



St. Cuthbert's School Newsletter

#stcuthbertsns 

Sunday 11th February 2024 www.northtynesidecatholic.org.uk/

Mass times online on Facebook and at St. Cuthbert's each Sunday at 11am. Fr. Chris Hughes can be contacted on 257 5801
It was fantastic to welcome so many families to school last week as part of Children's Mental Health Week and our work together helping children read. We were also delighted to welcome teachers from across the North East who visited to see the brilliant maths work our children and staff do. The partnerships we have with families and other schools help us make sure we are providing our St. Cuthbert's children, staff and families with top-quality learning opportunities and experiences.

Year 2 are our attendance stars this week with a high score of 97.9% and they'll get an extra playtime next week as a special reward. Our whole school attendance for the week is 93.2%- thank you, everyone, for following our school policy of keeping children off school for 48 hours after the last time they have been vomiting or had diarrhoea. This helps them recover and helps stop the spread of illness and bugs through their class. We work hard with families and partner agencies to make sure every child achieves the best attendance they can. Can we remind all families that we ask you to contact school when your child is absent from school for any reason at all.



Class	%
Reception	83.8
Year 1	94.8
Year 2 🍌	97.9
Year 3	90.0
Year 4	96.0
Year 5	93.2
Year 6	97.7
Whole school	93.2

Thank you everyone for joining us for our phonics meeting at school last Tuesday. It was brilliant to see so many families come along to find out how phonics is taught in your child's class, to talk about how our reading books are linked to our phonics scheme and to talk about what you can do to support your child at home. You can find information about phonics at St. Cuthbert's on our [school website](#), and if you have any questions at all please get in touch with your child's teacher.



Happy Chinese New Year, it's the year of the Dragon. Nursery, reception, years 1 and 2 are heading out to learn even more next week. If you haven't already signed up to join them on their trip to China Town in Newcastle tomorrow morning you are very, very welcome to come along- making learning real matters.



Thank you for joining us for our Children's Mental Health Week activity morning last Tuesday morning- it was fantastic to see so many families join children and staff to take part in all the different well-being activities on the go. Plans are underway for our next focused week of learning and activity morning- we're on the lookout for anyone involved in engineering and all areas of science- we'll send out more information soon.





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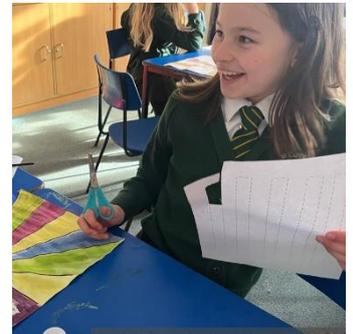
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Last week we celebrated Children's Mental Health Week at St. Cuthbert's and there was a lot of excitement around school as everyone worked together brilliantly and welcomed families and other visitors to school throughout the week. Our fantastic creative staff team planned and delivered lessons full of activities around looking after our mental health. Children explored how our brain and body work, how exercise, diet and how we treat each other and ourselves all have an impact on our mental and physical well-being. All our children worked with lots of different staff across school and we were all delighted to welcome so many families to our activity morning to take part in lessons also. The curriculum we have developed at St. Cuthbert's is very different to other schools and has been built to give all our children the best chance to be prepared and ready for the next stage in their education either with us at St. Cuthbert's or at high school. Our curriculum gives our children lots of experiences that show them they have a voice which will be heard and listened to and that they can make a positive difference in our school community and the wider world.



WE ARE A UNICEF GOLD RIGHTS RESPECTING SCHOOL

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



COMPASSION MATTERS





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Mass times online on Facebook and at St. Cuthbert's each Sunday at 11am. Fr. Chris Hughes can be contacted on 257 5801. At our phonics meeting after school last Tuesday we talked about reading books that children take home and return to school each week. An increasing number of books are being returned to school in a worse state than they went out and much of this is due to the bags that many children are using. We have a lot of children bringing big school bags to school and they don't need them. We are struggling for space around school and these bags are taking up a lot of space, especially where children hang them along with their coats. Children only need a book bag, a packed lunch bag if they don't have a school dinner and possibly a bag with a change of footwear for outdoor learning. They don't need a change of clothes for PE as they come to school ready for PE and they should not be bringing any toys to school, a small simple book bag is perfect and makes sure that books are easy to reach, don't get wet from leaking bottles, smudged from shoes or boots or bent and torn as they are in packed bags. We teach all our children to take care of books and we know you do too. Making sure they only use a simple book bag to carry their books will be a fantastic help in making sure the very large amount of money we spend each year on reading books does not need to include large amounts of money replacing damaged books. All children need to have their book bag and reading books in school every day also. You can buy book bags with the school logo at Emblematic or plain bottle green book bags online and in many supermarkets for less than the price of replacing a damaged reading book.



We would love you to join us for a cup of tea or coffee to meet staff from The Cedarwood Trust this Thursday 15th February in the school hall at 3pm. Cedarwood Trust have been active supporting our local community for over 40 years and we know they are a great support to many of our families. We also believe they could provide a service and support for even more families in our school community. Recently some of our families have been supported by The Cedarwood Trust with housing issues and the staff and volunteers at the centre also help families with their nourish store, preschool nursery and courses to help people get qualifications to help when looking for work. If you would like to come along to find out what they do and/ or to find out how to volunteer then join us at 3pm in the school hall.

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





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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 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 outside organisations in to give advice, it's the mothers' space it's up to them to decide what to do with it. The group is for pregnant mums or mums with children up to the age of 4. MumSpace is run on a Thursday morning from St Cuthbert's Church from 9.30-11am or Tuesday afternoon 12.30-2pm at St Luke's Church in Wallsend on Frank Street just off the Metro station. For more information see their Facebook page = MumSpace North Tyneside or contact Wendy McConnell at 07950426786 or wendy.mcconnell@citizensuk.org

Tyne & Wear
citizens

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

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



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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. 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/>



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.

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.



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 apps which we believe trusted adults should be aware of. Please visit nationalcollege.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about **MONKEY**

Also known as Monkey Cool, this platform aims to fill the gap left by Omegle (which has now shut down) by placing users in random video chats with strangers. Participants use their mobile number and Snapchat username to connect to the service, where they can make matches, message other people and join group chats. The mobile version has been removed from the App Store due to safety concerns, but iPhone owners can still access the site via their web browser. The app remains available on Google Play, where its listing claims that Monkey has more than 30 million users worldwide.

AGE RESTRICTION
17+

(although the lack of age verification means that someone younger could easily log in with a fake date of birth)

WHAT ARE THE RISKS?

AGE-INAPPROPRIATE CONTENT

UNDER 18

The app claims to use AI to detect sexual content or activity that violates its policies, along with having a 24/7 moderation team. However, reports in the media continue to indicate that explicit content remains commonplace on Monkey (including sexually graphic or violent material) and is therefore accessible to anybody who uses the app – including those aged under 18.

IN-APP SPENDING

While Monkey is free to download, it nevertheless offers in-app purchases promising to unlock access to premium features. For example, users who wish to make use of 'Knock Knock chat' (Monkey's text-based messaging option), rather than the app's Chatroulette-style random video calling feature, will need to pay to be able to do so.

CONTACT WITH STRANGERS

The obvious risk in accepting random video chat partners is that users cannot know what or who they will see on their next connection. Talking to strangers is, of course, potentially dangerous – especially for children who might be persuaded to meet up with these people offline. The app lets users find each other by location, increasing the chances of a child being matched with a stranger from their local area.

INTRUSIONS ON PRIVACY

According to Monkey's privacy policy, personal information (such as name, profile picture and date of birth), user-contributed content (any photos, texts, videos and screenshots shared) and each user's browser and IP address are collected. That is a considerable amount of data for Monkey to gather on its users – and all of this information is shared with third parties.

Advice for Parents & Carers

DISCUSS THE DANGERS

Even if you're comfortable with your child using Monkey, it's still important to talk about the potential dangers. It's crucial, for instance, that young people recognise the risks that stem from video chatting with strangers; that they understand not to share identifying information (like their street or school name); and that they know what to do if they are exposed to inappropriate content.

RESTRICT IN-APP PURCHASING

If your child is accessing Monkey via an Android device, you can prevent them from making in-app purchases through the device's settings. If you do allow your child to use the site, we'd recommend that you enable this feature: young people have been known to spend significant amounts of money in their desire to unlock more features in apps such as this.

REPORT INAPPROPRIATE CONTENT

Monkey states in the safety section of its site that "people are given the power" and that, to a large extent, Monkey is "self-governing." If a user is exposed to sexually explicit or inappropriate content on the platform, they can select the 'police' emoji in the top right corner of their screen to submit a report for Monkey's moderation team to review.

SPOT THE SIGNS

If you're concerned that your child is spending too much time on Monkey – or that they may have been exposed to inappropriate or distressing content – it's important to watch for potential indications that they've been affected emotionally. They could be unusually irritable or unable to concentrate, for example, or failing to complete their homework or even to eat regular meals.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.





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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 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 what is happening at school. We cannot guarantee that your question will be answered on time this will only happen by contacting the school office.
- Phone 0191 691 9876 and arrange an agreed time to chat with someone. Use the school phone number to advise us of absence from school, and for questions about day-to-day things. **Phoning school during the school day remains the best way to get in touch.**

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

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

If you haven't joined our school lottery yet it is really easy and gives you a chance of winning our school jackpot each week and gives you an entry to a much bigger weekly jackpot. All profits from the lottery go towards helping us make sure our children continue to have the fantastic opportunities they get every week at St. Cuthbert's. Our weekly prize



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

Can we remind all families that there are no clubs before or after school this week, information about clubs next half term will be sent out next week through ParentMail.

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

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

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



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Date	Time	Event	Location
05- 09/02/2024	All week	Children's Mental Health Awareness Week	School
06/02/2024	Morning	Whole school activity morning	School
06/02/2024	3.30pm	Phonics meeting in school	School
08/02/2024	Morning	Vision screening tests for Reception Class	School
12/02/2024	Morning	EYFS and Key Stage 1 visit to China Town for Chinese New Year	China town, Newcastle
16/02/2024	3.25pm	School breaks up for half term break	
26/02/2024	8.30am	School re-opens after half term break	

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



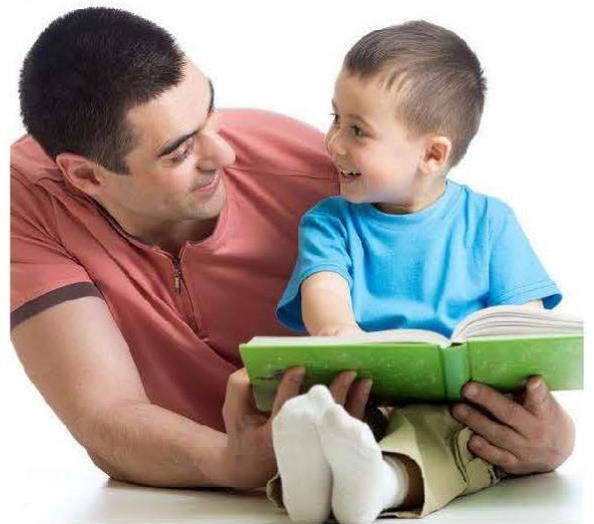


St Cuthbert's Catholic Primary School families are invited to join our

Book-sharing Course

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

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



This Book-sharing course has been proven to:

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



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



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FREE

Do you want to improve your child's health?

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

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

The team delivers family programmes for two different age groups:

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

Register:



Sessions take place once a week, after school

In 10 weeks we cover:

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

Eligibility criteria applies, please ask for more details.

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



No Limits

Monday at
The Lakeside Centre
4-5.30PM

Tuesday at
The Parks Sports Centre
4.30-6PM*

Wednesday at
Hadrian Leisure Centre
5.15-6.30PM

Activities include:

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

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

FREE
FOR KIDS AGED
8-13
YEARS



REGISTER HERE!

www.activenorthtyneside.org.uk | 0191 643 7171



Active North Tyneside



@active_NT



No Limits

FREE
FOR KIDS
ALL AGES

POOL SESSIONS

Thursday at
Waves
6.20-7.20PM

Friday at
Tynemouth Pool
4-5PM

Saturday at
The Lakeside Centre
11AM-12PM

Saturday at
Hadrian Leisure Centre
2.15-3.15PM



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