



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

Parish Priest: Canon Benedict Koledoye

Weekend Mass times- Saturday 6.00pm, Sunday 9.30am

Telephone: School 029 20565354 Church: 029 20230492

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

24th April 2026

**Reminder that Monday 4th May is a Bank holiday. Monday
June 1st is an Inset Day.**

Catholic Life of the School



This week in Assembly the children learned about the apostle Thomas who doubted Jesus' resurrection. "Unless I see the nail marks in his hands and put my finger where the nails were, and put my hand into his side, I will not believe". ([John 20:25](#)). Jesus responded with one of the most powerful and prophetic statements about faith in all of Scripture: "Because you have seen me, you have believed; blessed are those who have not seen and yet have believed". ([John 20:29](#)). We are those believers!!!!

Parental Consultation Evening

These will take place over the next 2 weeks. Please make every effort to attend, you will be able to see your children's books. Appointments were set home with your child on Monday.

Class 5 Wednesday 29th April and Wednesday 6th May

Class 1, 2, 3, 4 and 6 Thursday 30th April and Thursday 7th May.

Class photographs

These will take place on Tuesday 5th May. Please ensure that your child is wearing appropriate school uniform. Thank you.

Early pick ups at the end of the day

There are an increasing number of children being collected early from school in the afternoon. School finishes at 3.30pm, unless you have a medical appointment children should not be collected early.

Sports Day change of date

Sports Day will now take place on Tuesday 16th June.

Inset days 2026

Monday 1st June

Monday 20th July

Diary Dates for 2026, these will be updated regularly

April

Wednesday 29th April **Class 5** Parental Consultation Meeting

Thursday 30th April **Classes 1,2, 3, 4 and 6** Parental Consultation Evening

May

Monday 4th May Bank Holiday

Tuesday 5th May Class photographs

Wednesday 6th May **Class 5** Parental Consultation Meeting

Thursday 7th May **Classes 1,2, 3, 4 and 6** Parental Consultation Evening

Thursday 14th May Class 4 assembly 3pm

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

Thursday June 11th Class 1 Assembly 3pm

Tuesday 16th June Sports Day

Sunday June 21st children make their First Holy Communion 9.30am at Holy Family Church

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

July

Thursday July 2nd Class 2 assembly 3pm

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

Term Dates 2026/27

Term	Term begins	Half Term begins	Half Term ends	Term ends
Autumn Term	Tuesday 1/9/2026	Monday 26/10/2026	Friday 30/10/2026	Friday 18/12/2026
Spring Term	Monday 4/1/27	Monday 8/2/27	Friday 12/2/27	Friday 19/3/27
Summer Term <small>* May Day Bank Holiday 3/5/27</small>	Monday 5/4/27	Monday 31/5/27	Friday 4/6/27	Tuesday 20/7/27

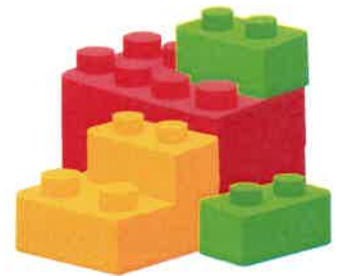
Term Dates 2027/28

Term	Term begins	Half Term begins	Half Term ends	Term ends
Autumn Term	Wednesday 1/9/2027	Monday 25/10/2027	Friday 29/10/2027	Friday 17/12/2027
Spring Term	Tuesday 4/1/2028	Monday 21/2/2028	Friday 25/2/2028	Friday 7/4/2028
Summer Term <small>* May Day Bank Holiday 1/5/28</small>	Monday 24/4/2028	Monday 29/5/2028	Friday 2/6/2028	Thursday 20/7/2028

Spectrum Plus Confidence & Resilience Workshops



Spectrum Plus delivers four **FREE** dedicated resilience and confidence building sessions designed to support pupils of all ages who have been affected by domestic abuse, ACEs or other VAWDASV-related issues. These small-group sessions help children develop confidence, emotional literacy, coping strategies and peer-support skills in a safe, structured environment.



- Maximum of 6 pupils in each group
- Delivered by qualified educators
- Sessions can be delivered in Welsh or English
- All resources will be provided
- Staff member will need to be present in the sessions
- A separate area will be needed to deliver the sessions



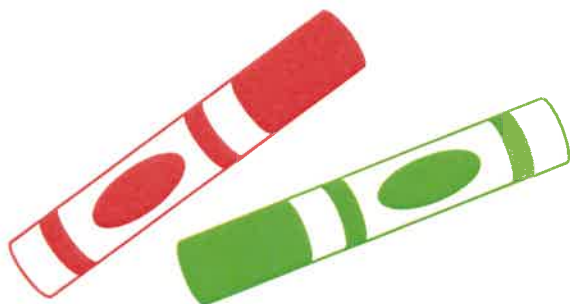
Phase 1 Year 1 and 2 Pupils

Session 1 - 1 Hour
Session 2 - 1 Hour
Session 3 - 1 Hour
Session 4 - 1 Hour



Phase 2 Year 3,4,5 and 6

Session 1 - 1 Hour
Session 2 - 1 Hour
Session 3 - 1 Hour
Session 4 - 1 Hour



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Ariennir gan
Lywodraeth Cymru
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Criteria for Spectrum Plus Confidence & Resilience Workshops



A pupil may attend if they show one or more of the following:

Emotional Wellbeing Indicators

- Persistent low self-esteem (e.g., negative self-talk, reluctance to try new tasks, frequent self-doubt).
- Noticeable lack of confidence in class, group work, or social situations.
- Avoidance of participation due to fear of failure or embarrassment.
- Difficulty expressing their needs, feelings, or opinions.

Adverse Childhood Experiences (ACEs)

- Being a witness to domestic abuse.
- Exposure to household conflict, instability, or emotional stress.
- Other ACE-related challenges that may impact confidence, resilience, or emotional regulation.

Behavioural Indicators

- Withdrawal from peers or reduced social interaction.
- Increased anxiety in classroom or social settings.
- Over-reliance on adults for reassurance.
- Difficulty coping with setbacks, change, or routine challenges.



Learning & Engagement Indicators

- Reduced engagement or motivation linked to confidence issues.
- Hesitation to attempt tasks independently.
- Visible frustration or emotional overwhelm when faced with challenges.

Schools should only share information appropriate and necessary for safeguarding and support.



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CLASS ONE



THIS WEEK WE CELEBRATED EARTH DAY. WE MADE OUR OWN SIMPLE PLEDGES OF THINGS WE CAN DO TO HELP OUR EARTH. WE COMPLETED ACTIVITIES THROUGHOUT THE DAY AROUND THE SCHOOL.



WE MADE MINIBEAST HOTELS IN THE GARDEN, WENT LITTER PICKING AND ON AN EARTH DAY NATURE HUNT.



IN OUR NUMBER WORK WE HAVE BEEN FINDING LADYBIRD DOUBLES AND RECORDING NUMBER SENTENCES.





In our Jigsaw sessions we have been thinking about healthy choices and less healthy choices we can make for our bodies.

Don't eat lots of sweets.

I can eat lots of fruit.

I can drink water.



Get enough sleep.

I can go for a walk.



We have thought about how making healthy choices makes our bodies feel.

When I exercise it makes me feel jolly happy.

I feel awake and have lots of energy.

I feel strong and ready for the day!





Class Three



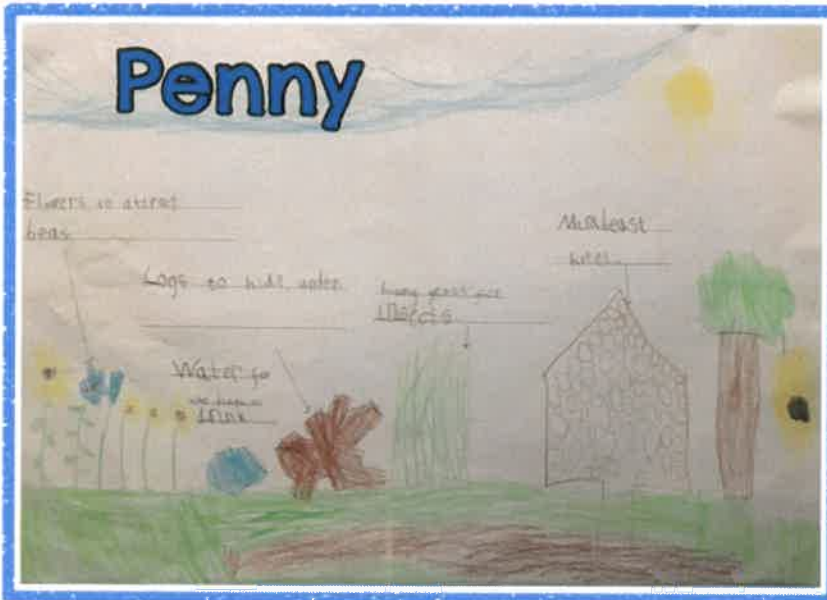
This week in Class Three we have started our context topic 'Wriggle and Crawl'.



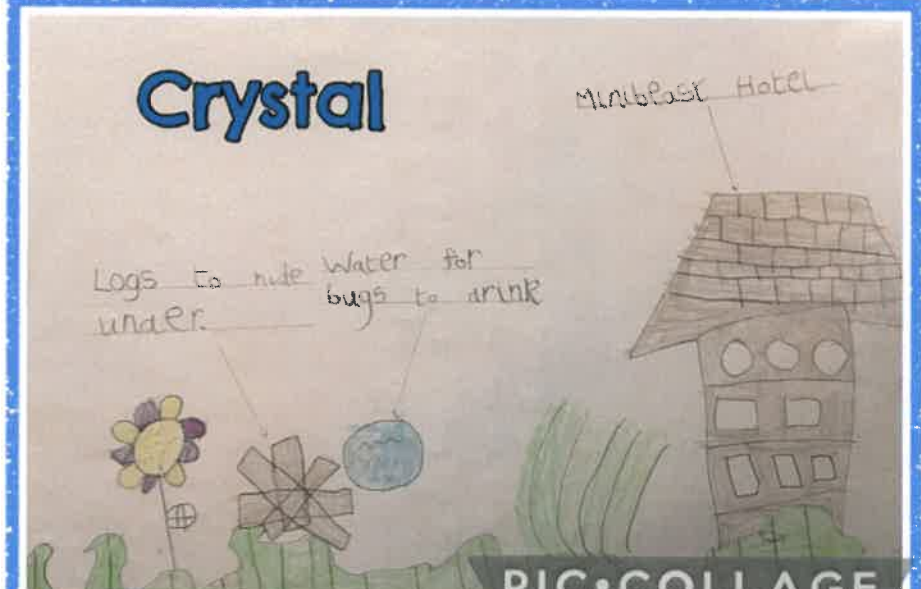
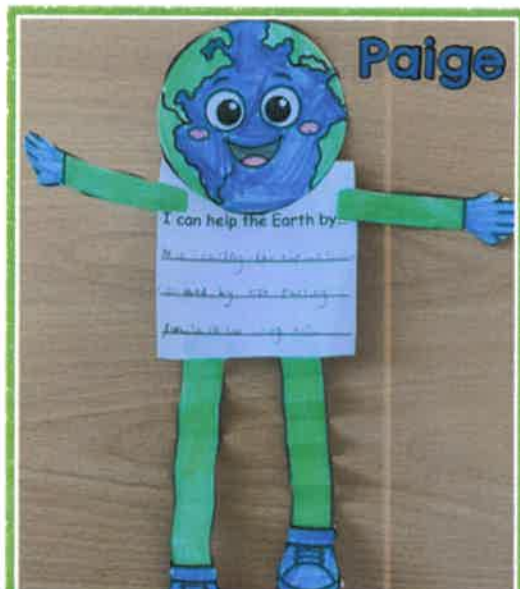
We went on a minibeast hunt around the school grounds.



We found bees, ladybugs, worms, spiders, ants, slugs and snails.



On Thursday we celebrated Earth Day. We took part in an online lesson with the author of 'Green Bean's Garden' Anita Frost. We then designed our own bug-friendly gardens after working together to come up with ideas.



CLASS 4

Our context this half term is Disaster Zone. This week, as part of our pupil voice, the children have been busy designing and making their own volcanoes, carefully shaping and decorating them to look as realistic as possible.



They then took part in an exciting volcano eruption experiment, where they combined ingredients to observe a bubbling, foaming eruption. The activity helped the children understand how real volcanoes erupt, while developing their teamwork, creativity and scientific enquiry skills.

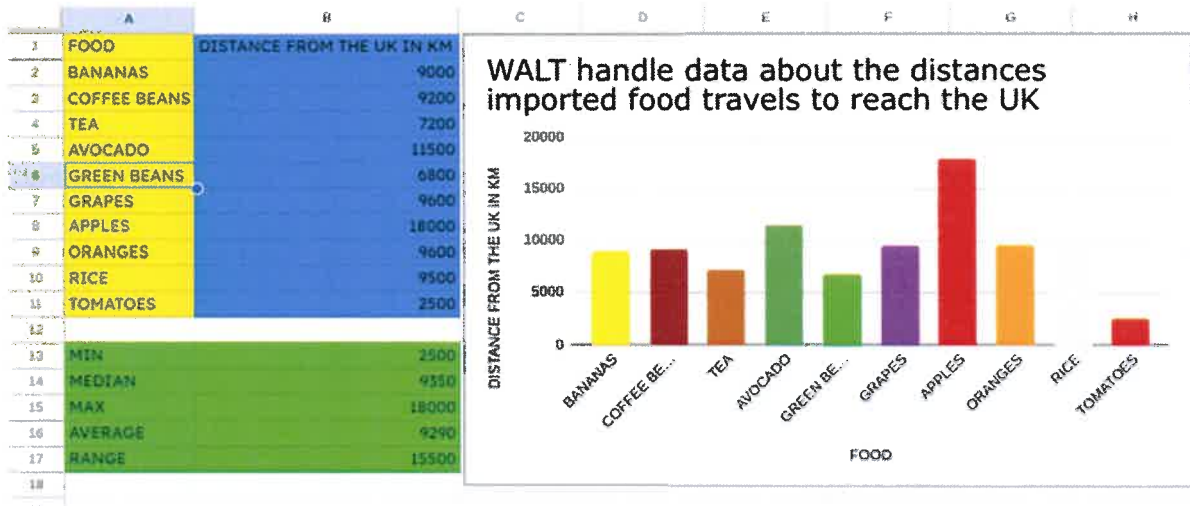


There was lots of excitement and curiosity as they made predictions and observed what happened during the eruption!



INVESTIGATING IMPORTED FOOD IN CLASS 5

As part of our allotments context, class 5 have been researching imported foods and the distances they have travelled to the UK. Here are spreadsheets from Henos and Delilah:



1. Bananas	9,000	MIN	2,500
2. Grapes	9,600	MEDIAN	9,350
3. Tea	7,200	MAX	18,000
4. Tomatoes	2,500	AVERAGE	9,290
5. Avocados	11,500	MAX - MIN	15,500
6. Coffee	9,200		
7. Rice	9,500		
8. Oranges	9,600		
9. Granny smiths	18,000		
10. Green beans	6,800		



The food that travels the furthest distance is apples from New Zealand. The distance is 18,000 KM.

The food that travels the least distance is tomatoes from Spain. The distance is 2,500 KM.

The average distance is 9,290 KM.



CLASS 6



Year 6 have enjoyed a fantastic fortnight of swimming lessons at Fairwater Leisure Centre, growing in confidence and developing important life skills. The children showed great determination, teamwork and resilience in the water. We are incredibly proud of the progress they have made.

"I really enjoyed swimming along with my friend Alan." Dominic

"I feel more confident in the water now and I'm proud I can swim further than before." Tim.

"I love swimming now, but I had no confidence before. I am proud of myself." Harley M



*"The instructors are lovely and encourage you to do your best."
Mason*

"On the first day I didn't know how to swim at all but now I can. I am so happy we have these lessons. Thank you Mrs Mills for giving us this opportunity." Tia.



"I am now able to swim backstroke but before I couldn't. I am confident and happy with my progress." Jaxen.

My favourite part of swimming was practising floating for survival swimming and racing my friends. Abigail S.

