotional wellbeing
sleep day and
healthy night time
eating wetting
soiling substance misuse
relationships
behaviour bullying
online safety puberty



Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board

We might inform someone if we were concerned about your safety, but we would usually speak to you first. Your messages are stored and can be seen by other healthcare staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate message back to confirm we received your text. Texts will not be seen outside normal working hours. If you need help before you hear back from us, contact your GP, nearest walk in centre or dial 111. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'number masking' mobile apps). To prevent the health professional from sending messages to you, text STOP to our number. Messages are charged at your usual rates.

Free Training

The NSPCC are offering free bitesize training to every adult in the UK as part of the 'Listen up, Speak up' campaign. Please click on the poster below to access the free training. The school will also register to potentially host NSPCC training for adults but we need to confirm that there would be at least 10 people attending. This would be a 1 hour session, face-to-face, in the school hall (or a classroom).

Here's what you can expect from our interactive workshops:

Share information:

- How common is abuse and neglect and what are children and adults talking to us about?

Talk:

- Discuss what might stop us sharing concerns or seeking help.

Learn:

- Look at some different scenarios and what we'd do in them.
- Explore how to have a tricky conversation.
- Find out where to go for further training and support.

If you would like to potentially attend an interactive workshop, please email me to express your interest. abigail.cuthbert@cardiff.gov.uk

A colorful poster for the 'Listen up, Speak up' training. It features a collage of diverse people, including a woman, a baby, a man, and a young boy. The text on the poster reads: 'Listen up, Speak up. It's up to all of us to keep children safe. Take our free, 10-minute digital training and learn what to do if you're ever worried about a child or their family.' Below this is a green button that says 'Sign up for our 10-minute training'.

It takes a village to raise a child. And it takes a community to keep children safe.

That's why we're encouraging every adult in the UK to take our [10-minute digital training](#)* and learn how to listen up and speak up for children.

Listen up, Speak up will show you:

- some signs a child might be at risk, and steps you can take to help
- how to approach difficult conversations to help keep children safe
- who you can contact if you're ever concerned about a child or their family.



Introducing: Listen up, Speak up

[Sign up for free training](#)



Sianel Gymraeg newydd sbon i blant bach a'u teuluoedd

*A brand new Welsh channel
for young children and their
families*



Tanysgrifia heddiw youtube.com/@DewinaDoti

i helpu Dewin i gyrraedd ei darged o 10,000 o danysgrifwyr er mwyn i'r sianel fod ar blattform YouTube Kids.

Subscribe today youtube.com/@DewinaDoti

to help Dewin reach his target of 10,000 subscribers which will allow the channel to appear on YouTube Kids.

Next in the newsletter - our usual information

Links to Step webpages

Contact details for staff

Dates for the diary **- if it is highlighted yellow - family can attend too**

Parent Pay links

Donation button

See X (Twitter) @stmonicascw1 for lovely pictures and videos of us at work!

Links to the School Website

For up to date information about:

what your child is learning in school, PE days & home learning tasks

Step 1 Web Pages



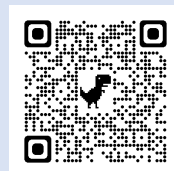
Reception / Year 1

Step 2 Web Pages



Years 2 & 3

Step 3 Web Pages



Years 4, 5 & 6

Keeping your child safe is our key priority - [this link](#) takes you to a poster which explains what we do if we have concerns about a child's safety. It also explains what you can do if you have concerns about a child or member of staff's conduct.

Contact details for staff

We MUCH prefer a face-to-face chat rather than an email, however, we know that for some parents, getting hold of us at the right time can be tricky.

For questions about Parent Pay or music lessons contact Mrs Fedorova:

Jozefina.fedorova@cardiff.gov.uk

To make an appointment to speak directly with (or see) the Head Teacher contact Miss Williams:

Debra.williams@cardiff.gov.uk

To email the Head Teacher: abigail.cuthbert@cardiff.gov.uk

To email the Deputy Head Teacher: mrsmeakins@stmonicasschool.co.uk

To email the Additional Needs Co-ordinator: mrsogorman@stmonicasschool.co.uk

To email any teacher:

Step 1	Reception = Mrs Vaughan Year 1 = Mrs Irwin	mrsvaughan@stmonicasschool.co.uk mrsirwin@stmonicasschool.co.uk
Step 2	Year 2 = Mrs Knight Year 3 = Mrs O’Gorman & Mrs Meakins	mrsknight@stmonicasschool.co.uk mrsogorman@stmonicasschool.co.uk mrsmeakins@stmonicasschool.co.uk
Step 3	Year 4 = Mr Wycherley Year 5 = Mr Thomas Year 6 = Miss Hampson	mrwycherley@stmonicasschool.co.uk mrthomas@stmonicasschool.co.uk misshampson@stmonicasschool.co.uk

We try to answer all emails within 24 hours, if your query is really urgent please phone the school 029 2023 3925. **To help preserve the family life of teachers, I have asked them not to respond to any emails outside of the normal working day or at weekends.** Most parents find asking the parent WhatsApp group for their child’s year group really helpful too.

[Click this link to possibly get help with school costs - if you do, we also get more money to support your child in school!](#)

ADDYSG CYMRU
EDUCATION WALES
CERDDODD A'R CŴR / Our national mission

Have you checked if your child is eligible for Free School Meals?

Even if they already receive **Universal Primary Free School Meals**, check if you can get:

- up to **£200** for **School Essentials**
- extra funding** for your school

Dates for your diary

I am not able to authorise any absence for term time holiday or any extended time away from school. Please do not be tempted to take your child out of school during term time.

School term dates

Monday 9th September	Tuesday 10th September	Wednesday 11th September	Thursday 12th September	Friday 13th September
New Reception (with siblings already in the school) 9.30-2pm	New Reception (with siblings already in the school) 8.55-2.15	Worship - Rev. Caroline New Reception (with siblings already in the school) 8.55-3.15		Rock Steady Music workshops
Monday 16th September	Tuesday 17th September	Wednesday 18th September	Thursday 19th September	Friday 20th September
New Reception (without siblings in the school) 9.30-2.15 WORLD AFRO DAY Celebrations in school	Worship - Mr Akrill New Reception 8.55-2.15	Worship - Rev. Caroline New Reception 8.55-3.15 6pm Longtown Parents Meeting - Step 3 parents	4pm Full Governing Body meeting	9am Tea & Tissues at The Table - Helping Hands and any parents who wish to connect 2.30pm Praise and Celebration
Monday 23rd September	Tuesday 24th September	Wednesday 25th September	Thursday 26th September	Friday 27th September
		Worship - Rev. Caroline 3.15 Step Curriculum Talks for Parents		
Monday 30th September	Tuesday 1st October	Wednesday 2nd October	Thursday 3rd October	Friday 4th October
Parent Consultations - online booking	Rec - Y2 Designed to Smile Fluoride Varnish (Dental Team)	Worship - Rev. Caroline		9am Helping Hands at The Table - all welcome 2.30pm Praise and Celebration
Monday 7th October	Tuesday 8th October	Wednesday 9th October	Thursday 10th October	Friday 11th October
		Harvest Festival with Rev. Caroline	11am Vision and Values GB committee	Flu Immunisations - whole school
Monday 14th October	Tuesday 15th October	Wednesday 16th October	Thursday 17th October	Friday 18th October
			Colorfoto - School Photo Day 4pm Finance, Premises and H&S GB committee	2.30pm Praise and Celebration

Monday 21st October	Tuesday 22nd October	Wednesday 23rd October	Thursday 24th October	Friday 25th October
Period Dignity Talks for Y5/6 girls		Worship - Rev. Caroline	4pm Standards GB committee	INSET DAY No school for children
Half term break - no school for 1 week				
Monday 4th November	Tuesday 5th November	Wednesday 6th November	Thursday 7th November	Friday 8th November
Children return to school - breakfast club as usual		Worship - Rev. Caroline	2pm Step 3 - Parish Eucharist	9am Helping Hands at The Table 2.30pm Praise and Celebration
Monday 11th November	Tuesday 12th November	Wednesday 13th November	Thursday 14th November	Friday 15th November
		Worship - Rev. Caroline	Interfaith Event - 6-8pm More details to come	
Monday 18th November	Tuesday 19th November	Wednesday 20th November	Thursday 21st November	Friday 22nd November
		Worship - Rev. Caroline		2.30pm Praise and Celebration
Monday 25th November	Tuesday 26th November	Wednesday 27th November	Thursday 28th November	Friday 29th November
		Worship - Rev. Caroline	4pm Full GB meeting	9am Helping Hands at The Table
Monday 2nd December	Tuesday 3rd December	Wednesday 4th December	Thursday 5th December	Friday 6th December
		Worship - Rev. Caroline	Parish Eucharist - Step 3	2.30pm Praise and Celebration
Monday 9th December	Tuesday 10th December	Wednesday 11th December	Thursday 12th December	Friday 13th December
	Christmas Performances Step 1 10am & 2pm	Christmas Performances Step 3 10am & 2pm	Christmas Performances Step 2 10am & 2pm	
Monday 16th December	Tuesday 17th December	Wednesday 18th December	Thursday 19th December	Friday 20th December
	11.30am Carols at The Table	6pm Carols at St Michael's		Last day of term
Christmas Break - no school for 2 weeks				

Booking Lunches

Please could parents **book lunch for their child the day before they need it** – it takes up a huge amount of time each day for teachers to ask each child what they would like.

Parents are able to book lunches and make menu choices a week in advance.

Please do this using Parent Pay. <https://app.parentpay.com/public/client/security/v2/#/login>



Booking your child's meal is essential!

FREE ICE HOCKEY TICKETS

BOOK HERE
FREE ENTRY

06 OCTOBER 18:30PM
VINDICO ARENA

CARDIFF CANUCKS **VS** **HARINGEY HUSKIES**

VINDICO ARENA, OLYMPIAN DR, CARDIFF CF11 0JS WWW.CARDIFFCANUCKS.COM

Matrix Group based in Pencoed are pleased to offer, families, complimentary tickets for the Cardiff Canucks Ice Hockey games for Season 24 at the Vindico Arena Cardiff Bay.

. We hope to see many faces in the crowd and would love to see families enjoying themselves. We are offering tickets for every game, we welcome all!

Book Your Tickets Here ➔

<https://www.eventbrite.com/e/978166330827?aff=oddtcreator>

Developing Young Musicians



**Enrol
today!**

Want to be a part of the
ever-growing CAVMS family?

Learn an instrument, develop a
range of new skills and
make friends for life.

cavms.co.uk/enrolment

 **Cavms A5 Enrolment Flyer Online.pdf**



Admin role available - please let clients know

Hi All,

We are currently looking to recruit an Administrator and are keen for the role to be brought to the attention of those with lived experience of using a foodbank. Please can you draw this vacancy to the attention of anyone you think might be interested between now and Sept 22nd (closing date)?

Information and how to apply on our website <https://cardiff.foodbank.org.uk/about/currentvacancies/>

Diolch!

Cardiff Foodbank

Helping Hands

The school is very well-supported by parents and the local community. There is an active Helping Hands group, who work very well together to organise fun, fundraising events and support learning in school. They have their own website where all dates for meetings and minutes are shared. [Helping Hands Web Page](#)

There are also WhatsApp groups for parents and carers for each Progression Step. THANK YOU to the parents who have agreed to be group admins for these groups. It is helpful for parents to join the relevant group/s to be able to keep informed and help answer any questions – there is no such thing as a daft question – we've all been there with last minute queries that need an urgent answer! The school office will pass on your details should you wish to join a group.

How to donate to St Monica's

There are many ways you could help in school, the first step is to either:

- come to the monthly Helping Hands meetings at The Table, or
- join the Helping Hands WhatsApp group, or
- join the online Parent Space meetings held at 9pm once per month

We welcome any donations, whether they be:

- **donations of time** (become a regular walker for trips to the park, listen to children read, help with fundraising events)
- **donations of resources** (Step webpages will have resource lists of things they may need to help with a particular learning context or with things needed for Christmas plays)
- **donations of money** (to help support trips or special events in school)



Donations Greatly Received!!!

Our donation button is active on Parent Pay – thank you to those people who have found it. Our new target is to ensure that every child can access educational trips. You can get to the link by clicking anywhere in this text, or by visiting the school website...

www.stmonicasschool.co.uk