



# St. Cuthbert's School Newsletter

#stcuthbertsns



Sunday 8<sup>th</sup> September 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  
It was fantastic to welcome everyone back to school on Tuesday morning. Our staff worked very hard to get school ready for everyone and we've had a few bits of work done around school over the holidays. There is always a brilliant buzz around St. Cuthbert's and this week has been as buzzing as ever as everyone caught up with each other. Playtimes were a little longer than usual last week as children met up with friends from their own class, other classes, and started getting to know our new children across school.



Congratulations to Year 3 who have won our first Attendance of the Week Stars trophy with a winning score of 96.4%- they will have an extra playtime next week! 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	88.5
Year 1	94.6
Year 2	94.6
Year 3 🏆	96.4
Year 4	92.5
Year 5	95.8
Year 6	94.7
Whole school	93.9

Our first week back at school was as busy as always and it has been fantastic to see the children having fun meeting up with everyone again. We were delighted to welcome so many new families to St. Cuthbert's this week and our Early Years children and families have settled into life at St. Cuthbert's so well, it feels like they have been part of St. Cuthbert's families for a long time already. We know that all our St. Cuthbert's families will continue to welcome the newer members of our community on the playground, around school and through all the events we have happening at school.



It feels like we have had four seasons in one-day weather wise every day last week! When the weather is lovely many children take off jumpers and coats when playing and they usually still have them by the end of the school day. Can you please make sure names are written on all items of uniform, in permanent marker or pen, to help us make sure children have their own things.



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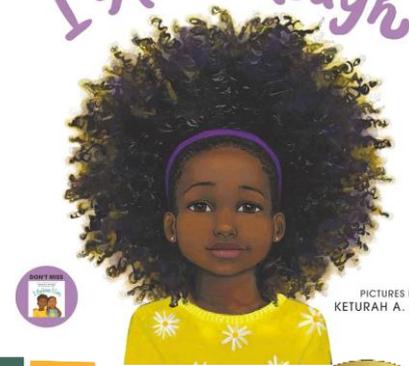
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We have a very unique curriculum at St. Cuthbert's and a unique way of delivering our curriculum. At the core of everything we do is Compassion and Jesus' teaching in the Gospels. Compassion Matters runs through the whole school and the themes we follow help us create and keep strong, shared, whole school community topics and discussions. Children from Early Years to Year 6 will explore the same themes at an age appropriate level and our families and wider community all know what we are doing in Compassion Matters and what our mission is as a school community. This half term begins with a focus on our children's Personal, Social and Emotional Development, (PSED). PSED supports our children as they learn to get on with others and make friends, understand and talk about feelings, learn about 'right' and 'wrong', develop independence and ultimately feel good about themselves. This half term a main focus is Building Relationships - We want our children to learn how to work and play cooperatively and take turns with others; We support our children to form positive attachments to adults and friendships with other children. We model compassion and empathy to encourage children having sensitivity to their own and to others' needs. Children's early PSED has a huge impact on their later well-being, learning achievement and economic success too. At St Cuthbert's we have a huge focus on bringing up good, kind, honest compassionate children and work in partnership with you, our families, to 'catch' children doing great things and recognise this with RAKtivist awards (Random Acts of Kindness awards). We use whole school shared books, poems, artwork and songs to help unite learning across school. We begin this year with the wonderful whole school book 'I Am Enough' by Grace Byers. Our Year 6s have already begun leading our school by making wonderful artwork for our school hall and Roundhouse based on the book and the themes of acceptance, worthiness, solidarity and compassion. The book emphasizes the importance of accepting oneself as they are, celebrating their uniqueness, and recognizing their worthiness. It features an African American girl who celebrates herself by perceiving the ways she resembles beautiful things in the world around her - including people who look different. The illustrations have only girls (no boys and no adults). The girls depicted are very diverse: They have different skin colors, with some in wheelchairs and others wearing hijabs. They engage in solitary as well as cooperative activities. The activities are also diverse, including martial arts, swinging, and playing with a wagon full stuffed animals. It compliments and marries with 'The Artist' by Nikkolas Smith ( which we are still working with) perfectly which features a little boy. St. Cuthbert's is a strong school community where we work together to help give our children the best start in life and where we know that Compassion Matters.

#1 NEW YORK TIMES BESTSELLER  
GRACE BYERS

## I Am Enough



PICTURES BY  
KETURAH A. BOBO

WE ARE A UNICEF GOLD RIGHTS RESPECTING SCHOOL

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



# COMPASSION MATTERS

Children in Crossline  
COMPASSIONATE SCHOOL AWARD

GOLD AWARD

We nurture compassionate global citizens



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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 We send out all our letters and forms to families through ParentMail and last week a number of forms were sent out that we need you to complete and return as soon as possible please. The data form with your contact details, medical information and any other information we need is very important. You can change any of the information on it at any time, including details of named contacts, who can drop children off and pick them up from school and medical information. We use Twitter to share what is happening at school, our account is locked so you need to request access to follow us. If you want to follow our Twitter account our name is stcuthbertsns, if you don't get permission to follow let us know and we'll get you on. We use Tapestry to share more detailed information about what your child is doing at school. Tapestry is fantastic at keeping you up to date with everything and we love it when you press the 'like' button on Tapestry and Twitter- it shows us that you are getting to see what is happening and it also shows everyone at school that you appreciate what they are doing. If you have any trouble accessing any of these apps please let us know, they are important and great ways to keep up to date with everything going on at our very exciting and busy school.

Thank you once again to everyone who expressed an interest in the role of Parent Governor before the summer holidays. We will be sending out a small information pack next week which will explain the role, what time commitment is involved and how the election process will run. The pack will also contain a form for candidates to complete for the election. We are very privileged to have so many parents interested in being part of our Local Governing Committee.

Every week we publish a poster with information and advice on keeping children safe online. The posters we use come from the National Online Safety organisation and we use their resources at school when teaching our E-Safety lessons for all children. These lessons follow similar themes as the posters we share with you and the lessons at school are all taught at a level appropriate to the children. Our children know how to stay safe both online and offline and they know we have systems such as Smoothwall at school which help keep everyone safe.

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.





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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. 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.

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



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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 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.



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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/stcuthbertsrcprimary/> 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@stcuthbertsrcprimary.co.uk](mailto: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:

- 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@stcuthbertsrcprimary.co.uk](mailto: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. 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.**

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>



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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. 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.

We already have quite a few events and activities planned for this half-term and we will send you a list of key dates next week once we have confirmed a few details. We will be celebrating our new school year whole school Mass with Fr. Chris and the parish of St. Cuthbert's soon and classes will take turns joining the parish for Mass on Wednesday mornings throughout the term. We would love everyone to join us for Mass and we would also love you all to join us for our first activity morning of 2024 which will be on the list of dates we send out. We are also planning meetings about how we teach reading and how to help your child read at home, how we teach maths and as we approach the end of the term we'll be inviting you all to join us for collective worship at school. Dates are also added to your weekly newsletter and any changes are sent out to you as soon as possible.

We will be sending out information about clubs next week and you will be able to book places on ParentMail. Our clubs start the week beginning Monday 16<sup>th</sup> September and are a very big part of life at St. Cuthbert's. Our staff give up their time to make sure that all children across school have the opportunity to take part in clubs throughout the year. Family Club will be for our Nursery and Reception families and lots of our staff will be taking part in the club with families and having fun cooking, getting artistic and creative and playing games and keeping active!

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).

## 10 Top Tips for Parents and Educators SUPPORTING CHILDREN GOING BACK TO SCHOOL

Change can be hard for children to manage. Going back to school after a long summer break might cause them to feel uncertain about their friendships, school routines and relationships with new teachers. However, trusted adults play an important role in providing both practical and emotional support.

### 1 LEARN WHAT EQUIPMENT YOU NEED

Figure out a list of all equipment needed for the start of the school year, so you can comfortably get your hands on the necessary items in time. If children have any financial issues and receive free school meals, the school may be able to provide some monetary aid or offer other support.

### 2 COMMUNICATE WITH THE SCHOOL

If you notice that a child is feeling anxious about a change of teacher or school, arranging a one-to-one meeting with their new teacher can be a good way to alleviate some of the anxiety. Just knowing that they understand the child's worries and will be able to help them if the need arises can build the foundations of a good working relationship. Knowing that you can contact them with any queries can also be reassuring.

### 3 CHECK THE SCHOOL WEBSITE

There will be plenty of information about the start of term on the school's website to keep you updated. Furthermore, you should be able to find other useful information such as contact details for staff, important school equipment, clubs, and news about any special events on the school calendar for the year. It could be helpful to look through this with children for anything which might reassure them.

### 4 HELP TO MANAGE FRIENDSHIPS

If a child is feeling anxious about making new friends – especially if they're moving up to secondary school – it can be a good idea to remind them of what they could do or say when meeting new classmates. Investigating the extracurricular activities available could be a good way to open a conversation about their hobbies and pastimes, and joining such clubs could allow new friendships to be built on this mutual interest.

### 5 PLAN SELF-CARE

Talking to children about how they can manage their self-care can be an effective way of helping them understand its importance. This might involve playing a computer game they love with friends, a weekly visit to the library, getting to bed at the same time each night, or a range of other activities that support their wellbeing and provide the familiarity and safety of a routine that works for them.

### 6 MANAGE TRICKY FEELINGS

Explain that it's okay to have difficult feelings around returning to school. This can help reduce any shame or embarrassment a child might be feeling over these emotions. Emphasise that other children – even some of the teachers – will be feeling the same way. Consider practical ways to manage these feelings and help children feel more in control of their emotions. Some examples include fidget toys, breathing exercises or a notepad for doodling.

### 7 SECURE A SCHOOL UNIFORM

Parents and carers should try to buy a child's uniform for the new academic year well in advance of the new term (although allowing for potential holiday growth spurts) and give them time to adapt to any changes. Make sure they can comfortably change into and out of it for PE lessons. Double check the requirements for PE on the school's website, as some schools will also have requirements for PE kits.

### 8 PREPARE FOR TRANSITION DAYS

Ensuring that children attend transition days is a vital step in preparing for the new year. Some schools also have transition evenings for parents and carers to attend, offering extra opportunities to reach out for any additional support.

### 9 READ THE MENTAL HEALTH POLICY

If a young person struggles with their mental health, it's important to understand their school's mental health policy and provision to know what support is available. This should be on the school's website. A range of aid is typically on offer – from individual timetable amendments to group sessions on emotional wellbeing. You can then discuss these options with the child to reassure them that help is there if they need it.

### 10 LEARN ABOUT SEN SUPPORT

If a child has SEN and receives help in school, try to confirm exactly what support is available, to ensure they'll be having their needs met. If they're moving up to secondary school, it's a good idea to meet with the SENCO to ensure that all teachers receive the most relevant, up-to-date information about the child's needs and have a contact to liaise with if these change over time.

### Meet Our Expert

Amy Sayer is a freelance mental health trainer for schools, an author and a content writer. She is an Associate for Diverse Educators, a fellow of the Chartered College of Teaching and ITT wellbeing coach. Amy has previously been a SMHL coach, helping many different settings audit their mental health provision and support them to create and implement a strategic plan based on the specific needs of each setting.





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## PE and Roundhouse Timetables 2024/2025

Children should come to school wearing their PE kit on their PE day. All classes from Year 1- Year 6 will take part in cricket sessions every Wednesday this half term, this is in addition to their PE lessons and outdoor learning sessions. Year 3 begin four weeks of swimming sessions, every morning, on Monday 9<sup>th</sup> September.

PE	
Day	Class
Monday	Year 5
Tuesday	Reception Class
Wednesday	KS1 & KS2 Cricket
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 or cricket day then children should wear PE kit that is suitable for outdoors and whatever weather we are forecast to have.

Roundhouse/ 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)



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