

St Bede's Newsletter

Welcome to St Bede's...



Attendance Week 17

Y1	Y1/2	Y2	Y3	Y3/4	Y4	Y5	Y5/6	Y6
100	100	99.17	92.67	93.33	96.67	98.79	98.37	100

This week...

**Monday 11th to
Thursday 14th May**
KS2 SATS Week
Wednesday 13th May
SENDIAS drop-in 2-
3.30pm

Coming soon...

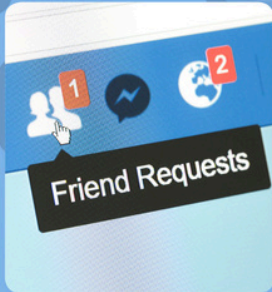
**Mon 18th to Friday
22nd May**
Walk to School Week
Monday 18th May
Eden Camp Trip KS2
Tuesday 19th May
SEND Cricket Festival

You can view our latest curriculum Newsletters on our website

Our Safeguarding Focus This Week...



The whole concept of social media relies upon users having friends and/or followers. 'Friends' tend to be those with whom users will share their own personal profile. It's usually a mutual relationship with both parties able to engage and interact with everything their friends post online. 'Followers' on the other hand can typically be just one-way relationships and, dependent on the platform, only provide access to certain aspects of an individual's profile, such as a person's content feed. A common trait that often exists between the two however is the desire to gather as many friends or followers as possible.



What parents need to know about SOCIAL PRESSURES LINKED TO 'FRIENDS & FOLLOWERS'



POSSIBLE 'FRIEND ENVY'

Children may compare the number of friends or followers that they have with their own online friends and people they know. In some cases, this could lead to 'friend envy', particularly if they see this as a sign of popularity. This could lead to your child showing signs of jealousy and resorting to sending friend requests to people they don't know that well, or even strangers, in a desperate bid to increase their own status online.



OPEN DOOR POLICY

Another way that children can increase their following is by leaving their accounts open so that they can be easily found, and anybody can view their posts. This is in the hope that other users will like their posts and decide to follow them, therefore increasing their numbers. Once again, this can leave your child vulnerable to being followed by strangers or people who have dishonest intentions.



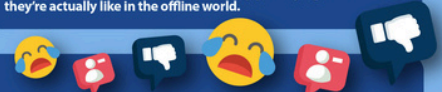
COLLECTING 'FAKE' FRIENDS

Children who feel under pressure to increase their friend count or want to increase their following as quickly as possible can be vulnerable to collecting 'fake' friends. They may, for example, accept friend requests from people they don't know very well or from complete strangers, inadvertently leaving themselves open to online bullies, trolls or even the possibility of being groomed.



CONSTANT NEED TO PLEASE

As children start to gain more friends or an increasing number of followers, they might start to feel an added level of pressure to provide them with more interesting and likeable content. Almost as if they now have an audience waiting, this constant need to please may be an extra burden that pushes your child into oversharing personal information or posting material that is inappropriate or offensive, inaccurately portraying what they're actually like in the offline world.



FEELINGS OF REJECTION

Just like increasing friends and followers can bring a sense of happiness and satisfaction, so the loss of friends and followers can cause children to suffer feelings of sadness and rejection. Depending on how invested your child is in their social media activities, this could influence their attitude and behaviour offline and potentially have a negative impact on their mental health and wellbeing.

Safety Tips For Parents

BE THEIR FRIEND OR FOLLOWER

The best way to know who your child is friends with online or who follows them is to be their friend or follower yourself. This will allow you to see who your child is engaging with most online or open up discussions about how they know certain people they've added to their network who you haven't heard them speak about before or you yourself don't know.

TURN ON PRIVACY CONTROLS

All social media platforms have their own privacy controls which can be used to help protect children online. For instance, removing the ability for strangers to comment on public posts or having a screening process for friend or follow requests is good practice which can help to ensure your child's experience online is a safer one.

TALK ABOUT STRANGERS

If privacy measures have been put in place, then usually your child will receive a notification if somebody tries to befriend them online. Talk to your child about making sure they don't open up their personal life to people they don't know and that if they are ever in any doubt, they should never accept a friend request from a stranger.

BEHAVE ONLINE AS THEY WOULD OFFLINE

Your child's behaviour online should always be treated as an extension of their behaviour offline. Discuss with your child the pitfalls of trying to be somebody they're not and that trying to please everybody will only make them unhappy. Tell them that they should be proud of who they are and that they should always behave in an appropriate and responsible way when posting content online.

TALK TO THEM ABOUT THE VALUE OF REAL FRIENDSHIP

Social media can often distort what true relationships and friendships should actually be like. It's important to teach your child the value of true friendships and that meeting and speaking to people face to face in the real world, offline, is often a better way to build a more trusting and confident relationship with someone rather than just speaking to them online.

DISCUSS WHAT BEING POPULAR ACTUALLY IS

A higher number of followers can be a measure of popularity but can also lack substance beyond just the number itself. Discuss with your child that popularity can come and go and that a large number of followers doesn't necessarily mean a large number of friends; particularly online where the real value in a relationship cannot be accurately determined.

Meet our expert

Pete Badh is a writer with over 10+ years in research and analysis. Working within a specialist area for West Yorkshire Police, Pete has contributed work which has been pivotal in successfully winning high profile cases in court as well as writing as a subject matter expert for industry handbooks.



Keep up to date with upcoming events via our school calendar

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



Information | Advice | Support | Darlington

Reminder that SENDIASS will be in school this **Wednesday 13th May**
from 2:00pm–3:30pm.

This is a drop-in session where SENDIASS can offer support with:

- Having someone impartial to talk to in confidence
- Information about support groups and services in your area
 - The Local Offer
- Straightforward explanations of educational procedures
- Information on special educational needs and disabilities, health, and social care
 - Help with completing forms
 - Support in putting forward your views
 - Someone to attend meetings with you
- Guidance on who parents and young people can speak to in school or within the Local Authority about concerns
 - The SEND Code of Practice (0–25), statutory assessment processes, and Education, Health and Care Plans (EHCPs)
 - How progress is monitored and reviewed
- How special educational needs are identified and assessed by educational settings and the Local Authority

Please come through the school office at any point during this time where a member of staff will direct you to the meeting area.

Mrs Webb

ENJOY DARLINGTON EVENTS

2026



ENJOY
DARLINGTON



GET SET FOR AN EXCITING YEAR IN DARLINGTON

APRIL

Sat 18 April K-POP Day

MAY

Sat 16 - Sun 17 May

Groovefest

Tues 26 May

Tractor Tuesday

Sat 30 May

Emergency Services Day

Sun 31 May

Eid al-Adha

JUNE

Sat 6 June Eco Fair

Sun 7 June Wool Fair

Sat 13 June The Swiftie Trail

Sat 20 June Dance Festival

World Cup Activities

Fri 26 June Armed Forces Day

Sat 27 June Community Carnival
North Lodge Park to Hopetown

JULY

Sun 5 July Proms in the Park

Sat 11 July Vintage Vehicle Rally

Sun 12 July World Cultural Day

Wed 15 July GOLD Tea Dance

Sat 18 - Sun 26 July Darlington By The Sea

Mon 27 July Move More Mondays

AUGUST

Sun 2 August Family Fun Run
Junior 3K
5K Run
Darlington 10K

AUGUST

Wed 5 August Library Takeover Day

Sat 8 August Darlington Pride

Mon 10 August Move More Mondays

Tues 11 August S&DR Takeover Day

Thurs 13 August Making Sense Together

Sat 15 - Sun 16 August Misfits Mega Market

Thurs 20 August Legends and Fairy Tales

Sat 22 August Durham Big Band and Jazz Music

Thurs 27 August Dinosaur Day

SEPTEMBER

Sat 5 September Hurworth Concert Band

Sun 6 September Discography and Friends Summer Session

Sat 12 - Sun 13 September Rhythm & Tunes Festival

OCTOBER

Sat 24 - Fri 30 October Restaurant Week

Fri 30 October Diwali

Sat 31 October Halloween

NOVEMBER

Sun 15 November Christmas Lights Switch On

Mon 16 and Tue 17 November Quiet Christmas Lights

DECEMBER

Sat 12 December Ice Sculpture Trail

Find more events at WWW.ENJOYDARLINGTON.CO.UK

All information is correct at the time of poster production. Dates, times and locations may be subject to change for instance in the instance of adverse weather. We encourage all attendees to check the relevant website or social media channels for updates leading up to or on the scheduled day of the event.



MENTAL HEALTH AWARENESS WEEK

11-17 MAY 2026



This week we are proud to be recognising Mental Health Awareness Week (11–17 May). As a school community, we know that good mental health and wellbeing are essential for everyone.

We are especially mindful of the dedication and care shown by our staff every day, and we want to take this opportunity to thank them and reaffirm our commitment to staff wellbeing.

By continuing to encourage open conversations, kindness and balance, we hope to create a supportive environment where everyone feels valued and supported.



We can't wait to welcome you to the Carmel family! 

YEAR 6

CHILDREN & PARENTS/CARERS

≡ You're invited to our ≡ 

WELCOME DISCO & FAMILY QUIZ NIGHT!



DISCO
for Year 6
children!



QUIZ NIGHT
for Parents/
Carers!



**FOOD, DRINKS
& TUCK SHOP!**

WE CAN'T WAIT TO MEET YOU! 



FUN • FRIENDS • NEW MEMORIES

A fantastic chance to meet other Carmel families before September!

And after a busy week of SATs... here is something exciting to look forward to! We are delighted to invite Year 6 children joining Carmel in September, along with their parents/carers, to our PTA Welcome Disco & Family Quiz Night!

Thursday 21st May 2026 6:00pm – 8:00pm

Carmel College, JC Hall

Licensed bar and refreshments

A brilliant opportunity to meet other Carmel families before September
Family Ticket: £7.59 (includes one Year 6 child and up to two accompanying adults.)

Due to space restrictions and safeguarding arrangements, additional children/siblings are unable to attend.

Book tickets here <https://www.ticketsource.com/carmel>