



St. Cuthbert's School Newsletter #stcuthbertsns

Sunday 4th February 2024 www.northtynesidecatholic.org.uk/


Mass times online on Facebook and at St. Cuthbert's each Sunday at 11am. Fr. Chris Hughes can be contacted on 257 5801

It was another exciting and busy week at St. Cuthbert's last week and we have even more planned and prepared for Children's Mental Health Week next week. We've also been talking to several local organisations whom we hope to introduce to St. Cuthbert's over the rest of this term, people who can help our children, families and wider communities.



Year 3 are our attendance stars this week with a high score of 98% and they'll get an extra playtime next week as a special reward. Our whole school attendance for the week is 94.1%- thank you, everyone, for following our school policy of keeping children off school for 48 hours after the last time they have been vomiting or had diarrhoea. This helps them recover and helps stop the spread of illness and bugs through their class. We work hard with families and partner agencies to make sure every child achieves the best attendance they can. Can we remind all families that we ask you to contact school when your child is absent from school for any reason at all.



Class	%
Reception	97.6
Year 1	97.6
Year 2	82.1
Year 3 	98.0
Year 4	97.2
Year 5	88.4
Year 6	95.6
Whole school	94.1

Families are invited to join us for our phonics update meeting this Tuesday 6th February in the school hall, a ParentMail will be sent out asking everyone to sign up to join us. The meeting will be a short update on how much fantastic progress the children are making, what you can do to support their phonics and reading, what the children will be doing next and be a chance for you to see the extra new reading resources we will be introducing at school over the next few weeks. The meeting is also a chance for you to ask any questions you might have and to talk to your child's class teacher about phonics and reading. Please make sure you read and reply to the ParentMail message tomorrow if you would like to join us.





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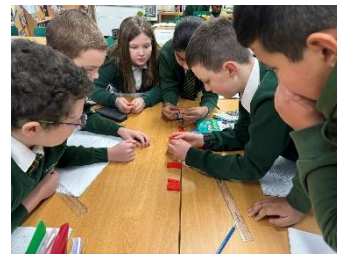
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Our fantastic staff have been hard at work planning and preparing a wide range of activities for Children's Mental Health Week 2024 which is next week. Each member of staff has planned an activity and children will move between classes throughout the week and take part in these activities. Our themed weeks are a brilliant way to unify learning across school. Themed weeks are also a fantastic way for children to work with different staff, something we do each week but during themed weeks they go to different classrooms. We have worked on children's mental health for a long time at St. Cuthbert's, it has been a central part of our whole school plans for almost ten years and it is through our focus on positive mental health that we have created a curriculum which is very different from most other schools. We all know that being active and exercising helps us feel physically and mentally stronger and this was key to us introducing cycling at St. Cuthbert's. Being outside also helps us and our partner schools in Brazil showed us the benefits of learning outdoors- this is why we place such a big focus on learning outdoors. Working with different groups of people helps us- this is why we mix classes and groups across school as often as we can, why we have Nursery Nurturers and Buddies in Reception and Year 6 and reading buddies across school. We also know that children might need more specific support at different times in their lives which is why we created a curriculum based around compassion and linking the Gospel teachings to real life. It is also why we work with a range of support groups and continue to make connections and partnerships with groups that can help us in school, help children and support families. We do what we can to help families, we don't charge for clubs, we very rarely ask for any money for trips- they are free, we have the uniform swap rails in the school hall and we never ask children to bring money for fundraising days. These approaches to running school and supporting our community have always been in place and haven't come about in recent years. Compassion is shown by everyone and in many, many different ways. Compassion is something we continually work at and it is a quality which is clear to see throughout our school and community.



WE ARE A UNICEF GOLD RIGHTS RESPECTING SCHOOL

Children's rights are learned, understood and lived in this school.



COMPASSION MATTERS





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Mass times online on Facebook and at St. Cuthbert's each Sunday at 11am. Fr. Chris Hughes can be contacted on 257 5801. We work continuously with all staff and children to keep children and everyone at St. Cuthbert's safe at all times. Our new Child Protection and Safeguarding Policy 2023/24 is on our school website, <https://www.stcuthbertsrcprimary.co.uk/safeguarding> and it outlines our approaches and policies to safeguarding throughout school. You will also find a copy of our safeguarding policy that we share with the children. It has been written to be accessible to the children and goes alongside all the work we do with them throughout the year. We teach safeguarding and staying safe through many different subjects and you will see the weekly online safety posters we add to every newsletter that we send out. Throughout the year we also have online safety lessons with all children and these range in topic from what to do if a child feels unsafe, how to create the best usernames and passwords and how to judge if the information you are reading or watching is genuine and accurate. We also hold online safety sessions for families each year to help you keep your children safe online at home. If you have any questions about safeguarding at St. Cuthbert's please get in touch by emailing keepingintouch@stcuthberts.email or speaking to Mr Dillon or Mrs Cottiss who you can find on the school playground at the start of each day or by phoning the school office.

Can we please remind families that for all classes from reception through to year 6 the school day has a 'soft start' meaning that the school gates and doors will open at 8.40 am and children should go straight to their class when they come on to the playground from 8.40 am. The doors and gates then close at 8.55 am when all children should be in their class- anyone who arrives at school after 8.55 am should come to school through the main office. ***Children cannot wait alone on the playground or at school gates before 8.40 am as all staff are supervising gates, doors, corridors and classrooms with teachers beginning their teaching at 8.40 am.*** Can we also remind everyone that no adults should be in the school building in the morning or at the end of the school day. If you need to speak to a class teacher you can contact them through Tapestry, phone the school office to make an appointment or pass on a message or catch them at the end of the school day once all children have been passed over to their families. Our school day ends at 3.25 pm for all children. Can we also please remind families that dogs, no matter how small, are not permitted through the school gates or on the school playground. We have over 500 people on the playground at the start and end of each day and we all greatly appreciate your help and support in keeping our school as safe as possible and our school days running smoothly for everyone.

If you have any concerns about your child's, or another child's safety, including their online safety, or questions about behaviour we always ask that you speak to us at school. It is important that we are part of discussions that may be happening around children's behaviour and welfare. We record incidents and concerns electronically on our CPOMS system and we work very closely with Clennell Education Solutions to make sure all our staff are up to date with the best safeguarding training available and to provide leading professional advice when requested. This means that we have a broad picture of anything that is happening at school and, with your help, we can make sure any concerns are addressed quickly and do not escalate or lead to children or families falling out. If you have a concern that you feel needs attention immediately, and it is outside of normal





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Mass times online on Facebook and at St. Cuthbert's each Sunday at 11am. Fr. Chris Hughes can be contacted on 257 5801 school hours, you can contact the North Tyneside Safeguarding Team's Front Door service on 0345 2000 109 during office hours or 0330 333 7475 during the evening or at weekends. We work in partnership with the team and they will inform us at school of any referrals made to them during weekends, evenings, and holidays when school is closed. You can also find out more information about safeguarding in North Tyneside on their [website](#) and our [school website](#).

Can we also remind all families that you must let us know who is collecting a child after school if you, the person who would normally do the collection, isn't. If you need to change arrangements at the last minute please phone the school office and let us know, this helps avoid asking the person who has come to collect the child waiting around unnecessarily and helps us ensure all our children are where they are supposed to be. If the person collecting your child is someone we don't know or haven't met often we may ask you for a word or phrase that they can repeat to us, therefore confirming who they are.

As a school St. Cuthbert's were involved in being part of the management committee that set up the PACT MumSpace group that runs in North Shields. MumSpace is a warm, welcoming, friendly group, for mothers run by mothers. MumSpace is a charity run so free to join. Within the group, mums have half an hour of "their time" whilst the amazing volunteers look after the children. This space and time can be used to have a hot cup of coffee and a chat, talk to other mums alike, or invite outside organisations in to give advice, it's the mothers' space it's up to them to decide what to do with it. The group is for pregnant mums or mums with children up to the age of 4. MumSpace is run on a Thursday morning from St Cuthbert's Church from 9.30-11am or Tuesday afternoon 12.30-2pm at St Luke's Church in Wallsend on Frank Street just off the Metro station. For more information see their Facebook page = MumSpace North Tyneside or contact Wendy McConnell at 07950426786 or wendy.mcconnell@citizensuk.org

Tyne & Wear
citizens

As part of our work with PACT we are inviting families with children between the ages of 2 and 4 to join us for our Book Sharing Course which we are hosting at school with Wendy. The sessions begin this Wednesday 17th January and run until 15th February and take place at school from 2.15pm- 3.15pm. We have run these sessions in the past and they have been very successful and a brilliant way to get ideas and support in helping develop children's love of stories, books and language. Further information about the programme is near the end of this newsletter.

We are asking all families to make sure you pre-order your children's lunches as this is the only way to ensure they get what they want each lunchtime. All children who have a school lunch must pre-order- this includes children in Reception Class, Year 1 and Year 2 who are all entitled to free school meals through the Infant Free School meals scheme.

Thank you once again to everyone who has signed up for your Appetite account and to everyone who is using it to pre-order children's school lunches. It is very, very important that you get your account set up as it allows you to see the menu for the coming weeks,



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Mass times online on Facebook and at St. Cuthbert's each Sunday at 11am. Fr. Chris Hughes can be contacted on 257 5801 including all the dietary and nutritional information you might want to see. No child will ever be left hungry and the staff in our kitchen know all our children well. If you have any questions about the new school meals system or menu, or need help with the app or using the Appetite service online, please get in touch with us at school.

We get lots of questions at school about keeping children safe online when they are away from school. We have begun information posters from National Online Safety and these will be helpful as they provide up-to-date advice on how to manage different services and apps for children at home. The Think You Know website is also very useful for advice and information and you can find it by clicking the link below. The site is aimed at adults and the subjects are about keeping children safe online.

<https://www.thinkuknow.co.uk/parents/>



We would like to remind families that we have a no-jewellery policy for children at St. Cuthbert's, the only exceptions to this are that children can wear a watch and if they have their ears pierced they can wear a small stud- not hoops. Can you please make sure your child doesn't wear any jewellery to school, especially on their outdoor learning day when a few have started to wear chains, necklaces, or bracelets. Outdoor learning day clothes should be old clothes, suitable for the weather, that will get dirty and, most likely smell of smoke by the end of the day.

Thank you to everyone who is using Easyfundraising.

There are no catches to using the site, you don't need to share bank or payment details, just sign up and choose to support St. Cuthbert's. all you then need to do is search for your chosen store or seller on the easyfundraising site and do your online shopping as normal. If you are booking a holiday, buying any insurance, changing internet suppliers, mobile phone providers, etc. online, and doing so through the site they make quite big donations to school! It's really easy to get set up and running, all you need to do is:



1. Head to <https://www.easyfundraising.org.uk/causes/stcuthbertsrprimary/> and join for free.
2. Every time you shop online, go to easyfundraising first to find the site you want and start shopping.
3. After you've checked out, that retailer will donate to St. Cuthbert's at no extra cost to you whatsoever!

There are no catches or hidden charges and we would be grateful for your support and donations which will go towards all our children.

Thank you to everyone who has been using Tapestry, our keepingintouch@stcuthbertsrprimary.co.uk email, and school phone to keep in touch with school staff. Lines of communication must be kept as open and honest as possible between school and home as we work hard to keep our open-door policy and approach going by making so many ways to keep in touch available. **As highlighted in the past we don't use Facebook or WhatsApp or any other social media apart from Twitter (which we don't use to answer questions)**, and we won't be setting up accounts on either medium. If you have any questions, or



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- Message a member of staff on Tapestry with messages regarding work, arrangements for the school day for your child, etc. All staff have access to Tapestry.
- Email keepingintouch@stcuthbertsrcprimary.co.uk. You should email this address if you want to discuss or inform of us anything that is more confidential. Emails to this address are only read by Mrs. Cottiss and Mr. Dillon. Please do not use this email for day-to-day things like questions about what is happening at school. We cannot guarantee that your question will be answered on time this will only happen by contacting the school office.
- Phone 0191 691 9876 and arrange an agreed time to chat with someone. Use the school phone number to advise us of absence from school, and for questions about day-to-day things. **Phoning school during the school day remains the best way to get in touch.**

If you have not yet activated your Tapestry account or if you are having trouble accessing it please let us know as soon as possible. Tapestry is one of the main ways we keep in touch with families and it is important that you can receive messages and posts from it even if you don't use it a lot yourself.

There has been a great deal of interest in our apprenticeships that have been advertised, you can find more information about the teaching assistant and admin assistant roles on our school [website](#).

If you haven't joined our school lottery yet it is really easy and gives you a chance of winning our school jackpot each week and gives you an entry to a much bigger weekly jackpot. All profits from the lottery go towards helping us make sure our children continue to have the fantastic opportunities they get every week at St. Cuthbert's. Our weekly prize currently stands at £19.80, you will also be entered into a national school lottery for a £25,000 draw each week. You can sign up at

<https://www.yourschoollottery.co.uk/lottery/school/st-cuthberts-rc-primary>

Thank you for your amazing continued support, stay safe and God bless,
Shaun Dillon



At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit nationalcollege.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about PERSUASIVE DESIGN ONLINE

'Persuasive design' refers to the techniques that companies employ to influence our thoughts and behaviours when we're on the internet. These approaches can be spotted on websites, in apps and even as part of some video games. Persuasive design means that this content has been deliberately presented in a way that's intended to encourage you to spend your time or money (or both). These methods often prove highly effective at keeping people engaged and invested for longer than we might expect.

WHAT ARE THE RISKS?

POTENTIAL ADDICTION

In the digital world, persuasive design can make certain activities more addictive and harder to walk away from: some people may begin to feel anxious or irritated without access to their device or their favourite app, for example. It can also often leave users feeling isolated, as – if they spend most of their time on social media – they may start to find it difficult to talk to other people in real life.

MENTAL HEALTH CONCERNS

Scrolling online or gaming without regular breaks is proven to be harmful to our mental health. The constant bombardment of news stories (many of them negative), images and influencers' posts can create sensations of unease, uncertainty and FOMO (fear of missing out). Young people can get so immersed in this environment that they become less likely to spot misleading posts.

PROLONGED SCROLLING

Social media can draw any of us – regardless of age – into a continuous pattern of refreshing our screen, following posts and links down rabbit holes or reading countless comments made by others. This aimless scrolling can eat up time which could have been spent on more productive activities. It could also lead younger users into areas of the online world which aren't age appropriate.

SENSORY OVERLOAD

Repetitively scrolling, clicking on links or playing games can create an unending stream of new information and visual stimuli. Put it this way: social media isn't exactly renowned as a carefree, chilled-out environment. Such overstimulation can become too much for young people to handle, resulting in sensory overload and causing them to feel stressed, overwhelmed and exhausted.

COSTLY ADDITIONS

Video games sometimes display offers for downloadable content or loot boxes which can be bought with real money. While these 'microtransactions' temptingly promise to improve a player's gaming experience, most of the time they are money sinks. Young people in particular, excited by the chance of enhancing their game, could spend quite a sizeable sum very quickly indeed.

PHYSICAL CONSEQUENCES

Hours spent sitting and scrolling means far less time moving around and getting exercise: hardly ideal for a young person's physical health. Additionally, prolonged exposure to the light given off by a phone's screen can lead to eye fatigue and discomfort, especially if viewing it in the dark. Extended phone use before bed can also impact on sleep quality, affecting mood and energy levels over the following days.

KEEP SCROLLING

Advice for Parents & Carers

ESTABLISH LIMITS

Talk to your child about setting some time limits on how long they can use their phone, tablet or console in the evenings or at weekends – or perhaps how often they can go on a specific app, game or website. You could also decide to involve the whole family in creating this shared screen time agreement, making things fair (and healthier) for everyone.

ENCOURAGE MINDFULNESS

Acknowledging any addiction is key in overcoming it – and compulsive scrolling is no different. If anything mentioned in this guide sounds familiar, it could help to have an honest, open chat with your child about how much time they spend online. Get them to think about how often they scroll through social media aimlessly or habitually open it up whenever they have a spare moment.

NIX NOTIFICATIONS

Stop knee-jerk responses at the source by turning off push notifications and alerts. Whether it's a gaming notification or a social media update, these not-so-gentle reminders are designed to catch our attention and lure us back to our device. Switching them off – or even deleting any particularly intrusive apps – can help prevent your child from being reeled back into the online world.

MAKE A CHECKLIST

Considering a list of relevant questions can be an effective way of helping children figure out why they're scrolling on certain sites or consuming particular pieces of content. A checklist can prompt young people to ask themselves if they're learning anything or benefiting from this activity – or if they're wasting their time. Taking a step back can sometimes help us to see things more clearly.

Meet Our Expert

Rebecca Jennings has more than 20 years' experience in the field of relationships, sex and health education (RSHE). As well as delivering workshops and training for young people, parents and schools, she is also a subject matter expert on RSHE for the Department of Education.



The National College

NOS National Online Safety
#WakeUpWednesday



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PE and Roundhouse Timetables 2023/2024

Children should come to school wearing their PE kit on their PE day.

PE	
Day	Class
Monday	Reception
Tuesday	Year 2
Wednesday	Year 1
Thursday	Year 5, Year 3 and Year 6
Friday	Year 4

Outdoor learning takes place continuously at St. Cuthbert's and includes a Roundhouse session once every two weeks. **Children should come to school wearing old clothes that will get dirty on their Roundhouse day only**, the dates for this half term for each class are below.

Roundhouse Dates	
Nursery	(Tuesdays) 06/02/2024, 05/03/2024
Reception	(Tuesdays) 06/02/2024, 05/03/2024
Year 1	(Fridays) 09/02/2024, 08/03/2024
Year 2	(Fridays) 09/02/2024, 08/03/2024
Year 3	(Wednesdays) 07/02/2024, 06/03/2024
Year 4	(Wednesdays) 07/02/2024, 06/03/2024
Year 5	(Mondays) 05/02/2024, 04/03/2024
Year 6	(Mondays) 05/02/2024, 04/03/2024



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Date	Time	Event	Location
05- 09/02/2024	All week	Children's Mental Health Awareness Week	School
06/02/2024	Morning	Whole school activity morning	School
06/02/2024	3.30pm	Phonics meeting in school	School
08/02/2024	Morning	Vision screening tests for Reception Class	School
12/02/2024	Morning	EYFS and Key Stage 1 visit to China Town for Chinese New Year	China town, Newcastle

PLEASE NOTE THAT THE TRIP TO CHINA TOWN WILL NOW TAKE PLACE ON MONDAY 12TH FEBRUARY AND IS NOW FOR NURSERY, RECEPTION CLASS, YEAR 1 AND YEAR 2.



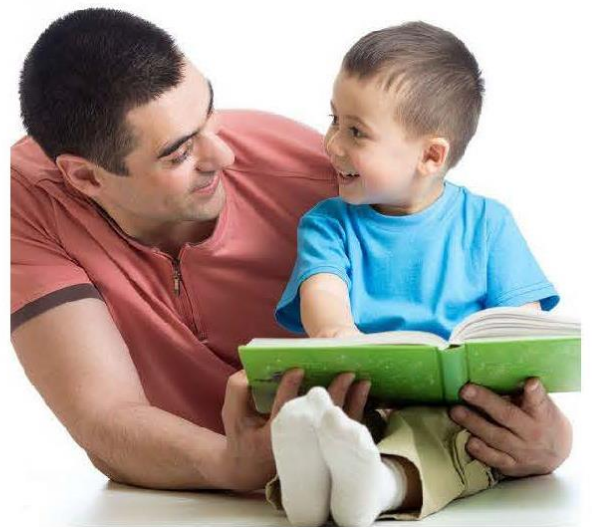


St Cuthbert's Catholic Primary School families are invited to join our

Book-sharing Course

This course is for 7 weeks starting Wednesday 17th January until 15th February from 2.15pm. Then we will have a further 3 sessions starting 28th February until 13th March.

This friendly group for local families and is not about reading stories to your child but is about giving you new skills and confidence to share books with your 2-4 year-old.



This Book-sharing course has been proven to:

- help your child's language development**
- encourage children to concentrate and give attention for longer**
- help your child get on with others better and improve their social skills**
- give you and your children a closer connection and a special time together**
- build an even stronger relationship between you and your child**



This course is being run for FREE by the Parents and Communities Together (PACT) team in partnership with St Cuthbert's Catholic Primary School. For more information call Wendy on 07950426786. You can book your place by contacting school on 0191 691 9876 or by texting/calling Wendy on 07950426786.



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FREE

Do you want to improve your child's health?

Our 10 week programme supports you and your family to make healthy lifestyle changes together.

Interactive sessions are delivered by an expert and friendly team and focus on nutrition and physical activity to give you and your family a real boost.

The team delivers family programmes for two different age groups:

Ages 4-7 years old
Ages 8-14 years old

Register:



Sessions take place once a week, after school

In 10 weeks we cover:

- Simple food swaps to reduce fat and sugar intake
- The right size portions for children and adults
- How to understand food labels and afford healthy options
- Opportunities to add run and play into your daily routine

Eligibility criteria applies, please ask for more details.

0191 643 7454
CHAT@northtyneside.gov.uk
www.activenorthtyneside.org.uk



No Limits

FREE
FOR KIDS AGED
8-13
YEARS

Monday at
The Lakeside Centre
4 - 5.30PM

Tuesday at
The Parks Sports Centre
4.30 - 6PM*

Wednesday at
Hadrian Leisure Centre
5.15 - 6.30PM

Activities include:

- Badminton
- Table tennis
- Dodgeball
- Plus football coaching with the Newcastle United Foundation

No Limits activities are available in term time only. A valid eascard is required. Children and young people must behave in accordance with our Customer Charter. *The soft play is available to use free of charge for siblings under 8 years old while this session takes place.



REGISTER HERE!

www.activenorthtyneside.org.uk | 0191 643 7171



Active North Tyneside



@active_NT



No Limits

FREE
FOR KIDS
ALL AGES

POOL SESSIONS

Thursday at
Waves
6.20 - 7.20PM

Friday at
Tynemouth Pool
4 - 5PM

Saturday at
The Lakeside Centre
11AM - 12PM

Saturday at
Hadrian Leisure Centre
2.15 - 3.15PM

No Limits pool sessions are available in term time only. A valid eascard is required. Children and young people must behave in accordance with our Customer Charter. Pool admission policy applies.