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Friday 29th November 2024
No. 166

Dear Parents and Friends of Meadowbank School,

Shape My Street, Shape My School



We have been successful in becoming part of the Shape My Street, Shape My School programme this year. Cardiff Commitment construction and architectural partners from across the city have come together to deliver opportunities to schools, culminating in a small build at the school that has been developed and designed by the pupils, with the expertise of the partners. Foxglove class have been working on this project with Mr Davies that will help us to design and build our Forest School area for the whole school to benefit from. Da iawn dosbarth Foxglove!

Cygnnet training course

We will be facilitating a Cygnnet course in January and February. This course is run by Barnardo's and is a 7-week programme for parents of children who have a diagnosis of ASD. We have limited spaces for this very popular course, so please contact the school to book your space. We will issue the spaces on a first come, first serve basis so please don't delay! Please see overleaf for more information or visit <https://barnardos-parenting.org.uk/>



Pad Assessment Clinic



We will be running a pad assessment clinic with the school nurse on the morning of Thursday 5th December. The clinic is designed to answer any questions you may have about the current sizing and absorbency of your child's current pads. It is by appointment only, so if you have not booked your space please do so as soon as possible.

School 'drop-off' and 'pick-up'

Can we please remind parents and family members that we must turn left when leaving the car park during the morning drop-off and afternoon pick-up. This is due to an agreement that is in place to support the local area during busy periods of the day with the three local schools also managing their own drop off and pick up times. We would really appreciate your support with this.



Christmas Concert screenings



We will issue the dates for our Christmas Concert screening next week. The pupils and staff have been busy creating their videos and we look forward to sharing this with you all. On the afternoon, we will show the video in the main hall and this will be followed by an opportunity to visit your child's class.

Gair yr Wythnos – week beginning 2nd December
Our Welsh word(s) of the week will be:

Cadair

Chair



Diary Dates

INSET Days: September 2nd & 3rd, October 25th, **May 6th, July 21st**
Half Term: Monday 23rd December – Friday 3rd January

End of Term: Friday 20th December

Believe in children



Barnardo's

CYGNET

What is Cynet?

Cynet is a 7-week programme for parents and carers of children and young people aged 5-18 years with a diagnosed autistic spectrum condition.



I found the programme brilliant. I feel more regulated! I didn't want it to end!

The best interest of the child must be a top priority
- Article 3, UNCRC

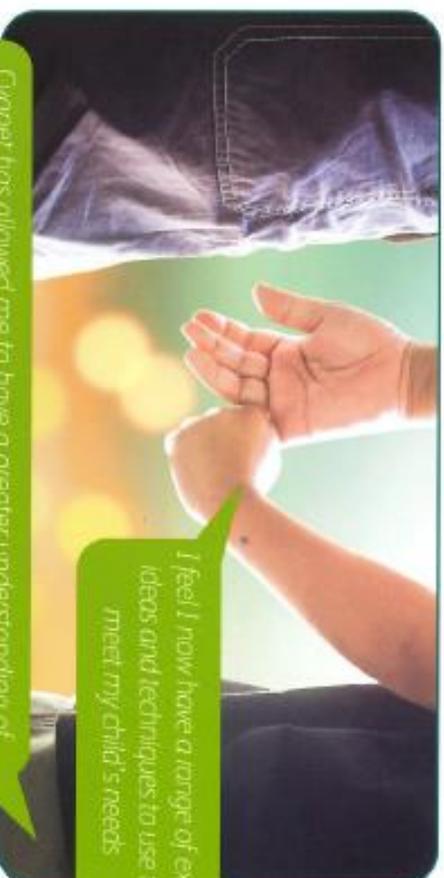
After a diagnosis, you might have a lot of questions about autism and may want to seek more information in supporting your child's needs. Children's needs also change over time and information and advice received when a child is younger may need to be updated to be relevant for the child/young person today. Cynet provides you with an opportunity to increase your confidence, knowledge and understanding practical solutions. If you join a group, it also gives you the chance to meet other parents and carers in a similar position.

Over the 7 weeks, you will look at topics including:

- **Introductory session** - a chance to meet the other group members and go through the aims and content of the programme, looking at what we already know about ASCs.
- **Autism and diagnosis** - a chance to discuss the variety of strengths and challenges faced by children with ASCs and to consider your own journeys as parents.
- **Sensory Processing** - an in-depth look at the senses and sensory issues that can be faced by children with ASCs, with ideas of strategies and resources to support this.
- **Communication** - a session on how communication can differ for children with ASCs and possible strategies and resources to support children with different levels of verbal communication.
- **Understanding behaviour in children with ASCs** - looking into possible functions of behaviour for children with ASCs and introducing a behavioural framework that can be used to understand your child's behaviour.
- **Supporting behaviour** - continuing to look into behaviour with another framework and suggestions of other ways to access support.
- **Parents/carers' choice** - An opportunity for parents to discuss topics of their choice.

Practical information:

- There are seven sessions, each lasting 2-3 hours. We are able to deliver face-to-face in your community or online, and will adjust the time of the session according to the content.
- We recommend that you join in all 7 sessions. You will gain a lot more from committing to all the sessions whether it is the group or the online programme. This is because each session builds on the one before. We can work with you individually for the first session if you would find this helpful before joining a group.
- If you are not able to attend a group, we can offer Cynet individually, where we send you information each week and arrange a weekly call to work through this together before moving on to the next session.
- You are welcome to attend on your own or with someone else who has a caring role for your child. Carers can be anybody with direct involvement with your child e.g. Grandparents, uncles, aunts, shared carers or support workers from school.
- Cynet is delivered in a welcoming and informal style.
- We are able to work with you in the daytime or evening.
- We provide paper copies and/or electronic copies of each session for you to keep, make notes and refer back to. We will also give you other resources you might need.
- Our Cynet facilitators see you as the expert on your own child so these sessions are intended to be interactive. Cynet is delivered by fully trained practitioners from Cardiff Parenting Services for families living in Cardiff.



I feel I now have a range of extra ideas and techniques to use to meet my child's needs

Cynet has allowed me to have a greater understanding of autism and allowed me to gain skills and knowledge that have had a positive experience me, my child and everyone I have come into contact with.