

St Bede's Newsletter

Welcome to St Bede's...



Attendance W/C 22/06/26

Y1	Y1/2	Y2	Y3	Y3/4	Y4	Y5	Y5/6	Y6
94.8	98.33	96	92.67	93.33	97.0	97.74	98.75	97.6

This week...

Tue 30th June

- Care Home Visit
- Guide Dogs in school

Wed 1st July

- KS1 Hopetown Trip
- Snappy Opera Performance Gala Theatre Durham

Thu 2nd July

- Community Games Day Y3-4
- Y6 Talent Show & Leavers Presentation

Fri 3rd July

Colour Run

Coming soon...

Tue 7th July

Miss McAllister Class
Assembly 9.15am

Thu 9th July

Thanks Giving & Leavers
Mass

Fri 10th July

Let's Learn Moor Trip Y5

Sat 11th July

Bede's Fest 2026

Our Safeguarding Focus This Week...

10 Top Tips for Parents and Educators

STAYING SAFE IN HOT WEATHER

As temperatures rise, it's essential to take proactive steps to ensure children and young people stay safe and healthy. Hot weather can pose serious risks such as dehydration, heatstroke and sunburn. This guide provides practical tips for parents and teachers to protect children during sunnier spells, helping them enjoy the summer safely.

1 STAY HYDRATED

Ensure children drink plenty of water throughout the day, even if they don't feel thirsty. Encourage them to carry water bottles and take regular sips. It's better to drink small amounts to counteract the effects of sweating. Even if children replenish lost fluids with equal amounts of water, they may still be dehydrated due to salt lost from the body. Avoid sugary drinks and caffeine, which can contribute to dehydration.

2 APPLY SUNSCREEN

Use a broad-spectrum sunscreen with at least SPF 30 on all exposed skin and reapply every two hours or after swimming. Don't forget often-missed spots like the ears, back of the neck and tops of feet. Sunscreen needs around 20 to 30 minutes to be absorbed by the skin, so make sure you leave plenty of time to apply it.

3 WEAR PROTECTIVE CLOTHING

Dress children in light-coloured, loose-fitting clothing made from breathable fabrics like cotton. Ideally clothing should cover as much skin as possible. Shoulders should always be covered as they can easily burn. Wide-brimmed hats and sunglasses with UV protection are also essential to shield them from the sun. Be sure to check your school's dress policy, as uniform rules may be relaxed during amber or red Heat Health Alerts (HHAs).

4 SEEK SHADE

Covering up and seeking shade are the most important sun protection measures. Encourage children to play in shaded areas, especially during peak sun intensity between the hours of 11 a.m. and 3 pm. Use umbrellas or canopies if natural shade is unavailable.

5 AVOID STRENUOUS ACTIVITIES

Children shouldn't take part in vigorous physical activities in very hot weather. Limit these during the warmest parts of the day. Schedule any outdoor games or sports for early morning or late afternoon when it's slightly cooler.

6 KEEP COOL INDOORS

If it's safe and appropriate, open windows early in the morning to allow stored heat to escape from the building. Use fans or air conditioning to maintain a cool indoor environment. Close curtains or blinds to block direct sunlight. Switch off electrical equipment like computers, monitors and printers when not in use; don't leave them in 'standby mode' as this still generates heat.

7 TAKE COOL BATHS OR SHOWERS

Encourage children to take cool baths or showers to lower their body temperature. Alternatively, use damp cloths on their skin to provide relief from the heat. When heading out of the house, consider filling up a spray bottle to cool everyone down on the go.

8 MONITOR FOR SIGNS OF ILLNESS

If sensible precautions are taken, children are unlikely to be seriously affected by hot conditions – but teachers, assistants, school nurses and all child carers should watch for symptoms of heat exhaustion, such as heavy sweating, weakness, dizziness, nausea or fainting. If any signs are present, move the child to a cool place, make sure they drink some water, and seek medical advice if needed.

9 MAINTAIN A COOL SLEEPING ENVIRONMENT

Ensure children's bedrooms stay cool by using fans or air conditioning. Use lightweight bedding and consider letting them sleep in the coolest part of the house. Older children can have more choice over what they wear to bed. Some children may prefer to sleep without pyjamas, while some may prefer to opt for a light cotton t-shirt and shorts.

10 EDUCATE CHILDREN ON SUN SAFETY

Teach children the importance of sun safety and encourage them to take responsibility for their health. Explain the risks of sunburn and heatstroke and the value of following these safety tips.

Meet Our Expert

James Whelan is an experienced health and safety expert who is a Chartered Member of the Institution of Occupational Safety and Health. He provides services to educational settings (and other industries) to help them maintain a safe working environment.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: [staying-safe-in-hot-weather](https://stbedesdarlington.bhcet.org.uk/staying-safe-in-hot-weather)

Keep up to date with upcoming events via our school calendar

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

St Bede's



St Bede's Catholic Primary School

SUMMER FAIR

SATURDAY 11th JULY
11AM-2PM



BEDE'S FEST

Volunteers Needed!



01325 466411



Events@stbedes
darlington.bhcet.
org.uk

WELCOME TO THE
WORLD

Rian Joseph Lamb



We are delighted to share that Mrs Lamb welcomed a beautiful baby boy in the early hours of Saturday morning weighing a wonderfully healthy 9lb 12oz.

We wish her and her family all our love and best wishes as they begin this wonderful new chapter with their latest addition



JUNE 27, 2026