

Thursday 12th February

Issue No: 214

Diary dates



Please note that our next INSET day will be tomorrow (**Friday 13th February**.) School will be closed to pupils, but open to staff for us to complete some training. 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 to help us celebrate**. Thank you for your continued support.

Staffing news

We would like to wish congratulations to Ms Hannah Jarman, Ms Kelly Thorngate and Miss Pearl Akinlade on successfully gaining Senior Teaching Assistant positions. Hannah and Kelly will be joining the team soon and Pearl will take on the new role from September. Welcome to the Meadowbank family!



Neurodivergent Friendly Cardiff Strategy 2025–2030 launches

The Council has launched its first-ever Neurodivergent Friendly Cardiff Strategy – a five-year plan to make Cardiff a place where neurodivergent people of all ages, and those who support them, are empowered to live well and thrive.



The strategy has six key aims:

1. Being included and part of your community
2. Reaching your goals in education and employment
3. Accessing information you can trust
4. Supporting the health and wellbeing of neurodivergent people and families
5. Being understood and celebrating difference
6. Improving environments for neurodivergent people

A Neurodivergent Friendly Cardiff Forum will be established and will meet 4 times a year. If you are interested in being part of this forum or would like to receive the 1st Neurodivergent Friendly Cardiff newsletter coming soon, please email Neurodivergentfriendly@cardiff.gov.uk

You can read the full strategy at <https://www.neurodivergentfriendlycardiff.co.uk/wp-content/uploads/2026/01/Final-English-Easy-Read-Neurodivergent-Friendly-Cardiff-Strategy.pdf>

Colorfoto



Just a reminder that your child's school photographs are now available to purchase at <https://clickfoto.co.uk/login> The offer of free delivery ends this Sunday (15th February).

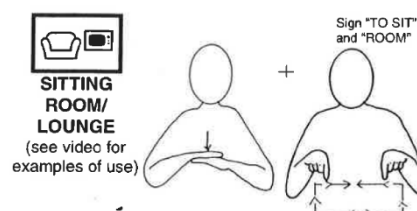
Please see overleaf for half term play opportunities and other support offers

Gair yr Wythnos – week beginning 23rd February



Our Welsh word(s) of the week will be:

Lolfa
Lounge



Term 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**

Play opportunities in the half term break





NEURODIVERGENT FRIENDLY CHILDREN'S FEBRUARY CLUB

'Thrive' in a play session for neurodivergent children and families at Rhydyppennau Hub, Llandennis Road Cardiff CF23 6EG
Tel: 029 2087 1330
Wednesday
18 February 2026
10.30a.m. - 12.15p.m.



The session is held when the Hub is usually closed to the public and led by volunteers from Cardiff Wellbeing service.
Parents must supervise their children when participating in the session that promotes accepting difference in a welcoming and inclusive environment.
For more details please contact neurodivergentfriendly@cardiff.gov.uk or www.thrivecardiff.org or visit Rhydyppennau Hub











Play Together

A quiet more relaxed play session
For children aged 5-14
We all love to play!
Some of us like to play with less people around and no music playing, in a more relaxed environment.
If this sounds like your child Cardiff Children's Play invite you to join our quieter & more relaxed play session
at
Splott Playcentre Muirton Road CF24 2SJ
Thursdays 19th February
11.00am - 12.55pm

Spaces are limited to help support a relaxed environment in which to play.
So please book in advance by contacting childrens.play@cardiff.gov.uk

We will ask parents/ guardians to complete a registration form before the children attend the play session. A QR code for this will be emailed to you to confirm your space

*this document is available in Welsh



Support opportunities that may be of interest to you



LISTENING Lunch



Come along to our online support group for parent and carers of children experiencing emotional wellbeing and mental health needs.

Every fourth Wednesday of the month, 12pm to 1pm

SCAN ME!



For more information about this service, email CharlotteW@familylives.org.uk or can the QR code to sign up

We build better family lives together

www.familylives.org.uk

@familylives





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Parent Talk Cymru Parent Support

There's a lot of pressure on parents at the moment. Parent Talk Wales is a free and confidential service for parents of 0-19 year olds in Wales. You can get support with anything that's worrying you about parenting or your child.

We're on hand to support parents, when you need us. Browse our articles on the most common parenting questions from our experts. Or talk one-to-one with a qualified parenting coach about anything that's worrying you. It's all free, and no topic is too big, small, or embarrassing.

This service is also available in Welsh

Visit: parent-talk.org.uk/wales

We're here:

12:30-19:30 Monday
10:30-16:30 Tuesday
9:30-16:30 Wednesday
12:30-19:30 Thursday
09:30-16:00 Friday

