St. Bede's Newsletter

Welcome to St Bede's...

St Bede's

Attendance up to 04/10/24

Y1	Y1/2	Y2	Y3	Y3/4	Y4	Y5	Y5/6	Y6
93.01	95.82	96.79	92.56	98.33	92.35	97.5	92.92	97.15

harvest

We would welcome your kind donations of non-perishable food items for this year's Harvest Festival
We would also like to welcome as many of our St Bede's families as possible at the Harvest Mass at St Thomas on
Friday 18th October
Parent helpers needed to walk to church!
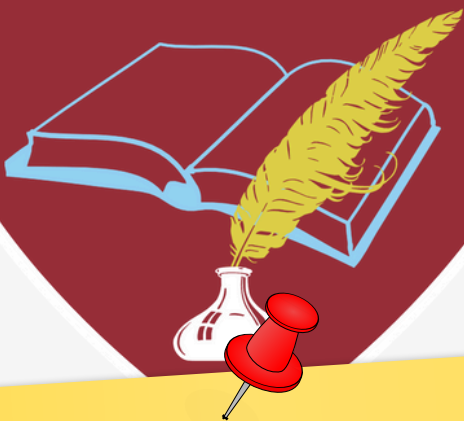
Coming soon...

Monday 14th October
Year 6 Residential Meeting 3.15pm

Tuesday 15th October
1st Holy Communion Meeting 3.30pm

Thursday 17th October
SEND Parent Appointments

Friday 18th October
Harvest Festival Mass 1.30pm

Sunday 20th October
Family Mass @ St Thomas

THIS WEEK'S EVENTS

Wednesday 9th October
SEND Café drop-in for parents

Thursday 10th October
- Tempest Class/ Group Photos
- Reception 2025 Open Event

Donations

10 Top Tips for Parents and Educators
CREATING FAMILY RULES FOR USING DEVICES

A set of family rules agreed on with children can promote the safe, responsible use of devices like tablets, smartphones, gaming consoles and computers. By developing rules around technology, it opens the conversation regarding boundaries and expectations, ensuring a healthy balance of screentime. This guide will help you to develop an age-appropriate family agreement to suit your household.

1 WORK TOGETHER

Collaborating with children when setting rules around the use of technology is a valuable task that can encourage them to take more ownership. It's important to make rules which reflect your family and are age appropriate. Think about what you all enjoy doing online and what apps, games or devices children use most frequently.

2 AGREE TIME LIMITS AND SUITABLE TIMES

Be realistic when setting screen time limits. These can vary depending on the child's age, whether it's a weekday or weekend, and what they're actually doing online. If they're conducting research for homework, that might require more time than if they were playing games. Consider when screen time begins: does it come after chores and homework? Agree times when technology and phones must be put away.

3 ENCOURAGE HONESTY

Family rules ensure that everyone can have fun with their devices and be safe while doing so. Nonetheless, children may make mistakes as they learn to navigate the online world. Emphasise that if they ever feel worried, unsafe or upset about something they've done, sent, said or received, they should tell you immediately so you can help them resolve the problem.

4 CHARGING AND OVERNIGHT STORAGE

To ensure children get the downtime they need overnight, it's important that devices – especially smartphones – are kept in a common space, where possible. This reduces the chance of pointless late-night scrolling or sleep being disturbed by calls, messages or notifications. There are charging boxes you can purchase, or all gadgets could be charged in the kitchen overnight to avoid distractions.

5 REVIEW RULES REGULARLY

Anything you agree on isn't set in stone. These rules will likely alter as children get older and the way they use technology changes. Take time to review these as a family; discuss what's working, and what isn't. Communication is key – so by doing this, you involve the child in their own online safety while promoting an open dialogue.

6 PROTECT PERSONAL INFO

Discuss and demonstrate the importance of protecting your personal information. Talk about what details you share online and who with. Use parental controls to block children from connecting with strangers, so that any information they do share is among their real friends. Ask a child's permission before posting any photos of them on social media, as this demonstrates positive online behaviour that they should learn and remember.

7 BE RESPECTFUL

Highlight the importance of showing respect to others when using technology. Encourage children to speak kindly to others online – such as on social media, when playing multiplayer games or in group chats (which can often lend themselves to teasing behaviour). Explain that if they aren't treating others considerately, they might be made to stay away from their devices for a while.

8 "NO TECH" ZONES

Designating spaces in the house where technology isn't allowed (for example: bedrooms, bathrooms and at the dinner table) lets you keep an eye on what children are viewing and who they're communicating with. It gives you some quality, screen-free time with them, too. It also helps reduce any impulses to potentially engage with inappropriate content, as they're unlikely to do so in a common space within the home.

9 AGREE ON CONSEQUENCES

As a family, discuss why the rules are important: to balance their screentime, to ensure everyone enjoys gaming or interacting online, and that they are safe when doing so. Therefore, if these rules are broken, there has to be a consequence. Discuss what would be fair for certain breaches of the rules, as this can prevent a disproportionate response in the future.

10 KNOW ALL PASSWORDS

To protect children from inappropriate content, parents should have access to all passwords. Parents should also make it clear that they will check children's devices, should they have any concerns about their use. Emphasise that this isn't due to a lack of trust but is an extra way of keeping them safe.

All across school the children of St Bede's have been celebrating Black History Month. Below is some of the artwork created by some of our children inspired by Martin Luther King Jr and his famous speech, 'I have a dream' ❤️

There will be a meeting in school for parents of children wishing to make their **First Holy Communion** next year. The meeting will take place on Tuesday 15th October at 3.15pm when important information and key dates will be shared.

We would urge anyone wishing to enrol their child in the First Holy Communion program to attend.

PARTY TIME

The school disco is now available online if you could please pay via MCAS.

We really need parent helpers to help the Autumn Disco run smoothly. If you would like to volunteer please contact the school office

EYFS & KS1 - 4pm-5pm

KS2 - 5pm-6pm

The next in our series of curriculum newsletters are now available online.
https://stbedesdarlington.bhcet.org.uk/news-events/newsletters

PE NEWSLETTER
ST BEDE'S PRIMARY SCHOOL   AUTUMN TERM

SCHOOL GAMES NEWS

ART NEWSLETTER
ST BEDE'S PRIMARY SCHOOL   AUTUMN TERM

ART AT HOME...

Autumn is a beautiful season, why not try some Art at home?

ST. BEDE'S OPEN EVENT
Thursday 10th October at 4.00pm - 5.00pm

Why come to our open event?

✔ **Discover our nurturing environment**
✔ **Meet our dedicated staff**
✔ **Explore our classrooms and outdoor areas**
✔ **Learn about our exciting curriculum**
✔ **Experience our caring school community**

St. Bede's Catholic Primary School
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Ofsted
Good Provider

A Proud Member of
BISHOP HOGARTH
Catholic Education Trust