



# Newsletter: 15<sup>th</sup> May 2026

Dear Families,

## **A Huge Well Done to Our Wonderful Year 6 Pupils!**

You did it! After weeks of preparation, focus and determination, our amazing Year 6 pupils have completed their SATs assessments — and they have managed to come out the other side smiling! We are incredibly proud of each one of you for your resilience, hard work and positive attitude throughout.

Of course, all of the above applies to our wonderful staff, too, as SATs is an accumulation of all the teaching and learning offered throughout our school from day one.

To celebrate their fantastic efforts, the Y6 children enjoyed a well-deserved trip to *Bacco Italian*, where laughter, fun and friendship were on the menu alongside the delicious food.

Well done, again, Year 6! You have shown what you are made of, and we could not be prouder!

## **Half-term Beckons**

We look forward to an action packed final week leading up to our half term break with, 'Walk to School Week', Art Week (art gallery to follow after half term), visits and 'Break the Rules Day'.

We are all so lucky to be part of this lovely school!

Have a lovely weekend!

From All at St Patrick's

## General News

### Break the Rules Day

Our 'Break the Rules' day will take place on Thursday 21<sup>st</sup> May. All pupils will have the opportunity to pay 50p for each rule they decide to break. If your child would like to break any rules from the list below, please send them into school with the correct change in a named envelope on the day.

All money raised will go towards our Y6 adventure residential at Newby Wiske Hall next month. It is wonderful to see how our school community supports each other!

- Colourful headbands/clips 50p
- Gel hair 50p
- No tie 50p
- Nails painted 50p
- Small chocolate bar for break
- Wearing slippers indoors 50p
- Colourful socks 50p
- Wearing trainers or flat boots (no heels please) 50p
- Different bag for school 50p



## General News

### Walk to School Week is Here! 🌍

Next week, we're getting ready to step into a greener, healthier lifestyle as we take part in Walk to School Week! We are encouraging all our pupils to walk to school — or even just part of the way — to help reduce traffic, improve air quality and boost our wellbeing.

Walking to school is a simple but powerful way to start the day with energy and positivity. It is also a great opportunity to chat with friends, enjoy the outdoors and take in the world around us.

To kick off the week, today we have shared important messages about living sustainably, getting exercise and improving our environment, reminding us all how small changes can make a big difference to our planet.

It is not just the pupils getting involved — where possible, our staff will be joining in too! Whether it is walking, cycling or parking a little further away and walking the rest, we are all stepping up for a more sustainable future.

If you would like to get involved in our Walk to School Week, please click [here](#) to read the information we have shared. It includes helpful ideas and a map with suggested walking routes and starting points to help you join in.

Let's make every step count — for our health, our community, and our planet.



## **General News**

### **Pupils starting Reception in September 2026 - Late**

#### **Applications**

We would like to remind families that it is still possible to submit a late application for a place in our Reception Class for September 2026.

Late applications can still be made and will continue to be processed. If you have not yet applied for a Reception place but wish your child to join us in September, we encourage you to complete an online application as soon as possible via the Durham County Council School Admissions portal.

Submitting a late application ensures your child is included in the next stage of allocations or re-allocation rounds. If you would like any help with the process, please get in touch with our school office — we are always happy to support you.

#### **Nursery applications**

As we mentioned last week, our Nursery is growing. If you have a child, who is three already, and you are looking for Nursery provision, please come and talk to us and meet our staff. Please spread the word to others!

#### **Parish 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.

# 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 MAKING FRIENDS ONLINE

In today's digital world, it's increasingly common for children to form friendships with people they've never met in person. While online connections can offer children a sense of belonging, they also carry significant risks. Around 19% of children aged 10 to 15 in England and Wales have chatted online with someone they've never met face-to-face. This guide offers expert advice for parents and educators on helping children navigate online friendships safely.

### WHAT ARE THE RISKS?

- ONLINE GROOMING THREATS**  
Predators can use games, social apps or social media platforms to build relationships with children and gain trust over time. This may quickly develop into grooming or exploitation. Between April 2017 and March 2020, UK police recorded nearly 34,000 online grooming offences - an 82% increase in just five years.
- EXPOSURE TO INAPPROPRIATE CONTENT**  
Children may come across distressing or explicit material while internet surfing, either on purpose - or particularly via TikTok, Instagram or Snapchat. This is exacerbated in a survey by the Children's Commissioner for England, which found that 85% of children aged 8 to 17 had seen content online that made them feel uncomfortable, worried or upset.
- COMPROMISED PERSONAL SAFETY**  
Meeting an online 'friend' in real life risks physical and/or sexual danger. From phishing to scammers, the consequences can be devastating. Reports of children being harmed after such meetings are becoming increasingly common in the UK, but highlighting the need for safeguarding intervention.
- PSYCHOLOGICAL DISTRESS**  
Online bullying - including cyberbullying, grooming or exposure to distressing content - can lead to long-term emotional issues, including anxiety, depression and PTSD. 'Troll' chat groups, who try to cause online and/or real-world harm to a person unless they pay their money, have reportedly targeted children as young as 11, leaving them traumatised and ashamed.
- LONG-TERM REPERCUSSIONS**  
Children exposed to harmful online materials as early as they develop an identity risk about relationships, consent, or self-worth. In a recent case, a 13-year-old girl was a victim of a paedophile who befriended children aged 10-16, and grooming them in to sexual activity and causing physical and emotional distress. One 12-year-old was sexually abused outside, highlighting the long-term psychological harm an online friendship can cause.
- TEACH SAFE ONLINE HABITS**  
Help children understand how to use privacy settings, protect their personal information, report fake profiles, and report and block suspicious or concerning behaviour. Encourage them to think critically about what they share - and whom they're sharing to.
- ENCOURAGE REAL-WORLD CONNECTIONS**  
Support children in building friendships through school, clubs, hobbies and activities in the real world. Strong offline relationships help reduce children's reliance on online platforms for social interaction, and can help them develop self-esteem and social confidence.
- KEEP CONVERSATIONS OPEN**  
Let children know they can talk to you about their online life. It's not always a sign of anger or judgement, as this may prevent them from opening up in the future. A child who feels listened to is more likely to discuss problems before they occur.
- USE PARENTAL CONTROLS**  
Parental control settings on devices, games and apps can help manage screen time, filter out inappropriate content, and restrict activity. While no system is perfect, they provide a valuable layer of protection for children's online digital spaces.

### Advice for Parents & Educators

**26 FRIENDS ONLINE NOW** ✓

### Meet Our Expert

Debbie Bunn is a safeguarding specialist with over 20 years' experience in supporting children, families, and adults across education, local authority, and mental health settings - both in the UK and abroad at Parliamentary level and Internationally.

**#WakeUpWednesday**

**The National College**

# May Wellbeing Activities

## Positive Affirmations May Calendar

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



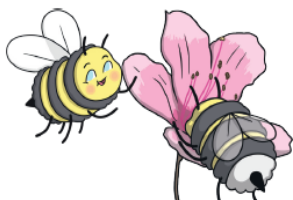
### Starfish Breath

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/ Nursery	Being Responsible	Theo	For helping others in the classroom without being asked.
Year 1	Being Respectful	Liláh	For always giving her full attention to the teacher.
Year 2	Being Respectful	Henry	For being such a kind and caring friend.
Year 3	Being Responsible	Ollie	For always keeping the room and his workspace tidy.
Year 4	Being Ready to Learn	Deifilia	For always giving every task 100% effort and knowing when to ask for help.
Year 5	Being Ready to Learn	Mia	For trying her best in class and focussing on the task in hand.
Year 6	Being Responsible	Whole Class	For showing such a great attitude during their SATs this week.

## Class Teacher Special Mention Awards

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

Reception/ Nursery	Jasper	For trying hard to complete all his jobs this week.
Year 1	Jackson	For working hard this week on halves and quarters.
Year 2	Freddie	For being helpful around the classroom and always willing to help others.
Year 3	Isla	For always showing kindness, responsibility and being a great role model.
Year 4	George	For putting a lot of effort into his writing, extending sentences and using ambitious vocabulary
Year 5	Astrid	For always being a happy and positive member of the class.
Year 6	Whole Class	For working incredibly hard during their SATs this week.



## Summary of upcoming events

Monday 18 <sup>th</sup> – Thursday 21 <sup>st</sup>	Walk to School Week
Monday 18 <sup>th</sup> – Thursday 21 <sup>st</sup>	Art Week
Wednesday 20 <sup>th</sup>	Y6 Parents' Residential Information Meeting 3.30pm
Wednesday 20 <sup>th</sup>	Y1/Y2 Soccer Tots at Greenland Primary School am
Thursday 21 <sup>st</sup>	'Break the Rules' Day (50p per rule)

**Thursday 21<sup>st</sup> May School closes for half term  
break**

**Friday 22<sup>nd</sup> School closed due to staff inset  
day**



**Monday 1<sup>st</sup> June School re-opens to pupils**

Throughout June	New Reception Transition Sessions
Monday 1 <sup>st</sup> – Friday 12 <sup>th</sup>	Y4 Multiplication test window

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

# OPEN DAY

St Bede's Catholic School  
and Sixth Form College



## Join us for our 60th Anniversary School Open Day

Saturday 27<sup>th</sup> June  
10.00am - 2.00pm

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Promotional stalls

Tabletop sale

Raffles

Tombola



St. Bede's Catholic School & Sixth Form  
College  
Consett Rd,  
Lanchester,  
Durham  
DH7 0RD  
[01207 520424](tel:01207520424)