



# St. Alban's Catholic Primary School Newsletter

[www.stalbansprm.cardiff.sch.uk/](http://www.stalbansprm.cardiff.sch.uk/)

Friday 12th July 2019



Well done to everyone who took part in sports day last Friday. Thank you to all the parents who came to support and we hope you enjoyed it as much as the children did. St Bernadette (Red) were the winners for Foundation Phase and St Clare (Green) for Key Stage 2.

Our summer Fayre is taking place on Tuesday 16th July from 2pm - 4pm and we are looking for donations of items for our stalls such as unopened tins, chocolate, cakes, or any unwanted gifts.



Please either give them to your child's teacher or bring them to the school office.



Year 6 will be having cycling proficiency lessons next week from Monday to Thursday. This scheme is provided by the council's road safety team. A letter was sent home today with a permission slip and details of what the children need. Please read it carefully, return the form and ensure your child has a bike and very importantly a helmet in order to take part.

Tuesday is 'Tidy Tuesday' where we invite pupils to wear their own clothes and donate £1 for the charity Boomerang. Please be generous as this is a wonderful local charity who has been an enormous help to both the school and the local community.



THE TWITTER FEED IS NOW ON THE FRONT PAGE OF THE WEBSITE. SO IF YOU DO NOT HAVE A TWITTER ACCOUNT YOU CAN STILL KEEP UP TO DATE WITH WHAT IS HAPPENING IN THE SCHOOL.  
SEE THE WEBSITE ADDRESS AT THE TOP OF THE PAGE.



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**It's  
a  
Party!**

The Year 6 leavers party went off with a bang on Wednesday! They all looked amazing and had a wonderful time. Huge thank you to Mr Paul Gwilym for allowing us to use Boomerang again and to

Mrs Phillips for organising it all.

Please make sure that you check the dates for your diary pages at the back of the newsletter for everything that is happening over the last week of term. There is a lot going on and we wouldn't want you to miss anything.



**Have a lovely weekend!**

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**Attendance this week is 90.24% which is  
a whole 3% lower than last week which is very disappointing!!**

**Let's see if we can beat this next week!**

**Well done to all pupils who came to school for the whole week this week!**

**Please make every effort to send your child in to school. If they have medication from the doctor, you can fill in a permission slip which will enable us to give them the correct dosage throughout the day.**

**The individual year group attendance this week is -**

**Rec - 91.18%**

**Year 1 - 91.72%**

**Year 2 - 87.20%**

**Year 3 - 97.27%**

**Year 4 - 91.33%**

**Year 5 - 83.21%**

**Year 6 - 91.67%**

**Well done to Years 1 again with the highest attendance this week!**



*Father in heaven,  
We thank you for the amazing,  
beautiful world you created.  
Help us to care for it.  
We thank you for the wonderful,  
unique people you have made us to be.  
Help us to care for one another.  
We thank you for the inspiring stories  
and teachings in the bible.  
Help us to share this good news with  
people everywhere.  
Amen.*

## Useful Contact Details

Name	Role	Address	Phone Number	E-Mail
Archbishop George Stack	Archbishop	Archbishop's House,	02920220441	<a href="mailto:arch@rcadc.org">arch@rcadc.org</a>
Stephen Doughty	MP	Regus House, Falcon Drive, Cardiff Bay CF10 4RU	02922677904	<a href="mailto:Stephen.doughty.mp@parliament.uk">Stephen.doughty.mp@parliament.uk</a>
Vaughan Gething	AM	National Assembly for Wales, Cardiff Bay, Cardiff. CF99 1NA	02920898276	<a href="mailto:Vaughan.Gething@assembly.wales">Vaughan.Gething@assembly.wales</a>
Kirsty Williams	Minister for Education	National Assembly for Wales, Cardiff Bay, Cardiff. CF99 1NA	03002007277	<a href="mailto:Kirsty.williams@assembly.wales">Kirsty.williams@assembly.wales</a>
Ed Stubbs	Councillor	Members Services, Room 286, County Hall, Atlantic Wharf, Cardiff. CF10 4UW	07944188112	<a href="mailto:Ed.Stubbs@cardiff.gov.uk">Ed.Stubbs@cardiff.gov.uk</a>
Jane Henshaw	Councillor	Members Services, Room 286, County Hall, Atlantic Wharf, Cardiff. CF10 4UW	07779975527	<a href="mailto:Jane.Henshaw@cardiff.gov.uk">Jane.Henshaw@cardiff.gov.uk</a>
Huw Thomas	Councillor	Members Services, Room 286, County Hall, Atlantic Wharf, Cardiff. CF10 4UW	07581163203 02920872500	<a href="mailto:Huw.thomas@cardiff.gov.uk">Huw.thomas@cardiff.gov.uk</a>
Cardinal Vincent Nichols	Head of Catholic Church in Britain	Archbishop's House, Ambrosden Avenue, London. SW1P1QJ	02077989075	<a href="mailto:cardinalnichols@rcdow.org.uk">cardinalnichols@rcdow.org.uk</a>



# SCHOOL UNIFORMS



There are a number of children who are attending school without the correct uniform. Can we please remind parents that school uniform should be worn every day to school and should consist of a yellow polo shirt, black trousers or skirt and a burgundy jumper or cardigan.

If you do not have any of these items for your child(ren), please remember that we have quite a few items available in the foyer which are free of charge or if you wish to make a donation you can.

Alternatively you can call in to the school office to pick up an order form for our suppliers Safewear.

Thank you for your co-operation.



**What has been happening  
around school?**

**Rugby Club were hard at  
work practicing for the  
Tag tournament**



**The children had a lovely time at  
the tournament. Thank you to  
Mrs Livingstone and Mr Flanagan  
for supervising.**





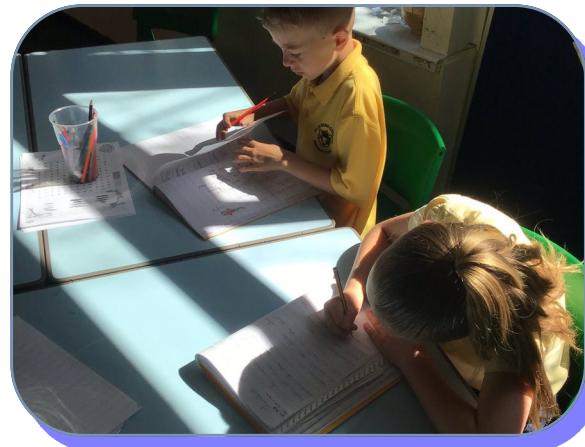
**What has been happening  
around school?**



**Reception have been  
observing their  
caterpillars which aren't  
so small anymore!**



**Year 2 have been designing Dragons  
and writing a report about them.**





What has been happening  
around school?



Reception were enjoying the sun and observing signs of summer on  
their seasonal walk



What has been happening  
around school?



What a wonderful Sports Day we had. Well done to everyone who took  
part. Congratulations to House St Bernadette (Red) who won for  
Foundation Phase and to House St Clare (Green) who won for Key Stage 2.





What has been happening around school this week?

Our [@PlayCraftLearn](#) club were busy creating their builds in readiness for the big buildathon!

Working hard on design and construction at the Buildathon!



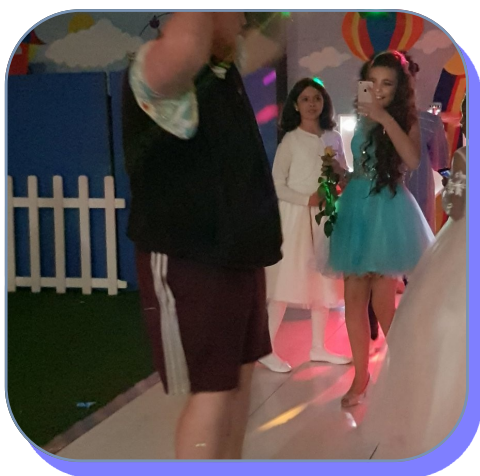
Project Manager, Construction Manager and Designer -  
Our Buildathon Team!  
Dai lawn!



**What has been happening  
around school this week?**

**Year 6 Leavers Party got off to a  
cracking start on the party bus!**

**All the children looked amazing!**



**Mr Whittle showed off his  
dancing skills**

**Then the children followed suit**





What has been happening  
around school this week?



We think they all enjoyed the  
pizza!



Then it was ice cream time



What has been happening  
around school this week?



Year 5 enjoyed their Matilda  
themed WOW! day at Willows  
on Wednesday.





## Healthy Eating Initiative



As part of our Healthy Eating initiative, we have now re-introduced fruit for ALL children in the school. This is priced at 25p per day or if you wish to pay for the week in advance, it is £1. If you are paying the £1 for the week, this **MUST** be paid on a Monday . If you choose to pay daily, you will need to pay 25p each day. Paying on a Monday for the week makes it easier for the children who are running the fruit stall to keep a record of which children would like fruit.



The children seem to be enjoying their wholemeal toast at break time. If your child hasn't had any yet but would like to, all they need to do is bring in 20p each day in order to purchase it during morning break.



★ National Book Tokens are offering schools the chance to win  
★ £5,000 for our school library.

★ All you have to do is follow this link :

★ [https://www.nationalbooktokens.com/schools?  
utm\\_source=nbt&utm\\_medium=email&utm\\_content=schools-  
prize&utm\\_campaign=20190508\\_schoolsprize19](https://www.nationalbooktokens.com/schools?utm_source=nbt&utm_medium=email&utm_content=schools-prize&utm_campaign=20190508_schoolsprize19)

★ Scroll down the page and fill in the details in order to nominate  
★ St Alban's. The more votes we get the better our chances! It  
★ only takes 2 minutes!

★ Please see the poster on the next page for further information.

★ Thank you for your support.





# WIN £5,000 for your school's library



Visit our website for a chance to win a massive  
**£5,000 of National Book Tokens for your school** –  
enough to buy hundreds of new books for the library!

You'll also be in with a chance of taking home  
**£100 of National Book Tokens just for you.**



**Spread the word:** share with teachers, school  
staff and parents – the more entries for your school,  
the higher the chance they'll win!



Inspiring a lifelong love of reading

**Enter at [nationalbooktokens.com/schools](https://nationalbooktokens.com/schools)**

Terms and conditions apply



## Healthy Lunchboxes



Here are some healthy lunchbox ideas from the NHS change for life website

### Get them involved!



Get the kids involved in preparing and choosing what goes in their lunchbox. They are more likely to eat it if they helped make it.

### Variety is the spice of lunch boxes



Be adventurous and get creative to mix up what goes in their lunchbox.

### Keep them fuller for longer



Base the lunchbox on foods like bread, rice, pasta and potatoes. Choose wholegrain where you can.

### Mix your slices



If your child doesn't like wholegrain, try making a sandwich from one slice of white bread and one slice of wholemeal/brown bread

Follow the link for some ideas on healthy lunches that you can make at home

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes#lunchbox-tips>



## **St Alban's Digital Developers** **Online Safety tip of the week.**

**St Alban's Digital  
Developers say:**

**'Protect your accounts.  
Don't share your passwords  
with anyone  
– even your closest friends.'**



Children are using smart devices from a much younger age than ever before. It's why it's essential we talk to our children about how to use them safely. There are so many positive benefits to the new technology at our disposal these days - however there are plenty of downsides too. As a parent, it's important you understand these risks and how you can take steps to protect your family against them.

## 1 PUT YOURSELF IN CONTROL

Make use of the parental control settings available to you. With most devices, you're able to change the settings to control the content your child has access to. This isn't difficult to do, as you'll often find guidance in the instructions that come with the device. By setting a private pin code on certain devices, you can make sure your child can only access it when you allow it.



2

## PROTECTING ANDROID DEVICES



You can set up restricted users on Android tablets through a Google account. Open the settings menu (look for a cog icon) and select the 'Users' option. Here you can add a new restricted user. After setting up a password and username, select which applications you want to restrict access to. On an Android smartphone it's similar, but first select 'Parental Controls' in the play store.

## 3 PROTECTING APPLE DEVICES



For Apple devices, you can simply visit the preferences/settings menu and within 'General' there is an option for 'Restrictions'. Here you can turn off any applications or features on your child's device that you do not want them to have access to.

4



## THINK ABOUT ALL YOUR SMART DEVICES

As well as tablets and smartphones, you should think about any device in your home connected to the Internet: a games console, a media hub, or a personal computer. In each case you can usually find parental controls in the settings. Think carefully about how much access you want to allow your child, especially when it comes to accessing the Internet.



5

## MAKE SEARCHING MUCH SAFER



Most search engines, such as Google, Bing or Yahoo, have a 'safe search' setting. You should activate this. Otherwise, it's extremely easy for a seemingly harmless search on the Internet to return unexpected and inappropriate results. Depending on the browser you're using, go to the settings and search for 'safe search'. Make sure you save the change so it defaults each time you open the browser. This will seriously reduce the chances of your child being exposed to something they shouldn't be.

**NOS** National  
Online  
Safety®  
#WakeUpWednesday

# 9 Top Tips To Get Smart About children's devices

6

## REGULARLY CHECK SOCIAL MEDIA SETTINGS



Before you allow your child to use social media, you should discuss the dangers with them. You should also make sure you're able to access their profile and privacy settings and check them regularly. The companies behind social media platforms often make privacy changes without making it very obvious to the user, such as Facebook's introduction of facial recognition software.

7



## DON'T LET PEOPLE SEE WHERE YOU ARE

Location software sounds useful for seeing where your child is, but it also provides the opportunity for others to locate your child too. For safety, it's a good idea to disable location software on all devices or at least turn it off when it's not required. Also, be mindful of specific apps that record running routes or locations where your child might be playing a game. Talk to your child about why these can be dangerous and how to turn the setting on and off as required.

## 8 WATCH OUT FOR FAKE PROFILES

Sadly, social media presents an enormous opportunity for the likes of paedophiles to set up fake profiles and interact with children. Keep a track of the people your child interacts with on social media and if you do not recognise a user as a friend, consider blocking them.



## 9 KEEP A CHECK ON SCREEN TIME

Managing how much time we spend on screens is a new challenge for us all. It's critically important when it comes to children, especially younger children who are still developing. It's not just a case of setting arbitrary time limits. Guidelines published by The Royal College of Pediatrics and Child Health suggests it's more important to consider the 'context and content' of what the screen is being used for. Still, it is helpful to put limits on devices using 'Guided Access' functions, which you can find in the settings of certain devices.



## Meet our expert

Emma Davis was a secondary school Computer Science teacher for more than decade. Since leaving education, she has been working in a cyber security firm delivering cyber awareness training to businesses and carrying out network testing. She is a mother of a five-year-old, she's had vast experience of controlling and managing how children access online services and use apps.





# TREMORFA AFTER SCHOOL CLUB

MONDAY 3PM – 5PM  
TREMORFA HALL,  
TWEEDSMUIR ROAD,  
TREMORFA, CF24 2QZ,

FREE ENTRY





# **DATES FOR YOUR DIARY**

## **Important Dates**

### **JULY**

#### **WEEK 3**

Monday 15th to Thursday 18th

Year 6 Cycling Proficiency

Monday 15th

Reception Graduation @2pm

Tuesday 16th

Summer Fayre 2pm - 4pm

Wednesday 17th

Year 6 Leavers Mass @ 10am in St Alban's Church

Thursday 18th

Year 6 St Illtyd's Transition Day

Thursday 18th

Foundation Phase End of Year Party

Friday 19th

Year 6 Leavers Assembly at 9.30am

Friday 19th

**SCHOOL CLOSSES FOR SUMMER HOLIDAYS**

#### **INSET DAYS**

**Monday 22nd July 2019**



# **DATES FOR YOUR DIARY**

## **Term Dates for 2019-20**

### **AUTUMN TERM**

Term Starts	Monday 2nd September 2019
Half Term Ends	Friday 25th October 2019
Half Term	Monday 28th October to Friday 1st November 2019
School Re-Opens	Monday 4th November 2019
Term Ends	Friday 20th December 2019
Christmas Holidays	Monday 23rd December 2019 to Friday 3rd January 2020

### **SPRING TERM**

Term Starts	Monday 6th January 2020
Half Term Ends	Friday 14th February 2020
Half Term	Monday 17th February to Friday 21st February 2020
School Re-Opens	Monday 24th February 2020
Term Ends	Friday 3rd April 2020
Easter Holidays	Monday 6th April 2020 to Friday 17th April 2020

### **SUMMER TERM**

Term Starts	Monday 20th April 2020
Half Term Ends	Friday 22nd May 2020
Half Term	Monday 25th May 2020 to Friday 29th May 2020
School Re-opens	Monday 3rd June 2019
Term Ends for pupils	Monday 20th July

