



SULLY PRIMARY SCHOOL NEWSLETTER 07/11/25

Dear Parents/Carers,

Welcome back to the second half of the autumn term. The children have returned to school ready to learn and have settled quickly back into their routines.

We have had another busy week here in school and it has been a pleasure to see all of the fabulous activities that have been taking place. From Year 6 going out for pizza, Year 3 toasting marshmallows and the Nursery children cooking hotdogs, we really are 'back to school with a bang'. Further afield, some of our Year 6 pupils have enjoyed a trip to Venice and staff report that they have all had a great time exploring the city and visiting different schools.

Some reminders as we start this new half term:

- Please ensure that pupils are not wearing **earrings** on P.E. days as they are not allowed to take part in P.E. wearing earrings, even if covered by a plaster.
- Please remember to **park sensibly** during drop-off and collection times. This week we have had a number of issues around the Minehead Avenue/Lynmouth Drive area of the school which has seen families unable to use pavements due to cars being parked on them.
- Please remember that we are a Healthy School. We expect pupils to have **healthy snacks** for break time, preferable fruit or vegetables.
- As the weather is changeable at this time of the year, please ensure that your child comes to school with a **coat**.

Wishing you a restful weekend.

Shelley Harries and staff



**Our attendance this week has been 94.07%
which is below our target of 95.1%**

Dates for your diary...

Dates added/amended this week are in red

- 13/11/25 – Y6 – Evacuee day – Dress up as evacuees (postponed from 23/10)
03/12/25 – PS2 Christmas Concert – 1.30pm – 3pm
04/12/25 – Christmas Dinners
04/12/25 – PS2 Christmas Concert – 9.30am – 11am
10/12/25 – PS3 Christmas Concert – 1.30pm – 3pm
11/12/25 – PS3 Christmas Concert – 1.30pm – 3pm
14/12/25 – Children in Need – Non-school uniform, suggested donation £1 cash on the day or via Parent Pay
16/12/25 – PS1 Christmas Concert – Nursery AM & Reception 10.30–11.30am
PS1 Christmas Concert – Nursery PM & Reception 2pm-3pm
16/12/25 – PTA Movie Night – 3.30pm – 5.30pm – Years 1-6 coming on Parent Pay next week
17/12/25 – Sherman Theatre – Years 3-6
18/12/25 – Chaplin's Panto – Reception to Year 2 – 8.30am – 11.15am

Details of all trips will be communicated through Parent Pay.

Our very own PTA Chair, Rachel Chalke, is going to be taking on the incredible London Marathon next year and raising funds for Tenovus Cancer Care in the process.

We are hosting a Taylor Swift Tribute concert as part of the fundraising campaign and would love to see as many faces from Sully School as possible. Tickets are available on Eventbrite and start from £10.

<https://taylorswifttributepenarth.eventbrite.com>

Big Fresh Catering have a new menu starting from Monday 3rd of November – Please scroll past the Highlights for the full menu.

Sully Primary School will now be using the ARBOR MIS System for all messaging, clubs, trips and attendance. Parent Pay will still be used for school lunches.

If not already done so, to set up your account, you just need to set a password. You can do this by going to <https://sully-primary-school.cymru.arbor.education/> clicking on '**Forgotten Password?**' and following the instructions on screen.

Your username is your email address.

If you have trouble setting up your password or have general questions, please contact Sully Primary 02920 530377.

Reporting your child's absence:

You can now report your child's absence via our new MIS system called ARBOR.

Once logged on, click on the orange box 'Quick Actions' then click attendance and then click the green box (on top right) 'Log absence' or alternatively you can email us on office@sullyschool.co.uk or telephone: 02920 530377

Please remember to cancel any pre-booked meals if your child is unwell – thank you.

Please note: Due to a technical fault with the new MIS Arbor System, we will be continuing to collect trip money and purchasing of the school badges via Parent Pay until further notice.

Highlights of the week...

Nursery had an important discussion about fire safety before heading out to the fire pit shelter, where they enjoyed delicious hot dogs around the fire. They proudly chanted the start of the poem "Remember, remember the 5th of November" which they had been learning in class.



Reception have loved the story 'Pumpkin Soup'! They have been talking about the characters and how they worked together to make the soup. The children weighed, peeled, chopped, stirred and mixed the ingredients to make their own pumpkin soup. It was very tasty and some had seconds!



Year 1 DJ have been learning all about bonfire night this week, creating pieces of art work representing a bonfire and fireworks. They have also enjoyed drawing chalk fireworks on the playground, getting creative with the colours and shapes!



Year 1-2 have been busy learning the part, part whole method in maths. We've enjoyed making puzzles and catching up with our friends.



Year 2 created lovely Bonfire Night scenes this week using chalk and stencils. They worked carefully to blend colours and design bright fireworks 🌟



This week, our year 2/3 and year 3 pupils have been bursting with creativity!
Pupils explored how to use instruments to interpret and create their own
firework sound, performing alongside a silent video to bring sound and
movement together in a dazzling display! ✨ ✨ ✨
Pupils then toasted the day with marshmallows by the fire 🔥 🍡



Year 4 scooped the pulp out of pumpkins 🥰 and separated the seeds. We then used palm drills to make patterns and designs on the pumpkins whilst we cooked the seeds over a fire. We finished the session by trying the pumpkin seeds and decorating our area with our ghoulish designs!



Year 5 were getting digital this week working with Canva to produce some creative 'All about Sully School' reports including everything they thought would be important information for new pupils.



Some Year 6 pupils have had a fantastic time going to school in Venice, exploring the beautiful sights and eating lots of pizza and pasta!! That have been amazingly well behaved and been super ambassadors for Sully School IT 📺 🍷





Year 6 have had a fantastic time this week. We kicked off the week with a visit from Forces Fitness which included lots of fun team games...and even more mud! We also spent the day in Penarth, visiting the beach, eating at Romeo's by the Sea and finally spending some time at the park. A big thank you to Romeo's for the delicious food and for giving us a behind the scenes look at authentic pizza making! 🍷 🍕 🍷 We are looking forward to being reunited with the rest of Year 6 next week ✨



Do you need support with your child's emotional and mental health?



We offer support and a listening ear to help you navigate your families wellbeing and mental health.

We provide:

- Free confidential one to one support from a trained parent volunteer over 6 to 8 weeks
- Advice, guidance and signposting as well as access to online services and group support



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FOR SELF-REFERRAL

For more information about this service, please email CharlotteW@familylives.org.uk or call on 07739 788115

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GIG
Gwent
NHS
Wales

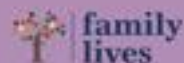
Bwrdd Iechyd Trifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board

CYPF PPIT



Emotional Wellbeing
& Mental Health
(Iechyd Meddal)
(Iechyd Meddal)

Family Lives is registered as a company limited by guarantee in England and Wales No. 3817762. Registered charity No. 10777722.
Registered address: The Annex York House, Salisbury Square, Hatfield, Hertfordshire, AL9 5AD



Cardiff & The Vale Parent Carer Wellbeing Support Service

Online Workshops - Autumn 2025

During the Autumn term, Family Lives Cardiff & The Vale service will be running a series of free workshops aimed at helping parents support their children's emotional wellbeing and mental health.

Empowering Parents

Wednesday 15th October, 10:30am – 11:30am

A workshop for parents and carers to help find ways to feel empowered in their self and parenting abilities.

Digital Safety

Monday 3rd November, 12pm - 1pm

A workshop for parents and carers that want to gain insight into ways on how to keep children safe online.

Neurodivergence and Mental Health

Wednesday 12th November, 12:30pm – 1:30pm

A workshop for parents and carers who want to gain insight into understanding neurodivergence and mental health

Reducing Conflict

**Monday 24th November,
11:00am - 12:00pm**

A workshop for parents and carers struggling with conflict within their family life, to understand causes and seek support towards resolution.

Simply scan the QR code to register your interest, and a MS Teams link will be sent to you a few days before your chosen workshop.

If you have any questions, or need an alternate route to register, please contact Charlotte Wilton on CharlotteW@familylives.org.uk.



SCAN ME

We build better family lives together

www.familylives.org.uk

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Vale of Glamorgan – The Inclusion Service - September 2025

Dear Parents and Carers.

Welcome to the first term of the new academic year. We hope you all enjoyed a lovely summer holiday, and the children are refreshed and looking forward to a new year of learning.

We will be sending you termly newsletters via your school communication system to update you with attendance reminders, support that you can access and any updates you need to be aware of.

The Welsh Government have been clear that any child who has attendance below 90% is persistently absent from school. This means that any child with attendance below 90% in July will have missed a minimum of 19 school days.

Regular school attendance is vital to ensure your child does not miss out on lessons, support and social activities held within the school day. Missing school can also impact your child's future earnings. Data has shown that persistently absent pupils in secondary school could earn £10,000 less at age 28 compared to pupils with near-perfect attendance. For each additional day of absence between Years 7 to 11, the typical pupil could miss out on an average of £750 in future lifetime earnings.

This year, in line with other Local Authorities in Wales, any unauthorised holiday taken in term time could result in a Fixed Penalty Notice of a £60 fine per child per parent. We support schools not authorising holidays due to the impact of lost learning and the opportunity to enjoy family days in school holidays.

We have launched our new parent Padlet which will help parents/carers understand more about our service as well as what support is available if you need it. Lots of advice and guidance can also be found – please scan the QR code to access the Padlet.



We hope your child settles into the new school year and enjoys all the lovely opportunities our schools have to offer. Don't forget to speak to your child's teacher/head of year if you have any concerns.

Best wishes



SINGING LESSONS

Partner/ small group lessons in Sully Primary School during the school day, working towards exams and performances.

Only £10/week!

www.AscendenceTheatreArts.co.uk
AscendenceTheatreArts@gmail.com



Harp lessons from Year 2 and up:
If you would like your child to take part in harp lessons please contact Eluned on:

elunedtheharpist@btinternet.com

We also have a school harp for pupils to practice with.



Week 1

Monday

Main Meal: Cheesy Pasta Bake served with a Medley of Green Vegetables & Garlic Bread

Alternative: Assorted Baguettes or Filled Jacket Potato served with a Side Salad

Pudding of the day: Welsh Yogurt served with Fruit Slices

Tuesday

Main Meal: Pork Meatballs in Gravy or Veggie Balls in Gravy served with Mashed Potato, Carrots, Peas & Cabbage

Alternative: Assorted Baguettes or Filled Jacket Potato served with a Side Salad

Pudding: Oat Cookie or Shortbread served with Fruit Slices

Wednesday

Main meal: BBQ Chicken topped with Cheese or BBQ Quorn Fillet topped with Cheese served with Mixed Grain Savoury Rice, Sweetcorn, Broccoli & Salad with Crusty Bread

Alternative: Assorted Baguettes or Filled Jacket Potato served with a Side Salad

Pudding: Fruit Jelly and Fruit Slices

Thursday

Main Meal: Roast Beef or Quorn Fillet served with New & Roast Potatoes, Carrots, Cauliflower, Broccoli & Gravy

Alternative: Assorted Baguettes or Filled Jacket Potato served with a Side Salad

Pudding: Ice Cream & Peach Slices

Friday

Main meal: Fish Fingers or Fishless Fingers served with Potato Smiles, Baked Beans, Peas or Side Salad

Alternative: Assorted Baguettes or Filled Jacket Potato served with a Side Salad

Pudding: Chocolate Sponge & Custard with Fruit Slices

Daily Dessert alternatives of Yoghurt or Fresh Fruit.
Unlimited wholemeal bread available daily.

Week Commencing

2/6/25, 30/6/25, 1/9/25, 29/9/25, 24/11/25, 5/1/26, 2/2/26, 2/3/26



Week 2

Monday

Main meal: Cheese & Tomato Pizza served with Potato Wedges, Salad & Coleslaw

Alternative: Assorted Baguettes or Filled Jacket Potato served with a Side Salad & Coleslaw

Pudding: Welsh Yoghurt served with Fruit Slices

Tuesday

Main meal: Beef Bolognaise or Vegetarian Bolognaise served with Pasta, Broccoli & Side Salad

Alternative: Assorted Baguettes or Filled Jacket Potato served with Side Salad

Pudding: Chocolate Cake with Fruit Slices

Wednesday

Main meal: Homemade Chicken Curry or Vegetable & Lentil Curry served with Multi Grain Rice & Peas

Alternative: Assorted Baguettes or Filled Jacket Potato served with a Side Salad

Pudding: Fruit Jelly served with Fruit Slices

Thursday

Main meal: Pork Sausage or Quorn Sausage served with Mashed & Roast Potatoes, Carrots, Green Beans, Cauliflower & Gravy

Alternative: Assorted Baguettes or Filled Jacket Potato served with a Side Salad

Pudding: American Pancake served with Peach Slices

Friday

Main meal: Salmon Bites or Quorn Dippers served with Mashed Potato, Baked Beans, Sweetcorn & Side Salad

Alternative: Assorted Baguettes or Filled Jacket Potato served with a Side Salad

Pudding: Chocolate Crispy Cake served with Fruit Slices

Daily Dessert alternatives of Yoghurt or Fresh Fruit.

Unlimited wholemeal bread available daily.

Week Commencing

9/6/25, 7/7/25, 8/9/25, 6/10/25, 3/11/25, 1/12/25, 12/1/26, 9/2/26, 9/3/26



Week 3

Monday

Main meal: Tomato Pasta Bake served with Peas, Sweetcorn & Side Salad

Alternative: Assorted Baguettes or Filled Jacket Potato served with a Side Salad

Pudding: Welsh Yoghurt served with Fruit Slices

Tuesday

Main meal: Beef Meatballs in Gravy or Vegan Meatballs in Gravy served with Wholemeal Pasta, Broccoli, Carrots & Cauliflower

Alternative: Assorted Baguettes or Filled Jacket Potato served with a Side Salad

Pudding: Oat Cookie or Shortbread served with Fruit Slices

Wednesday

Main meal: Pork Sausage or Vegetarian Sausage, Omelette, Beans, Tomato, Hash Brown & Mushrooms

Alternative: Assorted Baguettes or Filled Jacket Potato served with a Side Salad

Pudding: Fruit Jelly served with Fruit Slices

Thursday

Main meal: Slow Cooked Beef or Diced Quorn with Carrots in a Yorkshire Pudding served with Mashed & Roast Potatoes, Green Beans, Cabbage & Gravy

Alternative: Assorted Baguettes or Filled Jacket Potato served with a Side Salad

Pudding: Ice Cream served with Fruit Slices

Friday

Main meal: Harry Ramsden's Fish Fillet or Quorn Fishless Fingers served with Chips, Peas, Salad & Coleslaw

Alternative: Assorted Baguettes or Filled Jacket Potato served with Side Salad & Coleslaw

Pudding: Date & Orange Brownie served with Fruit Slices

Daily Dessert alternatives of Yoghurt or Fresh Fruit.

Unlimited wholemeal bread available daily.

Week Commencing

16/6/25, 14/7/25, 15/9/25, 13/10/25, 10/11/25, 8/12/25, 19/1/26, 16/2/26, 16/3/26



Week 4

Monday

Main meal: Neapolitan Pasta Bake served with Cheese, Broccoli & Green Beans

Alternative: Assorted Baguettes or Filled Jacket Potato served with a Side Salad

Pudding: Welsh Yoghurt served with Fruit Slices

Tuesday

Main meal: Beef Burger or Veggie Burger served with Chips, Sweetcorn, Salad & Coleslaw

Alternative: Assorted Baguettes or Filled Jacket Potato served with a Side Salad & Coleslaw

Pudding: Fruit Yoghurt served with Fruit Slices

Wednesday

Main meal: Beef Chilli or Vegetarian Chilli served with Mixed Grain Rice & Potato Wedges served with Salad & Coleslaw

Alternative: Assorted Baguettes or Filled Jacket Potato served with a Side Salad & Coleslaw

Pudding: Cheese & Crackers served with Fruit Slices

Thursday

Main meal: Roast Turkey or Quorn Fillet served with Mashed & Roast Potatoes, Carrots, Cabbage, Cauliflower & Gravy

Alternative: Assorted Baguettes or Filled Jacket Potato served with a Side Salad

Pudding: Pancake served with Peach Slices

Friday

Main meal: Salmon Bites or Quorn Dippers served with New Potatoes, Peas, Baked Beans & Salad

Alternative: Assorted Baguettes or Filled Jacket Potato served with a Side Salad

Pudding: Chocolate Sponge & Custard served with Fruit Slices

Daily Dessert alternatives of Yoghurt or Fresh Fruit.

Unlimited wholemeal bread available daily.

Week Commencing

23/6/25, 21/7/25, 22/9/25, 20/10/25, 17/11/25, 15/12/25, 26/1/26, 23/2/26, 23/3/26



**Allergen information to accompany this menu
is held in the Kitchen and available upon request.**

**Please contact your school for a special diet request form if your child has
specialist dietary needs.**

We aim to provide a healthy balanced school meal for every pupil.