

St Bede's Newsletter

Welcome to St Bede's...



Attendance up to 09/05/25

Y1	Y1/2	Y2	Y3	Y3/4	Y4	Y5	Y5/6	Y6
96.33	93.63	97.07	96.57	97.57	93.78	97.35	94.67	96.61

This week's events...

All week

KS2 SATS

Tuesday 13th May

Bikeability Y5/6 (5's only)

Wednesday 14th May

Building confidence Y5's

Saturday 17th May

First Holy Communion at St Thomas Aquinas 2pm

Coming soon...

Monday 19th May

- Year 2 Assessment week
- Y5, 5/6 & 6 Beamish trip

Tuesday 20th May

Bikeability Y5/6 (5's only)

Wednesday 21st May

- Y5/6 Custard & Cake Coffee Morning - parents invited
- Building confidence Y6's

Friday 23rd May

St Bede's Mass 9.30am



Click here to view our school calendar and make sure you are up to date on upcoming activities and events until the end of the school year

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

View our latest curriculum newsletters
<https://stbedesdarlington.bhcet.org.uk/curriculum/subjects>

Our Safeguarding Focus This Week...

10 Top Tips for Parents and Educators PROMOTING PHYSICAL WELLBEING

Physical activity isn't only beneficial for our bodies; it also plays a role in promoting mental wellbeing. With both the Euros and the Olympics this summer, it's an opportunity to engage young people in regular exercise which can reduce stress, improve mood and boost self-esteem. Despite these benefits, many children face barriers to participating in physical activity.

1 MAKE IT FUN

Incorporate activities that children enjoy, such as playing games or dancing. Encourage participation in team sports or group activities to foster social connections and a sense of belonging.

2 MIX MOVEMENT WITH LEARNING

Educational settings can incorporate movement breaks and physical activities to enhance focus, concentration and cognitive function. Embedding exercise into the curriculum can also reinforce learning and stimulate creativity. 'Revision walks' with podcasts and flashcards can benefit older learners.

3 CREATE OPPORTUNITIES

Provide clear chances for physical activity throughout the day, both indoors and outdoors. Schools can encourage active play during breaks and at lunchtimes, while limiting screen time at home can help keep children up and about.

4 PROVIDE POSITIVE REINFORCEMENT

Praise and encourage children for their efforts and achievements in physical activity. Recognise their progress and celebrate their successes to reinforce positive behaviours. Educators could do this in several ways, such as applauding their efforts at assemblies or celebrating their accomplishments in newsletters.

5 VARIETY IS KEY

Introduce a selection of physical activities to keep children engaged and prevent boredom. From swimming and cycling to yoga and martial arts, trying different types of exercise can help children to discover what they enjoy most.

6 ENJOYMENT OVER COMPETITION

Encourage children to focus on the enjoyment of physical activity rather than winning or achieving perfection. Emphasise effort, improvement and having fun rather than outcomes, to minimise the amount of stress that children can sometimes associate with sports and other competitions.

7 SET REALISTIC GOALS

Help children set achievable physical activity targets based on their interests, abilities and preferences. Celebrate their progress and successes to maintain motivation and enthusiasm.

8 MAKE IT ACCESSIBLE

Ensure that children have access to safe, suitable spaces for exercise at home, at school and in the community. Advocate for inclusive environments which accommodate diverse needs and abilities. Be a change maker in your community if facilities aren't already available.

9 LEAD BY EXAMPLE

Parents and carers can be positive role models by prioritising their own exercise and involving children in their fitness routines. Gentle walks, bike rides or sports activities can be wonderful opportunities for bonding and staying active together.

10 ENCOURAGE PERSISTENCE

Help children develop resilience and perseverance by encouraging them to overcome challenges and setbacks in physical activity. Teach them the importance of perseverance and the value of effort in achieving their goals.

Meet Our Expert

Adam Gillett is a learning and development specialist who, as well as working for Minds Ahead, is associate vice principal for personal development at a large secondary school in Barnsley. He was asked to be part of an expert research group for the Department for Education, one of only three school leaders to be asked to do so.



#WakeUpWednesday

The National College

VE DAY



All across school the children enjoyed celebrating VE Day. We made flags and bunting, listened and sang along to music from the war era, drew pictures of Spitfires and enjoyed street parties in classrooms.

At the end of the day the whole school came together on the field and participated in a colourful and patriotic VE Day parade.



WALK TO SCHOOL WEEK



Next week is '**Walk to School Week**'. We will be talking a lot in school about all the reasons it's good to walk to school. It would be great if parents could help to reinforce this message by walking to school with the children where possible .

First Holy Communion

17TH MAY, 2025 | ST. THOMAS AQUINAS

We look forward to the First Holy Communion service at St Thomas Aquinas this Saturday at 2pm. The service will take place on Saturday, then on Sunday there will be a Family Mass/ May Procession in honour of Our Lady, at St Thomas', where the children will, again, be wearing their First Holy Communion attire.

Father Kevin would be delighted to welcome as many of our St Bede's families to mass as possible to celebrate.

