



St. Cuthbert's School Newsletter

#stcuthbertsns



Sunday 23rd November 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 were all delighted and very excited to find our playground covered in a beautiful blanket of crisp snow on Thursday morning. There was only one thing we could possibly do, and we did. Break time started as soon as everyone was in school and the gates were locked, and children and staff had a fantastic time playing in the snow. Thank you for making sure all our children had what they needed for the weather, it makes a massive difference to them and us and allows us to take opportunities like this.



Year are our attendance star trophy winners with a score of 98% 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. If your child is feeling unwell and you are unsure about them being in school, the NHS have a page of guidance on the subject, which you can find by clicking on this link: [NHS Is My Child Too Ill For School?](#)



Class	%
Reception	80.00
Year 1	93.3
Year 2	88.3
Year 3	91.8
Year 4	92.0
Year 5	94.5
Year 6 🏆	98.0
Whole school	91.2

There has been quite a lot of seasonal illness in our Early Years and key Stage 1 this week, thank you to everyone who has followed school protocols and kept children off for the required amount of time after they have been sick. It is important to follow the guidance we have at school and it is the same guidance that all schools in the country follow. If a child has been vomiting or has diarrhoea, they must stay off school for 48 hours after the last time they vomited or had diarrhoea. This allows them time to get over whatever is causing them to be sick and it helps stop the spread of any bugs through the class and school.

Classes have been organising trips and events for the next few weeks, and many are taking the Metro into Newcastle to visit Fenwick's Window. This has been a very much loved annual event for classes at St. Cuthbert's and families are welcome to join classes on whichever day they are going. Information will be sent out by classes, letting you know what day and time they are going.

Our first Advent service of the season takes place on Friday afternoon at 2.30pm in the school hall. Our children and staff will gather to light the first candle on our Advent wreath and we invite everyone to join us for this very special collective worship. As a collective worship, it is an opportunity to stop, to be silent together, to pray and sing together, to reflect together and to prepare for the birth of Jesus at Christmas, together.





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It was brilliant to see everyone playing in the snow together on Thursday morning; it was an opportunity we just couldn't pass up! From 7.30am in the morning, our amazing staff team were getting school ready for all the children and each other. Pathways for everyone to use safely were mapped out on the playground by Mr Capper, the heating was turned on early to make school toasty warm, and plans were put in place very quickly to get the children outside to play before the snow would be washed away in the afternoon. Once everyone was in school and the gates locked, we told the children they were getting an extra special playtime and they were unbelievably quick at getting coats, hats, gloves and scarves on ready to get out to play. When they were outside all our classes mixed with each other as they always do. All our staff joined them and they all built snowmen, threw snowballs, made snow angels and had great fun. St. Cuthbert's fantastic staff know that doing things like this for and with the children, and each other, is the type of thing that makes St. Cuthbert's the incredibly special place it is. It is a school and community where everyone belongs. Belonging is what makes our children and staff feel safe, secure, wanted and valued. The feeling of belonging is a feeling that helps us be ourselves, to have empathy for ourselves and others and it is what makes a community, which is what our school is. Over the next few weeks, we have lots of events and activities happening as we prepare for the birth of Jesus at Christmas. The support we have from St. Cuthbert's families and communities is amazing and the feeling of belonging is incredibly strong for us all. St. Cuthbert's is the school and community where we know we belong, where we know that care, kindness, and compassion are vital, and where 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 in Crossaire
COMPASSIONATE SCHOOL AWARD

GOLD AWARD

We nurture
compassionate
global citizens



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Thank you for supporting us in using book bags and not large backpacks at school and for making sure children have sensibly sized water bottles. We are delighted that our classes are almost all full but this does reduce the 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 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.



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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](#).

Clennell
Education Solutions

CPOMS

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.



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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.

Thank you to everyone who has been using Tapestry, keepingintouch@stcuthberts.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



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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.

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 AI-GENERATED VIDEOS

WHAT ARE THE RISKS?

AI-generated videos are increasingly difficult to spot and easy to share. From fake news clips to deepfake abuse, children and young people face new risks every day online. These videos can imitate real people, spread false narratives or even generate harmful content from scratch. Understanding these dangers is crucial for schools and families who want to protect children in a fast-evolving digital world.

DEEPPAKE ABUSE CONTENT

Shockingly, artificial intelligence is now being exploited to create child sexual abuse material (CSAM). These synthetic images and videos are a form of digital abuse, often generated by manipulating real children's photos, including ones shared innocently online. Worryingly, the Internet Watch Foundation (IWF) has identified a sharp rise in this disturbing trend. Whether real or AI-generated, this content causes lasting trauma – and its creation or possession remains a criminal offence under UK law.

BLURRED REALITY

Regular exposure to fake content can erode a child's trust in real-world evidence. If everything can be faked, they may begin to question genuine videos – including actual abuse or injustice. This is known as the 'liar's dividend', where real harm is dismissed as fake news. It can discourage victims from coming forward or speaking up.

USED FOR BULLYING

Deepfake technology is already being used by peers to create embarrassing or explicit clips of classmates. These videos can be edited to appear as though a child said or did something they never did. Once shared, they are almost impossible to delete completely. AI-generated bullying adds a new layer of harm that is deeply personal and difficult to prove.

EMOTIONAL MANIPULATION

AI-generated videos can be used to provoke strong emotions, including fear, anger or guilt. False footage of crying children, injured animals or burning buildings may be created purely for clicks, donations or political influence. Children may feel upset or powerless, unaware that what they are watching has been digitally invented to manipulate their reaction.

DISINFORMATION

AI-generated videos can spread fake news, making it harder for children to separate fact from fiction. False clips may include deepfake interviews, hoax disasters or fabricated health claims. AI is already being used to produce misleading or persuasive material that appears authentic. If they don't develop media literacy, children may accept false content as truth.

IMPERSONATION AND SCAMS

With just a few photos or voice clips, AI tools can imitate someone's appearance or speech. This makes it easier for scammers or bullies to create fake videos of children, teachers or celebrities. These impersonations can be used for fraud, harassment or humiliation – and can spread quickly through social media or group chats, due to the viral potential of video, in particular, on social media.

Advice for Parents & Educators

TEACH HOW IT WORKS

Explain to children that videos can be faked – and show them how. Demonstrating side-by-side examples of real vs AI-generated clips helps to build awareness. Discuss how faces, voices and even movements can be copied by machines. Understanding the technology reduces fear and builds confidence in navigating digital content safely.

TALK ABOUT TRUST

Always keep lines of communication open. If a child sees something upsetting or unbelievable, they should feel safe discussing it without judgement. Create an environment where they know they will not get in trouble for asking questions. This also helps you step in quickly if harmful content has been shared; trust is vital and needs to be nurtured.

ENCOURAGE CRITICAL QUESTIONS

Help children question what they watch. Who made this? Why was it made? Is it trying to persuade me? These habits encourage digital thinking, especially when videos seem too shocking or convenient. Reinforce that not everything shared by friends or influencers is true, even if it looks convincing at first, and that the initial approach should always be one of speculation.

STRENGTHEN PRIVACY SETTINGS

Advise children not to share voice notes, selfies or personal videos on public platforms. AI tools often scrape content from social media to create deepfakes. Use privacy controls to limit who can see their content and turn off facial recognition where possible. Fewer public images means fewer opportunities for misuse.

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.



#WakeUpWednesday

The National College



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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
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	Morning	EYFS Christmas Party	School hall
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	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