



St. Cuthbert's School Newsletter

#stcuthbertsns



Sunday 21st January 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

Last week was full of sports, competition, well-being and fun. The cold weather didn't stop our footballers from training and playing and year 5 had an amazing time at the Vertue Arena with the Newcastle Eagles basketball coaching team. Our family club was packed once again and children and families climbed, played and created spectacular fruit salads together. As always there was lots of PE taking place and we think we could hear some spies in the hall throughout the week 🤔



Year 5 are our attendance stars this week and they have secured the trophy with a perfect score of 100%! Year 5 will get extra playtime throughout the week as a special reward. Our whole school attendance for the week is a brilliant 97.4%- thank you, everyone. 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	96.2
Year 1	96.7
Year 2	96.8
Year 3	99.3
Year 4	96.6
Year 5 🤔	100
Year 6	96.9
Whole school	97.4

Our children and staff talk lots about progress and all our children know that their hard work can be seen clearly in their books and in the work they do across the whole curriculum. They know how to look through their work and compare how it looks now to how it looked last week, last month and at the start of the year. They can see and talk about the skills they have developed and how their learning interconnects with other subjects and real life. They also love talking about mistakes they've made and how they learn from them. Understanding learning, metacognition, is one of the greatest tools our children and staff use and the resilience and growth mindset they demonstrate means they all make fantastic progress, and quickly. Talking to your child about learning is another brilliant way to help them make great progress and you can use photos and videos from Twitter and Tapestry to get them talking. If you haven't used Twitter or Tapestry in a while give them a look, let us know if you need logins updated and if you don't follow us and Twitter and want to let us know when you send us a follower request.





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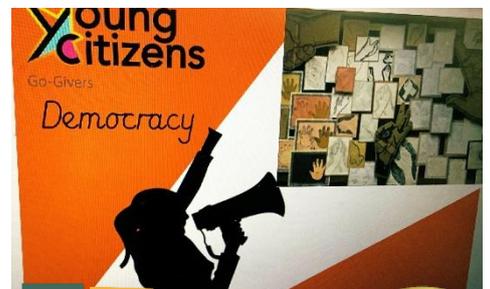
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Children across school continued their Compassion Matters work with Mrs Cottiss inspired by the fantastic book, *The Artist* by Nikkolas Smith. This beautiful picture book shows us a young boy noticing inequalities in the world around him and helps our children understand many of the protected characteristics we talk about in school. The messages in the book are incredibly powerful and are a spark for our children to discuss racial and gender equality as well as respect for all genders, ages and beliefs. Children have also been answering some very big questions about the significance of Compassion and linking the qualities they explore in people with the Gospel Values. Compassion Matters takes real-life events, and people, as inspiration to spark discussion amongst all our children and staff and deep questions are used by everyone to link actions, qualities and the impact of different situations and people. Children love talking about inspirational people like Malala, Mo Farrah, Marcus Rashford and Dara McAnulty. They can talk about their actions and motivation for their actions and when they contacted Dara they were delighted to have a response that encouraged them and also demonstrated that they are listened to. Many of the initiatives taken across school are in response to learning that has taken place in Compassion Matters. Our uniform swap rails, collecting food for Nite Bite, year 3 and Mrs Moody working with Tyne and Wear Citizens to stop dog fouling around our school and reopening and properly resourcing Scott's Park have all come from Compassion Matters and every action shows that our children know they can and do make a positive difference to the world around them.



COMPASSION MATTERS





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Children's Mental Health Week 2024 begins on Monday 5th February and Mrs Cottiss is requesting donations of small, empty water bottles for an activity she will be doing during the week. Thank you for all the bottles you've sent in so far, keep them coming!



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 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.

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





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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 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 make sure 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.



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

SMARTPHONE SAFETY TIPS for young people

7

You may have been lucky enough to have unwrapped a smartphone at Christmas, or you might be eagerly anticipating getting a new one at some point during this year. Whether it'll be your first ever phone or an upgrade on your old model, it's always useful to have a refresher about how to set it up and adjust the settings to keep yourself – and your valuable personal info – safe and secure. We've collected some expert tips to help you enjoy your smartphone in the healthiest way possible.

NEVER SHARE YOUR PASSCODE

Alongside face or fingerprint recognition, your passcode is crucial to unlocking your phone and accessing your apps and personal information. You shouldn't give it out, even to close friends – after all, you wouldn't hand them a key to your house and let them go in for a nosy around! If a friend wants to use your phone, ask them why and make sure you can see what they're doing with it.

RESPECT PARENTAL CONTROLS

If you're allowed to have a smartphone, it's because your parents or carers feel that you're mature and responsible enough to use it safely. They might set controls and boundaries on your device – not to spoil your fun but to help you avoid hazards like too much screen time or costly in-app purchases. Following these rules means you can enjoy using your phone while respecting their wishes.

TALK TO A TRUSTED ADULT

Whether it's to listen to music, play games, create content or chat with friends, using a smartphone should be fun. If you're ever feeling anxious, worried or scared about going on your phone, then something isn't right. It's important not to ignore these feelings; instead, talk to a trusted adult about what's happening and how it's making you feel.

STAY ALERT

Two words: look up. It might sound obvious, but it's so easy to get immersed in what we're looking at or listening to on our phones that we can become unaware of our surroundings – or who might be around us. People often walk with their head down, focusing on their phone, and forget to check for obstacles in their path, cars or other pedestrians coming towards them, which is clearly dangerous.

DEVELOP HEALTHY HABITS

Phones offer a vast amount of content and the chance to chat with friends whenever we feel like it, which can make it difficult to take time away from the screen. If that's something you struggle with, you could try setting time limits on certain apps. Putting our phones down for a while gives us more time to interact with others or do something physical that helps keep us fit and healthy.

IGNORE UNKNOWN NUMBERS

There are some scammers who might call or text asking you to share personal data or to click on a link and provide your details. Some may claim to be from a genuine company, but trustworthy businesses don't spontaneously call or message to ask for your information. It's safest to ignore calls or texts from unknown numbers, and never give your personal details out over the phone.

ONLY USE AGE-APPROPRIATE APPS

Before downloading a new app or game, check what age rating it has. Don't feel pressured into getting a particular game or app just because your friends are using it. If it's intended for older people, there's a definite risk that it could include content (which is violent or frightening, for instance) or language which isn't suitable and may leave you feeling upset or disturbed.

REMOVE TEMPTATION

A good night's sleep is so important for concentration, mood and overall health. Unwinding properly before going to bed – which means not staring at a screen late at night – can often improve sleep quality. Put your phone on charge overnight, but not in your room. This means you'll have a lot less temptation to check any notifications, reply to messages or get caught up scrolling on social media.

THINK ABOUT OTHERS

Watching videos, listening to music or calling someone can all help to pass the time while we're on the bus, waiting in a queue or walking down the street. It's important to remain mindful of other people, though: they might not want to hear your tunes or your conversation. Likewise, if you're calling from a public place then don't forget that anyone could overhear something personal about you.

SWITCH OFF GEOLOCATION

In your phone's settings, you'll be able to disable geolocation for individual apps and photos: this means that people online (including strangers) can't see information about where you are when you share or post a pic. On the subject of images, it's also important to ask permission before taking or sharing a photo of someone – and don't share embarrassing images of your friends with others.

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.



The National College

NOS National Online Safety®
#WakeUpWednesday



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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 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.

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!



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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:

- 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. 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 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>

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) 23/01/2024, 06/02/2024, 05/03/2024
Reception	(Tuesdays) 23/01/2024, 06/02/2024, 05/03/2024
Year 1	(Fridays) 26/01/2024, 09/02/2024, 08/03/2024
Year 2	(Fridays) 26/01/2024, 09/02/2024, 08/03/2024
Year 3	(Wednesdays) 24/01/2024, 07/02/2024, 06/03/2024
Year 4	(Wednesdays) 24/01/2024, 07/02/2024, 06/03/2024
Year 5	(Mondays) 22/0/2024, 05/02/2024, 04/03/2024
Year 6	(Mondays) 22/0/2024, 05/02/2024, 04/03/2024



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Date	Time	Event	Location
23/01/2024	All day	Year 6 at Safety Works in Newcastle	Safety Works, Benwell, Newcastle
23/01/2024	3.35pm	Year 6 families information meeting	Year 6 classroom
25/01/2024	All day	Second bling your bike or scooter day	School
05- 09/02/2024	All week	Children's Mental Health Awareness Week	School
06/02/2024	Morning	Whole school activity morning	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

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.