



2nd May 2025



St Monica's Talent Show

A definite highlight in the school calendar is the upcoming Talent Show. Paper copies of the application form have already come home, [click here for the link to a digital version](#). Please fill out this form by Friday 9th May. You do not need to do an electronic form AND a paper form.

Tickets will be released on Tuesday 13th May. A (very) limited number of tickets will be available 'on the door' just before the performances start.

Anyone, from any year group, past pupils, any staff member or any parent can apply to perform. Children can perform with siblings or parents too if they wish.



VE Day Celebrations

We will be celebrating Victory in Europe Day on 8th May. Children in all Steps will be preparing for this day by ensuring children know, in an age appropriate way, why it is commemorated. This video might be helpful to watch with your family to help explain a little more...



We will be having a picnic (outside if the weather cooperates) as part of our celebrations. If you would like your child to have a school picnic, please book which sandwich choice they would like on [Parent Pay](#).

Other Events Coming Up...

Elemental Health **SUPPORTING** Parents and Carers

Free sessions to help you support your anxious child
Cardiff Meeting House, 43 Charles Street Cardiff
Friday 9th May
9:30-11:30



www.ehe.org.uk

Are you supporting a child aged 10 or older who is experiencing anxiety, stress, struggles with school attendance, or ongoing worries? We're inviting you to our welcoming and supportive FREE Parent and Carer Support Sessions in the heart of Cardiff. You're not alone. This therapist-led space is here to help you connect with others who truly understand.

Location: Our Community Meeting room space, 43 Charles Street, Cardiff

When: 9:30-11:30 am | Friday, 9th May

This month's topic is Anxiety.

What to expect:

- A warm, safe space to share experiences and feel heard
- Compassionate support from a qualified therapist
- The chance to meet like-minded parents and carers
- And, of course, tea, coffee, and delicious biscuits.

<https://www.eventbrite.co.uk/e/1324930054459?aff=oddtcreator>

I hope to see you there.

Best Wishes,

Angela McMillan MBACP (Accred)

Website: www.ehe.org.uk

LinkedIn: <https://www.linkedin.com/in/angela-mcmillan-elemental-health-ltd/>:

Telephone: 02921 287312 / 07766764729


CATHAYS COMMUNITY CENTRE
SPRING GARDEN GATHERING
 IMPACT CRAFT MARKET
 PERFORMANCE & GALLERY FROM DAY
 PROVISION
 YOUTH MUSIC ACTS
 GAMES & FOOD
12 PM 4 PM
SATURDAY MAY 10TH 2025
A DAY TO CELEBRATE CATHAYS COMMUNITY CENTRE. COME ALONG AND JOIN THE FUN OR EMAIL TODAY TO GET INVOLVED
 36-38 CATHAYS TERRACE, CARDIFF CF24 4HX,
 029 2037 3144, EMAIL@CATHAYS.ORG.UK


 **COMMUNITY FOUNDATION**
 Premier League **Kicks**
 **CYMNED MET COMMUNITY**


TUESDAY 27TH MAY 2025
GIRLS FOOTBALL FESTIVAL!
EASTERN HIGH COMMUNITY CAMPUS



6-10 YRS - 10AM - 12PM (Mid-Day)
11-16 YRS - 12:30PM - 2:30PM


 SCAN ME


A Day Out by Train - Pontypridd Lido

Do you live near the Valleys train line to Pontypridd and fancy trying the Lido? With three pools; a main pool, an activity pool and a splash pool, all heated to 28 degrees, Lido Ponty offers fantastic swimming opportunities for people of all ages and abilities.

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Train Tickets: Did you know that children aged 11-15 can travel for free on Transport for Wales trains during off-peak times whilst under 11's can travel for free on their services at any time, both when accompanied by a fare-paying adult?

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Ponty Lido Tickets: tickets are £3.50 (plus 30p booking charge) for adults and free (booking charge still applies) for those aged 16 and under.

For an additional £3 visitors can purchase activity tickets and enjoy the inflatable obstacle course, Aqua Peddlerz and Water Walker. You can buy your activity ticket upon booking, or on at reception upon arrival to your session.

Aimed at our smaller visitors, the splash pool is complete with an umbrella water fountain that your little ones will love. They can bring their buckets and watering cans and play in the warm water in this safe and happy environment.


On our warmer days, simply dip your toes in the heated water and relax on the sun terrace.

It is important that everyone has a great time with us at Lido Ponty, the National Lido of Wales, therefore it is vital that you stay safe.

Adult to Child ratios are - Children aged 4 and under = 1adult to 1child; Children aged 5 - 7 years = 1adult to 2children.

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Further information and ticket booking can be found on the Transport for Wales website and the Pontypridd Lido page on the Rhondda Cynon Taf County Borough Council website. All terms and conditions are also on the websites.


 Partneriaeth Cymunedol
 Rheilffordd Y Tri Chwm
 Three Valleys Community
 Rail Partnership

CARDIFF AND VALE UHB

School Nursing Newsletter | Summer 2025



GIG
CYMRU
NHS
WALES

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



Keeping children's eyes healthy (Specsavers advice)

While it's not possible for your child to stop using screens altogether- there are a few things you can do to help protect your child's eye health.

- To help set a reasonable limit you should think about the needs of your child and how much the use of screens seems to interrupt their other activities (Like social activities or sleep) Set a realistic screen time
- Follow the 20:20 rule- your child should look away from their screen every 20 minutes and look at something 20 feet away for at least 20 seconds. This will relax their eye muscles and help reduce the risk of digital eye strain
- Adjust their screen positioning- make sure all digital devices or screens are at the correct distance for your child. The screen should be slightly below their eye level as looking at screens widens their eyes and dries them out quicker
- Schedule some outside time- children should make the most of their outside breaks
- Stay Hydrated- water is important for every aspect of your health- and eye health isn't any different. Staying hydrated will help avoid dry eyes
- Establish media free times- to help reduce your child eye fatigue and remove fixation or reliance on digital services – establish 'screen free' time in the evenings. Parents need to lead by example
- Book annual eye exams- It is recommended that children have their eyes tested every year to ensure their eyes remain healthy during this important developmental stage. This is a FREE service for all children

Sunscreen and Sun Safety



Sunburn increases your risk of skin cancer. Sunburn does not just happen on holiday. You can burn in the UK, even when it is cloudy.

To protect children in the sun, make sure to:

- Encourage children to spend time in the shade between 11am and 3pm
- Never allow children to burn
- Ensure they are wearing suitable clothing and sunglasses
- Apply sunscreen 30 minutes before going out

Know your sunscreen! When buying sunscreen make sure to read the label. Ensure your sunscreen is at least a factor 30 to protect against UVB and has at least 4-star UVA protection.

Did you know? Sunscreen has an expiry date, make sure to check this before applying.



5 ways to keep your child safe this Summer

1. Water Safety

Maintain consistent eye contact on kids in and around water, without distraction

2. Child safety helmet

Make sure your child wears a properly fitted bike or multi sports helmet every time they ride

3. Hydration

Encourage children to stay well hydrated by drinking plenty of water before during and after play

4. Playground safety

Visit parks with impact absorbing material under equipment and actively supervise them while they play

5. Hot cars

Never leave your child alone in a car, not even for a minute



Sports libraries

Do you know about them?

Sports libraries are a great initiative to increase physical literacy for young people of all ages. It encourages young people to get outside more, improving concentration and memory, learning new skills, and increasing self-confidence.

Sports libraries allow members of the public to borrow sports equipment from the library such as,

- Table Tennis Sport Equipment
- Inclusive Multisport Equipment
- Boccia Sports Equipment
- Athletic Equipment
- Badminton Equipment
- Cricket Sports Equipment

They will be available at the following hubs,

- Fairwater
- Ely
- Grangetown
- STAR
- Llanrumney
- Powerhouse
- Rumney
- St Mellons

These items will be free to loan from the Hubs and libraries as long as they are a member of the library. It is quick and easy to sign up to the library if not.

[Sports libraries | Cardiff Hubs : Cardiff Hubs](#)

parent line

If you're a parent or carer of a 5-11 Year Old

Text your school nurse on

07312 263178

For confidential advice and support



Available during
school holidays

If your child is being electively home educated, please remember you can still access the school nursing service for support and advice on the contact numbers below.

Useful Contacts

EAST Cardiff School Nursing Team	- 029 2183 3114
WEST Cardiff School Nursing Team	- 029 218 32204
VALE School Nursing Team	- 014 4670 4114



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

Social Media



iCAV_SNTEAM

Support with the costs of education

We do know how expensive supporting your child's education can be. There is additional money and support families can have but this has to be applied for with the Local Authority. Although all primary aged children are automatically eligible for free school meals, if families are able to apply for this the school receives more money in its budget each year. There is also a School Essentials Grant, this money is paid directly to families. You may be entitled to the grant, even if you have a visa and it says 'no recourse to public funds' on it.

[Apply for Free School Meals : Cardiff Council Forms](#)
[School Essentials Grant - Cardiff Council Forms](#)

Do you know a family who would like their children to come to St Monica's?

We have spaces in most year groups as a few families have taken up housing or job opportunities outside of Cardiff. [This link takes you to our flyer, advertising a little bit about our school.](#) Please feel free to share it with your friends or church congregation.

It is easy to apply to our school, [this application form is for any Nursery or in-year applications/school transfers.](#) We are accepting applications for Nursery places for a September 2025 start. These applications are for children born no earlier than 01/09/2021. We have opened our application window earlier than the Local Authority as we start our Nursery provision for the first time as soon as we move school buildings.

Free Swimming

Maindy Leisure Centre has free swimming sessions for children & teenagers (aged 16 and under) every Sunday (12-1pm). There are 50 spaces. Adults cost £4.50.

Children under 8 years old (and any children over 8 who can't swim) must be accompanied by a person who can swim and is aged +16. They can take a maximum of 2 children with them.

Over 8 year olds who can swim can go in the water on their own.

A swimmer is someone who can swim 25m on their own (without any flotation device)

The free swimming offer is greatly extended during all school holidays - this Easter Holiday free sessions are available Monday - Friday 1.30-3pm.

Extra Curricular Music Lessons

Rock Steady Music are offering extra music sessions for children to learn rock instruments/singing during the school day. This is suitable for children from all age groups. If you are interested in these sessions for your child/children please sign up with them directly. They deal with all bookings.

www.rocksteadymusicschool.com

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

Links to the School Website

For up to date information about:

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

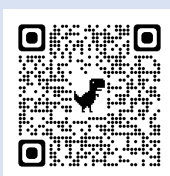
[**Step 1 Web Pages**](#)

[**Step 2 Web Pages**](#)

[**Step 3 Web Pages**](#)



Reception / Year 1



Years 2 & 3



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.

**IF YOU VISIT THE SCHOOL AT ANY POINT IN THE DAY
PLEASE ENSURE THE GATE IS ALWAYS CLOSED BEHIND YOU**

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 mrsvaughan@stmonicasschool.co.uk
Year 1 = Mrs Irwin mrsirwin@stmonicasschool.co.uk

Step 2 Year 2 = Mrs Knight mrsknight@stmonicasschool.co.uk
Year 3 = Mrs O'Gorman & mrsogorman@stmonicasschool.co.uk
Mrs Meakins mrsmeakins@stmonicasschool.co.uk

Step 3 Year 4 = Mr Wycherley mrwycherley@stmonicasschool.co.uk
Year 5 = Mr Thomas mrthomas@stmonicasschool.co.uk
Year 6 = Miss Hampson 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.

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 5th May	Tuesday 6th May	Wednesday 7th May	Thursday 8th May	Friday 9th May
BANK HOLIDAY - NO SCHOOL	Worship - Rev. Caroline 1.30 Y6 Swimming lessons	1.30 Y6 Swimming lessons	1.30 Y6 Swimming lessons	9am Helping Hands @ The Table (Talent Show main agenda item)

				1.30 Y6 Swimming lessons 2.35pm Praise & Celebration
Monday 12th May	Tuesday 13th May	Wednesday 14th May	Thursday 15th May	Friday 16th May
Worship - Mr Akrill 1.30 Y6 Swimming lessons		Worship - Rev. Palmer		2.35pm Praise & Celebration
Monday 19th May	Tuesday 20th May	Wednesday 21st May	Thursday 22nd May	Friday 23rd May
	Talent Show 6pm	Talent Show 6pm	4pm Finance, Premises and H&S Committee Meeting	2.35pm Praise & Celebration
½ Term Break - no school for 1 week				
Monday 2nd June	Tuesday 3rd June	Wednesday 4th June	Thursday 5th June	Friday 6th June
INSET DAY - NO SCHOOL FOR CHILDREN	Worship - Becky Harris PC Jane Woodhall - Y6	Worship - Rev. Caroline		2.35pm Praise & Celebration
Monday 9th June	Tuesday 10th June	Wednesday 11th June	Thursday 12th June	Friday 13th June
	9.30 - Getting Ready for School (New Reception) Worship - Rev. Caroline		11am Vision & Values Committee Meeting Rev. Parmer (Y6) 4pm Standards Committee Meeting	2.35pm Praise & Celebration
Monday 16th June	Tuesday 17th June	Wednesday 18th June	Thursday 19th June	Friday 20th June
	Worship - Rev. Caroline		9.30 - Getting Ready for School (New Reception) Reports go home to parents	9am Helping Hands @ The Table 2.35pm Praise & Celebration
Monday 23rd June	Tuesday 24th June	Wednesday 25th June	Thursday 26th June	Friday 27th June
Parent Consultations Booking Link will be sent home closer to the time Y2 Spectrum workshop Y6 iSingPop workshop	Colorfoto - individual and Y6 Leavers photos		4pm Full Governing Body Meeting	2.35pm Praise & Celebration
Monday 30th June	Tuesday 1st July	Wednesday 2nd July	Thursday 3rd July	Friday 4th July
Sports Day (weather dependent)	Worship - Rev. Caroline	Worship - Jo Deeley		2.35pm Praise & Celebration
Monday 7th July	Tuesday 8th July	Wednesday 9th July	Thursday 10th July	Friday 11th July
Y6 Leavers Service at Llandaff Cathedral	Worship - Rev. Caroline	1pm Y6 'Joseph & his Technicolour Dreamcoat' at Llandaff Cathedral		2.35pm Praise & Celebration
Monday 14th July	Tuesday 15th July	Wednesday 16th July	Thursday 17th July	Friday 18th July
Y6 Leavers Celebration Day - Parents & Friends invited for 6pm Y6 Evening Celebration	Last Day of Term for Children	School is closed to pupils as staff are packing the school up ready for the big move		

Summer Break - no school for 6 weeks - during this time the school will relocate further along Whitchurch Road - look out for the banners for our grand opening!

Monday 1st September	Tuesday 2nd September	Wednesday 3rd September	Thursday 4th September	Friday 5th September
School is closed to pupils as staff are unpacking the school and getting all classrooms and outside areas ready				
Monday 8th September	Tuesday 9th September	Wednesday 10th September	Thursday 11th September	Friday 12th September
INSET DAY no school for children H&S Briefings for staff	Children return to school Reception Siblings start Breakfast Club reopens at 8.10am	Worship - Rev. Caroline		2.35pm Praise & Celebration

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!

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)
- **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. You can get to the link by clicking anywhere in this text or by visiting the school website...

www.stmonicasschool.co.uk

