



**Holy Family RC Primary School
Newsletter**

"Working together as a family, following in the footsteps of Jesus, always giving our best."

Mrs L. Mills, Headteacher- holyfamilyprm@cardiff.gov.uk

Priest in charge: Father Solomon

Weekend Mass times- Saturday 6.00pm, Sunday 9.30am

Telephone: School 029 20565354 Church: 029 20230492

School website address – <https://www.holyfamilyprm.co.uk>

12th September 2025

All the children have been fantastic on their return to school, working really hard and enjoying their new classes.

P.E. Timetable

Class 1 Monday and Friday

Class 2 Monday and Thursday

Class 3 Tuesday and Thursday

Class 4 Tuesday and Wednesday

Class 5 Monday and Friday

Class 6 Thursday and Friday

Attendance

Attendance Matters

Attendance Percentage	Days at School	Number of Absences		
100%	190	0	Well Done	Best chances of success.
95%	180	10		
90%	171	19	'We are Worried'	Poor Attendance—Less chance of success
85%	161	29		
80%	152	38	'We are Seriously Concerned'	Very Poor Attendance—Serious impact on education and reduces life chances.
75%	143	47		

If your child is unwell please telephone the School the first morning of their absence; we have a dedicated telephone line where you can leave a message. If your child is unwell in the morning but then perks up, please bring them into school, they will then get their afternoon mark.

Schoop messaging service

It is essential that you download the Schoop communication app, in particular if we need to contact yourselves should there be case of Covid 19 in the school. The app. is free to download and very easy to use. The instructions for downloading are below:

If you have an iPhone, iPad, Android phone or tablet

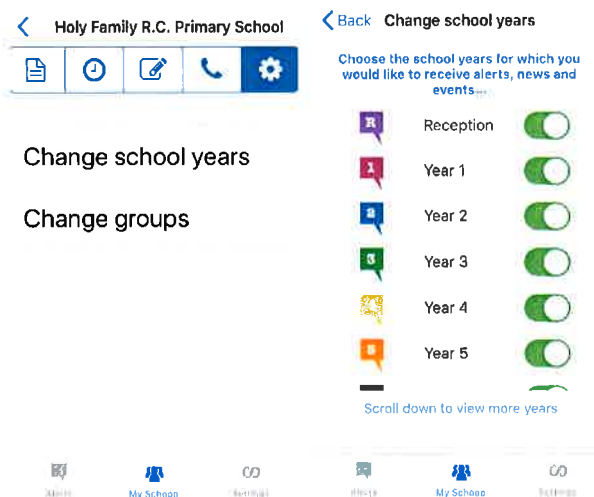
1. On your iPhone or iPad click the **App Store** button
2. On your Android phone or tablet click the **Google Play** button
3. Search for **Schoop** and download the **FREE app**
4. Run the app and follow the instructions
5. Enter our Schoop ID **17391**
6. Add the years and groups relevant to you
7. That's it – you're in the loop!

If you have a Windows Mobile, Blackberry, PC or Mac

1. Go to www.schoop.co.uk

P.T.O

2. Enter our Schoop ID: **17391** Add your email address and choose relevant years and groups
3. Select your preferred language, if applicable.
4. Click **CONFIRM**, and you're in the loop!



To change the year group your child is in go into settings on Schoop and then go to screen 1 and then 2.

THANK YOU TO THOSE PARENTS WHO ALREADY USE THE APP.

Flu immunisation

Flu immunisation for the whole school will take place on **Wednesday 17th September**. You have received information on how to give consent.

School uniform labelled

Please ensure all uniform is labelled, particularly Jumpers and Fleeces. Thank you.

Sharing success

If your child achieves something we can celebrate, either email a photograph or the child can bring in their certificates, trophies etc. We will publish the good news in the Newsletter.

Inset days 2025+26

Friday 24th October

Friday 13th February

Monday 1st June

Monday 20th July

Diary Dates 2025+26- these will be updated regularly

September

Monday September 8th-Friday September 12th Healthy Schools Week

Wednesday 17th September Flu immunisation

Thursday 25th September 2.30pm Meeting for parents in **Reception** to learn about how to help your child learn to read

Friday 26th September European Day of Languages

Friday 29th September- Thursday October 2nd Y6 Cycling training

October

Wednesday 15th October Shw' mae Day- children to wear red, white or green

Thursday 16th October 10am Harvest Festival led by **Class 1, 2 and 3**, followed by Macmillan Coffee Morning

Friday 17th October Show racism the red card day- children to wear red

Friday 24th October Inset Day- school closed to children

Monday 27th October half term begins

Friday 31st October half term ends

November

Monday 3rd November children return to school

Monday 10th November- Friday 14th November Anti-Bullying Week

Monday 17th November- Friday 21st November 'Open your eyes Week'- Careers week for Y6

Wednesday 19th November Parental Consultation Evening

Wednesday 26th November Parental Consultation Evening

December

Wednesday 3rd December 2pm Christmas Play Class 1+2

Thursday 4th December Christmas Play Class

Wednesday 10th December Class 3+4 Play

Thursday 11th December Class 3+4 Play

Wednesday 17th December Christmas Lunch

Thursday 18th December Christingle Carol Service

Friday 19th December Disco

Friday 19th December school closes for the Christmas holidays

January

Monday 5th January children return to school

February

Friday February 13th Inset Day school closed to children

Monday 16th February half term begins

Friday 20th February half term ends

Monday 23rd February children return to school

Friday 27th February- celebrating St David's Day- children to wear traditional costume or red

March

Monday 16th March Y6 Residential visit to Llangrannog
 Wednesday 18th March Y6 return from Llangrannog
 Monday 23rd March Class 1,2 and 3 present Palm Sunday 3pm
 Tuesday 24th March Class 4 present The Last Supper 3pm
 Wednesday 25th March Class present The Trial of Jesus and Garden of Gethsemanae
 Thursday 26th March Class 6 present the Crucifixion
 Friday March 27th Easter Raffle

Friday 27th March school closes for the Easter holidays

April

Monday 13th April Children return to school after the Easter holidays
 Monday 13th April Year 5 children residential to Manor adventure begins
 Monday 13th April Year 6 2 week swimming course at Fairwater Leisure begins
 Wednesday 15th April Year 5 children return from Manor Adventure
 Friday 24th April Year 5 children return from Manor Adventure
 Wednesday Class 5 Parental Consultation Meeting
 Thursday 30th March Classes 1,2, 3, 4 and 6 Parental Consultation Evening

May

Monday 4th May Bank Holiday
 Wednesday 6th May Class 5 Parental Consultation Meeting
 Thursday 7th May Classes 1,2, 3, 4 and 6 Parental Consultation Evening

Friday 22nd May school closes for Half term

Monday 25th May half term begins

Friday 29th May half term ends

June

Monday 1st June Inset Day School closed for children

Tuesday 2nd June children return to school after half term

Wednesday 17th June Sports Day

Wednesday 24th June Sports Day if the weather is poor on the previous date

July

Monday 6th July Class 5 and 6 Play

Tuesday 7th July Class 5 and 6 Play

Tuesday 14th July Year 6 Leavers' Assembly

Friday 17th July school closes for the summer holidays

Term Dates 2025/26

Term	Term begins	Half Term begins	Half Term ends	Term ends
Autumn Term	Monday 1/9/2025	Monday 27/10/2025	Friday 31/10/2025	Friday 19/12/2025
Spring Term	Monday 5/1/26	Monday 16/2/26	Friday 20/2/26	Friday 27/3/26
Summer Term <small>*4/5/26 May Day Bank Holiday</small>	Monday 13/4/26	Monday 25/5/26	Friday 29/5/26	Monday 20/7/26



CLASS ONE



THIS WEEK IN CLASS ONE WE HAVE BEEN LEARNING ABOUT HEALTHY SCHOOLS WEEK. WE PLANNED AND MADE A HEALTHY FRUIT KEBAB. THEY WERE DELICIOUS.



WE WORKED TOGETHER TO SORT HEALTHY AND NOT SO HEALTHY FOODS.



WE TALKED ABOUT HEALTHY SNACKS.



WE HELPED OUR NEW FRIEND WILMA TO LEARN ABOUT HEALTHY CHOICES AND PACKED HER A HEALTHY LUNCHBOX.



This week in **Class 2** we have shared a wonderful Healthy Schools Week. The children thought of some fabulous activities they would like to do in Pupil Voice. We all designed, made and ate delicious fruity faces. We counted healthy fruits and vegetables, used coins to pay for delicious fruits and made a graph of our favourite fruits.



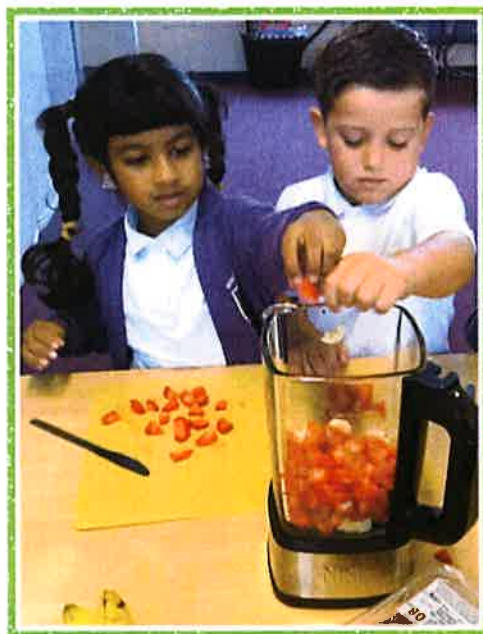
Healthy Schools





Class Three

This week in Class Three we have been celebrating Healthy Schools Week.



We designed, made and evaluated fruit smoothies.

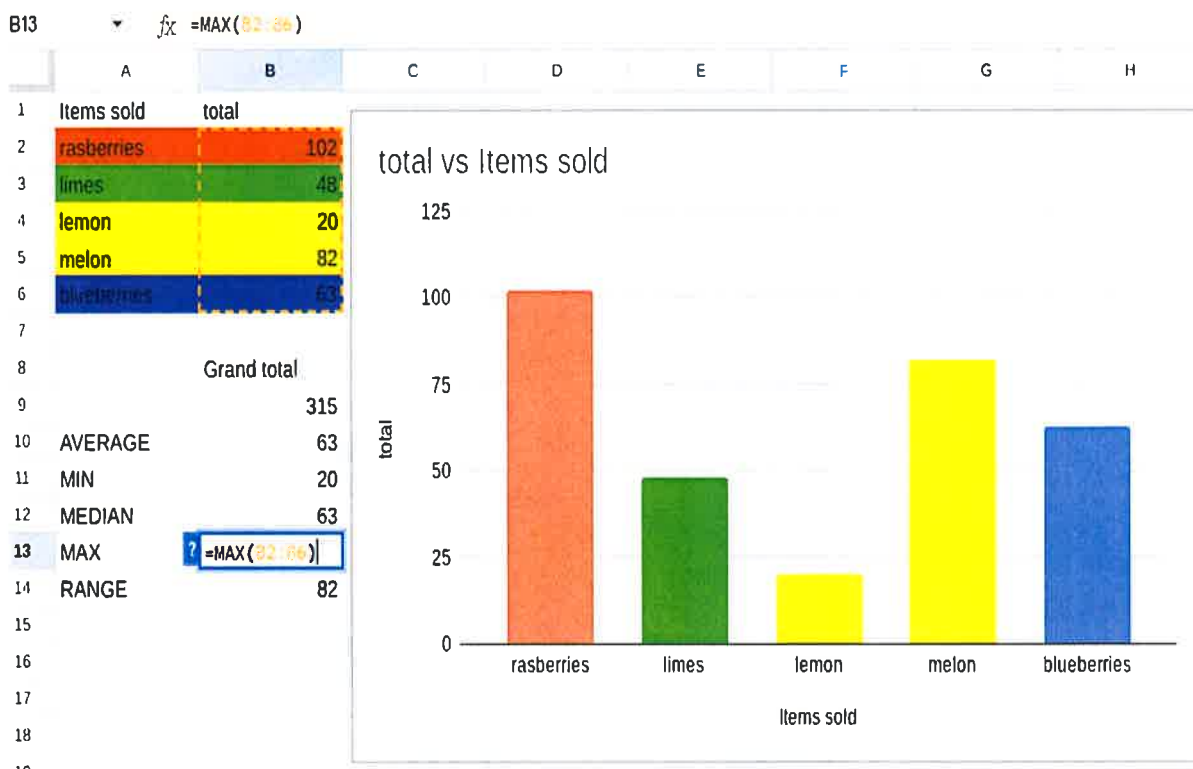
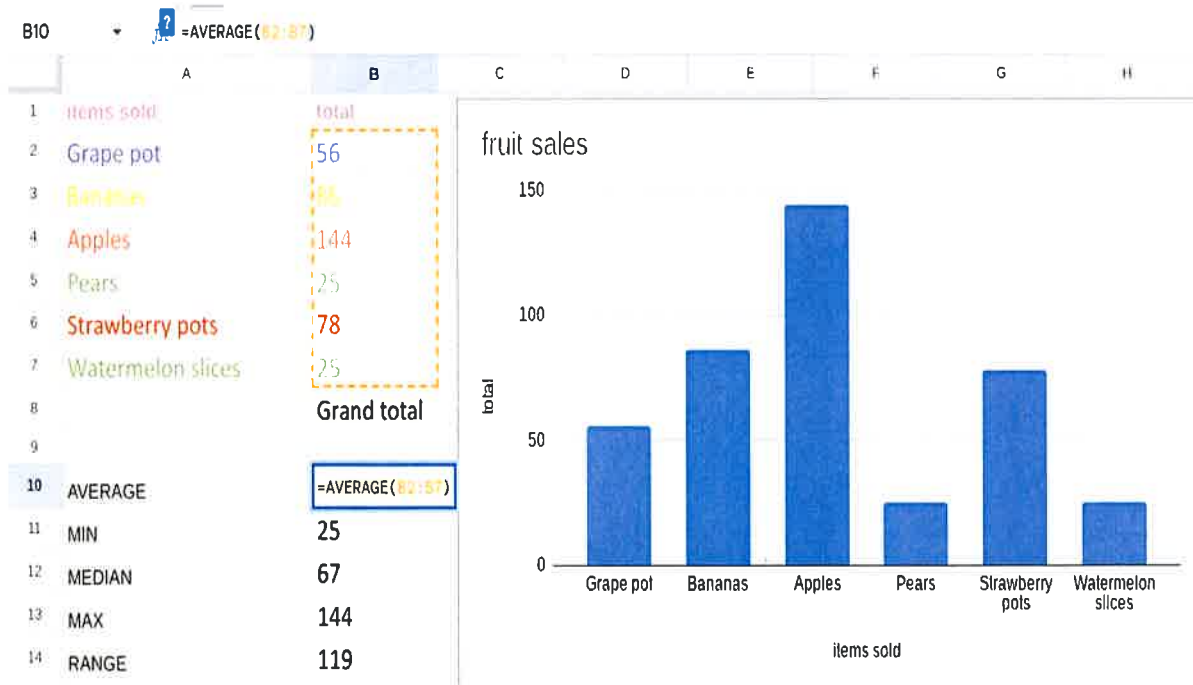


We have enjoyed exercising to stay fit this week.



class 5 healthy schools week

This week, we have learned about the different food groups, designed balanced meals and created spreadsheets with different formulae to simulate a Holy Family fruit shop amongst other activities. Here are spreadsheets from Amaneh and Tobias:



Class 6

We designed presentations, posters and leaflets, providing tips to stay healthy here is Harley's and Alan's poster.

How can you improve your health today?

We have been researching how to maintain a healthy lifestyle.

We discovered to keep healthy you need to focus on eating a balanced diet, include regular physical activity in your routines. Aim for adequate sleep each night, stay hydrated and practice mindfulness and try to have a positive mindset.

How to Maintain a Healthy Lifestyle!

Do you want to stay healthy and live a long, active life? Well after reading this amazing poster you will be informed and know what to do to live a long healthy life! In this fact file you will learn how to eat healthy, exercise correctly, drink the right amounts of water! How healthy are your choices and daily routines? This poster will help you make powerful changes to your lifestyle!

A Balanced Meal

A Balanced Meal is one that includes a variety of foods from different food groups, providing the body with the necessary energy, vitamins, minerals, and nutrients to grow, develop, and stay healthy. It involves eating a mix of fruits and vegetables, starchy carbohydrates, protein sources, and some dairy or dairy alternatives, along with healthy fats.

How many fruit and vegetables do you eat each day? Do you include vegetables in every meal? Getting a variety of foods and colors is very important.

Water/ Hydration

In a healthy lifestyle water is Vitally important as without it you would die within 3 days.. Everyday people need water. Why? Water keeps our bodies working well and helps us stay fit and healthy. Each day people need at least 8 average glasses of water a day! Can you add more water in your daily intake?

The Importance of Exercise

Exercise is VERY important to live a good active life. It is important for developing a strong body with healthy bones, muscles, and a strong heart, while also accelerating mental health through improved focus and energy. If you don't exercise there is a chance you get a heart disease or some cancers. Also you need around one hour a day to exercise even if that is just walking to school or riding your bike! Can you include more exercise to your day?

