



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

NEWSLETTER

February 6th 2026

DIARY DATES

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

Tuesday 10th February - Year 1 'Walkwise'.

Year 2 - Trip to Wildfowl and Wetland Centre

Internet Safety Day - coffee morning for children and parents 9:10am

Wednesday 11th February - No after-school clubs due to staff training

Friday 13th February - Year 1 liturgy of the word

PE Days 2025-26

Nursery / Reception: Thursday

Year 1: Monday & Wednesday

Year 2: Monday & Wednesday

Year 3: Monday & Friday

Year 4: Monday & Friday (swimming)

Year 5: Monday & Tuesday

Year 6: Monday & Tuesday



ATTENDANCE

**THIS WEEK'S
attendance**

94%

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: £591

Monies owed for Breakfast Club: £242

Please settle any outstanding balances ASAP. Thank you.



Notices



Polite notice



**Dear parents / carers,
Please do not use the school car
park to drop off and collect
children. We need to ensure the
safety of all people on school
premises.**

**Thank you for your
understanding.**



**Our new school website has gone live!
It's a work in progress but is coming along nicely.**

<https://stjohnboscosunderland.org.uk/>



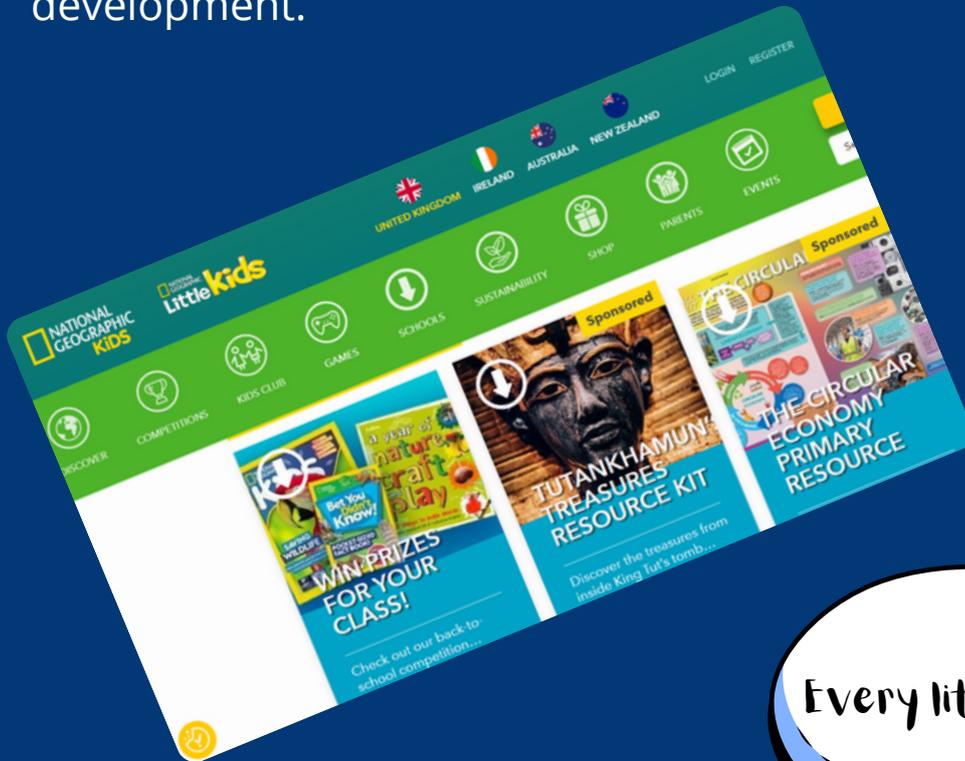
Website of the Week

National Geographic Kids & NG Little Kids

'Welcome to National Geographic Kids' Parent Hub – a place just for grown-ups! This is where you'll find helpful parenting tips, interesting articles and fun activities for all the family. From a discussion about screen time, to top sustainable gift ideas and easy ways to save the Earth as a family, there's something for everyone...'

What we like about it:

- It's packed full of high-quality content about virtually everything!
- The primary resources support core subjects like English, Maths, and Science, while also covering the wider curriculum with resources for Geography, History, Art, and Culture – which includes opportunities for SMSC (spiritual, moral, social, and cultural) development.



Every little helps!

NATIONAL
GEOGRAPHIC
KIDS

NATIONAL
GEOGRAPHIC
Little kids



NEWSLETTER

ONLINE SAFETY / WELLBEING

10 Top Tips for Parents and Educators SUPPORTING YOUNG PEOPLE TO BUILD EMOTIONAL RESILIENCE

With increasing societal pressures, many children struggle with managing emotions, facing challenges and processing failure in a healthy way. This is why building emotional resilience in young people is vital for their mental health and personal success. This guide provides practical strategies for parents and educators to help children develop resilience and foster confidence, adaptability and a positive mindset.

- #### 1 ENCOURAGE OPEN COMMUNICATION

Regularly engaging children in open dialogue fosters trust and emotional expression. Encourage them to share their thoughts and feelings freely without judgment. Set aside time daily, perhaps during dinner, to ask open-ended questions such as, "What's made you happy today?". This encourages children to express themselves openly.
- #### 2 MODEL POSITIVE BEHAVIOUR

Children often learn how to manage emotions by observing adults. By modelling calm and positive responses to challenges, you can teach them valuable emotional management skills. If you've had a difficult day, verbalise how you're feeling and explain how you plan to handle it, such as "I'm a bit worked-up, so I'm going for a walk to clear my mind."
- #### 3 TEACH PROBLEM SOLVING SKILLS

Helping children break down challenges into manageable steps encourages a proactive mindset. Explain that every problem has a solution, even if it's not immediately obvious. For example, if a child is stuck on homework, support them in breaking the task into smaller steps, saying things like "Let's focus on just this first question for now."
- #### 4 FOSTER A GROWTH MINDSET

Encourage young people to view mistakes as learning opportunities. A growth mindset helps them see setbacks as part of the process, rather than something to be upset about. After a child loses a game or performs poorly on a test, for example, ask them what they've learned from the experience. This reinforces the idea that effort - and even failure - leads to improvement.
- #### 5 PROMOTE SELF-CARE PRACTICES

Teaching children about self-care helps them understand the importance of balancing work with relaxation to maintain emotional wellbeing. Parents and carers could start a screen-free hour before bedtime where the family engages in relaxing activities like reading, setting an example to the child for how to unwind.
- #### 6 BUILD HEALTHY RELATIONSHIPS

Strong relationships with peers and adults provide a support system that enhances resilience. Encourage positive, respectful interactions to develop social skills. Playdates or group activities can be instrumental in teaching children how to resolve conflicts with friends by modelling and practicing calm communication.
- #### 7 SUPPORT EMOTIONAL AWARENESS

Helping children to identify and name their emotions allows them to manage those feelings more effectively. When a child's upset, encourage them to talk to you about what they're feeling in an empathetic and supportive manner, and ask them why they might be experiencing these emotions.
- #### 8 ENCOURAGE INDEPENDENCE

Giving children opportunities to make their own decisions boosts confidence and problem-solving skills. A good example of this would be letting children choose and pack their own lunches for school, guiding them with options but allowing them to assume responsibility for the task to help them take ownership.
- #### 9 DEVELOP COPING STRATEGIES

Teaching children techniques like mindfulness, deep breathing or journaling can help them to manage stress. Show them how to perform breathing exercises when they're feeling anxious, and practise this regularly. Reinforcing this behaviour in young people will make it easier for them to use these techniques of their own accord during stressful moments.
- #### 10 CELEBRATE SMALL WINS

Recognising effort, no matter how small, reinforces perseverance and encourages children to keep trying. After a child completes a difficult task, makes progress on a project or reaches another type of personal goal, praise their efforts. Emphasise the hard work they've put in and be sure to let them know how proud you are!

Online Safety Coffee Morning

Everyone's talking about AI, and with many children and young people hearing about and using AI online, it's important they have the skills and confidence to make safe choices when they are using smart technology.

This Safer Internet Day we are exploring the impact of AI on all of our lives, looking at how AI can be used for good, and giving advice and guidance that empowers people to use AI safely and responsibly.

A promotional poster for a 'Coffee Morning' event. The background is dark blue with a network of glowing purple nodes and lines. In the center, a red ceramic mug is held by a silver, articulated robotic hand. The text is in white and purple. At the top left is the St. John Bosco logo. The main title 'Coffee Morning' is in large purple letters. Below it, 'SAFER INTERNET DAY 2026' is in white. To the right, the date and time 'Tuesday 10th February 2026 9:10am' are in white. A purple speech bubble contains the theme: 'Smart tech, safe choices - Exploring the safe and responsible use of AI'. A larger purple box at the bottom contains details for parents and pupils. The website URL is at the bottom right.

 **Coffee Morning**

SAFER INTERNET DAY 2026

Tuesday 10th February 2026 9:10am

'Smart tech, safe choices - Exploring the safe and responsible use of AI'

Parents / carers are welcome to join us for a coffee morning as we look at ways of **keeping children safe online**, with a focus on AI technology. Pupils can accompany their parents / carers in the school hall after registration.

www.stjohnboscosunderland.org.uk

Mental Health Support - YoungMinds

Whether you want to understand more about your young person's mental health, find the right help for them or hear from other parents who've been there, our guides can help.

<https://www.youngminds.org.uk/parent/>

Get support from our Parents Helpline

If you're worried about your child or young person's mental health or wellbeing, you can speak to us over the phone or chat to us online. Our Helpline advisers can provide information, advice and support to help you take the next step.

Remember, it's okay to reach out for help. We all need a little extra support sometimes, and we hear from parents and carers just like you all the time.

Call our Parents Helpline for free on 0808 802 5544

The logo for YoungMinds, featuring the word "YOUNG" in yellow and "MiNDS" in dark grey, with a small yellow dot above the 'i' in "MiNDS".

YOUNGMiNDS

SEND COFFEE MORNINGS

Please join us for our SEND coffee mornings this year!

An opportunity to meet staff and professionals involved with our SEND children in school.



9am

Autumn Term - 23rd October 2025

Spring Term - 29th January 2026

Summer Term - 7th May 2026



FEBRUARY 2026 Timetable

All sessions delivered live online via zoom. 90 minutes long

£24 each or FREE with School Membership

Book online at facefamilyadvice.co.uk

Recordings available for 48 hours (excluding Free Talk)

Autism - Improving Communication	2 Feb 10am
Improving Family Communication	2 Feb 7pm
Supporting A Child with ADHD	3 Feb 10am
Understanding Addictive Behaviour	3 Feb 7pm
Anxiety Based School Avoidance	9 Feb 10am
Anxiety Explained	16 Feb 10am
Cannabis and Ketamine Awareness	16 Feb 7pm
What is ACT?	17 Feb 10am
Introduction to OCD	17 Feb 7pm
FREE - Reducing the Harm from Screens	19 Feb 7-8pm
Understanding the Teenage Brain	23 Feb 10am
Raising Self-Esteem	23 Feb 7pm
Decreasing Depression	24 Feb 10am
Supporting Healthy Sleep	24 Feb 7pm
Understanding Anger	9 Mar 7pm
Facing Defiance	10 Mar 7pm



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NEWSLETTER

SCHOOL LUNCHES

The Power of a School Lunch!

A healthy school lunch helps children stay focused, energised, and ready to learn. It's a great way for them to try new foods, enjoy a balanced meal, and share lunchtime with friends – all part of a happy, productive school day!

#HealthyEating #SchoolLunchMatters #FuelForLearning

NEW AUTUMN / WINTER MENU 2025-26



CHADWICK'S KITCHEN

WEEK 1 **WEEK 2** **WEEK 3**

MONDAY

- CHOOSE A MAIN MEAL:** Cheese and Tomato Pizza Or Quorn Sausage in a Bun Or Macaroni Cheese (V) Or Jacket Potato with a choice of topping
- ON THE SIDE:** Homemade Potato Wedges Garlic Slice Carrot Batons/Sweetcorn Coleslaw
- DESSERT:** Choice of: Mrs Parkin's Ginger Biscuit Cheese & Crackers Fresh Fruit or Yoghurt

TUESDAY

- CHOOSE A MAIN MEAL:** Chadwick's Kitchen All Day Breakfast (Vegetarian Option available) Or Mr Parkin's Chicken Shawarma Wrap Or Jacket Potato with a choice of topping
- ON THE SIDE:** Half a cheesy Jacket Broccoli Peas and sweetcorn mix Baked Beans
- DESSERT:** Choice of: Toffee Apple Crumble and Custard Cheese & Crackers Fresh Fruit or Yoghurt

WEDNESDAY

- CHOOSE A MAIN MEAL:** Roast of the Day Or Chadwick's Chicken Kiev Or Tomato & Herb Pasta (V) Or Jacket Potato with a choice of topping
- ON THE SIDE:** Roast Potatoes Yorkshire Pudding Baton Carrots Sprouts
- DESSERT:** Choice of: Iced Chocolate Sponge Cheese & Crackers Fresh Fruit or Yoghurt

THURSDAY

- CHOOSE A MAIN MEAL:** Northumberland Sausage Or Bolognese Pasta Bake Or Cheese Panini (V) Or Jacket Potato with a choice of topping
- ON THE SIDE:** Mashed Potatoes Garlic Bread Broccoli and Swede
- DESSERT:** Choice of: Lemon Love Tray Bake Cheese & Crackers Fresh Fruit or Yoghurt

FRIDAY

- CHOOSE A MAIN MEAL:** Fish Fingers Or BBQ Quorn Mince Burrito Or Jacket Potato with a choice of topping
- ON THE SIDE:** Chips Peas and Baked Beans Cucumber and Pepper Sticks
- DESSERT:** Choice of: Sticky Banana Muffin Cheese & Crackers Fresh Fruit or Yoghurt

WEEK 2

- CHOOSE A MAIN MEAL:** Cheese and Tomato Pizza Or Tuna or Cheese Sandwich Or Tomato Pasta Bake (V) Or Jacket Potato with a choice of topping
- ON THE SIDE:** Garlic and Herb Potatoes Vegetable Crudites Sweetcorn
- DESSERT:** Choice of: Eve's Sponge & Custard Cheese & Crackers Fresh Fruit or Yoghurt

- CHOOSE A MAIN MEAL:** Mince and Dumplings Or Chicken Fajita Wrap Or Broccoli Cheese Bake (V) Or Jacket Potato with a choice of topping
- ON THE SIDE:** Mashied Potatoes Garlic Slice Winter Cabbage and Cauliflower
- DESSERT:** Choice of: Chocolate Mousse with Mandarin Oranges Cheese & Crackers Fresh Fruit or Yoghurt

WEEK 3

- CHOOSE A MAIN MEAL:** Chadwick's Chicken Curry Or Meatball Flatbread Or Vegetable Flatbread Or Jacket Potato with a choice of topping
- ON THE SIDE:** Wholegrain Rice Diced Herby Potatoes Peas and Cauliflower
- DESSERT:** Choice of: Chocolate Orange Brownie Cheese & Crackers Fresh Fruit or Yoghurt

- CHOOSE A MAIN MEAL:** Roast of the Day Or Homemade Sausage Roll Or Crispy Crumb Macaroni Cheese (V) Or Jacket Potato with a choice of topping
- ON THE SIDE:** Roast Potatoes Yorkshire Pudding Carrot & Swede Mash Honey Roasted Parinipa
- DESSERT:** Choice of: Flagjack and Custard Cheese & Crackers Fresh Fruit or Yoghurt

- CHOOSE A MAIN MEAL:** Breaded Herby Turkey Or Mr Parkin's Oodles of Chicken Noodles Or Quorn "Chicken" & Cheese Wrap (V) Or Jacket Potato with a choice of topping
- ON THE SIDE:** Baby Boiled Potatoes Broccoli & Roasted Winter Veg
- DESSERT:** Choice of: Chocolate Crispy Crumch Cheese & Crackers Fresh Fruit or Yoghurt

- CHOOSE A MAIN MEAL:** Fish Fillet or Fish Cakes Or Vegetable Savoury Rice with Curry Sauce Or Jacket Potato with a choice of topping
- ON THE SIDE:** Chips Peas Baked Beans
- DESSERT:** Choice of: Homemade Rice Pudding with Peaches Shortbread Biscuit Fresh Fruit or Yoghurt

- CHOOSE A MAIN MEAL:** Fish Fingers or Fish Fillet Or Salmon Salad Wrap (V) Or Jacket Potato with a choice of topping
- ON THE SIDE:** Mashed Potatoes Garlic Slice Peas Cauliflower & Winter Cabbage
- DESSERT:** Choice of: Mrs Fallon's Biscuits Cheese & Crackers Fresh Fruit or Yoghurt

- CHOOSE A MAIN MEAL:** Chef's Pie of the Day Or BBQ Chicken Sub Or Tomato Pasta Bake (V) Or Jacket Potato with a choice of topping
- ON THE SIDE:** Roast Potatoes Yorkshire Pudding Carrot & Swede Mash Honey Roasted Parinipa
- DESSERT:** Choice of: Flagjack and Custard Cheese & Crackers Fresh Fruit or Yoghurt

- CHOOSE A MAIN MEAL:** Fish Fingers or Fish Fillet Or Salmon Salad Wrap (V) Or Jacket Potato with a choice of topping
- ON THE SIDE:** Mashed Potatoes Garlic Slice Peas Cauliflower & Winter Cabbage
- DESSERT:** Choice of: Mrs Fallon's Biscuits Cheese & Crackers Fresh Fruit or Yoghurt

CHADWICK'S KITCHEN MENU **AUTUMN/WINTER 2025/2026**

Healthy option on the day
 Least food miles travelled



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NEWSLETTER

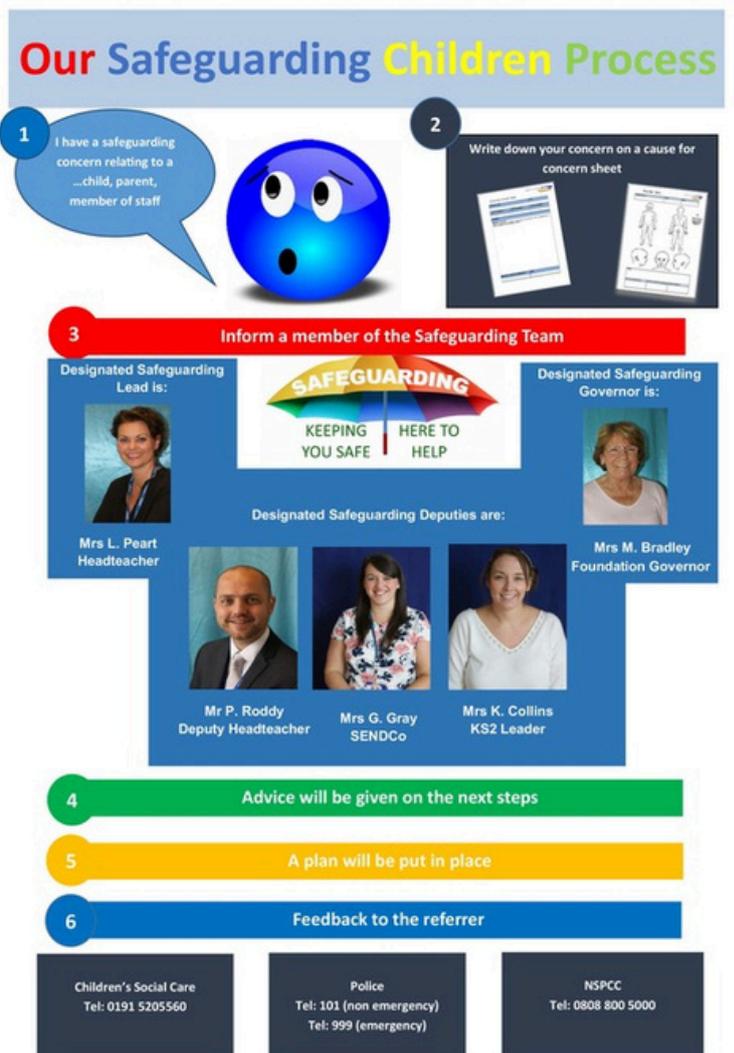
SAFEGUARDING

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



Collective WORSHIP

SCHOOL/PARISH LITURGICAL CELEBRATIONS			
Friday 23.01.26	Year 2	Mrs Gray	9.15am
Friday 06.02.26	Year 5	Mrs Collins	9.15am
Friday 13.02.26	Year 1	Miss Robertson	9.15am
Friday 20.02.26	Year 3	Mr Bailes	9.15am
Friday 06.03.26	Year 4	Miss Thompson	9.15am
Friday 20.03.26	Year 6	Mr Pickering	9.15am

Friday 30.01.26	St. John Bosco Feast Day Mass (Whole School)	10.00am
Tuesday 31.3.26	Easter Mass (Whole School)	10.00am





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

ZERO TOLERANCE

AGGRESSIVE OR ABUSIVE BEHAVIOUR WILL NOT BE TOLERATED



It is an offence under section 547 of the Education Act 1996 for any person (including a parent) to cause a nuisance or disturbance on school premises