



St. Cuthbert's School Newsletter

#stcuthbertsns



Sunday 28th September 2025 www.northtynesidecatholic.org.uk/

Mass times online on Facebook and at St. Cuthbert's each Sunday at 11am. Fr. Chris Hughes can be contacted on 257 5801

We always work very closely with families and children to do what we can, to provide everyone with what they need to thrive. This week we have spoken to lots of families and children about what they need to get through each day, each week and what they need right now. We have a very strong team of staff at St. Cuthbert's and an innovative way of approaching support. We have an SEMH team that helps children and families in many different ways, which you can read about further in this newsletter. Mrs Cottiss and I are available every day at the school gates, and we have a dedicated email address you can use to contact either of us. You will find all this information further on in this newsletter. When we say people need people at St. Cuthbert's, we really do mean it, without each other, we are not the strong, rich, amazing community we are.



Year 2 have won the attendance star trophy with a near-perfect score of 99.3%- they love being at school! Can we remind all families that we ask you to contact us at school when your child is absent from school for any reason at all.

Information about the impact of attendance and punctuality on your child's education is available on our school website. You can find it on the [Attendance and Term Dates](#) page.



Class	%
Reception	93.5
Year 1	96.3
Year 2 🏆	99.3
Year 3	97.9
Year 4	97.7
Year 5	98.7
Year 6	98.7
Whole school	97.4

Thank you, everyone, for making our MacMillan Coffee Morning a fantastic success. Thank you all for your very generous donations for the morning and for being such a great audience for all the performers from every class across school. Thank you to Tessa's family for the delicious and very popular freshly made coffee from their coffee roasting business, Baristocracy.



Fr. Chris has invited families of children in Years 4, 5 and 6 to a meeting about this year's First Holy Communion programme at 6pm at St. Cuthbert's Church this Wednesday, 1st October. This is a chance for you to find out what the programme is for the year and what families do to support children through it. Children can come to the meeting as well, and the meeting usually lasts about 30 minutes.



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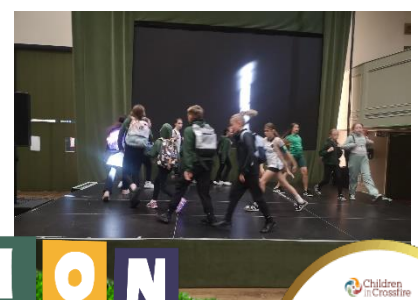


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When we teach compassion at St. Cuthbert's we use real-life examples of people acting with compassion. Many examples include famous people like Mo Farah and Martin Luther King, and many examples use real-life events like climate change, conflict and financial challenges. When we teach compassion, we also teach empathy. Thinking about the impact of what we say or do is a very important skill that we all need to work at continually. We teach our children to think about other people and how they might be feeling when we are talking to them. Last week saw St. Cuthbert's community come together once again to support MacMillan Cancer Support at our coffee morning. Our school hall was packed as everyone supported each other to raise money for a fantastic charity- a brilliant example of compassion in action. On Thursday night, children from Year 6 performed at the Saville Exchange in the dance show Suitcases. The show was created by Michael Heatley who creates all our dance shows, and is inspired by the work of photographer Jon Crispin's and his photographs from The Willard Asylum in New York State. The performance focuses on five people who were patients there and tells their stories based on the belongings they left in suitcases. We are privileged to work with children and families at St. Cuthbert's, who work with us to give children the opportunity to take part in events like this. The dedication of our families shines through, as does the dedication of our staff. On Thursday night, ten of our staff were at the show to support the children, and they always give up their own time throughout the year on evenings and weekends to help give our children and families the best experiences possible. St. Cuthbert's is a school and community where everyone works together, supports each other and where we know that treating each other and ourselves with kindness and compassion is the right thing to do, and we do this together as we all know that people do need people.

Look with kindness and you will always find wonder



WE ARE A UNICEF GOLD RIGHTS RESPECTING SCHOOL

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



COMPASSION MATTERS

Children's Crossfire
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. Our staff all work very hard to give the children and families of St. Cuthbert's lots of opportunities to take part in celebrations and events throughout the year. Our staff and families give up lots of their own time and our children are always fantastic at representing our school and community. Dates for key events this term are at the end of this newsletter and, as always, we will let you know of any changes or additions as soon as possible. We now use Arbor to send out messages and no longer use ParentMail. Over 90% of families are signed up to Arbor, and we are all getting used to it very quickly. There are a number of ways that we communicate with families, and details on how families can communicate with school can be found further on in this newsletter. Arbor is used for emails and messages, we use Twitter and Tapestry to show what is happening at school each day, and we have this weekly newsletter with highlights of the previous week, information about upcoming events and information on SEMH, safeguarding and communications with school.

We are inviting everyone to come to school dressed as a rockstar next Friday 3rd October to celebrate St. Cuthbert's Rockstar Maths Day. You can see photos from one of our previous Rockstar Maths days on our [YouTube channel](#).

Wednesday 1st October is school photographs day and all children need to come to school wearing their school uniform. Photos will be taken throughout the morning in the school hall and we will send details on how to purchase the photos home to everyone through Arbor.

Thank you for supporting us in using book bags and not large backpacks at school and for making sure children have sensible sized water bottles. We are delighted that our classes are almost all full but this does reduce space we have in shared areas. We do not have lots of space and therefore we are asking that children just bring a book bag to school each day. If they have a packed lunch then a small lunch bag is good as well. We do not have space for backpacks and other large bags that many children bring to school. Lots of our children have them and they have very little in them but they take up a lot of space and end up lying on floors in corridors. They actually take up so much space that we have identified them as a fire hazard, as they are blocking corridors because they can't hang on pegs. Can we also ask that children have standard-sized water bottles. We have very limited sink space, and 30 bottles take up quite a lot of space. If children bring large bottles, they are stopping other children from being able to keep their bottles at the sink. I know these things might seem trivial on their own, but multiply each thing by 30 and you can see the problem. I hope that everyone can help with this request, we don't want to get to the





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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 situation where we have to ask people to take bags and bottles home. You don't need to buy branded book bags, any green book bag will be great. Book bags are brilliant because they help keep the books clean, dry and less likely to get torn or curled or damaged to the point where we have to ask for a replacement book.

Our SEMH team continue to meet and work with Connect North Tyneside. The Connect team have begun work with our Year 5 and 6 children which will go on for six weeks. Our SEMH team is made up of Ms Shepherd as SENDco, Mr Capper who has a wealth of experience leading support and inclusion at a large local high school, Mrs Cottiss, and Mr Dillon who are Senior Mental Health Leads and Mrs Lavery who is our new Family Support Worker. Our team have made connections with North Tyneside Connect Team and has begun working with a number of children and families already with more families coming forward for advice and support. In addition to the team and the partnerships created all families with children at St. Cuthbert's have been sent signup details for the [Wellbeing Hub](#), an online resource with lots of information, help and advice for families which you can access any time you need to. Families can face challenges at different times and The [Wellbeing Hub](#) is an online resource which could possibly be of help. Mrs Lavery works with us every Thursday and you can contact her by email at any time, her address is kiera.lavery@stcuthberts.email Can we remind all families that you must let us know who is collecting a child after school if you, the person who would normally do the collection, isn't? If you need to change arrangements at the last minute, please phone the school office and let us know. this helps avoid asking the person who has come to collect the child to wait around unnecessarily and helps us ensure all our children are where they are supposed to be. If the person collecting your child is someone we don't know or haven't met often we may ask you for a word or phrase that they can repeat to us, therefore confirming who they are.



If you have any concerns about your child's or another child's safety, including their online safety, or questions about behaviour, we always ask that you speak to us at school. It is important that we are part of discussions that may be happening around children's behaviour and welfare. We record incidents and concerns electronically on our CPOMS system and we work very closely with Clennell Education Solutions to make sure all our staff are up to date with the best safeguarding training available and to provide leading professional advice when requested. This means that we have a broad picture of anything that is happening at 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





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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 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](#).

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

Thank you once again to everyone who has signed up for your Appetite account and to everyone who is using it to pre-order children's school lunches. It is very, very important that you get your account set up as it allows you to see the menu for the coming weeks, including all the dietary and nutritional information you might want to see. No child will ever be left hungry and the staff in our kitchen know all our children well. If you have any questions about the new school meals system or menu, or need help with the app or using the Appetite service online, please get in touch with us at school.

We would like to remind families that we have a no-jewellery policy for children at St. Cuthbert's, the only exceptions to this are that children can wear a watch and if they have their ears pierced they can wear a small stud- not hoops. Can you please make sure your child doesn't wear any jewellery to school, especially on their outdoor learning day when a few have started to wear chains, necklaces, or bracelets. Outdoor learning day clothes should be old clothes, suitable for the weather, that will get dirty and, most likely smell of smoke by the end of the day.

We get lots of questions at school about keeping children safe online when they are away from school. We have begun information posters from National Online Safety and these will be helpful as they provide up-to-date advice on how to manage different services and apps for children at home. The Think You Know website is also very useful for advice and information and you can find it by clicking the link below. The site is aimed at adults and the subjects are about keeping children safe online. <https://www.thinkuknow.co.uk/parents/>



Can we please remind families that for all classes from reception through to year 6 the school day has a 'soft start' meaning that the school gates and doors will open at 8.40 am and children should go straight to their class when they come on to the playground from 8.40 am. The doors and gates then close at 8.55 am when all children should be in their class- anyone who arrives at



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Thank you to everyone who has been using Tapestry, our keepingintouch@stcuthberts.email email, and school phone to keep in touch with school staff. Lines of communication must be kept as open and honest as possible between school and home as we work hard to keep our open-door policy and approach going by making so many ways to keep in touch available. **As highlighted in the past we don't use Facebook or WhatsApp or any other social media apart from Twitter (which we don't use to answer questions)**, and we won't be setting up accounts on either medium. If you have any questions, or concerns, or need to chat with a member of staff at school please make sure you use one of three methods we have put in place:

- Email keepingintouch@stcuthberts.email You should email this address if you want to discuss or inform of us anything that is more confidential. Emails to this address are only read by Mrs. Cottiss and Mr. Dillon. Please do not use this email for day-to-day things like questions about what is happening at school or to let us your child will be picked up early for an appointment. We cannot guarantee that your question will be answered on time this will only happen by contacting the school office.
- Phone 0191 691 9876 and arrange an agreed-upon time to chat with someone. Use the school phone number to advise us of absence from school, and for questions about day-to-day things. **Phoning school during the school day remains the best way to get in touch.**

If you have not yet activated your Tapestry account or if you are having trouble accessing it please let us know as soon as possible. Tapestry is one of the main ways we keep in touch with families and it is important that you can receive messages and posts from it even if you don't use it a lot yourself.

We work continuously with all staff and children to keep children and everyone at St. Cuthbert's safe at all times. Our current Child Protection and Safeguarding Policy and further information is on our school website,



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Can we ask that all items of children's uniform have their name written clearly on the label please. We had an incredible amount of uniform, and other items of clothing left behind at school before the summer, and that was after weeks of having the uniforms out on the playground for everyone to check at the end of each day. We don't want to get to the situation where we have so much again.

Thank you for your fantastic, continued support, stay safe and God bless,
Shaun Dillon



Mass times online on Facebook and at St. Cuthbert's each Sunday at 11am. Fr. Chris Hughes can be contacted on 257 5801. Our weekly E-Safety information posters now come with a link to the National Online Safety website and further resources, including podcasts and more explanations about the app or service highlighted each week. You can access the resources by clicking here [Wake Up Wednesday](#).

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about YOUTH VIOLENCE

UNDERSTANDING YOUTH VIOLENCE

Youth violence affects one in four children in the UK, but it doesn't have to. When parents, carers, and educators understand the risks, they're better placed to support young people. The right support, mentoring, therapy, and guidance can help young people affected by violence to feel safe, manage conflict, and make positive choices.

WHY DO YOUNG PEOPLE COMMIT SERIOUS VIOLENCE?

A recent study surveyed over 10,000 young people affected by violence, asking why serious violence occurs among their peers, such as an assault involving a weapon or sexual violence. The most common reasons given were due to a personal characteristic of the victim e.g., race, religion, sexuality, gender, a gang or school rivalry, and being provoked. While not all young people face these issues, many lack the emotional regulation skills needed to manage provocation.

WHAT ARE SIGNS A YOUNG PERSON IS AT RISK?

Children and young people often express that something is wrong through behaviour rather than words. Be alert to signs such as sudden mood changes, secrecy around friendships, excessive phone use, unfamiliar slang, unexplained injuries, fear of school, aggression, going missing, or substance use. They may also be associating with older peers. These behaviours can indicate underlying issues that can lead to violence.

ONLINE INFLUENCES

Social media plays a powerful role in normalising and escalating violence. Platforms like TikTok and Snapchat can expose young people to harmful content, often shaped by algorithms. Many see violent material that distorts reality, leading to fear and desensitisation. A recent study found 70% had seen real-world violence online, and 80% felt less safe in their communities. Alarmingly, 39% said it made them more likely to carry a weapon. Online conflict can often spill into real life, with serious and sometimes tragic consequences.

Opportunity
Community
Wellbeing
Respect

UNCERTAINTY
CONFLICT
FEAR

WHEN IS VIOLENCE MORE LIKELY TO HAPPEN?

For children and young people in England and Wales, the hours between 4 pm and 8 pm – just after school – carry a particularly high risk for serious violence. This can stem from conflicts that escalate during the school day, online arguments, or simply moving through unfamiliar areas on the way home. Understanding this risk helps us support safer travel and routines. Our recent report found that over one in three young people don't feel safe in the area they live in, and 36% don't feel safe walking the streets.

WHY MIGHT A YOUNG PERSON CARRY A WEAPON?

Young people may carry weapons due to fear, threats, peer pressure, or a false sense of protection. Many young people tell us they feel unsafe and carry weapons 'just in case', while others may be influenced by social media, peers, or criminal activity. Some don't realise it's illegal or may believe it earns respect.

WHERE IS VIOLENCE MORE LIKELY TO HAPPEN?

Violence often happens in certain places. Busy areas like transport hubs carry risk simply because lots of people gather there. Other hotspots, like places linked to drug activity, attract those more likely to be involved in violence. Some areas become risky due to poor supervision, such as under-resourced public spaces. Understanding where violence tends to occur helps us guide young people safely through their communities and advocate for better support and safer spaces.

Advice for Parents & Educators

TALKING TO CHILDREN ABOUT STAYING SAFE

Choose a safe moment for the conversation, emotionally and physically. If a child is upset or angry, help them settle before discussing serious topics. Listen actively without judgement, even if what they share is difficult. Avoid interrupting and offer advice when the time feels right. If you're worried, you're not alone; support is available.

AVOID CONFLICT & MANAGE ESCALATIONS

Encourage young people to consider the 'Safe T's' – Trust instincts, Take a breath, and Talk to a trusted adult. When triggered or provoked, they may react from their 'survival brain', unable to think clearly about the consequences. Taking a breath helps calm, and helps them access their 'thinking brain'. Remind them that moments pass, and seeking support from trusted adults builds resilience and safer decision-making.

HELP CHILDREN UNDERSTAND CONSEQUENCES

Young people can be searched by police or teachers if suspected of carrying a weapon. If found with a knife, they could face arrest and criminal proceedings. A conviction can result in a criminal record. Even being present during a violent assault, encouraging it, filming, or sharing footage can lead to prosecution. Open and honest conversations can help children understand these risks and make safer choices.

REPORT INFORMATION

We all have a role in preventing violence. If a child shares concerns, you can act. For educators, it's important to follow your school's safeguarding procedures. Other adults can report anonymously through Fearless or Crimestoppers, and speak with other parents, the school, or local police through 101. If someone is in immediate danger, always call 999. These steps help protect children and the wider community.

Meet Our Expert

The Ben Kinsella Trust is a UK anti-knife crime charity educating young people through immersive workshops, awareness campaigns, and community resources. Visit: benkinsella.org.uk



The National College®

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



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PE and Outdoor Learning Timetables 2025/2026

Children should come to school wearing their PE kit on their PE day.

PE	
Day	Class
Monday	
Tuesday	Year 3
Wednesday	Year 1, Year 6
Thursday	Reception Class, Year 2, Year 5
Friday	Year 4

We have a timetable for outdoor learning but classes will take learning outdoors as often as they can throughout the week. **Children should wear old clothes (which are appropriate for climbing, getting mucky and possibly smelling of smoke), on their outdoor learning day.** PE kit on PE day and school uniform on all other days. If an outdoor learning day is the same as a PE then children should wear PE kit that is suitable for outdoors and whatever weather we are forecast to have.

Outdoor Learning Dates

Nursery	(Friday)
Reception	(Friday)
Year 1	(Tuesday)
Year 2	(Tuesday)
Year 3	(Wednesday)
Year 4	(Wednesday)
Year 5	(Monday)
Year 6	(Monday)



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Date	Time	Event	Location
01/10/2025	Morning	School Photos	School hall
03/10/2025	All day	Rockstar Maths Day	School
08/10/2025	10.30am	Whole school Mass	St. Cuthbert's Church
12/10/2025	Morning	Whitley Bay Park Run takeover	Whitley Bay
23/10/2025	9am	Harvest Festival	School hall
10-14/10/2025	All week	Friendship Week	School
28/11/2025	2.30pm	1 st Advent Service	School hall
03/12/2025	9am	EYFS Nativity	School hall
03/12/2025	2pm	Year 1 and 2 Nativity	School hall
04/12/2025	9am	Year 1 and 2 Nativity	School hall
04/12/2025	3.00pm	EYFS Nativity	School hall
05/12/2025	2.30pm	2 nd Advent Service	School hall
08/12/2025	Morning	EYFS trip to Fenwick's window	
09/12/2025	Afternoon	Year 1 and year 2 Christmas Party	School hall
10/12/2025	Afternoon	Year 5 and Year 6 Christmas Party	School hall
11/12/2025	All day	Christmas Jumper Day & Christmas Dinner	School hall
11/12/2025	Morning	EYFS Christmas Party	School hall
11/12/2025	Afternoon	Year 3 and Year 4 Christmas party	School hall
12/12/2025	2.30pm	3 rd Advent service	School hall
15/12/2025	Afternoon	Whole school panto	Saville Exchange
17/12/2025	Evening	Key Stage 2 Carol Service	TBC
19/12/2025	2.30pm	4 th Advent service	School hall
TBC		Whole school Christmas Mass	St. Cuthbert's Church