

St Bede's Newsletter

Welcome to St Bede's...



This week's events...

Tuesday 9th Sep

Meet the Teacher

KS1 2.30pm

Wednesday 10th Sep

Meet the Teacher

LKS2 2.30pm

Thursday 11th Sep

Meet the Teacher

UKS2 2.30pm

Coming soon...

Monday 15th Sep

Open evening at Carmel for Y6 families

Friday 19th Sep

Phonics meeting for Rec/KS1 parents 2.30pm in school

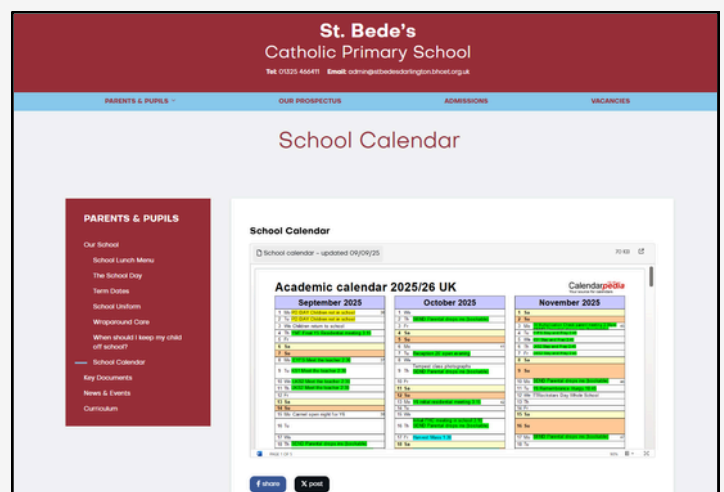
Mon 22nd - Wed 24th Sep

Y5 Residential to YMT

Friday 26th Sep

Macmillan Coffee Morning

We strongly encourage parents to check the school calendar on our website regularly so you can keep up to date with important dates



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

Our Safeguarding Focus This Week...

Top Tips for...

MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

Buy Mark

GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



DEVICE BOX

The National College



National Online Safety

#WakeUpWednesday



School Uniform & Jewellery Policy

As we begin the new school year, we want to thank the vast majority of families who have supported our uniform and jewellery expectations. However, we have noticed a significant number of children arriving at school wearing incorrect uniform items, including branded trainers, non-regulation tops, and earrings.

We would like to respectfully remind all parents and carers that **adherence to the school uniform policy is not optional**. This includes:

- White polo shirts only
- Grey skirt, trousers or shorts
- Burgundy school jumper or cardigan
- Optional burgundy/white summer dresses
- Plain black school shoes or plain black trainer-style shoes (no branding or sports logos)
- No jewellery of any kind, including earrings and watches (smart or analogue)



black shoes only



no jewellery



Autumn 2025

Day	Morning sessions		Afternoon Sessions		After school club
Monday					
Tuesday			Y3/4		
			Y6 Swimming		
Wednesday			Y1	Y1/2	
Thursday	Nursery	Reception	Y2	Y3	Sporting Futures- Y1-3 Football
Friday	Y4	Y5	Y5/6	Y6	Sporting Futures – Y4-6 Football



KS1 have had a great time settling in to their new classes last week. They have been busy building, creating, reading and sharing.