

St. Bede's Newsletter

Welcome back to St Bede's...



...and hello to our brand new Reception Class





Our Safeguarding Focus this week...

Top Tips for... **MANAGING SCREEN TIME**

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

We have listened to your feedback!

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

As part of our commitment to improve communications between school and parents, we have created a School Calendar.

Please follow the link here or on our website for updates.

St. Bede's calendar 2024/25 Parents invited At Church

September 2024	October 2024	November 2024	December 2024	January 2025	February 2025
1 Su	1 Tu	1 Fr	1 Su	1 We New Year's Day	1 Sa
2 Mo	2 We	2 Sa	2 Mo	2 Th	2 Su
3 Tu	3 Th	3 Su	3 Tu	3 Fr	3 Mo
4 We	4 Fr	4 Mo	4 We	4 Sa	4 Tu
5 Th	5 Sa	5 Tu	5 Th	5 Su	5 We
6 Fr	6 Su	6 We	6 Fr	6 Mo	6 Th
7 Sa	7 Mo	7 Th	7 Sa	7 Tu	7 Fr
8 Su	8 Tu	8 Sa	8 Su	8 We	8 Sa
9 Mo	9 We	9 Mo	9 Th	9 Fr	9 Su
10 Tu	10 Th	10 Tu	10 Tu	10 Mo	10 Tu
11 We	11 Fr	11 We	11 We	11 Tu	11 We
12 Th	12 Sa	12 Th	12 Th	12 We	12 Th
13 Fr	13 Su	13 Fr	13 Fr	13 Th	13 Fr
14 Sa	14 Mo	14 Sa	14 Sa	14 Tu	14 Sa
15 Su	15 Tu	15 Su	15 Su	15 We	15 Su
16 Mo	16 We	16 Mo	16 Mo	16 Th	16 Mo
17 Tu	17 Th	17 Tu	17 Tu	17 Fr	17 Tu
18 We	18 Fr	18 We	18 We	18 Sa	18 We
19 Th	19 Sa	19 Th	19 Th	19 Su	19 Th
20 Fr	20 Su	20 Fr	20 Fr	20 Mo	20 Fr
21 Sa	21 Mo	21 Sa	21 Sa	21 Tu	21 Sa
22 Su	22 Tu	22 Su	22 Su	22 We	22 Su
23 Mo	23 We	23 Mo	23 Mo	23 Th	23 Mo
24 Tu	24 Th	24 Tu	24 Tu	24 Fr	24 Tu
25 We	25 Sa	25 We	25 We	25 Sa	25 We
26 Th	26 Su	26 Th	26 Th	26 Su	26 Th
27 Fr	27 Mo	27 Fr	27 Fr	27 Mo	27 Fr
28 Sa	28 Tu	28 Sa	28 Sa	28 Tu	28 Sa
29 Su	29 We	29 Su	29 Su	29 We	29 Su
30 Mo	30 Th	30 Mo	30 Mo	30 Th	30 Mo
31 Tu	31 We	31 Tu	31 Tu	31 Fr	31 Tu



Coming soon...

- **Monday 9th Sep:** LKS2 Meet the Teacher - 2.30pm
- **Tuesday 10th Sep:** KS1 Meet the Teacher - 2.30pm
- **Wednesday 11th Sep:** UKS2 Meet the Teacher - 2.30pm
- **Thursday 12th Sep:** Y6 (Miss Howard) Care Home visit 10am
- **Sunday 15th Sep:** Family Mass @ St Thomas Aquinas

Reminder School Uniform Policy

May we please remind parents of the following points in relation to our school uniform policy.

- Earrings and jewellery are **not** permitted
- Long hair must be tied back
- Both white and blue shirts/polo shirts are permitted as part of the school uniform
- No branded sportswear
- Black school shoes

Find more info here:
<https://stbedesdarlington.bhcet.org.uk/>