



22 December 2022

Dear friends,

LET HOPE IN

Life can be really tough. I know that the cost of living crisis has had a profound impact for many families and that, for those choosing between heating and eating, these past few months have been extremely challenging. This backdrop of strain and struggle – contrasted with the gloss and glamour of a commercial Christmas – only adds to the burden placed upon the shoulders of parents.

We have had our own difficulties at St Teilo's, too. Coughs, colds and unrelenting chest infections have led to the highest staff absence rates in the history of the school. Yet, hope prevails. Our community has retained its character of deep joy and grace – and we've stayed open for business! We've enjoyed much academic and sporting success, most notably in the recent Welsh Schools Gymnastics Competition. Children remain happy and loved and are making progress as a result. For this, I am grateful.

If you are struggling right now remember that, in God's Kingdom, ***you are enough.***

It was a poor and unwed woman who carried God.
It was foreigners from the East who recognised God.
It was destitute workers in the field who heard from God.
It was the marginalised community who welcomed God.

God chooses the excluded and vulnerable. God chooses the lonely and afraid. God chooses those who are struggling yet putting on a brave smile for the sake of their kids. God chooses you and me.

“For unto us a child is born, unto us a son is given: and the government shall be upon his shoulder: and his name shall be called Wonderful Counsellor, The mighty God, The everlasting Father, The Prince of Peace.” (Isaiah 9:6)

Christmas is here; let hope in.

With every joy and blessing this Christmas,

Mr I Loynd
Headteacher

Christmas in East Cardiff

The East Cardiff Ministry Area, of which our school is a partner, welcomes you and your family to worship this Christmas:

- All Saints Cyncoed, Saturday 24 December, 11.30pm, Midnight Mass
- All Saints Cyncoed, Sunday 25 December, 10.00am, All-age Eucharist
- All Saints Llanedeyrn, Saturday 24 December, 4.00pm, All-age Carol Service
- St Augustine's Rumney, Saturday 24 December, 5.00pm, Crib Service
- St Augustine's Rumney, Saturday 24 December, 9.30pm, Midnight Mass
- St Augustine's Rumney, Sunday 25 December, 8.00am, Low Mass with Carols
- St Augustine's Rumney, Sunday 25 December, 10.00am, Choral Mass
- St Dyfrig's Llanrumney, Saturday 24 December, 7.30pm, Candles, Crib and Carols
- St Edeyrn's Church, Saturday 24 December, 6.00pm, Carols by Candlelight
- St Edeyrn's Church, Sunday 25 December, 9.30am, All-age Eucharist
- St Mellons Church, Saturday 24 December, 4.00pm, Crib Service
- St Mellons Church, Saturday 24 December, 9.30pm, Midnight Mass
- St Mellons Church, Sunday 25 December, 10.00am, All-age Eucharist

For more information, visit <https://eastcardiff.church>.

Return to school

All pupils return to school at 8.30am on Tuesday 10 January 2023.

Term dates

- Spring 1: 9 January 2023 – 17 February 2023
- Spring 2: 27 February 2023 – 31 March 2023
- Summer 1: 17 April 2023 – 26 May 2023
- Summer 2: 5 June 2023 – 24 July 2023

INSET days

- INSET 5: 9 January 2023
- INSET 6: 17 April 2023

Cost of living

I know that many families will be deeply concerned by the increasing cost of living. If you are struggling, please reach out to us and we will help however we are able. You may wish to find out a little more about our free food pantry provision, 'Puffins', by visiting <http://www.stteilos.com/puffins/>.

Keeping in touch

Parents and carers are encouraged to be in regular contact with us. The principal points of contact are:

- **Year 7**
Mr Evans (r.evans@stteilos.com)
- **Year 8**
Miss Hallett (k.hallett@stteilos.com)
- **Year 9**
Mrs Pitt (r.pitt@stteilos.com)
- **Year 10**
Mrs Phillips (j.phillips@stteilos.com)
- **Year 11**
Mrs Williams (a.williams@stteilos.com)
- **Years 12 and 13**
Mrs Owen (e.owen@stteilos.com)

You are also invited to contact me directly by emailing headteacher@stteilos.com. Please do remember that staff are unlikely to be available without notice in person or by telephone (they are busy working with children); email is by far the most effective way to contact us!

Allergies

St Teilo's prides itself on its culture of care and compassion. Several of our pupils suffer from extremely severe allergies to nuts. Therefore, any efforts you can make to **ensure your child does not bring nuts or nut-based products to school in their packed lunch** would be hugely appreciated. A small sacrifice on your child's part can, potentially, save a life.

Parents' Evenings

For your convenience, parents' evenings take place online as follows:

- Year 7, Thursday 4 May 2023
- Year 8, Thursday 16 February 2023
- Year 9, Thursday 30 March 2023
- Year 10, Thursday 16 March 2023
- Year 11, Thursday 2 February 2023
- Years 12 and 13, Thursday 19 January 2023

I still have questions!

Please email Mr Loynd at headteacher@stteilos.com and a member of staff will reply as soon as possible. As always, you will receive regular letters and updates via SMS text message throughout the year. Copies of all letters can be found at <http://stteilos.com> under 'news'.