



EMAIL: Meadowbanksp@cardiff.gov.uk
WEBSITE: <https://www.meadowbanksp.co.uk/>

Friday 13th December
No. 168

Dear Parents and Friends of Meadowbank School,

Christmas Concert screenings



We will be holding our annual Christmas Concert Video on **Tuesday 17th December** and **Thursday 19th December**. Please be at the school ready for us to start at **1:30pm**. Following the performance, there will be time in your child's class to have some festive fun together! You can attend on either day, so please let your child's class know which day to expect you.

Christmas dinner

We will be having our annual school Christmas dinner on **Wednesday 18th December**. It would be lovely to see everyone in festive clothing to celebrate together.



Reindeer Parade



We had a wonderful time taking part in our Reindeer Parade. Thank you to all the children and staff for being so festive in their Christmas jumpers, hats and party clothes! We have raised an amazing £663.65 (so far) to support the City Hospice with their important work. Thank you for all your kind support. If you would still like to donate, then please do so by Monday 16th December. Thank you.

SEND family fun day at Museum of Cardiff

On Saturday the 14th of December, Museum of Cardiff (Old Library, The Hayes) are having a fun day to launch their new resources! Sensory bags will be available along with a quiet space and sensory den and there will be a relaxed festive crafts session. The event is live between 10am and 2pm.



Congratulations



A huge congratulations to one of our Head Girls, Aliyah, who has been awarded 'runner-up' in a Christmas card design competition for Julie Morgan, Assembly Member for Cardiff North. Julie will visit the school next Thursday to award Aliyah her prize. Llongyfarchiadau Aliyah!

Thank you

We would like to thank Sarah, the grandmother of one of our pupils Josh for her kind donation to the school. Sarah is a very talented artist and has sold handmade cards featuring her character Myfanwy the mouse, giving the proceeds to the school. Thank you so much for your hard work and kind donation.



Craft stall



There will be Christmas crafts on sale at the Christmas concerts if you would like to support the school. Pupils in Foxglove class have made items for sale and one of our staff members mum has also made items to sell to raise funds. Please bring some loose change if you would like to grab a bargain or some last minute stocking fillers!

Please see overleaf for some fun things to make and do at home over the festive break

Gair yr Wythnos – week beginning 16th December

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

Coeden

Tree



Diary Dates

INSET Days: September 2nd & 3rd, October 25th, **May 6th, July 21st**

Things to make and do at home

Make your own playdough

Ingredients:

- 1 cup of flour (any type)
- 1/4 cup of salt
- 1/2 cup of warm water (you can add more if needed)
- 3-5 drops of food colouring

Method:

1. You'll need a big bowl to mix in, a large spoon and aprons on!
2. Mix together the flour and the salt in the large bowl
3. In a separate bowl, mix together the warm water and the food colouring
4. Slowly pour the water into the flour and salt mixture, and stir to mix. Keep stirring until the dough starts to form then take out of the bowl and knead with hands.
5. If the dough is sticky, more flour can be added. If it's too dusty, try a little more water.



Create a Sensory Bin

There are so many things you have in your home that can be turned into a sensory play activity. Why not collect them all together and make a sensory bin? Start in the kitchen as this is where you can make the most of things like rice, dried beans and lentils.

Encourage children to explore the sensory bin – both with their eyes open to see the colours and shapes, and with their eyes closed to really focus on textures and how things feel. Let your child add to the sensory bin whenever they like with new additions – overall, a great sensory activity



You can visit these websites for more ideas...

Sensory Play

<https://littlebinsforlittlehands.com/kids-sensory-play-ideas/>

Recipes and ideas to make at home, including some taste safe and edible ones.

Story Massage

<https://www.storymassage.co.uk/>

You can watch the videos on their YouTube page and follow along.

<https://www.youtube.com/c/StoryMassageforChildren>

List of Sensory Play Ideas

<https://www.learning4kids.net/list-of-sensory-play-ideas/>

A wide range of sensory ideas – some of which are mess free or relatively easy to tidy up and some messier ideas if you are feeling brave!

150 Sensory Learning Ideas

<https://inclusiveteach.com/2020/03/20/150-sensory-learning-ideas/>

Loads of ideas here – something suitable for all abilities

Singing Hands

Sing and sign along to some of your favourite songs and rhymes

<https://www.youtube.com/@SingingHandsUK>