

# St Bede's Newsletter

Welcome to St Bede's...



## Attendance up to 11/07/25

Y1	Y1/2	Y2	Y3	Y3/4	Y4	Y5	Y5/6	Y6
95.72	93.59	96.98	96.5	97.27	94.20	97.40	94.92	96.52

## **This week's events...**

**Monday 14<sup>th</sup> to**

**Wednesday 16<sup>th</sup> July**

Class transition week

**Tuesday 15<sup>th</sup> July**

Durham Police – Inclusion,  
Diversity and Equality  
assembly.

**Wednesday 16<sup>th</sup> July**

KS2 Diabetes Assembly

**Thursday 17<sup>th</sup> July**

Pride of St Bede's Awards

**Friday 18<sup>th</sup> July**

Summer Reading Challenge  
Assembly

**End of term**

**Wednesday 3<sup>rd</sup> September**

Children return to school

**Thursday 4<sup>th</sup> September**

YMT Y5 Residential meeting

**Monday 8<sup>th</sup> September**

Meet the teacher (parents) EYFS 2.30pm

**Tuesday 9<sup>th</sup> September**

Meet the teacher (parents) KS1 2.30pm

**Wednesday 10<sup>th</sup> September**

Meet the teacher (parents) LKS2 2.30pm

**Thursday 11<sup>th</sup> September**

Meet the teacher (parents) UKS2 2.30pm

*Reminder!*

We would be so grateful if you could  
take a few moments to give us your  
feedback. Please click here to complete  
the end of year parent survey

[End of year parent survey](#)

# Our Safeguarding Focus This Week...

## 10 Top Tips for Parents and Educators SUPPORTING CHILDREN GOING BACK TO SCHOOL

Change can be hard for children to manage. Going back to school after a long summer break might cause them to feel uncertain about their friendships, school routines and relationships with new teachers. However, trusted adults play an important role in providing both practical and emotional support.

### 1 LEARN WHAT EQUIPMENT YOU NEED

Figure out a list of all equipment needed for the start of the school year, so you can comfortably get your hands on the necessary items in time. If children have any financial issues and receive free school meals, the school may be able to provide some monetary aid or offer other support.

### 2 COMMUNICATE WITH THE SCHOOL

If you notice that a child is feeling anxious about a change of teacher or school, arranging a one-to-one meeting with their new teacher can be a good way to alleviate some of the anxiety. Just knowing that they understand the child's worries and will be able to help them if the need arises can build the foundations of a good working relationship. Knowing that you can contact them with any queries can also be reassuring.

### 3 CHECK THE SCHOOL WEBSITE

There will be plenty of information about the start of term on the school's website to keep you updated. Furthermore, you should be able to find other useful information such as contact details for staff, important school equipment, clubs, and news about any special events on the school calendar for the year. It could be helpful to look through this with children for anything which might reassure them.

### 4 HELP TO MANAGE FRIENDSHIPS

If a child is feeling anxious about making new friends – especially if they're moving up to secondary school – it can be a good idea to remind them of what they could do or say when meeting new classmates. Investigating the extracurricular activities available could be a good way to open a conversation about their hobbies and pastimes, and joining such clubs could allow new friendships to be built on this mutual interest.

### 5 PLAN SELF-CARE

Talking to children about how they can manage their self-care can be an effective way of helping them understand its importance. This might involve playing a computer game they love with friends, a weekly visit to the library, getting to bed at the same time each night, or a range of other activities that support their wellbeing and provide the familiarity and safety of a routine that works for them.

### 6 MANAGE TRICKY FEELINGS

Explain that it's okay to have difficult feelings around returning to school. This can help reduce any shame or embarrassment a child might be feeling over these emotions. Emphasise that other children – even some of the teachers – will be feeling the same way. Consider practical ways to manage these feelings and help children feel more in control of their emotions. Some examples include fidget toys, breathing exercises or a notepad for doodling.

### 7 SECURE A SCHOOL UNIFORM

Parents and carers should try to buy a child's uniform for the new academic year well in advance of the new term (although allowing for potential holiday growth spurts) and give them time to adapt to any changes. Make sure they can comfortably change into and out of it for PE lessons. Double check the requirements for PE on the school's website, as some schools will also have requirements for PE kits.

### 8 PREPARE FOR TRANSITION DAYS

Ensuring that children attend transition days is a vital step in preparing for the new year. Some schools also have transition evenings for parents and carers to attend, offering extra opportunities to reach out for any additional support.

### 9 READ THE MENTAL HEALTH POLICY

If a young person struggles with their mental health, it's important to understand their school's mental health policy and provision to know what support is available. This should be on the school's website. A range of aid is typically an offer – from individual timetable amendments to group sessions on emotional wellbeing. You can then discuss these options with the child to reassure them that help is there if they need it.

### 10 LEARN ABOUT SEN SUPPORT

If a child has SEN and receives help in school, try to confirm exactly what support is available, to ensure they're having their needs met. If they're moving up to secondary school, it's a good idea to meet with the SENCO to ensure that all teachers receive the most relevant, up-to-date information about the child's needs and have a contact to raise with if these change over time.

### Meet Our Expert

Amy Sayer is a freelance mental health trainer for schools, an author and a content writer. She is an Associate for Diverse Educators, a fellow of the Chartered College of Teaching and ITT wellbeing coach. Amy has previously been a SMHL coach, helping many different settings audit their mental health provision and support them to create and implement a strategic plan based on the specific needs of each setting.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/supporting-children-going-back-to-school>

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>





We were thrilled to receive a visit last week from Lola McEvoy, MP for Darlington, who kindly delivered our Golden Tickets for free entry to Wagon Woods at Hopetown

It's a scheme to offer every primary school child a free ticket to Wagon Woods, Hopetown Darlington's outdoor railway-themed adventure play park, is now live!

The initiative offers free tickets for every primary school child to visit Wagon Woods in 2025 as part of S&DR200, the bicentenary festival. The tickets will be delivered to every primary school within the borough before the summer holidays start.

### How to redeem your ticket

Please present your golden ticket upon entry in Hopetown Darlington.

[Terms and conditions apply.](#)

<https://www.hopetowndarlington.co.uk/plan-your-visit/wagon-woods/golden-ticket-scheme/>



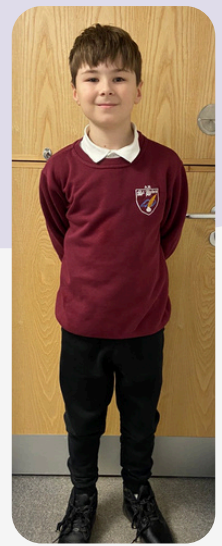
### OPENING TIMES

Tuesday to Sunday 10am-5pm. Last entry 4pm

Also open on bank holiday Mondays, and Mondays during Darlington school holidays

# School Uniform

As we begin to think about the next school year may we remind parents of school's expectations in relation to school uniform and let's start the year as we mean to go on by ensuring every child complies



Following consultation with parents last year you collectively decided that the uniform will be as follows

- **White** polo shirt
- **Grey** skirt, trousers or shorts
- Burgundy school jumper or cardigan
- Burgundy/white summer dresses (optional)
- Black school shoes (plain black trainer style shoes are acceptable but absolutely NO branded sports trainers)



## No Jewellery

We also need parents to support the school's no jewellery policy. This includes watches of all kinds, including smart watches. Please be reassured there are both digital and analogue clocks around school providing children with the opportunity to learn how to tell the time.

If you intend to have your child's ears pierced in the school holidays, please ensure this is at the start of the holidays to allow them enough time to heal before returning to school.

We accept that in the past our response to non-adherence of the no jewellery policy has been inconsistent at times. From September we will be implementing a zero tolerance policy.