



# St. Cuthbert's School Newsletter

#stcuthbertsns



Sunday 19<sup>th</sup> May 2024 [www.northtynesidecatholic.org.uk/](http://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

Thank you everyone for another fantastic week full of brilliant learning, fun and laughs. Our whole school supported each other once again as year 6 completed their SATs tests and children and staff across school were fantastic at looking after them. We would love you to join us for our annual May Procession this Friday 24<sup>th</sup> May. Our procession begins on the school playground at 1.30pm and we will walk through the streets of North Shields to Northumberland Square and back to school with our statue of Mary decorated by all the flowers the children bring to school. We will send further details about the procession out next week and we would love to welcome as many people in our school and parish community as possible.



Congratulations to year 3 who have won our attendance of the week stars trophy again with a brilliant score of 99.3% - they will have an extra playtime next week! 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. 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	93.0
Year 1	97.2
Year 2	95.0
Year 3 🍌	99.3
Year 4	87.3
Year 5	94.0
Year 6	97.7
Whole school	94.8

Thank you to everyone for helping our year 6 children with their SATs tests last week by being so kind, thoughtful and considerate when they were sitting their papers each morning. Thank you to all our year 6 families for making sure the children were in school and ready for every day and, for supporting our fantastic staff throughout your child's time at St. Cuthbert's. The year 6 children were also fantastic all week as they have been throughout their time at St. Cuthbert's and on Friday they enjoyed a very special treat climbing, swinging, jumping, skating and having a good laugh at Shiremore Adventure Playground.







# St. Cuthbert's School Newsletter

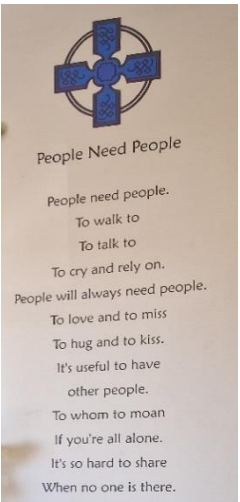
#stcuthbertsns



Sunday 19<sup>th</sup> May 2024 [www.northtynesidecatholic.org.uk/](http://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

Compassion Matters and the big focus on well-being are just two parts of St. Cuthbert's that sets us apart from most other schools. We follow the National Curriculum for all subjects but we include much more as we strongly believe that it is our mission as a school to help every child be ready for the next stage of their education and to give them the experiences to know that they have a very important role to play in our community and the wider local and global communities. Our children know that they have rights and that they will be heard, and they know that they belong to a very special community. Today is Pentecost, a time when the Holy Spirit visited Jesus' disciples and gave them the strength and inspiration to spread His good news. They were also given the gift of understanding and being understood by people from different parts of the world, faiths and cultures. Compassion Matters teaches us all that being compassionate people who listen to others and celebrate our differences is what makes us such a strong community. Our school community is made up of people from all over the world, six different continents, many different countries and with lots of different languages. We all share the same vision for our children and St. Cuthbert's and we all work together to achieve this vision- we are much, much stronger united, together- people need people.







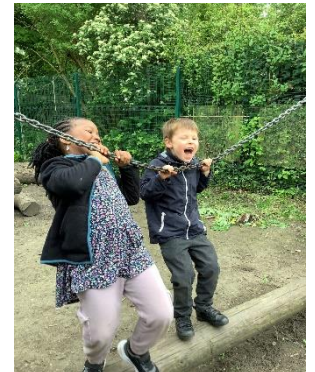
Mass times online on Facebook and at St. Cuthbert's each Sunday at 11am. Fr. Chris Hughes can be contacted on 257 5801 Preparations for the Whitley Bay Carnival are well underway and our carnival crew were very excited to see their costumes last week! The theme for the event is 'leaping' and we are delighted and over the moon to get the wonderful frog costumes!



We have lots of events and trips planned for the rest of the school year and families have been sent ParentMail messages and forms for some of them. If you have received a ParentMail form can you please make sure you complete and submit it as soon as you possibly can. By responding on time we can make sure our children have the best experiences and everything they need for each trip.

## ParentMail

Thank you everyone for making sure the children had water bottles, caps and hats and suncream last week in the beautiful sunshine.



Our girls' football team were in action last week and played fantastically well in their matches. Thank you to all our families for your support in getting the girls there and back again and for your support during the matches. Thank you also to all the girls who wanted to be part of our football team, they are great examples and role models to all the other children across St. Cuthbert's!

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





# St. Cuthbert's School Newsletter #stcuthbertsns

Sunday 19<sup>th</sup> May 2024 [www.northtynesidecatholic.org.uk/](http://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 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](#).

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](mailto: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 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.**





# St. Cuthbert's School Newsletter #stcuthbertsns

Sunday 19<sup>th</sup> May 2024 [www.northtynesidecatholic.org.uk/](http://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

**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 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



# St. Cuthbert's School Newsletter #stcuthbertsns

Sunday 19<sup>th</sup> May 2024 [www.northtynesidecatholic.org.uk/](http://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 support in keeping our school as safe as possible and our school days running smoothly for everyone.

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.**

There has been a great deal of interest in our apprenticeships that have been advertised, you can find more information about the 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



# St. Cuthbert's School Newsletter #stcuthbertsns

Sunday 19<sup>th</sup> May 2024 [www.northtynesidecatholic.org.uk/](http://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 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 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](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 amazing continued support, stay safe and God bless,  
Shaun Dillon





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).

## What Parents & Educators Need to Know about **SCHOOL AVOIDANCE**

Emotionally Based School Avoidance is a term used to refer to reduced attendance or non-attendance at school by a child or young person. It's often rooted in emotional, mental health or wellbeing issues. The rate of children who miss school more than 10% of the time in England has more than doubled since before the pandemic: rising from 10.9% in 2018-19, to 22.3% in 2022-23.

### UNDERSTANDING SCHOOL AVOIDANCE

### IMPACT OF SCHOOL AVOIDANCE

#### REASONS FOR ABSENCE

School avoidance is sometimes underpinned by several factors rather than one single cause. This could include something going on for the child or young person within the family or at school. A child may have caring responsibilities at home, for instance, or a change in family dynamics; bullying and friendship difficulties at school; pressure to achieve in schoolwork and exams; or moving from primary school to secondary school.

#### LEARNING AND DEVELOPMENT

School refusal can negatively impact a young person's learning and development. Attending school on a regular basis not only supports academic attainment but is also important for the development of key life skills and the growth of children and young people as citizens.

#### PATTERNS OF ABSENCE

You may notice patterns in regular absences or children regularly expressing that they don't want to attend school (particularly being reluctant to leave home on school days). If a child or young person is neurodiverse, there is some evidence to suggest there are more aspects of school life which can cause distress – such as changes in the environment, changes of routine and sensory stimuli.

#### LONG-TERM OUTCOMES

The difficulties associated with school non-attendance can be far reaching and may have a negative impact on long-term outcomes. It may, for example, lead to reduced future aspirations, poor emotional regulation, mental health difficulties, limited academic progress and restricted employment opportunities.

#### COMPLAINTS ABOUT PHYSICAL SYMPTOMS

There may be an increase in a child or young person's complaints about physical symptoms, particularly on school days or the evening before school. These could include complaining of a tummy ache, headache, or saying they feel ill when there doesn't appear to be a medical cause. Always check with the GP first to rule out medical causes or illness.

#### CYCLE OF ABSENCE

Consistent absences may contribute to sustained school avoidance over time. Further to this, the longer a pupil is out of education, the more likely it is that there is a rise in their ongoing need to avoid the activity which is making them anxious – increasing their desire to stay at home.

### Advice for Parents & Educators

#### WORK TOGETHER

If there's a concern about a child's absence and emotional wellbeing, it's important that there is clear communication and a consistent approach between the child's parents and the school, so you can take a child-centred approach together towards a plan of support or reintegration. This ensures a consistency of approach from both home and school, creating better outcomes for the child.

#### MANAGING OVERWHELMING FEELINGS

While there may be times you feel frustrated or angry, try to stay calm; acknowledge the child's worries, listen and discuss a range of coping strategies together to help them face the discomfort and overwhelming feelings. These could include mindfulness, deep breathing or going for a walk and practice the strategies in less overwhelming situations first.

#### FOLLOW REGULAR ROUTINES

Children can benefit from a regular and consistent routine. This could be a morning routine, from waking up and having breakfast through to getting dressed, packing their bag and leaving the house. A consistent evening routine which is calm and limited time on screens can also give children much needed predictability and familiarity. Schools can help create a timetabled routine for the child's school day, if required.

#### REDUCE STIMULATING ACTIVITIES AT HOME

If a child is avoiding school, reduce their access to more stimulating activities (such as watching television, playing games and spending time with friends) during school hours, where possible. This reduces the potential for the child having rewarding experiences at home, which could be interpreted as a positive aspect of avoiding school.

#### Meet Our Expert

With 30 years' experience as a teacher, trainer, consultant and interim executive board member, Anna Bateman has a superb understanding of what works in pedagogy, school improvement and leadership. She has also advised the Department for Education on their mental health green paper.



Source: See full reference list on guide page at: [nationalcollege.com/guides/school-avoidance](http://nationalcollege.com/guides/school-avoidance)



@wake\_up\_weds



/www.thenationalcollege



@wake.up.wednesday



@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 15.05.2024





## 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

We are still working on the Roundhouse area as the heavy wind and rain slowed the work down over Easter. Children will still have their outdoor learning days and these will take place at the Roundhouse when it is available. If it is out of bounds for any of their sessions they will still be outdoors so will still need to wear clothes that you don't mind getting dirty.

Roundhouse/ Outdoor Learning Dates	
Nursery	(Tuesdays) 21/05/2024
Reception	(Tuesdays) 21/05/2024
Year 1	(Fridays) 24/05/2024
Year 2	(Fridays) 24/05/2024
Year 3	(Wednesdays) 22/05/2024
Year 4	(Wednesdays) 22/05/2024
Year 5	(Mondays) 20/05/2024
Year 6	(Mondays) 20/05/2024



**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

**FREE**  
FOR KIDS AGED  
**8-13**  
YEARS

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 easecard 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.



REGISTER HERE!

[www.activenorthtyneside.org.uk](http://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 easecard is required. Children and young people must behave in accordance with our Customer Charter. Pool admission policy applies.