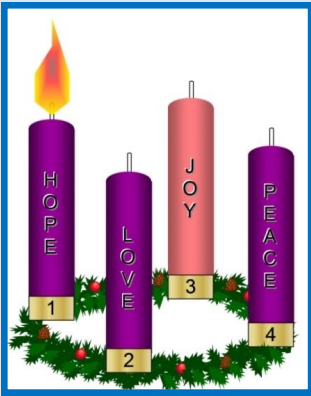




First Sunday of Advent

The 1st Sunday of Advent symbolises Hope, reminding us that Jesus is coming. During the first week we light the Prophet's Candle as we focus on the virtue of hope. This week is a time to acknowledge that Jesus is coming. We should begin preparing our hearts to welcome Him at Christmas.

This Sunday we will gather in St Alban's Church to celebrate Mass on the First Sunday of Advent with our Parish Family. All are welcome!



Almighty God, because you love us so much you sent your only Son into the world to be with us. Help us to wait in hope with joyful hearts for his coming and to share your hope with others.

Amen.

Mini Disciples Strike Again!

Whilst interviewing our Foundation Governor John Houlston on the importance and value of being a volunteer in our community, one of our Mini-Disciples asked, 'In your opinion, Do you think money brings happiness?'. Thank you John for all the time, energy and kindness you spread!



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?

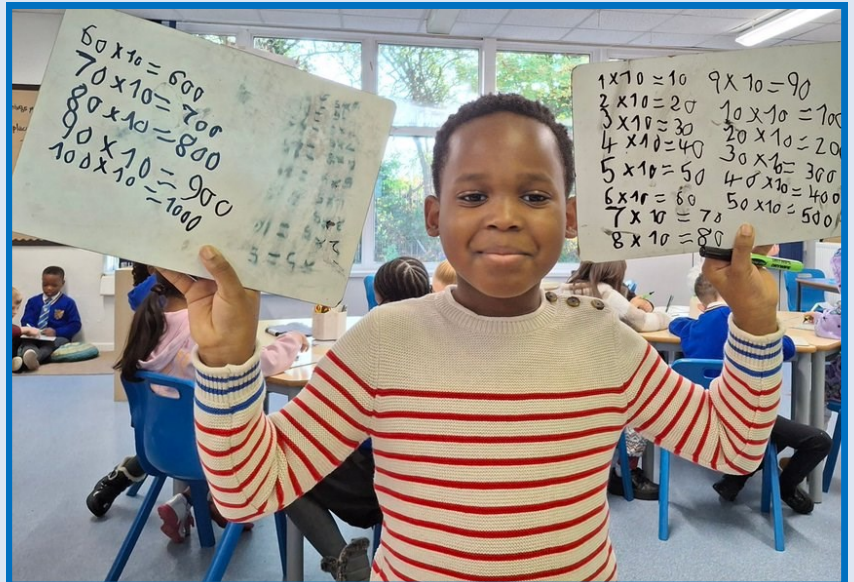


Thank You Alex Bousfield, student journalist from Cardiff University and writer for 'The Cardiffian'. Alex met with Mini-Disciples to share the skills they need when creating their own community newspaper. Diolch Alex!



Year 3 joined St Alban's Parish to celebrate the Feast of St Cecilia. "To die for Christ," Cecilia said, "is not to sacrifice one's youth, but to renew it. It is relinquishing a perishable thing and receiving in turn an immortal gift."

Year 3 were practising their times tables today to help them understand number and to see patterns in numbers. All children have the right to a quality education. Articles 28



On [World Childrens Day](#), Y1 worked with Reception to introduce what 'rights' are and how they help us to be happy, healthy and safe.

Dates For Your Diary

Tuesday 12th November: Odd Socks Day

Wednesday 20th November: World Children's Day

Sunday 24th November: The Feast of Christ the King

Sunday 1st December: School Mass at St Alban's Church 10am Mass — First Sunday of Advent

Monday 2nd December: Purple Day in school to launch the beginning of Advent

Wednesday 4th December: Advent Penitential in School

Sunday 8th December: Second Sunday of Advent

Monday 9th December: The Feast of the Immaculate Conception

Tuesday 10th December: Year 3 / 4 Christmas Celebration for parents in school hall @ 10 am and repeated again at 1.45pm

Wednesday 11th December: Christmas Afternoon in school hall with a visit to Father Christmas!!
All are welcome—more information to follow.

Thursday 12th December: Christmas Dinner

Thursday 12th December: Christmas Jumper Day

Thursday 12th December: Choir to Splott Volunteers carol singing

Friday 13th December: Reception Christmas Celebration for parents—time 1.45pm

Tuesday 17th December: Year 1 and 2 Christmas Celebration for parents in school hall @ 10am and repeated again at 1.45pm

Wednesday 18th December: Carol Service at Church

Friday 20th December: Last day of term

Monday 6th January 2024: Inset Day—school closed for pupils

Tuesday 7th January: Pupils return to school

St Alban's Pupil Profile

The virtues we are sharing with each other this half term are: **Intentional & Prophetic**

Intentional: Planning our actions and choosing to live how God wants us to. Every action we make has an impact on other people and the world around us. We think about the choices we make and care for God's creation. **Prophetic:** Spreading the word of God through how we live our lives. As we choose to act intentionally and make good decisions, we encourage others to do the same. We set a good example and try to be role models for others.

Share this Prayer with your child:

God Our Father, Thank you for loving us and letting us make our own choices. Help us to remember that our choices have consequences. Please help us to make good choices. and make decisions that are helpful to others. Amen.



New School Menu

PRIMARY SCHOOLS FULL MENU

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DISH OF THE DAY	Cheese and Tomato Pizza ^V	Chicken Korma** and Naan Bread	Roast Pork and Beef Sausage and Gravy	Bolognese** and Garlic Bread	Jumbo Fish Finger or Salmon Fish Fillet
VEGGIE-DISH OF DAY	No-Whey Cheese and Tomato Pizza ^{V+}	Vegetable Korma** and Naan Bread ^{V+}	Plant Based Sausage and Gravy ^{V+}	Veggie Bolognese** and Garlic Slice ^{V+}	Fishless Fingers ^{V+}
SNACK OF THE DAY	Tomato and Basil Pasta Pot ^{V+} w/ choice of cheese ^V or vegan cheese ^{V+}	Filled Jacket Potato ^{V+} w/ choice of tuna mayo, cheese ^V , baked beans ^V or vegan cheese ^{V+}	Tomato and Basil Pasta Pot ^{V+} w/ choice of cheese ^V or vegan cheese ^{V+}	Filled Jacket Potato ^{V+} w/ choice of tuna mayo, cheese ^V , baked beans ^V or vegan cheese ^{V+}	Tomato and Basil Pasta Pot ^{V+} w/ choice of cheese ^V or vegan cheese ^{V+}
CARBOHYDRATE	Herby Diced Potatoes New Potatoes	Rice	Mashed Potato	Pasta	Chips New Potatoes
VEGETABLES	Peas Sweetcorn Salad	Mixed Vegetables Cauliflower Salad	Carrots Broccoli Salad	Carrots Peas Salad	Peas Baked Beans Salad
DESSERT	Cheese and Crackers	Jelly with Peach Slices ^{V+}	Chocolate Cookie ^{V+}	Flapjack ^{V+}	Apple Crumble and Custard ^V
Fresh fruit, yoghurts, soya vanilla dessert available every day					

V = Suitable for vegetarians

V+ = Suitable for plant-based diets or can be made for a plant-based diet

**Can be offered as a choice with Jacket Potato

Ketchup to be made available on Week 1 Friday – maximum 10ml portion.

Please note: Where salmon appear on the menu, it **must** be offered in order to comply with the oily fish requirement of the HEISWR

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DISH OF THE DAY	Pasta Neapolitan Bake and Garlic Bread ^V	Chicken Tikka** and Naan Bread	Roast Chicken and Gravy	Meatballs in a Tomato Sauce** with Garlic Bread	Fish Square
VEGGIE-DISH OF DAY	Pasta Neapolitan Bake and Garlic Slice ^{V+}	Vegetable Tikka** and Naan Bread ^{V+}	Roast Plant Based Cutlet and Gravy ^{V+}	Plantballs in a Tomato Sauce** with Garlic Slice ^{V+}	Vegetable Nuggets ^{V+}
SNACK OF THE DAY	Filled Jacket Potato ^{V+} w/ choice of tuna mayo, cheese ^V , baked beans ^V or vegan cheese ^{V+}	Tomato and Basil Pasta Pot ^{V+} w/ choice of cheese ^V or vegan cheese ^{V+}	Filled Jacket Potato ^{V+} w/ choice of tuna mayo, cheese ^V , baked beans ^V or vegan cheese ^{V+}	Filled Jacket Potato ^{V+} w/ choice of tuna mayo, cheese ^V , baked beans ^V or vegan cheese ^{V+}	Tomato and Basil Pasta Pot ^{V+} w/ choice of cheese ^V or vegan cheese ^{V+}
CARBOHYDRATE	Pasta	Rice	Roast Potato New Potatoes	Pasta	Chips New Potatoes
VEGETABLES	Peas Sweetcorn Salad	Mixed Vegetables Cauliflower Salad	Carrots Broccoli Salad	Sweetcorn Broccoli Salad	Peas Baked Beans Salad
DESSERT	Cheese and Crackers	Shortbread ^{V+}	Cornflake Crisp ^{V+}	Jelly with Mandarins ^{V+}	Raspberry Ripple Ice Cream Roll and Peach Slices ^V
Fresh fruit, yoghurts, soya vanilla dessert available every day					

V = Suitable for vegetarians

V+ = Suitable for plant-based diets or can be made for a plant-based diet

**Can be offered as a choice with Jacket Potato

Ketchup to be made available on Week 2 Tuesday and Week 2 Friday – maximum 10ml portion.

Please note: Where salmon appear on the menu, it **must** be offered in order to comply with the oily fish requirement of the HEISWR

DECEMBER CATCH-UP CLINICS
NASAL SPRAY FLU VACCINE
APPOINTMENTS ONLY*

Monday, 2nd December – [Barry Hospital](#)
Colcot Road, Barry, CF62 8YH - 3:30pm-5:30pm

Monday, 9th December – [Rumney Health Centre](#)
Barmouth Road, Rumney, Cardiff CF3 3LG - 3:30pm-5:30pm

Wednesday, 11th December – [Butetown Health Centre](#)
Plas Iona, Butetown, Cardiff, CF10 5HW - 3:30pm-5:30pm

Monday, 16th December – [Barry Hospital](#)
Colcot Road, Barry, CF62 8YH - 3:30pm-5:30pm

***To book an appointment, please ring 02920 907661/664**





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

parent line

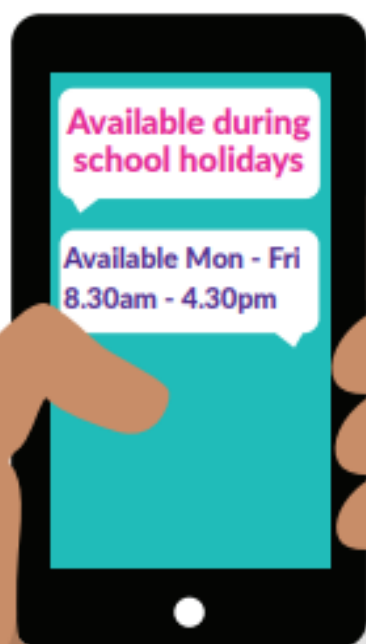
If you're a parent or carer of a 5-16 Year Old

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.



Gwasanaeth Niwroddatblygiadol
Neurodevelopmental Service

Connection Session Cardiff

For parents/carers only of children aged 0-11 years on the Neurodevelopmental waiting list.

Please make alternative arrangements for childcare during the session. It is for **adults only** who live in **Cardiff**.

Aims:

- Overview of the Neurodevelopmental Service and what to expect when on the waiting list
- Connecting you to services, information and support that are available in Cardiff while on the waiting list
- A chance to ask questions, meet local services and speak to other parents and carers

At: Springwood Primary School, Pennsylvania, Llanedeyrn, Cardiff, CF23 7BW

On: Monday 27th of January 2025

Time: 9:30am-11:30am

There will be a 15-minute presentation from the Neurodevelopmental Service and then time to meet other services who will have stalls at the event.



Please access the link or QR Code to book a free space.

<https://www.eventbrite.co.uk/e/neurodevelopmental-service-connection-session-cardiff-tickets-1092309710749?aff=oddtcreator>