



Caring for each other as we live, learn and grow in God's love.

NEWSLETTER

8th May 2026

DIARY DATES

Weekly Mass: Sacred Heart and St John Bosco Church - 9:30am every Sunday. All are welcome.

Monday 11th - Thursday 14th May Year 6 SATs

Thursday May 14th - EYFS trip to Hardwick Park

Friday May 15th - Year 6 picnic (in school)

Week commencing Monday 18th May
History week - workshops in classes

Monday 18th May - Year 6 Sports competition at Goals on Durham Rd (wear PE kits)

PE Days 2025-26

Nursery / Reception: Thursday

Year 1: Monday & Wednesday

Year 2: Monday & Wednesday

Year 3: Monday & Friday (swimming)

Year 4: Monday & Friday

Year 5: Monday & Tuesday

Year 6: Monday & Tuesday



ATTENDANCE

**THIS WEEK'S
attendance**

93%

As of September 2024, no holidays will be authorised unless there are exceptional circumstances. Any holiday over 5 days will also be subject to a referral for a penalty notice. Lateness and absences must now be closely monitored too. There have been a number of children being collected early - please note that we are required to see a letter, email or text as proof of appointments.

Message from the office

Monies owed for school lunches: £585

Monies owed for Breakfast Club: £336

Please settle any outstanding balances ASAP. Thank you.



stjohnboscosunderland.org.uk



office@stjohnboscosunderland.org.uk

Good luck Year 6

A message for our fabulous Year 6 children. We want you have to have a fabulous weekend! You have all worked so hard and make us proud every single day. Good luck next week! From all the staff at St John Bosco.



Stars of the week!



Reading Award

TT Rockstar!

Arbor Parent Portal

Arbor lets you book parent/guardian consultation slots, check attendance, register your child for clubs and trips etc.

In autumn, we plan to start using additional features like paying for lunches etc. Gradually, we will transition away from ParentPay which we currently use for accepting lunch money.

We will inform you in advance when we make the switch.

Can we please ask that you do not add any funds to your Arbor account for school lunches at the moment.

If you have made a payment in error, please contact the school office for advice: 0191 5368090



Arbor

READING MATTERS!

HERE'S THE IMPACT OF READING 20 MINUTES PER DAY!

A STUDENT WHO READS



WILL BE EXPOSED TO

1,800,000
WORDS PER YEAR

282,000
WORDS PER YEAR

8,000
WORDS PER YEAR

AND IS MORE LIKELY TO SCORE IN THE



ON STANDARDIZED TESTS!



What Parents & Educators Need to Know about IMAGE-ALTERING FILTERS

From playful puppy ears on Snapchat to 'beauty mode' on TikTok, image-altering filters are now a routine part of how young people communicate online. While many are harmless, others subtly reshape people's faces and bodies. This can blur the line between reality and edited content, potentially influencing how children and young people see themselves and others.

WHAT ARE THE RISKS?

ALTERED BEAUTY STANDARDS

Many 'beauty' filters smooth skin, reshape facial features, or adjust body proportions. Over time, repeated exposure to these filters can shift a child's idea of what is 'normal' or attractive, creating unrealistic expectations about their own and others' appearances.

PRESSURE TO LOOK PERFECT

Filtered images can often attract more 'likes' and positive comments. This can encourage children and young people to rely on editing tools to gain others' approval, rather than feeling confident in their natural appearance.

LOW SELF-ESTEEM

Regularly viewing heavily filtered content can lead to comparisons with unrealistic images. This is linked to body dissatisfaction and reduced self-esteem, particularly among children and teenagers.

HIDDEN ADVERTISING

Some filters are linked to beauty products or trends, subtly promoting third-party brands. Children and young people may not recognise this as advertising, while also sharing personal data - such as facial images and usage habits - with apps and third parties.

BLURRED REALITY

As filters become more advanced and natural-looking, it can be difficult for children and young people to distinguish edited content from real life, especially when filters are used in everyday photos and videos.

SEXUALISED EDITS

Certain tools can make users appear older or more sexualised. This may attract unwanted attention, increase the risk of images being shared without consent, and expose young people to unsafe interactions.

Advice for Parents & Educators

START OPEN CONVERSATIONS

Talk regularly about filters, such as how they work and why people use them. Ask the children and young people in your care how filtered images make them feel and encourage honest discussion without judgement.

REINFORCE WHAT'S REAL

Help children and young people understand that filtered images are digitally altered and are not an accurate reflection of real life. Emphasise that they don't need to meet these artificial standards.

CHALLENGE 'PERFECT' POSTS

When viewing content together, gently point out the signs of editing, filters, or posing techniques. This builds critical thinking and helps children and young people question unrealistic images.

PROMOTE OFFLINE CONFIDENCE

Encourage activities that build self-worth beyond appearance, such as sports, hobbies, friendships, and creative interests, so that confidence isn't tied solely to online validation.

Meet Our Expert

Parveen Kaur is a digital parenting expert and founder of Kids N Clicks, a platform dedicated to helping parents navigate the online world alongside their children. She is an expert contributor for Internet Matters, offering practical guidance on emerging online safety issues. Her insights have been featured by the BBC, The Telegraph, Talk TV, and other major media outlets, supporting families across the UK.



See full reference list on our website



Spring / Summer Menu

CHADWICK'S KITCHEN W/C: 20/04/26 - 11/05/26 - 01/06/26 - 22/06/26 - 13/07/26 - 31/08/26 - 21/09/26 - 12/10/26

	MAINS	SIDES	DESSERTS
MONDAY	Cheese and Tomato Pizza (V) Or Tomato Pasta Bake (V) Or Quorn Burger in a Bun (V) Or Jacket Potato & Choice of Toppings	Homemade Potato Wedges Garlic Slice Sweetcorn Mixed Salad	<u>Choice of:</u> Oaty Hob Nob Biscuit Cheese and Crackers Fresh Fruit Yoghurt
TUESDAY	Chadwick's Chicken Curry Or Pulled Pork Flatbread Or Pulled Quorn Flatbread (V) Or Jacket Potato & Choice of Toppings	Wholegrain Rice Diced Herby Potatoes Broccoli Carrots	<u>Choice of:</u> Chocolate Crispy Crunch Cheese and Crackers Fresh Fruit Yoghurt
WEDNESDAY	Roast of the Day Or Chicken and Tomato Pasta Or Vegetarian Toad in the Hole Or Jacket Potato & Choice of Toppings	Roast Potatoes Yorkshire Pudding Stuffing Green Beans Peas and Carrots	<u>Choice of:</u> Fruity Jelly and Ice Cream Cheese and Crackers Fresh Fruit Yoghurt
THURSDAY	Mince and Dumplings Or Turkey Sandwich Or Macaroni Cheese (V) Or Jacket Potato & Choice of Toppings	Mashed Potatoes Garlic Slice Broccoli Cauliflower	<u>Choice of:</u> Summer Fruit Mousse Cheese and Crackers Fresh Fruit Yoghurt
FRIDAY	Fish Fingers Or Fish Cakes Or Cheese & Bean Melted Wrap (V) Or Jacket Potato & Choice of Toppings	Chips Peas Baked Beans	<u>Choice of:</u> Shortbread Biscuit with Peaches Cheese and Crackers Fresh Fruit Yoghurt

Healthy option on the day
Least food miles travelled

Spring/Summer 2026 WEEK ONE

CHADWICK'S KITCHEN W/C: 27/04/26 - 18/05/26 - 08/06/26 - 29/06/26 - 07/09/26 - 28/09/26 - 19/10/26

	MAINS	SIDES	DESSERTS
MONDAY	Cheese and Tomato Pizza (V) Or Veggie Shepherd's Pie (V) Or Jacket Potato & Choice of Toppings	Potato Wedges Assorted Vegetable Crudites Sweetcorn	<u>Choice of:</u> Jam Sponge & Custard Cheese and Crackers Fresh Fruit Yoghurt
TUESDAY	Mr Tindale's Breaded Katsu Chicken Or Homemade Sausage Roll Or Quorn Mince Filled Taco's (V) Or Jacket Potato & Choice of Toppings	Sliced Oven Crispy Potatoes Broccoli Cauliflower	<u>Choice of:</u> Chocolate Brownie Cheese and Crackers Fresh Fruit Yoghurt
WEDNESDAY	Roast of the Day Or Mexican Chicken Wrap Or Creamy Tomato Pasta Bake (V) Or Jacket Potato & Choice of Toppings	Roast Potatoes Yorkshire Pudding Carrots Peas	<u>Choice of:</u> Fruit Crumble and Custard Cheese and Crackers Fresh Fruit Yoghurt
THURSDAY	Northumberland Sausages Or Tuna or Cheese Sandwich Or Macaroni Cheese (V) Or Jacket Potato & Choice of Toppings	Mashed Potatoes Garlic Bread Broccoli White Cabbage	<u>Choice of:</u> Mrs Vicker's Orange Biscuits Cheese and Crackers Fresh Fruit Yoghurt
FRIDAY	Fish Fillet or Fish Fingers Or Tuna or Salmon Mayo and Sweetcorn Pasta Or Jacket Potato & Choice of Toppings	Chips Curry Sauce Peas Baked Beans	<u>Choice of:</u> Chadwick's Kitchen Flapjack and Peach Slices Cheese and Crackers Fresh Fruit Yoghurt

Healthy option on the day
Least food miles travelled

Spring/Summer 2026 WEEK TWO

CHADWICK'S KITCHEN W/C: 04/05/26 - 15/06/26 - 06/07/26 - 14/09/26 - 05/10/26

	MAINS	SIDES	DESSERTS
MONDAY	Cheese and Tomato Pizza (V) Or Macaroni Cheese (V) Or Tuna and Cucumber Wrap Or Jacket Potato & Choice of Toppings	Homemade Potato Wedges Garlic Bread Sweetcorn Carrot Batons	<u>Choice of:</u> Mrs Vicker's Orange Drizzle Cake Cheese and Crackers Fresh Fruit Yoghurt
TUESDAY	Chadwick's Kitchen All Day Breakfast Or Pasta Bolognese Bake Or Vegetable Enchilada Or Jacket Potato & Choice of Toppings	Garlic Bread Broccoli Cauliflower	<u>Choice of:</u> Mrs Cole's Sticky Chocolate Muffin Cheese and Crackers Fresh Fruit Yoghurt
WEDNESDAY	Roast of the Day Or Creamy Chicken Pasta Or Quorn Sausages (V) Or Jacket Potato & Choice of Toppings	Roast Potatoes Yorkshire Pudding Garlic Bread Carrots and Peas White Cabbage	<u>Choice of:</u> Toffee Cheesecake Cheese and Crackers Fresh Fruit Yoghurt
THURSDAY	Steak and Vegetable Grill Or Mr Parkin's Chicken & Pesto Pasta Or Vegetable Savoury Rice (V) Or Jacket Potato & Choice of Toppings	Mashed Potatoes or Wedges Garlic Bread Sweetcorn Green Beans	<u>Choice of:</u> Fruit Medley Cheese and Crackers Fresh Fruit Yoghurt
FRIDAY	Fish Fingers or Fish Cakes Or Mrs Morton's Sweet Chilli Noodles Or Tomato Pasta Bake (V) Or Jacket Potato & Choice of Topping	Chips Peas Pepper Strips Baked Beans	<u>Choice of:</u> Chocolate Crunch Cheese and Crackers Fresh Fruit Yoghurt

Healthy option on the day
Least food miles travelled

Spring/Summer 2026 WEEK THREE

Celebration of the Word assemblies & school masses

SCHOOL/PARISH LITURGICAL CELEBRATIONS

Friday 22.05.26	Year 2	Mrs Gray	9.05am
Friday 05.06.26	Year 1	Miss Robertson	9.05am
Friday 12.06.26	Year 3	Mr Bailes	9.05am
Friday 19.06.26	Year 4	Miss Thompson	9.05am
Friday 26.06.26	Year 5	Mrs Collins	9.05am
Saturday 13.06.26	First Holy Communion Mass Sacred Heart & St. John Bosco Church		10.00am
Thursday 09.07.26	Year 6 Leaver's Assembly		2.00pm
Thursday 16.07.26	End of Term / Leaver's Mass (Whole School)		10.00am

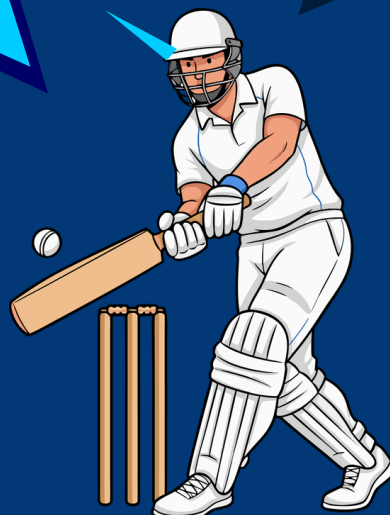


Spring term after-school clubs

Day	Year group	Club	Time
Monday	Year 1 - Year 6	Summer Sports	3.15-4.30pm
Tuesday	Reception - Year 2	Science Club (outdoors)	3.15-4.15pm
	Year 3 - Year 5	Sports Club (cricket/netball)	3.15-4.15pm
	Year 6	Reading Comprehension Booster Club	3.15-4.15pm
Wednesday	Year 3 - Year 6	Digital Club	3.15-4.15pm
	Year 4 - Year 6	Football Club	3.15-4.15pm
	Year 3 - Year 6	Puzzle Club	3.15-4.15pm
	Year 4	First Holy Communion	3.15-4.15pm
Thursday	Year 4	Multiplication Club	3.15-4.15pm
	Year 6	Maths Booster Club	3.15-4.15pm

Spaces
available in
some clubs!

Puzzle / board
games club now
open to Year 2!





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NEWSLETTER

SAFEGUARDING

SAFEGUARDING IS EVERYONE'S RESPONSIBILITY!

If incidents involving children from our school are taking place in the local community, please report your concerns to **Together for Children**.

- To report a child safeguarding concern (0 to 17 years old) contact Together for Children on **0191 5617007** (available 8.30am to 5:15pm Monday – Thursday, 8.30am to 4.45pm Friday).
- Out of hours duty safeguarding officer: **0191 5205552**
- For serious incidents, we would always advise contacting the police directly, **999** or **101** for non-emergencies
- **Gentoo Housing co-ordinator for North Sunderland 07734597810**

Keeping children safe is everyone's responsibility





ST JOHN BOSCO R.C. PRIMARY SCHOOL

2025-2026 School Calendar

September 2025						
Su	M	Tu	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

October 2025						
Su	M	Tu	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1

November 2025						
Su	M	Tu	W	Th	F	S
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

December 2025						
Su	M	Tu	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

January 2026						
Su	M	Tu	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

February 2026						
Su	M	Tu	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

March 2026						
Su	M	Tu	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

April 2026						
Su	M	Tu	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

May 2026						
Su	M	Tu	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

June 2026						
Su	M	Tu	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

July 2026						
Su	M	Tu	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1

August 2026						
Su	M	Tu	W	Th	F	S
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

	Holidays - School Closed
	INSET Day - School closed to pupils
	Bank Holiday - School Closed

Please note that school will close at 1pm on Friday 19th December, Thursday 2nd April, Friday 17th July