



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 Soloman

Weekend Mass times- Saturday 6.00pm, Sunday 9.30am

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

June 21st 2024

Catholic Life of the School



This week our Year 6 children, along with Christ the King had the privilege of leading the Y6 Leavers' Mass for all the Catholic children in Cardiff and the Vale. They read and sang beautifully; their behaviour was impeccable. We are very proud of them. We received numerous emails and messages of congratulations from the other schools.



Sports Day

We had a great morning; the weather was perfect! The children had great fun, their behaviour was excellent, and they showed great sportsmanship towards one another.







Rags to Riches

There will be a Rags to Riches clothing donation collection on **Friday 28th June**. The Bags should be available early next week (you can bring your donations in any bag).

Inset Day

A reminder that we have 1 Inset Day before the end of this year:

Monday 22nd July 2024

Diary dates 2023/24

July 2024

Tuesday 2nd July Year 5 and 6 Summer Play 2pm

Wednesday 3rd July Year 5 and 6 Summer Play 2pm

Thursday July 4th 6.30pm Mass at Corpus Christi High School for Year 6 children attending Corpus Christi in **September 2024**

Friday 5th July Transition Day at the Bishop of Llandaff High School

Tuesday 9th July Y6 full day Transition visit to Corpus Christi High School

Thursday July 11th Class 3 Assembly 3pm parents are welcome to attend

Thursday 18th July Leavers' Mass 18th July 9.30am

Thursday 18th July Leavers' Assembly 18th July 2pm

Friday July 19th school closes for the summer holiday

Inset Days 2024/25

Monday September 2nd 2024

Friday November 8th 2024- joint Inset Day with Corpus Christi

Monday 6th January 2025

Friday February 14th 2025

Monday June 2nd 2025

Monday 21st July 2025

Term Dates 2024/25

Term	Term begins	Half Term begins	Half Term ends	Term ends
Autumn Term	Monday 2/9/2024	Monday 28/10/2024	Friday 1/11/2024	Friday 20/12/2024
Spring Term	Monday 6/1/25	Monday 24/2/25	Friday 28/2/25	Friday 11/4/25
Summer Term <small>*5/5/25 May Day Bank Holiday</small>	Monday 28/4/25	Monday 26/5/25	Friday 30/5/25	Monday 21/7/25

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 is
"HEALTHY
SCHOOLS WEEK."

For "Healthy Schools Week" we chopped up some vegetables to make vegetable soup. It was delicious!



This week we held Sports Day! Everyone really enjoyed competing in their race!



Austin



Hayley



Charlie



We have been painting the tractors that we designed.



CLASS TWO

This week in Class 2 we have been enjoying Healthy Schools Week.

We designed our kebabs carefully. We decided to make rainbow kebabs.

We used a different fruit for each colour of the rainbow.



We followed our plan to make the kebabs.



We also enjoyed our P.E session this week. We thought carefully about how exercise is important to stay healthy.



Class 3
21.06.24

As part of our Healthy Schools week, we have been down to our edible garden to write a shopping list of ingredients and planned to have a stir fry using the fresh ingredients. We have been discussing how eating locally grown fruit and vegetables are better for us and our planet.

EAT HEALTHY EVERY DAY!



Eat your fresh fruit and vegetable every day! Try not to buy fruit and vegetables from international countries. It is hurting our environment! Eat locally grown food because they are much fresher and full of nutrients and they have travelled less food miles. Less food miles is good for our planet!

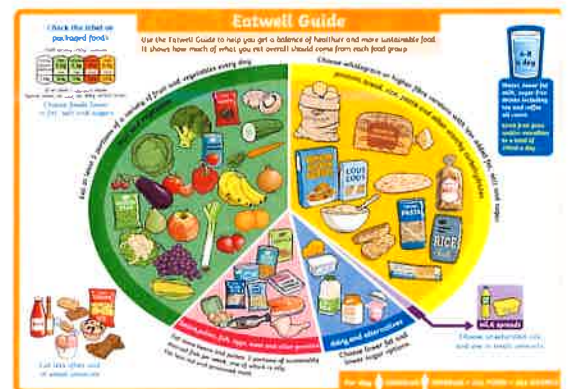
Grow your own fruit and vegetables!



Eat freshly every day!

Eat your rainbows to help your tummy! Eat five of your fruit and vegetables every day! Eat a balanced meal!

(Poster by Kit)



We designed work out stations to exercise and keep fit. Each station worked different muscles in our body. We jumped over cones to get our heart rate up. We held a ball between our knees and did 10 x squats to work our thigh and glute muscles.



Class Four.

This week we have been celebrating Healthy Schools Week with Sports Day, Completing a Morning Mile, learning about food groups, a healthy diet and the importance of exercise on our health and well-being.



World Diets

People around the world eat a wide variety of food. Some food you might be familiar with and some you may never have seen before.

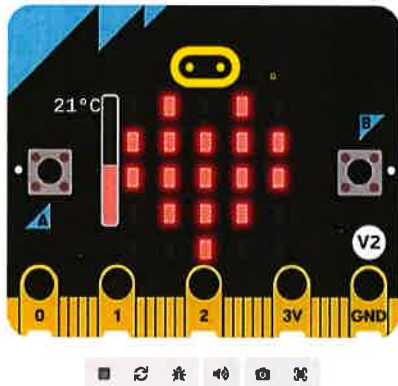
The Eatwell Guide

To be healthy, nutritious food is needed to provide energy for the body. A variety of food is needed in the diet because different foods contain different substances that are needed to keep you healthy.

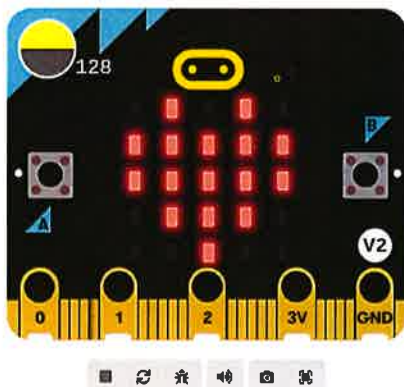


CODING IN CLASS 5

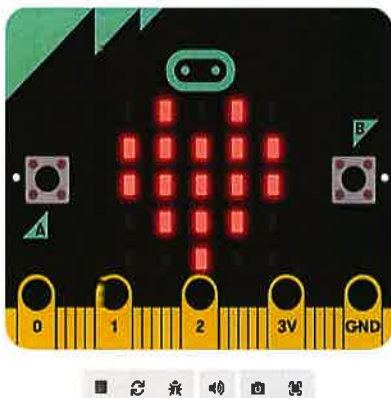
Class 5 have been creating Early Warning Systems for disasters caused by climate change and extreme weather. We created programs with conditional statements, variables (temp, danger, light levels) and comparison blocks. The code would then send alert messages and warning beeps when the variables exceeded certain thresholds on the microbit sensors. Here are examples by Josie and Ava:



```
forever
  if temperature (°C) = 200 then
    show icon [Sun]
    pause (ms) 100
    clear screen
    pause (ms) 100
    show string HEATWAVE
  else
    show icon [Sun]
```



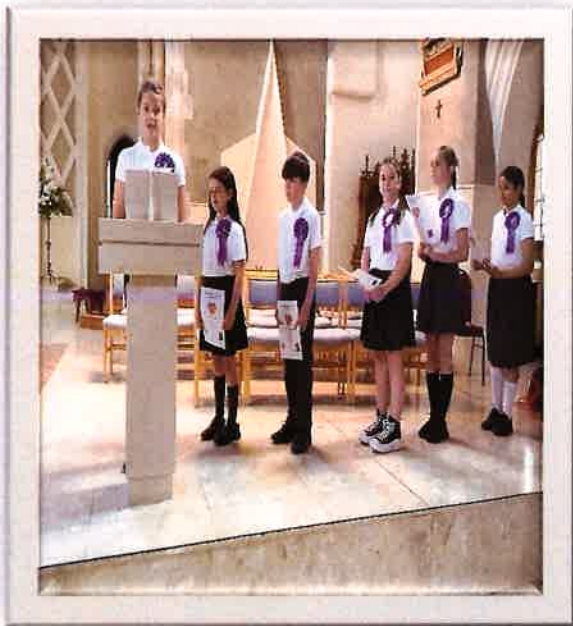
```
forever
  if light level = 150 then
    show icon [Sun]
    pause (ms) 100
    clear screen
    pause (ms) 100
    show string LIGHT
  else
    show icon [Sun]
```



```
forever
  if danger = 200 then
    show icon [Warning]
    pause (ms) 100
    clear screen
    pause (ms) 100
    show string EARTHQUAKE
  else
    show icon [Warning]

on start
  set danger to 0
```

CLASS 6



YEAR 6 PUPILS AT HOLY FAMILY RC PRIMARY SCHOOL HAD THE PRIVILEGE OF LEADING THE SINGING AND BIDDING PRAYERS IN OUR YEAR 6 LEAVERS' MASS IN ST DAVID'S CATHEDRAL. OUR CHILDREN WERE TAUGHT TO SING BY THE DIRECTOR OF MUSIC FOR THE ARCHDIOCESE. ALL PUPILS EXCELLED IN THIS PERFORMANCE, SINGING WITH GUSTO AND AS A RESULT WERE TRUE AMBASSADORS FOR OUR SCHOOL. WE ARE SO PROUD OF YOU ALL!