



Welcome Back!

Welcome back to school! We can see that the children have come back to school rested and ready for the new school year. Jumpers and ties are on sale at the school office—don't forget to apply for the uniform grant. **As the applying parent or guardian, you must get one of the following:**

- Income Support,
- Jobseeker's Allowance (income-based),
- Employment Support Allowance (income related),
- Child Tax Credit, with a household income of £16,190 or less,
- Pension Credit (guarantee element), or
- Universal Credit with net household earnings of less than £7,400.

Click the link to apply: <https://www.cardiff.gov.uk/ENG/resident/Schools-and-learning/Financial-support/School-Essentials-Grant/Pages/default.aspx>

Healthy Lunchbox

As parents or carers you play an important role in setting an example and teaching your children from a young age about choosing healthy food and drink. This will help them to have a nutritious diet that meets their growing needs and it can help make sure that they continue to eat healthily as they get older.



Click the link for more information and ideas on what to put in your child's lunchbox:

<https://www.gov.wales/sites/default/files/publications/2019-02/healthy-lunchboxes-leaflet.pdf>

Reminder: Please only fill bottles with water to drink in school. No fizzy drinks, and no glass bottles please.

Thank you!

Our Welcome Mass to Begin our New School Year



A glorious morning was spent by the whole school celebrating together at our Welcome Mass, with prayers offered for the new school year:

'For I know the plans I have for you...to give you a future and a hope' Jeremiah 29:11



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

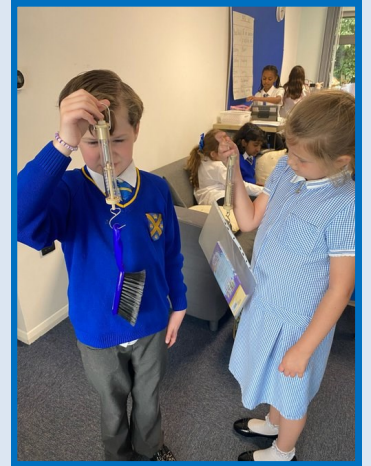
What has been happening in St Alban's this week?

As part of our school improvement journey, staff received training this week from Central South Consortium on the consistent use of maths manipulatives throughout the school, such as numicon, dienes, place value cards and Cuisenaire rods.

This week Year 3 have been using the dienes to help them understand place value. Well done Year 3.



Year 6 are off to a great start measuring newtons as part of our 'Can you feel the force?' context.



The children have thoroughly enjoyed playing on the new playground equipment!



Pupil Voice

The Mini Disciples have launched a raffle to name a teddy provided by The Ajuda Foundation raising money for their community projects.



Look out on social media for the big launch! The winner will choose which teddy they would like to have.

Dates for your Diary:

Monday 7th October: Inset Day—school closed for pupils

Thursday 12th September: Welcome Mass at St Alban's Church

Tuesday 17th September: Flu vaccination for all pupils



Friday 4th October: Harvest Festival Celebration

Monday 7th October: Inset Day—school closed for pupils

Tuesday 8th October: Parents Evening

Wednesday 9th October: Parents Evening

Friday 25th October: End of half term

HALF TERM HOLIDAY—Monday 28th October—Friday 1st November

Monday 4th November: Inset Day—school closed for pupils

Tuesday 5th November: Pupils return to school

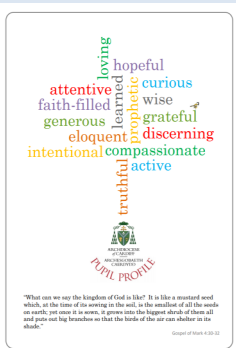
St Alban's Pupil Profile

The virtues we are sharing with each other this half term are:

Curious and Active

In our school we are growing to be **curious** about everything; and **active** in their engagement with the world, changing what we can for the better. We have an assembly to share what the virtues mean to our children and staff and talk about:

- People we know or have heard of who demonstrate the virtues in their lives
- We talk about how we can all be curious and active over the coming weeks.



IMPORTANT TO ACTION!



NODYN ATGOFFA SESIWN BRECHLYN FFLIW TRWYNOL

NASAL FLU VACCINE SESSION REMINDER

17/09/2024

Parents/guardians who have **not** yet submitted their e-consent form for their child to receive the Nasal Flu vaccine in school please do so as soon possible.

Please complete the consent form as soon as possible and no later than 72 hours before the day of the session. Any late forms may result in your child not receiving the nasal flu spray at school and an offer of a catch-up clinic will be made.

Cofion Cynnes / Kind Regards

Tîm Imiwneiddio Nyrsys Ysgol / School Nursing Immunisation Team

Ffôn / Tel 02920907664

Immunisation.CAVUHBschoolnursing@wales.nhs.uk

Please follow link or scan QR code for the e-consent

<https://forms.office.com/Pages/ResponsePage.aspx?id=uChWuyjjgkCoVkM8ntyProwc0tRo7SIFodPDo7y1M5RUQ1BFV0hZQkcwV0c4UzNWQjMzS01SVF11Ri4u>



FREE

nofit**state**
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





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

parent line

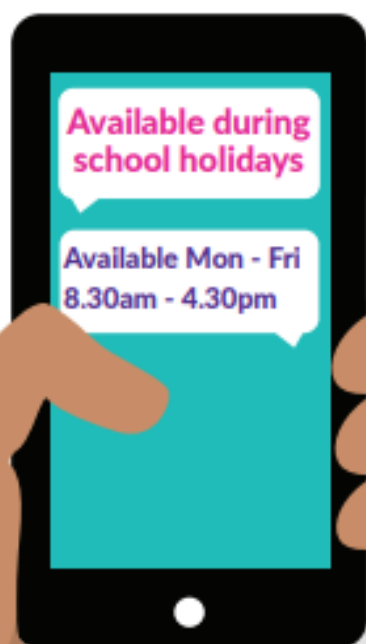
If you're a parent or carer of a 5-16 Year Old

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.