

St Bede's Newsletter



Welcome to St Bede's...

Attendance up to 16/01/26

Y1	Y1/2	Y2	Y3	Y3/4	Y4	Y5	Y5/6	Y6
94.89	94.08	94.64	95.35	95.55	97.27	96.75	95.87	97.28

Coming up...

Wednesday 28th Jan

- Y5 Mini Police
- Y2 Feelings Workshop
- Y3 We Eat Elephants Workshop
- Y6 SATS Booster 3.10pm-4.15pm

Wednesday 29th Jan
Y3-4 Tennis Festival

This week...

Tuesday 20th Jan

~~Mrs Derbyshire Y4 Class Assembly 9.15am~~
Rescheduled Tue 3rd March

Wednesday 21st Jan

- Y5 Mini Police
- Y2 Feelings Workshop
- Y3 We Eat Elephants Workshop
- Y6 SATS Booster 3.10pm-4.15pm

Thursday 22nd Jan

EYFS Dental Workshop

Sunday 25th Jan

Family Mass @ St Thomas

Don't forget to keep up to date with upcoming events via our school calendar

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

Hit **SUBSCRIBE** to sync the school calendar with your personal devices

Our Safeguarding Focus This Week...

What Parents & Educators Need to Know about DIGITAL DEVICES & WELLBEING

Children aged 7 to 14 now spend roughly 3 to 5 hours a day on phones, tablets, consoles, and computers. That much screen time has parents and educators worried – not just about the hours logged, but about online safety and the knock-on effects on mental health. This guide brings together practical, expert-backed strategies so adults can nurture healthier digital habits and help young people thrive both on and offline.



WHAT ARE THE RISKS?

SLEEP DISRUPTION

Excessive screen time, especially before bed, can interfere with melatonin production and delay sleep onset. Children may struggle to concentrate or regulate emotions due to poor sleep hygiene linked to late-night device use.

ONLINE PEER PRESSURE

Social media platforms expose children to unrealistic standards and peer validation loops. Likes, comments, and follower counts can influence self-worth and lead to anxiety or risky behaviour to gain approval.

CYBERBULLYING EXPOSURE

Children may encounter bullying through messaging apps, games, or social media. This can be persistent and anonymous, making it harder to detect. Victims often feel isolated and reluctant to report incidents.

REDUCED PHYSICAL ACTIVITY

Time spent on screens often replaces outdoor play and physical activity. This sedentary lifestyle can contribute to obesity, poor posture, and reduced cardiovascular health.

EMOTIONAL DYSREGULATION

Fast-paced digital content can overstimulate young brains. Children may become irritable, impatient, or struggle with boredom and emotional control when not engaged with screens.

PRIVACY AND SAFETY RISKS

Children may unknowingly share personal information or interact with strangers online. Without guidance, they may not understand the long-term consequences of digital footprints or unsafe online behaviour.

Advice for Parents & Educators

SET CLEAR BOUNDARIES

Establish screen-time limits and device-free zones, e.g. classrooms and dinner tables. Use parental controls and co-create a digital use agreement with children to encourage accountability. Trying a visual schedule or timer app can help children understand and stick to limits.

ENCOURAGE OPEN DIALOGUE

Create a safe space for children to talk about their online experiences. Ask open-ended questions like, "What did you enjoy online today?" to build trust and awareness. Try setting aside 10 minutes each day for a digital check-in where children can share what they've seen or done online.

MODEL HEALTHY HABITS

Children mirror adult behaviour. Demonstrate balanced device use, take regular screen breaks, and prioritise face-to-face interactions to reinforce positive behaviours. Making a habit of putting your phone away during meals and conversations can show that real-life interactions come first.

PROMOTE DIGITAL LITERACY

Teach children how to evaluate online content, recognise misinformation, and understand privacy settings. Empower them to think critically and act responsibly in digital spaces. You could use real-life examples from the news or social media to help children practise spotting fake information.

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which works with schools on improving their mental health provision.



#WakeUpWednesday

The National College



SPORTING FUTURES Ofsted WE ARE OFSTED REGISTERED

Booking is essential and places are limited!

FEBRUARY Half Term Holiday Camp

ST AUGUSTINES SCHOOL
Monday 23rd Feb - Friday 27th Feb
Beechwood Avenue DL3 7HP
Meeting point/collection point junior school main entrance. Ages 4 - 13.
Times - 8:30am - 17:30pm

£20 per day

Children must be provided with a packed lunch and plenty to drink. Tuck Shop available. Childcare vouchers accepted.

HOW TO BOOK?
STEP 1 - WWW.SPORTING-FUTURES.CO.UK
STEP 2 - CLICK THE LINK HOLIDAY CAMPS/COURSES
STEP 3 - COMPLETE THE FORM
STEP 4 - RECEIVE BOOKING CONFIRMATION WITHIN 48 HRS

WHAT'S ON OVER FEBRUARY HALF TERM

- An opportunity to partake in a wide range of sports and fun activities.
- Fun Friday
- E-Gaming
- Arts and Crafts Club

£90 for a full week!
1/2 DAY OPTION IS £10 PER DAY OR £45 FOR A FULL WEEK.
8:30AM-1:30PM
1:30PM-7:30PM

Contact Liam Coates today on:
07765 771006

SPORTING FUTURES

email: bookings@sporting-futures.co.uk
web: www.sporting-futures.co.uk
Instagram: sportingfutures_darlington
twitter: Sporting Futures
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SG PETCH www.sgpetch.co.uk **RD** SAFETY SERVICES



You can now view our latest Science Newsletter on our website
<https://stbedesdarlington.bhcet.org.uk/curriculum/subjects/science>

SCIENCE NEWSLETTER
ST BEDE'S PRIMARY SCHOOL SPRING TERM

OUR AIMS
At St Bede's, our science curriculum helps pupils explore and understand God's wonderful world around them. Through their learning, we aim to spark curiosity and creativity, encouraging children to be inquisitive and think critically. We aim to let everyday life, and its enjoyment with it, inspire a deeper understanding of the world around them, while developing essential problem-solving and analytical skills.

OUR CURRICULUM THIS TERM

KS1	ANIMALS INCLUDING HUMANS & EARTH & SPACE
UKS2	MATERIALS
UKS2	MAGNETS AND FORCES, EARTH AND SPACE
UKS2	MATERIALS
UKS2	EARTH AND SPACE & MAGNETS AND FORCES

WHAT HAS BEEN GOING ON IN EYFS?
In EYFS, the children have been learning all about the winter season through hands-on science activities. They explored how ice melts by observing it in different places and testing what helps it melt faster. The children also learned about winter clothing, discussing why we wear hats, gloves, scarves, and thick coats, and exploring materials that help keep us warm. Alongside this, they talked about winter weather and signs of the season, such as frost, bare trees, and shorter days, helping them understand how winter affects the world around us.

NEWSLETTER
ST BEDE'S PRIMARY SCHOOL AUTUMN TERM

WHAT HAS BEEN GOING ON IN KS1?
In Year 1 and 2, the children have been learning about animals. We worked in groups to sort animals in different ways. Some live in water like the clown-fish, some live on land like the lizard, and some fly in the air like the crow. We talked about how they move, what they eat and what they look like. The children also explored the body parts of humans and discussed which body part is linked to which of the 5 senses.

WOW WORK!

WHAT HAS BEEN GOING ON IN KS2?
In Year 3 and 4, we looked at magnetic and non-magnetic materials, attract and repel, investigated strengths of magnets, found out about the magnetic field and explored how magnets can make things move.

WOW WORK!

NEWSLETTER
ST BEDE'S PRIMARY SCHOOL AUTUMN TERM

SCIENCE AT HOME!
RSBP The Big Garden Birdwatch 2026 - January 23rd to January 25th

Get your copy clothes on and pour eyes ready for spotting—because the RSPB Big Garden Birdwatch is coming! From Friday 20th to Sunday 22nd January 2026, children all over the UK will be choosing one hour to look outside and count how many birds they can see.

You don't need any special equipment—just a window, a garden, a balcony, or even a quiet spot in the park. Watch carefully and see which birds come to visit. Robins? Blackbirds? Maybe even a sparrow!

When your hour is up, you can send your results to the RSPB to help scientists learn how our garden birds are doing—just google 'RSBP The Big Garden Birdwatch' for more resources and fun activities. The Big Birdwatch is fun, easy, and a brilliant way to help nature from home. Why not make some bird food or draw the birds you see too?

As always, we love to see what you are getting up to at home! Please don't hesitate to bring any work into school or send us some pictures via our office email.

We thank you for your ongoing support. Have fun!

Miss McAllister



Year 5 and Mr Morgan would like to say a huge thank you to all the family members who joined us for our class assembly on Tuesday. The children were so proud to share their learning about the **Vikings and Anglo-Saxons**, and your support made the morning even more special. Well done, Year 5, for a fantastic performance!

