



St Bede's Newsletter

Welcome to St Bede's...



Attendance up to 28/03/25

Y1	Y1/2	Y2	Y3	Y3/4	Y4	Y5	Y5/6	Y6
96.21	93.84	96.93	96.32	97.69	93.57	97.23	94.49	96.49

Coming soon...

Monday 7th April

Reception Lenten Liturgy 2pm

Tuesday 8th April

- KS1 Lenten Liturgy 2pm
- Bikeability Y5/6 (Year 5's only)

Wednesday 9th April

- LKS2 Lenten Liturgy 2pm
- Pedestrian training Class 2

Thursday 10th April

- UKS2 Lenten Liturgy 2pm
- Pedestrian training Class 3

Friday 11th April

- Pedestrian training Y3/4
- Easter Mass @ St Thomas Aquinas 1.30pm

This week's events

Mon 31st Mar - Wed 2nd April

Y5 Youth Ministry residential

Wednesday 2nd April

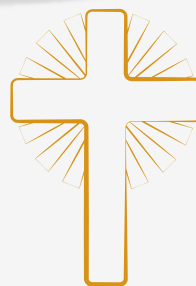
Class 2 Pedestrian training

Thursday 3rd April

- Miss Anderson Y1/2 Care Home Visit
- Class 3 Pedestrian training

Friday 4th April

- Class 3/4 Pedestrian training
- Easter Egg Raffle 2pm



Parent volunteers to walk to church welcome and very much appreciated. Please contact the office

Click here to view our school calendar and make sure you are up to date on upcoming activities and events until the end of the school year

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

Our Safeguarding Focus This Week...

10 Top Tips for Parents and Educators ENCOURAGING OPEN CONVERSATIONS AT HOME

With tricky topics and occasional clashes of opinion, it can be challenging to maintain an environment where children feel able to talk candidly and honestly. However, encouraging such conversations helps to develop trust – making it easier to unpack even sensitive subjects as children get older. Here are our top tips for promoting open conversations at home.

1 CREATE A SAFE SPACE

Criticism, blaming or shaming can all prevent children from feeling emotionally safe – while showing affection, positive attention and an interest in what a child has to say builds their sense of security. These formative years are when children's opinions and values begin to take shape, so it's important to provide a non-judgmental environment in which to discuss them – especially if their opinions differ from your own.

2 CONSIDER OTHER OUTLETS

Some children may find it easier to talk while they're participating in another activity such as drawing, writing, walking or sport. If it's possible, taking part in these activities together presents you with an opportunity to communicate while doing something side by side. A child may feel less pressure that way and can be more inclined to open up of their own accord.

3 NORMALISE CHATS ABOUT FEELINGS

Incorporate mental health and emotional wellbeing into everyday conversations, using age-appropriate language and examples to help children understand their emotions. Ask questions like "How are you feeling today?", "What was the best and worst part of your day?", "If you could start today again, what would you do differently?" and "Is there anything you want to talk about?"

4 LISTEN ACTIVELY

When children express themselves, make it obvious that you're listening closely and giving them your full attention. Maintain eye contact and validate their feelings without immediately trying to solve the problem. It's not helpful to dismiss their issues as childish or "teenage angst" – or to assume that they'll simply "get over" whatever they're feeling. Children don't have your life experience; their resilience is still developing as they learn to push through difficulties and handle problems.

5 ASK OPEN QUESTIONS

Encourage children to share their thoughts by asking open questions about their feelings and experiences. Closed questions (such as "Did you enjoy school today?") are more likely to elicit a simple "yes" or "no" response. Instead, you could ask things like "Who did you spend time with at break?" or "Who did you sit with at lunchtime?"

6 RESPECT THEIR BOUNDARIES

If a child isn't ready to talk to about something yet, respect their boundaries: this reinforces that their feelings are important and worthy of consideration. Ideally, you're aiming to let them know you care without smothering them, so just make it clear that you're there for them whenever they're ready to chat. Gentle, regular check-ins can sometimes be the best form of progress.

7 LEAD BY EXAMPLE

Model open, honest and healthy communication in front of children and young people. Try to demonstrate kindness when talking about others and yourself, because if children hear adults being overly harsh, critical or judgmental, or see them having unrealistic expectations of themselves, it makes them more likely to adopt and repeat this behaviour themselves as they grow.

8 HAVE REGULAR CHECK-INS

Check in with children periodically to discuss how they're feeling and what's going on in their lives. This could be a weekly or monthly conversation, where the child has an opportunity to share whatever's on their mind. For parents and carers, getting away from the house and other distractions might be productive here; you could consider regular trips to a coffee shop or a café, or just a weekly walk.

9 PROVIDE RESOURCES

It's often beneficial to let children know about other support that's available to them if they're struggling to talk to you specifically. Encourage them to talk to school counsellors, trusted adults or even a therapist, if necessary – while normalising this route and dispelling the harmful stigma around asking for help. Older children could engage with resources such as Kooth or YoungMinds.

10 CELEBRATE EMOTIONAL EXPRESSION

It's beneficial to praise children for expressing their feelings honestly – emphasising how important it is to talk about their emotions and how proud you are of them for doing so. This can be especially pivotal for boys, who often experience more of a stigma around talking frankly about their feelings and their mental health – a barrier that can be overcome, with enough love and support.

Meet Our Expert

With 30 years' experience as a teacher, trainer, consultant and interim executive board member, Anna Bateman has a superb understanding of what works in pedagogy, school improvement and leadership. She has also advised the Department for Education on their mental health green paper.



#WakeUp
Wednesday

The
National
College



Did you know **Earth Day** is marked on the calendar by more than a billion people?

This is a day dedicated to raising awareness and inspiring action to tackle environmental challenges endangering our planet.

We will be celebrating Earth Day in school on **Thursday 10th April.**

In school children will be able to make a pledge around one thing they could change in their lives. For example;

- 🌍 turn off electronic devices
- 🌍 don't leave things on stand-by
- 🌍 take a shower instead of a bath
- 🌍 make a bigger effort to recycle!

Children can come to school that day dressed in 'earth colours' such as green, blue or other natural colours.

We look forward to welcoming parents into school for our special **Lenten liturgies** next week

Mon 7th April Reception

Tue 8th April KS1

Wed 9th April LKS2

Thu 10th April UKS2

2pm



There's still time to buy your tickets before the raffle is drawn on Friday

So far we have raised an impressive £464!!

EASTER RAFFLE
Drawn 4th April

SINGLE TICKETS £1
PER STRIP £5
available from the office (cash)

If we raise over £500, Miss Cuff has promised to dress as the Easter bunny when drawing the raffle.
Let's make it happen!
From The School Office :)

YMT Residential Retreat at the EMMAUS VILLAGE

Our Year 5 pupils are having a wonderful time on their residential retreat.

We are so proud of their exemplary behaviour. Their manners, respectful attitudes and positivity have been commented on by all of the YMT team!

