



## Harvest

Our charity this year is Cardiff Foodbank - we will be taking all of our children to our Harvest Festival at St Michael's Church on Wednesday 9th October. Please could any donations - from the shopping list below - come into school ready for blessing by Rev. Caroline. All items will then be donated to the Food Bank.

## DONATE FOOD

Our foodbank relies on your generosity and support.

Thank you for your interest in supporting Cardiff Foodbank. Our foodbank relies on your goodwill and support.

All food and stock items donated to Cardiff Foodbank are redistributed to help alleviate food poverty. We support people unable to afford food due to a financial crisis. Donated stock is given free of charge directly to people in need through our client facing foodbank centres. When stock levels permit we also make provision available to other organisations who are also helping individuals and families facing food crisis. We work with these organisations to ensure that any stock provision is distributed in line with our aims and objectives and free of charge.

### WE CURRENTLY NEED

UHT MILK

COFFEE

SPONGE PUDDINGS

SWEETS AND CHOCOLATE

CONDIMENTS E.G. KETCHUP

INSTANT PASTA E.G. PASTA 'N' SAUCE /  
MUG SHOTS

TINNED CUSTARD

PACKET SOUP

TOOTHPASTE / TOOTHBRUSHES

SHAMPOO/ CONDITIONER

## Extra Curricular Sporting Activities

**Sports Xtra** provide an after school club for our children:

- Sports Xtra come each Wednesday afternoon
- They will offer two clubs as the number of pupils attending expands, they will run at the same time, 1 inside, the other outside
- Step 1 & 2 Club = Reception, Year 1, Year 2 and Year 3
- Step 3 Club = Years 4, 5 and 6.
- Each session is from 3.20 - 4.20pm
- Sessions are booked in blocks
- Block 1 is for 3 sessions and costs £21 (we are already part way through that block)
- Block 2 is after half term, this will be for 7 sessions and costs £49

To book for the Step 1 & 2 club please use this link:

<https://campscui.active.com/orgs/SportsXtraCardiff?season=3499546&session=64016332>

To book for the Step 3 club please use this link:

<https://campscui.active.com/orgs/SportsXtraCardiff?season=3499546&session=64007544>

## Extra Curricular Music Lessons

**Rock Steady Music** are offering extra music sessions for children to learn rock instruments/singing during the school day. If you have enquired about financial help towards the cost of these sessions, you will hear from Mrs Meakins either next week or the week after. 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](http://www.rocksteadymusicschool.com)

## Residential Trips

The absolute LAST DAY for booking a place on the Longtown residential trips is this Monday (7th October). Residential trips are only open to children in Years 4, 5 and 6. There are two trips which run at the same time, one is Monday to Wednesday, the other is Monday to Friday. Trips in secondary education can be prohibitively expensive, this may be the only opportunity that some children have to develop valuable life skills during a residential trip in school, skills such as leadership, cooperation, resilience, independence and managing controlled risks. A £20 cash deposit will be required to reserve a place, this must come into school on Monday, after that we will not be taking any extra children as we have to notify Longtown of exact numbers.

## 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.

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

[School Essentials Grant - Cardiff Council Forms](#)

## Governors

We have now had our first Governing Body meeting of the year. I'd like to express my thanks to Naomi Patterson for her support of the school in her tenure as a Foundation Governor. She has stepped down this year due to a change in family circumstances. I'd also like to express my thanks to Sylvia Ademu, she has paused her role on the Governing Body, to focus on family commitments. She has worked tirelessly in her role as Chair of Governors, chairing meetings and acting as a sounding board to me.

Each year the roles on the Governing Body are voted in, namely the Chair of Governors and Vice Chair of Governors roles. I'd like to thank Sylvia and Genevieve Seri for their support as Chair and Vice Chair of Governors respectively over the last academic year. This year Ceri Prosser has been voted as Chair of Governors, with Rev Caroline Downs voted as vice Chair of Governors.

Governors have a vital role in the smooth running of the school. They bring experience from many different fields of work and certainly broaden my understanding and give different perspectives as the school's head teacher. **We do have a vacancy on the Governing Body** which must be filled by a parent who is also able to uphold the foundation status of the school. This means they should be fully supportive of the faith nature of the school, they do not however have to be Christian. If you are interested in supporting the school by volunteering your time in this way please get in touch [abigail.cuthbert@cardiff.gov.uk](mailto:abigail.cuthbert@cardiff.gov.uk) and I can chat through the role with you.

## International Links - JDO Foundation

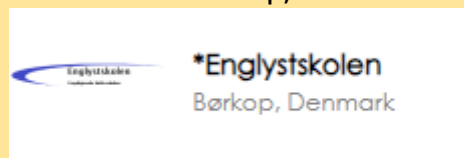
We have been working with the [JDO Foundation](#) for 9 years now, linking with schools across the globe in collaborative projects. These projects have brought children together, showing how much more similar we are than any differences in language, culture or part of the world we currently live in. St Monica's is supported beautifully by this lovely global community of educationalists and students.

Step 3 are developing good links with the following schools:

Year 4 = Liminka, Finland



Year 5 = Borkop, Denmark





Year 6 = Pisa, Italy



IC Toniolo  
Pisa, Italy



<https://www.youtube.com/watch?v=PRM2YpNVmBU>

### 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

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

### Links to the School Website

For up to date information about:

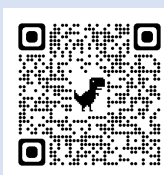
**what your child is learning in school, PE days & home learning tasks**

#### Step 1 Web Pages



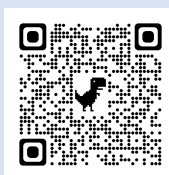
Reception / Year 1

#### 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](mailto: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](mailto:Debra.williams@cardiff.gov.uk)

To email the Head Teacher: [abigail.cuthbert@cardiff.gov.uk](mailto:abigail.cuthbert@cardiff.gov.uk)

To email the Deputy Head Teacher: [mrsmeakins@stmonicasschool.co.uk](mailto:mrsmeakins@stmonicasschool.co.uk)

To email the Additional Needs Co-ordinator: [mrsogorman@stmonicasschool.co.uk](mailto:mrsogorman@stmonicasschool.co.uk)

To email any teacher:

Step 1 Reception = Mrs Vaughan [mrsvaughan@stmonicasschool.co.uk](mailto:mrsvaughan@stmonicasschool.co.uk)  
Year 1 = Mrs Irwin [mrsirwin@stmonicasschool.co.uk](mailto:mrsirwin@stmonicasschool.co.uk)

Step 2 Year 2 = Mrs Knight [mrsknight@stmonicasschool.co.uk](mailto:mrsknight@stmonicasschool.co.uk)  
Year 3 = Mrs O’Gorman & Mrs Meakins [mrsogorman@stmonicasschool.co.uk](mailto:mrsogorman@stmonicasschool.co.uk)  
[mrsmeakins@stmonicasschool.co.uk](mailto:mrsmeakins@stmonicasschool.co.uk)

Step 3 Year 4 = Mr Wycherley [mrwycherley@stmonicasschool.co.uk](mailto:mrwycherley@stmonicasschool.co.uk)  
Year 5 = Mr Thomas [mrthomas@stmonicasschool.co.uk](mailto:mrthomas@stmonicasschool.co.uk)  
Year 6 = Miss Hampson [misshampson@stmonicasschool.co.uk](mailto: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 7th October	Tuesday 8th October	Wednesday 9th October	Thursday 10th October	Friday 11th October
10.35 Pupil Voice meetings	CAW: Becky Harris <b>9pm Parent Space Meeting - online</b> <a href="https://meet.google.com/xrf-gxfx-ett">https://meet.google.com/xrf-gxfx-ett</a>	<b>Harvest Festival with Rev. Caroline at St Michael’s Church - collecting for FOOD BANK</b>	Y3 leading worship  11am Vision and Values GB committee	<b>Flu Immunisations - whole school</b>
Monday 14th October	Tuesday 15th October	Wednesday 16th October	Thursday 17th October	Friday 18th October
	Y4 leading worship		Y2 leading worship <b>Colorfoto - School Photo Day</b>  4pm Finance, Premises and H&S GB committee	<b>2.30pm Praise and Celebration</b>
Monday 21st October	Tuesday 22nd October	Wednesday 23rd October	Thursday 24th October	Friday 25th October
10.35 Pupil Voice meetings		Worship - Rev. Caroline	4pm Standards GB committee	<b>INSET DAY</b>



Period Dignity Talks for Y5/6 girls				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		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
	9pm Parent Space Meeting - online <a href="https://meet.google.com/xrf-gxfx-ett">https://meet.google.com/xrf-gxfx-ett</a>	Worship - Rev. Caroline	2pm Step 3 - Parish Eucharist  Interfaith Event - 6-8pm More details to come	
Monday 18th November	Tuesday 19th November	Wednesday 20th November	Thursday 21st November	Friday 22nd November
10.35 Pupil Voice meetings		Worship - Rev. Caroline	Reception leading worship	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
10.35 Pupil Voice meetings	9pm Parent Space Meeting - online <a href="https://meet.google.com/xrf-gxfx-ett">https://meet.google.com/xrf-gxfx-ett</a>	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	10.35am Rock Steady Music Concert for parents & the school
Monday 16th December	Tuesday 17th December	Wednesday 18th December	Thursday 19th December	Friday 20th December
10.35 Pupil Voice meetings	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!**

## 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](http://www.stmonicasschool.co.uk)

