



St. Cuthbert's School Newsletter

#stcuthbertsns



Sunday 16th February 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

At St. Cuthbert's we are continuously observing, evaluating, planning, creating and building to make our curriculum, learning and teaching better for everyone. Last week our children demonstrated this from Nursery the whole way through to Year 6. Our Early Years children explored the next stage of the outdoor learning resources we have created with Branch and Bone and Year 6 cycled a 23-mile round trip to the Energy Central Learning Hub in Blyth as part of National Apprenticeship Week. We continually evaluate, revise and update what we do at St. Cuthbert's. We keep on evolving, we don't stand still, we have a growth mindset that allows us all to continue to explore and learn.

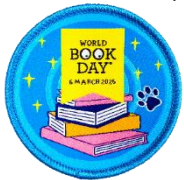


Our attendance of the week winners this week are Year 6 with a score of 98.3% Can we remind all families that we ask you to contact us at school when your child is absent from school for any reason at all. There is information about the impact of attendance and punctuality on your child's education available on our school website, you can find it on the [Attendance and Term Dates](#) page.



Class	%
Reception	91.2
Year 1	94.1
Year 2	96.0
Year 3	95.4
Year 4	95.3
Year 5	97.3
Year 6 🧐	97.8
Whole school	95.2

World Book Day 2025 is on Thursday 6th March this year and we would love children to come to school dressed in their own creations which have been made by upcycling and reusing any old clothes you have at home. As always, we ask that you do not spend money on anything for World Book Day, instead, we will show how we are caring for our common home together.



Year 4 will be representing St. Cuthbert's at the North Shields Dance Festival at The Parks Leisure Centre on Monday night. The children will be performing a dance exploring unity, positivity and being good people to be with when they do their Thunderstruck dance. They worked with Michael Heatly last week to tweek and perfect their routine and we are sure this might be the first time AC/DC have been part of the North Shields Dance Festival. For those about to dance and rock- we all salute you!



Children across St. Cuthbert's took part in E-Safety sessions last week to highlight Online Safety Week. Our Year 5 children worked with Julian Hughes from GEM Education on online presence and identity and we will share the video work they did to help all our other classes understand online safety.





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Compassion Matters is about using examples of real people, situations, places and opportunities to find examples of how we can be kind, thoughtful, and compassionate people who are the positive difference to the world around us. When we are kind, thoughtful and compassionate people we make the world around us a better place for other people and ourselves. When we are positive we help spread positivity, we help develop and strengthen our open, growth mindsets. When we are positive we break down barriers, we see possibilities rather than problems and we grow our own resilience and positivity even more. When we are negative we do the opposite and create an environment which restricts growth and everyone's personal development. This week our Year 6 cycled a 23-mile round trip to the Energy Central Learning Hub in Blyth as part of National Apprenticeship Week. The team from Texo told the children and staff all about the work they are doing in renewable energy and talked about the jobs of the future which they are training young people for right now. Our children and staff discovered that there is a global shortage of drone pilots and that they can do apprenticeships in the industry which can see them earn a fantastic wage, see the world and make an enormous positive difference to the whole world. They can do all that from here, where they live, in the North East of England. By the time our current Nursery children are in Year 6, our current Year 6 children will be embarking on adventures to become drone pilots, engineers, airline pilots, builders, medical professionals and anything else they want to be all through continuous curiosity, learning and seeking and grasping opportunities with a growth mindset. It is our job as families, teachers, role models to plant the seeds that will one day grow, to show the pathways and to show what can be achieved. Last year two St. Cuthbert's young people came and talked to our children about their roles as apprentices and where they were going next. The lads gave our children real-life examples of what can be done with a start at St. Cuthbert's- one is now training to be an RAF pilot and the other a maintenance engineer on deep-sea rigs. Our whole curriculum is based on children having the opportunity to make their learning real, to see the positive impact they can have on the world and to grow vital skills in communication, emotional intelligence, empathy and compassion. From our youngest children working together to build dens and trim trails to our oldest finding out about drone pilots, St. Cuthbert's in a school and community where creativity, positivity and compassion will always be at the centre of who we are and what we do. *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 Crossing COMPASSIONATE SCHOOL AWARD

GOLD AWARD

We nurture compassionate global citizens



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All our clubs are free of charge and our staff give up their own time to make sure your children can have a great time taking part in activities they love. All clubs after school begin at 3.30pm finish at 4.30pm and children must be collected from the school car park at 4.30pm. **Please do not park in the school car park after school. When you are collecting children at 4.30pm you can park outside school, parking restrictions are not in place at this time.** Clubs this half term are:

Day & Time	Club	Class	Staff
Tuesday lunchtimes	Rockstar Maths	Years 3 and 4	Mrs Massie
Tuesday 8.10am	Mini Mini Vinnies	Rec, Y1 & Y2	Mrs Cottiss & Mrs Stephens
Tuesday 8.10am	Cycling Club	Years 4 & 5	Miss Fielding, Miss Southgate, Mr Capper
Tuesday 3.30pm	Family Club (children must have an adult at the club)	Nursery & Reception, Year 1 and Year 2 and siblings	St. Cuthbert's staff
Wednesday 3.30pm	Chatterbooks	Years 1 & 2	Mrs McArdle
Thursday 3.30pm	Science Club	Year 1 & 2	Mrs Allott
Thursday 3.30pm	Mini Vinnies	Years 3,4,5 & 6	Mrs Cottiss, Mrs Stephens
Thursday 3.30pm	Football Club	Year 3,4,5 & 6	Miss Collings, Mr Capper, Mr Smart, Mr Dillon
Friday 3.30pm	Campfire Club	Year 3 & siblings	Mrs Cottiss & Mr Dillon
Friday 3.30pm	Lego League Club	Year 6	Mrs Stephens

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.



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 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.



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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

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

Tyne & Wear
citizens

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 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.



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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. 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/>

Welcome to CEOP Education
Education from the National Crime Agency
The National Crime Agency's CEOP Education team aim to help protect children and young people from online child sexual abuse.
We do this through our education programme, providing training, resources and information to professionals working with children, young people and their families.

I am:

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

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 is using Easyfundraising.

There are no catches to using the site, you don't need to share bank or payment details, just sign up and choose to support St. Cuthbert's. all you then need to do is search for your chosen store or seller on the easyfundraising site and



do your online shopping as normal. If you are booking a holiday, buying any insurance, changing internet suppliers, mobile phone providers, etc. online, and doing so through the site they make quite big donations to school! It's really easy to get set up and running, all you need to do is:

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

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

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

- Message a member of staff on Tapestry with messages regarding work, arrangements for the school day for your child, etc. All staff have access to Tapestry.
- Email keepingintouch@stcuthbertsrprimary.co.uk. 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.

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



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

We send out all our letters and forms to families through ParentMail and sometimes we send forms that we need you to complete and return as soon as possible please. We use Twitter to share what is happening at school, our account is locked so you need to request access to follow us. If you want to follow our Twitter account our name is stcuthbertsns, if you don't get permission to follow let us know and we'll get you on. We use Tapestry to share more detailed information about what your child is doing at school. Tapestry is fantastic at keeping you up to date with everything and we love it when you press the 'like' button on Tapestry and Twitter- it shows us that you are getting to see what is happening and it also shows everyone at school that you appreciate what they are doing. If you have any trouble accessing any of these apps please let us know, they are important and great ways to keep up to date with everything going on at our very exciting and busy school.

Thank you for your amazing 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 ONLINE RELATIONSHIPS & DATING APPS

WHAT ARE THE RISKS?

Dating apps are used to help people find new relationships – whether casual or more long term – matching users based on age, interests, gender and more. Some may consider dating apps harmless to under-18s because they aren't able to use them, but effective age verification measures are quite scarce, and it's been known for young people to end up on apps of this type.

EASE OF ACCESS

The relatively lax age verification process of many dating apps makes them incredibly accessible to children who really shouldn't be using them. This carries the obvious risk of exposing under-18s to a dating scene populated by adults – who may not even be aware of the young person's true age. This is concerning when we consider the 'hook-up culture' common on these apps – with many people using them to arrange casual sexual encounters.

CONTACT AND CONDUCT RISKS

Once someone is active on a dating app, their social media profiles can be linked to the app and might be accessed by others. This can lead to random users 'sliding into their DM's' (sending a direct message) without consent. Complete strangers could start bombarding a young person's inbox with pictures, messages and sexual comments.

SCAMS AND SEXUAL EXPLOITATION

Some young people may feel they've formed a real bond with someone through online dating, but there's always a risk that it's not genuine. Scammers on these apps often build romantic connections with their victims – then once they feel they have their victim's trust, they begin asking for money under false pretences (such as suggesting they meet in person and requesting a 'loan' to cover a train ticket).

UNVERIFIED ACCOUNTS

As with all online interactions, you may not be talking to whom you think you are. Without paying a subscription, users of dating apps can often only view a certain number of profiles at a time. A TikTok trend has advised young people to set their age limit to 80 years and over – putting them in a sparse and more 'exclusive' category to bypass the usual restrictions. Unfortunately, this can lead to matches with someone much older.

PEER PRESSURE

The pressure to be in a relationship can be huge, and many young people use online dating apps as a cost-effective way to meet others. Some users find it difficult to meet people organically due to their lifestyle, and may not have the time or money to go out and socialise. It's also common for young people to set up accounts for their single friends in the hope of finding a match for someone they know.

SKEWED PERSPECTIVES

Dating apps can promote an unrealistic view of what makes someone attractive. With such vast options, some users can become both picky and extremely harsh about others' appearance. Ultimately, all you see on these apps are pictures (with no insight into someone's personality), and some young people struggle with the fear of being judged. Even when someone does start dating, there's a persistent paranoia that their partner is only one swipe away from a potentially better match.

Advice for Parents & Educators

TALK ABOUT DATING APPS

Let young people know that they can talk to you about anything, even something as private as their dating life. At school, the relationships, sex and health curriculum can assist with conversations around healthy relationships, consent and online safety. Emphasise the message that you want to help them make healthy, safe and informed choices. If they feel embarrassed talking to you, make sure they have a trusted adult who can help them.

VERIFICATION STAMPS

Explain that someone using a dating app should only communicate with those who have gone through a verification process. Online dating apps use a variety of methods to ascertain a user's identity, including scanning valid documents (such as a driver's licence or passport). Verification can also involve users taking a selfie to ensure that the photos on their profile match it.

ENCOURAGE DATA PROTECTION

Empower young people to protect their data and personal information. Explain why including things like their school, age and surname in their profile could potentially be dangerous. Make sure they know never to give out personal details, and that there's no reason for other users to ask for them. If they feel uneasy about a situation online, they need to speak to someone that they can trust.

REPORT AND BLOCK

Remind young people that they can always report or block (or both) anyone who makes them feel uncomfortable on any platform. Ask if they know how to do this and offer to help them figure it out if they're unsure. Every app should have advice on how to report or block another user, so be sure young people are familiar with the settings.

Meet Our Expert

Rebecca Jennings works at RAISE (www.raiseducation.org.uk) in the field of relationships, sex and health education, providing educational, age-appropriate workshops for pupils around the more sensitive areas of the curriculum – including online safety and healthy relationships.



Source: See full reference list on guide page at <https://nationalcollege.com/guides/online-relationships-dating-apps>



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PE and Outdoor Learning Timetables 2024/2025

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

PE	
Day	Class
Monday	Year 5
Tuesday	Reception Class
Thursday	Year 6. Year 2, Year 3
Friday	Year 1 and 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 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	(Tuesdays)
Year 2	(Tuesdays)
Year 3	(Wednesdays)
Year 4	(Wednesdays)
Year 5	(Mondays)
Year 6	(Mondays)