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Friday 14<sup>th</sup> March, 2025  
No. 178

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.

## Comic Relief 2025

This year, we will take part in Comic Relief on **Friday 21<sup>st</sup> March**. The school council have met to make decisions and plan the day. As Comic Relief is 40 years old this year, **they would like everyone to dress in 80s themed clothes or bright colours**. Each class will also sign up to complete an '80 second challenge', so your child's class will let you know which challenge they have chosen. There will be other activities planned across the day, so a big thank you to the school council for all their wonderful work so far. We look forward to the big day!



## Progress Meetings



Just a reminder that pupil Progress Meetings will take place on Wednesday 19<sup>th</sup> March. You should have had an appointment time from your child's class. As we feel that it is important that you see you child's learning space and have an opportunity to meet the whole team, we will only be offering face to face appointments. We would really appreciate that you make every effort to attend these important meetings and look forward to seeing you on Wednesday.

## Wellbeing Workshop with the Neurodevelopmental Service and Partners

**For who:** For parents / carers only of children aged 0 – 11 years on the Neurodevelopmental waiting list.



**\*Please make alternative arrangements for childcare during the workshop as the session is adults only.**

**Date:** Tuesday 11<sup>th</sup> March 2025

**Time:** 10 am – 12 pm

**Where:** Community Room, ASDA Cardiff Bay, Ferry Road Retail Park CF11 0JR

**Cost:** Free

Led by a Psychologist get tips and strategies for your child's better mental wellbeing. The session includes information on the PACE approach, emotional regulation and co-regulation between parent/carer and Child. During the coffee break you can chat with the Neurodevelopmental Community Connectors about the waiting list, assessment process and other services available while waiting.



\*The session is free of charge but please book a place via Eventbrite using the QR code or this link:

[Neurodevelopmental Service Wellbeing Workshop/Gweithdy Lles Tickets, Tue 11 Mar 2025 at 10:00 | Eventbrite](#)

**Please see overleaf for more workshops from the Neurodevelopment Service that may be of interest to you**

**Gair yr Wythnos** – week beginning 10<sup>th</sup> March

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



Ga i...?  
Can I have....?



Close hand into a fist and move towards body. Do not touch chest

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

Half Term holiday: Monday 14<sup>th</sup> April – Friday 25<sup>th</sup> April

May Bank Holiday: Monday 5<sup>th</sup> May

Pupils return to school: Monday 28<sup>th</sup> April



## Sleep and Children with Additional Learning Needs Workshop

Join The Sleep Charity for an insightful webinar led by sleep specialist Helen Rutherford. For parents/carers & professionals.

Please make alternative arrangements for childcare during the workshop. As the session is for adults only.

This session is designed to empower parents and caregivers with the knowledge and tools to support better sleep for children with ALN.

### Includes information on:

The science of sleep, its importance for wellbeing, and the impact that sleep deprivation can have on both children and families.

Sleep physiology, uncovering the unique sensory challenges faced by ALN children, and identifying practical strategies to address them.

**Location:** Online via Microsoft Teams

Meeting link will be emailed to attendees the week before.

**On:** Tuesday 18th March 2025



**Time:** 10am-4pm

The session is free of charge but please book a place via Eventbrite using the QR code or this link:

<https://www.eventbrite.co.uk/e/sleep-and-children-with-additional-learning-needs-tickets-1219388446669>



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**Location:** Online via Microsoft Teams

Meeting link will be emailed to attendees the week before.

**On:** Monday 24th March 2025



**Time:** 10am-4pm

The session is free of charge but please book a place via Eventbrite using the QR code or this link:

<https://www.eventbrite.co.uk/e/sleep-and-children-with-additional-learning-needs-tickets-1219394374399>



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**Location:** Online via Microsoft Teams

Meeting link will be emailed to attendees the week before.

**On:** Thursday 27th March 2025



**Time:** 10am-4pm

The session is free of charge but please book a place via Eventbrite using the QR code or this link:

<https://www.eventbrite.co.uk/e/sleep-and-children-with-additional-learning-needs-tickets-1219394885929>



Behaviour Support Hub



## Managing Meltdowns Workshop

For parents/carers only of children aged 0-11 years on the Neurodevelopmental waiting list.

Please make alternative arrangements for childcare during the workshop. As the session is for adults only.

Run by Behaviour Support Hub

### Workshop Aims:

Develop an understanding of why meltdowns happen and look at the stages of meltdowns with an overall aim of developing a toolbox of strategies to manage the meltdown to minimise its effects on the child/young person and those around them.

**Location:** Cardiff West Community High School, 11 Penally Road, Cardiff CF5 5XP

**On:** Monday 31st March 2025



**Time:** 10am-12.30pm

The session is free of charge but please book a place via Eventbrite using the QR code or this link:

<https://www.eventbrite.co.uk/e/behaviour-support-hub-managing-meltdowns-workshop-tickets-1217709595179>