



# St. Cuthbert's School Newsletter

Sunday 11th January 2026 [www.northtynesidecatholic.org.uk/](http://www.northtynesidecatholic.org.uk/)

#stcuthbertsns



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

Happy New Year to everyone! It was fantastic to welcome everyone back to school this week and even more fantastic to hear all the chatter and laughs as everyone got together once again after the holidays. It was busy as always, and we have lots lined up for the year ahead. We are very, very sure that 2026 is going to be amazing for us all and that St. Cuthbert's community will continue to be the very special place it is.



Year 6 won a very tight race for the attendance trophy this week with a winning score of 98.8% Can we remind all families that we ask you to contact us at school when your child is absent from school for any reason at all. Information about the impact of attendance and punctuality on your child's education is available on our school website. You can find it on the [Attendance and Term Dates](#) page. If your child is feeling unwell and you are unsure about them being in school, the NHS have a page of guidance on the subject, which you can find by clicking on this link: [NHS Is My Child Too Ill For School?](#)



Class	%
Reception	93.5
Year 1	96.4
Year 2	97.3
Year 3	91.3
Year 4	95.2
Year 5	98.6
Year 6	98.8
Whole school	95.9

Learning outdoors is a massive part of who we are , and what we do at St. Cuthbert's and it has been this way for a long time. All classes take their learning outside at every opportunity and every class has a set day of the week which they will take their learning outside and they will most probably get mucky. On these days we ask children to come to school wearing old clothes that you as families do not mind getting dirty. We also ask that children have sensible and appropriate coats, footwear and that these can also get dirty on their outdoor learning day. When we have the opportunity to take the whole school out, like we did last week in the snow, then we will do so. We all only get one go at being children, and the experiences and memories they all have from playing and learning with their friends stay with our children for the rest of their lives. Your help and support, making sure children have what they need every day make this all possible- thank you.



You can sign up for the clubs that we are running this half term on Arbor. Thank you to everyone who has signed up for clubs. If you haven't yet do so and would like to please check Arbor and get signed up. If you have any questions at all about our clubs, please get in touch. The best people to contact in the first instance are the staff running the club you would like to know more about. We are still using a mixture of Arbor and ParentMail for communications, as are St. Thomas More and a lot of other schools in our Trust.



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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 Our work around who we are as individuals, as a community and as a society continues as all our children and staff explore what belonging means through Compassion Matters sessions. To belong, we need to know who we are as individuals and be able to express our thoughts, ideas, and to know that we will be heard and listened to. To belong means that we will also listen to and hear other people, and we will do so with respect and compassion. [Our Nursery and Reception Class children will be creating their own baby clinic and we would love donations of baby dolls, baby clothes, bottles etc.](#) Belonging means we know we are special, precious and valuable people, and together with everyone around us, we are part of a school and community. Our children, staff and families know that St. Cuthbert's is a central part of St. Cuthbert's wider community and the community of North Shields and the North East. Our school is made up of children and families from all around the world, and everyone brings their own culture and identity to our school and community. St. Cuthbert's was created over 200 years ago as a place of sanctuary for families fleeing famine, war and poverty. Our mission has always been to be people of compassion and people who make a positive difference in the world. We know compassion and kindness can be modelled and learned, and that we need to work at these qualities all the time. When we model the very best—positivity, care, understanding and fairness—we build the community we're aiming for. A community where everyone belongs and where everyone knows that people really do need people.

*Look with kindness and you will always find wonders*



WE ARE A UNICEF GOLD RIGHTS RESPECTING SCHOOL

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

Y COMPASSION MATTERS

**GOLD AWARD**

Children in Need COMPASSIONATE SCHOOL AWARD

We nurture compassionate global citizens

As a school, St. Cuthbert's has been part of Tyne and Wear Citizens for a long time, we were the first primary school in the North East to be part of the collective, and we have been continuously involved in campaigns that help make our community heard and stronger. We would love St. Cuthbert's families to become involved in what happens at Tyne and Wear Citizens. You don't have to sign up for anything, you don't have to commit to anything, you can come along to one of the meetings and find out what it is all about and decide what you want to do from there. The next meeting is the AGM and issues workshop and will be held on Tuesday, 13th January at St Cuthbert's, R.C. Church from 6pm-8pm. The meeting will hear concerns people have heard in their listening over the recent weeks. Tyne and Wear Citizens is preparing for the Citizens Assemblies it will have with candidates standing at local elections in May. Over the last few months listening issues have included: Cost of Living, Feeling Safe in the Community, NHS Dentist Provision, affordable housing, and landlords not carrying out legal obligations. You are more than welcome to come along, join the conversation, just listen, add your own ideas and thoughts or just find out what it is all about. We are stronger together.



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Thank you for supporting us in using book bags and not large backpacks at school and for making sure children have sensibly sized water bottles. We are delighted that our classes are almost all full but this does reduce the space we have in shared areas. We do not have lots of space, and therefore, we are asking that children just bring a book bag to school each day. If they have a packed lunch then a small lunch bag is good as well. We do not have space for backpacks and other large bags that many children bring to school.



Lots of our children have them and they have very little in them but they take up a lot of space and end up lying on floors in corridors. They actually take up so much space that we have identified them as a fire hazard, as they are blocking corridors because they can't hang on pegs. Can we also ask that children have standard-sized water bottles? We have very limited sink space, and 30 bottles take up quite a lot of space. If children bring large bottles, they are stopping other children from being able to keep their bottles at the sink. I know these things might seem trivial on their own, but multiply each thing by 30 and you can see the problem. I hope that everyone can help with this request, we don't want to get to the situation where we have to ask people to take bags and bottles home. You don't need to buy branded book bags; any green book bag will be great. Book bags are brilliant because they help keep the books clean, dry and less likely to get torn or curled or damaged to the point where we have to ask for a replacement book.

Our SEMH team continue to meet and work with Connect North Tyneside. The Connect team have begun work with our Year 5 and 6 children which will go on for six weeks. Our SEMH team is made up of Ms Shepherd as SENDco, Mr Capper who has a wealth of experience leading support and inclusion at a large local high school, Mrs Cottiss, and Mr Dillon, who are Senior Mental Health Leads and Mrs Lavery, who is our new Family Support Worker. Our team have made connections with North Tyneside Connect Team and has begun working with a number of children and families already with more families coming forward for advice and support. In addition to the team and the partnerships created all families with children at St. Cuthbert's have been sent signup details for the [Wellbeing Hub](#), an online resource with lots of information, help and advice for families which you can access any time you need to. Families can face challenges at different times and The [Wellbeing Hub](#) is an online resource which could possibly be of help. Mrs Lavery works with us every Thursday and you can contact her by email at any time, her address is [kiera.lavery@stcuthberts.email](mailto:kiera.lavery@stcuthberts.email)

Can we 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 to wait 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.





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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](#).

**Clennell**  
Education Solutions

**CPOMS**

**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 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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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/>



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 has been using Tapestry, [keepingintouch@stcuthberts.email](mailto:keepingintouch@stcuthberts.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:

- Email [keepingintouch@stcuthberts.email](mailto:keepingintouch@stcuthberts.email) 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 or to let us know your child will be picked up early for an appointment. ***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-upon time to chat with someone. Use the school phone number to advise us of absence from school, and for questions



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**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.**

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 and further information is on our school website,

<https://www.stcuthbertsrcprimary.co.uk/safeguarding> and they outline 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](mailto: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 ask that all items of children's uniform have their name written clearly on the label please. We had an incredible amount of uniform and other items of clothing left behind at school before the summer, and that was after weeks of having the uniforms out on the playground for everyone to check at the end of each day. We don't want to get to the situation where we have so much again.

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



Mass times online on Facebook and at St. Cuthbert's each Sunday at 11am. Fr. Chris Hughes can be contacted on 257 5801. Our weekly E-Safety information posters now come with a link to the National Online Safety website and further resources, including podcasts and more explanations about the app or service highlighted each week. You can access the resources by clicking here [Wake Up Wednesday](#).

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](http://nationalcollege.com).

## 10 Top Tips for Parents and Educators

# ESSENTIAL ONLINE SAFETY

Children and young people use the internet every day to learn, play, and connect, but the online world is not always safe. For adults, it can be hard to keep up with the risks, including harmful content, cyberbullying and scams. These 10 tips provide clear and practical advice to support safer and healthier digital habits, helping young people to make informed, secure choices when using technology.



**1 START EARLY CONVERSATIONS**

Begin talking about online behaviour from the moment children start using devices. Use age-appropriate language and revisit topics regularly, making it clear they can speak to you about anything that upsets or confuses them. Keeping these chats open helps build trust, so children are more likely to come to you when needed.

**2 PROMOTE SAFER SHARING**

Children can overshare without understanding the risks. Remind them that photos, locations, or messages can be copied or shared beyond their intended audience. Explain how even private messages or group chats can be saved and/or misused. Talk about what is appropriate to post, message, and who it's safe to share with.

**3 ENCOURAGE DIGITAL BALANCE**

Many apps and games are designed to keep users engaged through rewards, likes, or constant updates. These features can make it hard for children to switch off. Talk openly about how these systems work and help children recognise when it's time to take a break. Building in tech-free routines supports a healthier balance and awareness of their screen time.

**4 CREATE A SAFE SPACE FOR CONCERNs**

When children come to you with a concern, respond with interest and care, rather than alarm. Keeping your reaction measured helps them feel safe and supported. This doesn't mean ignoring serious issues; it means showing that you're there to help. When children trust that they can speak openly, they're more likely to feel supported through unpleasant online experiences, and to ask for help in future.

**5 STAY INFORMED AND CURRENT**

With emerging technologies like AI moving and changing so quickly, it's important to stay updated on how children are using new platforms, apps and games. Ask them to show you what they use and let them take the lead as you explore together. This opens up valuable conversations and helps you stay ahead of emerging risks and trends.

**6 TEACH CRITICAL THINKING**

Talk to children about how to recognise unreliable information or scams online. With AI-generated videos, photos, and stories becoming harder to spot, help children question what they see and encourage them to look for evidence, check sources, and ask questions. These skills will help them avoid risks, make smart choices, and develop healthy habits for the future.

**7 SET CLEAR BOUNDARIES**

Involve children in conversations about device usage so they feel included. Agree on digital rules such as screen-time limits, age-appropriate apps, and no devices in bedrooms overnight. Use parental controls to block or filter harmful content and explain that rules are there to protect and support them, not to spoil their fun.

**8 LEAD BY EXAMPLE**

Children often copy the behaviour of adults around them. Show them what balanced, respectful, and mindful use of technology looks like, such as avoiding scrolling during family time and speaking kindly in messages. If you expect certain behaviour from them online, make sure your own habits reflect the same standards.

**9 EXPLORE PRIVACY SETTINGS TOGETHER**

Show children how to use privacy tools on apps, games, and websites. Teach them to use strong passwords, block or report others in response to problems, and avoid sharing personal details. Explore settings together so they feel confident and in control, and explain that these features are there to help them stay safe online.

**10 KNOW WHERE TO GET HELP**

Familiarise yourself with tools and organisations that support online safety. The National College offers online safety guides and webinars which provide tips on staying safe. Websites like Report Harmful Content and CEOP can be used to report when something goes wrong. Show children how to report or block users, and where to go if they feel unsafe. Make sure they know that asking for help is always the right thing to do, and be prepared to support them.

**Meet Our Expert**

Home to the world's largest CPD library for educators, The National College has transformed the way education establishments go about developing their workforces and managing compliance. Our three memberships help all phases and types of setting raise standards, save time, reduce risk, and build a culture of improvement.

**#WakeUpWednesday®**

The National College

See full reference list on our website

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## PE and Outdoor Learning Timetables 2025/2026

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

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

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 (which are appropriate for climbing, getting mucky and possibly smelling of smoke), on their outdoor learning day,** PE kit on PE day and school uniform on all other days. If an outdoor learning day is the same as a PE then children should wear PE kit that is suitable for outdoors and whatever weather we are forecast to have.

Outdoor Learning Dates	
Nursery	(Friday)
Reception	(Friday)
Year 1	(Tuesday)
Year 2	(Tuesday)
Year 3	(Wednesday)
Year 4	(Wednesday)
Year 5	(Monday)
Year 6	(Monday)