



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

Friday 28th March, 2025
No. 180

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.

Pad Assessment Clinic



We will be running a pad assessment clinic with the school nurse on **Tuesday 2nd April**. The clinic is 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 please call the school office on 02920 616108 to book your appointment. You will 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.

Easter Bonnet Parade

Our annual Easter Bonnet Parade will take place on **Thursday 10th April**. We are looking forward to seeing your wonderful creations, so please decorate any kind of hat you have spare and send it into school on the big day. The Easter Bunny will hop along with some prizes on the day. Have fun making your hats!



Craft sale



Foxglove class would like to say a big thank you to everyone who bought some of their cards and gifts. They had a lovely time meeting customers and doing their sales pitch! We really appreciate the support given to the pupils to allow them to develop their skills during this project. They have raised nearly £100, so a huge thank you to you all!

Cerebra

Cerebra is a charity that offers support and guidance to families. They offer advice around sleep issues which can affect lots of children, especially those who have neurodiversity. You can find their support online at <https://cerebra.org.uk/get-advice-support/sleep-advice-service/>. They also offer support on emotional and mental wellbeing, physical wellbeing and education services. You can access their main website at <https://cerebra.org.uk/>

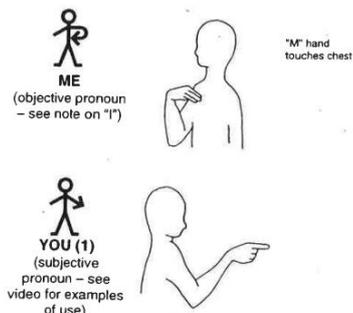


Please see overleaf for information on online sessions that may be of interest to you.

Gair yr Wythnos – week beginning 31st March
Our Welsh word(s) of the week will be:



Ti / Fi
You / Me



Diary Dates : INSET Days: September 2nd & 3rd, October 25th, March 3rd, **May 6th, July 21st**
Half Term holiday: Monday 14th April – Friday 25th April
May Bank Holiday: Monday 5th May

Pupils return to school: Monday 28th April



Education & Support

For parents and carers of children aged 0-11 years living in Cardiff and the Vale only on the Neurodevelopment waiting list.

The session is for adults only.

Workshop Aims

The "Education & Support" Workshop is designed to look at what can be done within educational settings to support neurodivergent children.

This will look at strategies to bridge home and the setting, the school environment, classrooms, individual needs, educational adjustments, and the ALN Code.

 **Location** : Online Zoom

 **When** : Thursday 3rd April 2025

 **Time** : 1pm-2pm

This 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/education-support-tickets-1296078107509>



Occupational Therapy & Parent Support: A Sensory Perspective

The Occupational Therapy & Parent Support workshop is designed to better help you understand the Occupational Therapy role, and what the assessment and intervention process might look like.

For parents and carers of children aged 0-11 years living in Cardiff and the Vale only on the Neurodevelopment waiting list. The session is for adults only.

Workshop Aims

We will briefly explore your child's sensory differences and the impact on behaviour and their everyday life.

We will provide practical strategies that will help to support your child in this busy, sensory filled world.

 **Location** : Online Zoom

 **When** : Thursday 3rd April 2025

 **Time** : 11:30am-12:30pm

This 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/occupational-therapy-parent-support-a-sensory-perspective-tickets-1296075680249>



What is Neurodiversity?

For parents and carers of children aged 0-11 years living in Cardiff and the Vale only on the Neurodevelopmental waiting list.

The session is for adults only.

Run by AP Cymru

Workshop Aims

The 'What is Neurodiversity' workshop is designed to help you better understand neurodiversity and how it affects your child's daily life.

We'll explore what neurodiversity means, common neurotypes such as ADHD and autism, and how to support and celebrate their unique strengths.

 **Location** : Online Zoom

 **When** : Thursday 3rd April 2025

 **Time** : 10am-11am

This 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/what-is-neurodiversity-tickets-1296072280079>

