

St Bede's Newsletter

Welcome to St Bede's...



Attendance up to 19/09/25

Y1	Y1/2	Y2	Y3	Y3/4	Y4	Y5	Y5/6	Y6
98.40	98.66	97.63	98.53	94.35	97.39	98.28	93	93.59

This week's events...

Mon 22nd - Wed 24th Sep

Y5 Residential to YMT

Thursday 25th Sep

Cross country @ Blackwell
Meadows KS2

Friday 26th Sep

Macmillan Coffee Morning
hosted by Y6 - parents
welcome

Coming soon...

Tuesday 30th Sep

Y6 Class Assembly 9.15am

Thursday 2nd October

SEND Parental Drop-ins
(bookable)

Please remember to check our school
calendar regularly for important dates

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



Our Safeguarding Focus This Week...

10 Top Tips for Parents and Educators USING AND REVIEWING PARENTAL CONTROLS

Phones and computers are essential parts of children's lives, but with unfettered internet access comes a multitude of risks. While not foolproof, parental controls can help with this; filtering out inappropriate content, limiting the ability to spend real money, capping screen time and generally making devices safer for young people.

1 KNOW THE TYPES

While parental control software can apply to an entire device, it also pays to know about options on individual apps and websites. TikTok, for example, has Restricted Mode for limiting unsuitable videos, while Snapchat lets you keep an eye on who a child has been talking to. Check the settings of any new app young users want and review your options.

2 COVER ALL DEVICES

Knowing what parental controls cover is crucial, as remaining unaware can run the risk of 'blind spots' in the device's safety measures. Controls on a phone will apply whenever a child's on that device, for instance – but you'll want to ensure that parental controls are set up across any laptops, tablets and potentially other phones, too. Remember, buying a new device may require you to set everything up again.

3 DON'T NEGLECT SHARED TECH

While children often have their own devices, if you have a shared family computer or tablet, for example, you'll need to make sure that's not a weak point in your safety measures. Parental controls for your router, that cover everything connected to your Wi-Fi, are one option – or you can just be thorough with each device and online account. Just ensure that unprotected laptops, phones and tablets are password locked.

4 CONSIDER TIME CONTROLS

Even safe internet content can be harmful if it's viewed in excess. Not only are certain apps addictive enough to distract from other duties, but late-night usage can badly disrupt sleep, which is vital for adolescent brain development. Most parental controls offer some kind of time limit – either blocking access at certain hours or capping the number of minutes it can be used per day – so be sure to consider these.

5 BLOCK APP SPENDING

Seemingly free apps can sometimes include microtransactions: purchases that can be made using real money. While plenty of developers implement these fairly, some companies attempt to manipulate children into paying for additional features or content, which can soon add up to hundreds of pounds if a child gets carried away. Thankfully, iOS and Android's settings allow you to block in-app purchases, preventing any huge bills.

6 NO CONTROLS ARE PERFECT

Parental controls can be very useful, but they're far from infallible. Some unpleasant content can and unfortunately will slip through the net, so remember that setting up these measures isn't a substitute for taking an active interest in young people's digital lives. Talk to them, and make sure they're aware of the risks of the internet as well as its benefits.

7 MIND THE GAPS

There'll undoubtedly be some gaps in parental controls, no matter how thorough you intend to be. For example, if you use router-level parental controls, bear in mind that these won't cover Wi-Fi outside the home. For that reason, it's important to keep an open dialogue with children about the many unpalatable aspects of social media and the web.

8 KEEP THINGS SECURE

Some children can react poorly to parental controls and feel tempted to circumvent them. It's important to ensure that the passwords to these settings remain unknown to children, otherwise they can easily modify the restrictions without you knowing. Similarly, make sure your phone isn't left unlocked and unattended.

9 REVIEW CONTROLS REGULARLY

Parental controls shouldn't be a 'set and forget' deal. Not only can parental summaries provide you with a frequent overview of a child's digital life – to let you spot any warning signs – but companies often add new features, and some of these may be useful to enable (or disable). Regularly checking in ensures that if a child has found a way to wiggle out of the controls, you'll be the first to know.

10 KNOW WHEN TO LET UP

The parental controls you install on a computer for a seven-year-old probably wouldn't be appropriate for a child of 16 – and as young people approach adulthood, bubble wrapping the internet can do more harm than good. Consider relaxing parental controls as children get older, so they can learn to manage the risks of the internet themselves, without so many training wheels.

Meet Our Expert

Alan Martin is an experienced technology journalist and the former deputy editor of technology and internet culture website Aight. Now freelance, he has contributed articles to publications including the New Statesman, CNET, the Evening Standard, Wired, Rock Paper Shotgun, Gizmodo, Pocket Gamer, Stuff, T3, PC Pro, Macworld, TechRadar and Trusted Reviews.



#WakeUpWednesday

The National College

We are delighted to introduce our **Pupil Leadership Team!**

It is my pleasure to introduce our two new **Head Girls** (they preferred girls - rather than pupils!) Esme and Lottie campaigned and gave passionate speeches to achieve their position and were voted by their peers. They will be visible presences around school and here to welcome visitors at any time and perform many duties.



One of their first 'public engagements' will be to represent St Bede's in recording a Trust wide song next week. I have no doubt they will shine and represent us beautifully.



A huge congratulations to our **25-26 House Captains**



These leaders have been elected by their peers and offered passionate speeches as to why they felt they were excellent role models and examples for the rest of their House. Welcome and thank you to our House Captains for St Teresa House, St Mary, St Josephine Bakhita and St Bernadette house.

CURRICULUM NEWSLETTERS



Click here to view our latest curriculum newsletters
<https://stbedesdarlington.bhcet.org.uk/curriculum/subjects>

CENSUS DAY

**THURSDAY
2ND OCT 2025**

Menu

- HAM OR CHEESE PIZZA
- CHICKEN GOUJONS
- SAUSAGE ROLLS
- JACKET POTATO
- SANDWICHES
- CHIPS
- BEANS/SWEETCORN
- ICE CREAM

'GOLDEN TICKET RAFFLE'
ALL CHILDREN WHO HAVE
A HOT SCHOOL LUNCH WILL
HAVE THE CHANCE TO WIN A PRIZE!

THE MENUS HAVE BEEN CHECKED
BY OUR COOK AND ALL CHILDREN
WITH ALLERGIES CAN BE CATERED
FOR SO THAT ALL CHILDREN CAN
JOIN IN THE FUN! HOWEVER, IF
YOU HAVE ANY CONCERNS, PLEASE
DO NOT HESITATE TO CONTACT
THE SCHOOL OFFICE.

The funding our school receives is based upon census returns that we have to complete each term, with particular emphasis on the uptake of school dinners.

In order to help us to do the best for your children we are asking for your support. This term's census is on **Thursday 2nd October 2025** and it is really important that as many children as possible in Reception, Year 1 and Year 2 have the free school lunch that they are entitled to.

We will also be running a '**Golden Ticket Raffle**' this day, where all children who have eaten a hot school lunch will have the chance of winning a prize!



First Holy Communion May 2026

Important Reminder to the parents of year 4 children who would like their child to make their First Holy Communion in May 2026.

As we approach the start of the Sacramental Programme, Fr. Kevin would like to remind all parents of children wishing to join the programme and receive the Sacraments of Reconciliation and First Holy Communion in May 2026 that regular Mass attendance is an essential part of the preparation for both children and their families. Fr. Kevin looks forward to welcoming families at Mass over the coming weeks as we prepare to begin the programme. If your family is not yet registered for the programme, please ensure you do so as soon as possible by obtaining a registration form from him after Sunday Mass

