



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

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September 13th 2024

Healthy Schools Week

This week all the Classes have been focussing on healthy eating and healthy lifestyles. Congratulations to our SNAG (School Nutrition Action Group) pupils who are going to help their classmates make healthy choices with their daily snacks.



The aim is for schools to:

- promote self esteem
- develop good relationships
- encourage a positive ethos
- maintain good school / home / community links
- enforce policies to reflect the health education curriculum
- encourage staff development and training

Action areas for schools are:

- food and fitness
- mental and emotional health and wellbeing
- personal development and relationships
- substance use and misuse
- environment
- safety hygiene

We are working towards our Healthy Schools Award Phase 5. We appreciate your support in making our children as healthy as possible.

P.E. Timetable

Class 1 Monday and Thursday

Class 2 Monday and Thursday

Class 3 Tuesday and Thursday

Class 4 Tuesday and Wednesday

Class 5 Wednesday and Friday

Class 6 Thursday and Friday

Please ensure your children have P.E. kit

Attendance

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.



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		

Welcome Mass

Wednesday 25th September Welcome Mass at 2pm. Mass celebrated by Father Brian Grey. We hope to see many parents at the Mass.

Flu immunisation

Flu immunisation for the whole school will take place on **Wednesday 9th October**. You will be given further information shortly 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.

Diary dates 2024/25

These will be regularly updated:

September

Wednesday 25th September Welcome Mass 2pm in the Hall

Thursday 26th September European Day of Languages- in school celebration

Thursday 26th September Reading Meeting for Reception (Class 1) parents 2.30pm in the Hall

October

Wednesday 9th October Flu vaccinations- whole school, information to follow

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

Thursday 17th October Harvest Festival and Coffee Morning 10am. Children from Classes 1, 2 and 3 will lead the celebration.

Thursday 24th October Spooky Disco. Classes 1, 2, and 3 4.15pm-5.15pm. Classes 4, 5 and 6 5.30pm-6.45pm.

Friday 25th October school closes for half term at 3.30pm

November

Monday 4th November children return to school after half term

Thursday 7th November Class 5 Assembly at 3pm

Friday 8th November Inset Day (joint with Corpus Christi High School). School closed to children.

Monday 11th November applications open for children applying for Reception September 2025.

Applications via Cardiff Council online admissions portal.

Wednesday 13th November Parental Consultation Evening for all Classes. Appointments will be emailed to parents

Wednesday 20th November Parental Consultation Evening for Class 5. Appointments will be emailed to parents.

Thursday 21st November Parental Consultation Evening for Classes 1,2,3,4 and 6. Appointments will be emailed to parents.

December

Tuesday 3rd December Class 1 and 2 Christmas Play 2pm

Wednesday 4th December Class 1 and 2 Christmas Play 2pm

Monday 9th December Year 6 Cycling Proficiency Training- full week

Tuesday 10th December Class 3 and 4 Christmas Play 2pm

Wednesday 11th December Class 3 and 4 Christmas Play 2pm

Wednesday 18th December Christmas Lunch for the children

Thursday 19th December Christingle Carol Service 9.30am

Friday 20th December Christmas Disco for the children- in the afternoon. School closes for the Christmas holidays 3.30pm

January

Monday 6th January Inset Day school closed to children

Tuesday 7th January children return to school

Monday 13th January closing date for applications for children starting Reception September 2025

Friday 24th January St Dwynwen's Day – children to wear red

February

Tuesday February 11th Safer Internet Day

Thursday 13th February Valentine Disco. Classes 1, 2, and 3 4.15pm-5.15pm. Classes 4, 5 and 6 5.30pm-6.45pm.

Friday 21st February Inset Day. School closed to children. Half term begins

March

Monday 3rd March children return to school after half term

Wednesday 5th March Ash Wednesday Lent begins

Friday 7th March St David's Day Celebrations

Monday 10th March World Book Day

Monday 17th March children in Year 6 attend Llangrannog Residential Centre

Wednesday 19th March children in Year 6 return from Llangrannog Residential Centre

April

Monday 7th April Class 1, 2 and 3 Palm Sunday Assembly 3pm

Tuesday 8th April Class 4 Last Supper Assembly 3pm

Wednesday 9th April Class 5 The Agony in the Garden and Trial of Jesus Assembly 3pm

Thursday 10th April Class 6 Crucifixion of Jesus Assembly 3pm

Friday 11th April Easter Raffle and school closes for the easter holidays at 3.30pm

Monday 28th April children return to school after the Easter holidays

Monday 28th April Y5 children attend Manor Adventure Abernant Residential Centre

Wednesday 28th April Y5 children return from Manor Adventure Abernant Residential Centre

May

Monday 5th May school closed for Bank Holiday Monday

Monday 12th May National tests begin for Classes 3-6

Friday 23rd May National tests finish. **School closes for half term 3.30pm**

June

Monday 2nd June school closed to children for an Inset Day

Thursday 19th June Sports Day

Thursday 26th June reserve Sports Day if weather is poor on June 19th

July

Tuesday 8th July Class 5 and 6 Play 2pm

Wednesday 9th July Class 5 and 6 Play 2pm

Thursday 17th July Year 6 Leavers' Mass and Assembly

Monday 21st July Inset Day – school closes for the summer holidays

Inset Days 2024/25

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

Monday 6th January 2025

Friday February 21st 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

School Essentials Grant (previously Pupil Development Grant)

Cardiff Council offers The School Essentials Grant to help families on a low income, with children who attend a maintained primary or secondary school.

You can use the grant to buy things like school uniform, sports kit, uniform for enrichment activities, school bags, and stationery for your child. You cannot use this grant to buy IT equipment.

You could receive a grant of £200 per child if they are starting year 7.

You could receive a grant of £125 per child if they attend primary school or are in years 8, 9, 10, or 11.

As the applying parent or guardian, you must be receiving one of the following:

- Income Support,
- Jobseeker's Allowance (income based),
- Employment Support Allowance (income related),
- Child Tax Credit, with a household income of £16,190 or less,
- Pension Credit (guarantee element), or
- Universal Credit with net household earnings of less than £7,400.

If you receive Working Tax Credit you will not be entitled to the grant.

If you meet these criteria, please complete the School Essentials Grant application form. Cardiff Council will check if you are entitled to this payment with the Department for Work and Pensions.

If you are eligible, Cardiff Council will pay these funds to you directly.

<https://www.cardiff.gov.uk/schoolessentialsgrant>

Please apply for this as we get extra funding in the school, which we use to employ Teaching Assistants. If you need any help, please contact the office.
L. Mills.

Class One

For 'Healthy Schools Week' we made fruit kebabs. We also made our own healthy lunch box and created a collage of a fruit.



We also learned about the food that was good for us to eat all the time and the food that you shouldn't eat too often.

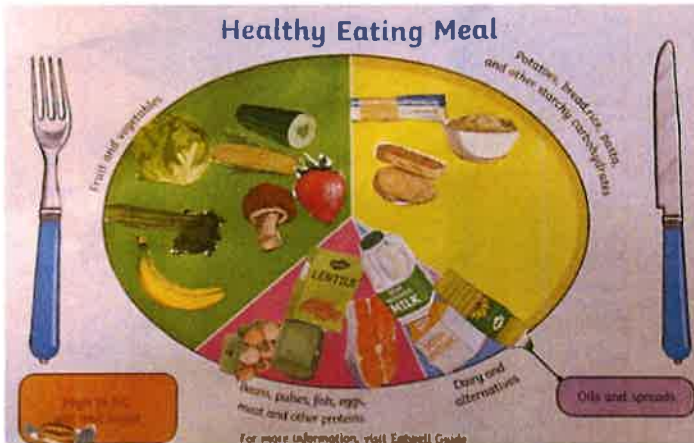


This week in **Class 2** we have shared a wonderful Healthy Schools Week. The children took part in lots of fun activities all on the theme of being healthy. Here we can see the Fruity Faces that the children designed and made. They were amazing and we all enjoyed eating them.



CLASS 3

This week in Class 3 we have been celebrating Healthy Schools Week.



We started the week talking about eating healthy and we explored the Eatwell plate.



We designed and made healthy smoothies.



In P.E we completed a circuit session. It was great fun and raised our heart rates.



Class 4.



This week we have been celebrating Healthy Schools week by completing a morning mile, learning about food groups, sorting a variety of foods into the correct group, planning a healthy meal and the importance of exercise on our health and well-being. The children also enjoyed learning about the Food labels traffic light system. They have a food labels activity to complete for homework.

Food Groups Matching Game

Fruit and Vegetables

Beans, Pulses, Fish, Eggs, Meat and Other

Dairy and Alternatives

Oils and Spreads

Bread, Rice, Potatoes and Pasta and Other Starchy Foods

Food and Drinks High in Fat, Sugar, Salt, or Alcohol

Food Labels Traffic Light System

A red section means high (we shouldn't eat foods with red lights too often, just occasionally)

The traffic lights are a code, not for the recommended (or not recommended) for the whole amount of food.

A green section means low (the more green lights a food has, the healthier it is)

A red section means medium. Foods with amber lights are okay to eat fairly often

Each serving contains

Energy	Fat	Saturated Fat	Sugar	Salt
226kJ	34.3g	16.1g	2.3g	1.25g
533kcal	49%	81%	3%	21%

27% of your guideline daily amount

These percentages show how much of our (and) daily intake of fat, saturated sugar and salt the product gives us.



Here are the children enjoying their morning mile.



CLASS 5 Healthy Schools Week

For Healthy Schools week in class 5, we have learned about the importance of a balanced diet. A balanced diet has lots of variety to ensure we have all the nutrients we need to be well. We used the **eat well** guide to create balanced plates. After this, we designed weekly and daily meal plans to show our understanding of a balanced diet. We added options such as vegetarian meals.

Next, we used J2Data to create databases of the different food groups. We created fields such as: *food, origin or source, food type, protein, carbohydrates and fat per 100g and fun facts*. We researched the nutritional info for each food. Finally, we used Google forms to create quizzes on food. Here are some examples:

School catering week



Monday

Carbs - Pasta Tagliatelle
 Protein - Scrambled Eggs with Minced Pork
 Fruits and vegetables - Sweet Corn or Broccoli(for sides), Tomato(sauce).
 Fats - Parmesan Cheese (for topping)
 Dessert - Strawberry Yogurt, Banana Yogurt or Greek Yogurt with berries
 Veggie Choice - Quorn Lasagne

Tuesday

Carbs - Rice or Potatoes, Bun(for burger)
 Protein - Chicken
 Fruits and vegetables - Sweetcorn(side), Sesame Seeds(Bun) and Ketchup
 Fats - Vegetable Oil(for cooking the chicken)
 Dairy - Butter(If you want)
 Dessert - Fruit Bowl or Raisins
 Veggie Choice - French Stick with vegetables.

Questions Responses Settings Time 00:00

Food groups

Its presentation will hopefully help you have a better understanding about the different food groups! Good luck!

Which of the following are carbohydrates?

- Chick peas, Lentils, Milk
- Rice, cereals, Noodles
- Crisps, Sweets, Jam

What are dairy products for?



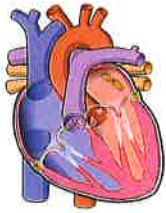
- To help the immune system
- For strength
- Growth

Carbohydrates give you energy?



Food	Origin or source	Food type	Calories per 100g	Protein per 100g	Carbohydrates per 100g	Fun Facts
Apple	natural	fruit	52	0.3	14	Most apple blossoms are pink when they open
Avocado	natural	fruit	160	1.78	1.8	Historians believe that the avocado originated in Mexico
bacon	processed	high fat	541	37	1.4	Bacon is one of the oldest processed meats
Red peppers	natural	fruit	20	0.9	4.6	Peppers are actually fruits because they are
Cucumber	natural	Vegetables	14.7	0.56	2.23	Cucumbers were thought to be poisonous when
Milk	natural	dairy	42	3.4	5	Frogs were put in milk to keep it from going
Potatoes	natural	high carbohydrates	74	1.8	15.4	The potato is about 80% water and 20% solids
Tuna fish	natural	high Protein	130	29	0	Tunas come in many sizes.

Healthy Schools Week



Class 6

MAINTAINING A STRONG HEART

The heart is a major organ, without it we would die. It is a muscle pumping on average 100 bpm. It pumps blood through your body keeping your organs functioning well. It is part of the Circulatory System, providing oxygenated blood for the whole body. This leaflet will explore ways and provide you with the information you need to maintain a strong heart!

Nutrition

To maintain heart health, we should consume an abundance of vitamins and nutrients from fruits and vegetables. To ensure this, we should use the eat-well plate from the NHS. It is a plate full of advice on what you should be eating. It's advisable to have meals that have carbohydrates, protein, fruits and vegetables, to make it balanced. Have this twice daily. You would be also getting vitamins, for example Vitamin D, B12, C etc. These vitamins are essential for overall health and will enable you to maintain a strong immune system.

Importance of Exercise?

Exercise is important as it strengthens our muscles, helps us achieve an appropriate BMI and it is scientifically proven to help stop heart disease. Exercise improves the effectiveness of the heart and it will become more efficient when pumping oxygen to our muscles. It also lowers blood pressure and prevents fat build up, particularly in our arteries. This then makes a heart attack less likely. For adults, they should





have at least 150 minutes (2 hrs 30 mins) and children should do an hour's worth of exercise every day. If you do this, you will increase heart health and reduce chances of cancer. Exercising reduces stress and releases a happy hormone.

Habits to avoid (Smoking and drinking)

Habits like smoking and drinking are extremely dangerous if not consumed in moderation. Drinking too much alcohol will eventually give you hypertension (high blood pressure). This puts a strain on your heart which will lead to cardiovascular disease or your chances of having a heart attack or a stroke. Smoking is even worse, the chemicals (tar and nicotine) are addictive and they will damage your arteries and lungs. Smoking will eventually clog your arteries and reduce the flow of blood. Smoking and drinking will probably lead to premature death.



In conclusion, if you follow this leaflet, you will have a healthy heart and you will be fit and feel great! Try to stop smoking, drinking and eating too much fat! Start to exercise daily and eat balanced meals that have carbs, fruits and vegetables, protein, dairy and more. Go outside to maintain vitamin D levels. Drink 6-8 glasses of water every day. Following these guidelines will enable you to live a healthy, happy life, with your heart pumping blood containing appropriate nutrients through your body every day.

