

Friday 24th April

Issue No: 221

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.
- ★ **Wednesday 10th June** will be our Sports Day, with Wednesday 17th June being our reserve day in case of inclement weather.

Growing Stronger Together

Several families from Meadowbank have recommended a Cardiff based community organisation called Growing Stronger Together. This organisation is based in Splott and support children with ALN along with their families. They provide an inclusive, safe play environment with different opportunities across the week. Please see the attached flyer for more information.




Coffee and Chat



9AM UNTIL 10AM

TREETOP ADVENTURE GOLF



Our mini golf Quiet Sessions are a popular sensory activity for people with ALN – and an adventure for the whole family. Our Quiet Sessions are 9-10am on the first Sunday of each month.



Gair yr Wythnos – week beginning 27th April

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

Gwisgo / gwisgwch

To dress



Both hands, fingers apart, make two very quick downward movements on body

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**