



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

Friday 24th January
No. 172

Dear Parents and Friends of Meadowbank School,

Diary dates



Please note that our next INSET day will be **Monday 3rd March**. School will be closed to pupils, but open to staff for us to complete some training updates. School will be open as usual from Tuesday 4th March following the half term break.

Behaviour Support Hub

Behaviour Support Hub is a parent-led organisation that delivers practical support and advice to parent carers in Wales of children and young people with behaviours that challenge, inclusive of additional needs possibly due to Autism Spectrum Disorder (ASD), Attention Deficit Hyperactivity Disorder (ADHD) and associated conditions.

COMMUNITY CONNECTORS ONLINE WORKSHOPS FOR PARENTS & CARERS IN WALES

13/01/25	Understanding Autism	5pm-8:30pm
15/01/25	Managing a Meltdown	10am-12:30pm
29/01/25	Additional Learning Needs Overview	10am-12:30pm
05/02/25	Pathway to Diagnosis	10am-12:30pm
10/02/25	Managing a Meltdown	5pm - 7:30pm
18/02/25	Siblings: The effects	10am-12:30pm
26/02/25	Emotional Based School Avoidance	10am-1:30pm
05/03/25	Understanding ADHD	5pm-8:30pm
11/03/25	Managing a Meltdown	10am-12:30pm
19/03/25	Pathological Demand Avoidance	10am-13:30pm
25/03/25	What is Challenging Behaviour?	10am-12:30pm
26/03/25	Post 16 Education and Training	10am- 12:30pm

Book Now Contact Us: 01443 492624 info@behavioursupporthub.org.uk

Behaviour Support Hub

Pad Assessment Clinic

Does your child wear nappies, pull ups or pads? Do you have any queries, questions or concerns, for example about correct size or absorbency?

We will be holding a **Pad Assessment Clinic** at **Meadowbank School on Tuesday 18th February** Morning only - **by appointment** via the school office.

This is an opportunity to meet with Becki our School Liaison Nurse and Anna Nicol our School Nurse to discuss any queries.

If you would like to attend please contact the school office on 029 20616018 to book an appointment. You will also need to complete an 'Input/Output' chart for your child before attending. This will be sent home with your child once your appointment is booked.

Please see overleaf for some fun family activities

Gair yr Wythnos – week beginning 27th January
Our Welsh word(s) of the week will be:

Hwyl Fawr
Good bye



Wave hand



Diary Dates

INSET Days: September 2nd & 3rd, October 25th, **March 3rd**, **May 6th**, **July 21st**
Half Term: Monday 24th February – Friday 28th February

End of Term: Friday 21st February

Parc Play

The next ALN session at Parc Play is on Saturday 1st February at 10am. These sessions are exclusive for children with ALN. You must book online before attending as spaces are limited. Please find out more information at www.parcplay.com/book



Cwtch Together

CWTCH TOGETHER

SATURDAY 25TH JANUARY

BIRDWATCH 2025

MORNING SESSION
10:30 TIL 12:45
AFTERNOON
1PM TIL 3:15
MEMBERS £5
NON MEMBERS £6
PAYPAL
CWTCHTOGETHER@GMAIL.COM

DISABILITY PLAY SCHEME

PREPARE SOME BIRD FOOD
BIRDS COLOURING
HUNT THE BIRD
ANIMAL TOYS
RICE PLAY

15TH CARDIFF SCOUT HALL
CF11 8AG

Pedal Power

 **PedalPower**
the cycling charity for all
yr elusen seiclo i bawb

FREE Winter Lantern Rides



'Bling' your bike for our 3
WINTER-GLOOM-BUSTING social rides!

Sat 1st February ~ Pontcanna ~ 5pm
Sat 15th February ~ Bay ~ 5.30pm
Sat 1st March ~ Pontcanna ~ 6pm

All ages & abilities ~ Bring your own bike or hire from us ~ Members hire for FREE ~ Register online at www.cardiffpedalpower.org or call us on 02920 390713

Free Hot Chocolate at Pontcanna Rides!