



# St. Cuthbert's School Newsletter

#stcuthbertsns



Sunday 14<sup>th</sup> January 2024 [www.northyntesidecatholic.org.uk/](http://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

Happy New Year to all our families, friends and everyone else. It was fantastic to see everyone back at school again this week after the Christmas break and the children were delighted to see each other and catch up. As always, we have another busy term ahead of us and we have some key dates at the end of this newsletter and more will follow through the term. You can keep up to date with what is happening at school through these newsletters, by following our Twitter account, checking Tapestry and keeping an eye on ParentMail.



Year 2 are our attendance stars this week again with a perfect score of 100%! The children were delighted and very excited to achieve the top score and they'll be getting an extra playtime next week as a reward. 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.

Class	%
Reception	95.2
Year 1	92.7
Year 2 🥳	100
Year 3	94
Year 4	97.9
Year 5	97.9
Year 6	91.2
Whole school	95.4

Thank you everyone for being part of our Carol Service at St. Cuthbert's Church during the last week of our Advent term. It was fantastic to see so many children and families from across the whole school at the service and it was also brilliant to see Church so packed full of families and friends celebrating our children's and staff's talents and gifts as they delivered a Carol Service like no other. Their focus on what happened the Holy Family of Mary, Joseph and Jesus after Christmas Day was unique and the way they linked the story to what is happening in the world at the moment was very special. Thank you also to everyone who came along to our Advent Services through Advent. These services are a very special part of our school and community life at St. Cuthbert's and they are also very unique to our school. We will be preparing for Easter this term and we will let you know throughout Lent what we are doing and we will invite families and friends to join us in our preparations and reflections during the term.



Thank you to everyone who has signed up for clubs at school this half term. If you didn't get the chance to reply to the ParentMail before we returned to school last week please get in touch if you would still like your child to be part of a club.





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The curriculum we have created at St. Cuthbert's is very unique and has been put together to meet the needs of our children and families and to make the most of the experience and skills of our staff. We follow the National Curriculum and within that, we continue to work hard at interconnecting subjects, topics, themes and national and local initiatives to give our children the best education we can and to help prepare them for the next stage of their education. Our children and staff work hard at being a positive influence in our community and the wider world and they know they have voices that are not only heard but listened to and influential. Our children know what equality and equity are and they know the difference between the two. They know and understand what diversity is, what fairness is, what justice is and what compassion is. Our children and staff know these characteristics are central to everything we do at St. Cuthbert's, they are part of our mission where Jesus is at the centre of who and what we are. As part of our work, we continually talk, explore and learn about Protected Characteristics at an age-appropriate level for each class. Compassion Matter is an amazing way to do this as children learn about different people and events and how they influence our thinking and our actions. Our children explore and discuss modern people and events and through this and our wider community, they know about Protected Characteristics and how they are not only a list but a legal framework that all society must respect. There are 9 Protected Characteristics linked to the 2010 Equalities Act and you can see them in the attached diagram above. Our staff and children work very hard to make be that positive difference in school, in our community and further afield. This is why our Carol Service was very different from a traditional Carol Service, it is why we are a Gold Level Rights Respecting School, the first primary school to receive the Compassionate School Award, leaders in Compassion Matters and a school that does so much for each other through initiative like our uniform swap rails in the school hall, by having no gifts policies and not charging for curriculum trips or clubs. St. Cuthbert's is a very different school where we treat each other with respect, equity, dignity and compassion.



**WE ARE A UNICEF GOLD RIGHTS RESPECTING SCHOOL**

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

**COMPASSION MATTERS**

**Children in Crossline**

**COMPASSIONATE SCHOOL AWARD**

**GOLD AWARD**

We nurture compassionate global citizens



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Children's Mental Health Week 2024 begins on Monday 5<sup>th</sup> February and Mrs Cottiss is requesting donations of small, empty water bottles for an activity she will be doing during the week. She isn't telling anyone what the activity is yet but we can't wait to see!



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.

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.

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





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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 make sure 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)

**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 begin this Wednesday 17<sup>th</sup> January and run until 15<sup>th</sup> February and 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.**



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 [nationalcollege.com](http://nationalcollege.com) for further guides, hints and tips for adults.

## What Children & Young People Need to Know about

# FREE SPEECH VS HATE SPEECH

Everyone in the UK has the right of "freedom of expression". That's the right to voice your opinions and share information and ideas with others. It's *not* the right to say whatever you want without regard for others' feelings and values. We all have a responsibility to use this right properly: being respectful and inclusive to those around us, rather than making offensive and threatening remarks. That's called 'hate speech' and knowing the difference is incredibly important.

Free speech is a person's legal right to share information, opinions and ideas without fear of retaliation, censorship or legal consequences. This freedom of expression is recognised in international human rights legislation, and here's what it does for us in our day-to-day lives ...

The Human Rights Act 1988 states that everyone has the right to express themselves freely – even if their views are unpopular and might offend others.

Freedom of expression encourages listening to others and allowing opposing views to be heard. It's important to respect someone's opinion, even if we disagree with it. Free speech lets us engage in meaningful discussions with people who feel differently.

Any concept could potentially offend someone. Galileo's theories were incredibly offensive to many at the time, while not everyone agrees with Darwin, even today. A frequent exchange of ideas is vitally important for a healthy society.

Free speech allows us to engage people we disagree with in a debate. The ability to challenge others' views is healthy – while having *ours* challenged helps us learn how to deal with criticism and think deeply about what we say and believe.

Freedom of expression includes the right *not* to do something, like not standing up for – or singing – the national anthem. Even though some people would find that offensive, it isn't illegal. By law, nobody can force you to say anything you don't want to.

Free speech is a powerful tool for change, justice and reform. Many modern UK rights – such as women being allowed to vote, decent working conditions or same-sex marriage – couldn't have been achieved without it.

Hate speech refers to any communication – like talking, texting or posting online – that negatively targets a group or an individual because they are perceived to be different in some way. Demonising and dehumanising statements, threats, identity-based insults, offensive name-calling and slurs would all count as hate speech. Here are some common forms it takes...

Targeting people or groups because of a protected characteristic – like race, gender identity, sexuality, nationality, religion or a disability – and verbally abusing them with slurs and name-calling. The Equality Act 2010 has more information on this.

Content that dehumanises people based on the same characteristics: referring to them as if they were animals, objects or other non-human entities, for example. Separating the target from other human beings is usually an attempt to justify the speaker's bigotry.

Calling for violence or hatred against certain people or groups and justifying and glorifying those actions. Suggesting that a certain group should be removed from society could be seen as a call to arms, for example – potentially putting people from that group in danger.

Claiming that specific types of people are physically, mentally or morally inferior (or even that they are criminals) to encourage others to view them in the same way. This kind of thinking is always incorrect – but can be incredibly harmful to the group in question.

Spreading damaging misinformation about a person or group that the speaker views as "different" – essentially, trying to turn others against them by lying. Someone might claim that a recent tragedy is the fault of this entire group, when this is simply not possible.

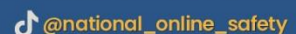
Promoting the segregation of certain groups, or discrimination against them, because of who they are. This has been illegal in the UK for a long time – but some people still try to promote the exclusion of others, which can cause a huge amount of distress.

### Meet Our Expert

The Global Equality Collective is an online community for homes, schools and businesses, a collective of hundreds of subject matter experts in diversity, equality and inclusion, and the organisation behind the GEC app, the world's first app for diversity, equality and inclusion.



Source: <https://www.legislation.gov.uk/ukpga/2010/15/contents> | <https://www.legislation.gov.uk/ukpga/1998/42/schedule/1/f-text-1> | Everyone's got the right to freedom of expression





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**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.*

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!





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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 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 teaching assistant and admin assistant roles on our school [website](#).

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>

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



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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

Outdoor learning takes place continuously at St. Cuthbert's and includes a Roundhouse session once every two weeks. **Children should come to school wearing old clothes that will get dirty on their Roundhouse day only**, the dates for this half term for each class are below.

Roundhouse Dates	
Nursery	(Tuesdays) 23/01/2024, 06/02/2024, 05/03/2024
Reception	(Tuesdays) 23/01/2024, 06/02/2024, 05/03/2024
Year 1	(Fridays) 26/01/2024, 09/02/2024, 08/03/2024
Year 2	(Fridays) 26/01/2024, 09/02/2024, 08/03/2024
Year 3	(Wednesdays) 24/01/2024, 07/02/2024, 06/03/2024
Year 4	(Wednesdays) 24/01/2024, 07/02/2024, 06/03/2024
Year 5	(Mondays) 22/0/2024, 05/02/2024, 04/03/2024
Year 6	(Mondays) 22/0/2024, 05/02/2024, 04/03/2024





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Below are the dates, times and some details of events which will be taking place this school term. As always, we will contact everyone as soon as possible if anything changes around these dates and times and we will send out any more information if and when needed. There may be other events and activities taking place between now and the end of this term and information on these will be sent out to you through ParentMail as usual and added to each weekly newsletter. Further details for nativities will be sent out via ParentMail.

Date	Time	Event	Location
11/01/2024	Afternoon	Year 6 puberty talk	School
18/01/2024	All day	Year 5 at Hoops For Health Basketball event	Vertu Arena, Newcastle
23/01/2024	All day	Year 6 at Safety Works in Newcastle	Safety Works, Benwell, Newcastle
23/01/2024	3.35pm	Year 6 families information meeting	Year 6 classroom
25/01/2024	All day	Second bling your bike or scooter day	School
05- 09/02/2024	All week	Children's Mental Health Awareness Week	School
08/02/2024	Morning	Vision screening tests for Reception Class	School
09/02/2024	Morning	EYFS visit to China Town for Chinese New Year	China town, Newcastle



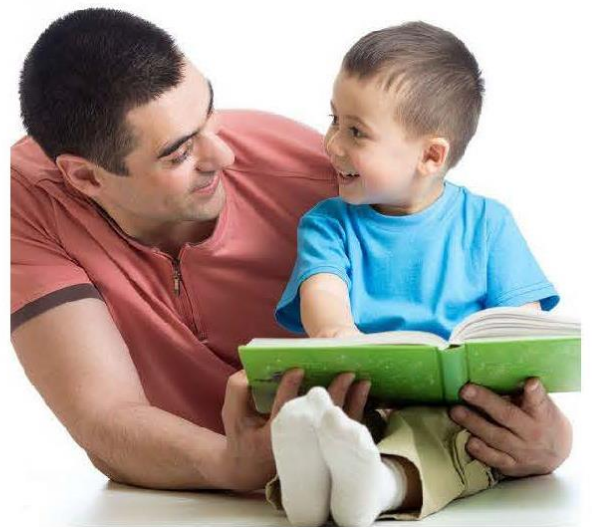


**St Cuthbert's Catholic Primary School families are invited to join our**

# **Book-sharing Course**

**This course is for 7 weeks starting Wednesday 17<sup>th</sup> January until 15<sup>th</sup> February from 2.15pm. Then we will have a further 3 sessions starting 28<sup>th</sup> February until 13<sup>th</sup> March.**

**This friendly group for local families and is not about reading stories to your child but is about giving you new skills and confidence to share books with your 2-4 year-old.**



**This Book-sharing course has been proven to:**

- help your child's language development
- encourage children to concentrate and give attention for longer
- help your child get on with others better and improve their social skills
- give you and your children a closer connection and a special time together
- build an even stronger relationship between you and your child



**This course is being run for FREE by the Parents and Communities Together (PACT) team in partnership with St Cuthbert's Catholic Primary School. For more information call Wendy on 07950426786. You can book your place by contacting school on 0191 691 9876 or by texting/calling Wendy on 07950426786.**



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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](http://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 eascard 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 eascard is required. Children and young people must behave in accordance with our Customer Charter. Pool admission policy applies.