

ALBERT PRIMARY SCHOOL

YSGOL GYNRADD ALBERT

Belonging Together, Growing Together, Succeeding Together

17TH JUNE 2026

We would like to inform you that Mrs Louise Rees will be leaving us at the end of this summer term as she retires from her role as Principal School Administrator after 25 years.

Mrs Rees has been a central and highly valued member of our school team. In her role at the heart of the school office, she has been the first point of contact for countless families, always offering a warm welcome, a listening ear, and unfailing support. Her professionalism, dedication, and calm efficiency have helped ensure that the school runs smoothly each and every day.

Over the years, Mrs Rees has built strong relationships with pupils, parents, and staff alike. Her kindness and willingness to help have made a lasting impression on our community, and her contribution to the life of the school has been truly significant. We would like to take this opportunity to thank Mrs Rees for her many years of service and commitment.

Also, at the end of this summer term, we will be saying a heartfelt goodbye to Mrs Val Roberts, after an incredible 25 years of dedicated service as a Midday Supervisor. She has played a vital role in ensuring that lunchtimes are safe, happy, and enjoyable for all, always taking the time to listen, comfort, and encourage.

We would like to wish Mr Gareth Williams all the very best as he prepares to leave us in September to take up a year's secondment with the Vale of Glamorgan as a Higher Level Teaching Assistant (HLTA). Mr Williams has made a valued contribution to school life, and he will be greatly missed by both staff and pupils alike. We thank him for his dedication and commitment, and we hope this exciting new opportunity proves both rewarding and successful.

We would like to inform you of an upcoming change to class staffing from September. Mrs Hutchinson will be moving to a part-time position and we are delighted that Mrs Pike will be stepping into a full-time role for the next academic year.



On **Wednesday 1st July**, pupils will have the opportunity to meet their teachers for the next academic year. They will spend the morning in their new classrooms, getting to know their teacher and becoming familiar with the environment in preparation for September.

This is always a positive and exciting experience for the children, helping them feel confident and ready for the year ahead.



Summer Term Diary



Wednesday 17th June - Year 5 WWII Museum Exhibition

Friday 19th June - Year 2 trip to National Museum of Wales, Cardiff

Monday 22nd June - Year 1 Rescheduled Visit to RNLI Station, Penarth

Tuesday 23rd June - Proposed Sports Day [am : Yrs 4,5&6] [pm: Yrs 1,2&3] - Plassey Square

Wednesday 24th June - St Cyres' Transition Day Visit

Wednesday 24th June - Reserve date for Sports Day

Thursday 25th June - Year 6 Transition Day to Stanwell / Stanwell New Parents Evening

Thursday 25th June - New Reception 2026/27 Parents Meeting

Tuesday 30th June - Year 3 trip to Big Pit

Wednesday 1st July - 2026/27 Class Transition Morning

Wednesday 1st July - Year 6 Transition : PE Team Building Session

Wednesday 1st July - Year 2 90's Disco : St Augustine's Hall

Friday 3rd July - SOAP PTA SUMMER FAYRE

Monday 6th July - Year 4 visiting The Royal Welsh College of Music & Drama

Monday 6th July - Year 6 visit to Stanwell's Expressive Arts Production

Wednesday 8th July - Year 5 trip to St Fagans Museum

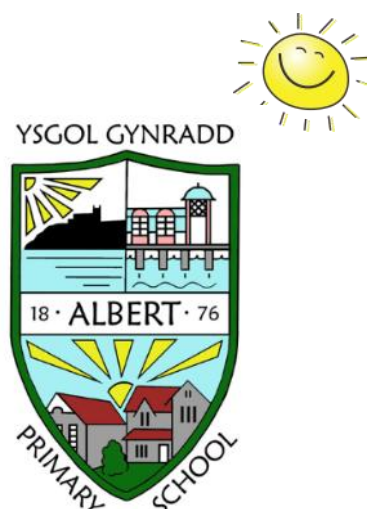
Thursday 9th July - Reception Sports Day

Monday 13th July - Stanwell : Year 5 Enterprise Event [Sports Hall]

Monday 13th July - Year 6 End of Year Performance for Year 6 Parents

Thursday 16th July - Year 6 Leavers' Assembly / Year 6 Leavers' Party

Friday 17th July - End of Year [Break up for Summer Holidays]



As this week is Water Safety Week, we have been sent guidance on staying safe around water. We kindly ask that parents and guardians speak with their children about water safety, supported by the attached leaflet which highlights key risks.

Water Safety



On average, more than **400** people drown in the UK each year. Nearly **60%** of these are children and young people. We believe that the majority of drownings are preventable. Make sure that you and your loved-ones are not counted in next year's drowning figures by following our guide to water safety at home



Cold water shock - the facts

The effects of cold water shock are responsible for many of the drownings which occur in the UK every year, as the water temperature in the UK remains cold, even during the summer months. Cold water shock affects our ability to swim and self-rescue.

Signs of Cold Water Shock

Initial immersion responses - Cold shock response (0-3mins)

Immediately after immersion in cold water, rapid cooling of the skin causes a number of instinctive and reactions including gasping, hyperventilation, increased blood pressure, and panic.

Short term responses - Loss of performance (3-30mins)

Following the initial response, the hands, feet, arms and legs start to cool and blood flow continues is restricted. This causes a decrease in muscle strength and endurance leading to muscle fatigue and reduced control over body movements. If the casualty is unable to get out of the water or use a buoyancy aid, this will ultimately result in drowning.

Long term responses - Hypothermia (30mins+)

Over time, significant heat loss causes the core body temperature to drop leading to hypothermia which is fatal unless treated effectively.

Tombstoning: Safety Advice

What Tombstoning is:

- Jumping or diving from a height into water
- A high-risk, unregulated activity, undertaken by unsupervised individuals

Why Tombstoning is Dangerous:

- Water depth alters with the tide; the water may be shallower than it seems
- Submerged objects like rocks may not be visible; they can cause serious injury if you jump onto them
- The shock of cold water may make it difficult to swim
- Strong currents can rapidly sweep people away

Think before you jump: don't let alcohol, drugs or peer pressure affect your judgement; even if you're jumping safely, children may be watching and try to copy your actions.

HM Coastguard responds to around **36,000** incidents every year, which averages out to one distress call or emergency being dealt with approximately every 15 to 20 minutes.

DON'T JUMP INTO THE UNKNOWN

Around 85% of accidental drownings occur at open water sites. Many of these drownings occur due to a lack of knowledge and understanding of open water safety. The basic principles of open water safety, combined with knowledge and understanding of the hazards, can increase enjoyment of open water and significantly reduce the number of incidents that occur each year.

Keeping safe in Open Water



Working in Partnership together to maintain a Safer Vale

Start your musical journey today

- Learn an instrument
- Discover new talents
- Make friends for life



Enrol today!
cavms.co.uk/enrolment

Developing Young Musicians

cavms
Cardiff and Vale Music Service



Are you a parent or caregiver of a child aged 4-17?

Could you help with a research study?



What is the research about?

We are exploring how traits related to ADHD (such as attention, impulsivity, and activity levels) may influence parenting experiences.

We are also interested in how stress and confidence as a parent play a role.

Who can take part?

- We are looking for people who:
- Are aged 18 or over
 - Are a parent or caregiver of a child aged 4-17
 - Live with their child or regularly care for them
 - Live in the UK

You do not need a diagnosis of ADHD to take part.

What does taking part involve?

- Completing an online questionnaire (25 - 30 minutes).
- Answering questions about ADHD traits, parenting experiences, confidence and parenting stress.
- Optional: enter a prize draw to win 1 of 3 £30 shopping vouchers



How do I take part?

To learn more about the study and/or take part please use the link in the bio or scan the QR code below.

The questionnaire can be completed on a smartphone or a computer.

SCAN ME!



If you have any questions please contact Steph Richards (Trainee Clinical Psychologist) at:
Richardss36@cardiff.ac.uk

