



St. Cuthbert's School Newsletter

#stcuthbertsns



Sunday 17th September 2023 www.northyntesidecatholic.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

Everyone enjoyed an action-packed week at St. Cuthbert's last week as our year 5 and 6 children made the trip to the Hawkthirst camp at Kielder and all our children took their learning outdoors. It is always fantastic to see so many classes working together- there has been a lot of paired reading taking place this week which everyone always enjoys.



Year 4 have won the attendance star trophy with a near-perfect score of 100% 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	96.2
Year 1	95.3
Year 2	95.1
Year 3	97.3
Year 4 🌟	99.7
Year 5	88.6
Year 6	97.9
Whole school	96

All our children who made the trip to Hawkthirst for their outdoor adventurous residential trip had a fantastic time last week. The group arrived before lunchtime on Monday and after unpacking and getting a bite to eat they headed out on Kielder Lake paddling their bell boats to the other side of the lake and meeting 'Trevor'. Day two was full of problem-solving, team building and the famous zip line which most of the children did. The two evenings were very exciting and magical as the children took part in campfire activities, a nighttime walk searching for shooting stars and Day three was bushcraft day and, as you can imagine with our curriculum, the children were fantastic and even taught the activity leaders a few things! Thank you to all the children on the trip for being so brilliant, to all their families for allowing your children to experience everything at Hawkthirst and to our very special, dedicated and fantastic staff team who make such trips possible and safe, exciting and memorable





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Our whole school community work hard to ensure we can provide all learners, children and adults, with experiences and opportunities that help us be the best individuals and, in turn, community we can be. Last week our after-school clubs restarted for the new school year and it was brilliant to see so many children and families involved. Last week our year 5 and 6 children also enjoyed three wonderful days away at Hawkthirst and the rest of our school was excited to see them return and to hear all about their adventures. All these things can only happen with the support of St. Cuthbert's families and with the dedication, determination and care of our wonderful school staff. The staff at St. Cuthbert's are genuine demonstrations of compassion in action and they go far and beyond what most people think school staff do. You see this every day and you see it in everything we do at school. Compassion is something that can be learnt and is a quality we continually work at becoming better at. We learn best when we see the subject we are studying modelled and demonstrated around us and our children learn from our staff and our staff learn from our children.



The timetable for PE and outdoor learning is at the end of this newsletter and was sent out last week also. Children should come to school wearing their PE kit on PE day and the dates they need to wear old clothes for outdoor learning at The Roundhouse are also included. Year 5 and 6 will be cycling again this year and we will be sending information to our year 5 and 6 families when we have confirmed that timetable.



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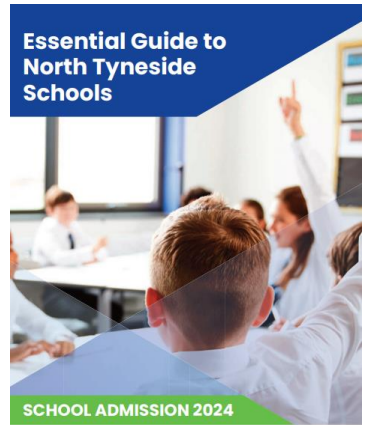
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Children and families from our Year 6 class are invited to an Admissions and Open Evening at St Thomas More on Tuesday, 26 September 2023 from 5.00 pm – 7.00 pm. During the evening you will be able to tour the school and speak to staff and current students about life at St Thomas More. There will also be a very important talk (at 5.00 pm and repeated at 6.00 pm) which will give you some general information about the school and also to explain carefully the admission process. It is important that families attend one of these talks, so that you fully understand all issues surrounding admissions. You will already have been sent a copy of St. Thomas More prospectus and you can also visit their school website on www.stmacademy.org.uk where you will find a copy of our Curriculum Activities Report and School Prospectus. You will receive information from North Tyneside Local Authority very soon explaining how to apply for a place in a High School. All the information you need is available on the Local Authority website www.northtyneside.gov.uk. Also on their website will be a copy of the Essential Guide to North Tyneside Schools. If you do not have access to the internet you can complete a paper application available from our school office. The deadline for submission of your application is 31 October 2023.



**St Thomas More
Catholic High School**



North
Tyneside
Council

Apply online at
my.northtyneside.gov.uk

Thank you for all the ParentMail forms that were returned to our school office last week, if you have not completed and submitted yours can you please do so as soon as possible. The information requested in the forms is very important, especially your contact details, medical information and permissions for children to walk to and from school on their own in year 5 and 6. If you have a child in year 5 or 6 and would like to change your decision on your child walking to or from school you can do so at any time by contacting 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



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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 afternoons from St Hilda's Church in the Marden. For more information see their Facebook page = MumSpace North Tyneside or contact Wendy McConnell at 07950426786 or wendy.mcconnell@citizensuk.org

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.

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](#).





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 www.nationalonlinesafety.com for further guides, hints and tips for adults.

Top Tips for SETTING BOUNDARIES AROUND GAMING

If your child loves video games, then you'll probably be aware that how long they spend gaming – and what they're actually playing – can occasionally become a source of concern or conflict. The UK's trade body for interactive entertainment, Ukie, has recently launched a campaign to promote safer and more responsible gaming among young people – with parents and carers helping by setting sensible and fair boundaries. Our guide has tips on key areas where you could agree some healthy ground rules for your child's gaming activity.

PROMOTE SAFER GAME CHOICES

Deciding which online games are OK – and which should be avoided – is tricky. Some titles allow children to cooperate or compete with strangers, which creates potential risks. Watching your child play online for a while could provide more insight into a particular game, while the parental controls on most consoles allow you to limit who can chat to your child or send them friend requests. Remind your child of the hazards around strangers online when you discuss this boundary with them.

ENCOURAGE REGULAR BREAKS

Help your child understand the need to take regular breaks, playing in shorter bursts rather than marathon sessions. Bear in mind that some games (such as role-playing games) require time investment from the player, while others (online team games, for example) can't be stopped or paused at a moment's notice. A quick break every hour or so is good practice, and you could suggest some things to do in these breaks, such as having a drink of water or getting some fresh air.

AGREE SPENDING LIMITS

There's no doubt that gaming can be expensive, and younger players often don't realise how much paying for digital items and subscriptions can add up to. Many young gamers love to buy new skins or upgrades for their character, so you could settle on a fixed amount that your child is allowed to spend on in-game items each week or month. This sort of boundary will not only help your child to manage their expectations but will also make you more aware of the price of these items.

DISCUSS AGE RATINGS



Children often ignore the age ratings on games – or are unaware they even exist. If you're happy with your child playing a particular game even though it's rated above their age, then establish that as a boundary: emphasise that you've made an exception, and talk about what age ratings mean and why they're important. You could add context to this boundary by browsing games' boxes together while shopping, discussing why some games might have earned certain age ratings.

FACTOR IN FRIENDS

If your child is a keen video gamer, the chances are that they'll have other gamers among their social circle, too. When friends visit, do they instantly dash to their console or computer? You could put boundaries in place before their guests arrive by agreeing on a length of gaming time. Bear in mind, though, that they may try to extend this once they're together. Try coming up with activities or challenges for them during screen breaks – if they join in, they earn a little extra time on their game.

ENJOY GAMING TOGETHER

Setting time aside to play video games together can be an enjoyable bonding exercise. Undeniably, some young gamers may be less enthusiastic about a parent or carer joining in, but it can be a productive way of encouraging them to share their hobby with you. Setting goals or tasks might be useful: if they love Minecraft, choose something to build together; if Fortnite's their favourite, ask to try out some of the fun game modes, like Prop Hunt, which don't require high skill levels.

TALK ABOUT EMOTIONS

Help your child to monitor their emotions as they play. Discuss what is (and isn't) an acceptable level of competitiveness to show while gaming. Are they allowed to trash talk other players, for example? Can they notice when they get angry if they lose? Do they think these emotions are healthy? Some games can provoke anger, but others can bring joy, humour and the thrill of overcoming a challenge. Try to steer your child towards games that tend to produce these more positive feelings.

BE PREPARED FOR TROLLS

A frequent problem when gaming online is other players who are deliberately troublesome. Make sure your child knows how to report and block someone who makes their experience a negative one. Between you, decide if or how they should deal with these online trolls. Talk about where your child's boundaries are in terms of what they think is acceptable: what behaviour by other users is merely frustrating, and what crosses the line to become upsetting or abusive.

Meet Our Expert

Daniel Upscombe is a writer specialising in technology, video gaming, virtual reality and Web3. He has also written 16 guidebooks for children, covering games such as Fortnite, Apex Legends, Valorant, Roblox and Minecraft. With work published by the likes of PC Gamer, Kotaku, Pocket Gamer and VG247, he has reviewed more than 50 games and products over the past year.



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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.

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/stcuthbertsrcprimary/> 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@stcuthbertsrcprimary.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:



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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.

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



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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	
Monday	Reception
Tuesday	Year 2
Wednesday	Year 1, Year 3
Thursday	Year 5, 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	12/09/2023, 26/09/2023, 10/10/2023, 31/10/2023
Reception	12/09/2023, 26/09/2023, 10/10/2023, 31/10/2023
Year 1	15/09/2023, 29/09/2023, 13/10/2023, 03/11/2023
Year 2	15/09/2023, 29/09/2023, 13/10/2023, 03/11/2023
Year 3	13/09/2023, 27/09/2023, 11/10/2023, 01/11/2023
Year 4	13/09/2023, 27/09/2023, 11/10/2023, 01/11/2023
Year 5	25/09/2023, 09/10/2023, 30/09/2023
Year 6	25/09/2023, 09/10/2023, 30/09/2023

Children will also have cycling sessions on the playground throughout the week. Key Stage 2 children will have cycling sessions using the school Frog bikes, school staff will let you know when classes are doing their sessions.