



St. Cuthbert's School Newsletter

#stcuthbertsns



Sunday 23rd June 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 very eventful week at St. Cuthbert's as we had children out and about representing us at football, multiskills, robot building and computing and swimming. We have lots more happening over the last few weeks of this fantastic school year, you can keep up to date with everything that's happening on Twitter, Tapestry and through ParentMail.



Congratulations to Reception Class who have won our Attendance of the Week Stars trophy with a winning score of 95.7%- they will have an extra playtime next week! 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. There is information about the impact of attendance and punctuality on your child's education available on our school website, you can find it on the [Attendance and Term Dates](#) page.



Class	%
Reception	95.7
Year 1	87.6
Year 2	94.3
Year 3	94.0
Year 4	91.3
Year 5	95.0
Year 6	95.4
Whole school	93.2

Congratulations to all our children who took the next big step in their journey of faith as they made their First Holy Communion yesterday morning at St. Cuthbert's Church. It was wonderful to see so many families come together to support the children at the very special Mass which was co-celebrated by Fr. Chris and Fr. Peter who also knows our school and community very well. Thank you to the catechists who have worked closely with children, families and the parish all year to prepare the children for the day. Thank you also to our fantastic school staff who joined the children, their families and the parish for this very special occasion. As a Catholic school and community, we are privileged to share the journey of faith with so many children and families. Members of our community of a different faith, or no faith, know how special these occasions are and they know that the teachings of Jesus are the spark for our whole curriculum and everything else we do at St. Cuthbert's.



It looks like the summer sunshine has finally arrived in North Shields and we are forecast to have lovely weather for the week ahead. Can we please remind families that children should have a water bottle at school each day- they can refill these as often as they need to throughout the day. Can you also make sure children have suncream applied before the school day and if your child brings suncream to school can you please remind them they cannot share it.



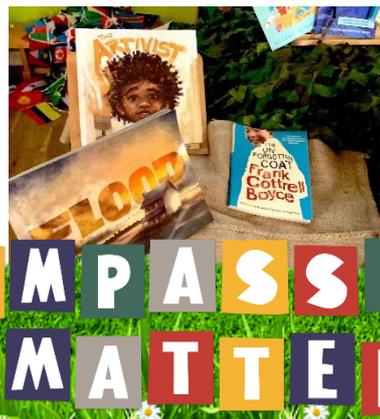
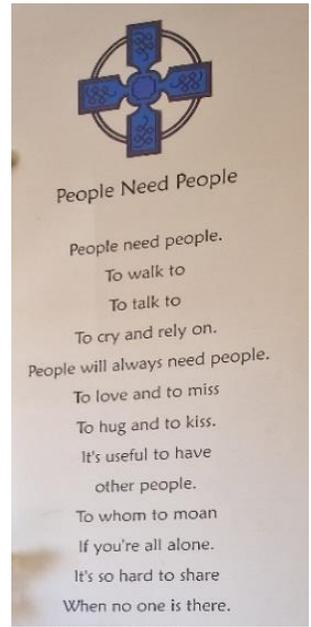
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It was fantastic to see children bring their Safe Place creations to school last week and even better to hear the children talking about why they made their safe places the way they did. Compassion Matters sessions focus on how every one of us, regardless of age, can make a positive impact to other people and the world around us by being kind. Our recent themes have been the impact of global climate change, conflict and unrest on everyone. Our children know that people can become refugees for a wide range of reasons and Key Stage 2 were part of a webinar with the famous author Michael Rosen last week when he gave them an example of families needing sanctuary. He said that he once spoke to his friend, Benjamin Zephania who told him he had a refugee family staying with him. Michael Rosen asked where they were from and Benjamin said Cumbria, they had been made homeless because of floods there and had no family or friends to help them so he did. Our key Stage 1 children met with authors Mark Arrigo and Steven Chatterton to learn about Adnan, a young refugee in their book which tells his story with beautiful illustrations and emotions, and our Early Years children read the book My Name Is Not Refugee. All this work helps us all understand that when we act with compassion we make sure we see everyone as human life as sacred, that we are made in the image of God. We would love to get even more Safe Places boxes this week, you can see some examples below and you can make them whatever way you want to, using whatever materials you want, we'd love to have a big, whole school display by the middle of next week showing the children's work off to everyone.



Y COMPASSION MATTERS





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

Our year 3 children began their four-week block of swimming lessons last week and they have already made fantastic progress! St. Cuthbert's was the first school in North Tyneside to move to the four-week blocks a few years ago and lots of other schools follow the same approach. Swimming over four weeks is intensive and it means that our children build upon their learning every day and they have lots of fun as well! Thank you to all our year 3 families for making sure they have everything they need every day and to our brilliant staff and the swimming coaches for giving the children the opportunity to achieve their very best.



Our year 4 football team was in action last week at the annual Philip Reilly competition at St. Aidan's Catholic Primary School in Wallsend. The team were fantastic and only conceded one goal across the five matches they played. Unfortunately, the only goal conceded was the winning goal in the final. Our squad were magnificent and the final was a very closely fought game after we had taken on and beaten all other teams, scoring a lot of goals on the process. Thank you to Miss Collings, Mr Smart and Mr Capper for all their expert coaching with all our children all year. Our football club after school every Thursday is packed with children from years 3, 4, 5 and 6 and it has been brilliant seeing so many children begin playing for the first time at the club and progress on to representing St. Cuthbert's brilliantly in competitions.



Every week we publish a poster with information and advice on keeping children safe online. The posters we use come from the National Online Safety organisation and we use their resources at school when teaching our E-Safety lessons for all children. These lessons follow similar themes as the posters we share with you and the lessons at school are all taught at a level appropriate to the children. Our children know how to stay safe both online and offline and they know we have systems such as Smoothwall at school which help keep everyone safe.

Rehearsals are well underway for our end-of-year show and we will be sending out more information about it next week, including a costume list for each class. You will not need to buy anything at all, all the costumes are designed to be really simple and made up of things that you will have already.

We are coming to the end of another fantastic school year and, just as we do at Christmas, we would like to remind everyone that we have a no presents policy at St. Cuthbert's. This policy helps make sure everyone is treated equally and no child or family feels under any pressure to buy gifts for anyone. Children from year 6 and Reception Class will be doing something in school as buddies.



Mass times online on Facebook and at St. Cuthbert's each Sunday at 11am. Fr. Chris Hughes can be contacted on 257 5801. We have lots of events and trips planned for the rest of the school year and families have been sent ParentMail messages and forms for some of them. If you have received a ParentMail form can you please make sure you complete and submit it as soon as you possibly can. By responding on time we can make sure our children have the best experiences and everything they need for each trip.



ParentMail

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 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





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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 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

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 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, 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/>

Welcome to CEOP Education

Education from the National Crime Agency

The National Crime Agency's CEOP Education team aim to help protect children and young people from online child sexual abuse.

We do this through our education programme, providing training, resources and information to professionals working with children, young people and their families.

I am:

- A professional working with children and young people
- A parent or carer
- 4-7 years old
- 8-10 years old
- 11-18 years old

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.



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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. 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.

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 concerns, or need to chat with a member of staff at school please make sure you use one of three methods we have put in place:

- 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@stcuthbertsrprimary.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



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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 admin assistant role 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>

We work continuously with all staff and children to keep children and everyone at St. Cuthbert's safe at all times. Our current 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.

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

Shaun Dillon



At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators PROMOTING PHYSICAL WELLBEING

Physical activity isn't only beneficial for our bodies; it also plays a role in promoting mental wellbeing. With both the Euros and the Olympics this summer, it's an opportunity to engage young people in regular exercise which can reduce stress, improve mood and boost self-esteem. Despite these benefits, many children face barriers to participating in physical activity.

1 MAKE IT FUN

Incorporate activities that children enjoy, such as playing games or dancing. Encourage participation in team sports or group activities to foster social connections and a sense of belonging.

2 MIX MOVEMENT WITH LEARNING

Educational settings can incorporate movement breaks and physical activities to enhance focus, concentration and cognitive function. Embedding exercise into the curriculum can also reinforce learning and stimulate creativity. 'Revision walks' with podcasts and flashcards can benefit older learners.

3 CREATE OPPORTUNITIES

Provide clear chances for physical activity throughout the day, both indoors and outdoors. Schools can encourage active play during breaks and at lunchtimes, while limiting screen time at home can help keep children up and about.

4 PROVIDE POSITIVE REINFORCEMENT

Praise and encourage children for their efforts and achievements in physical activity. Recognise their progress and celebrate their successes to reinforce positive behaviours. Educators could do this in several ways, such as applauding their efforts at assemblies, such as celebrating their accomplishments in newsletters.

5 VARIETY IS KEY

Introduce a selection of physical activities to keep children engaged and prevent boredom. From swimming and cycling to yoga and martial arts, trying different types of exercise can help children to discover what they enjoy most.

6 ENJOYMENT OVER COMPETITION

Encourage children to focus on the enjoyment of physical activity rather than winning or achieving perfection. Emphasise effort, improvement and having fun rather than outcomes, to minimise the amount of stress that children can sometimes associate with sports and other competitions.

7 SET REALISTIC GOALS

Help children set achievable physical activity targets based on their interests, abilities and preferences. Celebrate their progress and successes to maintain motivation and enthusiasm.

8 MAKE IT ACCESSIBLE

Ensure that children have access to safe, suitable spaces for exercise at home, at school and in the community. Advocate for inclusive environments which accommodate diverse needs and abilities. Be a change maker in your community if facilities aren't already available.

9 LEAD BY EXAMPLE

Parents and carers can be positive role models by prioritising their own exercise and involving children in their fitness routines. Gentle walks, bike rides or sports activities can be wonderful opportunities for bonding and staying active together.

10 ENCOURAGE PERSISTENCE

Help children develop resilience and perseverance by encouraging them to overcome challenges and setbacks in physical activity. Teach them the importance of perseverance and the value of effort in achieving their goals.

Meet Our Expert

Adam Gillett is a learning and development specialist who, as well as working for Minds Ahead, is associate vice principal for personal development at a large secondary school in Barnsley. He was asked to be part of an expert research group for the Department for Education, one of only three school leaders to be asked to do so.





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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

Work at the Roundhouse has now been completed and classes continue to use it throughout the week. As always, we have a timetable for outdoor learning but classes will take learning outdoors as often as they can throughout the week. Children should wear old clothes on their outdoor learning day, PE kit on PE day and school uniform on all other days.

Roundhouse/ Outdoor Learning Dates	
Nursery	(Tuesdays)
Reception	(Tuesdays)
Year 1	(Fridays)
Year 2	(Fridays)
Year 3	(Wednesdays)
Year 4	(Wednesdays)
Year 5	(Mondays)
Year 6	(Mondays)

On the next page you will find the dates, times and some details of events which will be taking place through the rest of this school term. As always, we will contact everyone as soon as possible if anything changes around these dates and times, and we will send out any more information if and when needed. There will be other events and activities taking place between now and the end of this term and information on these will be sent out to you through ParentMail as usual and added to each weekly newsletter.



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Date	Time	Event	Location
Monday 17th June 2024	Morning	Year 3 swimming sessions begin and last 4 weeks	Hadrian Swimming Pool
Tuesday 18th June	Morning	Year 6 bus induction	School
Wednesday 19th June	Afternoon	Year 2 multi-skills tournament	St. Thomas More
Wednesday 19th June	Afternoon	Philip Reilly Cup	St. Aidan's Catholic Primary School
Thursday 20th June	Afternoon	Year 6 transition event with St. Thomas More	St. Thomas More
Saturday 22nd June	10am	First Holy Communion Mass	St. Cuthbert's Catholic Church
Tuesday 25th June	All day	Year 6 at Primary Festival	Youth Village, Consett
Friday 28th June	All day	Year 5 and 6 trip to Great North Museum	Great North Museum
Monday 1st July	All week	Sports Week	School and various venues
Monday 1st July	All week	St. Thomas More work experiences students in school	School
Tuesday 2nd July	Morning	Sports Day	School
Tuesday 2nd July	5pm	North Tyneside Summer Sing	Whitley Bay Playhouse
Wednesday 3rd July	Morning	Year 1 Multi Skills Festival	The Parks Leisure Centre
Thursday 4th July	All day	General election- nursery classroom being used at polling station	School
Thursday 4th July	All day	Year 6 transition day	St. Thomas More
Friday 5th July	All day	Year 6 transition day	St. Thomas More
Monday 8th July	All day	Staff training day	
Tuesday 9th July	All day	Classes trip to Shiremoor Adventure Playground	Shiremoor Adventure Playground
Thursday 11th July	All day	Classes trip to Shiremoor Adventure Playground	Shiremoor Adventure Playground
Thursday 11th July	1pm	Year 6 leavers' Mass with North Tyneside Catholic Schools	St. Columba's Catholic Church
Friday 12th July	Morning	Nursery picnic	School
Saturday 13th July	Morning	Mouth of The Tyne Festival	Tynemouth
Monday 15th July	Afternoon and after school	TBC: Whole school event- keep your diary free, we're waiting on final confirmation.	The Saville Exchange
Tuesday 16th July	2pm	Year 6 Leavers' Assembly	School hall
Wednesday 17th July	9.30am	End-of-year Mass with our parish	St. Cuthbert's Catholic Church
Wednesday 17th July	After school	Year 6 Leavers' get together	School
Thursday 18th July	2.30pm	Whole school end of year collective worship giving thanks for our year together	School
Thursday 18th July	3.25pm	Children break for summer holidays	
Friday 19th July	All day	Staff training day	school



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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 easecard 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 easecard is required. Children and young people must behave in accordance with our Customer Charter. Pool admission policy applies.