



A very warm welcome to all our pupils and families as we begin a new academic year together. I hope that the summer has brought you time for rest, renewal and precious moments with family and friends.

At the start of this new year, we are reminded that every new beginning is filled with possibility.

As a Catholic school, we place Christ at the heart of all that we do, seeking to help every child recognise their God-given gifts, grow in wisdom and compassion, and become a source of hope to others.

Pope Leo XIV reminds us that "Educating is an act of hope." What a wonderful message to carry with us into the year ahead. May our school continue to be a community of faith, hope and love, where every child feels known, valued and encouraged to flourish.

I look forward to all that we will achieve together and pray that God blesses our whole school community throughout the year ahead.

Mrs Whitten Headteacher

>>> WORD OF THE WEEK

Cycle 1 Week 1 :

Autonomy - Au/to/no/my

Word Class: Noun

Etymology: From Greek autos meaning "self" and nomos meaning "rule"

Student-friendly Definition: The ability to make your own choices and control your own life.

Example sentence: In *I Am Malala*, Malala fights for autonomy in her education and future.

Cycle 1 Week 2 :

Idiosyncratic – i/di/o/syn/cra/tic

Word Class: Adjective

Etymology: From Greek idios meaning "one's own" and synkrisis meaning "mix"

Student-friendly Definition: Very unusual and typical of one particular person or thing.

Example sentence: In *The Curious Incident of the Dog in the Night-Time*, Christopher has an idiosyncratic way of seeing the world.



WELLBEING STATEMENTS



Cycle 1 Week 1

Look after your physical health by eating nutritious food, staying active, and getting enough sleep.

Cycle 1 Week 2

Recognise and express your feelings in a healthy and respectful way.

MENTAL HEALTH SUPPORT FOR CHILDREN & YOUNG PEOPLE

Find out more about Healthy Heads and the Healthy Minds Team in Sunderland and South Tyneside in a number of webinars being held over the course of the academic year.

South Tyneside and Sunderland Mental Health Support Services

Introduction to Our Service

For Parents/Carers

Find out more about the Mental Health Support Services for children and young people within South Tyneside and Sunderland

Date: 23rd September 2026
Time: 6 - 6:30pm

Join the webinar here by scanning the QR code or clicking the link below:

[Click here to join the meeting now](#)

Meeting ID: 380 800 268 987 181

Please note: For privacy and safeguarding reasons (in line with GDPR), we ask that parents/carers join as guests, keep microphones and cameras off, and do not use the chat function during the session.

Scan Me

helping and supporting you: The Healthy Minds and Healthy Heads Teams
Service provided by South Tyneside and Sunderland NHS Foundation Trust

South Tyneside and Sunderland Mental Health Support Services

Mental Health Webinars

For Parents/Carers

Introduction to Our Service	23 rd September 2026	6 - 6:30pm
Managing Worries and Anxieties	15 th October 2026	6 - 6:30pm
Managing Stress	23 rd November 2026	6 - 6:30pm
Children's Mental Health Week (theme TBA)	28 th January 2027	6 - 6:30pm
Managing Difficult Behaviours	23 rd February 2027	6 - 6:30pm
Exam Stress	24 th March 2027	6 - 6:30pm
Supporting Your Child to Talk About Their Feelings	26 th April 2027	6 - 6:30pm
Five Ways to Wellbeing	25 th May 2027	6 - 6:30pm
School Transitions	24 th June 2027	6 - 6:30pm
Anxious Returners	10 th August 2027	12-12:30pm
Anxious Returners (repeat)	26 th August 2027	6 - 6:30pm

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Our mission statement founded in John 10:10
Here at St. Aidan's every individual is encouraged to work hard, fulfilling their God given potential to pursue their next steps in life whether that be University or a high-quality career.





MACMILLAN COFFEE MORNING

On Friday 25th September we will be holding our annual Macmillan Coffee Morning from 9am to 11am.

We will share more details about the day's activities closer to the event so please keep a look out for further information!



DURHAM CRICKET UNDER 14S SUCCESS

During the summer holidays the under 14s team took part in the Kings College Taunton Cricket Festival.

Durham managed to win the tournament with an incredible 100% winning record.

Well done to the whole team which included two of our Year 10 boys, William (10F) and Fraser (10A) !!



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>>> BRIERY REFURBISHMENT

Over the summer holidays, our Briery building underwent an extensive refurbishment, transforming key learning and social areas across the school.

Improvements include fully revamped IT Suites, enhanced study spaces and refreshed social spaces, creating a modern and welcoming environment for our pupils.

It has been wonderful to see students already reaping the benefits of these upgrades, making the most of the improved facilities for learning and collaboration.



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>>> GENERAL REMINDERS



ABSENCE REPORTING

Parents are required to call the student absence line each day to report any absence. Please dial the main school number and select Option 1.

Please ensure that you provide your child's full name, form group and a reason for the absence.

PASS OUT REQUESTS

Pass Out requests should be emailed to contactus@staca.co.uk. Please include your child's full name, form, date, reason for the Pass Out and collection/leaving time.

Parents will receive an email to confirm that the Pass Out has been completed.

Students need to collect their Pass Out slips from the Student Support office prior to their appointment. They should present the slip to their class teacher at the time stated on the Pass Out and make their way to the Main Reception.

>>> DATES FOR THE DIARY

Tuesday 15th September 2026

Yr 5/6 Open Evening 6pm -8pm

Friday 25th September 2026

MacMillan Coffee Morning 9am - 11am

Wednesday 30th September - Friday 2nd October 2026

Yr 7 Mountain Visits

Monday 15th October 2026

Sixth Form Open Evening 6pm - 8pm

Wednesday 21st October 2026

Yr 7 Parents Evening 2.15pm - 6.15pm

Friday 23rd October 2026

Inset Day - School Closed

Monday 26th October - Friday 30th October 2026

Half Term holiday - School Closed

Wednesday 4th November 2026

Yr 8 Parents Evening 2.15pm - 6.15pm

