



# SULLY PRIMARY SCHOOL NEWSLETTER 06/02/26

Dear Parents and Carers,

It's hard to believe we are already approaching the final week before our half-term break. Please be reminded that the school will be closed to pupils on Friday 13th February and Monday 23rd February for staff INSET days.

We have recently noticed some pupils wearing watches capable of recording audio and video, such as V-Tech models. To ensure the privacy and safety of all pupils, these devices will now be treated in the same way as smartphones. While we would prefer that pupils leave these devices at home, if they do bring them to school, they will be expected to hand them to their teacher at the start of the day. The devices will be securely stored and returned to the pupil at the end of the day.

Additionally, I would like to remind you about the Public Health Wales Guidance on Common Illnesses, which is available on our school website. This guidance is a valuable tool to help you make informed decisions about whether your child is well enough to attend school following an infection.

Please note that the guidance focuses on the typical duration and infectiousness of various illnesses, rather than your child's individual readiness to return. As parents and carers, you are best placed to judge when your child is fit to attend.

Of particular importance are the 48-hour rules:

- After a sickness bug, children should remain off school for 48 hours following the last episode of vomiting or diarrhoea.
- After a bout of influenza, children who have had a high temperature should stay off school for 48 hours once their temperature has returned to normal.

You can access the full guidance here:

<https://www.sullyschool.co.uk/parentsrhieni/medical-matters/guidance-on-common-illnesses-2025>

Thank you for your continued support in keeping our school community healthy.

Wishing you a lovely weekend.

Kind regards,

Andrea Waddington



**Our attendance this week has been 94.46%  
which is below our target of 95.1%**

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

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

**31<sup>st</sup> Jan – Year 5 Atlantic College – Overdue payments to be paid asap**

9<sup>th</sup> Feb – Year 5 London Trip – to be at Sully School by 6.10am

11<sup>th</sup> Feb - Reception Class – Sherman Theatre trip

**11<sup>th</sup> Feb – Cows on tour – Years 1-3 – details to follow**

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

23<sup>rd</sup> Feb – INSET DAY

**27<sup>th</sup> Feb – St David's Day Celebration – details below**

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 below**

**5<sup>th</sup> Mar – World Book Day – details below**

9<sup>th</sup> Mar – Open Afternoon – Year 5 & Year 6 – 1.30pm – 3pm

**9<sup>th</sup> – 13<sup>th</sup> Mar – Science week**

10<sup>th</sup> Mar – Open Afternoon – Year 4 – 1.30pm – 3pm

10<sup>th</sup> Mar – Year 5 Parent's Evening

11<sup>th</sup> Mar – Open Afternoon – Year 2 & Year 3 – 1.30pm – 3pm

12<sup>th</sup> Mar – Open Afternoon – Year 1 & Reception – 1.30pm – 3pm

12<sup>th</sup> Mar – Year 5 Parent's Evening

13<sup>th</sup> Mar – PTA – Wonderful Women – details to follow

17<sup>th</sup> Mar – Reception, Year 1, 2, 3, 4 & 6 Parent's Evening

17<sup>th</sup> Mar – Nursery come and play parent sessions

19<sup>th</sup> Mar – Reception, Year 1, 2, 3, 4 & 6 Parent's Evening

19<sup>th</sup> Mar – Nursery come and play parent sessions

26<sup>th</sup> Mar – Colorfoto – Class group photos

### **Polite notice:**

Please be mindful of parking safely during drop off/pick up times as there has been some inappropriate parking of late.

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### **Polite reminder:**

We are a healthy and nut free school and only permit fruit snacks and water.

## **Big Fresh change of menu for next Thursday:**

**Turkey will now be Chicken fillets for next week**

Upcoming Events:

### **St David's Day Celebration – Friday 27th February**

On Friday 27th February, we will celebrate St David's Day with our annual Eisteddfod. Pupils will be involved in a range of Welsh-themed activities throughout the day, celebrating the rich language and culture of Wales.

We warmly invite pupils to come dressed in traditional Welsh costumes or clothing that reflects their connection to Wales.

### **World Book Day – March 5<sup>th</sup>**

We are excited to celebrate World Book Day on March 5th! On this day, we invite pupils to:

- Bring in their favourite book to share with their classmates.
- Dress up as their favourite book character to bring stories to life. (Please note: costumes should be school-appropriate; onesies and pyjamas are not allowed.)
- Or wear comfortable clothes to relax in while enjoying a variety of fun and engaging reading activities.

This special day will be full of opportunities to explore new stories, share favourite books, and celebrate the joy of reading together.



Marie Curie Daffodils will be on sale next week, please send your child in with a suggested donation of a £1 or more, if they would like to purchase a daffodil, thank you.

**PTA – Sully School Self Portrait Tea Towels  
are now on sale on Parent Pay**

Parents/Carers can order the tea towels on Parent Pay for £5.50 each by Thursday 12<sup>th</sup> of February.

Parent Pay will be set up separately for the following:

Nursery  
Reception, Years 1, 2 & 3  
Years 4, 5 & 6

They will be given to children that have ordered on Friday 13<sup>th</sup> of March as part of our annual Wonderful Women celebration.

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**PTA – Silent Disco – Weds 4<sup>th</sup> March  
Tickets are now on sale on Parent Pay**

Tickets are now on sale for £6 each, this includes the disco, a hot dog, and a drink.

Years 1, 2 & 3 – 3.30pm – 4.30pm  
Years 4, 5 & 6 – 4.45pm – 5.45pm

# **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.

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## **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.**

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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 turned into rock stars during a Battle of the Bands. Working together with their bandmates, they rocked the room with their energetic performances.





Reception have been exploring a range of musical instruments. We have found out what they are made from, how we make a sound from them and how to handle them. The children have explored making loud and quiet sounds and fast and slow sounds. We have some musicians in the making!





Year 1 DJ have loved exploring the story of how the Red Dragon became a symbol of Wales. We even practiced telling the story in front of a small audience.





Year 1-2 have had great fun telling the Welsh myth of the red dragon using drama. We learnt about the 6Ps of performance and used them to tell the story.

The Lego challenge was completed brilliantly too.



Year 2 ES have loved learning about and listening to the story of The Red Welsh Dragon. The children used their imaginations to draw parts of the story. Some children were also very creative in the construction area, building impressive red dragons out of Lego!







This week, Year 2 and 3 have been busy becoming measuring experts! We learned how to measure accurately using a range of tools, including rulers, measuring tapes, metre sticks and even trundle wheels. We took our learning outside, where we worked together to measure different distances and objects, practising careful measuring and recording our results. Everyone showed great teamwork and enthusiasm, and it was lovely to see the children enjoying maths in the fresh air while building their confidence with real-life measuring skills 📏 🌳



Alongside this, pupils have loved being creative by designing their very own settings for their wonderland characters. They used their imaginations to bring their ideas to life, showing fantastic creativity and pride in their work.





Year 4 have been learning a new knot, the shear lash, in preparation for den building activities. We also practised making fire for our cooking next week. Please can you help your child remember to bring a waterproof coat with a hood, change of footwear for the wet and muddy field and ideally waterproof trousers for our sessions on a Thursday.



PIC•COLLAGE



Year 5 have been learning about Chinese New Year ahead of our trip to London and Chinatown on Monday. We found out when and how people celebrate and what food they eat during the celebrations. We are looking forward to learning more about Chinese culture and tasting some delicious Chinese food on our trip.



Year 6 designed cards to celebrate Dydd Santes Dwynwen this week and learned lots of new vocabulary on the theme of love such as 'cariad' and 'Rwy'n dy garu di!' ♥♥





# LISTENING Lunch



Come along to our online support group for parent and carers of children experiencing emotional wellbeing and mental health needs.



**Every fourth Wednesday  
of the month, 12pm to 1pm**

**SCAN ME!**



For more information about this service, email **CharlotteW@familylives.org.uk** or scan the QR code to sign up

**We build better family lives together**

**[www.familylives.org.uk](http://www.familylives.org.uk)**

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**GIG  
NHS  
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Bwrdd Iechyd Prifysgol  
Caerdydd a'r Fro  
Cardiff and Vale  
University Health Board

**CYPF PPIT**



Emotional Wellbeing  
& Mental Health  
Lles Emosïynol ac  
Iechyd Meddwl

Family Lives is registered as a company limited by guarantee in England and Wales No. 3817762. Registered charity No. 1077722. Registered address: The Annex York House, Salisbury Square, Hatfield, Hertfordshire, AL9 5AD

# 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)







Cardiff and Vale Music  
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sign up  
here!



- Top quality instrumental and vocal tuition in schools across Cardiff and the Vale of Glamorgan
- More than 15 ensembles for every ability and instrument
- Whole class projects at primary and secondary level
- Young Musicians' Academi



Mae cofrestru ar  
gyfer 2025-26 nawr  
ar agor!

Enrolment for  
2025-26 is now  
open!

Contact us: [cfmusiceducation@cardiff.gov.uk](mailto:cfmusiceducation@cardiff.gov.uk)

[www.cfmusiceducation.co.uk](http://www.cfmusiceducation.co.uk)

# Meet your instrument Day

A CHANCE TO TRY OUT  
YOUR NEW INSTRUMENT -  
FOR FREE!

## 1 CHOOSE WHICH INSTRUMENT YOU WOULD LIKE TO TRY

Bassoon, Cello, Clarinet, Cornet, Flute, Oboe,  
Recorder, Trombone, Trumpet, Viola, Violin

## 2 SIGN UP THROUGH THE CF MUSIC EDUCATION WEBSITE

## 3 TRY OUT YOUR INSTRUMENT AND PLAY WITH OUR STARTERS ENSEMBLE



Whitechurch High School, Lower School Site.

Thursday 26th February 4.15-5.15pm

For all enquiries please email us at  
[cfmusiceducation@cardiff.gov.uk](mailto:cfmusiceducation@cardiff.gov.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.AscendenceTheatreArts.co.uk](http://www.AscendenceTheatreArts.co.uk)  
[AscendenceTheatreArts@gmail.com](mailto: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](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 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.**