

# St Bede's Newsletter

Welcome to St Bede's...



Attendance up to 05/12/25

Y1	Y1/2	Y2	Y3	Y3/4	Y4	Y5	Y5/6	Y6
94.28	93.18	95.04	95.38	93.78	97.45	97.02	95.11	92.88

Coming soon...

**Monday 15<sup>th</sup> Dec**

- KS2 Christmas Party
- SEND Parental Drop-ins (Bookable)

**Tuesday 16<sup>th</sup> Dec**

Visit from Santa

**Wednesday 17<sup>th</sup> Dec**

KS1 Christmas Party

**Thursday 18<sup>th</sup> Dec**

EYFS Christmas Party

**Friday 19<sup>th</sup> Dec**

- Carols in Church 9.30am
- Advent Market (pm)

## This Week's Events

**Wednesday 10<sup>th</sup> Dec**

KS1 Christmas

performance 10am & 2pm

**Thursday 11<sup>th</sup> Dec**

- EYFS Christmas performance 10am & 2pm
- Christmas Dinner
- Christmas Jumper Day

Check out our new

Community  
Engagement  
Newsletter

<https://stbedesdarlington.bhcet.org.uk/news-events/newsletters>



# Our Safeguarding Focus This Week...

## What Parents & Educators Need to Know about MEMES

Memes may look like simple jokes, but, for many teenagers, they form a shared cultural language. Quickly created and reworked, they spread across social media platforms as images with text or short videos. Nearly eight in ten teenagers share memes (78%, YPulse), making them part of daily life. While memes encourage creativity and participation, they can also spread misinformation or reinforce harmful stereotypes.

### WHAT ARE THE RISKS?

#### SPREADING MISINFORMATION

While memes help to communicate complex topics, they can also spread misinformation. Memes may sometimes include content presenting false facts or biased viewpoints, especially around health, politics, or current events and, as they're designed to be shared quickly, young people may not question their accuracy.

#### EXPOSURE TO INAPPROPRIATE CONTENT

Memes are widely circulated, and not always age-appropriate, meaning young people may encounter explicit language, sexual content, or graphic imagery, even without searching for it. As memes spread fast on platforms like Instagram, TikTok, or WhatsApp, it's nearly impossible to filter them completely.

#### MASKED MESSAGES

Some memes are designed to be confusing or layered with hidden meanings, making them hard for parents, and, sometimes, other young people to understand. Online groups often create these memes to look like inside jokes, but they can sometimes conceal offensive, harmful, or misleading content.

#### HIDDEN HARMS & LOSING SENSITIVITY

When serious topics like violence, racism, or mental health are turned into jokes, children and young people may become less sensitive to these issues over time. While a funny meme may seem light-hearted, it can carry messages that belittle certain groups, encourage risky behaviour, or mock personal struggles. Repeated exposure through memes can make harmful behaviour seem normal or less important. Over time, this can blur their understanding of what is funny versus what is discriminatory, harmful, or damaging to themselves and others.

#### PERMANENT DIGITAL FOOTPRINT

Unlike spoken jokes, memes leave a trail. Created or shared memes can resurface later and be misunderstood, even if intended as harmless. Once online, memes may be copied, saved, or spread beyond a young person's control – digital actions can follow them into their future, shaping how they are perceived by peers, teachers, or even employers long after the original meme has been shared.

## Advice for Parents & Educators

### ENCOURAGE OPEN CONVERSATIONS

Talk regularly with young people and try to understand their online world – discuss what they find funny about the memes, and why. By listening without judgement, you build trust, making it easier for them to come to you if they see something harmful. Open conversations also help children and teens think critically about the messages behind memes rather than simply accepting them at face value.

### TEACH DIGITAL LITERACY

Help children and young people learn to question where information comes from and whether it's reliable – developing media literacy skills prepares young people to understand and navigate through their future online lives. Show them how memes can sometimes exaggerate or misrepresent facts for laughs, and encourage them to check credible sources when memes claim to present truth.

### MODEL HEALTHY BOUNDARIES

Show children and teens positive online behaviours, such as taking breaks from screens, avoiding late-night scrolling, and engaging in offline activities. Setting clear routines around screen time at home can help to reinforce healthy boundaries and reduce the risks of overuse. By modelling balanced technology use, adults can help children and young people see that digital entertainment, including memes, should be just one part of life.

### FOSTER EMPATHY ONLINE

Remind children and young people that memes should never come at someone else's expense. Encourage them to think about how a meme might make another person feel before sharing or creating it. Highlight examples of positive memes that celebrate creativity without hurting others. Fostering empathy, respect, and kindness in digital spaces will help them become more aware of promoting a safer, more supportive online culture.

### Meet Our Expert

Dr Cristina Moreno-Almela is a Senior Lecturer in Digital Culture at Queen Mary University of London. She specialises in memes, online networks, and youth culture, examining how digital spaces shape identity and everyday life.

See full reference list on our website

**#WakeUpWednesday**

**The National College**

Don't forget you can view our school calendar on our website  
<https://stbedesdarlington.bhcet.org.uk/school-calendar>



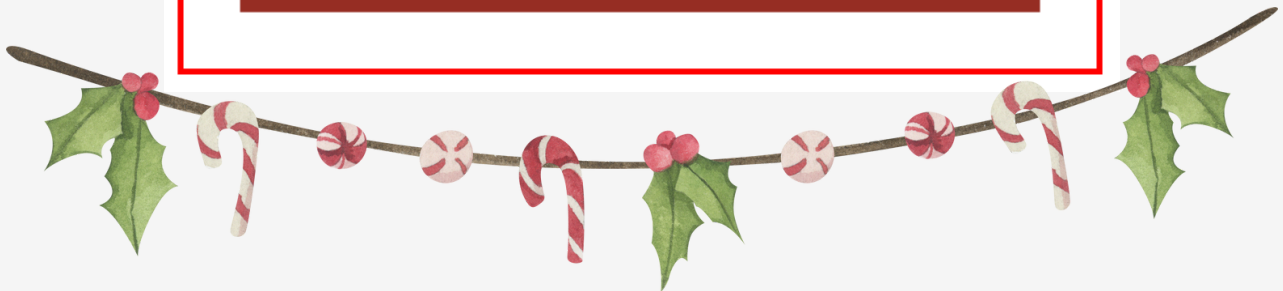
🎄 Help Us Spread Christmas Cheer! 🎄

We're excited to be supporting the Christmas Donation Drive for Darlington & County Durham NHS Foundation Trust a local charity

We're asking for **selection boxes and festive treats** to bring a little joy to children and families spending the holidays in hospital.

**Please send in your donations by Thursday 11th December.**  
Every contribution will help make Christmas brighter for those who need it most.

Thank you for your kindness and support – together we can make a real difference!



## Don't forget!

Christmas Dinner & Christmas Jumper Day **Thurs 11<sup>th</sup> Dec**

There will be a small paper bag sent home with your child on Friday for you to use to send in some party snacks on their Christmas Party day next week

The poster is framed by a decorative border of various Christmas-themed items. At the top left is a red gift box with a white bow. Next to it are two golden bells with red and green leaves. To the right is a yellow star. Further right is a green and yellow striped Christmas tree. At the top right is a large, colorful star. On the left side, there is a blue and yellow striped Christmas ornament, a red Christmas ornament with a gold buckle, and a pink gift box with a white bow. On the right side, there is a green Christmas ornament with a white zigzag pattern, a pink gift box with a yellow bow, and a nutcracker soldier. At the bottom, there is a red mug with a white snowflake, a gingerbread man, a red and white striped candy cane, and a colorful star. The background is a light beige color with small white dots.

# ADVENT MARKET

FRIDAY 19TH DECEMBER 2025

We are excited to invite the children to our school's Advent Market. This festive event is a wonderful opportunity for students to enjoy the spirit of the season and purchase items created by their peers.

Each item will be priced at **£1**, children are welcome to bring a maximum of **£2** to buy up to two items.

Thank you for your support, and we look forward to celebrating this joyous occasion with your children!



# Bambinelli Sunday

at St Thomas Aquinas



A beautiful advent tradition **Bambinelli Sunday**,  
Blessing The Christ Child

The beautiful Advent Tradition, Bambinelli Sunday, was instituted by Saint Pope John Paul II during his Papacy.

The tradition follows that on the Third Sunday of Advent (**Gaudete Sunday**) children and adults bring their Baby Jesus figures from their homes to St Peters Square where they are blessed by the Pope. Then, following the Sunday Angelus address, the Holy Father blesses the statues of Baby Jesus which the children will take back to homes to be placed under their Christmas trees ..

All children and families are invited to bring the Baby Jesus figure from their homes, to St Thomas Aquinas, to be blessed. Children will also be making their own 'Bambinelli' in school, which they can bring along for a special blessing from **Father Kevin** and **Bishop Stephen**, who will be celebrating Mass.

**Sunday 14<sup>th</sup> December 10.30am**