



Every day, we learn, love and pray, following in the footsteps of Jesus

17th May 2026

Hail Mary, full of grace,
the Lord is with thee.

Blessed art thou among women,
and blessed is the fruit of thy womb, Jesus.

Holy Mary, Mother of God,
pray for us sinners,
now and at the hour of our death. Amen.



Safeguarding Your Children

Parking and Walking to School

To help keep our school community safe and reduce congestion at the gates, we kindly ask parents and carers to park a little further away from school and walk the final distance.



This helps ease traffic at peak times and creates a safer, calmer environment for our pupils. Thank you for your continued support.

Big Bocs Bwyd

Reminder: We are delighted to share that we are now receiving **Fareshare** food deliveries, with deliveries arriving on Mondays. This means our Big Bocs Bwyd can now open twice a week, helping us support even more families in our community.

Recent deliveries have included a range of items such as vegetables (including leeks and potatoes), fruit, rice, halloumi cheese, ice cream and cake. The Big Bocs Bwyd opens at 2:30pm on a Monday and Thursday, and is available to anyone who would benefit from the food provided.

Please remember that **children must be accompanied by an adult** when collecting supplies.

Community Café Laundry Facilities

We wanted to remind parents that a washing machine, dryer and washing liquid are available to use whenever needed. This facility is provided to support families and is free to access.

The Community Café doors are always open, and parents are welcome to use the laundry facilities at a time that suits them. Please feel free to pop in if this would be helpful for you or your family.



Twitter/ X

@StAlbansSchool1



Facebook

St. Alban's Catholic
Primary School



Instagram

Stalbansprimaryschool

Dates for the Term

Every Wednesday Afternoon: Pupils to Splott Gardens - Gardening Project

Monday 18th May: Swimming for Year 4 pupils all week

Monday 18th May: Emotion Coaching session for parents in Community Cafe at 9am until 10.30am - see flier in newsletter.

Monday 18th May: Parent and Child Learning sessions - Treasure Seekers - see poster on next page for more information.

Mon 18th May: Y6 Cycling Proficiency Mon - Thursday

Wednesday 20th May: Whole School Mass at St Alban's Church May Procession in school grounds at 10.30am

Wednesday 20th May: National Numeracy Project Launch Day

Thursday 21st May: Y3/4 and Y4/5 visiting Ysgol Berlin Deg for the Linking Schools Project

Friday May 22nd: Last day of Summer Half Term

Sunday 24th May - Feast of Pentecost

Half Term Holiday - Monday 25th May - Friday 29th May. Inset Day: Monday 1st June

Tues 2nd June: Pupils return to school

Thurs 4th June: Corpus Christi Procession from St Alban's Church to St Alban's Catholic Primary School followed by Benediction in the school grounds

Wed 10th June: Provisional Date for Sports Day

16th and 25th June: Transition Days for Year 6 pupils attending St Illtyd's in September 2026

Thurs 18th June: Y1/2 to Techniquet - Maths Matters!

Mon 22nd June: Feast of St Alban

Wednesday 24th June: Leavers Mass for year 6 at St David's Cathedral

Thursday 25th June: Year 6 Transition Day for pupils attending St Illtyd's in September 2026

Fri 26th June: Year 6 pupils to Morfa Bay

Fri 17th July: Last day of school for pupils

Attendance Matters!

Attendance Support Meetings

This week, our Attendance Officer from St Illtyd's, along with Mr Morgan, will be meeting with some parents to discuss how we can best support their child's school attendance.

These meetings are a positive opportunity to work together and ensure every child is able to attend regularly and succeed.

If you feel we can support your child's attendance in any way, please do not hesitate to get in touch with the school.



Catholic Schools Netball Tournament

We were proud to take part in the recent Catholic Schools Netball Tournament, which marked the debut of two teams from St Alban's. With a total of 14 teams competing, it was a fantastic event filled with enthusiasm and teamwork.

Both of our teams represented the school brilliantly, demonstrating excellent skill, determination and teamwork throughout the competition. They also showed outstanding sportsmanship and good grace, supporting one another and playing fairly in every match.

We are incredibly proud of all the pupils involved for their positive attitude and commitment—they were a credit to St Alban's.

Have your voice heard!

This month's Monthly Matter is about cultural activities which links to Article 31 – the right to relax and play. We would like to find out how you get involved in cultural activities, and what opportunities are available to you.

1. Have you ever taken part in a cultural activity?
2. Do you have access to these in school or your community?
3. What stops you from taking part in cultural activities?

Complete the survey using this link: <https://www.childcomwales.org.uk/resources/monthly-matters/may-2026-cultural-activities/>

Sign up for this 10 week course and you will gain a qualification, and will also be entitled to student discount!

Families Learning Together



Treasure Seekers

RAISING MONEY SMART

KIDS



**St Albans
Primary School**

**Starting Monday 11th
May 2026**

1pm

**Parents, Carers, Grandparents
of pupils in Reception to Year 3**

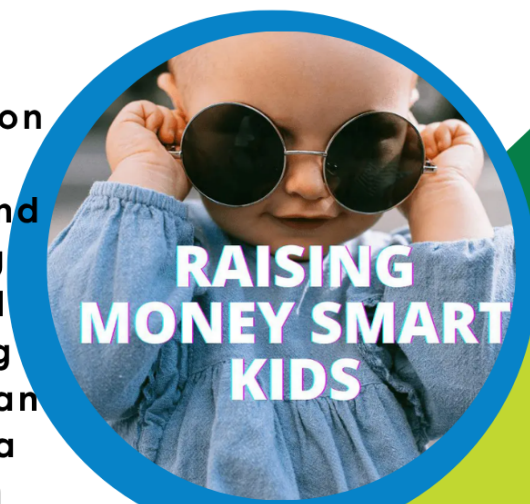
Course Details:

Come along and enjoy a fun, hands-on course with your child!

Together you'll explore Money £££ and numeracy skills through play, using games, activities and stories. You'll pick up practical tips for supporting money skills at home, work towards an Agored qualification, and become a Cardiff & Vale College student with great benefits.

Contact us on

families@cavc.ac.uk



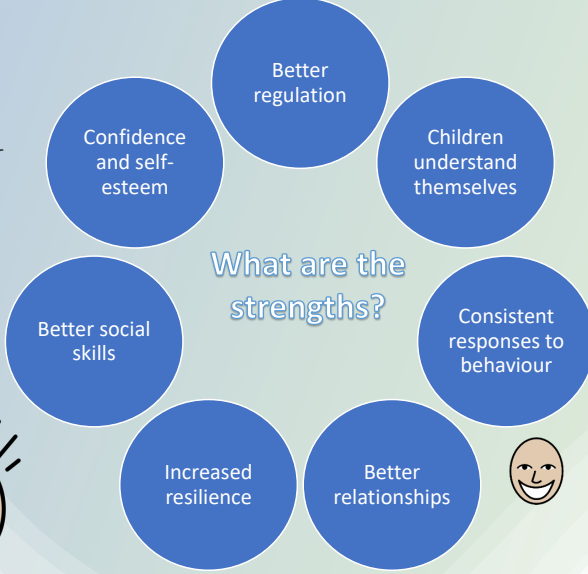


Emotion Coaching



What is it?

- ✓ It is an evidence-based strategy for supporting children label and understand emotions.
- ✓ It helps you to support children in problem-solving.
- ✓ Repetitive, consistent and empathetic Emotion Coaching can support children in becoming emotionally regulated.



How?

- ✓ Free training from Assistant Educational Psychologists, in your setting.
- ✓ Length of training: 1 hour.
- ✓ Number of adults: 20 (staff or parents/carers).
- ✓ Contact your school Educational Psychologist to book.



Making Friends Across the City

What a wonderful day for Year 3/4 hosting Ysgol y Berllan Deg as part of the Linking Schools Network project. Our learners built meaningful connections, celebrated differences, and learned together through shared, joyful experiences.



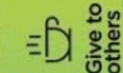
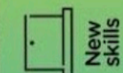
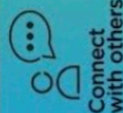
Help to boost your wellbeing with access to:

- Advice
- 1-2-1 support
- Events / Activities
- Training Opportunities
- Volunteering Opportunities



Cardiff Wellbeing Support Service

Facebook: @CardiffWellbeing
 Twitter: @Car_Wellbeing
 Email: wellbeingteam@cardiff.gov.uk
 Telephone: 029 2087 1071 (option 3)
 Website: www.cardiffhubs.co.uk



Our **Wellbeing Mentoring Service** seeks to boost your wellbeing by helping you become more active in your community. We provide short term, one-to-one mentoring by our own Health and Wellbeing Mentors to help you access activities, events, advice, and other opportunities to help meet your wellbeing needs.

Once a Health and Wellbeing Mentor has been assigned, a period of support for up to 13 weeks is available for you and your mentor to work on what is needed to improve your wellbeing, as you will have outlined in your own personal action plan.



Contact us for more information

Telephone:
029 2087 1071

Email:

wellbeingteam@cardiff.gov.uk

Website:

www.cardiffhubs.co.uk

Facebook:

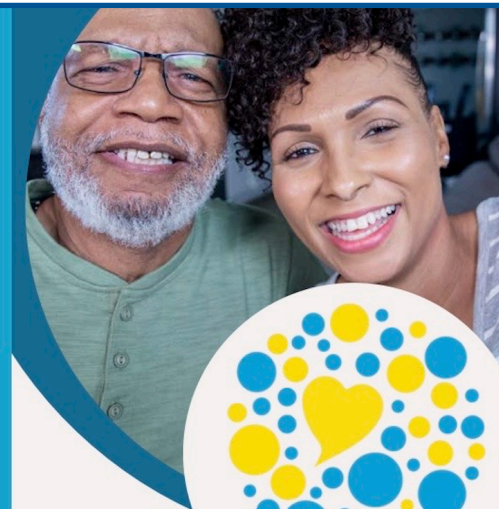
@CardiffWellbeing

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@Car_Wellbeing

Instagram:

@cardiff.wellbeing



Gwasanaeth
Cymorth
 Lles Caerdydd
Cardiff Wellbeing Support Service

Mentoring Service



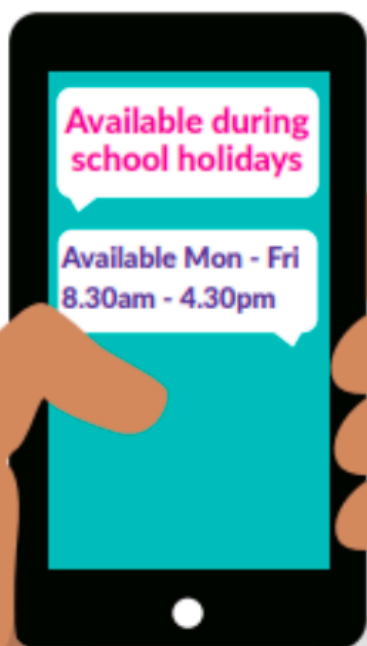


Nyrso Ysgol | School Nursing
BIP Caerdydd a'r Fro | Cardiff & Vale UHB

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.

