



EMAIL: [Meadowbanksp@cardiff.gov.uk](mailto:Meadowbanksp@cardiff.gov.uk)  
WEBSITE: <https://www.meadowbanksp.co.uk/>

24<sup>th</sup> October 2026  
No: 201

Dear Parents and Friends of Meadowbank School,

**Flu nasal spray**

The School Nursing Team will be visiting the school on Wednesday 5<sup>th</sup> 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>



**Dates for the diary**

<b>Monday 27<sup>th</sup> October – Friday 31<sup>st</sup> October</b>	This is the half term break. School will be closed to staff and pupils.
<b>Monday 3<sup>rd</sup> November</b>	This will be an INSET day so the school will be closed to pupils. Pupils will return to school on Tuesday 4 <sup>th</sup> November.
<b>Wednesday 13<sup>th</sup> November</b>	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.
<b>Friday 21<sup>st</sup> November</b>	'Coffee and chat' for parents and carers. The community room will be open to you from 10:00am until 11:30am so please come along and spend some time with other parents and carers from the school

**Harvest**



We would like to thank everyone for their kind donations to our harvest celebrations. Some of our pupils from Snowdrop class took the collection to the local food bank on Tuesday. It was very gratefully received, so thank you for your support.

**Occupational Therapy advice line**

The Occupational Therapy service for Children and Young People has an advice line to make the service easier to access. The phone line allows parents, carers and professionals in Cardiff to get direct access to advice and support around helping children and young people develop everyday occupational tasks. You can reach the advice line on 029 2183 6888, available every Tuesday and Thursday from 12pm to 2pm or find out more at <https://cavuhb.nhs.wales/news/latest-news/new-advice-line-offers-easier-access-to-occupational-therapy-support-for-children-and-young-people/>



**The Index**

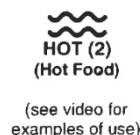


The Index is a voluntary register for parents and carers of a child or young person aged 0 to 25. If you sign up to The Index, they can keep you up to date with information about services, events and activities in and around Cardiff. You can sign up to The Index if you are a parent and carer of someone aged 0 to 25 who has a diagnosed disability or has additional needs. For more information and to sign up please go to <https://www.cardiffamilies.co.uk/parents-and-carers/children-with-disabilities-or-additional-needs/the-index-register/?cn-reloaded=1>

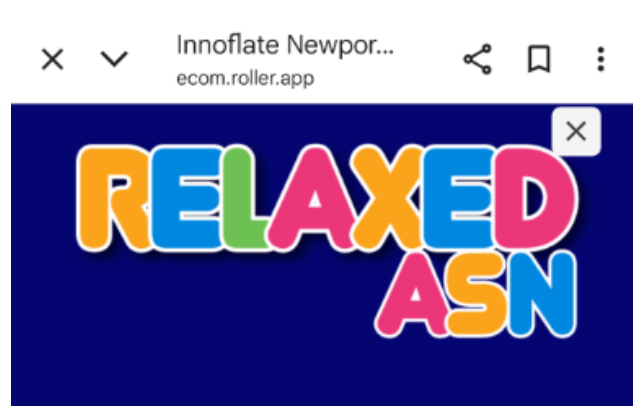
Please see overleaf for ideas for some family fun in half term and beyond

**Gair yr Wythnos** – week beginning 3<sup>rd</sup> November  
Our Welsh word(s) of the week will be:

**Poeth**  
Hot (food)



Family fun ideas for half term and beyond!



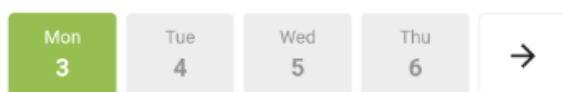
### Relaxed ASN Session

Suitable for anyone seeking a quieter experience on our inflatable park. [Read more](#)

All bookings include a fixed £1.00 service fee.

#### Select a date

NOV 2025



#### Select a time



## STAR HUB

Swimming lessons for children (U16)

Saturdays 13.00 – 13.30 or 13.30 – 14.00

Swimming sessions for children and their families

Saturdays 13.00 – 14.00

For more information contact our team:

[Alexandra.borley@gll.org](mailto:Alexandra.borley@gll.org) or [starhub@gll.org](mailto:starhub@gll.org)



**Diary Dates**  
 Half Term: Monday 27<sup>th</sup> October – Friday 31<sup>st</sup> October 2025  
 End of Term: Friday 19<sup>th</sup> December 2025  
 Inset Days: **Monday 3<sup>rd</sup> November 2025**, Friday 13<sup>th</sup> February 2026, Friday 1<sup>st</sup> May 2026, Tuesday 5<sup>th</sup> May 2026 and Monday 20<sup>th</sup> July 2026.