

St Bede's Newsletter

Welcome to St Bede's...



Attendance up to 20/02/25

Y1	Y1/2	Y2	Y3	Y3/4	Y4	Y5	Y5/6	Y6
96.38	93.73	96.93	96.12	97.41	93.27	97.33	94.19	96.35

Coming soon...

Wednesday 12th Mar
Pedestrian Training Y1

Thursday 13th Mar
Pedestrian Training Y1/2

This week's events...

Wednesday 5th Mar

- Y2 Mrs Daley Class Assembly 9.15am
- Class 1 Pedestrian Training
- Ash Wednesday UKS2 walk to church 1pm

Thursday 6th Mar

- Dress up for World Book Day £2
- Mrs Daley's Care Home Visit 10am
- Class 1/2 Pedestrian Training
- Y5/6 Open Football Cup
- YMT Parent Meeting 3.15pm-4pm
- Y4 Walk to church 9.30am

Friday 7th Mar

- Mayor's Song Contest 6pm Dolphin Centre
- Girls Biggest Ever Football Session @ Eastbourne Sports Complex 3.30pm-5pm



You can now view our RE newsletter on our website

<https://stbedesdarlington.bhcet.org.uk/curriculum/subjects/re>

Our Safeguarding Focus This Week...

10 Top Tips for Parents and Educators

ENCOURAGING HEALTHY FRIENDSHIPS

Navigating the complexities of childhood and adolescent friendships can be challenging – but with the right guidance, children and young people can cultivate meaningful, supportive relationships, some of which may last for many years. These top tips provide a comprehensive approach to fostering healthy friendships among children and young people. It's important to remember, however, that each child is different, and will require an individual approach to relationship support.

1 GRANT FRIENDSHIP OPPORTUNITIES

Encouraging children and young people to join extracurricular activities can foster healthy friendships by providing shared interests and common ground. Engaging in these pastimes offers a platform for interaction, sometimes alleviating the social pressure of knowing what to say, and helps children develop meaningful connections.

2 LEAD BY EXAMPLE

The children and young people in our lives see how we behave, the connections that we've made and the interactions between us and others. When we model healthy friendships, we set an example and help youngsters to understand what healthy friendships looks like and how to navigate them.

3 HELP THEM LOVE THEMSELVES

Healthy friendships aren't just about dynamics with other people. They're about our relationship with ourselves. For overall wellbeing, it's important for a child to have the space to build their self-esteem and a positive self-image, as these factors can have a notable influence on the friendships they form throughout life.

4 MONITOR SCREEN TIME

Too much screen time can affect some children's wellbeing in general, but it can specifically impact friendships if it results in fewer positive social interactions. In some cases, reducing screen time and encouraging children and young people to find ways to interact face-to-face can have positive results. It's also important to remember that young people can make positive friendships online, but they will require support to do this safely.

5 TEACH PROBLEM-SOLVING

Inevitably, friendships can run into problems. However, this is also an opportunity to support children and young people to work through any difficulties that may arise. It can be tempting to intervene and try to fix these issues for those involved, but helping them consider ways of resolving conflict or managing difficult situations for themselves can help them create stronger friendships.

6 EMPOWER THE CHILD

When we give children and young people the confidence to choose their friends, navigate interpersonal boundaries and consider how they want to interact with the different people around them, we empower them to take control of the friendships they have. When young people feel in control of these things, they're more likely to make positive choices and remain aware of the signs of a negative relationship.

7 TEACH EMPATHY

'Healthy friendships' doesn't always mean 'perfect'. Sometimes, disagreements can happen. When we teach children and young people to have empathy, we help them to see both sides of a relationship; to be mindful of the challenges a friend might be facing or whatever else might be going on. This can help children and young people to build stronger friendships.

8 BE OPEN TO QUESTIONS

Talking to young people about their friendships, who they spend time with and who they interact with can open the door to questions if they have concerns. Initially, these queries may be straightforward, but if we are receptive to discussion from the outset, young people are more likely to come to us for help when they are older as well.

9 UNDERSTAND BOUNDARIES

One of the keys to a healthy friendship is honouring boundaries. This can include anything from respecting personal space and belongings to acceptable language and behaviour. Understanding the importance of setting these limits and upholding those set by others can help children stay safe. If young people figure out their boundaries and feel comfortable enforcing them, they're more likely to call someone out if they go too far.

10 SPOT THE SIGNS

We can't always supervise young people; sometimes, we need to step back and give them some space. However, it's important to consider any indicators that they may be struggling in their friendships. Are they becoming increasingly irritable? Does their behaviour alter when they've been with their friends? Are they becoming withdrawn or reluctant to take part in certain activities? These could all be signs that they're finding things difficult, and we should remain alert to such changes.

Click to view our school calendar

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

School Uniform

RESULTS



Thank you so much for all your thoughts and feedback in response to our parent consultation. The results are in and parents have decided that the school uniform will be as follows from September 2025.

- **White** polo shirt
- **Grey** skirt, trousers or shorts
- Burgundy school jumper or cardigan
- Burgundy/white summer dresses (optional)

“ Polo shirts are easier for younger children ”

“ Ties can get lost or stolen, tailored shirts require ironing which is work for parents ”

“ They all wears ties in different ways (small/large knot) and they end up looking a mess ”

“ Uncomfortable, outdated and not practical for children doing activities ”

“ Polo shirts are more comfortable ”



The issue of smart watches has also been raised with School Governors and it has been decided that **NO WATCHES** of any kind may be worn in school. Please be reassured there are both digital and analogue clocks around school so children will still have the opportunity to learn how to tell them time.





UKS2 will walk to church on Wednesday for Ash Wednesday mass at 1pm.

As always we are grateful for any parent helpers who are available to walk with us. Please contact the school office if you are able to help.



IMPORTANT!

Please note **Y3 Class Assembly** that was scheduled to take place on Wednesday 19th March will no longer be taking place on that date.

The assembly will be rescheduled for the summer term and parents will be notified once we have a new confirmed date.

The school calendar will be updated accordingly.