



# St. Cuthbert's School Newsletter #stcuthbertsns

Sunday 28<sup>th</sup> January 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

Being safe is central to everything that happens at St. Cuthbert's and last week our children and staff once again demonstrated how our children look after each other and themselves. Being safe takes many forms, from the practical safety measures we take every day around school like our children learning to be safe when they are out and about and about taking care of each other. Our weekly mission is to always show compassion, to treat each other with care and dignity and to always remember that people need people. Our mission is rooted in the Gospel Values, in what Jesus teaches us and all our children can tell you what His message is- be good people, be good to each other and do good things. This message is a universal one which runs through all faiths and one which people of no faith also believe. It is a message that we all strive to live up to and when we do we demonstrate once again that St. Cuthbert's is a strong, compassionate and amazing community to be part of.



Year 5 are our attendance stars once again this week with another perfect score of 100%! Year 5 will get a second extra playtime throughout the week as a special reward and we looking forward to seeing who challenges them for the trophy next week! 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	92.8
Year 1	93.3
Year 2	97.1
Year 3	96
Year 4	97.2
Year 5 🏆	100
Year 6	93.8
Whole school	95.5

Last week Mrs McArdle and our Reading Ambassadors gave out very special red suitcases to each class and there was a lot of excitement about the contents of each case and the 'Snuggle Up With A Book' project the children are leading. The special red suitcases will be making their way through all our classes and all children and families are invited to share photos of reading at home on Twitter and Tapestry.



Plans for Children's Mental Health Week 2024 are well underway and our fantastic and creative staff will be working with children across school on a wide range of different activities. Lots of curriculum areas will be covered during the week, including science, art, music, PE, English, maths and lots more. We would love families to join us for our activity morning on Tuesday 6<sup>th</sup> February when you can take part in the activities your children are doing at school.





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St. Cuthbert's is a vibrant, exciting and strong multicultural school and community. We have over 30 languages at St. Cuthbert's and children and families from all over the world alongside many faiths, traditions and beliefs. Our community is very united and strong and the way everyone helps and supports each other is a brilliant example of who we are. We constantly celebrate our diversity, respecting individuality and difference whilst cherishing and nurturing what we have in common. Compassion runs through all of our curriculum and helps us achieve our mission as a school and community. Respect and tolerance for each other, our traditions and beliefs, are lived out at St. Cuthbert's and our children are brilliant at talking about people who demonstrate these ideals both at school and locally, nationally and globally. Last week children were talking about people who have influenced them and the actions they took when faced with difficult choices. They talked about people using their voices to speak out and turning concerns into action. It is important that we continually teach and learn about compassion and celebrating who we are.



WE ARE A UNICEF GOLD RIGHTS RESPECTING SCHOOL

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



# COMPASSION MATTERS





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 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](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.

Last week our year 6 children visited The Safety Works in Benwell, Newcastle for a morning of exploring how to be safe online and when they are out and about. The children took part in role plays in different scenarios and worked with members of the emergency services, including Life Guards and Northumbria Police. The children worked on staying safe online and it was fantastic to hear that they were able to talk about the work we do at St. Cuthbert's on online safety. All our children, from Early Years through to year 6, receive the same, constant message about understanding the work the emergency services do for us and the role they play in protecting us all and making our community a safe place to be.



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 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



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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. 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.





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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 17<sup>th</sup> January and run until 15<sup>th</sup> February and take place at school from 2.15pm- 3.15pm. We have run these sessions in the past and they have been very successful and a brilliant way to get ideas and support in helping develop children's love of stories, books and language. Further information about the programme is near the end of this newsletter.

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

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/>

I am:

A professional working with children and young people	A parent or carer	
4-7 years old	8-10 years old	11-18 years old

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.



At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many apps which we believe trusted adults should be aware of. Please visit [nationalcollege.com](http://nationalcollege.com) for further guides, hints and tips for adults.

## What Parents & Carers Need to Know about

# MYLOL



MyLOL is a free social networking and dating site aimed at teens. Profiles can publicly display users' images and information, including sexual orientation and personal interests. The service bills itself as "the number one teen dating website in the world", claiming to have more than a million users globally. Despite its popularity, the MyLOL app is no longer available from Google Play or the App Store, although the site is still active. In some countries, police forces and schools have previously warned parents about "sinister predators" and "inappropriate activities" on the site.

### WHAT ARE THE RISKS?

#### FLIMSY AGE GATES

Although MyLOL states it is exclusively aimed at users aged between 13 and 19, there is no credible age verification system to prevent a younger child – or an older adult – from signing up to the platform. Coupled with the fact that it's impossible to establish a user's true identity on MyLOL, this raises a serious concern that the site could be used for grooming.

#### AGE-INAPPROPRIATE CONTENT

MyLOL maintains that it monitors all uploaded images for nudity or sexual content. It also claims to be able to detect suspicious keywords. However, there have been numerous reports of explicit content being found on the platform, with users often posting provocative, semi-nude pictures of themselves and engaging in flirty or sexually explicit conversation.

#### POTENTIAL CYBER-BULLYING

MyLOL lets users 'vote' on other people based solely on their appearance, much in the same vein as the now-defunct site Hot or Not. This feature could easily lead to distress and bullying, especially if a young person's profile pics receive an unfavourable response. Various reviews of MyLOL have noted that bullying frequently becomes an issue in the platform's chat groups and private messages.

#### IN-APP SPENDING

MyLOL is free to join and use, but it also offers paid-for memberships. Users who have paid money get their profile promoted at the top of the site and in search results. They can also earn additional credits for increased engagement with the platform – such as sharing, replying to messages and voting. At the time of writing, the monthly membership fee was \$9.95 (just under £8).

#### DATA COLLECTION

According to its privacy policy, MyLOL collects user data including email addresses, contact details and interests. While the company says it is committed to protecting users' privacy, the small print states that information may be shared externally. MyLOL claims to follow procedures to keep data secure, but does not specify what these procedures are, or whether such information is encrypted.

#### CONTACT FROM STRANGERS

MyLOL makes it easy to connect with strangers. In fact, the site's rewards feature encourages users to send private messages to people they don't know. There have been several media stories of adults posing as teens on MyLOL to connect with minors, which could lead to extremely dangerous situations, such as a young person meeting up with someone who has been posing under a false identity.

## Advice for Parents & Carers

#### DISCUSS ONLINE DATING

It's vital to talk to your child about the possible dangers of platforms like MyLOL – particularly the threat of online predators. Remind them of the risks of sharing intimate images and information with strangers and emphasise that most people don't realise they're being 'catfished' until it's too late – it really isn't wise for a young person to meet up with someone they've only spoken to online.

#### EXPLAIN PRIVACY RISKS

Before your child begins using a service such as MyLOL, it's important that they understand the potential pitfalls of giving out their personal data on this type of platform. Explain to them, for example, that they shouldn't divulge any personally identifying information to people who they don't know, as scammers can be quite convincing when attempting to steal someone's identity.

#### RESTRICT IN-APP SPENDING

If your child has access to a bank card or other payment method, they may be enticed into signing up for MyLOL's premium features. Having their profile boosted and receiving more attention could be especially tempting if their friends also use the site. You could consider altering their device's settings to disable internet purchases, or at the very least keeping an eye on their online spending.

#### SET UP LOCATION ALERTS

If you're worried that your child may be planning to meet up with someone they've met on MyLOL, you could consider utilising GPS or WiFi location tracking technology to follow their whereabouts in real time. You can even set up a virtual boundary or 'fence' and opt to receive an alert to your phone if your child enters or exits a specified area.

### Meet Our Expert

Carly Page is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor of tech tabloid *The Inquirer*, Carly is now a freelance technology journalist, editor and consultant.



The National College

NOS National Online Safety  
#WakeUpWednesday



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Thank you to everyone who is using Easyfundraising.

There are no catches to using the site, you don't need to share bank or payment details, just sign up and choose to support St. Cuthbert's. all you then need to do is search for your chosen store or seller on the easyfundraising site and do your online shopping as normal. If you are booking a holiday, buying any insurance, changing internet suppliers, mobile phone providers, etc. online, and doing so through the site they make quite big donations to school! It's really easy to get set up and running, all you need to do is:



1. Head to <https://www.easyfundraising.org.uk/causes/stcuthbertsrprimary/> and join for free.
2. Every time you shop online, go to easyfundraising first to find the site you want and start shopping.
3. After you've checked out, that retailer will donate to St. Cuthbert's at no extra cost to you whatsoever!

There are no catches or hidden charges and we would be grateful for your support and donations which will go towards all our children.

Thank you to everyone who has been using Tapestry, our [keepingintouch@stcuthbertsrprimary.co.uk](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 teaching assistant and admin assistant roles on our school [website](#).

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



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<https://www.yourschoollottery.co.uk/lottery/school/st-cuthberts-rc-primary>

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



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Date	Time	Event	Location
05- 09/02/2024	All week	Children's Mental Health Awareness Week	School
06/02/2024	Morning	Whole school activity morning	School
06/02/2024	3.30pm	Phonics meeting in school	School
08/02/2024	Morning	Vision screening tests for Reception Class	School
<b>12/02/2024</b>	<b>Morning</b>	<b>EYFS and Key Stage 1 visit to China Town for Chinese New Year</b>	<b>China town, Newcastle</b>

**PLEASE NOTE THAT THE TRIP TO CHINA TOWN WILL NOW TAKE PLACE ON MONDAY 12<sup>TH</sup> 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 17<sup>th</sup> January until 15<sup>th</sup> February from 2.15pm. Then we will have a further 3 sessions starting 28<sup>th</sup> February until 13<sup>th</sup> 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.**



**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@northynteside.gov.uk](mailto:CHAT@northynteside.gov.uk)  
[www.activenorthynteside.org.uk](http://www.activenorthynteside.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 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.

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



REGISTER HERE!

[www.activenorthynteside.org.uk](http://www.activenorthynteside.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.