



SULLY PRIMARY SCHOOL NEWSLETTER 20/06/25

Dear Parents/Carers,

A reminder that sports days are to be held next week (weather permitting).

Days and times are as follows:

Wednesday 25th June am 9.30am PS2 (Year 1, Year 2 and Year 3)

Wednesday 25th June pm 1.30pm PS3 (Year 4, Year 5, Year 6)

Thursday 26th June am 9.30 am Nursery (am) 10.30am Reception

Thursday 26th June pm 2.30 pm Nursery (pm)

Please note, we will be holding both the PS2 and PS3 sports events on the bottom field, We will not be putting school chairs out for families but instead request you bring a camping chair and/or picnic blanket to sit on.

The children will be seated under four canopies but we would still like for the children to wear a sun hat and have sun cream applied to them prior to attending school. The PTA will also be selling refreshments throughout each event.

Please send your child into school in their PE kit on the relevant day, with children in Years 4 to 6 only to wear their house colours.

During this week, as well as practising for sports day, children have been involved in a host of activities. Year 5 completed their two-week swimming course- da iawn pawb! Year 5 and Year 6 were coached in cricket by Brad from Cricket Wales, this is the first of 4 coaching sessions. Year 1 and 2 spent a very enriching day at Techniquet.

We also received delivery of our new outdoor block play equipment for Year 1 and 2 and would like to say a huge thankyou to the PTA for resourcing this! The equipment is great and I'm sure our pupils will enjoy their time spent using the blocks in open-ended exploration and creativity.

Wishing you all a lovely weekend.

Andrea Waddington & Staff



**Our attendance this week has been 92.82%
which is well below our target of 95.1%**

Dates for your diary...

Dates added/amended this week are in red

23rd & 24th June – St Richard Gwyn Transition days (only for Y6 pupils going to St Richard Gwyn in September)

25/06/25 – Sports Day PS2 (Yr 1-3) am (9.30am - 10.45)

and PS3 (Y4-6) pm 1.30pm – 3.00pm

25/06/25 – St Transition Day (only for Y6 pupils going to St Cyres in September)

26/06/25 – Sports Day PS1 Nursery AM 9.30am & Reception 10.30am and Nursery PM 2.30pm

26/06/25 – Year 6 Transition visit to Stanwell – 9.30am – 2.00pm

02/07/25 – Year 6 Transition Team Building event at Stanwell – 9.30am-12pm

02/07/25 – Year 6 St Cyres (only for Y6 pupils going to St Cyres in September)

03/07/25 – Year 3 – Techniquet trip

04/07/25 – Non-uniform day for all years – donation for the fete – bring a bottle or cake by Friday 4th July.

05/07/25 – Summer Fete

09/07/25 – Year 6 'High School Musical' at Stanwell all Y6 Pupils – 9.30am – 12pm

14/07/25 – Year 5 visit to Stanwell for Enterprise initiative – 9.30am-12.30 – Please note: this is the correct date, not the date on the Curriculum timetable

17/07/25 – Year 6 Leavers service – 9.30am

11/07/25 – Year 6 Leavers party (after school)

18/07/25 – Last day of term

21/07/25 – INSET

Details of all trips will be communicated through ParentPay.

Please note:

The new meal menu is attached at the end of this newsletter. If possible, please order with your child at home to ensure they have something they like.

Highlights of the week...

Year 4 kindly visited Nursery to share their knot tying skills. They showed us how to tie a hitch knot and turned sticks and ribbons into magical wands. Imagination soared as spells were cast and we were transformed into frogs and princesses.



PIC•COLLAGE



Reception really enjoyed their first full run through of sports day in the sunshine



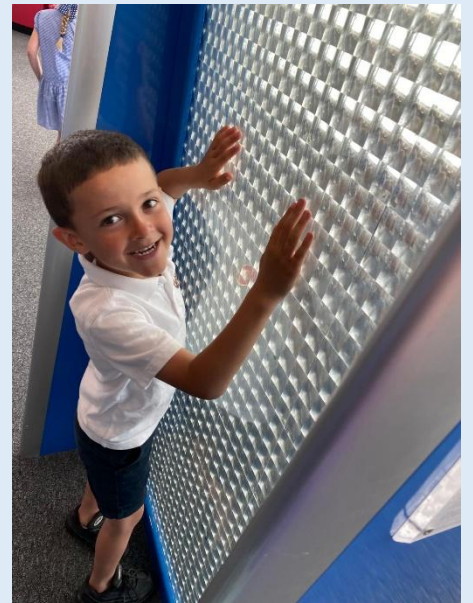
Pupils practiced staying in their lane, jumping over the hurdles and being a good team player by cheering on friends. 📣

We cannot wait to welcome you all into School next week for Sports Day!

Reception also enjoyed an outdoor skills circuit in their PE lesson. From skipping and throwing to excellent footwork- everyone had a fun time developing their skills



Year 1 having an awesome time at Techniquest!



Year 1-2 have enjoyed putting their finishing touches to their wheeled vehicles.





Years 2 are thoroughly enjoying their trip to Techniquest! They've explored hands-on exhibits, enjoyed a ride down the giant slide and exploring forces like wind. We're very proud of how all the pupils have behaved and they've had a brilliant day 🌐 🔭







Year 2/3 DJ were very thoughtful when asked to think about the changes we go through between being a baby, child and adult.



Year 3 loved making their vehicles from their designs using wheels and axles to make them move. Great fun was had road testing them too!

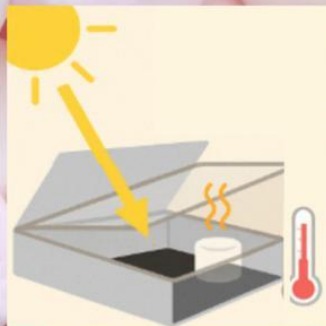


Year 4 have had great fun designing solar ovens (popty hauls) selecting the best materials for the job. We then cooked marshmallows enjoying the gooey, sticky results.

| Geiriadur Bach / Little Dictionary | | |
|------------------------------------|---|--|
| Reflect |  | to bounce light off a shiny surface |
| Transparent |  | a see-through material that lets light in |
| Absorb |  | to soak up light and change it into heat |
| Insulate |  | to keep heat or cool in and stop it escaping |



COOKING WITH OUR SOLAR OVENS



PIC•COLLAGE

It's been a very active week for Year 5 and today we have had a cricket workshop with Brad from Cricket Wales! Honing in on our batting and bowling skills!



Year 6 have enjoyed taking part in outdoor learning this morning. We learnt how to use secateurs safely, tie a range of knots and drew scientific drawings from a microscope.





Week 1

Monday

Main Meal: Cheesy Leek & Broccoli Pasta Bake served with Peas, Green Beans & Garlic Bread

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

Pudding of the day: Chocolate Crispy Cake 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 served with Fruit Slices

Wednesday

Main meal: Smokey Joe's Chicken or Smokey Joe's Quorn Fillet with Mixed Grain Savoury Rice served with 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: Various Pasta Salad Pots 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: Various Pasta Salad Pots 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

2/6/26, 30/6/26, 1/7/26, 29/8/26, 24/11/26, 5/1/26, 2/2/26, 2/3/26



Week 2

Monday

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

Alternative: Various Pasta Salad Pots or Filled Jacket Potato served with a Side Salad & Coleslaw

Pudding: Angel Delight served with Fruit Slices

Tuesday

Main meal: Beef Bolognese or Vegetarian Bolognese 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: Various Pasta Salad Pots 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: Various Pasta Salad Pots 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

9/6/26, 7/7/26, 8/8/26, 6/10/26, 3/11/26, 1/12/26, 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: Chocolate Crispy Cake served with Fruit Slices

Tuesday

Main meal: Mediterranean Chicken or Mediterranean Quorn Fillet on Multi Grain Rice served with Broccoli, Carrots & Cauliflower

Alternative: Various Pasta Salad Pots or Filled Jacket Potato served with a Side Salad

Pudding: Oat Cookie served with Fruit Slices

Wednesday

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

Alternative: Various Pasta Salad Pots 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: Various Pasta Salad Pots 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



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: Chocolate Crispy Cake served with Fruit Slices

Tuesday

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

Alternative: Various Pasta Salad Pots or Filled Jacket Potato served with a Side Salad & Coleslaw

Pudding: Fruit Yoghurt served with Fruit Slices

Wednesday

Main meal: Beef Chili or Vegetarian Chili Loaded Wedges served with Salad & Coleslaw

Alternative: Various Pasta Salad Pots 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: Various Pasta Salad Pots 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



Please use SULLY20 code for a special discount!

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AND AMAZING
ATTRACTIONS

FEATURING
TRIBUTES TO

TAYLOR SWIFT

KATY PERRY

HARRY STYLES

UNDER 3'S FREE ENTRY

ALL UNDER 18'S MUST BE
ACCOMPANIED BY AN ADULT

In association with

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MASSCOTS

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WORKSHOPS

COMPETITION WINNERS

WELSH ACTS

GAMING ZONE

NEW TO 2025

NEW WAVE
WRESTLING ACADEMY

SINGLE TICKETS JUST £17.50

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*Ts & Cs Apply - Lineup May be subject to change - Please see website for Ts & Cs and more information

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Affluent Time



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BARRY TOWN COUNCIL



SCAN ME

Sully PTA Information:

Sully Primary School Summer Fete – Saturday 5th July, 12:30–3:30pm!



We're super excited to invite you to our **Annual Summer Fete** – a fun-packed afternoon full of fantastic **games, entertainment, and delicious food** for the whole family!

This year, we're thrilled to welcome **Taste of Turner**. We will also have our usual Hot Dogs, Cakes, Sweets, fully stocked Bar, and more – so bring your appetites!

Tickets

Tickets will be on sale on ParentPay by the end of this week for **£2 per person** (children 2 and under go free).

- **Pre-purchased ticket holders:** Enter via the **bottom gate and the field**.
- **On-the-day ticket buyers:** Please use the **main gate next to the car park off Burnham Avenue**.

This helps us keep queues down and get everyone in quickly and smoothly!


Volunteers Needed!

We need your help to make the fete a success!

Here's how you can get involved:

- **Prep at home** in the weeks leading up to the fete
- **Set-up on Saturday 5th July** – from **10:00 to 12:30**
- **Help run a stall or activity** – from **12:30 to 15:30** (*half shifts welcome!*)
- **Clean-up crew** – from **15:30 to 16:30**

Even a small amount of time makes a big difference. Please email the PTA at sullypta@gmail.com or your class rep in the WhatsApp chat if you can help.

Thank you for your continued support – let's make this the best Summer Fete yet! 

Sully PTA Information Continued:

How You Can Help – Donation Requests

Our Summer Fete relies on the amazing support of our school community. We know times are tough – please only give what you can. Every bit helps!

Jolly Bags

These will be sent home this week. Please decorate and return them to school by **Friday, 4th July**. There will be a prize awarded per class for the best decorated Jolly Bag!

Cakes & Bottles

- **Bottle donations:** Accepted anytime up to **Friday, 4th July**
- **Cake donations:** Please bring them in on **Friday, 4th July**

Teddy Tombola

Have a clear-out of those cuddly toys! Please drop off any gently used teddies to school by **Friday, 27th June**.

Raffle Donations – Themed Baskets by Year Group

Each class will contribute to a themed basket for our raffle. Please bring donations in by **Friday, 27th June**, so we have time to assemble them.
Themes:

- **Nursery** – Get Crafty Basket
- **Reception** – Book Lover Basket
- **Year 1** – Pamper Hamper
- **Year 2** – Squeaky Clean Basket
- **Year 3** – Movie Night Basket
- **Year 4** – Family Night In Basket
- **Year 5** – Outdoor Fun Basket
- **Year 6** – Food Lover Basket

 Raffle tickets will be on sale this week at **£1 per ticket** – don't miss out!

Non-Uniform Day – Friday 4th July

Children can come to school in non-uniform in support of our donation collections.



**WE WANT TO
HEAR FROM YOU...**

HELP US SHAPE OUR SUMMER



**Summer is almost here and we would love
to hear about the
sports/activities you'd like to try so that
we can provide some of them.
Please complete the below quick survey
with your child/children.**



<https://forms.office.com/e/dSXiiMzNXz>



Families Learning Together



Nature Nurturers

Sully Primary School

Thursday 8th May

9am

A FREE 10 WEEK FAMILY LEARNING COURSE, DESIGNED FOR FAMILIES TO EXPLORE, PLAY AND LEARN TOGETHER AS WE FOCUS ON THE BENEFITS OF THE OUTDOORS - BOOSTING WELL-BEING, CREATIVITY AND CONNECTION WITH NATURE. THROUGH PRACTICAL ACTIVITIES, STORYTELLING AND NATURE INSPIRED FUN, FAMILIES WILL EXPERIENCE AND LEARN ABOUT THE WONDERS OF THE NATURAL WORLD.

RECEPTION TO YEAR 2

Contact us
families@cavc.ac.uk



Below is a link to a short film from the School Nursing Service for school to use at parental nursery to reception transition events.

In the past the School Nursing service have tried to attend in person, but with the recent implementation of the Welsh Government Strategy - *Healthy Child Wales Programme: for school aged children (April, 2024)*, there are limited School Nurses available to be able to deliver a face to face session in all settings.

The short video (2 mins), describes what School Nursing can offer a child throughout their school years, please feel free to view.

https://youtu.be/-_goO80d_W0

CARDIFF AND VALE UHB

School Nursing Newsletter | Summer 2025



Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
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Keeping children's eyes healthy (Specsavers advice)

While it's not possible for your child to stop using screens altogether- there are a few things you can do to help protect your child's eye health.

- To help set a reasonable limit you should think about the needs of your child and how much the use of screens seems to interrupt their other activities (Like social activities or sleep) Set a realistic screen time
- Follow the 20:20 rule- your child should look away from their screen every 20 minutes and look at something 20 feet away for at least 20 seconds. This will relax their eye muscles and help reduce the risk of digital eye strain
- Adjust their screen positioning- make sure all digital devices or screens are at the correct distance for your child. The screen should be slightly below their eye level as looking at screens widens their eyes and dries them out quicker
- Schedule some outside time- children should make the most of their outside breaks
- Stay Hydrated- water is important for every aspect of your health- and eye health isn't any different. Staying hydrated will help avoid dry eyes
- Establish media free times- to help reduce your child eye fatigue and remove fixation or reliance on digital services – establish 'screen free' time in the evenings. Parents need to lead by example
- Book annual eye exams- Its is recommended that children have their eyes tested every year to ensure their eyes remain healthy during this important developmental stage. This is a FREE service for all children



Sunscreen and Sun Safety

Sunburn increases your risk of skin cancer. Sunburn does not just happen on holiday. You can burn in the UK, even when it is cloudy.

To protect children in the sun, make sure to:

- Encourage children to spend time in the shade between 11am and 3pm
- Never allow children to burn
- Ensure they are wearing suitable clothing and sunglasses
- Apply sunscreen 30 minutes before going out

Know your sunscreen! When buying sunscreen make sure to read the label. Ensure your sunscreen is at least a factor 30 to protect against UVB and has at least 4-star UVA protection.

Did you know? Sunscreen has an expiry date, make sure to check this before applying.



5 ways to keep your child safe this Summer

1. Water Safety

Maintain consistent eye contact on kids in and around water, without distraction

2. Child safety helmet

Make sure your child wears a properly fitted bike or multi sports helmet every time they ride

3. Hydration

Encourage children to stay well hydrated by drinking plenty of water before during and after play

4. Playground safety

Visit parks with impact absorbing material under equipment and actively supervise them while they play

5. Hot cars

Never leave your child alone in a car, not even for a minute

CARDIFF AND VALE UHB

School Nursing Newsletter | Summer 2025



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Sports libraries

Do you know about them?

Sports libraries are a great initiative to increase physical literacy for young people of all ages. It encourages young people to get outside more, improving concentration and memory, learning new skills, and increasing self-confidence.

Sports libraries allow members of the public to borrow sports equipment from the library such as,

- Table Tennis Sport Equipment
- Inclusive Multisport Equipment
- Boccia Sports Equipment
- Athletic Equipment
- Badminton Equipment
- Cricket Sports Equipment

They will be available at the following hubs,

- Fairwater
- Ely
- Grangetown
- STAR
- Llanrumney
- Powerhouse
- Rumney
- St Mellons

These items will be free to loan from the Hubs and libraries as long as they are a member of the library. It is quick and easy to sign up to the library if not.

Sports libraries | Cardiff Hubs : Cardiff Hubs

parent line

If you're a parent or carer of a 5-11 Year Old

Text your school nurse on

07312 263178

For confidential advice and support



Available during
school holidays

If your child is being electively home educated, please remember you can still access the school nursing service for support and advice on the contact numbers below.

Useful Contacts

EAST Cardiff School Nursing Team
WEST Cardiff School Nursing Team
VALE School Nursing Team

- 029 2183 3114
- 029 218 32204
- 014 4670 4114



Nursio Ysgol | School Nursing
BP Caerdydd a'r Fro | Cardiff & Vale UHB

Social Media



ICAV_SNTEAM