

St Bede's Newsletter

Welcome to St Bede's...



Attendance up to 07/03/25

Y1	Y1/2	Y2	Y3	Y3/4	Y4	Y5	Y5/6	Y6
96.21	93.83	97.01	96.18	97.48	93.29	97.45	94.28	96.5

This week's events...

Wednesday 12th Mar

Pedestrian training Y1

Thursday 13th Mar

Pedestrian training Y1/2

Coming soon...

Wed 19th Mar

- Pedestrian training Y1
- ~~Y3 class assembly~~
rescheduled date tbc

Thu 20th Mar

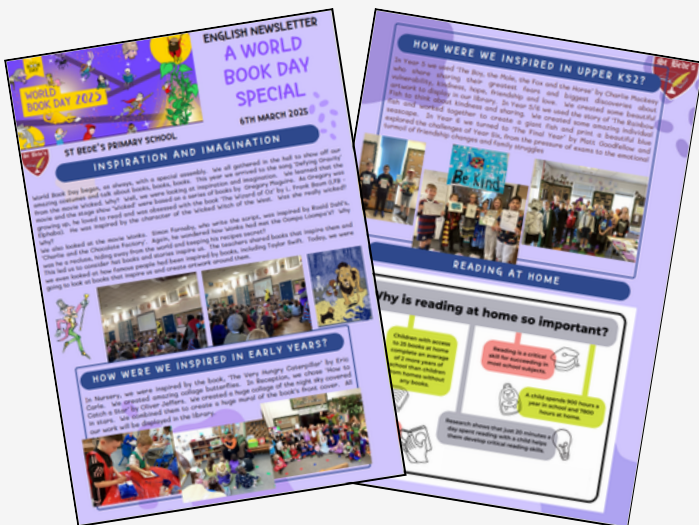
SEND parental consultations

Friday 21st Mar

- Pedestrian training Y1/2
- Swimming gala KS2

Sunday 23rd Mar

Family mass @ St Thomas Aquinas Church



SEND parents don't forget to make your appointment for a parental consultation Thursday 20th March

You can now view our special World Book Day themed English newsletter
<https://stbedesdarlington.bhcet.org.uk/curriculum/subjects/english>



Our Safeguarding Focus This Week...

What Parents & Educators Need to Know about **SCHOOL AVOIDANCE**

Emotionally Based School Avoidance is a term used to refer to reduced attendance or non-attendance at school by a child or young person. It's often rooted in emotional, mental health or wellbeing issues. The rate of children who miss school more than 10% of the time in England has more than doubled since before the pandemic: rising from 10.9% in 2018-19, to 22.3% in 2022-23.

UNDERSTANDING SCHOOL AVOIDANCE

REASONS FOR ABSENCE

School avoidance is sometimes underpinned by several factors rather than one single cause. This could include something going on for the child or young person within the family or at school. A child may have caring responsibilities at home, for instance, or a change in family dynamics; bullying and friendship difficulties at school; pressure to achieve in schoolwork and exams; or moving from primary school to secondary school.

PATTERNS OF ABSENCE

You may notice patterns in regular absences or children regularly expressing that they don't want to attend school (particularly being reluctant to leave home on school days). If a child or young person is neurodiverse, there is some evidence to suggest there are more aspects of school life which can cause distress – such as changes in the environment, changes of routine and sensory stimuli.

COMPLAINTS ABOUT PHYSICAL SYMPTOMS

There may be an increase in a child or young person's complaints about physical symptoms, particularly on school days or the evening before school. These could include complaining of a tummy ache, headache, or saying they feel ill when there doesn't appear to be a medical cause. Always check with the GP first to rule out medical causes or illness.

IMPACT OF SCHOOL AVOIDANCE

LEARNING AND DEVELOPMENT

School refusal can negatively impact a young person's learning and development. Attending school on a regular basis not only supports academic attainment but is also important for the development of key life skills and the growth of children and young people as citizens.

LONG-TERM OUTCOMES

The difficulties associated with school non-attendance can be far reaching and may have a negative impact on long-term outcomes. It may, for example, lead to reduced future aspirations, poor emotional regulation, mental health difficulties, limited academic progress and restricted employment opportunities.

CYCLE OF ABSENCE

Consistent absences may contribute to sustained school avoidance over time. Further to this, the longer a pupil is out of education, the more likely it is that there is a rise in their ongoing need to avoid the activity which is making them anxious – increasing their desire to stay at home.

Advice for Parents & Educators

WORK TOGETHER

If there's a concern about a child's absence and emotional wellbeing, it's important that there is clear communication and a consistent approach between the child's parents and the school, so you can take a child-centred approach together towards a plan of support or reintegration. This ensures a consistency of approach from both home and school, creating better outcomes for the child.

FOLLOW REGULAR ROUTINES

Children can benefit from a regular and consistent routine. This could be a morning routine, from waking up and having breakfast through to getting dressed, packing their bag and leaving the house. A consistent evening routine which is calm and limited time on screens can also give children much needed predictability and familiarity. Schools can help create a timetabled routine for the child's school day, if required.

MANAGING OVERWHELMING FEELINGS

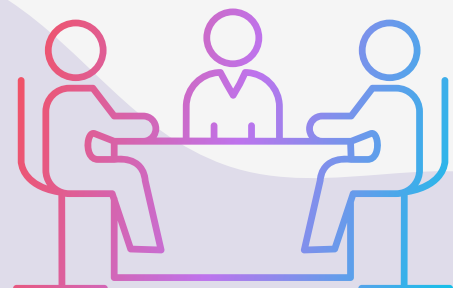
While there may be times you feel frustrated or angry, try to stay calm; acknowledge the child's worries, listen and discuss a range of coping strategies together to help them face the discomfort and overwhelming feelings. These could include mindfulness, deep breathing or going for a walk and practice the strategies in less overwhelming situations first.

REDUCE STIMULATING ACTIVITIES AT HOME

If a child is avoiding school, reduce their access to more stimulating activities (such as watching television, playing games and spending time with friends) during school hours, where possible. This reduces the potential for the child having rewarding experiences at home, which could be interpreted as a positive aspect of avoiding school.

Parent's evening will take place on Tuesday 25th and Wednesday 26th of March.

Lines will open on Thursday 13th March at 10am for you to book your appointment via the school office



Click to view our school calendar <https://stbedesdarlington.bhcet.org.uk/school-calendar>

EASTER



Easter Egg Raffle Friday 4th April

Along with our Discos and Pantomimes, we are seeking to build positive memories, and lasting traditions in St Bede's.

We are hoping to host an Easter Egg Raffle to generate money towards school funds.

We would truly appreciate any donations of Easter Eggs, of any size, from now onwards that the children will be able to buy raffle tickets to win. Parents and carers will be able to buy tickets with cash from the school office from Monday 17th of March £5 a strip



Any donations of Eggs, please drop off at the school office. I've started off the prize pot with some donations from me!

Thank you so much.
Miss Cuff

well★done

Huge well done to our fantastic pupils that competed in the **Mayor's Song Contest** on Friday. You sang beautifully and did yourselves and the school proud!



Thank you to all everyone who was able to join us for Year 2 Class Assembly last week. The children loved being able to share all they had learnt about plants and we are so proud of all their hard work.

World Book Day



World Book Day 2025

PIC-COLLAGE



Children throughout all key stages had a wonderful time celebrating world book day dressed as their favourite book characters and taking part in a whole host of fun activities such as sharing their own book reviews, creating fabulous artwork and joining in the BBC live session