

St. Bede's Newsletter

Welcome to St Bede's...



Attendance up to 20/09/24

Y1	Y1/2	Y2	Y3	Y3/4	Y4	Y5	Y5/6	Y6
95.11	94.52	97.54	91.46	97.86	91.75	97.86	97.29	96.19

Polite Reminders

- Please remember to label your child's clothing, including coats and footwear. We are accumulating lots of unlabelled lost property and it's impossible for us to return it if we don't know who it belongs to.
- Please remember to book your child's school meal via MCAS

Please join us to support the
'World's Biggest Coffee Morning'
for Macmillan Cancer Support on
Friday 27th Sep at 9.15am.

We would be so grateful for cake donations to support this worthy cause. If you could please bring to the office on Friday. Thank you!

WORLD'S BIGGEST
COFFEE
MORNING

MACMILLAN
CANCER SUPPORT



THIS WEEK'S EVENTS

Wednesday 25th September

Miss Howard's Y6 Class

Assembly 9.15am

Thursday 26th September

Cross Country @ Blackwell

Meadows 12-3pm

Friday 27th September

Macmillan Coffee Morning 9.15am



Our Safeguarding Focus this week...

12 Top Tips for BUILDING CYBER RESILIENCE AT HOME

As a society, we're increasingly using technology and tech services in the home. Digital assistants which can adjust the heating or turn lights on and off; streaming services for shows and movies on demand; games consoles; smart speakers; phones; laptops ... the list goes on. As we introduce each new gizmo to our homes, however, we increase the level of threat from cyber criminals. It's essential, therefore, that we learn to become more cyber resilient in relation to the devices and digital services that the people in our household use.

WHAT IS 'CYBER RESILIENCE'?

Cyber resilience focuses on three key areas: reducing the **likelihood** of a cyber attack gaining access to our accounts, devices or data; reducing the **potential impact** of a cyber incident; and making the **recovery** from a cyber attack easier, should we ever fall victim to one.

1. PASSWORDS: LONGER AND LESS PREDICTABLE

The longer, less common and predictable a password is, the more difficult it becomes for cyber criminals to crack. The National Cyber Security Centre's 'three random words' guidelines are ideal for creating a long password which is easy to remember but hard to guess.

2. AVOID RE-USING PASSWORDS

When you use the same password across different logins, your cyber resilience is only as strong as the security of the weakest site or service you've signed up for. If cyber criminals gain access your username and password for one site or service, they'll definitely try them on others.

3. USE A PASSWORD MANAGER

A good way to juggle different passwords for every site or service you use is to have a password manager. This software stores all your passwords for you, so you simply need to remember the master password. LastPass, Dashlane, iPassword and Keeper are all excellent password managers.

4. BACK UP YOUR DATA

Keep a copy of your data using OneDrive, Google Drive or another reputable cloud-based storage solution. It's extremely important or sensitive information, you could even decide to keep more than one back-up version – by saving it to a removable USB drive or similar device, for example.

5. ENABLE MULTI-FACTOR AUTHENTICATION (MFA)

Multi-factor authentication is where you need access to your phone (to receive a code, for example) or another source to confirm your identity. This makes it far more difficult for cyber criminals to gain entry to your accounts and your data, even if they do manage to get your username and password.

6. CHOOSE RECOVERY QUESTIONS WISELY

Some services let you set 'recovery questions' – such as your birthplace or a pet's name – in case you forget your password. Take care not to use information you might have mentioned (or are likely to in future) on social media. More unpredictable answers make cyber criminals' task far harder.

7. SET UP SECONDARY ACCOUNTS

Some services provide the facility to add secondary accounts, phone numbers and so on to help with potentially recovering your account. Make sure you set these up: they will be vital if you're having trouble logging in or if you're trying to take back control of your account after a cyber attack.

12. STAY SCEPTICAL

Cyber criminals commonly use various methods, including emails, text messages and social media posts. Be cautious of any messages or posts that are out of the ordinary, offer something too good to be true or emphasise urgency – even if they appear to come from someone you know.

11. KEEP HOME DEVICES UPDATED

Download official software updates for your household's mobile phones, laptops, consoles and other internet-enabled devices regularly. Security improvements and fixes are a key feature of these updates – so by ensuring each device is running the latest version, you're making them more secure.

10. CHANGE DEFAULT IOT PASSWORDS

Devices from the 'Internet of Things' (IoT), such as 'smart' home appliances, are often supplied with default passwords. This makes them quicker to set up, but also less secure – criminals can identify these standard passwords more easily, so change them on your IoT devices as soon as possible.

9. CHECK FOR BREACHES

You can check if your personal information has been involved in any known data breaches by entering your email address at www.haveibeenpwned.com (yes, that spelling is correct!). It's useful if you're worried about a possible attack – or simply as motivation to review your account security.

8. KEEP HAVING FUN WITH TECH

Consider our tips in relation to the gadgets and online services your household uses. Protect yourself and your family, and don't let the bad guys win: devices are not only integral to modern life but also a lot of fun – so as long as you keep safety and security in mind, don't stop enjoying your tech.

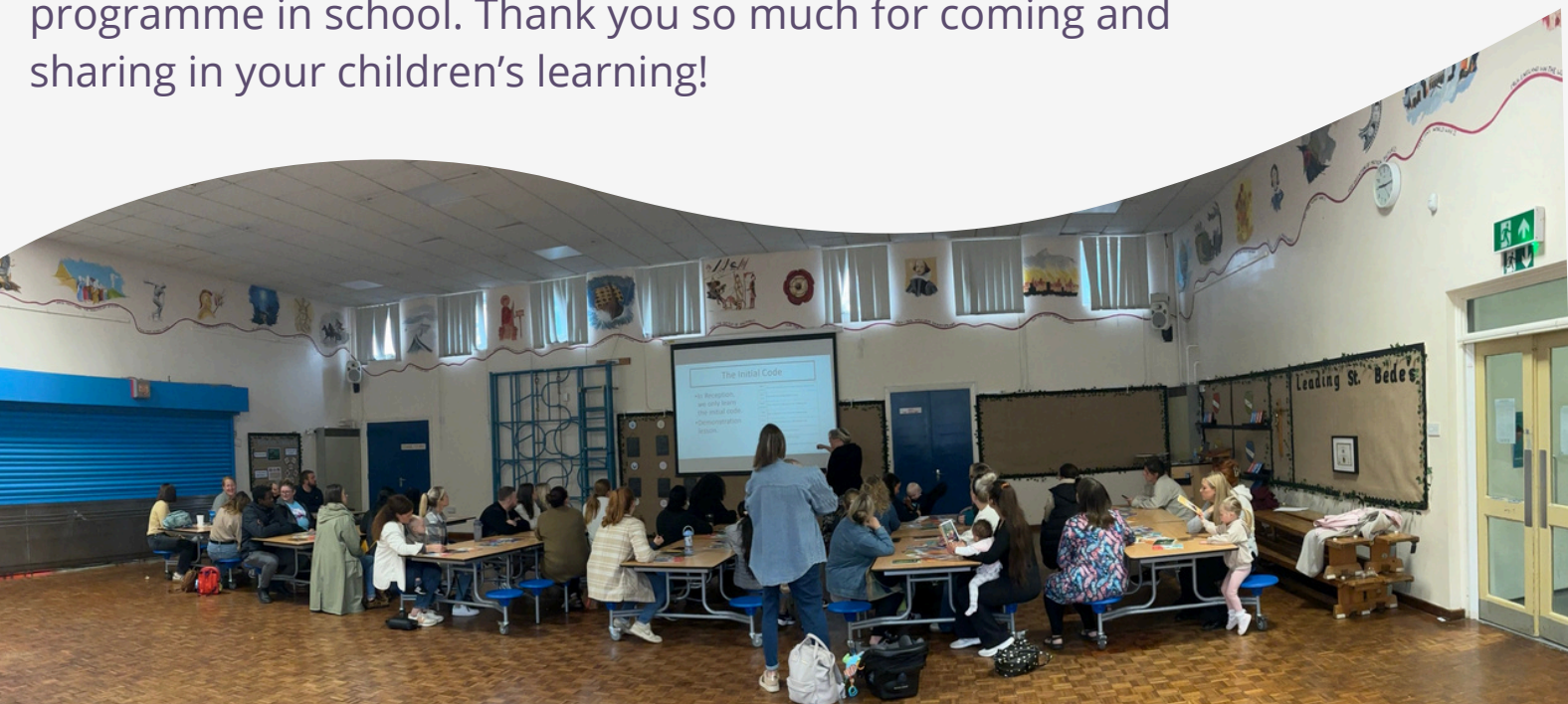
Multi-Skills Event at Eastbourne Sports Complex

Some of our Key Stage 1 children had a wonderful afternoon in the sunshine taking part in the Multi-Skills event at Eastbourne Sports Complex on Friday. A huge thank you to the parent/grandparent helpers who supported us!



Phonics Program Introduction

Mrs Mangles had a wonderful turn out introducing our phonics programme in school. Thank you so much for coming and sharing in your children's learning!



More Improvements in Communication

As part of our ongoing commitment to improve communication we are now sending out curriculum newsletters on EVERY subject! They aim to give parents an overview of what is being taught in each subject in each Key Stage.



Curriculum newsletters will be sent out half termly for core subjects RE, Maths and English. All other subjects will be sent out termly. They will be sent out over the course of each half term. We will notify parents when each subject is available. They will also be available on our school website on the relevant curriculum subject page.

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

Don't forget you can also view our school calendar via the school website!

St. Bede's calendar 2024/25						
September 2024	October 2024	November 2024	December 2024	January 2025	February 2025	
1 Su 2 Mo 3 Tu 4 We 5 Th 6 Fr 7 Sa 8 Su 9 Mo 10 Tu 11 We 12 Th 13 Fr 14 Sa 15 Su 16 Mo 17 Tu 18 We 19 Th 20 Fr 21 Sa 22 Su 23 Mo 24 Tu 25 We 26 Th 27 Fr 28 Sa 29 Su 30 Mo 31 Tu	1 Tu 2 We 3 Th 4 Fr 5 Sa 6 Su 7 Mo 8 Tu 9 We 10 Th 11 Fr 12 Sa 13 Su 14 Mo 15 Tu 16 We 17 Th 18 Fr 19 Sa 20 Su 21 Mo 22 Tu 23 We 24 Th 25 Fr 26 Sa 27 Su 28 Mo 29 Tu 30 We 31 Th	1 We 2 Th 3 Fr 4 Sa 5 Su 6 Mo 7 Tu 8 We 9 Th 10 Fr 11 Sa 12 Su 13 Mo 14 Tu 15 We 16 Th 17 Fr 18 Sa 19 Su 20 Mo 21 Tu 22 We 23 Th 24 Fr 25 Sa 26 Su 27 Mo 28 Tu 29 We 30 Th 31 Fr	1 Sa 2 Su 3 Mo 4 Tu 5 We 6 Th 7 Fr 8 Sa 9 Su 10 Mo 11 Tu 12 We 13 Th 14 Fr 15 Sa 16 Su 17 Mo 18 Tu 19 We 20 Th 21 Fr 22 Sa 23 Su 24 Mo 25 Tu 26 We 27 Th 28 Fr 29 Sa 30 Su 31 Mo	1 Su 2 Mo 3 Tu 4 We 5 Th 6 Fr 7 Sa 8 Su 9 Mo 10 Tu 11 We 12 Th 13 Fr 14 Sa 15 Su 16 Mo 17 Tu 18 We 19 Th 20 Fr 21 Sa 22 Su 23 Mo 24 Tu 25 We 26 Th 27 Fr 28 Sa 29 Su 30 Mo 31 Tu	1 We 2 Th 3 Fr 4 Sa 5 Su 6 Mo 7 Tu 8 We 9 Th 10 Fr 11 Sa 12 Su 13 Mo 14 Tu 15 We 16 Th 17 Fr 18 Sa 19 Su 20 Mo 21 Tu 22 We 23 Th 24 Fr 25 Sa 26 Su 27 Mo 28 Tu 29 We 30 Th 31 Fr	

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