



St. Cuthbert's School Newsletter

#stcuthbertsns



Sunday 14th 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 enjoyed another great week at St. Cuthbert's, and everyone is doing really well. Nursery and reception classes have settled right into school life, and all our classes are already starting to show progress across the curriculum and having fun around school also. Clubs start back up next week, and we will be sending you dates and times of events we would love for you to join us for over the coming term very soon.

Year 6 have won the attendance star trophy with a score of 98.9%. 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	97.0
Year 1	88.6
Year 2	98.3
Year 3	97.9
Year 4	94.8
Year 5	94.8
Year 6 🏆	98.9
Whole school	96.2



We have over 90% of our families signed up to and using the Arbor app now and we are in the process of sorting out a few technical glitches for some families.

Thank you everyone for signing up and for letting us know how the app is working for you. We will be using more and more of Arbor's functions over the year. Miss Taylor has done a fantastic job setting it up, getting everyone on it and sorting out issues.

Years 4, 5 and 6 visited the Laing Art Gallery in Newcastle last week to take part in the Diversity workshops. Each class began the trip by exploring different artworks in the gallery and creating stories of paintings they liked. Our children have fantastic imaginations, vocabulary and an understanding of images and artworks. They also talked about diversity, equity and equality and compassion with great maturity. Our children are brilliant examples of St. Cuthbert's vision and ethos in action- they are compassionate, thoughtful and know how to explain their opinions and how to listen to and respect other people's opinions.



Every year, we host the students from North Tyneside SCITT courses who are training to become teachers. We will welcome this year's group, who are joining us on Friday for their best practice day focusing on outdoor learning.



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Thank you, everyone, for making our first two weeks back at school so great. We have a brilliant community at St. Cuthbert's and a community which is very unique and strong. Our school and community are incredibly diverse. We have over 30 languages spoken by families at St. Cuthbert's as well as staff, children and families from all over the world. We have children, staff and families of many different faiths, and no faith. Our school was formed over 200 years ago to welcome children and families from all over the world, and it is very special that it is still our mission to be a place of safety for everyone and a place where everyone can enjoy, achieve and succeed together. All the different languages, faiths, cultures, ideas, and interests make us who we are. We celebrate our school and community and everyone in them all the time, and we will be doing this throughout the year ahead again. Central to who we are and our ethos are Jesus' teachings through the Gospels. His message is really quite simple and clear- love each other, treat each other with kindness and compassion and respect the dignity and humanity of each and every person. We are a school that knows that compassion matters and that people will always need other 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.



Y COMPASSION MATTERS

Children in Crossline
COMPASSIONATE SCHOOL AWARD

GOLD AWARD

We nurture compassionate global citizens



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Have Your Say – Help Shape Services for Families in North Tyneside

As part of the exciting Family First reform, the Children's Participation and Advocacy team at North Tyneside Council is reaching out to parents, carers, and young people across the borough who have had experience with Children's Social Care Services—whether through Early Help, Youth Justice Service, Keeping Families Connected (KFC), or working with a social worker. The Children's Participation Team and Advocacy Service are inviting families to share their valuable insights and experiences to help shape and enhance the services they offer. They are keen to hear about what's working well, as well as what could be better. Your voice matters, and by sharing your journey—past or present—you can help them understand what's making a difference and what they should build on, so they can create a more responsive and supportive system for everyone. Please note that this engagement will not focus on individual cases or specific services, and all feedback will be treated anonymously. If you're interested in taking part, they would love to hear from you. Just speak to Mrs Cottiss or Mr Dillon, for more information. Kerry Willshire from the Children's Participation Team will be with us in school all day this Thursday 18th September to meet with anyone who would like to chat to her and give their feedback. Thank you for helping us make a difference!

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 multiple 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 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



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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 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 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



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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 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 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 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:

- 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 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, <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 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.



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Can we ask that everyone who parks near school at the start and end of each day does so in a thoughtful and legal manner. Compared to many schools we don't receive many complaints about parking from residents but we have had a few recently and they have come from both the Coach Lane area and Lovaine Place. Traffic wardens often patrol the area and the mobile parking camera is also out and about around school lots. Parking safely is much more important than getting through the school gates before they are locked in the morning. We would much rather people were a few minutes late than parking dangerously in the area around school.

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 CONSPIRACY THEORIES

Conspiracy theories are false or misleading beliefs that explain events as secret plots, often involving powerful groups. While once fringe, they are now more accessible through digital media, online influencers and because of algorithmic recommendations. The DfE guidance document, 'Keeping Children Safe in Education' (KCSIE) explicitly recognises conspiracy theories as potential content risks. This guide will help parents and educators understand the risks, spot the signs, and build children's resilience to conspiracy theories.

WHAT ARE THE RISKS?

UNDERMINING TRUST

Conspiracy theories can lead children and young people to distrust democratic institutions and British Values, teachers, and even their own families and loved ones. This erosion of trust makes young people more vulnerable to extremist narratives by isolating them from reliable sources of information.

ONLINE ALGORITHM TRAPS

Social media platforms can often recommend sensationalist content. Once a child engages with one conspiracy-themed video or post, algorithms push more of the same, thereby creating an echo chamber that can intensify their beliefs.

MENTAL HEALTH IMPACT

Exposure to frightening conspiracy content, such as global plots, viruses, or government control, can fuel feelings of anxiety, paranoia, or hopelessness. For some young people, it can trigger prolonged distress or obsessive thinking.

GATEWAY TO EXTREMISM

Conspiracy theories can often overlap with extremist ideologies. Narratives that blame specific groups, such as politicians, scientists, or particular ethnic groups, can groom children in ways that foster hate, bigotry, and radicalisation.

CONFLICT WITH PEERS

Belief in conspiracy theories can lead to isolation or conflict at school. Children may struggle with peer relationships if they express these beliefs or become distrustful of others who disagree; sometimes, confrontation can even result in a strengthening of the belief in the conspiracy theory.

ERODED CRITICAL THINKING

Young people influenced by conspiracies may reject evidence-based learning. This risks undermining their academic progress and weakening their ability to think critically, assess risks, or engage in healthy debate.

Advice for Parents & Educators

I WANT TO BELIEVE

CREATE SAFE CONVERSATIONS

Don't mock or dismiss any questions that children and young people ask about conspiracy theories. Instead, create open, judgement-free spaces to talk. This strengthens trust and makes it more likely they will confide in you.

PROMOTE CRITICAL THINKING

Teach young people how to assess information critically. Encourage them to ask appropriate questions, such as: Who is telling me this? What evidence is there? What do other trusted sources say? Use real examples from current media to explain your answers and reasoning.

MONITOR DIGITAL BEHAVIOUR

Be aware of the content children are accessing, especially on platforms such as TikTok, YouTube, or Reddit. Use parental controls, but more importantly, maintain ongoing dialogue about online experiences and influencers.

REINFORCE RELIABLE SOURCES

Point children toward trustworthy and reliable sources of news and information in a variety of formats tailored to the young person's age. Build habits of verifying facts using reliable sources, and teach them how to spot misleading content.

Meet Our Expert

Brendan O'Keeffe is a headteacher and digital education consultant with over a decade of experience in education. As Director of Digital Strategy across multiple schools and an advisor to The National College, he specialises in digital safety, PREVENT, and pastoral care.



The National College

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



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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
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)