



# Newsletter: 13<sup>th</sup> March 2026

Dear Families,

## **Lucie Stephenson Visit**

Lucie Stephenson, Acting CEO of Bishop Wilkinson Catholic Education Trust, came to visit our school this week. She commented on the fantastic behaviour of our pupils and the wonderful work she noticed in their books. She spent time in every class and explained to pupils that there are around 15,000 pupils and 2,000 member of staff across 48 schools within our trust. That is big and wonderful family to be part of!

## **Chocolate Donations**

We had 100% attendance on Thursday for our non-uniform day! This was great to see and is something we would love to see as often as possible. We were inundated with chocolate contributions. Thank you, so much, for your kindness. Our great Friends of St Patrick's team have already begun compiling the chocolate hampers ready to be raffled during our up-and-coming Easter services and celebrations.

## **St Patrick's Day Liturgy**

Reminder that our planned St Patrick's Day Mass will now be a Celebration of the Word service in school at 9.30. It will be led by our Mission Team. Please join us if you are able. There will be light refreshments afterwards.

## **Y5/6 Basketball Activity**

Our Y5 and Y6 pupils had a great end to the week with a visit to Consett Academy to take part in a basketball festival. They thoroughly enjoyed themselves and they represented St Patrick's brilliantly. Of course, we would not expect anything else.

## **Parents'/Carers' Open Evening**

It was wonderful to meet see so many parents and carers attend our first open evening of the spring term. We all know how important it is to work together to support the children's learning and wellbeing and we really value the partnership between home and school.

Our second evening will be taking place on Tuesday 24th March.

Hope you all have a lovely weekend.

Mrs Burgess

# General News

## Parent/Carer Governor Role

We are recruiting a parent/carers governor. Could it be you?

We are looking to appoint a parent/carers governor to join our Local Governing Committee and we would be delighted to hear from anyone interested in supporting the continued success and development of our school.

Parent/carers governors play a vital role in school life. Their responsibilities include:

- Championing the views of parents and carers within the governing body.
- Supporting and challenging school leadership to ensure the very best outcomes for all pupils.
- Helping shape the strategic direction of the school.
- Promoting the school's vision, values and mission within the wider community.

No previous experience is needed — just a commitment to our school community and a willingness to contribute your time and perspective.

Full training will be provided, and you will be supported by a knowledgeable, friendly and dedicated team of governors and school leaders who work closely together to make a positive impact.

If you are passionate about helping our school continue to thrive, we would love to hear from you.

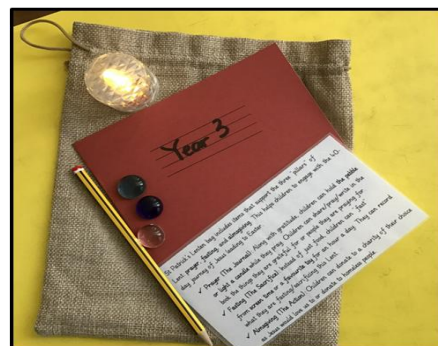
Please email the school at [stpd@stpd.bwcet.com](mailto:stpd@stpd.bwcet.com) by **Friday 13th March** to express an interest.

## St Joseph's and St Patrick's Newsletter

Please click [here](#) to view this week's parish newsletter for St. Patrick's and St. Joseph's parishes. Here you will find news about upcoming parish events and news.

## Lenten Bags

Lenten bags have been sent home with children. Please support your child in using the resources when it is their turn throughout Lent as we prepare for Easter. Thank you for your support.



# 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 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.

### 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.

### 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.

### 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.

### 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.

### 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.

### 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.

### 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

### 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.

### 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.

# March Wellbeing Activities

I am loved.

I am thankful.

## Acts of Kindness March Calendar

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

1  
Draw a picture and give it to someone special.

2  
Help tidy your classroom or home.

3  
Write down something you are grateful for.

4  
During a family meal, ask everyone to share the best part of their day.

5  
Donate books or toys to a local charity.

6  
Ask your teacher how their day is going.

7  
Give someone a compliment to help them feel better about themselves.

8  
Share a favourite memory with a friend or family member.

9  
Introduce yourself to someone you haven't met before at school.

10  
Write a thank-you note to someone who helped you.

11  
Play a boardgame or do a puzzle with your family.

12  
Set yourself a goal to achieve today.

13  
Encourage someone that you see is struggling.

14  
Write a note to someone to show them that you care.

15  
Wish the first person that you see an amazing day.

16  
Offer to help someone.

17  
Share your toys with a friend or sibling.

18  
Do a chore to help someone in your family.

19  
At the end of the day, write or draw one great thing that happened.

20  
Find a positive quote and share it with someone.

21  
Be kind to yourself and do something special for you.

22  
Help a teacher without being asked.

23  
Be a friend to someone in need at school.

24  
Do something nice for someone who is special to you.

25  
Help prepare a meal with your family.

26  
Donate food to a local food bank.

27  
Teach someone something you are good at.

28  
Tell a joke to make someone laugh.

29  
Do something that you love to do.

30  
Recycle.

31  
Make a card for someone special.

### Outdoor Mindfulness Scavenger Hunt

Go outside and use all of your senses to complete this scavenger hunt.



Find something that makes you happy.



Listen to a bird singing.



Find something that smells nice.



Listen to leaves rustling on a tree.



Find something that is your favourite colour.



Find something that makes a noise.



Find something that is smooth.



Find something the colour of the sky.



Find something as small as your fingernail.



Look for a cloud that is shaped like an animal. Watch it change shape.



Follow an insect. What it is doing?



Find something that is soft.

### St. Patrick's Day Potato Pancakes



#### Ingredients

- 2 medium sized potatoes or 250g cold mashed potato
- 1 tsp baking powder
- 1 tsp sunflower oil
- 75g plain flour
- 2 eggs
- knob of butter
- 125ml milk

#### Method

This recipe requires adult supervision.

1. If you need to make the mashed potato, peel and chop the potatoes into chunks. Then, add them to a pan of water and boil for 15 minutes or until they are soft.
2. Drain the potatoes using a colander. (Adult supervision is required as the water will be extremely hot.)
3. Mash the potatoes and then weigh out 250g. Allow this to cool.
4. Sieve the flour and baking powder onto the mashed potato.
5. In a bowl, whisk the eggs and milk together. Then, add this to the mashed potato and flour mixture and stir well. Whisk the mixture until it is smooth.
6. In a large frying pan, heat half of the sunflower oil and a bit of the butter. (Adult supervision is required as the fat and pan will be extremely hot.)
7. Carefully, add 1 tbsp of the batter for each pancake to the pan. You should be able to fit four pancakes in the pan.
8. After about 1 minute, small bubbles will appear on the top and the bottom of the pancake should be light brown. Turn the pancakes over and cook on the other side.
9. When both sides are light brown, carefully remove from the pan.
10. If you have any mixture left, you can cook more pancakes in the same way.
11. Finally, serve and enjoy.



## Head Teacher's Awards

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

Reception	Being Responsible	Nicola	For being very helpful in school.
Year 1	Being Responsible	Niamh	For working so hard to improve her handwriting in school.
Year 2	Being Ready to Learn	Toby	For listening carefully and working hard with writing tasks.
Year 3	Being Respectful	Jay-Junior	For always saying 'please' and 'thank you', listening carefully and lining up silently.
Year 4	Being Ready to Learn	Oliver	For working hard on handwriting and coming up with some fantastic sentences about Narnia.
Year 5	Being Ready to Learn	Harriet	For always going above and beyond in all areas of her work.
Year 6	Being Ready to Learn	Zara	For such a consistently conscientious attitude to all aspects of schoolwork.

## Class Teacher Special Mention Awards

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

Reception	Theo	For his fantastic progress in phonics this week.
Year 1	Faith	For practising her phonics flashcards at home and making good progress.
Year 2	Sophie	For working hard in school and at home to complete all tasks.
Year 3	Lucy	For always being a responsible and a mature member of our Year 3 class.
Year 4	Niall	For excellent use of subordinate clauses and adverbial phrases.
Year 5	James	For working hard to improve his handwriting.
Year 6	Logan	For making a real effort to increase maths speed.



## **Summary of upcoming events**

Tuesday 17 <sup>th</sup>	St Patrick's Feast Day Celebration of the Word 9.30am in school. All welcome.
Thursday 19 <sup>th</sup>	Open the Book Assembly 2.30pm. All Welcome.
Friday 20 <sup>th</sup>	SEN drop-in session 2.30pm-3.15pm with Miss Clish SENDCO
Monday 23 <sup>rd</sup> – Friday 27 <sup>th</sup>	Community Challenge Week
Tuesday 24 <sup>th</sup>	Rec-Y6 Parents'/Carers' Evening 3.30pm-6pm in school
Thursday 26 <sup>th</sup>	Rec/Y3 Hall Hill Farm Trip
Monday 30 <sup>th</sup>	Y1/Y2 Palm Sunday Liturgy 2.30pm in school. All welcome.
Tuesday 31 <sup>st</sup>	Y1/Y2 Beamish Museum Trip
Tuesday 31 <sup>st</sup>	Y3/Y4 Maundy Thursday Liturgy 2.30pm in school. All welcome

**[Please click here to view our Diary of Events for the rest of the Academic year](#)**

# PACT House



CAFE • COMMUNITY HUB • MEETING SPACE

## Community Meal

# WEDNESDAYS

**From 4:30pm @PACT House**

Check our Facebook page @Pacthousestanley  
each day for whats available

**There is no charge for our meal,  
donation welcome of any kind**



@PACTHouseStanley  
39 Front Street, Stanley DH9 0JE  
pacthousestanley@outlook.com



Stanley  
Town  
Council

# PACT House



CAFE • COMMUNITY HUB • MEETING SPACE

## Mothers Day Afternoon Tea



### Sunday 15th March

from 12noon to 1.00pm

**Please message the PACT House  
facebook page to book places**

**Sit in £6.00 or collection £7.00**

 [@PACTHouseStanley](https://www.facebook.com/PACTHouseStanley)  
39 Front Street, Stanley DH9 0JE  
[pacthousestanley@outlook.com](mailto:pacthousestanley@outlook.com)

