



# St. Cuthbert's School Newsletter

#stcuthbertsns



Sunday 4<sup>th</sup> May 2025 [www.norhtytynesidecatholic.org.uk/](http://www.norhtytynesidecatholic.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 lovely to welcome everyone back to school again following the Easter holidays and to meet our new families and children who joined Nursery and other classes throughout school. It is a short half term, but a very busy one full of exciting events for everyone.



Our attendance of the week winners this week are Year 5 again with a score of 98.7% 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. 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	92.3
Year 1	92.4
Year 2	97.2
Year 3	95.5
Year 4	97.0
Year 5 🥰	98.7
Year 6	96.3
Whole school	95.7

Rehearsals for our big summer dance show at the Saville Exchange began last week with Michael, our dance teacher, getting Year 4 rocking! Our show last summer was a massive success and we think this year's will be even bigger and even better.



Last week, children in all our classes voted for their new school council representatives. The newly elected school council members will work with the current council members and they already have a number of projects they will begin working on. Voting took place during the local elections last Thursday and children from classes across school got to see the polling station in the Nursery throughout the day. Our children know they have a right to be heard and their opinions taken into account when making decisions. They also know about democracy, voting and how being voted onto the school council carries a responsibility to listen to other children in their class and to share their opinions and ideas with staff in school. We can't wait to see what fantastic things our school council do for St. Cuthbert's. The new council members are: Grace and Emmy from Nursery, Jayden and Angela from Reception Class, Ava and Evan from Year 1, Olivia and Dolcie from Year 2, Jude, Elija and Cateyla from Year 3, Joseph and Finlay from Year 4, Shanice and Marcel from Year 5 and Edie and Harry from Year 6.





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Thank you to everyone who joined us for our Easter Play and Easter Passion during the week before the Easter holidays. The support you give us is fantastic, as is the support we have from the parish and wider St. Cuthbert's community. Last week in Compassion Matters sessions, our children gave thanks for the life and legacy of Pope Francis. They explored his early life, his love of football and life, and his mission to welcome and support people who have been marginalised by society. Finding out about the person helps our children get to know about his role as Pope and also understand what his legacy is. Two of Pope Francis' letters, Laudato Si (Caring For Our Common Home) and Fratelli Tutti (Sisters and Brothers All) are at the core of our mission and ethos at St. Cuthbert's. The message through both letters is to care for each other, treat each other with kindness, dignity and respect and to care for the world around us. You can see these missions acted out every single day at St. Cuthbert's, especially in the amazing way our children treat each other. Our children are a real credit to themselves, St. Cuthbert's and their families, they know that people will always need people.

*Look with kindness and you will always find wonder*



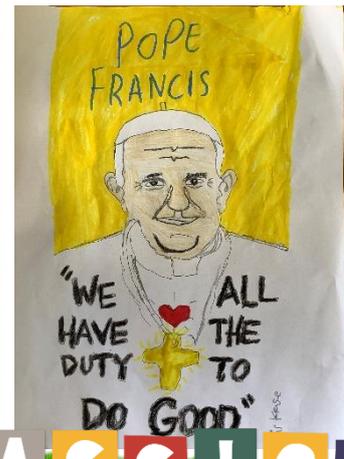
God in Heaven

We thank you for the gift of Pope Francis and for all the wonderful ways he inspired us to build a better world.

Help us to continue his work by being Pilgrims of Hope, like he was.

May he rest in your peace.  
Amen.

**CAFOD**  
A better world needs all of us



**WE ARE A UNICEF GOLD RIGHTS RESPECTING SCHOOL**

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

**COMPASSION MATTERS**

**Children in Crossing COMPASSIONATE SCHOOL AWARD GOLD AWARD**

We nurture compassionate global citizens

Last week, we welcomed Mrs Karen Wheatley back to our St. Cuthbert's staff team. Mrs Wheatley is teaching Year 3 following Mrs Moody's retirement and she spent time with the class getting to know everyone before the Easter holidays. Mrs Wheatley has lots of brilliant things lined up for Year 3 and the children had a great time getting to know her last week.

Year 6 will sit their end of Key Stage 2 tests, SATs, during the week beginning Monday 12<sup>th</sup> May. We know every child will do their very best and we know they are well prepared and ready for the tests, which all children in Year 6 in England will be doing at the same time.



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We have put together a Social, Emotional and Mental Health team at St. Cuthbert's and the team introduced themselves to everyone who came to our recent Empathy activity morning. The team are 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, Miss Fielding and Mr Dillon who are all 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.

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](#).



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**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.*

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



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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](mailto: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](mailto: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 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.**



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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 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.

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). Trigger Warning: This guide contains mention of suicide, which may be distressing for some readers.

## What Parents & Educators Need to Know about MAKING FRIENDS ONLINE

In today's digital world, it's increasingly common for children to form friendships with people they've never met in person. While online connections can offer children a sense of belonging, they also carry significant risks. Around 19% of children aged 10 to 15 in England and Wales have chatted online with someone they've never met face to face. This guide offers expert advice for parents and educators on helping children navigate online friendships safely.

### WHAT ARE THE RISKS?

#### ONLINE GROOMING THREATS

Predators can use games, chat apps or social media platforms to build relationships with children and gain their trust. This may quickly develop into grooming or exploitation. Between April 2017 and March 2023, UK police recorded nearly 34,000 online grooming offences – an 82% increase in just five years.

#### EXPOSURE TO INAPPROPRIATE CONTENT

Children may encounter distressing or explicit material while interacting with online contacts – especially via TikTok, Instagram or Snapchat. This is evidenced in a survey by the Children's Commissioner for England, which found that 45% of children aged 8 to 17 had seen content online that made them feel uncomfortable, worried or upset.

#### PRIVACY AND DATA RISKS

Children and young people often overshare personal details – such as where they live or go to school – without understanding the consequences. In fact, 4.4% of 10 to 15-year-olds in the UK have met up in real life with someone they'd only spoken to online.

#### COMPROMISED PERSONAL SAFETY

Meeting an online 'friend' in real life risks placing a child in serious danger. From abduction to coercion, the consequences can be devastating. Reports of children being harmed after such meetings are becoming increasingly common in the UK, highlighting the need for safeguarding intervention.

#### PSYCHOLOGICAL DISTRESS

Online harm – such as cyberbullying, grooming or exposure to disturbing content – can lead to long-term emotional issues, including anxiety, depression and PTSD. 'Sextortion' gangs, who threaten to release sexual information about a person unless they pay them money, have reportedly targeted children as young as 11, leaving them traumatised and ashamed.

#### LONG-TERM REPERCUSSIONS

Children exposed to harmful online relationships early on may develop unhealthy beliefs about relationships, consent, or self-worth. In a recent case, a 26-year-old posed as a girl on Snapchat to befriend children aged 10 to 16, manipulating them into sexual activity and causing profound emotional distress. One 12-year-old tragically died by suicide, highlighting the long-term psychological harm online friendships with strangers can cause.

26 FRIENDS ONLINE NOW

### Advice for Parents & Educators

#### TEACH SAFE ONLINE HABITS

Help children understand how to use privacy settings, protect their personal information, spot fake profiles, and report anything suspicious or concerning, like pressure tactics. Encourage them to think critically about what they share – and whom they're talking to.

#### ENCOURAGE REAL-WORLD CONNECTIONS

Support children in building friendships through school, clubs, hobbies and activities in the real world. Strong offline relationships help reduce children's reliance on online platforms for social interaction, and can help them develop resilience and social confidence.

#### KEEP CONVERSATIONS OPEN

Let children know they can talk to you about their online life. Avoid reacting with anger or judgement, as this may prevent them from opening up in the future. A child who feels listened to is more likely to disclose problems before they escalate.

#### USE PARENTAL CONTROLS

Parental control settings on devices, games and apps can help manage screen time, filter out inappropriate content, and monitor activity. While no system is perfect, they provide a valuable layer of protection as children explore digital spaces.

#### Meet Our Expert

Gabriella Russo is a safeguarding consultant with over 30 years' experience in supporting children, families, and adults across education, local authority, and mental health settings – both in the UK (including at Parliamentary level) and internationally.





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## PE and Outdoor Learning Timetables 2024/2025

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

PE	
Day	Class
Monday	Year 5
Tuesday	Reception Class
Thursday	Year 6. Year 2, Year 3
Friday	Year 1 and 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 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	(Tuesdays)
Year 2	(Tuesdays)
Year 3	(Wednesdays)
Year 4	(Wednesdays)
Year 5	(Mondays)
Year 6	(Mondays)