



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

Last week was another very busy week as we continue to get ready for big events over the rest of this term. Children across school have been finding out all about the local government elections next week and how democracy works for us all. They have been finding out about the role of our local council and councillors as well as the national government and MPs. There has also been lots of sports and getting out and about and we are all delighted that the weather is getting better and we're back on the playing field!



Congratulations to everyone for a great whole school attendance of 96.9% last week and especially to year 3 who have won our attendance of the week stars trophy with 98%- they will have an extra playtime next week! 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. There is information about the impact of attendance and punctuality on your child's education available on our school website, you can find it on the [Attendance and Term Dates](#) page.



Class	%
Reception	95.7
Year 1	97.9
Year 2	97.1
Year 3 🍌	98.0
Year 4	96.0
Year 5	96.0
Year 6	97.7
Whole school	96.9

Our school nursery classroom will be used as a polling station for the Local Government Elections next Thursday 2<sup>nd</sup> May 2024- you can find further information about the elections on the North Tyneside Council website, <https://my.northynteside.gov.uk/category/1420/local-government-election-may-2024> As always, our nursery children will be in school. For all other families, access to the school playground will be through the Lovaine Place gate only, the Coach Lane gate will be used by people coming to the nursery classroom to cast their votes.

All our staff, children and families work very hard at interconnecting as many areas of our curriculum as possible and allowing children to revisit what they are learning repeatedly through different tasks and subjects. We share and celebrate what is happening at St. Cuthbert's every day on our Twitter account, and on Tapestry. We are always delighted when you share what children are doing away from school and comment on and like Twitter posts showing you what is happening at school. Your support for our curriculum and vision for everyone at St. Cuthbert's is fantastic. This is evident when we see how many families join us at school for activity mornings, events, and celebrations. You can find out lots more about what happens at St. Cuthbert's and the curriculum each class follows on the [What We Do](#) section of our school website.





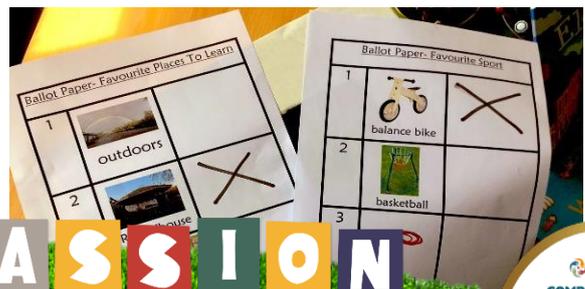
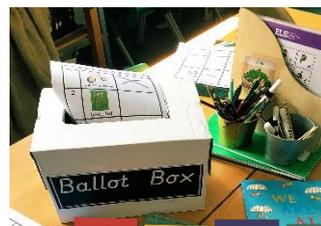
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Compassion Matters lessons last week focused on elections, democracy and how councils, the national government and the people we elect work to make our communities and society fairer and better places for everyone. Each class has been reading books and extracts from books which explain what elections are, The Election in particular is a wonderful book to explain the coming local government elections next Thursday when our school nursery will be used as a polling station. This week we have tried to understand that different people support different political parties and that political parties need to campaign to win votes. We're also able to understand that it is important that we respect people's different views and can be friends with people who think differently to us. In years 1, 2, 3, 4, 5 and 6 we thought and discussed whether children should be politically active and at what age people should be able to vote. At the end of our discussion, as a staff we were surprised at how much the children had absorbed from the book, and how quickly they had picked up the ideas it seeks to explain. They understood what an election was and how people might believe different things. They knew that adults got to vote and that the party with the most votes would make important decisions (we talked about the Stripy Party and the Spotty Party). They knew the party their families supported may not win, but that they would get a chance to vote again in the future. The book, The Election, is very simply done, but very effective at the same time. We think it is a great starting point for a discussion about elections and democracy with primary children. It links to real life as their nursery is a polling station this coming Thursday. It makes sense now to our children.

- “Early Years, look, we vote over there, we vote for what story we want at home time”. (EYFS)
- “I think we should ask Alan Campbell MP, to make swimming and climbing walls cheaper as they make us feel good but cost lots of money.”. (Year 1) “I’m going to vote when I’m 18 and try to help sort out our world”. (Year 2)
- “It’s not the end of the world if you don’t win, as you get to vote again.” (Year 3)
- “It told you real things - it wasn’t just a story.” (Year 4)

And our staff favourite comment: “I would vote that we physical exercise like P.E, skipping, campfires, all of our maths games, bikes and loads more lessons outdoors and about mental health and well-being, none of my cousins get this at their schools”. (year 5)

Year 6 initiated our learning by writing to MP, Alan Campbell about their thoughts and feelings about children's mental health and well-being. Due to them taking action he is now visiting our whole school this coming Friday. If you have any questions please, post them on the tapestry thread explaining all the work that is happening at school around the subject, you can find the tread by clicking here- [Tapestry: Democracy In Action](#). Together as families and our school family, we are informing and growing young activists who know they can be the positive change to their world.



WE ARE A UNICEF GOLD RIGHTS RESPECTING SCHOOL

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



# YOUNG COMPASSION MATTERS

Children in Crossline COMPASSIONATE SCHOOL AWARD

GOLD AWARD

We nurture compassionate global citizens



# St. Cuthbert's School Newsletter #stcuthbertsns

Sunday 28th April 2024 [www.northtynesidecatholic.org.uk/](http://www.northtynesidecatholic.org.uk/)

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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. MumSpace is run on a Thursday morning from St Cuthbert's Church from 9.30-11am or Tuesday afternoon 12.30-2pm at St Luke's Church in Wallsend on Frank Street just off the Metro station. For more information see their Facebook page = MumSpace North Tyneside or contact Wendy McConnell at 07950426786 or [wendy.mcconnell@citizensuk.org](mailto:wendy.mcconnell@citizensuk.org)



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 take place at school from 2.15pm- 3.15pm. We have run these sessions in the



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#stcuthberts



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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/>



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.

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



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

- Message a member of staff on Tapestry with messages regarding work, arrangements for the school day for your child, etc. All staff have access to Tapestry.
- Email [keepingintouch@stcuthbertsrcprimary.co.uk](mailto:keepingintouch@stcuthbertsrcprimary.co.uk). You should email this address if you want to discuss or inform of us anything that is more confidential. Emails to this address are only read by Mrs. Cottiss and Mr. Dillon. Please do not use this email for day-to-day things like questions about what is happening at school. We cannot guarantee that your question will be answered on time this will only happen by contacting the school office.
- Phone 0191 691 9876 and arrange an agreed time to chat with someone. Use the school phone number to advise us of absence from school, and for questions about day-to-day things. **Phoning school during the school day remains the best way to get in touch.**

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

There has been a great deal of interest in our apprenticeships that have been advertised, you can find more information about the admin assistant role on our school [website](#).



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If you haven't joined our school lottery yet it is really easy and gives you a chance of winning our school jackpot each week and gives you an entry to a much bigger weekly jackpot. All profits from the lottery go towards helping us make sure our children continue to have the fantastic opportunities they get every week at St. Cuthbert's. Our weekly prize currently stands at £19.80, you will also be entered into a national school lottery for a £25,000 draw each week. You can sign up at

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

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.

Thank you for your amazing continued support, stay safe and God bless,

Shaun Dillon



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 issues which we believe trusted adults should be aware of. Please visit [www.nationallinesafety.com](http://www.nationallinesafety.com) for further guides, hints and tips for adults.

# What Parents & Carers Need to Know about ECHO CHAMBERS

Digital echo chambers have become increasingly prevalent over the last half decade. Formed by a combination of social media algorithms designed to promote engagement and the basic human urge to be correct, these online environments reinforce the opinions that people already have – such as particular political ideologies – in a perpetual loop. The danger is that exposure to this constant bias can gradually nudge users towards more extreme views. That's certainly a potential hazard for young people, who tend to be more impressionable and easily influenced by things they see and read online – especially if it reflects a view they already agree with.

## WHAT ARE THE RISKS?

### EXTREME IDEOLOGIES

Echo chambers can offer routes to harmful extreme worldviews. A typically teenage distrust of authority, for example, could spiral into a full-blown belief in conspiracy theories – sometimes rooted in ideas which are antisemitic, racist or misogynistic. For impressionable individuals who may be feeling disillusioned with life, echo chambers can often function as a gateway to radicalisation.

### NO CRITICAL THINKING

While critical thinking skills are sometimes taught in schools, they are rarely domain specific. A lack of experience in thinking critically – for example, about things we see when browsing the internet – places young people at risk of falling prey to misinformation, untruths and false narratives, which are sometimes deliberately designed to mislead them and influence their thinking.

### A VALUES VACUUM

If schools struggle to deliver on a clear ethos, founded in British values as outlined in the national curriculum, it leaves a space within which other ideologies have potential to flourish. Teaching about British values in more siloed experiences, such as PSHE lessons, doesn't always effectively convey the key notions: tolerance, democratic values, individual liberty and the rule of law.

### UNDETECTABLE INDOCTRINATION

Many people enter online echo chambers every day without realising. It's easy to simply consume whatever's placed in front of us as we keep scrolling, unaware that we're being funnelled down a particular route. Not recognising that their daily digital diet could in fact be deeply biased in favour of one side or the other can accelerate a young person's journey towards more extreme ideologies.

### LACK OF BALANCE

It's challenging to reflect on your own beliefs and opinions, and question whether you might have got things wrong. That's why most of us naturally lean towards consuming information which reinforces and underlines what we thought to begin with. The long-term consequence of this is general close-mindedness and, potentially, intolerance of a more diverse set of perspectives.

## Advice for Parents & Carers

### TALK ABOUT CHALLENGES

It could be helpful to explain to your child that, in general, people like to find evidence to strengthen their existing beliefs and prefer to ignore anything which supports an opposing perspective. Emphasise that it's OK if someone (politely) challenges what they think occasionally, and that any criticism of their view is purely that – a criticism of their opinion, not of them as a person.

### DEBATE CAN BE GREAT

Encourage any interest your child shows in debating – whether at home, at school, or in clubs or societies. Debates require people to assess the merits of an opposing argument, so they can counter it. Putting themselves in the shoes of someone who has a different point of view is a useful way for children to approach new ideas that may contradict what they previously believed.

### DISCUSS 'UNHEALTHY FEEDS'

Help your child understand how online algorithms shape which information is presented to them each day; ask them to consider why things appear in their feed on platforms like TikTok, Instagram or Snapchat. Explain that it benefits social media companies' advertising revenue to keep people coming back by showing them content which, generally, reinforces their existing world view.

### THE VALUE OF VALUES

It can be hugely beneficial if your child recognises the importance of a core set of principles, such as the British values. By regularly tying their online experiences back to those essential ideas of democracy, tolerance and kindness towards others, understanding the rule of law and protecting individual liberties, you'll be helping them grow into a more resilient and robust future citizen.

### VARY THEIR DIGITAL DIET

Sitting down to read online news stories with your child is an excellent way to demonstrate to them why it's important not to always get their information from just one place. Camperdown how the same story is reported across popular mainstream publications – and talking about the political biases each may have – will highlight the importance of regularly checking a wide range of online sources.

### Meet Our Expert

A former director of digital learning and currently a deputy headmaster and DSL, Brendan O'Keefe's experience and expertise gives him a clear insight into how modern digital systems impact the experience of children, staff and parents – and which strategies help to ensure that the online world remains a useful educational tool rather than a minefield of risks.



Source: <https://archive.org/details/cognitivellusio000unse/page/79/mode/2up> | <https://www.tandfonline.com/doi/full/10.1080/1369118X.2016.1216526> | <https://www.allsides.com/media-bias/media-bias-chart>



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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

We are still working on the Roundhouse area as the heavy wind and rain slowed the work down over Easter. Children will still have their outdoor learning days and these will take place at the Roundhouse when it is available. If it is out of bounds for any of their sessions they will still be outdoors so will still need to wear clothes that you don't mind getting dirty.

Roundhouse/ Outdoor Learning Dates	
Nursery	(Tuesdays) 07/05/2024, 21/05/2024
Reception	(Tuesdays) 07/05/2024, 21/05/2024
Year 1	(Fridays) 10/05/2024, 24/05/2024
Year 2	(Fridays) 10/05/2024, 24/05/2024
Year 3	(Wednesdays) 08/05/2024, 22/05/2024
Year 4	(Wednesdays) 08/05/2024, 22/05/2024
Year 5	(Mondays) 06/05/2024, 20/05/2024
Year 6	(Mondays) 06/05/2024, 20/05/2024



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**FREE**

## Do you want to improve your child's health?

Our 10 week programme supports you and your family to make healthy lifestyle changes together.

Interactive sessions are delivered by an expert and friendly team and focus on nutrition and physical activity to give you and your family a real boost.

The team delivers family programmes for two different age groups:

Ages 4-7 years old  
Ages 8-14 years old

Register:



Sessions take place once a week, after school

### In 10 weeks we cover:

- Simple food swaps to reduce fat and sugar intake
- The right size portions for children and adults
- How to understand food labels and afford healthy options
- Opportunities to add run and play into your daily routine

Eligibility criteria applies, please ask for more details.

0191 643 7454  
CHAT@northtyneside.gov.uk  
www.activenorthtyneside.org.uk



## No Limits

Monday at  
The Lakeside Centre  
4 - 5.30PM

Tuesday at  
The Parks Sports Centre  
4.30 - 6PM\*

Wednesday at  
Hadrian Leisure Centre  
5.15 - 6.30PM

### Activities include:

- Badminton
- Table tennis
- Dodgeball
- Plus football coaching with the Newcastle United Foundation

No Limits activities are available in term time only. A valid 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.activenorthtyneside.org.uk](http://www.activenorthtyneside.org.uk) | 0191 643 7171

 Active North Tyneside  @active\_NT



## No Limits

**FREE**  
FOR KIDS  
ALL AGES

### POOL SESSIONS

Thursday at  
Waves  
6.20 - 7.20PM

Friday at  
Tynemouth Pool  
4 - 5PM

Saturday at  
The Lakeside Centre  
11AM - 12PM

Saturday at  
Hadrian Leisure Centre  
2.15 - 3.15PM



No Limits pool sessions are available in term time only. A valid easecard is required. Children and young people must behave in accordance with our Customer Charter. Pool admission policy applies.