



St. Cuthbert's School Newsletter

#stcuthbertsns



Sunday 21st September 2025 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 see new partnerships developing last week, whilst we further strengthened existing ones. Our children met new friends at The Orchard Residential Home, whilst all our children and staff worked together to provide a brilliant day of learning for the next generation of teachers who are part of the North Tyneside SCITT course. The more meaningful and strong connections and partnerships we all have, the stronger and happier we all become.

Year 1 have won the attendance star trophy 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. 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.



Class	%
Reception	97.8
Year 1 🏆	98.7
Year 2	98.0
Year 3	98.6
Year 4	95.0
Year 5	96.0
Year 6	97.7
Whole school	97.2

Our wonderful nursery children and families had the most magical visit with the residents of The Orchard Residential Home this week. The children brought so much joy to the residents and have started to build excellent relationships already. Everyone sang songs together, danced and made cards. Our nursery children showed so much kindness and compassion by making sure the residents all received a card. By the end of their session, both the children and adults were asking when we would be back. Our children will visit their new friends at The Orchard every 2 weeks and will take different activities to share. Activities and partnerships like this are only possible due to the dedication and creativity of our staff and the amazing support of St. Cuthbert's families and community. There will be a sign-up sheet for the next visit in the nursery cloak room each week. Well done to our youngest uperstars, families and school staff- you are all amazing and we are all very proud of you!



This week our Mini Vinnies will be preparing school for our annual Macmillan Coffee Morning this Friday 26th September, 9:00 am- 10:00 am in the school hall. All families and friends are very, very welcome to join us for a lovely morning. We'd love your donations to biscuits and cakes for the morning; all donations need to be in their original packaging and in date.





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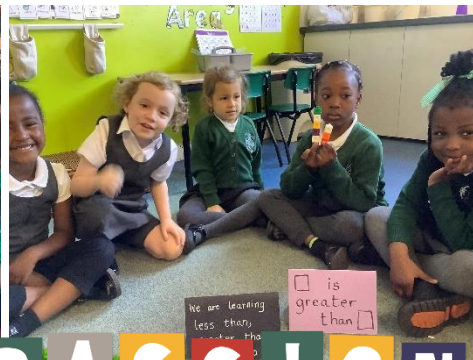


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We were delighted to host the students from the North Tyneside SCITT teacher training course at St. Cuthbert's last Friday. The focus of the day was outdoor learning, and once again, our children and staff demonstrated their creativity, skills, knowledge and passion for learning, which has inspired all our guests. Thank you, everyone, for making it such a special day for everyone with learning, passion for education and children's right to experience the best education possible at the centre of it all. At our school entrance, beside the school office, where all our visitors first arrive at St. Cuthbert's, we have the Benjamin Zephania poem People Need People on the wall. It is there for everyone to read and many people photograph it. The message of the poem is very simple, and the title says it all- People Need People. The partnerships and connections we make help build our community and make us all stronger. Last week was a perfect example of this as children and staff from St. Cuthbert's worked with the SCITT students, met and began friendships with the residents of The Orchard, and children and staff continued the amazing work they have been doing with Sir Alan Campbell, our local MP and Leader Of The House of Commons. Every day at school, our staff spend lots of time sharing their expertise, skills and talents and enjoying working together- all to continue our mission to give our children the best experiences possible. St. Cuthbert's is a school and community where everyone works together, supports each other and where we know that treating each other and ourselves with kindness and compassion is the right thing to do, and we do this together as we all know that people do need people.

Look with kindness and you will always find wonder



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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It was great to have our clubs back in action again this week and brilliant to see so many children taking part. Thank you to everyone for making sure your child had what they needed for the club and for being at school on time to collect them after school. Thank you to all our wonderful staff who run the clubs. They plan the clubs and provide all the activities for your children, and they do this in their own time as well. This is another example of what makes St. Cuthbert's so special and a wonderful community to be part of.

The following is an invitation for families to take part in an online support session with the Connect Team from North Tyneside. We are working closely with the connect team and they support a lot of families and children at St. Cuthbert's as well as our staff and SEMH team.

PARENT/CARER VIRTUAL MONTHLY SUPPORT SESSION

Understanding emotional regulation and strategies to support your child

Connect MHST invites Parents and carers supporting children and young people with social, emotional, and mental health needs to a virtual support Session. The monthly session is held on Zoom on the last Wednesday of the month at 6pm.



September's support session topic will be Understanding emotional regulation and strategies to support your child

Wednesday 24th September 2025 6pm

The virtual session is a place for parents and carers to get information and support from Connect on wellbeing topics identified by parents, share their experiences if they choose to, help and support each other and get information and advice to support them. This link below will take you to a flyer where you can click or scan the QR Code to register your interest and to receive the Zoom invite.



[Parent/Carer Virtual Support Registration - Sept 2025](#)

Please register for this in advance of the zoom meeting time as our emails are only accessible during office hours 08.30-16.30

Thank you for supporting us in using book bags and not large backpacks at school and for making sure children have sensible sized water bottles. We are delighted that our classes are almost all full but this does reduce 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





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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



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





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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



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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:

- 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 or to let us 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 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.

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



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Can we ask that everyone who parks near school at the start and end of each day does so in a thoughtful and legal manner. Compared to many schools we don't receive many complaints about parking from residents but we have had a few recently and they have come from both the Coach Lane area and Lovaine Place. Traffic wardens often patrol the area and the mobile parking camera is also out and about around school lots. Parking safely is much more important than getting through the school gates before they are locked in the morning. We would much rather people were a few minutes late than parking dangerously in the area around school.

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.

What Parents & Educators Need to Know about

SNAPCHAT

AGE RESTRICTION 13+

With over 900 million active monthly users and billions of 'Snaps' sent each month, Snapchat is a popular messaging app among children and young people. It allows users to share fun, spontaneous pictures and videos with friends and family while using playful filters. One of Snapchat's unique features is that pictures, videos and messages are only viewable for a short period of time.

WHAT ARE THE RISKS?

ARTIFICIAL INTELLIGENCE

Snapchat's use of artificial intelligence (AI) includes features like the 'My AI' chatbot and AI-powered filters, offering interactive experiences that can be fun but also pose risks. These tools may share unfiltered or inaccurate responses, promote unrealistic beauty standards, and collect personal data. Advanced filters and deepfake-style lenses can distort reality, potentially leading to manipulation, impersonation, or inappropriate content.

SCREEN ADDICTION

Snapchat boosts user engagement and daily use with features like streaks (daily Snapchat exchanges between you and a friend). When a streak's been going for a few days, users will see a 🔥 emoji. The number alongside it shows the number of days, but if users miss a day and break the streak, the only way to restore it is to pay. This encourages daily use habits, and frequent notifications can keep users returning to the app even more often.

SEXTORTION

Because Snapchat's disappearing messages feature may foster a sense of safety, users may become targets of sextortion. For example, a predator may pressure someone into sending nude images, then somehow capture those images to threaten and intimidate the victim. This might involve claiming they will share the images with friends or family unless money is paid.

SNAPCHAT+

Snapchat+ is the platform's premium subscription service, offering early access to new and exclusive features. In June 2025, Snapchat introduced a new tier called Lens+, giving subscribers access to hundreds of lenses and AR experiences for playing, creating, and sharing Snaps. These paid features may encourage young users to spend money to access exclusive content, increasing the risk of overspending or feeling pressured to make in-app purchases.

ACCESSIBILITY

Snapchat is now accessible from a web browser, meaning children can use it on a laptop or tablet without downloading the app. This can make activity harder to monitor, reduce the effectiveness of parental controls, and increase the risk of unsupervised communication or exposure to inappropriate content.

INAPPROPRIATE CONTENT

Some content on Snapchat isn't suitable for children. The hashtags used to group content are determined by the poster, so even an innocent search term could still yield age-inappropriate results. The app's disappearing messages feature also makes it easy for young people to share explicit images on impulse – so sexting continues to be a risk associated with Snapchat.

Advice for Parents & Educators

ACCESS THE SNAPCHAT FAMILY SAFETY HUB

Created with guidance from Common Sense Media, Snapchat has developed a Family Safety Hub that explains how the app works and how to use its in-app protections for teens. It's recommended that you review this guidance before allowing a child to download Snapchat. Remember, the app is only intended for children aged 13 and over.

ENCOURAGE OPEN DISCUSSIONS

Snapchat's risks can be easier to handle if you nurture an open dialogue. Talk about scams and blackmail before letting children sign up. If they're lured into a scam, encourage them to tell you immediately. Talk openly and non-judgementally about sexting, emphasising its inherent risks. Furthermore, explain how popular 'challenges' on the platform can have harmful consequences.

BLOCK AND REPORT

If a stranger connects with a child on Snapchat and makes them feel uncomfortable by pressuring them to send or receive unwanted or inappropriate images, the child can tap the three dots on that person's profile to report or block them. There are options to state why they're reporting that user, with a tailored reporting section under the 'Nudity and Sexual Content' category. In this category, there's the option to report somebody for threatening to leak sexually explicit images, or 'nudes'.

USE PRIVACY SETTINGS TOGETHER

Sit down with the children in your care and explore Snapchat's privacy settings as a shared activity. You can help them adjust who can contact them, view their stories, or see their location on Snap Map. It's a good opportunity to explain why some settings are safer than others, reinforcing their understanding of online boundaries. Encourage them to regularly review these settings, especially after app updates or changes in their friendship groups.

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.

#WakeUpWednesday

The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/snapchat>

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 17.09.2025



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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
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)