



EMAIL: Meadowbanksp@cardiff.gov.uk
WEBSITE: <https://www.meadowbanksp.co.uk/>

Friday 23rd January 2026
No. 211

Dear Parents and Friends of Meadowbank School,

Coffee and Chat



Thank you to those parents who have been attending our Coffee and Chat mornings. Just a reminder to everyone that they take place on every Friday from 10am until 11:30am in our community room. They are a great way to meet other parents and take some time for yourself. We'd love to see you all, so please come along when you can.

Pad Assessment clinic

Our school Nurse Anna Nicol will be running the next Pad Assessment Clinic on **Thursday 26th February**. If you have any questions or concerns regarding your child's nappies, pull-ups or pads then you can book an appointment by contacting the school office on 02920 616018. Anna will be able to support with queries about issues such as size, fit and absorbency. Once an appointment is booked, you will need to complete an input/output chart for your child to support the conversations at your appointment.



Family Action Food Club



Food On Our Doorstep (FOOD) clubs provide good-quality food at a low cost, while also reducing food waste. It costs just £1 a year for a family to become a member. Once you've joined, you can purchase a bag of tasty food items every week worth approx. £15 for just £4! The club is run at Fairwater Primary School on Tuesday 3-4:30pm. To find out more and register, visit <https://family-action.org.uk/services/cardiff-food-club/>

Passes for disabled access

One of our parents has kindly shared the links below to access passes for disabled access at different activities or venues. Some passes incur a cost, but some are free so please explore if these would be helpful to your family.



<https://www.ceacard.co.uk/> CEA card for free carer for cinema trips. £6.50 for 12 months.

<https://www.hynt.co.uk/en/> Hynt card is free and gives free carer access. No expiry date on the card.

<https://cadw.gov.wales/visit/places-to-visit/admissions/disabled-people> Cadw card is free and gives free access for holder and carer to many historic sites in Wales. 4-year expiry date.

<https://www.accesscard.online/> This card is issued based on individual requirements, so access will vary on based individual need. £15 for 3 years.

<https://support.merlinannualpass.co.uk/hc/en-us/articles/4973629291037-What-is-a-Ride-Access-Pass-and-how-do-apply> These ride access passes are free and can be used for all the Merlin group theme parks.

Gair yr Wythnos – week beginning 26th January
Our Welsh word(s) of the week will be:

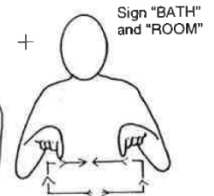
Tŷ bach
Toilet



TOILET



BATHROOM
(see video for examples of use)



Sign "BATH" and "ROOM"

Diary Dates

Half term: **Monday 16th February – Friday 20th February 2026**

Inset Days: **Friday 13th February 2026, Friday 1st May 2026, Tuesday 5th May 2026 and Monday 20th July 2026**