



6th February
2025



RSPB Bird Watch

All children have been taking part in the RSPB Bird Watch this week, by walking over to Cathays Cemetery and undertaking surveys of the birds they see. The Cemetery is a wonderful place for spotting wildlife, of many different kinds. The robins are becoming quite bold and many of the native songbirds are starting to scope out where they might build their nests. It is also great to see that the huge bug hotel that children made a few years ago is still going strong - with lots of insects using it as their home over the winter months.

Questionnaire for Parents

As a school we have made some important decisions over the years, about how to make sure that the hidden costs of education are not felt too keenly by our families. We think carefully before we book any school trips or experiences, about how much they might cost, whether any grants can help support the cost of transport or the event itself. We have been very fortunate with The Sherman Theatre providing tickets for all children at Christmas to see a performance each. We have also drastically cut the cost of uniforms by having an option iron-on logo for parents to buy (only £2 each - order via Parent Pay).

This questionnaire will give us more information about some of those pinch points in finances and help us ensure that children aren't unintentionally disadvantaged in school by circumstances completely out of their control. **[This link takes you to the findings of the report completed last year.](#)**

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](#)

Helping you to access healthy and affordable food in Cardiff

Where Can I Access Food?

Food Cardiff

Food Cardiff connects people across the city working with food. Visit the link for a list of food support available across the city - <https://foodcardiff.com/about-food-cardiff/>

Scan the QR code to access a map showing all the different food support available across South Wales, including food banks and community initiatives, where you can access affordable food.



Move More Eat Well

The local Public Health Team have worked alongside partners to develop a platform of food support available. Visit the link to see what is available and videos showcasing volunteers and projects: <https://movemoreeatwell.co.uk/food-related-benefits/>



Where Can I Get Advice?

Cardiff Money Advice Service

To find out what support is near you, click the link to access a map where you can search for advice hubs, community fridges, community groups, food banks, pantries and other cost of living support: www.cardiffmoneyadvice.co.uk - 029 2087 1071



C3SC

Visit the link to access a free directory of support services including warm spaces, cost of living support and help with wellbeing - <https://c3sc.org.uk/>



Where Can I Learn About Food?

Public Health Dietetic Team

Find out about free community cooking and nutrition courses if you want to improve your cooking skills and if you want to make healthier choices for your family.

<https://nutritionskillsforlife.com/>

<https://keepingmewell.com/living-well-leading-a-healthy-lifestyle/eating-well/>



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.

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

Helping Hands is TOMORROW - 9am at The Table

www.cookstars.co.uk

@cookstarscardiffnorthandwest

HAPPY HEALTHY COOK STARS

A healthy eating cookery enrichment programme



BOOKING IS ESSENTIAL!

Book your place NOW:
mrsmeakins@stmonicasschool.co.uk

Everything included!

- all ingredients
- all kit and equipment
- an apron
- a recipe card to take home
- and a fun educational game!

St. Monica's CIW Primary School

FREE PARENT & CHILD COOKING SESSIONS!

Monday 17th March
Monday 24th March
Monday 31st March

9.15 - 11.15am
Attendance is required at all 3 sessions



PRIMARY SCHOOL MENU

AUTUMN 2024 /SPRING TERM 2025

This menu is applicable in Birchgrove Primary School and St. Monica's Primary School.

www.cardiff.gov.uk/schoolcatering

@Cardiffschoolmeals



WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DISH OF THE DAY	Cheese and Tomato Pizza	Chicken Korma and Naan Bread	Pasta Bolognese and Garlic Bread	Roast Pork and Beef Sausage and Gravy	Fish Fingers Salmon Fish Fillet
VEGGIE-DISH OF DAY	No-Whey Cheese and Tomato Pizza	Vegetable Korma and Naan Bread	Veggie Bolognese and Garlic Slice	Plant Based Sausage and Gravy	Fishless Fingers
SNACK OF THE DAY	Tomato and Basil Pasta Pot with choice of cheese or vegan cheese	Filled Jacket Potato with choice of tuna mayo, cheese, baked beans or vegan cheese	Filled Jacket Potato with choice of tuna mayo, cheese, baked beans, or vegan cheese	Tomato and Basil Pasta Pot with choice of cheese or vegan cheese	Tomato and Basil Pasta Pot with choice of cheese or vegan cheese
CARBOHYDRATE	Herby Diced Potatoes New Potatoes	Rice Mixed Vegetables	Pasta Carrots	Mashed Potato Carrots	Chips New Potatoes
VEGETABLES	Peas Salad	Cauliflower Salad	Peas Salad	Broccoli Salad	Peas Salad
DESSERT	Cheese and Crackers/Yoghurts Soya Vanilla Dessert	Flapjack	Jelly with Peach Slices	Raspberry Ripple Ice Cream Roll with Mandarins	Cheese and Crackers/Yoghurts Soya Vanilla Dessert

AVAILABLE DAILY: Fresh fruit, yoghurts, soya vanilla dessert

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DISH OF THE DAY	Pasta Neapolitan Bake and Garlic Bread	Chicken Tikka and Naan Bread	Meatballs in a Tomato Sauce with Garlic Bread	Roast Chicken and Gravy	Fish Fingers
VEGGIE-DISH OF DAY	Pasta Neapolitan Bake and Garlic Slice	Vegetable Tikka and Naan Bread	Plantballs in a Tomato Sauce with Garlic Slice	Roast Plant Based Cutlet and Gravy	Vegetable Nuggets
SNACK OF THE DAY	Filled Jacket Potato with choice of tuna mayo, cheese, baked beans or vegan cheese	Tomato and Basil Pasta Pot with choice of cheese or vegan cheese	Filled Jacket Potato with choice of tuna mayo, cheese, baked beans or vegan cheese	Filled Jacket Potato with choice of tuna mayo, cheese, baked beans or vegan cheese	Tomato and Basil Pasta Pot with choice of cheese or vegan cheese
CARBOHYDRATE	Pasta Sweetcorn	Rice Mixed Vegetables	Pasta Sweetcorn	Roast Potato New Potatoes	Chips New Potatoes
VEGETABLES	Peas Salad	Broccoli Salad	Broccoli Salad	Carrots Cauliflower Salad	Baked Beans Peas Salad
DESSERT	Cheese and Crackers/Yoghurts Soya Vanilla Dessert	Flapjack	Jelly with Peach Slices	Raspberry Ripple Ice Cream Roll with Mandarins	Cheese and Crackers/Yoghurts Soya Vanilla Dessert

AVAILABLE DAILY: Fresh fruit, yoghurts, soya vanilla dessert

- Suitable for vegetarians
- Suitable for plant-based diets or can be made for a plant-based diet
- Offered as a choice with Jacket Potato



*This menu has been analysed by the Welsh Local Government Association and is compliant to all food and nutritional standards contained in the Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013.

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 3rd February	Tuesday 4th February	Wednesday 5th February	Thursday 6th February	Friday 7th February
				9am Helping hands @ The Table 2.35pm Praise & Celebration
Monday 10th February	Tuesday 11th February	Wednesday 12th February	Thursday 13th February	Friday 14th February
Worship - Becky Harris	Worship - Rev. Caroline 9pm Parent Space meeting - online Video call link: https://meet.google.com/xrf-gxfx-ett			2.35pm Praise & Celebration
Monday 17th February	Tuesday 18th February	Wednesday 19th February	Thursday 20th February	Friday 21st February
LONGTOWN	LONGTOWN Worship - Rev. Caroline Fluoride varnish - Rec & Y1	LONGTOWN	LONGTOWN 4pm Full Governing Body 6pm GB AGM for Parents	LONGTOWN
½ Term Break - no school for 1 week				
Monday 3rd March	Tuesday 4th March	Wednesday 5th March	Thursday 6th March	Friday 7th March
INSET DAY - NO SCHOOL FOR CHILDREN	Children return to school Breakfast Club reopens at 8.10am Worship - Rev. Caroline			9am Helping hands @ The Table 2.35pm Praise & Celebration
Monday 10th March	Tuesday 11th March	Wednesday 12th March	Thursday 13th March	Friday 14th March
Parent Consultations Booking Link will be sent home closer to the time	Worship - Rev. Caroline 9pm Parent Space meeting - online Video call link: https://meet.google.com/xrf-gxfx-ett			2.35pm Praise & Celebration
Monday 17th March	Tuesday 18th March	Wednesday 19th March	Thursday 20th March	Friday 21st March
9 - 11.30 CookStars workshops	Worship - Rev. Caroline			2.35pm Praise & Celebration
Monday 24th March	Tuesday 25th March	Wednesday 26th March	Thursday 27th March	Friday 28th March
9 - 11.30 CookStars workshops	Worship - Rev. Caroline		4pm Premises, Finance and H&S Committee Meeting	2.35pm Praise & Celebration
Monday 31st March	Tuesday 1st April	Wednesday 2nd April	Thursday 3rd April	Friday 4th April
9 - 11.30 CookStars workshops	Worship - Rev. Caroline		4pm Full Governing Body Meeting	2.35pm Praise & Celebration

Monday 7th April	Tuesday 8th April	Wednesday 9th April	Thursday 10th April	Friday 11th April
	Worship - Rev. Caroline	Cathays High School Spring Concert 5.30 - 7.30pm		9am Helping hands - in school 2.35pm Praise & Celebration
Easter Break - no school for 2 weeks				
Monday 28th April	Tuesday 29th April	Wednesday 30th April	Thursday 1st May	Friday 2nd May
1.30 Y6 Swimming lessons	Worship - Rev. Caroline 1.30 Y6 Swimming lessons	1.30 Y6 Swimming lessons	1.30 Y6 Swimming lessons	1.30 Y6 Swimming lessons 2.35pm Praise & Celebration
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	1.30 Y6 Swimming lessons 2.35pm Praise & Celebration
Monday 12th May	Tuesday 13th May	Wednesday 14th May	Thursday 15th May	Friday 16th May
1.30 Y6 Swimming lessons	Worship - Rev. Caroline			2.35pm Praise & Celebration
Monday 19th May	Tuesday 20th May	Wednesday 21st May	Thursday 22nd May	Friday 23rd May
	Worship - Rev. Caroline 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	9.30 - Getting Ready for School (New Reception)	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 4pm Standards Committee Meeting	2.35pm Praise & Celebration
Monday 16th June	Tuesday 10th June	Wednesday 11th June	Thursday 12th June	Friday 13th June
		Worship - Rev. Caroline	9.30 - Getting Ready for School (New Reception) Reports go home to parents	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	Colorfoto - individual and Y6 Leavers photos 9.30 - Getting Ready for School (New Reception)	Worship - Rev. Caroline	4pm Full Governing Body Meeting	2.35pm Praise & Celebration
Monday 30th June	Tuesday 1st July	Wednesday 2nd July	Thursday 3rd July	Friday 4th July

Possible date for Sports Day		Worship - Rev. Caroline		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		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

