

St Bede's Newsletter

Welcome to St Bede's...



Attendance up to 17/01/25

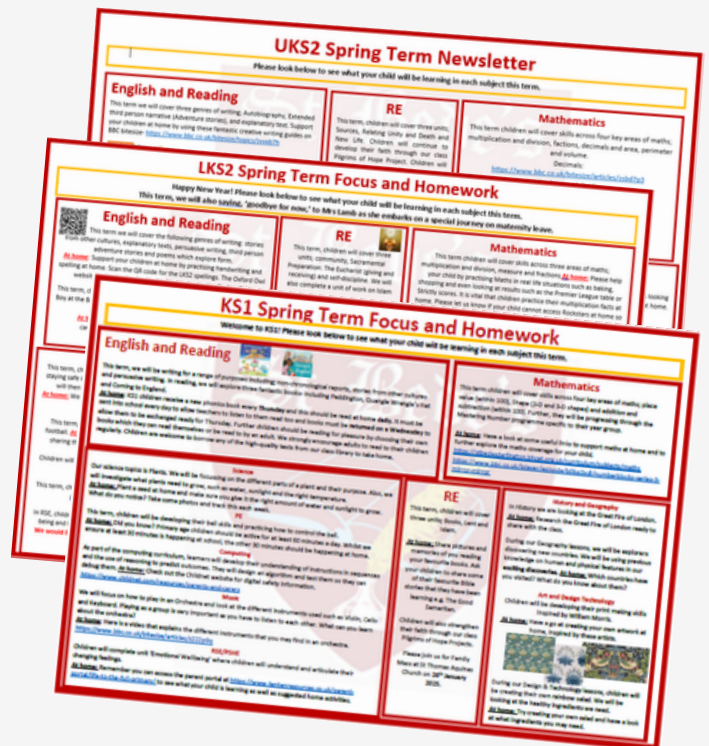
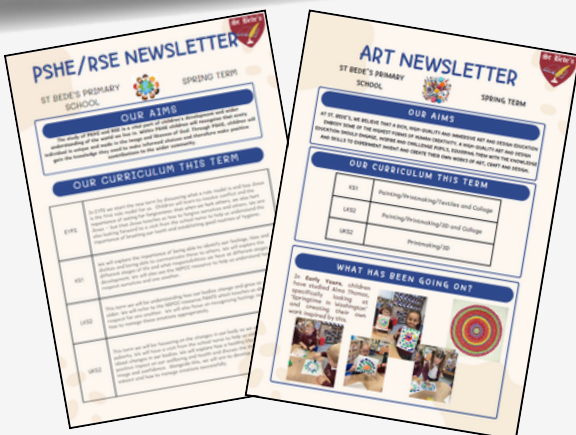
Y1	Y1/2	Y2	Y3	Y3/4	Y4	Y5	Y5/6	Y6
96.18	93.84	96.72	95.68	97.8	93.09	97.18	94	96.3

You can now view our latest curriculum newsletters, PSHE & Art, via our website <https://stbedesdarlington.bhcet.org.uk/curriculum/subjects>

We are also sending out a termly phased homework newsletter for each key stage, containing additional homework activities that can be done to support your child.

This week's events...

Wednesday 22nd January
Mrs Jajur's Class Assembly
9.15am
Thursday 23rd January
Y5/6 Walk to church
Sunday 26th Jan
Family Mass @ St Thomas



Don't forget you can view our school calendar on our website <https://stbedesdarlington.bhcet.org.uk/school-calendar>

School Uniform

At St Bede's Primary School, we believe that a school uniform plays an important role in creating a sense of unity and belonging among our pupils. Currently children wear a mixture of blue and white polo shirts and a mixture of black and grey trousers/skirts and summer dresses in a wide array of colours.



It is with this in mind that we are reviewing our uniform to ensure it reflects our values, promotes equality, and is easily recognisable as St Bede's, Darlington. We would like to invite all parents and carers to share their thoughts and opinions with us, as your feedback is crucial in helping us shape a uniform policy that is both practical and inclusive for all our children. We want to make sure that our uniform is one that all children can wear with pride. Your voice matters to us, and we are committed to ensuring that parental choice and opinion are at the heart of this consultation.

Thank you, Miss Cuff.



[CLICK HERE](#) to have your say

Our Safeguarding Focus This Week...

Top Tips for Supporting Children Who Are EXPERIENCING BULLYING

In a DfE survey, 36% of parents said that their child had been bullied in the past year, while 29% of secondary school headteachers reported bullying among students. Public Health England states that young people who maintain positive communication with their family were less likely to experience bullying – so it's important that parents, carers and educators know how to talk to children about bullying.

1. WATCH FOR BEHAVIOURAL CHANGES

Children who are experiencing bullying may become quiet, withdrawn, or anxious; however, they may also act on the pain and anger that they're feeling. A shift in attitude towards their existing friends (or not mentioning them any more at all) or alluding to new friendships which seem notably different could also be warning signs. It's important to be alert to such changes and talk to your child about them if they occur.

2. THINK THINGS THROUGH

Before acting, ask yourself if this is the right time and place to address concerns about bullying. Might your worries trigger strong feelings – perhaps from your own experiences – that could discourage your child from opening up to you? You could try discussing what you've noticed with another trusted adult who knows your child well.

3. BE OPEN AND UNDERSTANDING

Try to outline to your child the changes that you've noticed in their body language, appearance, behaviour, or tone of voice – and do so without sounding judgemental. Help them to describe what they're feeling – be it anger, sadness, fear or something else – as accurately as possible. If they say they're "angry", do they mean "enraged" or "frustrated"? This will help them to understand how they're feeling and why.

4. LET THEM SPEAK FREELY

Use open questions and a welcoming tone to encourage your child to talk. Listen closely and summarise what they've said at appropriate points (ideally without interrupting) to demonstrate that you're understanding clearly. Bullying may have undermined your child's sense of control, and they may fear that you'll judge them, overreact or impose consequences – so this conversation can reassure them being honest with you was the right decision.

5. CALL A TIME OUT

A conversation about bullying could leave both you and your child feeling distressed. It's important to recognise this and pause at suitable moments to calm down. Take deep breaths, enjoy a hot drink or even have a cathartic cry. This can reinforce trust, while also helping you both feel that you have control over the situation and the emotions that you're feeling.

6. STAY INFORMED

Make sure you know your child's school's definition of, response to and relevant contacts for bullying. This information should be in their anti-bullying policy, which ought to be available on the school's website. Class teachers or form tutors are usually the first point of contact, though there may be dedicated support teams or key workers to help your child, depending on the specific situation.

7. PREP YOUR CHILD FOR THE RESPONSE

Schools' responses to bullying vary depending on whether they're resolving disagreements and arguments, or addressing unintended verbal or physical harm and so on. It's important to work out with your child whether any harm was intentional, how much control they had over the situation and how often such incidents have occurred. Reporting concerns accurately will get the best outcome for your child more quickly.

8. SUMMARISE YOUR CHILD'S EXPERIENCE

When you contact the school, make sure you've precisely described what your child experienced: what happened; when; where; and who was involved. This will help the school to investigate further, identifying any witnesses, as well as those who were directly involved. It can also help the school to know how your child is feeling and how they'd like the matter to be resolved.

9. LIAISE WITH THE SCHOOL

Any school has a duty to ensure that the members of its community feel safe and included. It's important for children to learn their role in this. The school must determine how best to restore these feelings of safety and respect. It's often best for schools to keep parents and carers informed of any action taken – and for families to avoid taking matters into their own hands.

10. CHECK IN FREQUENTLY

Once the issue has been resolved and the bullying behaviour has stopped, your child may still feel anxious and might find it difficult to rebuild relationships or develop new ones. Parents, carers and the school should all keep an eye on how the child is feeling and acting over the following months. Any relevant information should be shared, so that further support can be planned if necessary.

Ofsted Graded Good 2024

We are thrilled to be able to confirm our recent inspection was a resounding success and we are proud to have received a **'GOOD'** award from **OFSTED**

"Relationships between staff and pupils at St Bede's are positive and nurturing. They are built on kindness and respect, which adults model exceptionally well."

We are also very proud to announce that St Bede's have received the Equal Access School 2024 award for equal access and opportunities in girls' football!



Breaking barriers and scoring goals both on and off the pitch. We are committed to ensuring gender equality and empowering young female athletes.



Well done to our Mini Vinnies who have created a 'Kindness Calendar' for each class for the month of January. Try to take part in an act of kindness, no matter how big or small, to kickstart the new year!

Reminder!

Please remember to top up your child's dinner and/or breakfast club account