



SULLY PRIMARY SCHOOL NEWSLETTER 04/07/25

Dear Parents and Carers,

As we approach the end of the summer term, our focus is shifting towards the important transition process for our pupils. Next week, pupils will have the opportunity to meet their new class teachers and spend time with their future classmates in their new class settings. We believe this will help ease the transition and prepare them for a successful start in September.

In the last two weeks of the term, pupils will participate in their final mini project of the year. They will engage in a range of activities designed to showcase and celebrate what they have learned during their time in their current year groups. This will involve creating various documents that will be passed down to the younger children, fostering a sense of continuity and community within our school.

Thank you for your continued support.

Best regards,

Andrea Waddington & Staff
Sully Primary School



**Our attendance this week has been 93.26%
which is well below our target of 95.1%**

Dates for your diary...

Dates added/amended this week are in red

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:

Lost property – please call into the office for any lost property. Any unclaimed items will be given to charity at the end of term.

Thank you.

Big Fresh have asked if the pupils could provide their feedback to the new menu, the closing date for this is the 29th July. Please click this [link](#)

Highlights of the week...

This week, our Nursery children have been preparing for a bike ride around the school grounds. They took care in washing the bikes and checking the tyres, developing a sense of responsibility and teamwork. It was fantastic to see so many confidently riding without stabilisers and others showing remarkable balance and coordination as they zoomed around on balance bikes.





This week, Reception pupils have continued developing important skills such as teamwork, problem-solving, and communication. They worked together to complete puzzles, build projects, and enjoy outdoor activities together that included harvesting and tasting our delicious home-grown beans.





Year 1 made their
own wind turbines.
And some children
were 'caught'
reading quietly 😊





Year 1-2 have enjoyed finding 10 more and less, with a partner.

Year 1-2 enjoyed drawing their families in their outdoor learning.



PIC•COLLAGE



Year 2 have loved designing and building their own buggies. The highlight was our very own “Downhill Darby,” where the children tested their creations on a ramp to see how far and fast they could go – with lots of excitement and cheering! In Nature-Based learning, they also practised tying knots, including the figure of eight 🏁



Year 3 had an amazing time at Technquest! They loved the exhibits and meeting all the amazing puppets that had staged a takeover.



Year 3 Continued:



PIC•COLLAGE



Year 4 have been exploring properties of light. They also used microbits to code their own light meter.



Year 5 have loved testing out their parachutes this week and finding out which materials make for the most successful flight! Year 5 have enjoyed their scientific inquiry, conducting different experiments and learning lots of new technical vocabulary.



Year 6 have had a very active week taking part in a PE transition morning in Stanwell, attending a transition day in St Cyres and having more expert tuition in cricket. Some pupils also represented Sully School in a Touch Rugby Festival in Cardiff Met!



Free creative nature workshops!

13 July - nature walk and creative activity
2-4pm

8 August clay tile making and decorating
2-4pm

Sharing themes with sculptor Alan Goulbourne's seed pod public artworks, discover the nature in your local area and make your own tile to take away!

Free, all welcome, all ages. Look for the orange gazebo in the playground off Melrose Walk



Funded through the Vale of Glamorgan Council's Section 106 Public Art Contribution from Taylor Wimpey Homes

Please use SULLY20 code for a special discount!

GLASTONBARRY.COM MACK EVENTS PRESENTS ROMILLY PARK, BARRY

GlastonBARRY

Family Tribute Festival

FRIDAY 25TH JULY

In association with **BTS LIMITED**

JUNIORS

FEATURING TRIBUTES TO
TAYLOR SWIFT
KATY PERRY
HARRY STYLES

AND AMAZING ATTRACTIONS
TINY TOTS DISCO
RIDES & STALLS
MASCOTS
LIVE MAGIC
SPECIAL GUESTS
WORKSHOPS
COMPETITION WINNERS
WELSH ACTS
GAMING ZONE

NEW TO 2025
NEW WAVE

UNDER 3'S FREE ENTRY
ALL UNDER 18'S MUST BE ACCOMPANIED BY AN ADULT

SINGLE TICKETS JUST £17.50 **FAMILY PASS £55**

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

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**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>



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 & Vale Schools Football Association | 2025/26 Season

Prynhawn da | Good afternoon,

We're excited for what the new season will have in store at Cardiff & Vale Schools Football Association.

For the 2025/26 season, we're delighted to share that we will be:

⚽ Growing our Girls programme, with the addition of an U7 | U8 Girls age group (current year 1 & year 2).

Please share the following link with parents / guardians of interested players, so that they can sign up for the opportunity: <https://bookwhen.com/cvsfatrials>.

Trials take place this Sunday 29th June 2025.

🏟 Increasing the number of our Primary Fives festivals on offer & launching a new season long Super Seven (7-a-side) competition for primary schools, with access to play games at Ocean Park Arena indoor pitches.

To ensure you're able to access all on offer with Cardiff & Vale SFA & to make sure you receive all our future correspondence for trials & festivals, please complete the following affiliation form for the new 2025/26 season: [School Affiliation Form](#).

We look forward to working with you again, providing you & your students with the best football opportunities in the area.

If you have any queries or if there's any ideas you'd like to discuss, please don't hesitate to get in touch.

Diolch yn fawr | Many thanks as always for your continued support.

Cardiff & Vale SFA | CBD Caerdydd a'r Fro

CBD YSGOLION & COLEGAU
CAERDYDD A'R FRO





Keeping children's eyes healthy (Specsavers advice)

While its 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



GIG
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Cardiff and Vale
University Health Board



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

- 029 2183 3114

WEST Cardiff School Nursing Team

- 029 218 32204

VALE School Nursing Team

- 014 4670 4114

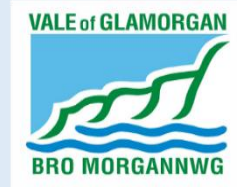


Nursio Ysgol | School Nursing
BP Caerdydd a'r Fro | Cardiff & Vale UHB

Social Media



ICAV_SNTEAM



STANDARD CYCLING COURSES – SUMMER 2025

With funding from the Welsh Government, the road safety department is providing three National Standard Cycling courses during July and August in Rhws, Wenvoe and Penarth for children aged 10/11 years living within the Vale of Glamorgan and who have not completed this training.

National Standards Cycle Training (NSCT) courses are designed to give children the skills to undertake a safe cycle journey to and from school or to a known place of leisure and during this summer, courses are being held for children **aged 10 and 11 years** who have not completed this training and live within the Vale of Glamorgan. Delivered through the Vale of Glamorgan Council and funded by the Welsh Government, these NSCT courses are free and will be held at the following locations:

- *Rhoose - Monday 21 until Thursday 24 July - 0930/1300hrs
- *Wenvoe - Monday 4 until Friday 8 August - 1000/1300hrs
- *Penarth - Monday 11 until Friday 15 August - 1000/1300hrs

The training consists of two Levels **completed over two days** as follows:

- **Level 1 Training and Assessment - Monday**
This is carried out in an off-road environment and **all** students will be required to attend. Those students who successfully complete this level will be allocated one further day to complete their level 2 training.
- **Level 2 Training – Tuesday, Wednesday, Thursday, Friday**
This training is carried out on quiet, local roads with some traffic.
- Bikes in good working order will be required and will need to be transported to and from the venue each day. Bikes cannot be stored overnight at the venue.
- Cyclists must arrive in sufficient time to commence courses and be collected at the finish time specified.
- Helmets and suitable, weather appropriate clothing and footwear must be worn. No sandals, flip-flops or wellingtons.
- **Your child must be an accomplished cyclist able to ride one handed with either hand** – the children are expected to carry out indicating manoeuvres on sometimes busy roads. **Our aim is not to teach your child how to ride but to develop existing skills.**

Places for each course are limited and for more information and to register please go to:
<https://www.eventbrite.com/cc/national-cycle-standards-training-summer-2025-4404633>

Please note that this booking is for the registered participant only, cyclists cannot be accompanied during training sessions