

Weekly Newsletter

23rd October 2026

We were delighted to hear from the Cardiff Foodbank that the food that was donated from CTK in this year's Harvest Appeal was able to feed 7 people for 3 days! Thank you to everyone who donated to this year's appeal.



For more news and updates, visit our website: https://www.christthekingcathprm.co.uk
or follow us on Instagram *******

Key dates

- Year 4 and 5 swimming 9th November until 20th November.
- Scholastic Book Fair in school from Thursday 5th November until Wednesday 11th November
- Parents evenings - 3rd and 4th November for years 2 and 3. For all other years 10th and 11th November

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Attendance

Parents are reminded that any type of absence from school must first be requested by email to Mrs Miles at christthekingprm@cardiff.gov.uk

For safeguarding reasons any late arrivals must be accompanied to the Junior playground gate and handed over to a member of staff by an adult.

If your child is unwell, we request a telephone absence message or email to be left before 9.30am giving the nature of the illness/reason for absence.

Class	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Attendance	89.7%	90.6%	88.4%	98.3%	99.6%	97%	95.2%
Minutes late	0	0	15	0	0	2	15

Parent Consultations

Bookings for parental consultations will open at 8.30am this Friday 23rd October.

Please look out for an email from Juniper who operate our booking system.

Consultations will last for 10mins, apart from new nursery starters who are allocated 20 mins.

Please book early to secure your preferred place, these will be the only dates available this term.

Nursery (2025-26 starters)	Wednesday 4th November Online
Nursery (Sep 26 starters)	Wednesday 11th November In person
Reception, Y1	Tuesday 10th and Wednesday 11th November In Person
Y2, Y3	Tuesday 3rd November Online, Wednesday 4th November In Person
Y4, Y5, Y6	Tuesday 10th November Online, Wednesday 11th November In Person

ANNABEL FOREVER ♥





WE WOULD LIKE TO SAY A HEARTFELT THANK YOU TO EVERYONE WHO HAS DONATED TO THE ANNABEL FOREVER FUND SO FAR.

OVER THE NEXT COUPLE OF WEEKS, WE WILL BE EXPLORING HOW BEST TO USE THE MONEY RAISED TO CREATE A BEAUTIFUL AND LASTING TRIBUTE TO ANNABEL.

IF ANYONE WOULD STILL LIKE TO CONTRIBUTE TO THE FUND, DONATIONS MADE USING THE LINK / QR CODE BELOW.

HERE'S A PAYMENT LINK:
HTTPS://PAY.SUMUP.COM/B2C/QWEC3E2A



Junior Club

The Junior Club is taking a break for half term and will return on Friday 6th November

Guitar Lessons

Billy is our new brilliant enthusiastic guitar teacher; he still has some spaces for lessons if there any pupils are would like to start learning guitar. He has spaces for group lessons and individual lessons. If you would like to sign your child up to lessons, please go on www.cfmusiceducation.co.uk

ND
COMMUNITY CONNECTORS CIC

CONNECT

A 6-Week programme for Parents & Carers of Neurodivergent Children & Young People
(with or without a diagnosis)



A welcoming space for parents & carers.
Meet others who understand, share experiences, discover practical ideas, & build supportive connections in a friendly & relaxed environment.

Whitchurch Community Centre, Whitchurch

Starting Tuesday, 12 January for 6 weeks
(excluding Half-term week)

10:00am - 11:30am **£30 for the full course**

Book Your Place Today on Zeffy

Link to Tickets

CONNECT • SHARE • LEARN

CTK
PFA

PFA AGM

MONDAY 2 NOVEMBER
7PM
SCHOOL HALL

OUR ANNUAL GENERAL MEETING (AGM) WILL TAKE PLACE ON MONDAY 2ND NOVEMBER AT 7PM IN THE SCHOOL HALL, AND ALL PARENTS AND CARERS ARE WARMLY INVITED!

WE'LL BE LOOKING BACK AT EVERYTHING OUR PFA HAS ACHIEVED DURING THE 2025-2026 SCHOOL YEAR, SHARING A SUMMARY OF OUR FINANCES, AND LOOKING AHEAD TO WHAT WE CAN DO TOGETHER IN THE YEAR TO COME.

AS HANNAH AND BRYONY HAVE NOW STEPPED DOWN FROM THEIR ROLES AS CO-CHAIRS, WE'RE LOOKING FOR NEW FACES TO GET INVOLVED! IF YOU'D BE INTERESTED IN BECOMING A CO-CHAIR, JOINING THE PFA COMMITTEE, OR SIMPLY HELPING OUT WHENEVER YOU CAN, WE'D LOVE TO SEE YOU THERE.

EVERY LITTLE BIT OF HELP MAKES A DIFFERENCE! WHETHER YOU HAVE LOTS OF TIME TO GIVE OR CAN ONLY HELP OCCASIONALLY, GETTING INVOLVED IS A LOVELY WAY TO SUPPORT OUR SCHOOL AND MAKE A DIFFERENCE TO THE CHILDREN.

IF YOU HAVE ANY QUESTIONS BEFORE THE MEETING, PLEASE FEEL FREE TO CONTACT HANNAH OR BRYONY DIRECTLY, OR SPEAK TO YOUR CLASS REPRESENTATIVE.

WE HOPE TO SEE LOTS OF YOU THERE!

christthekingpfa@gmail.com

Calon Heart Screening is pleased to offer heart screening sessions for all people in the UK. We screen 15½ years of age and upwards.

Please do not attend your appointment if you are feeling unwell especially with cold, flu or covid type symptoms.

Calon Hearts Screening are working in partnership with Cardiac Health Diagnostics which is registered with HIW (Health Inspectorate Wales).

IMPORTANT: Once a session is booked you will receive an email notification which will be used for future communication. Please check your junk mail and/or add info@calonhearts.org as a favourite to ensure all notifications are received.

Please can females wear a sports bra for their screening.

15 1/2 - 17 year olds must be accompanied by an adult guardian, which does not include siblings.

Please email office@calonhearts.org if you would like a chaperone present during your examination.

We have a range of accessible heart screening packages available. Please select from below:

Fully funded Heart Screenings for 15 1/2 to 26 years for FREE. This includes an ECG with an Echocardiogram but only if the ECG detects any abnormalities, or at the discretion of the cardiologist.

Part-funded Heart Screening for 27 years of age and upwards includes an ECG, Echocardiogram and a Consultation with the Cardiologist for £300, which will take up to 1.5 hours..

You can book a place online below to get your heart screened. To book an appointment, please choose the required date and complete your contact details before selecting your time slot and making payment (if applicable). Following payment, you will receive an email confirmation of your booking. If no dates are currently listed, please be patient while we arrange new dates.

PRIMARY SCHOOL MENU
2026/2027

www.cardiff.gov.uk/schoolcatering
@Cardiffschmeals

STRONGER FAIRER GREENER

CARDIFF CAERDYDD

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	Mashed Potato	Chips
			Cous-Cous		New Potatoes
VEGETABLES	Broccoli	Carrots	Baked Beans	Peas	Peas
	Sweetcorn	Cauliflower	Peas	Carrots	Baked Beans
	Salad	Salad	Salad	Salad	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	Rice	Pasta	Mashed Potato	Chips
	New Potatoes				New Potatoes
VEGETABLES	Peas	Carrots	Sweetcorn	Carrots	Peas
	Sweetcorn	Broccoli	Broccoli	Cauliflower	Baked Beans
	Salad	Salad	Salad	Salad	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

Quorn

Dragón

Tilda

Violife

Birds Eye

BRAGES

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.

Getting creative in Nursery today! We had so much fun decorating biscuits, but had even more fun eating them! 😆🫶













Reception Class celebrated a Baptism this week . They learnt about the special Baptismal symbols and when we are Baptised, we are welcomed in the family of God 💦 🕯️ ✝️.



Year 1 have been reflecting on different ways to pray. We wrote a Litany of thanks in our group and shared it with our class.



We would like to thank all the family members who joined us in Year 3 to celebrate our shoebox creations. The children were delighted to share their class story, developed through our Talk for Writing approach. Families had the opportunity to view the imaginative creatures the children had designed and created based on their own finding tale. Thank you for your support and for taking the time to celebrate the children's learning and creativity!



year 4 led a beautiful Mass this morning at Christ the King Church, reflecting on the Feast of Saint John Paul II. Well done, Year 4 - you spoke so brilliantly and your singing was beautiful. 🤩



Year 5 had a great experience a The Sherman Theatre yesterday! We watched 'Balloon Girl', a show based on a true story from Cardiff in 1896. We were taken back in time and taught a lesson of care and consideration for God's earth and each other.





A group of our year 6 pupils have been planting bulbs with Ruth Binney, one of our former grandparents. Thank you for your help and gardening expertise. We were lucky to have a sunny afternoon for gardening!

