



# St. Cuthbert's School Newsletter

#stcuthbertsns



Sunday 7<sup>th</sup> June 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. It was brilliant to welcome everyone back to school this week following our May half-term break. We have lots happening as we approach the end of the school year and we would love you to join us for as much as you can. You can find a list of key dates at the end of this newsletter.

Year 6 have won the attendance star trophy with a near perfect score of 99.3% 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	94.8
Year 1	98.3
Year 2	96.3
Year 3	96.4
Year 4	98.7
Year 5	96.7
Year 6 🏆	99.3
Whole school	97.2

Thank you everyone for joining us for Mass with Fr. Chris and the parish and our May Procession before we half term. We have an incredibly strong and supportive community and celebrations like our May Procession show how strong we are together. We have many events and celebrations throughout the rest of this school year and we would love you to join us as often as you can as we celebrate our children, staff, families and our community.



Thank you also to everyone who gathered together for the Whitley Bay Carnival. St. Cuthbert's were seals for the event, and they joined lots of other schools and community groups from across North Tyneside for the parade through the streets of Whitley Bay all the way to Spanish City. It was brilliant to see so many of our classes represented at the event and for so many families to join us as well.



We were delighted to welcome our school cook, Ange Brown, back to school last week and she was equally delighted to be back!



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Pope Leo XIV has taken the message from Pope Francis in *Laudato Si* and *Fratelli Tutti* and given us further guidance and stimulus for conversation in his letter, *Magnifica Humanitas- Magnificent Humanity*. His message is incredibly powerful, relevant and reminds us that compassion is at the heart of everything we do and who we are. He reminds us that we belong together and together we can give our children, and each other, the best opportunities possible to flourish and grow. At St Cuthbert's Catholic Primary School, our mission reminds us that we are called to educate, create community and witness with Christ at the centre of all we do. Our school is a place where we grow as a family, helping each other to lead full and happy lives. This sense of family lies at the heart of everything we do, especially in the relationships between home and school. In today's rapidly changing world, technology plays an increasing role in our daily lives. In *Magnifica Humanitas*, Pope Leo XIV reflects on this and reminds us that while artificial intelligence, AI, can support us, it can never replace what makes us truly human. He highlights that qualities of compassion, understanding and genuine relationships cannot be replicated by computers, phones or machines. His message is simple but powerful: people need people. This is particularly important in schools and in our community. Strong partnerships between families and school staff have a direct impact on children and on each other. When communication is positive and consistent, our children benefit through improved well-being, an increased sense of belonging and increased awareness of the positive impact they can have in the world around them. However, these partnerships are not simply about exchanging information; they are about building trust, mutual respect and shared understanding. In an increasingly digital world, it can be easy for communication to become quick and transactional. Communication using AI in particular can cause problems as it dehumanises people, reducing each person in a conversation to a subject, a subject without feelings, emotions, understanding or being. Emails, text messages, WhatsApp messages, and social media posts cannot replace conversations and meaningful talk. While these tools are useful, they should never replace personal connection. A face-to-face conversation, a reassuring word, or simply taking the time to listen can make a real difference. True home-school partnerships are built on collaboration and genuine two-way relationships, not just efficiency and transaction. At St Cuthbert's, we are strongly committed to ensuring our relationships with families remain relational rather than transactional. We know, and continuously say, that families are the first educators of all our children, and by working together, we create a supportive environment where every child feels valued and understood. Together we create an environment where everyone is valued, supported and contributes to who we are. Together we create a community and environment where every member of staff is respected and understood, and where they are given the opportunity to provide your children with the best opportunities to thrive, flourish, succeed and grow and where they can grow and succeed as well. Pope Leo calls us to build a civilisation of love, rooted in human dignity, community and real connection. That is our mission at St. Cuthbert's, and it is one which defines who we are. We are a community where everyone belongs. As a school family, we can live this out by prioritising conversation, care, compassion and collaboration. Because ultimately, it is through strong human relationships, not technology, that our children thrive. People truly do 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 **COMPASSION**  
**MATTERS**

Children's Crossfire  
**COMPASSIONATE SCHOOL AWARD**  
**GOLD AWARD**

We nurture compassionate global citizens



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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. Can we remind all families that children need to wear sensible shoes or trainers to school every day. We have a very active curriculum, and the appropriate footwear helps children make the most of everything we do. We have an increasing number of children wearing Crocs and crocs-style sandals to school, and they are not safe or suitable footwear for school. The only time any child can wear crocs or sandals is if a family has had a chat with Mrs Cottiss or me and there is a good, genuine reason. We are very understanding with our approach to uniforms, and we always support families. We also have our uniform rails in school and they have lots of items of uniform which families can have free of charge. Our uniform rails are a brilliant example of how St. Cuthbert's families support each other and we encourage everyone to make use of what is there. All children should wear a full uniform every day and our PE uniform on their PE day. If your child has outdoor learning or is attending campfire club, then they need to wear clothes that are suitable for climbing, playing and getting dirty.

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



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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.

## **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,





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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 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 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





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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 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 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



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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 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



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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 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 STREAMING SERVICES

### WHAT ARE THE RISKS?

Streaming services are platforms that allow users to watch cartoons, documentaries and movies online immediately (often referred to as SVoD: streaming videos on demand). Ofcom reported that children and young adults prefer streaming services to traditional TV. With two-thirds of UK households subscribing to at least one streaming service, parents must understand how to manage screen time, set age restrictions and ensure safe viewing.

### COSTLY

Subscription services can be costly. As the main source of entertainment, most households have at least one streaming platform, and each platform has its own monthly subscription fee. Services are charging more for ad-free viewing, and better quality and resolution; however, there is a cheaper option with adverts. Due to price increases, Netflix and Disney+ reported a sharp increase in users subscribing to their ad-supported tier in 2025.

NEXT EPISODE

### EXCESSIVE SCREEN TIME

Excessive screen time contributes to sedentary behaviour and can negatively impact physical and mental health. Ofcom found that 4- to 15-year-olds averaged 2.5 hours per day across all video-sharing platforms, not including gaming. The vast range of content available, combined with features such as autoplay, makes it easy for children to watch for extended periods of time.

### ILLEGAL STREAMING

Sharing passwords or using modified Fire Sticks to access streaming content without permission is illegal. Most streaming services have now put measures in place to detect account sharing. When account sharing is identified, platforms will offer an opportunity to pay for an added member or will ask the user to verify who they are.

### BINGE WATCHING

Features such as autoplay make it easy for viewers – especially young people – to continue watching episodes without a break. This can foster unhealthy and addictive patterns, such as consuming a vast amount of content in one sitting. With binge watching come a lack of social interaction, lack of physical exercise, and often late nights and sleep disruptions which impact their mental and physical wellbeing.

### AGE-INAPPROPRIATE CONTENT

Most streaming platforms allow users to set up a profile for each family member, with the option of putting specific restrictions in place. These include adding a profile lock or PIN, controlling autoplay of previews and next episodes, and limiting content based on age ratings. Nonetheless, these restrictions aren't foolproof. Content which is rated as suitable for an age group may still include themes, language, or images which children and families find inappropriate.

### HARMFUL STEREOTYPES

Many platforms track viewing habits, time consumed, and preferences, and generate recommendations to encourage your child to keep watching. This results in your child being in a 'loop' whereby they think the 'recommended' shows would be something they would enjoy rather than thinking critically for themselves. This can shape their beliefs, values, and understanding of the world from a young age without even realising it.

## Advice for Parents & Educators

### SET UP INDIVIDUAL PROFILES AND ADD PINS

Almost all streaming services allow users to set up individual profiles where each family member can have age restrictions put in place for the content they can view. Adult profiles can be protected through the use of PIN. Keep this private. Use the options of putting specific restrictions in place such as controlling autoplay of previews and next episodes, and limiting content based on age ratings.

### TALK ABOUT ALGORITHMS

Talk to your child about how streaming services track what they watch, and base adverts and recommended shows/movies on previous viewing. Encourage them to critically think about whether the recommendations are suitable and how they want to spend their time. Discuss stereotypes with your child and challenge them to think about what they watch and how this may influence their beliefs.

### MONITOR AND TALK OFTEN

Discuss with your child what they are watching, find out which programmes are trending, and watch them yourself. Have a little look at their watch history to check the content of what they're watching. Some platforms have been known to recommend or autoplay older or graphic content after a child's movie has been played. While some tv shows or movies may have a suitable age rating, your child may still find the content scary, or it may explore themes you don't want to explore with your child yet.

### SET TIME RESTRICTIONS

Many streaming services offer the opportunity to buy movies, or add additional features to your subscription such as sports channels, as well as play games. This can increase the amount of time young people spend sitting idly in front of the screen. Some platforms (e.g. Apple TV+) allow you to set screen time restrictions. If the streaming service doesn't allow you to set screen time limits, set a family rule and stick to it.

### Meet Our Expert

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



See full reference list on our website



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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)



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**Below are some of the main dates and times for events during the rest of this school year. We will be adding more to the list each week, and if there are any changes, we will give you as much notice as possible. Information about any individual trips or events will be sent home through Arbor.**

Date	Time	Event	Location
10- 12 <sup>th</sup> June		Year 6 Residential Trip to Great Tower	Windermere
16 <sup>th</sup> June	5.30pm	Summer Sing Event	Whitley Bay Playhouse
29 <sup>th</sup> June- 3 <sup>rd</sup> July	All week	Week of Sport at St. Cuthbert's	School
1 <sup>st</sup> July	9am	Whole school sports day	School
7 <sup>th</sup> July	Afternoon and evening TBC	Saville Exchange Dance Show	Saville Exchange
11 <sup>th</sup> July	Morning	Mouth of The Tyne Festival	Tynemouth
13 <sup>th</sup> July	2pm	Year 6 Leavers' Assembly	School
15 <sup>th</sup> July	9.30am	End of Year whole school Mass	School
15 <sup>th</sup> July	Afternoon	Whole school end of year picnic	School
15 <sup>th</sup> July	3.25pm	End of 2025/ 2026 school year for children	
16 <sup>th</sup> and 17 <sup>th</sup> July	All day	Staff training days	