



School Newsletter

www.stalbansprm.cardiff.sch.uk/

October Edition 2020

A Note From Mrs Woodward

Welcome back to our St Alban's families both old and new!

I would like to send a warm welcome to all our new Reception Class pupils and all other children who have recently joined our school. It's so lovely to be back after such a long time away from the children and staff. Make sure you follow us on either Twitter, Facebook or Instagram, that way you can keep up to date with what's happening in school. After half term we will be launching our new school website which will also provide you with valuable information about our school.

The school newsletter will be sent out each month with the relevant information on, and uploaded on to the website.

Parent Consultations:

As we are unable to have too many visitors in the school building, we will be contacting you soon to arrange a telephone consultation with you about how your child has settled back in to school life. These will take place the week before and two weeks after half term. Watch this space!

Parish News

First Communion

If your child was preparing for their First Holy Communion before lockdown, please contact St Alban's Church to arrange a date for the celebration with Fr Sebastian. Unfortunately large gatherings will not be permitted, but the children will still be able to celebrate their First Communion this year. The Church number is: 029 2046 3219.

Applications for Admission to Secondary School: If your child is in Year 6 you should now be applying for a high school place. If you need any support filling in the forms or choosing the right school for your child, please contact the school office.

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.

COVID-19 related pupil absence
A quick reference guide for parents

What to do if.....	Action Needed	Return to school when.....
<p>My child has COVID-19 symptoms:</p> <ul style="list-style-type: none"> • HIGH TEMPERATURE- this means you feel hot to touch on your chest or back. • A NEW CONTINUOUS COUGH this means coughing a lot more than an hour, or 3 or more coughing episodes in 24hrs. • A LOSS OR CHANGE TO YOUR SENSE OF SMELL OR TASTE this means you've noticed you cannot smell or taste anything. 	<p>DO NOT COME TO SCHOOL Contact school to inform us. Self-isolate the whole household for 14 days. Get a test. INFORM SCHOOL IMMEDIATELY ABOUT TEST RESULT</p>	<p>.....The test comes back negative.</p>
<p>My Child tests positive for COVID-19...</p>	<p>DO NOT COME TO SCHOOL Contact school to inform us. Agree an earliest date for possible return Minimum of 10 days. Self-isolate the whole household for 14 days. Bubble isolate / remote learning.</p>	<p>.....They feel better. They can return after 10 days even if they have a cough or loss of taste/smell. These symptoms can last for several weeks.</p>
<p>My Child tests negative.</p>	<p>CONTACT THE SCHOOL Discuss when your child can come back to school (same day/next day)</p>	<p>....The test comes back negative.</p>
<p>My Child is ill with symptoms not linked to COVID-19.</p>	<p>FOLLOW USUAL SCHOOL ABSENCE POLICY PROCEDURE</p>	<p>After 48 hrs following the last bout of sickness/diarrhoea if this is the cause of absence.</p>
<p>Someone in my household has COVID-19 symptoms.</p>	<p>DO NOT COME TO SCHOOL Contact school. Self-isolate the whole household for 14 days. Household member to get tested. INFORM SCHOOL IMMEDIATELY ABOUT TEST RESULT</p>	<p>....The test comes back negative.</p>
<p>Someone in my household tests positive for COVID-19</p>	<p>DO NOT COME TO SCHOOL Contact school. Agree an earliest date for possible return Minimum of 14 days.</p>	<p>....The child has completed 14 days of isolation.</p>
<p>NHS test & trace has identified my child has been in close contact of someone with symptoms of confirmed COVID-19</p>	<p>DO NOT COME TO SCHOOL CONTACT SCHOOL. Agree an earliest date for possible return Minimum of 14 days.</p>	<p>....The child has completed 14 days of isolation.</p>
<p>We/my child has travelled and has to self-isolate as a period of quarantine.</p>	<p>Do not take unauthorised leave in term time. Consider quarantine requirements and FCO advice when booking travel. Returning from a destination where quarantine is needed. Agree an earliest date for possible return. Minimum of 14 days from return date. Self-isolate the whole household.</p>	<p>....The quarantine period of 14 days has been completed.</p>
<p>We have received medical advice that my child must resume shielding.</p>	<p>DO NOT COME TO SCHOOL CONTACT SCHOOL. Shield until you are informed that restrictions are lifted and shielding is paused again.</p>	<p>.....School inform you that restrictions have been lifted and your child can return to school.</p>
<p>My child's bubble is closed due to COVID-19 outbreak in school.</p>	<p>DO NOT COME TO SCHOOL At home support your child with remote education provided by school. Your child will need to isolate for 14 days.</p>	<p>.....School will inform you when the bubble will be reopened.</p>

World Mission Month

October is **World Mission Month** when Pope Francis asks every member of the Catholic community around the world to recognise themselves as a missionary disciple, working and praying together to share the joy peace, hope and love of God with everyone, everywhere.

Our children are invited to join in this worldwide celebration. They can join on any day of the month and for however long they want. All the resources for the month are available to download from the **Mission Together** website: <https://missiontogether.org.uk/calendar/missionmonth/>

They include our popular **Mission Month Calendar**, and **Five Fact Assembly on St. Therese of Lisieux**, patroness of Mission. Pupils are encouraged to pray the Rosary by following our online child-led **Mission Rosary** and to share with the world their hope and joy in the **#MyMission #OurMission Activity**.

Here is Week 1 for you to follow:

Our Mission Month - Sharing God's Love with the Whole World **missio**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
First Mission Week	Mission means 'to be sent'. Jesus sends us to share God's love with the world. How will you do that this month? 	Find out about Mission Together and how, through prayer and sharing, we can help other children around the world.* 	Send someone a kind message or draw them a picture to brighten their day. 	Say the Mission Together Prayer as a class. 	Make friends with someone new in school today. 	Spend some time thanking God for all the good things that happened this week. 

St Alban's Pupil Profile



This half term we are growing to be **curious** about everything;

and **active** in our engagement with the world, changing what they can for the better.

Saint Ignatius had the great insight that not only were all things made by God and held in existence by God, but that God was working through all of creation for our benefit. This is often expressed as 'finding God in all things' and shapes our approach to learning. All things are worthy of our attention, curiosity and study because in each one of them there is the possibility of finding God; and not only God but God doing something for me.

Curious and Active at St Alban's

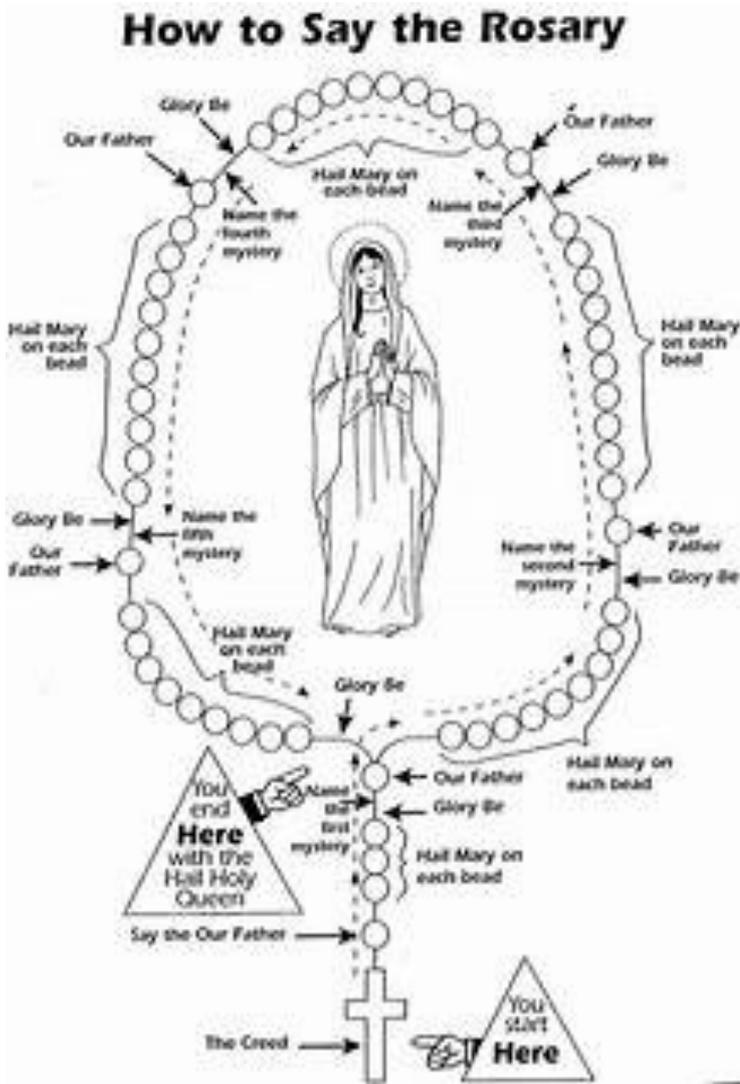
Our children have been curious and active finding out new things and loving learning in the outdoors so far this term...



Have a look on twitter or Facebook to see how else we have been **Curious** and **Active** this term!

October - The month of The Rosary

As October is the month of the Rosary, why not show your children how pray parts of the Rosary each day?



Hail Mary

Hail Mary, full of grace,
the Lord is with you;
blessed are you among women,
and blessed is the fruit of your womb,
Jesus.

Holy Mary, Mother of God,
pray for us sinners
now and at the hour of our death.
Amen.

Glory be

Glory be to the Father,
and to the Son,
and to the Holy Spirit.
As it was in the beginning,
is now, and ever shall be,
world without end.

Amen

Hail Holy Queen

Hail Holy Queen, Mother of Mercy,
our life, our sweetness and our hope.
To you do we cry,
poor banished children of Eve.
To you do we send up our sighs,
mourning and weeping in this valley of tears.
Turn then, O most gracious advocate,
your eyes of mercy toward us;
and after this our exile,
show unto us the blessed fruit
of your womb, Jesus.
O clement! O loving! O sweet Virgin Mary!

Pray for us, O Holy Mother of God.
That we may be made worthy
of the promises of Christ.

*Our Father, who art in heaven,
hallowed be thy name.
Thy Kingdom come,
thy will be done,
on earth as it is in heaven
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those
who trespass against us.
And lead us not into temptation,
but deliver us from evil.
For thine is the kingdom,
the power and the glory
for ever and ever.
Amen*

Foundation Phase News

Welcome back everyone! It's been wonderful seeing the familiar faces in Years 1 and 2 and a big welcome to the new pupils and families in Reception. All pupils have settled into their classes brilliantly and have been busy getting back to their school routines exploring their learning environment.

Reception have recently completed their first full week in school and are already enjoying our daily routines such as Dough Disco and Pause Points. This term is spent getting to know the children and giving them time to become familiar with their new learning environments. Reception children will be completing tasks that are carefully planned in line with 'The Foundation Phase Profile'. This supports teachers to make a 'baseline assessment' of each child to support their learning journey throughout their time in the Foundation Phase.

Involving parents/carers in their children's education is an essential part of the Foundation Phase so there may be times where your child's teacher will ask questions to support their in class judgments of your child's current stage of learning and development.



Our theme this term is 'The Great Outdoors'. After reading the story Jack and the Beanstalk we had an unexpected email from The Giant which has led the pupils to consider how well we are caring for our plants around the school. Therefore, we have come up the question "How do plants grow?" He sent us some beans which have been planted and the pupils are understanding the parts of plants as well as exploring the best conditions for growing them.

Literacy and Maths skills are taught discreetly and through the context of learning about plants.

Literacy skills we will cover this term are:

Reception

Following instructions

Introduction to Phonics by:

developing listening skills, listening and remembering sounds and talking about sounds

Identifying rhyming words

Year 1 and Year 2

Recapping on the rules of sentences and what they should include: A Capital letter, finger spaces and full stops.

Daily phonics and handwriting practise.

Instructions - what they are, how to read them and write them.

Autumn Poetry

Maths skills which we will cover in Foundation Phase this term are:

Reception

Observations to gain an understanding of where pupils are in their counting, shape recognition and comparing numbers

Year 1 and Year 2

Numbers to 100 and beyond (Year 1 and Year 2)- Reading and writing these correctly.
Place Value- how numbers are made of hundreds (Year 2), tens and units.
Comparing numbers- which numbers are smallest/largest in a set.
Ordering numbers from smallest to largest or largest to smallest.
Measuring length and height
Sorting

Homework will be set weekly on Seesaw.

Miss Cabrera's Class:

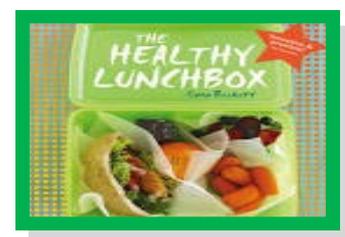
Reception will be working towards the Pori Drwy Stori Rhyming Challenge. A certificate from The BookTrust Cymru will be given out at the end of this term to thank you for your engagement.

Mrs Hughes' Class:

Year 1 and Year 2 will continue to consolidate and revisit learned skills weekly.



- PE in on Wednesday and children only need to bring in trainers. They will not be changing for PE.
- If children wear wellies to school, they should also bring school shoes to change into for the day.
- Water bottles filled with water to be brought in daily. We can refill them in school if needed. These must be labelled.
- Please make sure all of your child's school uniform is labelled.
- Your child should not bring a pencil case or any personal belongings e.g. toys to school.
- Please try to give your child a 'healthy lunchbox' – this is in line with our school being a healthy school. Thank you.





Welcome to Year 3 and 4



It is so lovely to see the pupils of Years 3 and 4 back in school safe and well. We are very proud of the way the children have coped with their time away from school and with how they have settled into their new class.



This term our topic is 'The Great Outdoors'. During this topic we will be exploring two 'Big Questions':



How do trees grow?

How does a polar bear survive in the cold?



So far, pupils have been learning about the life cycle of a tree, making bird feeders to attract birds into our school environment and identifying the trees in our school grounds.



In Maths, we are learning how to use tally and frequency tables, measuring length and volume as well as working on our place value skills.



In **English**, we have been working hard at improving our handwriting, use of phonics and reading skills. We are also learning how to write a set of instructions and a portal story where the main character experiences a change in place or time.



Every week, your child will be set homework which they can access on their seesaw account at home. Your child will have been given a new home learning code so they can access their homework. Please contact us if you have any problems regarding this matter.



There is a slight change this year regarding PE. Due to Covid 19, your child will not need a PE kit to change into for PE sessions but could you please ensure they bring a pair of trainers to wear. Their PE day is Wednesday. Please also remember to send a bottle of water into school with your child every day. (Water only please as we are a Healthy School)



We are really looking forward to an exciting year ahead and would like to thank you for all your support.



Many thanks

Mrs Hiles and Miss Pitman



Welcome Year 5 and 6!

Year 5 and 6 have settled extremely well into our 'new normal' at school and we are so pleased to welcome everyone back.



Our main theme this half term is 'The Great Outdoors'. The children have already got off on the right foot, putting their well-being first and taking time to experience the benefits of the outdoors and nature during our Well-being day. The children now hope to plan and hold their own whole school well-being day event provided their persuasive letters persuade Mrs Woodward to say yes!

Using their data handling skills the children will identify the most enjoyed activities during the wellbeing day and include such activities in their plan, including their own yoga videos and promotional adverts to raise the awareness of the importance of the outdoors on everyone's wellbeing.

Next we move on to the big question, 'What skills do you need to survive the outdoors?' This will include co-ordinates and map work, adventure story writing, reading about inspiration survivors and more of our class novel 'Kensuke's Kingdom', orienteering and much more!

PE is on Wednesday and Thursday afternoon. The children are required to bring trainers to school. School reading books and homework will be sent home this week and will be set weekly through seesaw.

We are so excited about this new year!

Mrs Mathews, Mrs Livingstone and Mrs Phillips

Pause Points

The pupils in school take time out of their day at different times to pause and improve their own wellbeing.

These sessions have been proven to improve concentration skills, foster resilience and encourage pupils to engage with learning.



Parents and Friends Association

Our PFA are busy behind the scenes organising fund raising raffles etc, you can find them on Facebook.

If you would like to join the team, please contact our school office and we will put you in touch with

COVID-19 Update

Thank you to all parents and carers who have been maintaining social distancing to keep us all safe during these difficult times.

Here are a few reminders to help:

- ◆ All children now finish school at 3pm.
- ◆ As you wait, please continue to maintain a 2 metre distance from other parents on site.
- ◆ If you wish to do so, please wear a mask.
- ◆ The children will not be changing for PE at the moment, but will need trainers on their PE days to wear for the activities.

Internet Safety—Net Aware

Keeping younger children safe online

Talk to your child regularly about what they're doing online and how to stay safe. Let them know they can come to you or another trusted adult if they're feeling worried or upset by anything they have seen. You can use our [conversation start-](#)

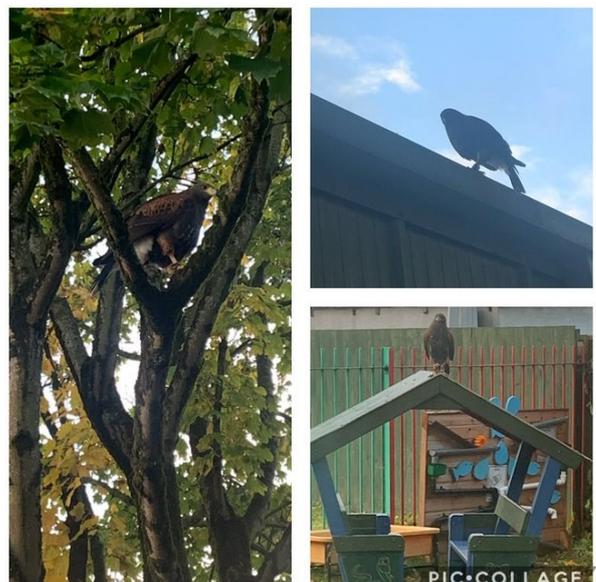
Explore your child's online activities together. Understand why they like playing certain games and make sure they know

Agree your own rules as a family when using sites, apps and games. You can use

Manage your technology and use the settings available to keep your child safe.

If you need any help at all changing the settings on devices, please contact the school office and we are happy to help!

Look who came to visit St Alban's today!!

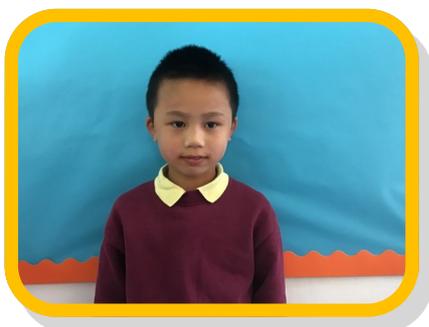


Congratulations!

We love celebrating success here at St Alban's! Here are a selection of our [@ClassDojo](#) winners, our Star of the Day award winners and our class attendance winners for the first month of 2020-21. Ardderchog pawb

Dojo Winners in Year 4!

Star of the Day Awards Year 6



Attendance Winners!

Reception Class at 90.55%



For further information about what's happening in our school, please see our:

Twitter feed: [@StAlbansSchool1](#)

Facebook Page: St Alban's Catholic Primary School

(You just need to like the page to be able to follow)

Instagram: [stalbansprimaryschool](#)

Did you know?

Grants are available to help families on low incomes buy school uniforms and equipment.



Llywodraeth Cymru
Welsh Government

Learners receiving free school meals can get a Welsh Government grant if they are:

- entering reception class in primary school
- at the start of any of the key stages, e.g. Key Stage 2, Key Stage 3 or Key Stage 4 (primary and secondary)
- aged 4, 7, 11 or 14 in special schools, special needs resource bases or pupil referral units.

Funding for looked after children is available in every school year.



Primary and secondary school children are entitled to **£125** for each application.

Children entering Year 7 can now apply for **£200** to help with the additional costs of starting secondary school.

The fund will cover school uniform and sports kit, equipment for out-of-school-hours trips (including outdoor learning), and equipment for activities within the curriculum such as design and technology.

How to apply

Contact your local authority:
gov.wales/pupil-development-grant-access



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EDUCATION WALES
cenhadaeth ein cenedl | our national mission



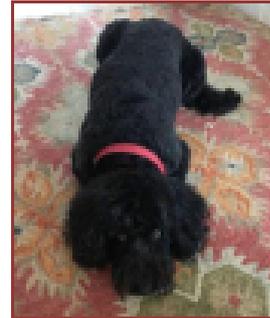
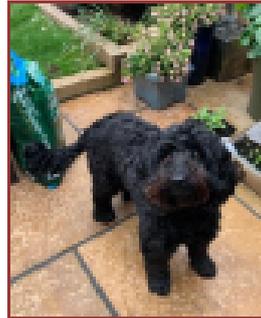
St. Alban's Catholic Primary School
Mona Place, Tremorfa, Cardiff CF24 2TG
Tel: 029 20 462 915 Fax: 029 20 480 152
E-mail: Stalbansprm@cardiff.gov.uk



Monday 5th October 2020

Dear Parents and Carers,

WELCOME TO BELLE - OUR SCHOOL DOG



I am writing to inform you that we will have a new member of our school community this year. We have decided to have a school dog as part of the on-going provision for wellbeing and mental health of both children and staff.

Belle, our school dog, will live with Mrs Woodward's sister and come in to school most Wednesdays (Wellbeing Wednesday) to be alongside the children and staff. There will be a long period of integration into the school, with the children taught how to act near her, as well as Belle having received extensive obedience training over the years.

There are many benefits of having a school dog, as detailed below –

- A calming effect on pupils;
- Improved behaviour and concentration, reduced stress and improved self-esteem;
- Encouraging expression, participation and confidence for all children;
- Fostering a sense of responsibility;
- Motivating pupils to think and to learn;
- Developing an enthusiasm for and enjoyment of animals;
- Encouraging respect and thereby improving pupils' relationships with each other, parents and teachers;
- Teaching children to nurture and respect life;
- Helping work undertaken with the most vulnerable children;
- Helping children build confidence in reading;
- Improving attendance;
- Helping overcome a fear of dogs;
- Developing the understanding of unconditional love;
- Supporting with the development of cooperative play;
- Supporting children to develop empathy;
- Further promote our wellbeing agenda for pupils.

How has the school planned for this?

- Rigorous research has been carried out to ensure that we have selected the most suitable breed of dog for our school, pupils and staff;
- A full risk assessment and policy has been written and will be available on the school website;
- All contact will be carefully planned and children will not be left unsupervised with the dog;
- Belle has been, and will continue to be, fully vaccinated and has regular trips to the vets to make sure she is developing well;
- We have ensured that Belle has been well socialised prior to her coming in to school both with others dogs and humans!
- When not working, Belle will be based in Mrs Woodward's office where she can have a rest and break from busy school life.

What about allergies?

- Belle is a Cockapoo - the breed is hypoallergenic meaning her hair doesn't shed and those with allergies do not suffer;
- All areas of the school are vacuumed and surfaces are wiped down daily;
- Movement around the school will be controlled;
- Belle will be regularly groomed;
- Any child working with Belle will wash their hands.

How can I find out more information?

- We aim to put regular information onto our Facebook page, Twitter feed, Instagram and school website to keep parents and children up to date on the progress of our school dog – Belle our Wellbeing Dog.

I know there will be lots of parents and carers who support the new addition to our school, however if there are any further questions please talk to a member of the Senior Leadership Team or contact us via the school office.

I hope you will join me with excitement for what Belle can bring to our school and the welfare of our pupils.

Kind regards,

Mrs Rachel Woodward

Headteacher

St Alban's Catholic Primary School

A big

Thank You

to Morrison's for their amazing donation this week!

Thank you Sam who took the time to deliver the trees, bulbs and plants to St Albans!



THANK YOU TO MORRISON'S FOR THE GENEROUS DONATION. WE CAN'T WAIT TO BEAUTIFY OUR SCHOOL GROUNDS!



PIC•COLLAGE



Dates for your Diary:

Inset Days:	Tuesday 1st September 2020
	Monday 2nd November 2020
	Monday 4th January 2021
	Monday 19th July 2021
	Tuesday 20th July 2021

There is one further inset day to be allocated.

Half term: Monday 26/10/2020 - Friday 30/10/2020 (NB—Inset day Monday 2nd Nov)

Weeks beginning:

19th Oct, 3rd and 9th Nov	Parent Consultations by telephone
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Term Dates for 2019-20

Autumn Term

Term Starts	Tuesday 01/09/2020
Half term:	Monday 26/10/2020 - Friday 30/10/2020
Term Ends	Friday 18/12/2020

Spring Term

Term Starts	Monday 04/01/2021
Half term:	Monday 15/02/2021 - Friday 19/02/2021
Term Ends	Friday 26/03/2021

SUMMER TERM

Term Starts	Monday 12/04/2021
Half term	Monday 31/05/2021 - Friday 04/06/2021
Term Ends	Tuesday 20/07/2021