Rhydypenau Primary School

Aiming High

Ysgol Gynradd Rhydypenau

Anelu Yn Uchel

Autumn Term '2026

Weekly News! 23.10.2026

Half Term Message!

As we reach the end of a busy half term, we would like to thank all of our pupils, families and staff for their hard work and support throughout the autumn term so far.

We hope that everyone enjoys a happy, restful and well-deserved half-term break and that our children have the opportunity to relax, recharge and spend quality time with family and friends.

A reminder that school will be closed to pupils on Monday 2nd November and Tuesday 3rd November due to staff INSET days. Pupils will return to school on Wednesday 4th November.

We look forward to welcoming everyone back after the break.

Parent & Carer Neurodiversity Support Programme!

We would like to share details of a supportive programme for parents and carers of children and young people with neurodivergent needs. A formal diagnosis is **not required** to access this support.

These welcoming sessions provide an opportunity to learn more about neurodiversity, connect with other families and access information about available support.

Meet others who understand, share experiences, discover practical ideas, and build supportive connections in a friendly and relaxed environment.

Topics include:

- Introduction to Neurodiversity
- Services and Support
  - Education
  - Wellbeing
- Emotional Regulation
- Behaviours that Challenge

📍 **Whitchurch Community Centre, Whitchurch**

🗓️ **Starting Tuesday 12 January** (6 weeks, excluding half-term week)

🕙 **10:00am - 11:30am**

💷 **£30 for the full course**

🎟️ **Book your place today via the QR code:**

New School Dinner Menu from November 2026!

We would like to make parents and carers aware that Cardiff Council Catering Services will be introducing a new primary school menu from 2nd November 2026 as part of updated Welsh Government healthy eating regulations. These new standards are designed to ensure that school meals continue to provide children with nutritious, balanced food that supports their health, wellbeing and learning. The updated menus will include:

- More fruit and vegetables
- More wholegrain foods
- Increased plant-based protein options such as beans and pulses
- Reduced sugar and processed meats
- Fewer deep-fried items, sweetened desserts and baked goods
- Age-appropriate portion sizes for younger and older primary pupils

The new menu has been carefully developed to meet these nutritional requirements while retaining many of the meals that children already enjoy. New dishes such as macaroni cheese and baked chicken salsa will be introduced alongside favourites including chicken korma, bolognaise and sausage and mash.

As part of Cardiff's Universal Free School Meals programme, all primary-aged pupils continue to be entitled to a free school meal each day. Parents and carers can continue to pre-order meals through **ParentPay**.

A copy of the new menus is printed below and will also be available on the Cardiff Council website shortly. Parents and carers of children with allergies or specific dietary requirements should note that an updated allergen matrix will be published over the half-term break, and ParentPay will also be updated at this time.

For any enquiries regarding school meals, please contact educationcatering@cardiff.gov.uk. Queries relating to therapeutic diets and specialist menus can be directed to therapeuticdiets@cardiff.gov.uk.

PRIMARY SCHOOL MENU
2026/2027

www.cardiff.gov.uk/schoolcatering
@Cardiffschmeals

STRONGER FAIRER GREENER

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FIRST COURSE OPTION 1	Macaroni Cheese and Garlic Bread (V)	Chicken Korma	Hotdog	Savoury Mince in a Yorkshire Pudding	Fish Fingers
FIRST COURSE OPTION 2	Ravioli in Tomato and Basil Sauce and Garlic Slice	Mexican Bean and Vegetables	Chickpea and Vegetable Tagine	Plant Based Sausage and Gravy	Vegetable Nuggets
FIRST COURSE OPTION 3	Jacket Potato Plain or w/ choice of tuna mayo, cheese (V), baked beans; beans and cheese (V), vegan cheese or vegan cheese and beans	Multi-Colour Topped Pasta w/ choice of vegan cheese cheese (V), tuna, tomato; tomato and vegan cheese; tomato and cheese (V)	Jacket Potato Plain or w/ choice of tuna mayo, cheese (V), baked beans; beans and cheese (V), vegan cheese or vegan cheese and beans	Multi-Colour Topped Pasta w/ choice of vegan cheese cheese (V), tuna, tomato; tomato and vegan cheese; tomato and cheese (V)	Jacket Potato Plain or w/ choice of tuna mayo, cheese (V), baked beans; beans and cheese (V), vegan cheese or vegan cheese and beans
CARBOHYDRATE	Pasta	Rice	Potato Wedges Cous-Cous	Mashed Potato	Chips New Potatoes
VEGETABLES	Broccoli Sweetcorn Salad	Carrots Cauliflower Salad	Baked Beans Peas Salad	Peas Carrots Salad	Peas Baked Beans Salad
SECOND COURSE	Cheese or Vegan Cheese, Crackers and Pineapple (V)	Yoghurts or Plant Based Yoghurt and Melon (V)	Mixed Fruit	Jelly with Peach Slices	Ice Cream Pot or Sorbet Pot and Peach Slices
	FRESH FRUIT AVAILABLE EVERY DAY				

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FIRST COURSE OPTION 1	Cheese and Tomato Pizza (V)	Baked Chicken Salsa	Bolognese and Garlic Bread	Pork and Leek Sausage and Gravy	Fish Fingers or Salmon Fish Fillet
FIRST COURSE OPTION 2	No Whey Cheese and Tomato Pizza	Vegetable and Chickpea Korma	Vegetable and Lentil Bolognese and Garlic Slice	Plant Based Savoury Mince	Naked Vegetable Burger
FIRST COURSE OPTION 3	Jacket Potato Plain or w/ choice of tuna mayo, cheese (V), baked beans; beans and cheese (V), vegan cheese or vegan cheese and beans	Multi-Colour Topped Pasta w/ choice of vegan cheese cheese (V), tuna, tomato; tomato and vegan cheese; tomato and cheese (V)	Jacket Potato Plain or w/ choice of tuna mayo, cheese (V), baked beans; beans and cheese (V), vegan cheese or vegan cheese and beans	Multi-Colour Topped Pasta w/ choice of vegan cheese cheese (V), tuna, tomato; tomato and vegan cheese; tomato and cheese (V)	Jacket Potato Plain or w/ choice of tuna mayo, cheese (V), baked beans; beans and cheese (V), vegan cheese or vegan cheese and beans
CARBOHYDRATE	Herby Diced Potato New Potatoes	Rice	Pasta	Mashed Potato	Chips New Potatoes
VEGETABLES	Peas Sweetcorn Salad	Carrots Broccoli Salad	Sweetcorn Broccoli Salad	Carrots Cauliflower Salad	Peas Baked Beans Salad
SECOND COURSE	Cheese or Vegan Cheese, Crackers and Pineapple (V)	Yoghurts or Plant Based Yoghurt and Melon (V)	Mixed Fruit	Shortbread and Mandarins	Ice Cream Pot or Sorbet Pot and Peach Slices (V)
	FRESH FRUIT AVAILABLE EVERY DAY				

(V) Suitable for vegetarians

Suitable for plant-based diets or can be made for a plant-based diet

If your child has a specific dietary requirement, please email therapeuticdiets@cardiff.gov.uk to discuss your child's needs with a member of the team.

Multi faith (e.g. Halal) options are available in selected schools, please contact your child's school for more information.

FOODSERVICE SOLUTIONS

CERTIFIED SUSTAINABLE SEAFOOD MSC www.msc.org

Seafood with this mark comes from a fishery that has been independently certified to the MSC's standard for a well-managed and sustainable fishery.

Breakfast Club Update!

We are delighted to share that, following the successful introduction of our Breakfast Club, we will be extending the provision to include Reception pupils from **Monday 9th November**.

The Breakfast Club has been a positive addition to the school day, providing children with a calm, welcoming start to the morning, and we are pleased to be able to offer this opportunity to our youngest learners.

A registration form will be sent to Reception parents and carers after half term to collect consent and the necessary information before children begin attending.

Please note there are limited places and they will be allocated on a first-come, first-served basis. We therefore encourage families who wish their child to attend to complete and return the registration form as soon as possible.

We look forward to welcoming our Reception children to Breakfast Club soon.

Thank You to Our PTA!

A huge thank you to our wonderful PTA for organising and running the Halloween discos this week.

The events were a fantastic success, and it was lovely to see so many children enjoying themselves, dancing with their friends and having fun together. These events take a great deal of planning and hard work behind the scenes, and we are incredibly grateful to all of the PTA members and volunteers who gave up their time to make the discos such a memorable experience for our pupils. Thank you also to the staff who supported the events.

Your continued support helps the PTA raise valuable funds that directly benefit the children of our school.

Diolch yn fawr, PTA! 🎃👻🕸️❤️‍🩹

School Communication Update!

Thank you for your continued patience and understanding as we review and refine our communication systems.

Login details and instructions for accessing SeeSaw will be sent home shortly after the half-term break. Once these have been issued, all teacher and class-based messages, updates and information will be shared through the SeeSaw app.

If you experience any difficulties accessing your account or require support setting up the app, please contact the school office and a member of the administrative team will be happy to help.

Thank you for your ongoing support as we work to ensure our communication systems are effective, accessible and user-friendly for all families.

Poppy Appeal!

After half term, poppies will be on sale each morning in classrooms and will be available to purchase from our Year 6 pupils. There will also be a limited range of additional Poppy Appeal merchandise available. These items will be sold by **Mrs Davies** in the playground before school on **Friday 6th November**, while stocks last.

Thank you for supporting this important cause. 🌺



Safeguarding!

As part of our commitment to keeping all pupils safe and supported, we regularly share the contact details of our school safeguarding team. If you ever have a concern about a child's wellbeing, please remember you can speak directly to one of our Designated Safeguarding Leads:

- Ms. N Hammond (Executive Headteacher)
- Ms. E Williams (Head of School)
- Mr. C Evered-Davies (Deputy Head of School)
- Mr. A Williams (Business Manager)

External Support Lines:

- **NSPCC:** 08088005000
- **Childline:** 0800 1111

We are always here to support our families, so please do get in touch if you ever need our help.

Useful Links!!

Prospectus: https://www.rhydypenau.co.uk/attachments/download.asp?file=77&type=pdf

Extra-Curricular Activities: https://www.rhydypenau.co.uk/page/?title=Extra+Curricular+Activities&pid=41

Events: https://www.rhydypenau.co.uk/page/?title=Events&pid=42

PE Timetables: https://www.rhydypenau.co.uk/page/?title=P%2EE+Days&pid=153

Staff Roles & Responsibilities: https://www.rhydypenau.co.uk/page/?title=Roles+And+Responsibilities&pid=25