



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

Friday 6th February 2026
No. 213

Dear Parents and Friends of Meadowbank School,

Diary dates



Please note that our next INSET day will be **Friday 13th February**. School will be closed to pupils, but open to staff for us to complete some training updates. School will be open as usual from Monday 23rd February following the half term break.



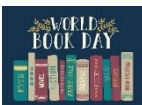
Pad Clinic with Anna Nicol is on **Thursday 26th February**. Please contact the school office to make an appointment if you wish to discuss your child's nappies, pads and pull-ups.



We will celebrate St Davids Day on **Friday 27th February**. The children will experience a range of Welsh themed activities, stories and songs on the day so **it would be wonderful if your child could wear something red, a Welsh top or traditional costume to school**.



Early notice that our next Progress Meetings will take place on **Wednesday 4th March**. Please save the date as we strongly recommend all parents attend these meetings so that we can share progress updates and celebrate successes! The school office should have been in touch with you about our new appointment booking system.



This year World Book Day will be celebrated on **Thursday 5th March**. We would like to celebrate the day by wearing our comfy clothes and bring a favourite book to share. We will have some school based activities to share stories and have fun with reading.



Friday 20th March will be Comic Relief, so the school council will be in touch soon with details about how we plan to celebrate and support this charity.

Healthy Snacks



We really appreciate you sending healthy snacks to school for your child. Please can you ensure that any fruit sent is suitably washed and prepared for your child, especially grapes. These should be cut from top to bottom to avoid them being a choking hazard. We are also **a nut free school** due to allergies so please do not send any products containing nuts to the school. We very much appreciate your cooperation with this.

Staffing news

We would like to wish congratulations to Sarah Cook who has been successful in gaining promotion to a HLTA role in the school. She will now join Mark Davies in supporting classes across the school in a PPA role.



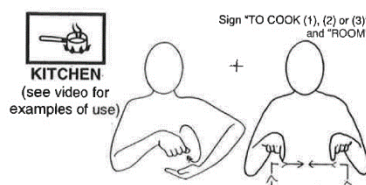
Single Parents Wellbeing



Single Parents Wellbeing is single parent led compassionate and connected community. Offering events and socials, wellbeing self development, volunteering and online resources and peer support. You can find out more about what they can offer at <https://www.singleparentswellbeing.com/>

Gair yr Wythnos – week beginning 9th February
Our Welsh word(s) of the week will be:

Cegin
Kitchen



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**

Empowering Parents Programme

Asda Community Hall, Asda Cardiff Bay,
Ferry Road Retail Park, CF11 0JR
Thursday 12th February 2026
10:30am - 12:30pm



Join us for a session with AP Cymru charity and find out more about their Empowering Parents Programme which they will be hosting alongside the Autism Globe Team.

Come along and ask questions related to the programme and register your interest for the course.

Meet other parents and carers and find support.

Free refreshments available.

For parents and carers of children with additional learning needs.

[BOOKING IS ESSENTIAL VIA EVENTBRITE LINK](#)



autism_globe



Autism Globe



Autismglobe@gmail.com

Coffee & a Chat

Join us for conversation and connection
Every Friday at 10am



Hosted by Meadowbank Matters

