

Friday 13th March

Issue No: 217

Diary dates



The school council have met and decided the arrangements for Comic Relief on **Friday 20th March**. They have voted to 'wear red' so could you please support this by encouraging your child to dress in something red. They have also given lots of ideas to teachers about activities for the day which will finish with a disco on Friday afternoon. We will gratefully receive any donation you can make towards the Comic Relief cause.

Meadowbank Matters Raffle

Thank you to those who have sold raffle tickets and sent the money into school. We raised a total of **£228**. Congratulations to our winners! The prizes should be with you by the end of the day.



Coffee and Chat

Meadowbank Matters is our new parents group and they would love to see new faces at their Coffee and Chat (Friday mornings 10:00-11:30am).

Vanessa from Citizens Advice Cardiff and Vale will be joining the group on Friday 20th March, so please come along. Citizens Advice Cardiff and Vale can provide free, confidential and impartial advice on a range of areas. Please scan the QR code to find out more.

Caring for Carers Cymru

The Open University in Wales and AP Cymru present CARING FOR CARERS CYMRU

A 'one-stop shop' of advice and support for carers of neurodivergent children

Saturday 28th March 2026
10am – 4pm

The Marion Centre, Rookwood Close
Landaff, Cardiff, CF5 2NR



- Speech Therapy
- Occupational Therapy
- Play Therapy
- Specialist Legal Advice (education/wills/trusts)
- Benefits Advice
- Local charities and support groups
- ...and so much more!

Plus a unique opportunity to share your views and experiences, to help improve support for unpaid carers in Wales.

Tickets are **£5 per person**, and they include:

- Lunch
- Unlimited free tea, coffee, and squash
- A free resource pack of information from our featured professionals
- A free 'Time for You' gift bag
- Free entry into our 'Self-Care' Prize Draw with 10 amazing prizes to be given away
- Caring insights and advice from experts at The Open University, as well as information on how to study with us

Scan the QR code to view the programme and book your tickets!



For more information, please email CaringforCarersCymru@open.ac.uk

SCHOOLS FAMILY ADVICE SOUTH WALES

Citizens Advice Cardiff & Vale provide free, confidential and impartial advice on a range of areas including debt, benefits, housing, employment and family.

If you or your family need help, please scan the QR code and complete the referral form and one of our team will be in touch.

CONTACT US

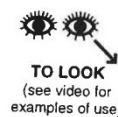
02921 111272
moondance@cacv.org.uk
Monday – Friday
9am – 5pm



Gair yr Wythnos – week beginning 9th March

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

Edrych / Gweld
Look / see



TO LOOK
(see video for examples of use)



Two fingers are slightly apart



TO SEE
(may be used for both "TO LOOK" and "TO SEE" if simpler version is required. See video for examples of use)



Term Dates

Half term: **Monday 30th March – Friday 10th April 2026**

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



INCLUSIVE MUSIC GROUP



MUSIC SESSIONS FOR CHILDREN WITH ADDITIONAL NEEDS
AND/OR DISABILITIES, AND THEIR PARENT/CARER.

Do you have a child aged 2-4 years who has additional needs and/or a disability? Come and join our weekly music group, where fun, inclusion and accessibility are the top priority, facilitated by a Community Musician experienced in working with children with a range of access requirements. Sessions will consist of engaging musical activities, whilst also providing an opportunity for you to meet other parents and carers who understand the wonderful chaos of parenting/caring such brilliant children!



Wednesdays 2.15pm to 2.50pm
Sbectrwm Community Centre,
Fairwater, Cardiff.
(Fully accessible venue - Changing
Places facility, wheelchair access, café,
and free parking with blue badge
spaces).
£8 a session or £75 for 10 session block.



Contact to book:

Kate Bidwell - Community Musician

Email: musician.katebidwell@outlook.com

