

FAMILY ENGAGEMENT

Newsletter



Dear Parents and Carers,

Here is the latest Family Engagement Newsletter—take a look to find out about upcoming events and courses happening this month. If you have any questions, please contact Miss Sajid at maria.sajid@grangetownprimary.com.

Careers and Role Model Week - 11th to 15th February 2025

The Grange Pavilion will be welcoming employers from across Cardiff, including The King's Trust, Careers Wales, Cardiff Council, BBC Apprenticeships, Welsh Government, Screen Alliance Wales and more.

- Tuesday 11th February: Arts, Humanities and Social sciences
- Wednesday 12th February: Physical Sciences and Engineering
- Thursday 13th February: Biomedical and Biological Life Sciences
- Friday 14th February: Wider careers and pathways



Children's Mental Health Week.

Our school partners with Place2Be, a children's mental health charity that supports pupils in understanding their emotions and building self-confidence.

This year, in collaboration with Here4You and inspired by the Inside Out 2 characters, we're embracing the theme "Know Yourself, Grow Yourself" for Children's Mental Health Week.

Place2Be has provided a resource pack for families to participate in this important initiative. Please see below for activities.



Parent Library



We have launched the Parent Library at our school to inspire a love of reading among our children. Our school library offers a wide selection of books for children to choose from and enjoy reading with their parents during school sessions. The Parent Library will be available at various times throughout the month, with details provided in a separate email.

A big thank you to the parents who have already participated and supported this initiative! We warmly invite more families to join us —free tea, coffee, and biscuits will be available.

Our next Parent Library sessions:

Reception, Year 1 and Year 2 - Monday 17th February from 2:15

Year 3 - Wednesday 12th February from 2:15 to 2:45

Year 4 - Tuesday 11th February from 2:15 to 2:45

Year 5 - Thursday 13th February from 2:15 to 2:45

Year 6 - Friday 14th February from 2:15 to 2:45

'Reading for pleasure can benefit a child's education, social and cognitive development, their wellbeing, and their mental health.'
(Ellie Collier, 2019).





Beauty Course

Thursdays at 9:30

Our accredited Beauty course is now underway, and Jackie has already introduced our learners to professional manicure techniques. She plans to expand their skills with lessons on eyebrow tinting, facials, and head massages. This qualification will equip learners to provide basic beauty treatments. If you're interested in joining the next course, please register with Miss Sajid.



Cooking on a Budget

Wednesday 5th February

Cooking on a Budget is a fantastic initiative by Met Res Life, designed to teach learners how to prepare delicious meals for under £2. Join us on Wednesday, 5th February, from 9:45 to 11:45 for a hands-on cooking session. All ingredients will be provided, and you'll get to take your dish home. If you're interested, please let Miss Sajid know. We'd love to see you there!

Coming Soon!



Into Work Service



Looking for Employment Opportunities?

Into Work offers personalized 1-to-1 support to help you reach your career goals. Their services include bespoke employability guidance, CV writing and application assistance, interview preparation, job search support, financial assistance for transitioning into work and access to free training and wider support services.

If you would like to be referred to the Into Work service, please arrange a meeting with Miss Sajid.

maria.sajid@grangetownprimary.com



Useful links

Cardiff Family Advice and Support

www.cardifffamily.co.uk

School Essentials Grant

<https://www.gov.wales/school-essentials-grant-help-school-costs>

SNAP Cymru Helpline

0808 801 0608

<https://www.snapcymru.org>

Citizen's Advice

0808 278 7925

citizenadvice.org.uk/wales

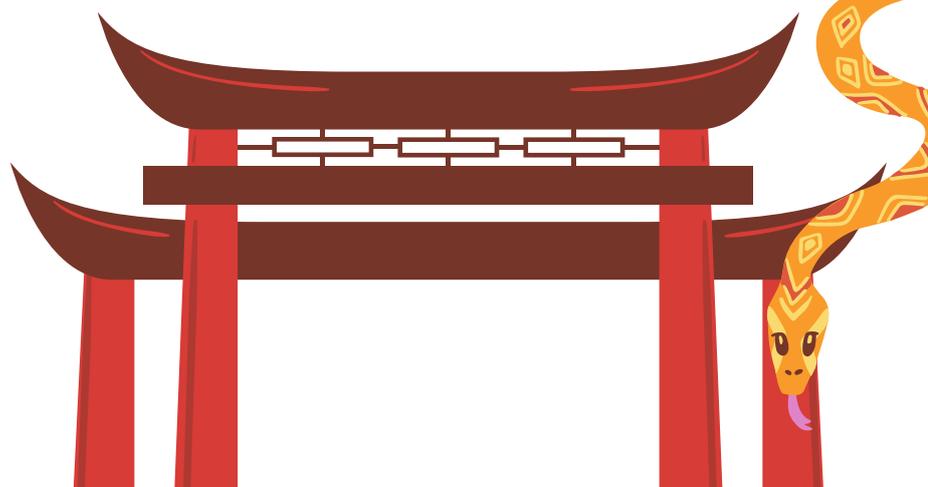
Into Work Service

intoworkcardiff.co.uk

Food Bank - Miss Sajid.



Happy Lunar New Year



FREE

Adult Learning Courses January 2025



Monday

None

Tuesday

***New**

Driving Theory Course

With Raafia
Starting 14th January
Every Tuesday
at 12:30 - 2:30pm.



Sewing

With Ceri
Starting 14th January
Every Tuesday
9:30 - 11:30am.



Wednesday

***New**

'All about me' Course

With Nicki
Starting 15th January
Every Wednesday
9:00-11:30am



Essential Skills Literacy

With Tina
Starting 8th January
Every Wednesday
9:30-12:00pm



Digital Literacy

With Tina
Starting 8th January
Every Wednesday
1:00-3:00pm



Thursday

***New**

Beauty course

With Jackie
Every Thursday
Starting 16th January - 20th
February
at 9:30-11:30am.



Friday

None

**LEARNING
NEVER
ENDS**

More to follow...



CardiffMet Widening Access

Community to Campus: *Free short courses for Adult Learners*



Discover the power of community learning!
Enrol in our **free short courses** to acquire new skills,
help your career, and meet like-minded people

Upcoming course

Cooking on a Budget

When & where

Wednesday 5th Feb 2025

9.45—11.45am

In Grangetown Primary

Book
your place!

Speak to Miss Sajid

For more information contact Widening Access
at Cardiff Metropolitan University:

- ☎ 029 2020 1563
- ✉ wideningaccess@cardiffmet.ac.uk
- ✕ @wideningaccess
- 📘 facebook.com/cardiffmetwideningaccess



**YMESTYN YN EHANGACH
REACHING WIDER**



Cardiff
Metropolitan
University

Prifysgol
Metropolitan
Caerdydd

GET READY

We're headed on a journey around your own headquarters – and your favourite *Inside Out* characters are coming along for the ride! They're here to help us discover what makes us who we are – is it our **Emotions**? Our **Personality**? Our **Memories**? Have a go at completing the activities and be sure to have fun!

MEET THE EMOTIONS!

In the *Inside Out* film, Riley has five different emotions that work together inside her head. They all have a name and a different colour. Can you match their names to their pictures below and colour-in the bubbles to match?



ANGER

FEAR

SADNESS

JOY

DISGUST

Each emotion helps Riley in a special way. Can you match each emotion to what it does? Add the name of the emotion into the correct box.

PROTECTS US & KEEPS US SAFE

PREVENTS US FROM BEING POISONED!

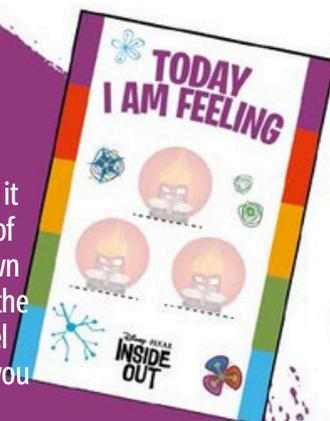
FINDS THE FUN & HAPPINESS IN A SITUATION!

HELPS US NOTICE SOMETHING IS WRONG OR UNFAIR

LETS US KNOW IT'S OKAY TO FEEL DOWN

MY MOOD BOARD

Just like Riley, we all have emotions. But sometimes it is difficult to know how we feel, or we can feel lots of different emotions at the same time. Create your own **Mood Board** using the template provided and use the **Emotion Markers** to help you decide how you feel today. Stick it up on your wall so that those around you know how you feel too!

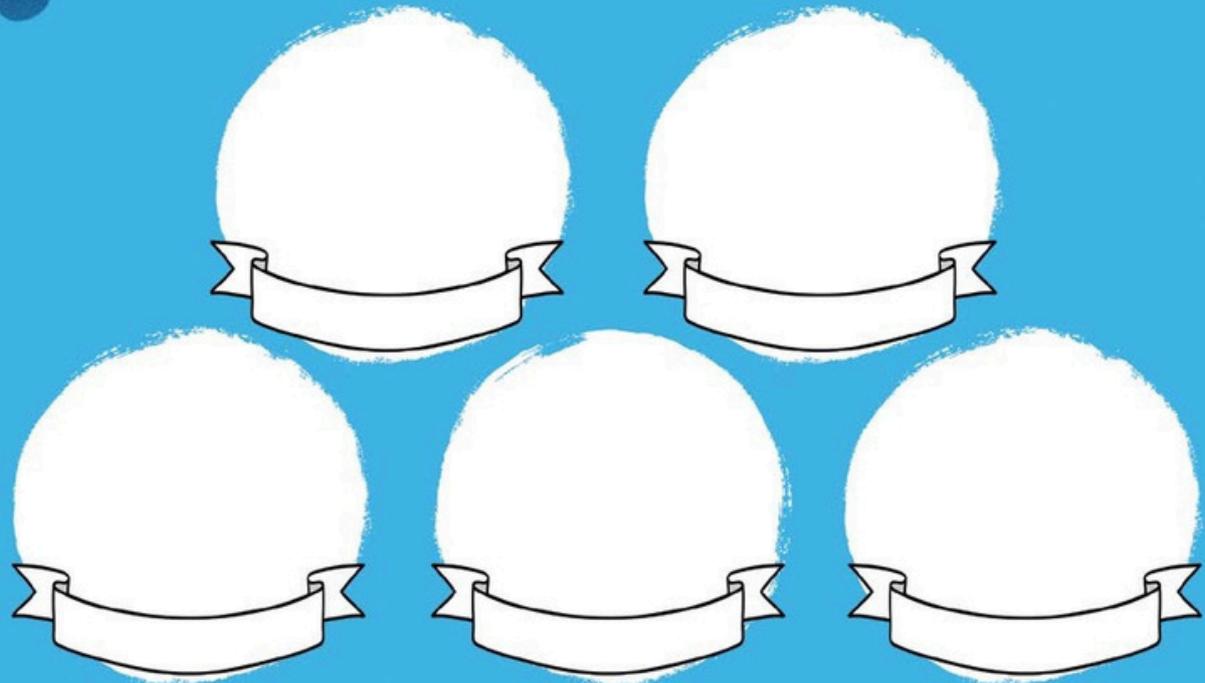


PERSONALITY ISLANDS



Above are Riley's five **Personality Islands** from the film. Together these make up her personality. Like Riley, we each have our own personality that makes us unique!

Think about the things that are important to you, what you enjoy doing, and what makes you who you are. Then draw five of your own Personality Islands in the circles below. Maybe you have a Football Island, a Friendship Island, a Painting Island, or an Honesty Island? Label each island with its name!



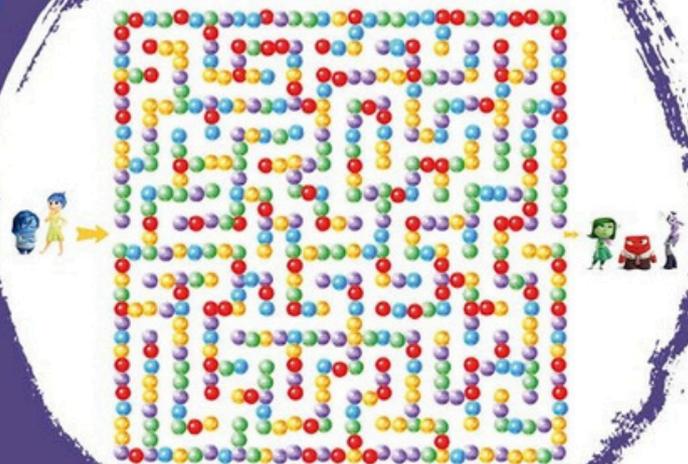
Can you unscramble the words below to show three things that help shape who we are? They are all connected!

SNTIOOME EIRSMMEO

NOSLAIYTPRE

Answers:
Emotions, Personality, Memories

Can you help Joy and Sadness find their way back to the other Emotions at HQ?

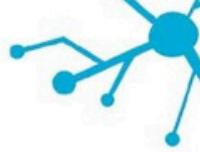


MY MEMORY BOX

Pop out your **Memory Box** outline and follow the instructions on the inside of the lid to assemble. Don't forget to add your name to the top! Now you are ready to fill your **Memory Box**. Look back at your activity book for some ideas on how you can use it!



MY MOOD BOARD



Pop out your board outline and five **Emotion Markers**, then follow the instructions to fold up and create your very own **Mood Board**. Display it proudly! And ask yourself: How am I feeling today? Choose which emotions you feel and slide the corresponding marker into the gaps to show other people how you are feeling too. You can keep your other Emotion Markers safe in the pocket of the Mood Board for when you need them next!



TODAY I AM FEELING



HOW ARE YOU FEELING TODAY?

