



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

Friday 14th February, 2024
No. 175

Dear Parents and Friends of Meadowbank School,

Please find below our news and updates for this week, we will do our best to give as much notice as possible for important events.

Free Respite Retreat for Unpaid Carers

Moss-Rose Cottage is a not-for-profit Community Interest Company that supports people with invisible barriers and the carers who look after them. Moss-Rose Cottage is offering a series of Free Respite Retreats for unpaid carers, providing a well-deserved opportunity to relax, recharge, and connect with others. The retreats are designed to foster a sense of community and provide a space for unwinding. The retreats will take place on the following dates:



- Tuesday, 18th February
- Tuesday, 11th March

***The retreat will be held in Rumney, Cardiff, and run from 10:00 AM to 2:00 PM**, offering a range of activities to support relaxation and wellbeing, including: massage of your choice, meditation session, art workshop, Tai Chi class and Lunch (please let them know of any dietary requirements)

****Spaces are limited, so please book your spot by emailing admin@mossrosecottage.co.uk**



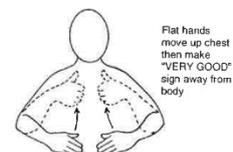
- Our next **INSET** day will be **Monday 3rd March**. Pupils will return to school on Tuesday 4th March following the half term break.
- **Progress Meetings** will take place on **Wednesday 19th March**. Please respond to your appointment letter, if you have not already done so.
- **Pad Assessment Clinic** will take place at **Meadowbank School** on **Tuesday 18th February** during the morning only, **by appointment** via the school office. If you would like to attend please contact the school office on 029 20616018 to book an appointment.
- **Wythnos Gymreig** will take place the week beginning 17th February. The children will experience a range of Welsh themed activities, stories and songs throughout the week, and on **Friday 21st February it would be wonderful if your son/daughter could wear something red, a Welsh top or traditional costume to school.**
- You should have received your unique code from Colorfoto to access your child's school photograph. Please be mindful that these codes can take a little while to activate, so please keep checking if it does not initially work.

Please see overleaf for details on a Shiny Happy People event

Gair yr Wythnos – week beginning 17th February
Our Welsh word(s) of the week will be:



Sut wyt ti?
How are you?



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

Half Term holiday : Monday 24th February – Friday 28th February

Pupils return to school: Tuesday March 4th

SHINY HAPPY PEOPLE

All Inclusive ALN Family Disco.....
Perfect for sensory seekers, groovers and singers!

TOP TUNES ● DISCO LIGHTS ● SENSORY FUN

PRIMARY AGE CHILDREN 4 - 11 ● ALL NEEDS & ABILITIES WELCOME ● MAKE NEW FRIENDS!

Saturday 1st March - 1.30 - 2.30pm - SBECTRWM Centre, Fairwater, Cardiff CF5 3EF. Tickets £8 (1 adult + child) £1 for any additional adults or children.
BOOK TICKETS VIA OUR FACEBOOK PAGE OR COPY THIS LINK :
<http://bit.ly/3Qg3VZe>



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