



St. Mary's Catholic Primary School Newsletter

OCTOBER 2026

Love, Grow, Believe, Achieve

DATES TO REMEMBER

Dear Parents/ Carers,

Thank you so much for helping our children get off to such a good start this half term by having children ready for learning, in uniforms and with their book bags every day!

OCTOBER - Month of the Holy Rosary.

Sunday 11th - 11.00am School Family Mass at St Mary's Church (All Welcome)

Tues 13th - Dosbarth Melyn Class 1/ 2 Forest School

Tues 13th - 9.30am Yr 3 and Yr 5 Class Mass at St Mary's (All welcome)

Wed 14th- Teacher Parent Meetings (in person)

Thurs 15th - 3.15-4.00pm Fundraising Disco (Rec/ Yr 1/ Yr 2/Yr 3)

Thursday 15th - Shwmae Day (activities at school)

Friday 16th - Show Racism the Red Card Day (Wear red)

Tuesday 20th- Yr 4 Forest School

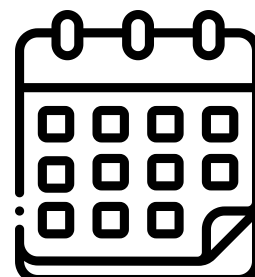
Thursday 22nd- Flu Vaccinations Rec-Yr 6

Wed 21st - Teacher Parent Meetings (online)

Thurs 22nd - 3.15-4.15pm Fundraising Disco (Y4-6)



HALF TERM HOLIDAY (26th to 30th Oct)



FLU VACCINATIONS

Flu vaccinations Rec-Yr6

If you would like your child to have a flu vaccination, please follow the NHS link provided by school via Arbor.



CATHOLIC PUPIL PROFILE

This term we will be teaching the Gospel values of being:

Compassionate and Loving



Parish Foodbank

We are asking parents to support our parish food bank- St Vincent Centre, Ely, by contributing items of food that have a long life and that are not persishable. Donations can be handed to staff in the mornings for collection. This is a great way to model how we put our Catholic Social Teaching into Action. Please see the list below for what is needed.



FOODBANK REQUEST

- ✓ Tinned Meat
- ✓ Tinned Fish
- ✓ Tinned Pulses
- ✓ Tinned Fruit
- ✓ Tinned Tomatoes
- ✓ Long Life Milk
- ✓ Juice or Squash
- ✓ Spreads – Jams, Peanut Butter
- ✓ Tea
- ✓ Tinned Pasta
- ✓ Tinned Veg
- ✓ Pasta Sauce
- ✓ Dried Rice – 500g or 1kg packets
- ✓ Rice Pudding/Custard
- ✓ Cereal
- ✓ Biscuits
- ✓ Soup



Prayer of the Month

As it is the month of the Holy Rosary, it would be wonderful if you could practise using rosary beads at home. Perhaps say the Hail Mary Prayer together as a family, or help your child to learn it as a hymn with signs. Follow the link below to hear the hymn.

[Hail Mary Hymn](#)



PE DAYS

Please ensure your child wears their PE kit to school on the following days:

Mondays - Coch (R/Y1), Melyn (Y1/2)

Tuesdays - Porrfor (Y6)

Wednesdays - Gwyrdd (Y3), Nursery

Thursdays - Glas (Y4)

Fridays - Indigo (Y5)



**SUPPORT
OUR SCHOOL
PLAY OUR LOTTERY**



- Tickets cost just £1 a week
- The easy way to help us raise funds
- Local cash prizes every week



BUY TICKETS:
Go to: www.yourschoollottery.co.uk
And search for: St Marv's Cardiff



GambleAware 

PARENT COMMUNICATIONS

We have now stopped using GroupEd and all communications will come from Arbor.

Please ensure you download the Arbor Parent app so you receive all messages. Some information will be sent as emails but urgent messages will come through the app.

If you need a reminder of your details please ask at the office.

SCHOOL UNIFORM

Please remember to ensure your child is wearing the correct school uniform this term:



Only black shoes or fully black trainers are allowed to be worn to school. No sandals, crocs etc.

PE Kit

PE kits must be worn to school on PE days - black or navy shorts/ jogging bottoms/ leggings, trainers and a white or coloured t'shirt in their house colour.



FOREST SCHOOL

We are delighted to begin our outdoor learning days next week. The children will be taken out of school to the local parks to engage in forest school activities which support our learner's wellbeing and social development. Please ensure the children have appropriate clothing and footwear.



TERM DATES & INSET DAYS

[For this year's term dates click here.](#)

Our school will be closed on the following days for staff training:

- Mon 4th January
- Mon 5th April



1 more INSET Day is to be confirmed at a later date

PARISH FOOD BANK

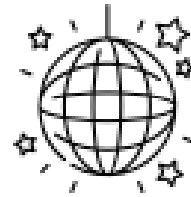
Our parish offers a food bank through the St Vincent Centre in Ely. If you are interested in receiving a food parcel please email or pop into the school office and we can refer your family to the centre.

On Mondays, parcels can be collected from the centre at Ely Bridge or delivered to your home.



ST MARY'S FUNDRAISING

St Mary's are hosting school discos in the coming weeks. Check above for the relevant year group and dates. We would love for your children to come join the disco, have fun and help fundraise at the same time. The money raised will go to resources and experiences that your children will enjoy throughout the year and time in school.



MEDICAL NEEDS

If your child has any medical needs that we are not aware of please let the school office know. This includes asthma and allergies.

Children who have asthma should bring their blue asthma pumps to school daily in their school bags and parents/ carers must complete an asthma card.



Rainbow class names again this year. They are as follows:
Reception/ Year 1 - Dosbarth Coch
Year 1/ Year 2 - Dosbarth Melyn
Year 3 - Dosbarth Gwyrdd
Year 4 - Dosbarth Glas
Year 5 - Dosbarth Indigo
Year 6 - Dosbarth Porffor

coram



**family
lives**

ND
COMMUNITY
CONNECTORS
CIC



Child to Parent Aggression

Delivered by **Coram Family Lives**

Hosted by **ND Community Connectors CIC**

The session aims to:

- Support parents and carers experiencing aggression or violence from a child or teenager.
- Provide a safe space to share, explore difficult behaviours and offer coping and de-escalation strategies.

 **Location:** ASDA Cardiff Bay, Ferry Road, Cardiff, CF11 OJR

 **Date:** Tuesday, 3rd November 2026

 **Time:** 10:00am - 11:30am

For more information & to book a place via Eventbrite, please use the QR code or this link:



<https://ChildtoParentAggressionCoramFamilyLivesNDcommunityconnectors.eventbrite.co.uk>



The Open University
Y Brifysgol Agored
Wales Cymru

Information Event

Hosted by **ND Community Connectors**
Sponsored by **The Open University Wales**
Caring for Carers Cymru

For **parents/carers** of children & young people
on the **Neurodevelopmental Service** waiting list
or with an **Autism/ADHD** diagnosis in **Cardiff**

Information stalls from locally based services and support
that can be accessed whilst waiting for an assessment or
post diagnosis.

Supported by organisations across Local authority,
Education and Third Sector/Charity.

 **Location:** Glenwood Church & Wellbeing Space
Circle Way West, Llanedeyrn CF23 6UW

 **Date:** Monday, 19th October 2026

 **Time:** 10:00 - 11:30am

For more information & to book a place via
Eventbrite, please use the QR code or this link:

<https://autismadhdservicesandsupportCardiff.eventbrite.co.uk>

