

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

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

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

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.

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.

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.

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 Peristone 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.
- Funky 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-1:00PM
1:00PM-17:30PM

Contact Liam Coates today on:
07765 771006

email: bookings@sporting-futures.co.uk
web: www.sporting-futures.co.uk
instagram: [sportingfutures_darlington](https://www.instagram.com/sportingfutures_darlington)
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You can now view our latest Science Newsletter on our website
<https://stbedesdarlington.bhcet.org.uk/curriculum/subjects/science>





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!

