



St. Cuthbert's School Newsletter

#stcuthbertsns

Sunday 22nd September 2024 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

Thank you everyone for your fantastic support once again last week. Your support allows us to provide our children with a unique and exciting curriculum. We welcomed more than 100 guests to our reading-themed activity morning and 19 students who are training to be primary school teachers. Our year 6 children also began their cycling sessions for the year and our year 5 children enjoyed their first cycling session out and about in North Tyneside! All classes have loved their cricket sessions throughout the week, taking part in all the clubs on offer at school and year 3 are doing brilliantly with their daily swimming lessons. We have another busy week ahead and would love you to join us for Mass on Wednesday and for our MacMillan Coffee Morning on Friday- there is more information on both in this newsletter.



Congratulations to Year 3 who have won our first Attendance of the Week Stars trophy for the third week in a row with a score of 100%! 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	95.4
Year 1	91.0
Year 2	93.8
Year 3 🏆	97.1
Year 4	93.3
Year 5	96.7
Year 6	93.7
Whole school	94.5

Thank you to everyone who joined us for our first whole school activity morning of the school year. It was fantastic to see so many families join us, there were more than 100 visitors at school, to see some of the many different ways our children learn how to read and develop their reading skills.



Last week we also welcomed students from the North Tyneside SCITT course who are training to be our next generation of primary school teachers. We have worked in partnership with the SCITT course for more than 10 years and are part of the management committee which runs the course. During the ten years we have been involved with the SCITT course we have worked with more than 200 hundred students, hosted 25 students who have qualified as teachers, supported staff from St. Cuthbert's who have completed the course and are now working as teachers and employed 5 members of staff who successfully completed the course. This week marked a new milestone as we welcomed back one of our past pupils who has begun his training to become a primary school teacher!



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St. Cuthbert's is a compassionate school; compassion takes many different forms and is something we all work at. Being compassionate and kind is about looking after ourselves, each other and the world around us and we follow the teaching of Jesus through the Gospels. We also follow the teachings of Pope Francis through his letters *Laudato Si* and *Fratelli Tutti*; caring for our common home and each other- sisters and brothers all. This week our Mini Vinnies are planning our annual Mac Millan Coffee Morning for Friday 27th September, 9:00 am- 10:00 am and all families and friends are very, very welcome to join us for a lovely morning where every class will sing a song or perform a dance. Our Mini Vinnies, totally aware of our commitment to being a compassionate school and community, have also suggested a clothes swap shop in classes as well. If you would like to help raise even more awareness of environmental change please send your child in with a top, t-shirt or football strip they no longer wear to swap with another child. Their idea and plans have become the whole school theme for Compassion Matters session next week where all our children will explore the questions; "Could pre-loved clothes become more popular than buying new? Can the fashion industry slow down its impact on the environment?" We will discuss our uniform rail and how wonderful it is that so many children bring clothes and take clothes to care for our common home. We will also look at Second Hand September as we are encouraged to only buy pre-loved clothes to help people and the planet! Pre-loved clothes: Clothes that have been worn and used by someone else. Making new clothes has a big impact on the environment and we will learn 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. For our MacMillan Coffee Morning can we ask that all donations of cakes and biscuits be in school by Thursday 26th September so our magnificent Mini Vinnies can set the hall up for you on Thursday afternoon. Can we also ask that all donations are in sealed wrapping and in date. Unfortunately, we cannot accept homemade donations due to the possibility of food allergies. Thank you in advance for making St. Cuthbert's school family such a close-knit community.



COMPASSION MATTERS





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The First Holy Communion programme will begin on 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. We will send further information to families of children in Year 4, 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.



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 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.

We would love you to join us for our first whole school Mass of the school year with Fr. Chris and the parish this Wednesday 25th September. Mass will begin at 9.30am and we will be leaving school at 9.10am, you are welcome to join us at church or walk with us from 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.



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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](#).



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



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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 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.

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



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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/>



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 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





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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 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. 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 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



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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.

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



10 Top Tips for Parents and Educators USING AND REVIEWING PARENTAL CONTROLS

Phones and computers are essential parts of children's lives, but with unfettered internet access comes a multitude of risks. While not foolproof, parental controls can help with this; filtering out inappropriate content, limiting the ability to spend real money, capping screen time and generally making devices safer for young people.

1 KNOW THE TYPES

While parental control software can apply to an entire device, it also pays to know about options on individual apps and websites. TikTok, for example, has Restricted Mode for limiting unsuitable videos, while Snapchat lets you keep an eye on who a child has been talking to. Check the settings of any new app young users want and review your options.

2 COVER ALL DEVICES

Knowing what parental controls cover is crucial, as remaining unaware can run the risk of 'blind spots' in the device's safety measures. Controls on a phone will apply whenever a child's on that device, for instance – but you'll want to ensure that parental controls are set up across any laptops, tablets and potentially other phones, too. Remember, buying a new device may require you to set everything up again.

3 DON'T NEGLECT SHARED TECH

While children often have their own devices, if you have a shared family computer or tablet, for example, you'll need to make sure that's not a weak point in your safety measures. Parental controls for your router, that cover everything connected to your Wi-Fi, are one option – or you can just be thorough with each device and online account. Just ensure that unprotected laptops, phones and tablets are password locked.

4 CONSIDER TIME CONTROLS

Even safe internet content can be harmful if it's viewed in excess. Not only are certain apps addictive enough to distract from other duties, but late-night usage can badly disrupt sleep, which is vital for adolescent brain development. Most parental controls offer some kind of time limit – either blocking access at certain hours or capping the number of minutes it can be used per day – so be sure to consider these.

5 BLOCK APP SPENDING

Seemingly free apps can sometimes include microtransactions: purchases that can be made using real money. While plenty of developers implement these fairly, some companies attempt to manipulate children into paying for additional features or content, which can soon add up to hundreds of pounds if a child gets carried away. Thankfully, iOS and Android's settings allow you to block in-app purchases, preventing any huge bills.

6 NO CONTROLS ARE PERFECT

Parental controls can be very useful, but they're far from infallible. Some unpleasant content can and unfortunately will slip through the net, so remember that setting up these measures isn't a substitute for taking an active interest in young people's digital lives. Talk to them, and make sure they're aware of the risks of the internet as well as its benefits.

7 MIND THE GAPS

There'll undoubtedly be some gaps in parental controls, no matter how thorough you intend to be. For example, if you use router-level parental controls, bear in mind that these won't cover WiFi outside the home. For that reason, it's important to keep an open dialogue with children about the many unpalatable aspects of social media and the web.

8 KEEP THINGS SECURE

Some children can react poorly to parental controls and feel tempted to circumvent them. It's important to ensure that the passwords to these settings remain unknown to children, otherwise they can easily modify the restrictions without you knowing. Similarly, make sure your phone isn't left unlocked and unattended.

9 REVIEW CONTROLS REGULARLY

Parental controls shouldn't be a 'set and forget' deal. Not only can parental summaries provide you with a frequent overview of a child's digital life – to let you spot any warning signs – but companies often add new features, and some of these may be useful to enable (or disable). Regularly checking in ensures that if a child has found a way to wiggle out of the controls, you'll be the first to know.

10 KNOW WHEN TO LET UP

The parental controls you install on a computer for a seven-year-old probably wouldn't be appropriate for a child of 16 – and as young people approach adulthood, bubble wrapping the internet can do more harm than good. Consider relaxing parental controls as children get older, so they can learn to manage the risks of the internet themselves, without so many training wheels.

Meet Our Expert

Alan Martin is an experienced technology journalist and the former deputy editor of technology and internet culture website Alphr. Now freelance, he has contributed articles to publications including the New Statesman, CNET, the Evening Standard, Wired, Rock Paper Shotgun, Gizmodo, Pocket Gamer, Stuff, T3, PC Pro, Macworld, TechRadar and Trusted Reviews.





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)



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