



# SULLY PRIMARY SCHOOL

## NEWSLETTER

09/01/26

Dear Parents and Carers,

We warmly welcomed our pupils back to school on Monday, and since then, it has been non-stop! After just a few days, it already feels like we've never been away—comfortable and familiar, much like slipping into a well-loved pair of slippers. While the earlier mornings may have taken some getting used to, the children have all settled quickly and confidently into the rhythm of the new spring term.

This week has been busy, as usual, and we are pleased to share some highlights with you below. Our staff have also been hard at work planning a range of exciting spring events. Among these are our upcoming Open Afternoons and Parent Evenings.

### **Open Afternoons:**

These will take place from Monday to Thursday during the week commencing 9th March 2026, just before Parent Evenings. All sessions will run from 1:30 pm to 3:00 pm. The schedule is as follows:

- Monday 9th March: Year 5 and Year 6
- Tuesday 10th March: Year 3 and Year 4
- Wednesday 11th March: Year 2 and Year 3
- Thursday 12th March: Year 1 and Reception

### **Parent Evenings:**

- Tuesday 10th March: Year 5
- Thursday 12th March: Year 5
- Tuesday 17th March: Reception, Year 1, Year 2, Year 3, Year 4, and Year 6
- Thursday 19th March: Reception, Year 1, Year 2, Year 3, Year 4, and Year 6

Nursery come and play parent sessions will also take place on the 17<sup>th</sup> and 19<sup>th</sup> of March.

### **Reading/RWI Parent Meeting:**

We are pleased to invite all parents to a special meeting hosted by Mr David Jarvis on Wednesday, 22nd January 2026, at 9:00 am. This session will provide an overview of our approach to developing children's reading skills including our approach to teaching phonics using the Read Write Inc. programme.

While this meeting is open to all parents, it may be especially relevant for those with children in PS1 and PS2 (Nursery through to Year 3).

We encourage you to attend to gain a deeper understanding of how we support early reading development and how you can help your child at home. Teas and coffees will be available.

We look forward to welcoming you to these events, which offer a valuable opportunity to engage with your child's learning and school life.

Thank you for your continued support. We look forward to a successful and engaging term ahead!

Wishing you a lovely weekend.

Andrea Waddington & Staff

## **Dates for your diary...**

**Dates added/amended this week are in red**

14<sup>th</sup> Jan – NHS Flu spray catch up (for those who missed last time)

23<sup>rd</sup> Jan – PTA - Dydd Santes Dwynwen -wear what you love – further details to follow

31<sup>st</sup> Jan – Year 5 Atlantic College – final instalment due on Parent Pay

9<sup>th</sup> Feb – Year 5 London Trip – Please consent on Arbor asap

11<sup>th</sup> Feb - Reception Class – Sherman Theatre trip – **Please make payment on Parent Pay and consent on Arbor**

13<sup>th</sup> Feb – Year 6 Abernant Trip – 3<sup>rd</sup> Instalment due on Parent Pay

13<sup>th</sup> Feb – INSET DAY

1<sup>st</sup> Mar – Year 6 Abernant Trip – final payment due on Parent Pay

3<sup>rd</sup> Mar – Year 5 – Parent meeting for the Atlantic College trip – 3.30pm

4<sup>th</sup> Mar – PTA Silent Disco after school – details to follow



**Our attendance this week has been 94.56% which is well below our target of 95.1%**

**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](mailto:office@sullyschool.co.uk) or telephone: 02920 530377

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

---

Please send all other communication to our email address at [office@sullyschool.co.uk](mailto:office@sullyschool.co.uk) not via our Arbor messaging system, thank you.

# Highlights of the week...

Nursery enjoyed sharing and talking about their Christmas news. They explored their first enquiry question “How can we tell our own stories through a painting/picture?” They created some lovely pictures with lots of detail to show their special news.





Reception have loved being back in school with their friends. The children have been using positional vocabulary to describe where they are and where the teddy is hiding!



Year 1 DJ learnt how to identify some of our native birds this week in preparation for the Big Schools Birdwatch 2026. We saw blue tits, robins and even a kestrel! We then went back to class and did some amazing observational drawings.



## Birdwatching

Year 1-2 have enjoyed exploring how we tell stories through drama.  
Can you guess what traditional story we've been looking at?



Year 2 ES have shown fantastic control and balance when using the bikes outside this week. They demonstrated great resilience, by not giving up, supported one another and had lots of fun! Da iawn Year

2 ES ★





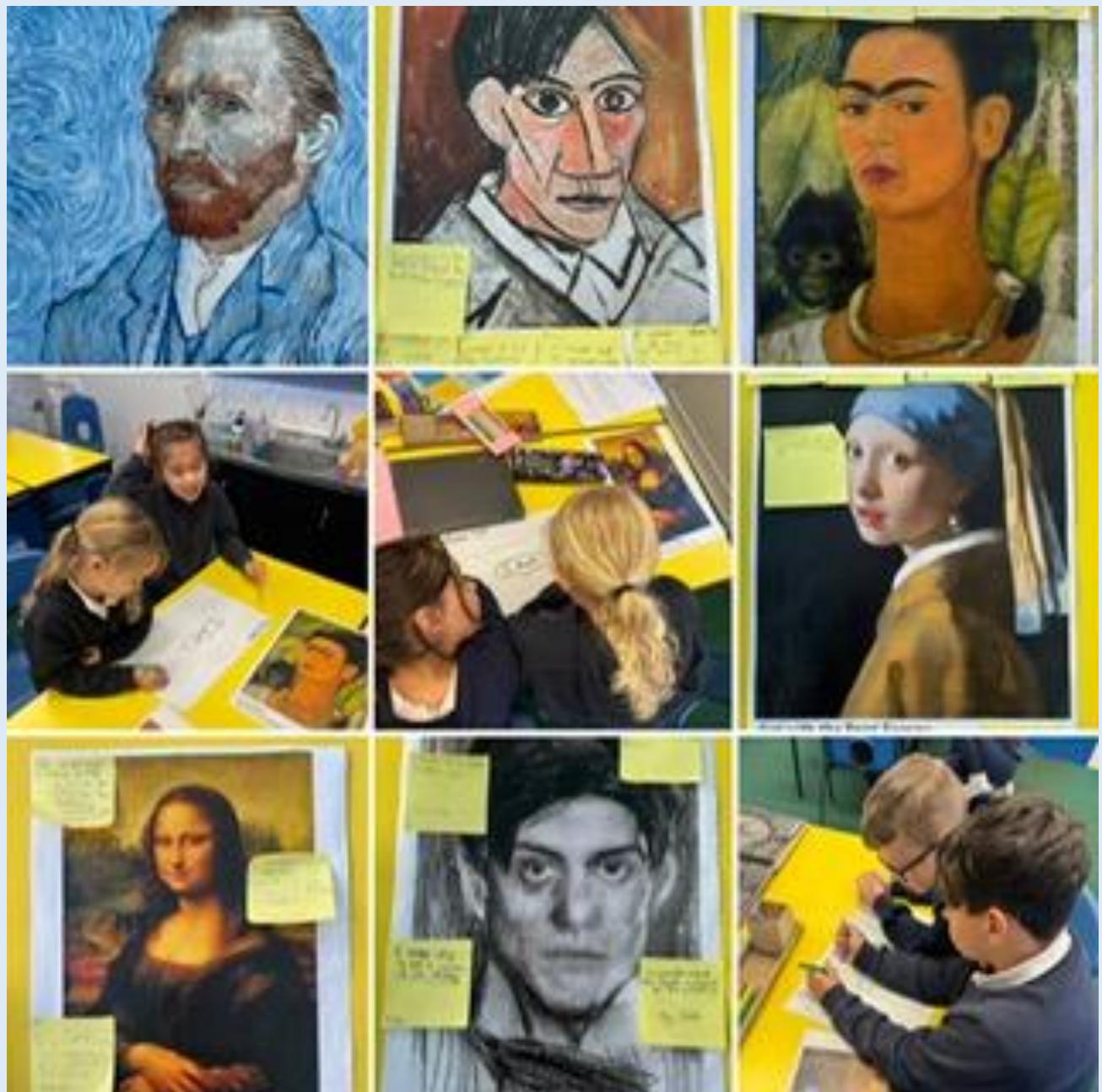
This week, Year 2 and 3 pupils wrapped up warm and headed outside in the cold but sunny weather to look for signs of winter. ❄️☀️

Whilst exploring the school grounds, we spotted early signs of new life, such as baby daffodils pushing up through the soil, and noticed bare trees.



The children were also introduced to hibernation and migration and learned how different animals survive the cold winters. ❄️

Year 4 have been tuning into their new Expressive Arts inquiry by responding to famous portraits. There were many insightful questions about what the portraits might indicate or imply. The children thought about the different styles that expresses the personality of the person.



This week year 5 have started tuning in for their new inquiry topic "How can we bring people together through the arts?". They have begun by looking into the different forms of arts, listening to music from different cultures and annotating images of different experiences bringing people together 🎵 ☺



Year 6 have welcomed in the new year by learning about Calennig celebrations in Wales, and painting their favourite place in Wales inspired by the work of Welsh artist Lizzie Spikes 😊✍



Dear Parents/Carers,

The Adult Community Learning team will soon be running a 'Digital Skills for Parents' programme at Sully Primary School. This course will start on Wednesday 14th January between 9.15am - 11.15am and will run for 5 weeks.

If you are interested in joining this course please could you let me know by email me at [HarriesS8@hwbcymru.net](mailto:HarriesS8@hwbcymru.net)

Kind regards

Shelley Harries, Deputy Headteacher

Adult Community Learning in the Vale

GET BACK on track!  
NOL ati

VALE OF GLAMORGAN  
adult community learning in the vale  
WELWYN GARDEN CITY COLLEGE  
BRO MORGANNWYD

Vale Learning Centre  
Canolfan Ddysgu'r Fro

# COURSES FOR PARENTS

## Sully Primary School

### Digital Skills for Parents

Wednesdays 9:15 am – 11:15 am  
Wednesday 14<sup>th</sup> January for 5 weeks

JOIN OUR AMAZING SHORT TASTER COURSES

Want to join? Let the school office know and come along on the day.

LEARN NEW SKILLS!

BOOK NOW

As we approach the winter season, the Welsh Blood Service is looking for more blood donors to give the best gift.

This year we are telling the story of Hannah, who received blood and platelet transfusions during her childhood cancer treatments. Hannah has now made a full recovery and wants to share her story.

Hannah's story: <https://www.welsh-blood.org.uk/seeing-is-believing-25-26/>

Hannah's story (video): <https://youtu.be/UbEVjdSUZSU>



Currently, blood stock levels of O-, the universal blood type, are lower than we'd like. So, we really need support to get the word out.

*Key Facts to remember:*

- *1 blood donation can save 3 lives, or 6 newborn babies.*
- *Our hospitals need us to collect 350 donations every day.*
- *Only 3% of the eligible population in Wales donate blood.*

You, or someone you know, may need blood one day.

Booking link: <https://wbs.wales/ValeofGlamorgan>

If you'd like to support us, please let me know and I can send over personalised content, and a personalised booking link 😊

Thanks,  
Laura

January donation clinics:

Wed 07 Jan 26  
Mon 19 Jan 26

**Barry Arts Memo Centre**  
**Leisure Centre, Cowbridge**

# Sully residents needed for research!



I am local resident Jackie Strawbridge, a final year MSc Occupational Therapy student at Cardiff University.

I need **adult volunteers (18+)** living in **Sully, Vale of Glamorgan** to complete a short online questionnaire for my research project.

## What's it about?

How **winter affects our everyday activities** — from self-care, to leisure, to work. Do our routines change with the seasons? Do we enjoy activities less in winter?

## Why does it matter?

This study has been developed in response to a call from Public Health Wales to better understand the link between winter and wellbeing.

## Who can take part?

- Adults aged 18+
- Living in Sully (>50% of the year)



Please scan the QR code or follow the link to complete the survey! <https://forms.office.com/e/Eg99w82i4B>

Any questions/concerns, please contact [strawbridgej1@cardiff.ac.uk](mailto:strawbridgej1@cardiff.ac.uk).



## 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.AscendanceTheatreArts.co.uk](http://www.AscendanceTheatreArts.co.uk)  
[AscendanceTheatreArts@gmail.com](mailto:AscendanceTheatreArts@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](mailto: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 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:** 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.**