



St. Cuthbert's School Newsletter

#stcuthbertsns



Sunday 29th September 2024 www.northyntesidecatholic.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

It was brilliant to welcome so many of our school community to school last week for our MacMillan Coffee Morning and to church for our first whole school Mass of the year on Wednesday. Our mission at St. Cuthbert's is to always treat each other with care, kindness and compassion and this was once again very clear throughout St. Cuthbert's last week. It is this mission which helps our community stay so strong and supportive of each other and such a special place to be.



Congratulations to Year 1 who have won our Attendance of the Week Stars trophy with a near perfect score of 99.1%! 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	94.2
Year 1 🏆	99.1
Year 2	98.3
Year 3	94.6
Year 4	96.7
Year 5	96.7
Year 6	94.1
Whole school	96.4

The First Holy Communion programme will begin this Wednesday 2nd October at 6pm at St. Cuthbert's Church. Preparations will begin with an introductory joint meeting to be held with families from both St Cuthbert's and St Joseph's and with staff from both schools and our parish catechists, to explain the sacramental programme and to outline expectations. This will give you the opportunity to meet the catechists from the parish who will be leading the programme. Our Year 4 families have been sent more information about the programme, if your child is in Year 5 or 6 and you are interested in them making their First Holy Communion then please let us know at school and we will send you the same information- you are very welcome to join the meeting as well if your children are in years 5 or 6.

Thank you to everyone who joined us for Mass with Fr. Chris and the parish at St. Cuthbert's Church last Wednesday morning. Classes from Reception Class to Year 6 join Fr. Chris and the parish for Mass most Wednesday mornings through each term and we celebrate whole school Mass together throughout the year. There is a very strong partnership between St. Cuthbert's parish and our school community.

Thank you also to everyone who joined us for our MacMillan Coffee Morning on Friday morning. Our Mini Vinnies and Year 6 children did a magnificent job setting up the hall and making sure everyone had plenty of tea, coffee, cakes and biscuits. All our children were fantastic keeping everyone entertaining as well! Thank you also to the Forsyth family who donated the beautiful freshly ground and brewed coffee that was very popular! All your donations helped us raise £168.95 for a very special cause.



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Our mission at St. Cuthbert's is to be compassionate, kind, and caring and to treat each other with dignity and respect. We witness our mission in action every day and it is always inspiring to see our children celebrate each other acting out our mission with the certificates they award each other every week, and through their positive response to kindness and in the way they play with and treat each other around school. A true test of our mission is how we treat other people when they need our compassion and kindness, especially when they might not realise it. We also believe strongly in equity at St. Cuthbert's. This means that everyone should have what they need to succeed and thrive. This is why we don't charge for clubs, why we don't ask for set donations for fundraising events, why we have our Laudato Si inspired uniform rail, why we support families and children when needed throughout the year. Last week Compassion Matters session focused on sustainable fashion and the impact the fashion industry has on our environment. Our children are brilliant at sharing their honest opinions and they were lots of different points of view around the topic. What they all do agree on is that our actions have a direct impact on our environment and that we can work together to be the positive difference as Pope Francis asks us to be in Laudato Si. Our children know that making new clothes has a big impact on the environment and they learned lots of facts about clothes manufacturing and fast fashion, for example, it takes 2,700 litres of water to make a cotton t-shirt, which is the same as taking 70 showers! When we are finished with our clothes, there are different choices we can make that will affect the impact our clothes have on the environment. Thank you to everyone who took part in our clothing swap shop in classes last week. Having events like this helps our children and community see compassion in action and it helps them understand their learning even more. Being compassionate also helps us develop empathy, understanding and acceptance of ourselves and others. All of these qualities also help us all work and play together and we know that children, (and grown-ups!) learn best when learning is based on what we are interested in, real-life and fun- learning through play is extremely powerful and effective!



WE ARE A UNICEF GOLD RIGHTS RESPECTING SCHOOL

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



COMPASSION MATTERS





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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 We send out all our letters and forms to families through ParentMail and last week a number of forms were sent out that we need you to complete and return as soon as possible please. The data form with your contact details, medical information and any other information we need is very important. You can change any of the information on it at any time, including details of named contacts, who can drop children off and pick them up from school and medical information. We use Tapestry 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.

Every week we publish a poster with information and advice on keeping children safe online. The posters we use come from the National Online Safety organisation and we use their resources at school when teaching our E-Safety lessons for all children. These lessons follow similar themes as the posters we share with you and the lessons at school are all taught at a level appropriate to the children. Our children know how to stay safe both online and offline and they know we have systems such as Smoothwall at school which help keep everyone safe.

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](#).





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Information was sent out last week about clubs for this half term, please make sure you check ParentMail and book whichever clubs your child would like to be part of. 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 next half term are:

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

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

Tyne & Wear
citizens



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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.

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/>

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

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



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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.



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- 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 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 already have quite a few events and activities planned for this half-term and we will send you a list of key dates next week once we have confirmed a few details. We will be celebrating our new school year whole school Mass with Fr. Chris and the parish of St. Cuthbert's soon and classes will take turns joining the parish for Mass on Wednesday mornings throughout the term. We would love everyone to join us for Mass and we would also love you all to join us for our first activity morning of 2024 which will be on the list of dates we send out. We are also planning meetings about how we teach reading and how to help your child read at home, how we teach maths and as we approach the end of the term we'll be inviting you all to join us for collective worship at school. Dates are also added to your weekly newsletter and any changes are sent out to you as soon as possible.



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We will be sending out information about clubs next week and you will be able to book places on ParentMail. Our clubs start the week beginning Monday 16th September and are a very big part of life at St. Cuthbert's. Our staff give up their time to make sure that all children across school have the opportunity to take part in clubs throughout the year. Family Club will be for our Nursery and Reception families and lots of our staff will be taking part in the club with families and having fun cooking, getting artistic and creative and playing games and keeping active!

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



What Parents & Educators Need to Know about

INSTAGRAM



Instagram is a highly popular social media platform with over 2 billion active monthly users. The app is continuously updating and adding new features to meet the wishes of its audience, allowing them to upload images and videos to their Instagram feed, create interactive 'stories', go live, exchange private messages or explore and follow other accounts that catch their eye.

follow

WHAT ARE THE RISKS?

ADDICTION

Many social media platforms, Instagram included, are designed to keep us engaged on them for as long as possible. They encourage scrolling often and scrolling more in case we miss something important – in essence, a fear of missing out. On Instagram, young people can lose track of time when aimlessly scrolling and watching videos posted by friends, acquaintances, influencers and possibly strangers.

UNREALISTIC IDEALS

Children sometimes compare themselves to what they see online: how they look, how they dress, and the way their life is going in comparison to others on social media. However, most people only share the positives about their lives online and many use filters when sharing pictures of themselves. A constant comparison with unrealistic ideals can lead to insecurity over one's own appearance and lifestyle.

GOING LIVE

Livestreaming on Instagram allows users to connect with friends and followers in real time. Risks increase if the account is public, because that means anyone can watch the broadcast, which could result in further contact from strangers. Additional dangers of going live include an impulse to act inappropriately to draw more viewers, as well as being exposed to harmful content or offensive language.

INFLUENCER CULTURE

Social media influencers are sometimes paid thousands of pounds to promote products, services, apps and more. When celebrities or influencers post such content, it often says 'paid partnership' above the post. In April 2024, Ofcom found that over a quarter of children (27%) believed in influencer marketing, accepting their endorsement of products wholeheartedly. So it's perfectly possible for young people to be taken in by this kind of content.

PRODUCT TAGGING

Product tags allow users to tag a product or business in their post. This tag will take viewers directly to the product detail page on the shop where the item can be purchased. Children may also be encouraged by influencers to purchase products that they advertise.

EXCLUSION & OSTRACISM

Youngsters are highly sensitive to feeling excluded, which comes in many forms: not receiving as many 'likes' as expected; not being tagged in a friend's photo; being unfriended; not receiving a comment on their post or a reply to a message they sent. Being excluded online hurts just as much as offline. Young people have reported lower moods and self-esteem when excluded in this way, feeling as if they don't belong and aren't valued.

Advice for Parents & Educators

AVOID GOING PUBLIC

If a young user wants to share their clothing style, make up or similar and use product tagging to show off the items in their post, they may be tempted to change their settings to public. This leaves their profile visible to everyone, which carries the risk of strangers getting in touch with them. Set a child's account to private and explain the importance of keeping it this way.

HAVE AN OPEN DIALOGUE

Talk to children about the positives and negatives of social media, including the risks involved and how they can view or create content safely with family and friends. Explain how safety settings will ensure only followers can view them, and why this is so important. Also, if you find a child continuously uses filters on their photos, ask them why and impress on them that they don't need it.

MANAGE LIKE COUNTS

Due to the potential impact on mental wellbeing, Instagram allows users to hide the total likes on their posts, to prevent people from obsessing over that number in the corner. Users can hide like counts on all the posts in their feed as well as on their own posts. This means others can't see how many likes a person gets. This can be done by going into Settings > Notifications > Posts > Likes > Off.

USE MODERATORS

Instagram Live has implemented a mechanic called 'Moderators', meaning that creators can assign a moderator and give them the power to report comments, remove viewers and remove the ability for certain viewers to comment at all. Consider this if a child in your care wants to go live on the platform. It's also recommended to keep devices in communal spaces so you're aware if a child does go live or watch a livestream.

FOLLOW INFLUENCERS

Following influencers will allow you to monitor what they're sharing as well as being able to discuss anything which you deem inappropriate. Talk to children about who they follow and help them to develop critical thinking skills about what the influencer is trying to do. For example, encourage the child to ask themselves if an influencer is trying to sell them a product when they make a video endorsing it.

BALANCE YOUR TIME

Instagram has a built-in activity dashboard that lets you control how much time is spent on the app. Make sure children sign in to the platform with the correct age, as Instagram's 'Teen Accounts' afford much more control for parents and carers over how long they can use the app each day. Talk with young users about how much time they spend on Instagram and work together to set a healthy time limit.

Meet Our Expert

Dr. Claire Sutherland is an online safety consultant at BCyberAware. She has developed and implemented anti-bullying and cyber safety workshops and policies for schools in Australia and the UK. Claire has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviours of young people in the UK, USA and Australia.



The National College®

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/instagram-2022>



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PE and Roundhouse Timetables 2024/2025

Children should come to school wearing their PE kit on their PE day. All classes from Year 1- Year 6 will take part in cricket sessions every Wednesday this half term, this is in addition to their PE lessons and outdoor learning sessions. Year 3 begin four weeks of swimming sessions, every morning, on Monday 9th September.

PE	
Day	Class
Monday	Year 5
Tuesday	Reception Class
Wednesday	KS1 & KS2 Cricket
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 or cricket day then children should wear PE kit that is suitable for outdoors and whatever weather we are forecast to have.

Roundhouse/ 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)