

Friday 17th April

Issue No: 220

Dates for the diary

- ★ **Friday 1st May** and **Tuesday 5th May** will be INSET days, so the school will be closed to pupils.
- ★ **Monday 4th May** is a bank holiday to the school will be closed to staff and pupils.
- ★ On **Thursday 14th May** we will be taking part in 'Wear it Green day' for Mental Health Awareness Week so we will be asking everyone to wear something green.

Toileting support



ERIC (The children's bowel and bladder charity) have a webchat facility to support parents with toilet training. It is due to open 10am-1pm on Monday 20th April. The website also has lots of podcasts and information leaflets that can support with bowel and bladder issues, toilet training, toilet anxiety and more. You can find it all at <https://eric.org.uk/information/>, or you can call their helpline on 0808 801 0343 Tuesdays-Thursdays between 10am and 1pm.

Cerebra

Cerebra is a charity that offers support and guidance to families. They offer advice around sleep issues which can affect lots of children, especially those who have neurodiversity. You can find their support online at <https://cerebra.org.uk/get-advice-support/sleep-advice-service/>. They also offer support on emotional and mental wellbeing, physical wellbeing and education services. You can access their main website at <https://cerebra.org.uk/>



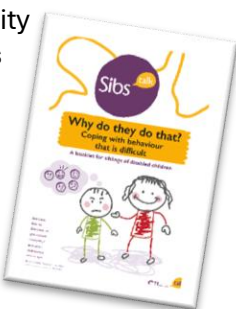
Sibs



For brothers and sisters of disabled children and adults

Sibs is a charity that supports

people who grow up with a disabled brother or sister and provides lots of ideas and support online. They have leaflets to help young siblings of disabled children understand more about behaviours that challenge and to offer some advice on ways to cope. There are two versions available, one for younger readers and one for older readers. Download your free Sibs leaflets at <https://www.sibs.org.uk/youngsibs/spotlight/siblings-and-difficult-behaviour>



Free learning opportunity



Staying safe Adult Learning



Do you want to develop your awareness on how to keep your families and communities safe? This is a FREE 5-week workshop course which is delivered every Tuesday evening at CAVC (Dumballs Road, Cardiff). We will focus on a few topics every week, with guest speakers who can answer any questions you have.



- Free 5 week course
- Starting Tuesday 21st of April 2026
- 6pm till 8pm
- Cardiff & Vale College, Dumballs Road, Cardiff
- Workshops - County Lines, Knife Crime and Hate Crime
- Develop awareness of supporting organisations
- Keep yourself and your children safe online
- Email: Community@cavc.ac.uk

Scan the QR code to register your interest




Gair yr Wythnos – week beginning 20th April

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

Eistedd / eisteddwch
To sit / sit



Term Dates

Half term: **Monday 25th May – Friday 29th May 2026**

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