



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

17th October 2026
No:200

Dear Parents and Friends of Meadowbank School,

Family Fund



[Family Fund](#) supports UK families raising disabled or seriously ill children and young people by providing grants for essential items such as beds, washing machines, clothing, or whatever is needed most. They also provide support services including emotional support, financial and benefit support, digital skills and workshops for children and parents. In Wales, they have just reopened their grant application window (6 October–3 November). They also have a fundraising opportunity to join in with. Take a look at <https://superheroseries.co.uk/at-home-winter-wonderwheels-2025>

Flu nasal spray

The School Nursing Team will be visiting the school on Wednesday 5th November. It's very important to protect your child from flu, to make sure they stay as healthy as possible. Click on the link below to fill in and return the online consent form as soon as possible and at least 5 days before the flu school session. Further information and school dates can be found on the website below: Flu vaccine in schools: information for parents - Cardiff and Vale University Health Board <https://forms.office.com/Pages/ResponsePage.aspx?id=uChWuyjjgkCoVkM8ntyProwc0tRo7SIFodPDo7y1M5RUQ1BFV0hZQkcwV0c4UzNWQjMzS01SVFI1Ri4u>



Coffee and Chat



Thank you to those parents who attended our first coffee and chat today. It was lovely to see you and we hope that you found it useful to chat to one another and make connections. We would love to see more of you at our next event, so please check next weeks newsletter for our next date!

Dates for the diary

Monday 20th October	We will be celebrating our Harvest festival. Please send any food donations to school by this date. All donations will be taken to the local food bank.
Monday 27th October – Friday 31st October	This is the half term break. School will be closed to staff and pupils.
Monday 3rd November	This will be an INSET day so the school will be closed to pupils. Pupils will return to school on Tuesday 4 th November.
Wednesday 13th November	Our progress meetings will be held, where you will have the opportunity to discuss your child's progress. Appointment times will be sent to you nearer the time.

Happy Diwali

We would like to wish Happy Diwali to anyone celebrating in the coming week. We hope that the festival of lights fills your homes and hearts with joy, peace and prosperity.



Please see overleaf for information on upcoming events that you may be interested in.

Gair yr Wythnos – week beginning 20th October

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

Cinio
Dinner



Make small circular movement with upper hand and simultaneously flutter fingers





Neurodivergent
Friendly Cardiff



Gwasanaeth
Cymorth
Lles Careddus
Cardiff Wellbeing
Support Service

**EXCLUSIVE
SEN / ALN SESSIONS**

SATURDAY 27 SEPTEMBER (10AM-12PM)

WEDNESDAY 29 OCTOBER (10AM-12PM)

SATURDAY 29 NOVEMBER (10AM-12PM)

ALL BOOKINGS ARE TO BE MADE IN ADVANCE AND NUMBERS ARE LIMITED SO PLEASE BOOK EARLY TO AVOID DISAPPOINTMENT

www.parcplay.com/book

PARC
all weather play

NEURODIVERGENT FRIENDLY CHILDREN'S OCTOBER CLUB

‘Thrive’ in a play session for neurodivergent children and families at Rhydyppennau Hub, Llandennis Road Cardiff CF23 6EG

Tel: 029 2087 1330

Wednesday

29 October 2025

10.30a.m. – 12.15p.m.

The session is held when the Hub is usually closed to the public and led by volunteers from Cardiff Wellbeing service.

Parents must supervise their children when participating in the session that promotes accepting difference in a welcoming and inclusive environment. For more details please contact neurodivergentfriendly@cardiff.gov.uk or www.thrivecardiff.org or visit Rhydyppennau Hub

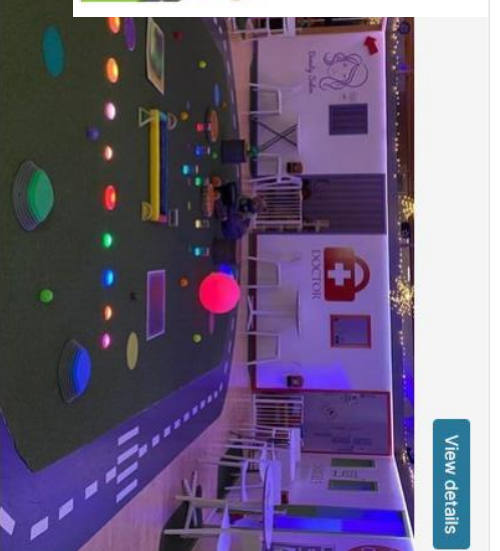


Real Change Play

A Not-for-Profit role play centre for families well-being

Role Play Lane

<https://bookwhen.com/roleplaylane#focus=ev-svo2w-20251019143000>



[View details](#)

Sunday, 19 October '25 2:30pm – 4pm BST

Role Play Lane, Unit 1B, Newtown Industrial Estate, Llantwit Fardre, Pontypridd, CF38

ZEE