



St. Cuthbert's School Newsletter

#stcuthbertsns



Sunday 6th September 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. It was wonderful to welcome everyone back to school again this and brilliant to see everyone make our new children and families so welcome. We were also delighted to see so many of our children who have moved on to St. Thomas More as they have visited throughout the week. We have a very exciting term ahead of us and we will send you information about dates and times of events as we confirm them all over the next two weeks.

Year 3 have won the attendance star trophy with a perfect score of 100% 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	89.4
Year 1	93.1
Year 2	93.1
Year 3 🏆	100
Year 4	95.1
Year 5	91.7
Year 6	96.6
Whole school	94.1

We use Arbor to send families messages about what is happening at school throughout the year, and September is one of our busiest times as we begin the new school year together. Can I ask everyone to keep up to date with messages and to get in touch with us at school if you have any questions about what is happening at school. We do not use WhatsApp or Facebook or any other social media to send out messages, and we don't ask anyone to pass messages on to other families in classes or across school on our behalf.



Arbor

Many schools in Bishop Bewick Catholic Education Trust have changed how school meals are managed, and we are one of those schools. Our contract with Hutchisons has come to an end, and we are now working with Aspens, another catering company with lots of experience working in schools. This has meant a few changes to how ordering school meals works and we know we are all getting used to the changes really well. We are delighted that our kitchen staff are all still with us, and they know our children, and what they like to eat, incredibly well. We all work together to make all our children are looked after at lunchtime. Miss Taylor has emailed everyone with more detailed information about school meals, you'll find the message on your Arbor app.

Information about admissions for September 2027 is now available on North Tyneside Local Authority website. This information is for families who have children who will be joining Reception Class, moving on from Year 6 to Year 7 or moving from Year 4 to middle school. You can find more information, including deadlines, at [North Tyneside Schools Admissions](#). If you have any questions at all please get in touch.



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As we begin a new school year together, we would like to offer a very warm welcome to all of our children, families, staff, governors and members of our wider community. Whether you are returning to St. Cuthbert's or joining us for the very first time, thank you for being part of our school family. The start of a new academic year is always a special time, filled with excitement, hope and opportunity, and it has been wonderful to see our school full of energy, smiles and enthusiasm once again. We would like to thank everyone for helping us make such a positive start to the year. Our children have returned ready to have fun, to be together and to learn, our families have been incredibly supportive, and our staff have worked tirelessly to ensure that every child feels safe, valued and welcomed. Together, we have created the perfect beginning to what promises to be another fantastic year. Together we know we all belong at St. Cuthbert's. At St. Cuthbert's, our Catholic ethos remains at the heart of everything we do. We are a school where faith is lived through our actions each day. We encourage our children to follow the example of Christ by showing compassion, kindness, respect, forgiveness and service to others. These values help shape not only successful learners but compassionate and thoughtful young people who understand the importance of caring for those around them. Our commitment to being people of compassion continues to guide us as a community. We know that people thrive when they feel understood, supported and valued, and we work hard to ensure that compassion is seen in our classrooms, on our playgrounds and in our relationships with one another. Small acts of kindness, a helping hand, a welcoming smile and the willingness to listen can make a huge difference, and these are qualities we will continue to nurture throughout the year. These are the things that make us feel part of a community where we belong and matter. We are also incredibly proud of our work as a School of Sanctuary. Our school is a place where everyone belongs and matters, where diversity is celebrated and where every child and family is welcomed with dignity and respect. We recognise the strength that comes from bringing people together and learning from one another's experiences and cultures. As we look ahead, we do so with great optimism. There will be challenges to overcome, achievements to celebrate and countless opportunities to learn, grow and flourish together. Thank you for your continued support, trust and partnership. We are looking forward to everything that this year will bring. Together, we will make it a wonderful year at St. Cuthbert's for everyone and continue to make a positive difference to the world around us. God bless.



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.



Children's 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.

Can we 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



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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 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, 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



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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 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



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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 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 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



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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 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 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 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



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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. For further guides, hints and tips, please visit nationalcollege.com.

Top Tips for

SUPPORTING CHILDREN'S RETURN TO ROUTINE

Returning to school after the holidays can be challenging for some children and young people, and both families and education settings can play an important role in helping them readjust. Consistent routines, clear expectations, and supportive communication can support children and young people's wellbeing, self-regulation, and academic success. These practical tips can help make the transition back to school feel more manageable.

1 START EARLY

Gradually reintroduce school-day sleep, meal, and wake-up routines around a week before term begins. In education settings, familiar routines and expectations can also be introduced from the start of term to help pupils settle back in. A gradual and predictable approach can make the transition feel less abrupt and give children and young people the time they need to readjust to the structure of school life.



2 REBUILD ROUTINES TOGETHER

Involve the children and young people in your care in the rebuilding of familiar routines at home and in education settings. Having a say in their daily schedule can increase predictability for them and give them a greater sense of control. This might include discussing morning routines at home or reviewing classroom timetables, expectations, and activities together at the beginning of the school day.



3 ENCOURAGE RESPONSIBILITY

Giving children and young people age-appropriate responsibilities can help foster their autonomy and engagement. For younger children at home, this might include getting dressed independently or checking their school bag. In education settings, children and young people could organise their learning materials, complete simple classroom tasks, or follow a familiar morning routine. These manageable responsibilities can help them feel more involved in the school day while developing useful skills.



4 RECONNECT WITH PEERS

Re-establishing friendships can help children and young people feel more confident and connected when they return to school. Families might arrange opportunities for their children to speak to or spend time with school friends, while educators can use group activities, 'buddy' systems, or collaborative tasks to help rebuild classroom connections.



5 SUPPORT HEALTHY NUTRITION

Regular, balanced meals, particularly at breakfast, are linked to improved concentration, behaviour, and academic outcomes. Families can gradually return to familiar school-day mealtimes, while education settings can reinforce healthy eating routines at the start of term and signpost breakfast provision where available. Consistent access to food can help support children and young people's energy levels and concentration throughout the day.



6 COMMUNICATE OPENLY

Talk to the children and young people in your care about how they feel about the return to school and give them the opportunity to share any worries or questions. Anxiety around going back to school, particularly when starting a new year group, can be common, and children and young people may benefit from your reassurance and support. Parents and educators can all help with this by listening calmly to concerns and questions, and sharing relevant information with one another where appropriate.



7 RECONNECT WITH LEARNING AND PEERS

Light educational activities before term begins can help children become familiar with learning routines again without creating any unnecessary pressure on them. In school, low-pressure recap activities and familiar tasks from the previous year group can serve a similar purpose during the first few days back. Keeping learning positive and achievable can help rebuild children's concentration, confidence, and academic motivation as they settle back into their usual routine.



8 PRIORITISE SLEEP

Ensure the children and young people in your care get age-appropriate sleep and begin returning to their usual bedtime habits before term starts. Reducing screen use before bedtime may also support better sleep quality. Educators can also be mindful that tiredness may temporarily affect children's concentration, behaviour, and emotional regulation as they readjust to school routines.



9 PREPARE AHEAD

Organising uniforms, bags, lunches, and other school essentials in advance can reduce unnecessary stress when school mornings begin again. Educators can also help by preparing pupils for any changes to classrooms, timetables, staff, or behaviour expectations. Giving children clear information about what to expect ahead of time can make the return feel more familiar and help build up their confidence and independence.



10 BE PATIENT AND FLEXIBLE

Children adjust to changes in their routines at different rates, so your patience and flexibility can be important during the first days and weeks back. Some may settle quickly, while others need longer to adapt to earlier mornings, classroom expectations, or busy schedules. Parents and educators can support children and young people's readjustment by maintaining consistent routines, all the while recognising that concentration, behaviour, or confidence may temporarily look different for them.



Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School, and a business development specialist for Minds Ahead, which works with schools to improve their mental health provision.



The National College

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)