



# St. Cuthbert's School Newsletter

#stcuthbertsns



Sunday 10<sup>th</sup> May 2026 [www.stcuthbertsprimaryschool.com](http://www.stcuthbertsprimaryschool.com) [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 Thank you, everyone, for another wonderful week at St. Cuthbert's. Families and school working together is always very evident at St. Cuthbert's and last week we had more examples of how much it happens and how much it benefits all our children.

Year 3 have won the attendance star trophy for the fourth week in a row, with a score of 96.4% last week! 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.



Information about the impact of attendance and punctuality on your child's education is available on our school website. You can find it on the [Attendance](#) and [Term Dates](#) pages. If your child is feeling unwell and you are unsure about them being in school, the NHS have a page of guidance on the subject, which you can find by clicking on this link: [NHS Is My Child Too Ill For School?](#)

Class	%
Reception	95.1
Year 1	93.8
Year 2	83.3
Year 3 🥰	96.4
Year 4	92.5
Year 5	89.2
Year 6	95.8
Whole school	92.3

Thank you everyone for your help at the start and end of the day on Thursday when everyone accessed school through the Lovaien Place gate only. Thank you also to our wonderful nursery children and staff who loaned out their classroom for the day so that it could be used as a polling station. Our Nursery team, children and their fantastic families made the trip to the Discovery Museum in Newcastle and enjoyed a brilliant day exploring all the exhibitions and playing lots of games. The partnerships that we have at St. Cuthbert's, particularly between school and home, are a real strength of our school and community.



Next week, our Year 6 children will be sitting their End OF Key Stage 2 tests, also known as SATs. The children sit the papers each morning, and our whole school is prepared to give all the children the best opportunity to succeed. Year 6 children will be in school early, 8.15am, from Monday til Thursday next week for their SATs breakfasts. This is for Year 6 children only, as it helps everyone get ready for the day ahead.

We will celebrate our May Procession Mass with Fr. Chris and the parish on Wednesday, 20<sup>th</sup> May at 9.30am at St. Cuthbert's Church. We would love as many people as possible to join us for this very special occasion.





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Compassion Matters is unique to St. Cuthbert's, and the work our children and staff do with Mrs Cottiss is at the core of how we live out our school mission. Our children and staff have begun preparations for two big events taking place over the next few weeks. We will be celebrating our May Procession Mass with Fr. Chris and the parish at 9.30am on Wednesday, 20<sup>th</sup> May, before carrying our statue of Mary, covered in flowers, through the streets of North Shields and back to school. We would love you all to join us for this very special celebration. We would also love every child to bring a flower to school which will adorn our statue of Mary that we carry through the streets and then keep at school. Children are all also invited to come dressed for the occasion. St. Cuthbert's will also be at the Whitley Bay Carnival on Saturday, 23<sup>rd</sup> May, with rehearsals taking place in school on Monday 18<sup>th</sup> May. Thank you to everyone who has signed children up for the event. If you would like your child to be part of the event, please add their name to the list so we can make sure they are part of the rehearsals. Mrs Cottiss and I have held a meeting with Michael Heatey, who has inspired our whole school to dance over the years and who has put together amazing shows with us at the end of each year. Also at the meeting were staff from the Saville Exchange, and we have worked together to put plans in place for another big summer dance extravaganza. We'll send everyone more details over the coming weeks. Our Mini Vinnies are leading our whole school and community as we continue our work on becoming a School of Sanctuary. The work they are doing helps everyone at St. Cuthbert's as they build on the links and partnerships we have with other schools and organisations. All these events and celebrations bring our community together and help make St. Cuthbert's the very special, strong, supportive and compassionate community it is, where we all know that people need people.

*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.



Y **C O M P A S S I O N**  
**M A T T E R S**

Children's Crossroads  
**COMPASSIONATE SCHOOL AWARD**

**GOLD AWARD**

We nurture compassionate global citizens



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Can we remind all families that all children should wear a full school uniform every day unless they are doing PE or outdoor learning. On PE days, children should be wearing the school PE kit, and on outdoor learning days children should be wearing old clothes which will get dirty. **Children are not permitted to wear jewellery in school apart from a small stud in their ear and a watch. Children cannot wear earrings in school as these pose a very real health and safety risk. When children play and take part in sports, earrings can get caught and cause cuts. Smart watches of any kind are not allowed in school as these are a safeguarding risk. They can usually be used to take photos, record other people and they are a big distraction for children. Children cannot wear any makeup in school or have false nails. We have an increasing number of children across the whole school wearing makeup; they should not be wearing any.** We have an increasing number of children in school with long and false nails. These aren't suitable for school and also get in the way of some children being able to access the active and creative curriculum we have at St. Cuthbert's. You can find out more about our uniform policy on our school website, <https://www.stcuthbertsprimaryschool.com/parents/school-uniform> you will also find our school uniform policy there. We always support families with uniform and we have our uniform rails in school, which everyone can use free of charge. The uniform rails are incredibly popular across school, and we always welcome your donations, which are added to our stock. If you have any questions or would like any support around school uniforms, please speak to Mrs Cottiss or me, and we will do everything we can to help. Working together and with a consistent approach is always best and helps all our children understand why we have the rules that we have.

Ange and our kitchen staff do an amazing job of cooking for everyone every day. We have a meal ordering system in school that all families have access to and that all families are asked to use. The Appetite system allows you to order meals up to two weeks in advance. This helps children know what they are having for lunch each day and it also allows our kitchen staff to plan and prepare the correct number of meals every day. If a family have not ordered a meal for a child then they are unlikely to get what they want for lunch. Ange and her team do their very best to make sure all children get what they want but they cannot do this if meals have not been pre-ordered. This means children don't all get what they would like. It isn't a child's fault if a meal hasn't been ordered, and it is the child who misses out. If you have any issues with the Appetite App or would like to talk to us in school about using the app and school meals, please let us know and we will do all we can to help you.

Can I also remind everyone that we have a policy of no nuts in school. If your child has a packed lunch, can you please make sure they do not have any nuts or any food that contains nuts. We have children in school with severe nut allergies, and just having nuts near them is a big risk. Children with these allergies do not need to touch or eat nuts to have a reaction. The most common source of nuts in packed lunches is usually products with Nutella in them, including spreads and snack bars. I know you will help us make sure all our children are safe and if we will continue to send any food containing nuts home with children if they are mistakenly in their lunch.



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## **Can we remind everyone that both school gates and the school doors are locked at 8.55**

**am.** This means that children should be in school before then, and any adults who have brought them to school should be off-site by 8.55am to allow the gates to be locked on time. Mr Smart, Mr Capper, Mrs Cottiss, and I are on the school yard and at the gates from before 8.30am, and once we have locked the gates, it takes time for us to secure the school site, get around school and be ready for the rest of our working school day. We have all been late for meetings with families, colleagues from other schools and organisations and other visitors due to people needing an extra few minutes past the 8.55am lock-up time. It is also incredibly important that your children are in the class on time, know what will be happening during the rest of the day and have had time to settle in to their learning. As adults, we all know how it feels to be late when meeting up with people at social events; that feeling we have is the same as the feeling children have when they are late. Thank you to everyone who makes sure children are at school on time. Everyone can have the occasional time when they are running late, and this is not a problem. If you are in this position, please make your way to the school office entrance, not the school gate.

Thank you for supporting us in using book bags and not large backpacks at school and for making sure children have sensibly sized water bottles. We are delighted that our classes are almost all full but this does reduce the space we have in shared areas. We do not have lots of space, and therefore, we are asking that children just bring a book bag to school each day. If they have a packed lunch then a small lunch bag is good as well. We do not have space for backpacks and other large bags that many children bring to school.



Lots of our children have them and they have very little in them but they take up a lot of space and end up lying on floors in corridors. They actually take up so much space that we have identified them as a fire hazard, as they are blocking corridors because they can't hang on pegs. Can we also ask that children have standard-sized water bottles? We have very limited sink space, and 30 bottles take up quite a lot of space. If children bring large bottles, they are stopping other children from being able to keep their bottles at the sink. I know these things might seem trivial on their own, but multiply each thing by 30 and you can see the problem. I hope that everyone can help with this request, we don't want to get to the situation where we have to ask people to take bags and bottles home. You don't need to buy branded book bags; any green book bag will be great. Book bags are brilliant because they help keep the books clean, dry and less likely to get torn or curled or damaged to the point where we have to ask for a replacement book.

Our SEMH team continue to meet and work with Connect North Tyneside. The Connect team have begun work with our Year 5 and 6 children which will go on for six weeks. Our SEMH team is made up of Ms Shepherd as SENDco, Mr Capper who has a wealth of experience leading support and inclusion at a large local high school, Mrs Cottiss, and Mr Dillon, who are Senior Mental Health Leads and Mrs Lavery, who is our new Family Support Worker. Our team have made connections with North Tyneside Connect Team



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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 and has begun working with a number of children and families already with more families coming forward for advice and support. In addition to the team and the partnerships created 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. Mrs Lavery works with us every Thursday and you can contact her by email at any time, her address is [kiera.lavery@stcuthberts.email](mailto:kiera.lavery@stcuthberts.email) 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, aren'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 to wait 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.



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](#).

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



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 has been using Tapestry, [keepingintouch@stcuthberts.email](mailto:keepingintouch@stcuthberts.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



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

- Email [keepingintouch@stcuthberts.email](mailto:keepingintouch@stcuthberts.email) 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 or to let us know your child will be picked up early for an appointment. 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-upon 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.**

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.stcuthbertsprimaryschool.com/key-information/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](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 ask that all items of children's uniform have their name written clearly on the label please. We had an incredible amount of uniform and other items of clothing left behind at school before the summer, and that was after weeks of having the uniforms out on the playground for everyone to check at the end of each day. We don't want to get to the situation where we have so much again.

Thank you for your fantastic, continued support, 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](http://nationalcollege.com).

## What Parents & Educators Need to Know about

# IMAGE-ALTERING FILTERS

From playful puppy ears on Snapchat to 'beauty mode' on TikTok, image-altering filters are now a routine part of how young people communicate online. While many are harmless, others subtly reshape people's faces and bodies. This can blur the line between reality and edited content, potentially influencing how children and young people see themselves and others.

### WHAT ARE THE RISKS?

#### ALTERED BEAUTY STANDARDS

Many 'beauty' filters smooth skin, reshape facial features, or adjust body proportions. Over time, repeated exposure to these filters can shift a child's idea of what is 'normal' or attractive, creating unrealistic expectations about their own and others' appearances.

#### PRESSURE TO LOOK PERFECT

Filtered images can often attract more 'likes' and positive comments. This can encourage children and young people to rely on editing tools to gain others' approval, rather than feeling confident in their natural appearance.

#### LOW SELF-ESTEEM

Regularly viewing heavily filtered content can lead to comparisons with unrealistic images. This is linked to body dissatisfaction and reduced self-esteem, particularly among children and teenagers.

#### HIDDEN ADVERTISING

Some filters are linked to beauty products or trends, subtly promoting third-party brands. Children and young people may not recognise this as advertising, while also sharing personal data – such as facial images and usage habits – with apps and third parties.

#### BLURRED REALITY

As filters become more advanced and natural-looking, it can be difficult for children and young people to distinguish edited content from real life, especially when filters are used in everyday photos and videos.

#### SEXUALISED EDITS

Certain tools can make users appear older or more sexualised. This may attract unwanted attention, increase the risk of images being shared without consent, and expose young people to unsafe interactions.

## Advice for Parents & Educators

#### START OPEN CONVERSATIONS

Talk regularly about filters, such as how they work and why people use them. Ask the children and young people in your care how filtered images make them feel and encourage honest discussion without judgement.

#### CHALLENGE 'PERFECT' POSTS

When viewing content together, gently point out the signs of editing, filters, or posing techniques. This builds critical thinking and helps children and young people question unrealistic images.

#### REINFORCE WHAT'S REAL

Help children and young people understand that filtered images are digitally altered and are not an accurate reflection of real life. Emphasise that they don't need to meet these artificial standards.

#### PROMOTE OFFLINE CONFIDENCE

Encourage activities that build self-worth beyond appearance, such as sports, hobbies, friendships, and creative interests, so that confidence isn't tied solely to online validation.

### Meet Our Expert

Parven Kaur is a digital parenting expert and founder of Kids N Clicks, a platform dedicated to helping parents navigate the online world alongside their children. She is an expert contributor for Internet Matters, offering practical guidance on emerging online safety issues. Her insights have been featured by the BBC, The Telegraph, TalkTV, and other major media outlets, supporting families across the UK.



See full reference list on our website



Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 15.04.2026



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## PE and Outdoor Learning Timetables 2025/2026

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

PE	
Day	Class
Tuesday	Year 3
Wednesday	Year 1, Year 6
Thursday	Reception Class, Year 2, Year 5
Friday	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 (which are appropriate for climbing, getting mucky and possibly smelling of smoke), 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	(Tuesday)
Year 2	(Tuesday)
Year 3	(Wednesday)
Year 4	(Wednesday)
Year 5	(Monday)
Year 6	(Monday)