



Learn, Live, Believe

*St Bernadette's Catholic Primary School
Ysgol Gynradd Gatholig Santes Bernadette
We are a Christ centred community reaching out to
others. We learn, grow and celebrate together.*

Weekly Newsletter

19th Mehefin 2026

Catholic Social Teaching Day Celebration

Pupils and staff from Catholic primary schools across Cardiff and the Vale came together this week for a joyful and inspiring Catholic Social Teaching Day. The event provided a wonderful opportunity for schools to showcase the meaningful work they have been doing to live out and celebrate the principles of Catholic Social Teaching in their schools. Throughout the day, children shared examples of their projects, including acts of charity, care for creation, and efforts to support those in need. The atmosphere was filled with enthusiasm, pride, and a strong sense of unity as pupils learned from one another and celebrated their shared faith.

St Bernadette's pupils were outstanding ambassadors for our school. They confidently and enthusiastically presented the many achievements of our community, highlighting the ways in which they have put their faith into action.

This special day not only celebrated the wonderful work already taking place but also inspired everyone to continue living out the values of Catholic Social Teaching in their daily lives. It was a truly uplifting experience and a reminder of the positive difference our young people can make in the world.



Loving God,

**Help us to care for one another
and to see your face in everyone we meet.**

**Teach us to share what we have
and to look after your world.**

**May we always work for peace,
justice, and love in our school and beyond.**

Amen.

Summer Fair – Wednesday 1st July, 3.30–4.30pm

Dear Parents and Carers,

We are delighted to let you know that our Summer Fair will take place on **Wednesday 1st July from 3.30–4.30pm.**

As part of the event, we will be holding both a **raffle** and a **bottle tombola**, and we are kindly asking for donations to support these stalls.

Raffle prize donations could include **vouchers, toiletries, chocolates, or other small gifts.**

For the bottle tombola, we welcome donations of **bottles of alcohol, soft drinks, shampoo, deodorant**, or any other bottled items. All donations can be sent directly to the **school office.**

Thank you for your continued support — it really helps make the event a success.



Start Sunday at junior parkrun!



NIAC junior parkrun

junior parkrun is a free, fun, friendly, weekly community event organised by volunteers of all ages for children aged 4 to 14 and their families.

Grown ups are welcome to join in too!

Starting from the outdoor athletics track

9:00am start, join the warm-up at 8:45am!

Address: Cardiff Met University, Cyncoed Campus, CF23 6XD

Register for free - scan the QR code to sign up today



junior parkrun

Health & Wellbeing Fortnight

This week we kicked off our Health and Wellbeing week with a World Cup Opening Ceremony. Our focus for the fortnight is based around 3 themes.



Play – Everyone has the right to participate

Respect – Everyone deserves Fairness and Dignity

Belong – Everyone should feel included and valued



We are using the World Cup as a source of inspiration for our learning this fortnight. Each class has been assigned a World Cup team to support and learn about. The children have also had the opportunity to share what they would like to learn, and their ideas include: writing match reports and creating podcast episodes, designing and

choreographing football celebrations, training like a footballer, researching the team they are supporting and learning about its culture, and creating player fact files.

This fortnight will also provide opportunities to develop teamwork skills, learn how to manage our emotions when things do not go our way in sport, discuss stereotypes in sport, build resilience, understand how to keep our bodies fit and healthy, and demonstrate good sportsmanship.

During our opening ceremony, each class participated in a range of activities, including football skills challenges, football games, teamwork tasks, a fitness session, dance choreography inspired by the World Cup song, a Parkrun taster event, and learning experiences designed to promote understanding of diversity and inclusion in sport.



Remember – Sport is for Everyone!

Meithrin

We are delighted to share that Wellbeing Fortnight has begun in the nursery, and it has been a fantastic start! This year, our theme is France, inspired by the Football World Cup, and the children have thoroughly enjoyed exploring a new culture in fun and engaging ways. To begin with, the children have been learning and using simple French greetings, confidently saying "oui" when answering the register.

It has been wonderful to hear them trying out a new language with such enthusiasm. Our creative activities have also reflected our theme. The children made fruit skewers inspired by the French flag, carefully selecting red, white, and blue fruits to recreate the colours. This hands-on activity was not only fun but also a great way to encourage healthy eating. We have created a calming atmosphere in the classroom by playing French music during quiet times, helping the children to relax and enjoy a different style of music.



In addition, we have introduced daily keep-fit sessions, promoting physical wellbeing and giving everyone a positive and energetic start to the day. A particular highlight was enjoying delicious crêpes at snack time, which the children absolutely loved! We also took part in the Park Run with Year 5, which was fantastic fun for everyone involved.



We are also delighted that France won their first game – go France!

Looking ahead, we are excited to continue our learning by finding out about the patron saint of France



Seren Yr Wythnos: Amelia has had a great start to her nursery life. She comes in happy each day and is often found smiling and laughing. She enjoys spending time outdoors and especially loves playing in the sand. Amelia has also begun to enjoy the indoor areas and is exploring these spaces with growing confidence. She has formed lovely relationships with the staff and is a valued member of our class. When Amelia smiles it is contagious!

Derbyn

This week in Reception, we have been busy exploring the fascinating country of Canada. The children had some wonderful ideas about what they would like to learn about Canada and it has been a fantastic week full of curiosity, creativity, and lots of hands-on learning!

Our learning was inspired by the children's choices. Zeliha wanted to find out about the different fruits that grow in Canada, so we explored a variety of fruits and discovered that apples, blueberries and strawberries are all grown there. The children enjoyed learning about how these fruits grow and where they might be found. We made our own "Soccer Skewers", using a selection of different fruits. The children carefully chose and assembled their ingredients, developing their fine motor skills while creating something colourful and healthy to enjoy.

Elodie was curious to taste maple syrup, a very special and well-known Canadian product. We learned that maple syrup comes from the sap of maple trees and is carefully collected and turned into the sweet syrup we can eat. The children were excited to taste it and shared their thoughts on the flavour!



Oliver had a wonderful idea to make a drink using maple syrup and apple juice. We followed his suggestion and created our own delicious drink. The children loved mixing the ingredients together and, of course, tasting their creations!



We also spent time learning about the Canadian flag, noticing its bold red and white colours and the iconic maple leaf in the centre.

Harrison - "The syrup comes from inside the trunk".

James - "It is made from the sap of the tree".

Louis - "The sap is food for the tree and it helps it grow and get strong".

Leo - "The maple leaf is on the flag".

Nancy - "It is a sugary syrup".

Ben - "They tap the tree, drain the syrup and then heat it up"!

Seren Yr Wythnos:



Louis - Has been working so hard with his reading in school and at home. He always tries his best in school and we are very proud of him! Da iawn Louis!



Leo - Has impressed us with how hard he has been working on his writing and his thoughtful contributions to class discussions. Da iawn Leo!

Blwyddyn 1

This week we have kick started our Health and Wellbeing Fortnight with an exciting focus on our chosen country: Portugal. The children began by sharing everything they already knew about Portugal.

"My Bampy lives in Portugal and he has chickens." -

Reina

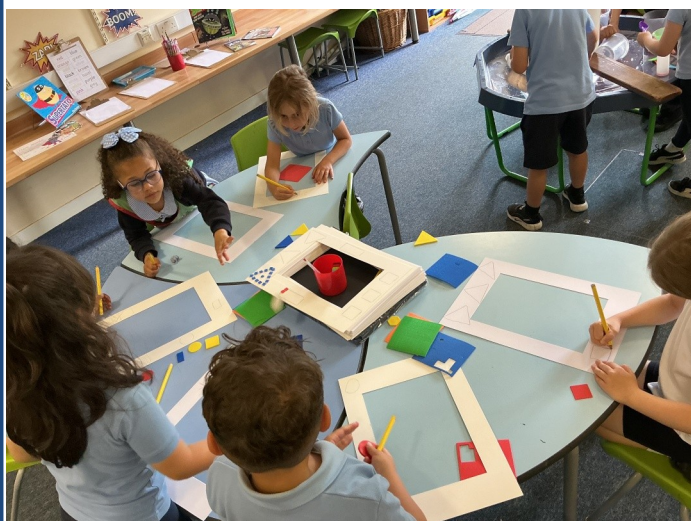
"They have a hot sun, and it is very warm there." - Arthur

"You can go there on holiday, but you have to go on a plane because it will take a long time." - Frankie

"Ronaldo plays for Portugal." - Henri

We then explored churches in Portugal and discovered that many of them are decorated with beautiful azulejos, a traditional form of mosaic tile artwork. Inspired by these stunning designs, the children created their own azulejo-style artwork using 2D shapes to form repeating patterns. Their creativity shone through, and we are incredibly proud to display their beautiful work.

In PE, we continued developing our positional language. The children directed each other around the pitch during a game of football, using instructions such as *turn, left, right, move up, down* and *to the side*. It was wonderful to see teamwork, communication and movement skills all coming together.



We are looking forward to taking our learning even further next week as our Health and Wellbeing Fortnight continues.



Seren Yr Wythnos: Aggie - Aggie has settled so well into life at St Bernadette's. Her positive attitude and bubbly personality have been a great addition to Year 1. Bendigedig Aggie!

Blwyddyn 2

Year 2 had a wonderful trip to St Fagans, despite the rain! The children thoroughly enjoyed exploring the Rhyd-y-Car Cottages, where they visited six houses ranging from the 1800s to 1985. It was fascinating to see how homes have developed and modernised over time, giving the children a real sense of how life has changed.

We also visited Ysgol Maestir, where Megan told us all about school life in Victorian times. The children learned that pupils aged 5–12 were all taught together, with boys and girls sitting separately. They discovered that children used ink pens and chalkboards, and that discipline could include the cane. The classroom even had a real fire and no indoor toilets! We were also shocked to learn about the 'Welsh Not', where children were punished for speaking Welsh.

Elijah was delighted to ring the school bell at the end of the day! The children were a credit to the school and had a fantastic, memorable trip.

Lara – "I loved being in the Ysgol Maestir as I was chosen to demonstrate what happened if you didn't sit up straight".

Isla L – "I liked learning about the school. It was very interesting".

Ephraim – "I liked seeing all the old things from school long ago".



Seren Yr Wythnos: Bendigedig, Ryan! You are Seren yr Wythnos this week. You were amazing on our school trip to St Fagans Museum, asking great questions and showing lots of curiosity about the past. We were so impressed with your enthusiasm and interest—da iawn ti!

Blwyddyn 3

This week in Year 3 we celebrated and shared our learning about ***Predators and Prey*** and ***God's wonderful Creations*** in our class assembly. The children did themselves proud in how they articulated the messages with confidence, precision and enthusiasm. We used Pope Francis and St. Francis of Assisi as our Catholics role models to inspire us and to remind just to be more like Sofia the Sloth who calls us to action by asking us to be stewards of the earth. Here are some simple reminders that you can do to play your parts;

- *Use less plastic*
- *Be kind to Animals*
- *Save energy at home*
- *Reduce and Reuse*
- *Protect local nature*
- *Live simply*

We challenge you; can you do the same?



SerenYr Wythnos: This week's star of the week is Alex. Alex's enthusiasm through our class assembly practices and performance has been a joy to see. Alex has also been working hard to improve his handwriting and showing enthusiasm for all his learning.

Blwyddyn 4

.This week in BL4, we have been exploring the digestive system in a fun and engaging way. Through a hands on investigation, we brought the journey of digestion to life! Working collaboratively in groups, we followed step by step instructions to represent key parts of the human body. We discussed what each stage represented and why it is important for digestion.

We have also been marking Refugee Week. Guided by pupil voice, we chose to read *A Home for Grace*, create drawings and watch a short video to deepen our understanding of refugees' experiences. We combined our learning to design thoughtful and welcoming posters, showing kindness, empathy and awareness.

We have thoroughly enjoyed taking part in Health and Wellbeing Week. We participated in a wide range of activities, learning how to manage our emotions during sport and physical activity. We had meaningful discussions about the importance of respect, belonging, and inclusivity and demonstrated these values throughout the week.



Seren Yr Wythnos: Elinor

A huge congratulations to Elinor, who showed fantastic sports-manship during our active day. She was positive, encouraging and a wonderful role model to others. Keep it up!

Blwyddyn 5

On Tuesday we launched our World Cup themed Health and Wellbeing fortnight. During the day we completed a range of activities including, football skills, fitness circuit, emotional literacy, park run, diversity in football and dance. As a class we immersed ourselves fully into all activities and we had the best day.



Today we completed a session with Sports Xtra. We played some great games and worked on new versions of some of our favourite games 'the floor is lava' and 'Simon Says'.



Seren yr Wythnos in blwyddyn 5: Seren yr Wythnos is Ahmed who has shown fantastic teamwork, respect and encouragement of others throughout the week. His kindness along with his determination and resilience has been a model example of what a sportsperson should look like. His effort and success this week has been noticeable and is thoroughly deserved. Da iawn Ahmed!

Blwyddyn 6

On Tuesday we took part in a wellbeing immersion day, experiencing lots of activities to promote our physical and mental well-being. We played football with buddies, did a park run on the field, danced and tried circuits with Mrs Jones. We also discussed how sport is inclusive and created posters that promote sport being for everyone.



[Seren yr Wythnos:](#) Kuzi for all of his efforts this week. Kuzi, you have shown resilience and flexibility, standing in for your peers during our summer production rehearsals. Well done Kuzi, keep up all of your efforts!



Seren Yr Ythnos

Nursery - Amelia

Reception – Louis & Leo

Year 1 – Aggie

Year 2 – Ryan

Year 3 – Alex

Year 4 – Einor

Year 5 – Ahmed

Year 6– Kuzi





MEET YOUR INSTRUMENT DAY

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

CHOOSE YOUR INSTRUMENT AND SIGN UP

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



- Whitchurch High School, Lower School Site
- Thursday 2nd July 4.15-5.15pm

CONTACT CF MUSIC
EDUCATION

- www.cfmusiceducation.co.uk
- cfmusiceducation@cardiff.gov.uk



FAMILY FUN DAY

Llanedeyrn Hub

Roundwood

Saturday 20th June
11am - 3:30pm

Come and join us for
a fun filled day!

Music

Gaming Van

Inflatables

Rhyme time
and Crafts

Face Painting

Emergency
Services

Techno
Camps

Magic Show

Open Garden

Refreshments
Available

Everyone Welcome!

