



St. Cuthbert's School Newsletter

#stcuthbertsns



Sunday 21st June 2026 www.stcuthbertsprimaryschool.com 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 to all the St. Cuthbert's families for giving our staff and your children the opportunity to do so many fantastic things that bring learning to life in such a special way. This half term is full of brilliant curriculum enrichment opportunities and full of excellent examples of our strong and rich curriculum in action.

Year 3 have won the attendance star trophy with a score of 98.6% 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	93.0
Year 1	96.9
Year 2	97.0
Year 3 🏆	98.6
Year 4	93.0
Year 5	96.3
Year 6	93.3
Whole school	95.5



Thank you to all our families who supported our children at their Whitley Bay Playhouse performance last week. The children were brilliant as always and they sang beautifully and with a massive amount of joy and happiness. Thank you to Mrs Brown for leading our choir and for working so well with all the children.



Years 4, 5 and 6 represented St. Cuthbert's at a range of sporting and technology events last week and once again, all our children represented themselves and St. Cuthbert's magnificently. Year 4 took part in the annual Philip Reilly Football Competition, Year 5 took part in the North Tyneside PE teams multi sports event at The Parks and we also had a Year 5 team represent us at the VexGo coding and programming event at Nissan. Year 6 were in sporting action this week as they took part in the North Tyneside cricket event at Tynemouth Cricket Club- it has been a brilliant and busy week for everyone! Thank you to all our wonderful school staff who make sure all our children are given opportunities to take part in so many events and who, with our children, help keep the reputation of St. Cuthbert's so high. Our staff work incredibly hard to organise events, make sure children have what they need, and to make sure they are looked after, encouraged, celebrated and valued in everything they do.



Congratulations to all our children and other children from the parish of St. Cuthbert and St. Joseph who made their First Holy Communion yesterday. This is a very important and special day for our children, their families, our parish and our school as our children and community continue a journey of faith together.





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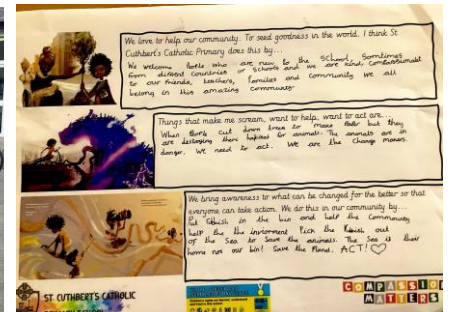
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St. Cuthbert's is a school and community where everyone is welcome and where everyone plays their part to make us who we are. At St Cuthbert's, our community is at the very heart of who we are. It is something we build together each day—through kindness, respect and the simple but powerful understanding that everyone is welcome and everyone plays a part in making our school what it is. This shared commitment is what transforms our school from a place of learning into a true family. This spirit is recognised beyond our school walls. Inspection reports highlight how children show care and respect and how our values of compassion and tolerance are lived out in everyday life. We are proud that our children thrive in a caring, inclusive environment where they are encouraged not only to succeed academically, but to grow as thoughtful, compassionate individuals- this is our priority. Our Compassion Matters curriculum lies at the centre of this work. It helps our children to develop empathy, deepen their understanding of others and respond with compassion in the world around them. Through this, they learn that their actions—no matter how small—can make a meaningful difference. Next week, we look forward to welcoming visitors as part of our School of Sanctuary journey. This is a wonderful opportunity to celebrate who we are: a community that opens its doors and hearts to others. A community that believes that equity is a powerful way to make sure that every member of our community has what they need to succeed and flourish. It reflects our belief that every person is valued and deserves dignity, care and belonging. These values echo the teachings of the Catholic Church. In *Laudato Si'*, Pope Francis reminds us of our shared responsibility to care for our common home and one another. In *Fratelli Tutti*, he calls us to recognise each other as brothers and sisters, building a world rooted in friendship and compassion. Pope Leo XIV continues this message in *Magnificent Humanity*, reminding us that human dignity and relationships must be at the centre of all we do. Together, these teachings inspire us to continue building a school community where everyone is seen, valued and loved—because at St Cuthbert's, it is our people who make our school so special. We continue to build a community rooted in compassion, where everyone belongs and where “magnificent humanity” is lived out each and every day. At St. Cuthbert's, we know that people really do need people.

Look with kindness and you will always find wonder





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

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 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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Mass times online on Facebook and at St. Cuthbert's each Sunday at 11am. Fr. Chris Hughes can be contacted on 257 5801 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, 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** 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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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 and carers with the confidence and practical skills to be able to have informed and age-appropriate conversations with their children about online safety, mental health and wellbeing, and climate change. For further guides, hints and tips please visit nationalcollege.com.

10 Top Tips on Supporting Children with SELF-REGULATION

Children need to learn to understand and recognise their emotions, while finding healthy ways to process them. Emotional self-regulation, however, depends heavily on age and development. While very young ones or children with special educational needs and disabilities (SEND) may find it particularly challenging to self-regulate, nurturing these important skills can be hugely beneficial. Here are ten top tips for supporting children with their self-regulation.

- 1. DESIGNATE A TRUSTED ADULT**
It's vital that children feel safe and know that there's someone they can always go to for help if they need it. Schedule consistent times for the child to develop a relationship with this person – ideally through play and games – allowing trust to grow and ensuring that the child is more likely to come forward if anything is wrong, rather than hiding their emotions.
- 2. MEET CHILDREN HALFWAY**
Unless you know where a child is developmentally and tailor your approach to their needs, you're less likely to have an impact. In particular, younger ones and children with SEND can struggle to self-regulate and instead rely on others to help them. We call this 'co-regulation'. Rather than offering strategies for self-regulation, it could be better to start co-regulating with a trusted adult first.
- 3. FACTOR IN THEIR BASIC NEEDS**
Remember that for a child to develop emotional regulation skills, their basic needs must be met first. Children who are hungry, tired, cold and so on – as well as those who have experienced adverse childhood experiences – may struggle to self-regulate. Before you develop strategies with any child, make sure they feel safe, secure and comfortable in themselves.
- 4. REMAIN PATIENT**
If a child is struggling with their emotions, it can often become difficult to stay calm. Remember that dysregulation is beyond their control, so a display of frustration or anger could negatively impact the situation. Instead, children need to be met with comfort and understanding to help them manage these problematic feelings.
- 5. BE 'A DYSREGULATION DETECTIVE'**
While some children can tell you why they become dysregulated, many others can't. You could investigate potential triggers by observing the child and talking to their family. When the child becomes dysregulated, note down details like the time, what they're doing and who they're with – the trigger may be someone they sit near, an unmet sensory need or something else entirely. Once we identify some triggers, we can help to avoid or overcome them.
- 6. USE SUITABLE LITERATURE**
There are some wonderful books that can help you teach self-regulation to children. Reading these with a child can be especially powerful. Take time to discuss the content: ask questions about what feelings the characters had, why they felt that way and what strategies helped them. It can also be useful to refer back to snippets of these books at appropriate moments.
- 7. TRY SENSORY RESOURCES**
An overlap between sensory needs and emotional regulation is possible. Children may struggle to self-regulate if they're experiencing sensory overload (a noisy classroom, for example). Positive sensory input can help calm them down. Use resources such as weighted blankets and fibre-optic lights. Of course, what works for one child might not work for another – so it's important to offer a choice of resources to discover which they prefer.
- 8. NURTURE INDEPENDENCE**
If you feel it's appropriate, let children try out these strategies alone. Always offer them a choice: they could listen to music when they're feeling stressed, for example, or they could write down their worries or draw something to represent how they feel. This may take time for the child to get used to, so be patient. Encourage them to share any helpful strategies with a trusted adult.
- 9. MODEL GENUINE FEELINGS**
Children learn a lot just from watching grown-ups. Don't be afraid to show your own emotions and self-regulation strategies. While you'll obviously want to avoid sharing anything too personal with children, they should still see us experiencing and handling our own feelings. Tell them how you are feeling, then show them how to respond in a healthy manner.
- 10. FORMULATE A PLAN**
As much as we try to prevent children from experiencing dysregulation, it's always wise to have an appropriate plan for when it does happen. Discuss this strategy with the child (if appropriate) and their family. The best approach for an individual child is often a bespoke one; it's hugely important to know in advance what might help and what could worsen the situation.

Meet Our Expert
Georgina Durrant is an author, former teacher, Special Educational Needs Coordinator and the founder of the award-winning SEN Resources Blog, where she shares activities, advice and recommendations for parents and teachers of children with SEND.

#WakeUpWednesday

The National College

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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
29 th June- 3 rd July	All week	Week of Sport at St. Cuthbert's	School
1 st July	9am	Whole school sports day	School
7 th July	Afternoon and evening TBC	Saville Exchange Dance Show	Saville Exchange
11 th July	Morning	Mouth of The Tyne Festival	Tynemouth
13 th July	2pm	Year 6 Leavers' Assembly	School
15 th July	9.30am	End of Year whole school Mass	School
15 th July	Afternoon	Whole school end of year picnic	School
15 th July	3.25pm	End of 2025/ 2026 school year for children	
16 th and 17 th July	All day	Staff training days	