

Lent

On Wednesday we all gathered in St Alban's Church to celebrate Mass and receive ashes as we began our Lenten journey.

Attendance**Whole School Attendance: 89%**

Attending school on time every day is extremely important. Your child needs to be attending school, seeing their friends, and learning in the classroom. This is **vital for their wellbeing, their education, and their future prospects**. Please try to do absolutely everything you can to ensure your child is in school. If you need support for this, please contact the school office. Click the link for more advice and support:

<https://www.gov.wales/sites/default/files/publications/2023-11/improving-school-attendance-easy-read.pdf>

Pupil Voice

The School of Sanctuary Senedd Committee introduced our new language of the month which is Welsh!

Why not have a go at these phrases:



The **MORE** that you
READ, the more things
you will **KNOW**.
The **MORE** that you
Learn, the more places
you'll **GO**.

Dr. Seuss

Reading Revolution

PUTTING FAITH INTO ACTION

Thank you to Miss. Mathews and Miss. Zurlo! Our Parish volunteers provide an invaluable experience for the pupils of St. Alban's Primary School. Thank you for your weekly reading sessions. Our pupils have loved reading with you and you have helped to not only progress their reading skills but have nurtured wonderful relationships and promoted a love for reading! However, we are always looking for more volunteers. If you could spare an hour a week PLEASE contact the school on 02920462915 or inform one of the Oratorians. Many Thanks – The staff and pupils at St. Alban's Primary School

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

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

Facebook Page: St Alban's Catholic Primary School

(You just need to like the page to be able to follow)

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

Chicken Pox!

We have a number of cases of chicken pox in the school so please look out for the symptoms:

Before or after the rash appears, you might have:

- a high temperature
- aches and pains, and generally feel unwell
- loss of appetite

The children can return to school once the spots have scabbed over.

Dates for your Diary:

- **Every Monday afternoon:** No Fit State Circus workshops in school
- **Wednesday 12th March:** CAFOD assembly—Jubilee Year
- **Wednesday 19th March:** Year 6 to cinema
- **Tuesday 25th March:** Feast of the Annunciation
- **Friday 28th March:** Provisional date for Year 6 Stations of the Cross at St Albans Church
- **Tuesday 1st April:** Rights Warriors meeting after school
- **Monday 7th April:** Foundation Phase re enact Palm Sunday
- **Tuesday 8th April:** Year 3 re enact Holy Thursday
- **Wednesday 9th April:** Year 4 re enact Good Friday
- **Thursday 10th April:** Year 4/5 re enact Easter Sunday
- **Friday 11th April:** Last Day of Term

Easter Holiday Dates:

Monday 14th April — Friday 25th April

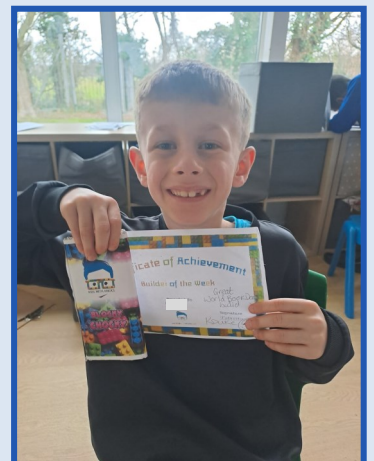
INSET Day: Monday 28th April

Pupils return to school on Tuesday 29th April

Our Lego Club Winners!

This week these wonderful children had the best builds during Lego Club and the Lego Challenge.

Congratulations to you all!



Building Improvements at St Alban's!

You have probably noticed that we have had more building work done recently.

Soon our garage will be transformed into a place where children, staff, Governors and parents can meet together to chat, learn and spend more time together as a community.



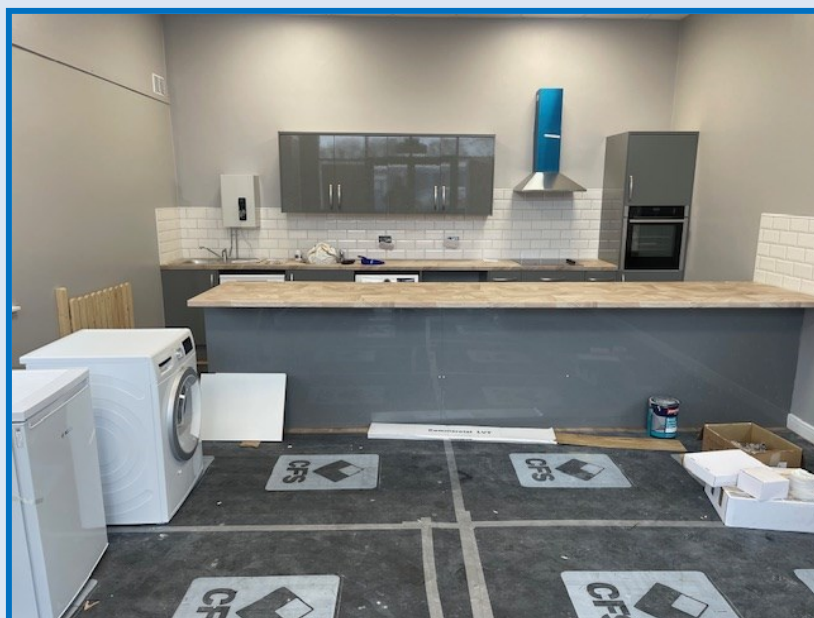
In the new area we will have a washing machine, tumble dryer, cooker, oven and hob which will be available for use during the week.

This will be a warm space for people to meet during the Autumn and Winter months, and a place to relax and catch up with other parents and friends.

The renovations are almost complete so that we can hold our grand opening. We will be looking for lots of volunteers to open our café in the mornings and afternoons on a rota basis, so not an every day commitment! If you are interested in helping out, please contact the school office and we will make a list of everyone who is willing to help.

As they say... 'many hands make light work!'

This week the appliances arrived and are being fitted. At the weekend, the area is being cleaned ready for use! Here's how it looks so far...



FREE

nofitstate
community

Community Classes

All activities below are FREE for the communities of Adamsdown, Splott, Tremorfa, refugees/asylum seekers and people living in supported housing.



Where

NoFit State Community Circus, Four Elms Road, CF24 1LE

Mondays

16:15 – 17:15

Circus Club | 6-11 yrs

Booking Required

17:45 – 19:15

Circus Club | 11-17 yrs

Booking Required

Tuesdays

10:30 – 17:00

Community Warm Space

15:30 – 16:30

Family Circus Session

Thursdays

12:00 – 14:00

Community Adult Circus Class | 16+ yrs
Beginners Welcome

Sundays

15:00 – 16:30

Circus in the Park – Check Facebook





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

parent line

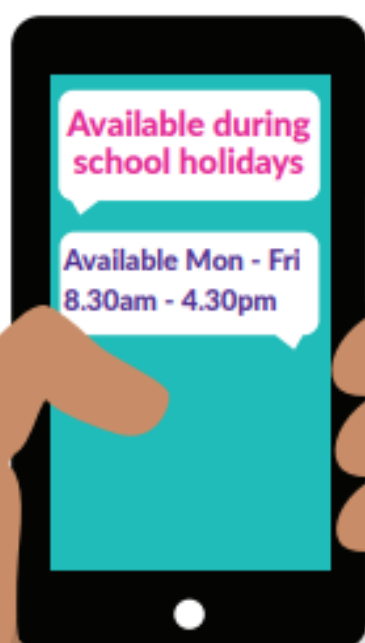
If you're a parent or carer of a 5-16 Year Old

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



GIG
CYMRU
NHS
WALES

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.