



Applications for Admission to St Alban's Catholic Primary School:

We are always excited to welcome new children to our school community. If you know of any families who would like to be part of our community, you can pick up an application form from the school office, or use the following link to find the form on our school website:

<https://www.stalbansprm.cardiff.sch.uk/admissions/>

How to apply online in the portal:

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follow the instructions on screen. On the webpage is a useful 'help to apply' guide also. Help to apply

(cardiff.gov.uk) You can also call in to the school and the staff will be very happy to help you.

Engineering Minds in Action!

Our Year 5 and 6 pupils recently enjoyed an inspiring Open Your Eyes workshop delivered by Rolls-Royce. The session encouraged them to explore how different shapes influence structural strength, sparking their curiosity and developing problem-solving skills. It was a fantastic opportunity to combine creativity with engineering principles!



Pupil Voice in Action!

The Governors' Wellbeing Committee met today to focus on pupil wellbeing. Our Year 5 and 6 pupils took centre stage, sharing their learning from Anti-Bullying Week and presenting a child-friendly version of the school's anti-bullying policy. Their contributions highlighted the power of pupil voice in creating a kinder, more inclusive school community.



For further information about what's happening in our school, please see our:

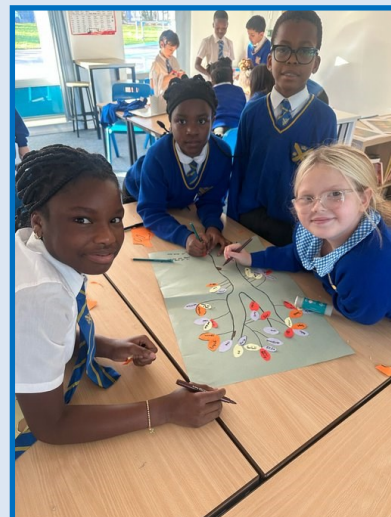
Twitter feed: [@StAlbansSchool1](https://twitter.com/StAlbansSchool1)

Instagram: [stalbansprimaryschool](https://www.instagram.com/stalbansprimaryschool)

Facebook Page: [St Alban's Catholic Primary School](https://www.facebook.com/StAlban's-Catholic-Primary-School) (You just need to like the page to be able to follow)

Celebrating Diversity!

To launch our new topic 'Express Yourself', our Year 4 and 5 learners created beautiful Diversity Trees, celebrating the unique qualities that make each member of our class special. Every leaf represented something individual about the pupils—such as their interests, talents, and cultural backgrounds—reminding us that our differences make us stronger together. This creative activity sparked thoughtful discussions about inclusion, respect, and the importance of valuing everyone's voice.



Standing Up Against Bullying!

On Friday, our Year 1 and 2 pupils brought Anti-Bullying Week to a powerful close by leading a whole-school assembly. They confidently shared what they had learned about the differences between conflict and bullying, what kind and unkind behaviour looks like, and what makes a good friend.



Most importantly, they reminded us all of the importance of being UPSTANDERS—speaking out and taking action to STOP bullying.

Their message was clear: together, we can create a school where kindness and respect shine every day.





Mrs. R. A. Woodward, *Headteacher*

Bps. R. A. Woodward, Pennarth

Date: 20th November 2025

Dear Parents/Carers,

On Sunday 30th November, the children have been invited to take part in the 10.00am Mass at St Alban's Church to celebrate the First Sunday of Advent. Some of the children will be reading or taking part in the offertory procession.

If you and your child are able to attend the mass on Sunday 30th, please could you fill in the form below so that we can let Father Sebastian know how many families from our school will be there. **The children should wear full school uniform.**

It would be lovely to see as many families as possible in our parish church of St Alban's where we will celebrate the First Sunday of Advent and begin our preparations for Christmas together.

Many thanks,

Rachel Woodward

Mrs R Woodward
Headteacher

My son/daughter will be at the
10am mass at St Alban's Church on Sunday 30th November 2025.

Signed:

Dates for your Diary

Sunday 30th November: 1st Sunday of Advent—School Mass at St Alban's Church

Monday 1st December: Purple Day to launch Advent

Wednesday 3rd December: Advent Penitential and Reconciliation in Church

Thursday 4th December: Year 3/4 celebrate Mass at St Alban's Church

Thursday 11th December: Christmas Jumper Day

Thursday 11th December: Parents invited in to class to find out what their children have been learning followed by our Christmas Afternoon in school hall—cake decorating, Christmas craft, face paints, Father Christmas, tea, coffee and mince pies!

Thursday 11th December: Y2/3 celebrate Mass at St Alban's Church

Friday 12th December: Miss Moore's Class Nativity Story @ 1.45pm in school hall

Friday 12th December: Lessons and Carols at St Alban's Church 7pm

Tuesday 16th December: Mrs M and Miss Pitman's Christmas Performance @ 1.45pm in the school hall

Wednesday 17th December: Mrs Phillips and Mrs Hiles' Carols in Church @ 1.30pm

Thursday 18th December: Miss Collings' Class Christmas Performance in school hall @ 1.45pm

Term Dates for 2025—2026

Half term: Monday 27 October 2025 to Friday 31 October 2025

Ends: Friday 19 December 2025

Starts: Monday 5 January 2026

Half term: Monday 16 February 2026 to Friday 20 February 2026

Ends: Friday 27 March 2026

Starts: Monday 13 April 2026

Half term: Monday 25 May 2026 to Friday 29 May 2026

Ends: Monday 20 July 2026

Healthy Snacks

Wellbeing Senedd Committee would like to introduce our new
Healthy Eating Tuck Shop -
Open EVERY day from Monday 6th October. ALL FRUIT 10p.
Diolch



The Feast of Christ the King



“Most kings have armies, palaces, and servants.
But Jesus is a very different kind of King.
He came not to be served, but to **serve**.
His crown was thorns, His throne was the Cross,
and His Kingdom is not made of money or power — it’s
made of **love and mercy**.”

Attendance Matters



We're delighted to welcome Dave, our new Attendance Officer, to the school team!

Dave will be working closely with families to support children and families who are finding it difficult to attend school regularly or arrive on time. His role is all about understanding each family's unique circumstances and offering practical help, encouragement, and guidance to make school attendance easier and more consistent.

Whether it's a one-off challenge or a persistent issue, Dave is here to listen, support, and help every child get the most out of their school experience.

If you'd like to speak with Dave or learn more about how he can help, please don't hesitate to get in touch.

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NEW WOW SCHOOL



Dear parent/carers,

Your child's school is taking part in **WOW – the walk to school challenge**. WOW is delivered by Living Streets, the UK charity for everyday walking, to help as many children as possible experience the benefits of walking or wheeling to school throughout the school year. Your school is one of 200 schools in Wales taking part thanks to Welsh Government funding.

The pupil-led challenge enables children to self-report how they get to school every day. If they travel actively (walk/wheel, cycle, scoot, 'Park and Stride' or hop off) at least once every week, they will earn a badge each month.

What are the benefits of walking to school?

- Children feel happier and healthier
- They arrive at school refreshed and ready to learn
- Helps reduce congestion and pollution at the school gates

What if we can't walk to school?

You could 'Park and Stride' to help your child earn their WOW badges. Park approximately ten minutes away from the school and walk/wheel the rest of the way to make their journey count as 'Park and Stride'.

If using public transport, you could 'hop off' a stop or two before your school to count as an 'active' travel journey.

Where walking to school isn't an option, we work with schools to establish a bespoke approach to WOW that works best for their pupils' needs. This includes pupils becoming WOW Ambassadors, leading assemblies, and other activities within the school day.

If you have any questions on the adaptability of WOW or have suggestions of how we can improve, we would love to hear your thoughts. Please email walktoschool@livingstreets.org.uk Data provided by TravelTime

What is a WOW badge?

There are 11 badges to be earned from September 2025 – July 2026. Each badge has been designed by a pupil as part of our annual WOW Badge Design Competition.

WOW 2025/26 encourages pupils to **Walk with Joy**, with badges depicting everything from jumping in puddles to painting.

The badges are made in Cornwall from material that was otherwise destined for landfill, including fridge trays, plastic plates and yoghurt pot off-cuts. For more information, visit: livingstreets.org.uk/recycling if you have any questions about the programme, please contact

....., or visit livingstreets.org.uk/wowlaunch

Let's swap those school runs for school walks.

PARENT NURTURING PROGRAMME

**(for parents who have a child with a disability
or an additional need)**

The Parent Nurture Programme (PNP Additional Needs) is tailored for parents of children who have disabilities or additional needs, aged 3 to 11 years. Parents of children with additional needs may spend significantly more time caring for their children, so an important part of the programme is exploring ways and encouraging you to nurture yourself. The programme gives ideas and strategies that you can use to help support your child when they are overwhelmed by their emotions, provides insight into why children behave the way they do and looks at verbal and non-verbal communication.



Cardiff Parenting are offering the Parent Nurturing Programme (PNP Additional Needs) for families living in Cardiff

Over the 11 weeks you will look at topics including:

- *Understanding why children behave the way they do.*
- *Recognising the feelings behind behaviours (ours and theirs).*
- *Exploring different approaches to discipline.*
- *Connecting and Communicating with our children.*
- *Finding ways to develop co-operation and self-discipline in children.*
- *The importance of looking after and nurturing ourselves.*

Next session Thursday 23rd Oct

9.15AM – 11.15AM

In:

**Saint Albans School,
Mona Place, Tremorfa,
CF24 2TG**

Contact us to book your place!

Julie: 07816283490



Talk with me

10 tips to help me learn to talk



1 Start talking to me before I am born



2 I can learn our language and culture from you



3 Our best place is face to face



4 Sing me a rhyme at any time



5 Let's talk and play every day



6 Let's look at books together



7 Talk with me about what we can see



8 Let's turn 'screen time' into 'you and me time'!



big!

9

Add a word to what you have heard me say

10 I love to talk with everyone!





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

parent line

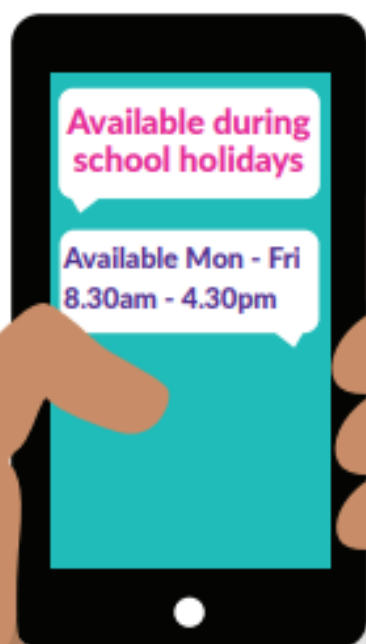
If you're a parent or carer of a 5-16 Year Old

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

 ChatHealth



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.