

St. Bede's Newsletter

Welcome to St Bede's...



Attendance up to 08/11/24

Y1	Y1/2	Y2	Y3	Y3/4	Y4	Y5	Y5/6	Y6
94.92	94.73	96.97	94.56	97.71	93.1	97.21	94.65	96.75

Coming soon...

Monday 18th November
Year 5 YMT Residential Meeting
3.15pm

Wednesday 20th November
Miss Wilson's Class assembly 9.15am

Thursday 21st November
Mrs Jajur's care home visit 10am

Sunday 24th November
Family Mass @ St Thomas

THIS WEEK'S EVENTS

Tuesday 12th November

TTR Competition Launch

Wednesday 13th November

Reception & Y6 height, weight screening

Thursday 14th November

- Sportshall Athletics
- Wear Blue for Diabetes Day

Friday 15th November

Wear Spots for Children in Need suggested donation £1 via MCAS

Thursday 14th Nov

Children can wear something blue for **World Diabetes Day**. This is to raise awareness, no donation necessary



Friday 15th Nov
Children can wear spots for **Children in Need**, suggested donation £1 via MCAS



Our Safeguarding Focus this week...

Tips for Encouraging Open Discussions about DIGITAL LIVES

The online world is an entirely familiar and commonplace part of life for today's children and young people, far more so than for previous generations. There are many positives to children being able to access online materials, so it's important not to demonise the internet, games and apps, and limit the benefit of their positive aspects. At the same time, we do have a responsibility to educate children about the hazards they may encounter online (just as we would about real-world dangers), so it's essential that we don't shy away from talking to them about the complex – and often sensitive – subject of what they do and what they see when they're online.

Here are some suggestions for kicking off conversations with your child about their digital life...

MAKE YOUR INTEREST CLEAR

Showing enthusiasm when you broach the subject signals to your child that you're keen to learn about the positives of their online world. Most children enjoy educating adults and will happily chat about what they use the internet for, or what games and apps they're into and how these work. Asking to see their favourite games and apps in action could help you spot any aspects that may need your attention – such as chat functions which might require a settings adjustment to limit contact with strangers. Keep listening even if your child pauses for a long time; they could be considering how to phrase something specific, or they may be gauging your reaction.

BE OPEN AND HONEST, APPROPRIATE TO THEIR AGE

At various stages, children and young people become curious about puberty and how their body changes; about relationships; about how babies are made; and about sexual health. If your child knows that they can discuss these sensitive subjects with you, they tend to be less likely to go looking online for answers – which can often provide them with misleading information and, in some cases, lead to them consuming harmful content. Don't worry if you don't immediately know the answers to their questions – just find out for yourself and go back to them once you have the facts.

REMAND YOUR CHILD THEY CAN ALWAYS TALK TO YOU

In my role I work with many children and young people who admit being reluctant to tell a trusted adult about harmful content they've viewed online, in case it leads to having their devices confiscated. Emphasise to your child that you're always there to listen and help; reassure them that if they do view harmful content, then they are not to blame – but talking about it openly will help. Children shouldn't be expected to be resilient against abuse or feel that it's their job to prevent it.

KEEP TALKING!

The most valuable advice we can give is to keep talking with your child about their digital lives. You could try using everyday situations to ask questions about their online experiences.

DISCUSS THAT NOT EVERYTHING WE SEE ONLINE IS REAL

Here, you could give examples from your own digital life of the online world versus reality – for example, those Instagram posts which show the perfect house: spotlessly clean, never messy and immaculately decorated. Explain to your child that there are many other aspects of the online world which are also deliberately presented in an unrealistic way for effect – such as someone's relationship, their body, having perfect skin and so on.

TRY TO REMAIN CALM

As much as possible, try to stay calm even if your child tells you about an online experience that makes you feel angry or fearful. Our immediate emotions frequently influence the way we talk, so it's possible that your initial reaction as a parent or carer could deter a child from speaking openly about what they've seen. Give yourself time to consider the right approach, and perhaps speak with other family members or school staff while you are considering your next steps.

CREATE A 'FAMILY AGREEMENT'

Involving your whole household in coming up with a family agreement about device use can be immensely beneficial. You could discuss when (and for how long) it's OK to use phones, tablets, consoles and so on at home; what parental controls are for and why they're important; and why it's good to talk to each other about things we've seen or experienced online (both good and bad). Explaining your reasoning will help children to understand that, as trusted adults, we want to make sure they are well informed and kept safe. Allowing children to have their say when coming up with your family agreement also makes them far more likely to stick to it in the long term.

Remembrance Day Liturgy



We were incredibly proud of our year 6 children who led us in a moving Remembrance Day liturgy this week, creating a poignant and heartfelt tribute to those who have served and sacrificed.

The students demonstrated remarkable maturity and empathy as they guided the liturgy, recreating the famous Christmas truce of WW1 during which the guns fell silent and troupes sang together from their trenches.

Well done year 6!

"The Y6 pupils led confidently and sensitively and it was extremely moving when they sang Silent Night in German and English. The pupils from Years 3-5 sat beautifully throughout."

"Whenever we enter your school, we feel such a lovely welcoming, caring and positive atmosphere"

(St Bede's Grandparent)





Following all the recent opportunities for parents to visit school for liturgies, parents evening, assemblies etc, we would love to receive some feedback from you.

Click here to take part in our [Parent Survey](#)



Our English curriculum newsletter is now available on our website

<https://stbedesdarlington.bhcet.org.uk/curriculum/subjects>

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