



SULLY PRIMARY SCHOOL NEWSLETTER 23/01/26

Dear Parents/Carers,

We have just come through another busy and exciting week, culminating in the PTA-organised 'Wear What You Love Day' to celebrate St Dwynwen, our patron Saint of Love. The children looked wonderful in their favourite outfits, and it was a joyful day enjoyed by all.

I would like to extend a heartfelt thank you to everyone who attended the reading meeting led by Mr Jarvis on Thursday morning. We were delighted by the strong turnout, especially knowing how busy life can be. For those who were unable to join us, the PowerPoint presentation is available on our website under the **Parents > Homework Help > Recent Presentations** section.

During the meeting, we shared valuable information about our phonics teaching and the Read Write Inc. (RWI) programme, as well as emphasising the importance of fostering a love of reading in children.

For more insight into the benefits of reading, you may find this resource from the National Literacy Trust helpful:

[What Are The Benefits Of Reading? | National Literacy Trust](#)

A few years ago, we established a Living Library—a library of people, where members of our community share their unique knowledge and experiences with our pupils. We believe that everyone has something special to offer, and we would love for you to be part of this initiative. If you are willing and able to come into school occasionally to share your expertise and experiences, please complete the form linked below:

<https://forms.gle/m55mSpUP8szP1Wtq8>

Finally, we have recently launched a **Digital Skills for Parents** programme, held in school on Wednesday mornings from 9:15 am to 11:15 am. While attendance has been low so far, there are still three weeks remaining, and we warmly invite you to join us. This course offers a fantastic opportunity to enhance your digital skills and deepen your understanding of digital citizenship. It is highly adaptable, with the trainer tailoring the sessions to meet your individual needs and providing expert guidance across a range of topics. We encourage you to take advantage of this valuable resource—whether you are a beginner or looking to build on existing skills, this programme is designed to support you. Please inform the school office if you are intending to attend on Wednesday.

Thank you for your ongoing support.
Wishing you all a lovely weekend.

Andrea Waddington & Staff



**Our attendance this week has been 93.13%
which is well below our target of 95.1%**

Dates for your diary...

Dates added/amended this week are in red

- 26th Jan – Fonmon Castle trip for classes: 1DJ, 1/2RT & 2ES – Please make payment on Parent Pay and consent on Arbor
- 28th Jan – Fonmon Castle trip for classes: 2/3ALB & 3JE – Please make payment on Parent Pay and consent on Arbor
- 29th Jan – Year 4 Poetry Together Event – 2pm
- 31st Jan – Year 5 Atlantic College – final instalment due on Parent Pay
- 5th Feb – Parent Forum – 2.30pm
- 9th Feb – Year 5 London Trip – Please consent on Arbor asap
- 11th Feb - Reception Class – Sherman Theatre trip – Please make payment on Parent Pay and consent on Arbor
- 13th Feb – Year 6 Abernant Trip – 3rd Instalment due on Parent Pay
- 13th Feb – INSET DAY
- 23rd Feb – INSET DAY
- 1st Mar – Year 6 Abernant Trip – final payment due on Parent Pay
- 3rd Mar – Year 5 – Parent meeting for the Atlantic College trip – 3.30pm
- 4th Mar – PTA Silent Disco after school – details to follow
- 9th Mar – Open Afternoon – Year 5 & Year 6 – 1.30pm – 3pm
- 10th Mar – Open Afternoon – Year 4 & Year 4 – 1.30pm – 3pm
- 10th Mar – Year 5 Parent's Evening
- 11th Mar – Open Afternoon – Year 2 & Year 3 – 1.30pm – 3pm
- 12th Mar – Open Afternoon – Year 1 & Reception – 1.30pm – 3pm
- 12th Mar – Year 5 Parent's Evening
- 17th Mar – Reception, Year 1, 2, 3, 4 & 6 Parent's Evening
- 17th Mar – Nursery come and play parent sessions
- 19th Mar – Reception, Year 1, 2, 3, 4 & 6 Parent's Evening
- 19th Mar – Nursery come and play parent sessions
- 26th Mar – Colorfoto – Class group photos

Please note - Big Fresh Menu Change:

Thursday, Week 1 – Sliced beef has now changed to chicken in gravy with a Yorkshire pudding.

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 on Parent Pay if your child is unwell – thank you.

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

Highlights of the week...

To celebrate Saint Dwynwen Day, Nursery had lots of fun creating beautiful cards. They experimented with mixing primary colours to make their own unique secondary colours, which they used to stamp heart shapes onto their cards.





Reception have had a very busy week this week! The children have loved being outdoors—jumping in puddles, digging, making water potions and smoothies, casting spells, investigating ice, and even creating mud gloves! They’ve created artwork from materials they had collected, practised tying knots, and worked together to build houses, showing great teamwork and problem-solving. Indoors, the children set up their own Reception Mobile Hairdressers, and guess what.. it was completely free—but with spaces filling up fast, you may need to book in quickly! 🧑‍🦱 😊



Year 1 DJ have had a super week. We especially loved zooming around on the bikes!



Year 1-2 have loved riding the bikes during outdoor P.E.
Well done everyone - you persevered and showed great resilience.



Year 2 ES have loved acting out Jack and the Beanstalk through drama this week. We were so impressed with their brilliant facial expressions and freeze frames and showing how the characters felt at different parts of the story 🎭📖



Miss Eaton and Miss Bishop have been really proud of everyone this week, especially in literacy, where pupils attempted to write their own script. ✎ 📄

Pupils paired up and took on the roles of different characters from our focus story, 'Alice in Wonderland' and came up with their own unique dialogue! Pupils are looking forward to performing them soon! 😊



Year 4 have been exploring how artists use colour to communicate feelings. They explored colour mixing and experimented making tertiary colours. The children then examined work by Picasso and Paul Klee and gave their opinions on the artist's colour choices.



Year 5 have been learning about The Story of the Two Dragons and took part in a drama lesson to bring the tale to life. They really enjoyed stepping into different roles and working together to retell the story. The class had great fun experimenting with movement, expression and character voices as they explored the legend in their own way.



Year 6 did a fantastic job of teaching Year 4 pupils some Welsh games to play on the yard. Bendigedig Blwyddyn 6!!



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



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gyfer 2025-26 nawr
ar agor!

Enrolment for
2025-26 is now
open!

Contact us: cfmusiceducation@cardiff.gov.uk

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





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.