



SULLY PRIMARY SCHOOL NEWSLETTER 27/06/25

Dear Parents & Carers,

Firstly, I would like to extend a heartfelt thank you to everyone who came out to support your child during our Sports Day events. We were fortunate with the weather, and the children truly shone in their performances.

As we approach the end of the term, I have some important staffing news to share. Mrs Helen Boyle has decided that the time is right for her to retire from teaching, and she will be leaving us at the end of this term. I want to publicly express my gratitude for her dedication and hard work over the past 20 years. Throughout her time at Sully, Mrs Boyle has consistently prioritised the wellbeing of our pupils while ensuring they achieve academic success. Please join me in thanking her and wishing her every happiness in her future endeavours.

Additionally, two other long-serving staff members, LSA's Mrs Linda Romans and Mrs Liz Williams, will also be retiring at the end of the summer term. Both have been with us for a similar duration as Mrs Boyle, and have provided invaluable support to our children and the many teachers they have worked with throughout their time here. We will miss them greatly but are excited for what lies ahead in their post-Sully lives.

We will also be saying a temporary goodbye to Mrs Arkontopoulos and Mrs Davies, who will both begin their maternity leave at the start of September. We wish them all the best as they embark on this wonderful new adventure!

In light of these changes, we have been busy recruiting new team members for the upcoming academic year. I am pleased to announce our new staff:

Mrs Helen Jones will cover Mrs Arkontopoulos' maternity leave on a temporary part-time basis.

Miss Cara Riches will cover Mrs Davies' maternity leave on a temporary full-time basis.

Miss Evie Spencer will join us on a full-time temporary teaching contract for one academic year.

Miss Ellie Tipples will also join us on a full-time temporary teaching contract for one academic year.

Continued:

Mrs Natalie Cuthill has been appointed on a 0.2 (1 day) temporary teaching contract to work alongside Miss Jayne Eaton for one academic year.

Miss Olivia Griffin will serve as a full-time LSA on a temporary contract for one academic year. Mrs Lorraine Wood will also be a full-time LSA on a temporary contract for one academic year.

Mrs Jones, Miss Spencer, Mrs Wood, and Mrs Cuthill are already familiar faces around the school, while Miss Tipples, Miss Riches, and Miss Griffin will be new additions to our team. I am confident that our staffing team for the 2025-2026 academic year is robust, and I am certain that our community will extend a warm welcome to our new members.

Thank you for your continued support.

Wishing you a lovely weekend.

Andrea Waddington & Staff



**Our attendance this week has been 90.91%
which is well below our target of 95.1%**

Dates for your diary...

Dates added/amended this week are in red

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 – Techniquetrip
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:

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...

We are so proud of our Nursery children for the fantastic way they took part in Sports Day. Racing in front of a crowd can be daunting, but they showed great courage and team spirit.



PIC•COLLAGE

Reception and Year 4



This week, our talented and enthusiastic Year 4 pupils took on the role of leaders in a fantastic nature-based learning afternoon with Reception. 🍄

It was inspiring to see them confidently sharing the skills they've developed this year, guiding the younger children with care and creativity.

Activities included using technology to identify different bugs and their species, crafting beautiful nature crowns, creating colourful hammer art using natural materials, and building thoughtful shelters for woodland animals. 📱🐛🕷️

Everyone had so much fun, and it was a brilliant opportunity for cross-year learning, confidence-building, and connecting with the outdoors.



Year 1 enjoyed a fabulous sports day. Such great sports !

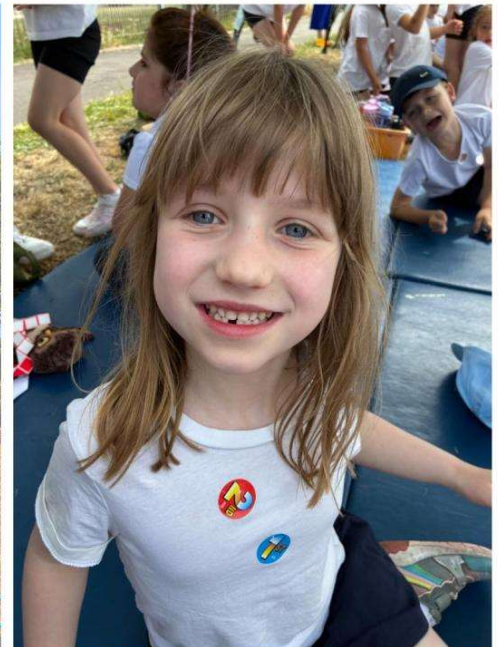




Year 1-2 also had a fabulous time at Techniquest. Thank you to all the adults that made it possible.



Year 1-2 really enjoyed sports day.



PIC•COLLAGE

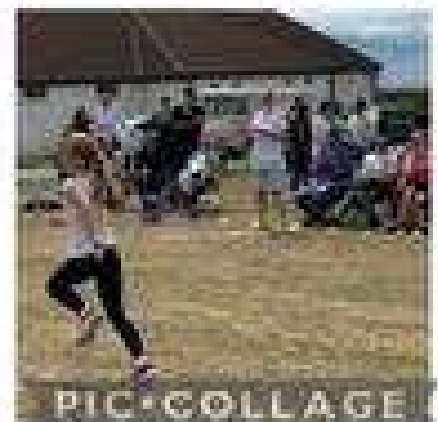
Year 2's highlight of the week has to be Sport's Day! The children were brilliant spectators and showed great support to everyone. They took part in lots of different races, showed great resilience and thoroughly enjoyed the morning. Da iawn Year 2! 🏆



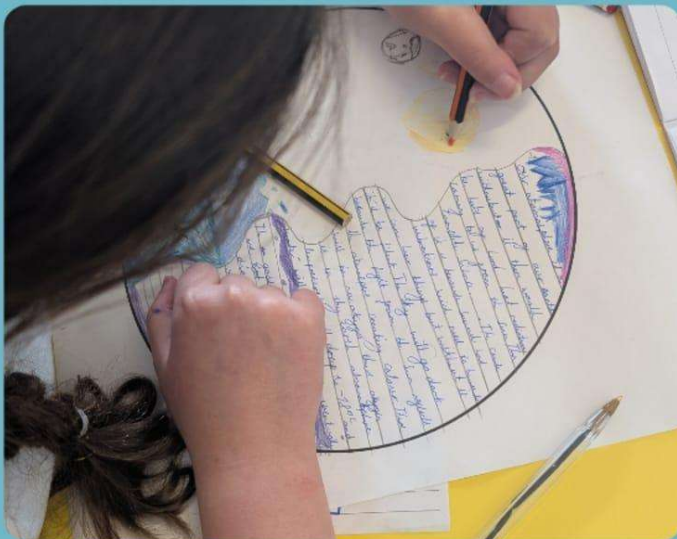
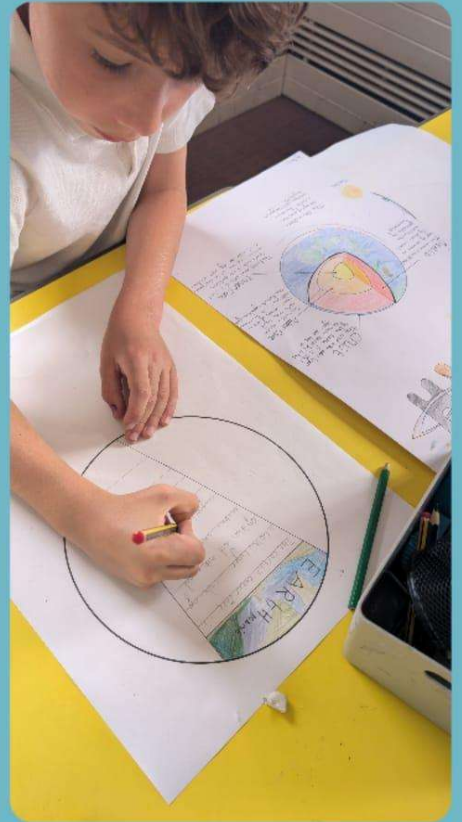
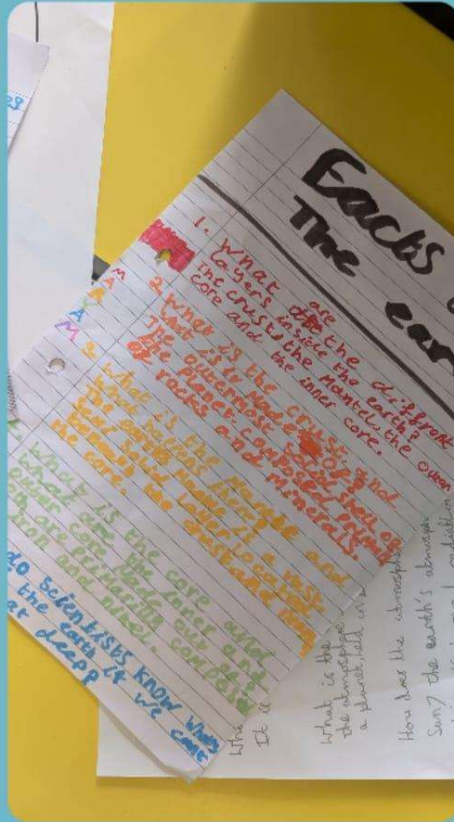
Year 2/3 absolutely loved sports day. We were proud of how supportive and positive they were throughout the morning!



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 5 have been creating their own circle books about the Earth and our solar system, as part of our mini space inquiry this term!



Year 6 have had a very busy week going to their various transition days, competing in sports day, helping to run all the different sports days and finally competing in the tug of war competition! We are very proud of their sportsmanship throughout all the different activities!





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, 29/6/26, 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

9/4/26, 7/7/26, 8/9/26, 8/10/26, 3/11/26, 1/12/26, 12/1/26, 6/2/26, 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!



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>



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 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 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
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
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

Chat-Health



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:

- *Rhose - 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