



St Patrick's
Catholic Primary School

An outstanding Catholic School



Newsletter: 17th May 2024

Dear Families,

We hope you have had the opportunity to read our Ofsted report which was issued this week.

<https://stpatricksdipton.bwcet.com/wp-content/uploads/2024/05/St-Patricks-Dipton-Ofsted-Report-17th-and-18th-April-2024.pdf>

We are delighted that the journey our pupils have, right through Reception to Year 6, has been described in such positive terms, with recognition given to the high quality and innovative teaching and learning evident, as well the strong focus on wider pupil development and the care our pupils receive.

Thank you, to our wonderful pupils and fantastic team of staff and governors. Thank you, as always, for your on-going support and readiness to work with us.

Of course, we never stand still, and we look forward to maintaining the highest ambitions for our school community.

Executive Headship Role

Bishop Wilkinson Catholic Education Trust (BWCET) have begun the recruitment process for a full-time headteacher for St Joseph's, Stanley.

As you know, my position to support St Joseph's was temporary, initially for a year, before extending into a second year.

The time has flown and, although it has been busy, I have very much enjoyed working between St Patrick's and St Joseph's. I feel both schools have benefitted from a close partnership, collaborative working and the sharing of good practice.

The current arrangement will remain in place for the rest of this academic year.

Many thanks,
Mrs Burgess

Mrs Doggett

It is with great sadness that we announce the sudden death of a much-loved former member of staff.

Mary Doggett worked as a lunchtime supervisor in school for a number of years and only recently retired. She was patient and funny, she loved St Patrick's and the children and the staff loved her.

Thank you, Mary, for your smiles, your laughter and wonderful sense of humour. You will be greatly missed.

We keep her family in our thoughts and prayers at this very sad time.



General

SATS

Well done, to all our Year 6 pupils who have completed their SATs assessments this week.

We are extremely proud of you all. SATs are only one aspect of school life and, as ever, you took these challenges in your stride.

Thank you, to all staff for helping out in many different ways (including those who welcomed, and catered for, a significantly larger number of children at breakfast club).

Pupils thoroughly enjoyed their visit to The Burrow to have an end of SATs celebratory lunch yesterday.

Open the Book

It was great to see Open the Book return yesterday to bring the events of Pentecost to life. Well done, to all the pupil volunteers who joined in the with the retelling.

Safety Around School Site

We've had contact from the transport manager from Clayton Glass as there was a near miss earlier this week when a driver almost hit a child. Please be extremely vigilant when dropping off and collecting children and do not park in the entrance to the factory site. The driver was very shaken by this, and this follows a recent incident where a car reversed and made contact with one of our grandparents. We understand drop-off and collection is a very busy time, and we want everyone to arrive and leave safely - children and adults.

General

HATS ON FOR ERIN



As you are aware, one of our Year Four pupils, Erin, is currently undergoing treatment for cancer. As a school we would like to show our support and so have organised a fundraising event in aid of Children's Cancer North.

On Thursday 23rd May, children are encouraged to donate £2 to come to school wearing a hat – the more elaborate, the better!

Please bring the £2, in cash, on the day. We can't wait to see the range of headwear and interesting creations our children come up with!



Playtime Questionnaire

This week, children across the school have taken part in a pupil questionnaire about what they would like to do during their playtimes and their lunchtime play. Please fill in our parent questionnaire below about the importance of play. Thank you.

Playtime Questionnaire

Reminders

First Holy Communion

Some of our Year 4 pupils will be making their First Holy Communion tomorrow at 11am at St Patrick's. This is always a memorable occasion, and it is the culmination of months of preparation. Children will receive the blessed sacrament for the first time as they take this important step in their faith journey.

You are most welcome to join us for the service. There will be refreshments in the hall afterwards. Please pray for fine weather.

Y6 Dukeshouse Wood Residential

Excitement is certainly building for our residential visit next week to Dukeshouse Wood, Hexham. The trip will be action-packed, from start to finish, and we know our pupils will have an amazing time. Thank you, staff, for giving your time so freely so pupils can enjoy these experiences.

Y1/Y2 Multi-Skills at Greenland Primary

Our Y1 and Y2 pupils will attend a multi-skills event at Greenland Primary school next week. Y2 will attend on Tuesday (21st) and our Y1 class will attend on Wednesday (22nd). Both sessions will take part in the morning and the children will be back in school in time for lunch.

Pupils are to wear their P.E kit to school. This should include yellow t-shirt, green P.E shorts, black joggers, school jumper and trainers. Please ensure children bring a sun hat and wear suncream if the weather is hot and sunny. Pupils will also need to bring a bottle of water to school.

Staff Inset Day

The last day of this half-term will be Thursday 23rd May. School will be closed to pupils for a staff inset day on Friday 24th May. School will re-open to pupils after the half-term break on Monday 3rd June.

Online safety

We will give regular updates throughout the year regarding the need for vigilance with online safety. Please alert us to any concerns you may have.

Please see the following guidance and advice from National Online Safety.

What Parents & Educators Need to Know about SCHOOL AVOIDANCE

Emotionally Based School Avoidance is a term used to refer to reduced attendance or non-attendance at school by a child or young person. It's often rooted in emotional, mental health or wellbeing issues. The rate of children who miss school more than 10% of the time in England has more than doubled since before the pandemic: rising from 10.9% in 2018-19, to 22.3% in 2022-23.

UNDERSTANDING SCHOOL AVOIDANCE

REASONS FOR ABSENCE

School avoidance is sometimes underpinned by several factors rather than one single cause. This could include something going on for the child or young person within the family or at school. A child may have caring responsibilities at home, for instance, or a change in family dynamics, bullying and friendship difficulties at school, pressure to achieve in schoolwork and exams, or moving from primary school to secondary school.

PATTERNS OF ABSENCE

You may notice patterns in regular absences or children regularly expressing that they don't want to attend school (particularly being reluctant to leave home on school days). If a child or young person is neurodiverse, there is some evidence to suggest there are more aspects of school life which can cause distress – such as changes in the environment, changes of routine and sensory stimuli.

COMPLAINTS ABOUT PHYSICAL SYMPTOMS

There may be an increase in a child or young person's complaints about physical symptoms, particularly on school days or the evening before school. These could include complaining of a tummy ache, headache, or saying they feel ill when there doesn't appear to be a medical cause. Always check with the GP first to rule out medical causes or illness.

LEARNING AND DEVELOPMENT

School refusal can negatively impact a young person's learning and development. Attending school on a regular basis not only supports academic attainment but is also important for the development of key life skills and the growth of children and young people as citizens.

LONG-TERM OUTCOMES

The difficulties associated with school non-attendance can be far-reaching and may have a negative impact on long-term outcomes. It may, for example, lead to reduced future aspirations, poor emotion regulation, mental health difficulties, limited academic progress and restricted employment opportunities.

CYCLE OF ABSENCE

Consistent absences may contribute to sustained school avoidance over time. Further to this, the longer a pupil is out of education, the more likely it is that there is a rise in their ongoing need to avoid the activity which is making them anxious – increasing their desire to stay at home.

Advice for Parents & Educators

WORK TOGETHER

If there's a concern about a child's absence and emotional wellbeing, it's important that there is clear communication and a consistent approach between the child's parents and the school, so you can take a child-centred approach together towards a plan of support or reintegration. This ensures a consistency of approach from both home and school, creating better outcomes for the child.

MANAGING OVERWHELMING FEELINGS

While there may be times you feel frustrated or angry, try to stay calm, acknowledge the child's worries, listen and discuss a range of coping strategies together to help them face the discomfort and overwhelming feelings. These could include mindfulness, deep breathing or going for a walk and practice the strategies in less overwhelming situations first.

FOLLOW REGULAR ROUTINES

Children can benefit from a regular and consistent routine. This could be a morning routine, from waking up and having breakfast through to getting dressed, packing their bag and leaving the house. A consistent evening routine which is calm and limited time on screens can also give children much needed predictability and familiarity. Schools can help create a timetabled routine for the child's school day, if required.

REDUCE STIMULATING ACTIVITIES AT HOME

If a child is avoiding school, reduce their access to more stimulating activities (such as watching television, playing games and spending time with friends) during school hours, where possible. This reduces the potential for the child having rewarding experiences at home, which could be interpreted as a positive aspect of avoiding school.

Meet Our Expert
With 30 years' experience as a teacher, trainer, consultant and interim executive board member, Anna Bateman has a superb understanding of what works in pedagogy, school improvement and leadership. She has also advised the Department for Education on their mental health green paper.

#WakeUpWednesday
The National College

May Wellbeing Activities

Positive Affirmations May Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 I believe in myself and my abilities.	2 I am worthy.	3 I am creative.	4 I am unique.	5 I am curious.
6 I am helpful.	7 I can do hard things.	8 I can make a difference.	9 I am free to be myself.	10 I am confident.	11 I always try my best.	12 I am thankful.
13 I am kind.	14 I ask for help.	15 I like challenges.	16 I am a good friend.	17 I am doing the best I can.	18 I am honest.	19 I make good choices.
20 I learn from my challenges.	21 I am a good listener.	22 It is ok if I make mistakes.	23 I stand up for what I believe in.	24 I am patient and calm.	25 I can try again.	26 I am generous.
27 I see the good in myself and others.	28 I believe in my dreams and goals.	29 Today is going to be a great day!	30 I am loved.	31 I am open and ready to learn.		



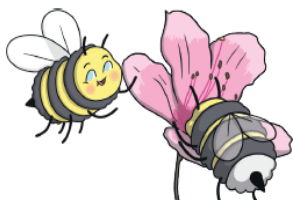
Starfish Breath

Sit down comfortably with your legs crossed. Hold out one hand, face your palm to the sky and spread out your fingers like a starfish. Use the opposite hand and place one finger onto the outside of your thumb. Breathe in as you move your finger up your thumb and breathe out as you move your finger down your thumb. Continue your starfish breathing, remembering to breathe in as you go up each finger and breathe out as you go down each finger. Once you have finished, swap hands and repeat on the opposite hand.



Bee Breath

Sit down comfortably and close your eyes if you are happy to do so. Carefully put your thumbs over your ears and your fingers over your eyes. Breathe in slowly through your nose until your tummy is full and then breathe out through your mouth, making a humming sound like a bee. Repeat this five times until you feel nice and calm.



Butterfly Shortbread Biscuits

Ingredients

- 100g butter
- 200g icing sugar
- ½ tsp vanilla extract
- 10 shortbread fingers (or make your own)
- 20 pretzels
- 5 chocolate sticks (or liquorice)
- sprinkles

Equipment

- whisk
- mixing bowl
- sieve
- teaspoon
- tablespoon
- piping bag and nozzle (optional)

Method

1. Preheat the oven to 170°C-190°C fan/gas mark 5.
2. Mix the sugar and butter together until smooth.
3. Stir in the plain flour.
4. Dust the work surface with flour. Then, roll the mixture out until it is roughly 1cm thick.
5. Cut the mixture into fingers and place them on a greased baking tray (or use greaseproof paper).
6. Then, put them in the fridge for 20 minutes.
7. Bake them in the oven for 15-20 minutes until they are golden brown.
8. Place them on the cooling rack and allow them to cool before decorating.



Head Teacher's Awards

The following children have received a head teacher's certificate this week:

Reception	Being Ready to Learn	Toby	For always trying his best and knowing it's okay to not always get things right the first time.
Year 1	Being Respectful	Mark	For always showing respect towards his teachers and friends
Year 2	Being Ready to Learn	Whole Class	For working hard this week whilst completing quizzes.
Year 3	Being Respectful	George	For always being polite and friendly to his friends and all adults in school.
Year 4	Being Ready to Learn	Lexi	For working hard and producing her best work in all areas of her learning.
Year 5	Being Ready to Learn	Hannah	For becoming an independent learner and demonstrating this during English.
Year 6	Being Ready to Learn	Whole Class	All of Y6 for such a fantastic attitude during SATs week.

Class Teacher Special Mention Awards

The following children have received a Class Teacher Special Mention certificate this week:

Reception	Henry	For always being such a happy and polite member of Reception.
Year 1	Hannah	For showing great resilience with her handwriting.
Year 2	Darcey	For always being ready to learn and always doing her best in every lesson.
Year 3	Samuel	For working so hard to complete writing and for fantastic progress with reading.
Year 4	Jack	For always having a positive attitude to learning.
Year 5	Isaac D	For becoming a mature member of the class.
Year 6	Whole Class	All of Y6 for such a fantastic attitude during SATs week.



Summary of upcoming events

Saturday 18 th	First Holy Communion Service at St Patrick's Church 11am – Celebratory gathering in school afterwards, approximately 12-1.30pm
Monday 20 th - Wednesday 22 nd	Y6 Dukeshouse Wood Residential
Tuesday 21 st	Y2 Multi-Skills at Greenland Primary am
Wednesday 22 nd	Y1 Multi-Skills at Greenland Primary am
Thursday 23 rd	'Hats on for Erin' fundraiser in aid of Children's Cancer North

Thursday 23rd May 3.20pm School closes for half term break

[Please click here to view our diary of events for the rest of the academic year](#)