

St Bede's Newsletter

Welcome to St Bede's...



Attendance up to 30/01/26

Y1	Y1/2	Y2	Y3	Y3/4	Y4	Y5	Y5/6	Y6
95.12	94.08	94.9	95.51	95.38	97.17	96.51	97.2	92.63

This week...

Wednesday 4th Feb

- Year 3 We Eat Elephants workshop
- Y2 Feelings workshop
- Y6 SATS Booster

Coming soon...

Wednesday 11th Feb

- Y6 SATS Booster 3.10pm-4.15pm
- Year 3 We Eat Elephants workshop
- Y2 Feelings workshop

Thursday 12th Feb

Valentine's Discos

- EYFS 3.30-4.30
- KS1 4.40-5.40
- KS2 5.50-6.50



You can now view our latest PE Newsletter on our website

Our Safeguarding Focus This Week...



What Parents & Educators Need to Know about **DIGITAL DEVICES & WELLBEING**

Children aged 7 to 14 now spend roughly 3 to 5 hours a day on phones, tablets, consoles, and computers. That much screen time has parents and educators worried – not just about the hours logged, but about online safety and the knock-on effects on mental health. This guide brings together practical, expert-backed strategies so adults can nurture healthier digital habits and help young people thrive both on and offline.

WHAT ARE THE RISKS?

SLEEP DISRUPTION

Excessive screen time, especially before bed, can interfere with melatonin production and delay sleep onset. Children may struggle to concentrate or regulate emotions due to poor sleep hygiene linked to late-night device use.

ONLINE PEER PRESSURE

Social media platforms expose children to unrealistic standards and peer validation loops. Likes, comments, and follower counts can influence self-worth and lead to anxiety or risky behaviour to gain approval.

CYBERBULLYING EXPOSURE

Children may encounter bullying through messaging apps, games, or social media. This can be persistent and anonymous, making it harder to detect. Victims often feel isolated and reluctant to report incidents.

REDUCED PHYSICAL ACTIVITY

Time spent on screens often replaces outdoor play and physical activity. This sedentary lifestyle can contribute to obesity, poor posture, and reduced cardiovascular health.

EMOTIONAL DYSREGULATION

Fast-paced digital content can overstimulate young brains. Children may become irritable, impatient, or struggle with boredom and emotional control when not engaged with screens.

PRIVACY AND SAFETY RISKS

Children may unknowingly share personal information or interact with strangers online. Without guidance, they may not understand the long-term consequences of digital footprints or unsafe online behaviour.

Advice for Parents & Educators

SET CLEAR BOUNDARIES

Establish screen-time limits and device-free zones, e.g. classrooms and dinner tables. Use parental controls and co-create a digital use agreement with children to encourage accountability. Trying a visual schedule or timer app can help children understand and stick to limits.

ENCOURAGE OPEN DIALOGUE

Create a safe space for children to talk about their online experiences. Ask open-ended questions like, "What did you enjoy online today?" to build trust and awareness. Try setting aside 10 minutes each day for a digital check-in where children can share what they've seen or done online.

MODEL HEALTHY HABITS

Children mirror adult behaviour. Demonstrate balanced device use, take regular screen breaks, and prioritise face-to-face interactions to reinforce positive behaviours. Making a habit of putting your phone away during meals and conversations can show that real-life interactions come first.

PROMOTE DIGITAL LITERACY

Teach children how to evaluate online content, recognise misinformation, and understand privacy settings. Empower them to think critically and act responsibly in digital spaces. You could use real-life examples from the news or social media to help children practice spotting fake information.

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Peristone Grammar School and works on secondment one day a week for Minds Ahead, which works with schools on improving their mental health provision.

#WakeUpWednesday

The National College

Keep up to date with upcoming events via our school calendar

<https://stbedesdarlington.bhcet.org.uk/calendar>

Congratulations!



North East Primary Choir of the Year

Winner

St Bede's Choir Crowned North East Primary Choir of the Year!

Our wonderful school choir delivered a truly outstanding performance on Monday as they competed in the final of the North East Primary Choir of the Year, hosted by Durham Music Service — and **won!** The event took place at the prestigious **Glasshouse** (formerly The Sage) in Gateshead, giving our pupils the incredible experience of performing on a world-class stage. Their hard work, teamwork, and sheer joy in singing shone through, and we couldn't be prouder of this fantastic achievement.

JOIN OUR SCHOOL FAMILY AS A PAID LUNCHTIME SUPERVISOR!

Do you have an hour to spare at lunchtime?

📞 INTERESTED? WE'D LOVE TO HEAR FROM YOU 01325 466411

Why you'll love this role:

- Short, manageable hours — just one hour a day!
- Flexible days — join us for as many days as you can commit to.
- A wonderful opportunity to feel part of school life.
- Spend time with children in a joyful, positive environment.
- Make a meaningful difference to their day.

What you'll be doing:

- Helping children enjoy their lunch safely.
- Supporting play, friendship, and positive behaviour.
- Being a friendly, familiar face that children can look up to.
- Working as part of a warm, supportive lunchtime team.

Who We're Hoping to Welcome

- Caring Nature
- Friendly smile
- Dependability

Retired? Semi-retired? A grandparent with time to spare? Someone who just loves being around children? You could be perfect!