

St. Bede's Weekly Newsletter



ST. BEDE'S R.C.V.A.
PRIMARY SCHOOL

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In the Gospel this Sunday Mark tells us of the story when the evil spirit left the man in the synagogue because Jesus spoke to it. It is a symbol of good over evil and helps us to use Jesus' teachings as a guide for us in life.

The office staff wanted to let you know that there are envelopes in the reception area for sending money into the school. They are free to use so please help yourself.



Some of our year 5 girls took part in Blyth & Bedlington School Sports partnership netball tournament yesterday. They were great ambassadors for the school and a pleasure to take out.

This week's statement has been '*I know we are happiest when we are united*'. This shows the power of being a community something that we cherish and love to nurture at St Bede's. We are part of a community and as such we should each play our part by being kind, courteous, understanding and caring towards each other. It is lovely to see this happening across all ages from our toddlers right up to our grandparents.



Mr Wright is returning to school next week following his recovery time. It will be lovely to see him back in the classroom and I know the children have missed him. Children we need to continue to look after him though-he's precious!

Last week's attendance was 96.1%. Year 6 won the trophy for best attendance with 98%. Well done everyone for making a good effort to get into school and learn.





Year 5 are embarking on a new project over the coming months. Some children are forming an Allotment Society so that we can develop the area in front of nursery and the other children are going to be part of Roots and Shoots which is linked with Alnwick Gardens. If we have any green fingered adults who would like to help us with the project then please contact school.

Just to make you aware, during the disco on the 8th February the children will not be allowed to have their devices, including phones on them. Should they need to bring the device with them it will be placed in a box until the end of the disco. This is a twofold measure that ensures school policies are adhered to at all time. Some devices can be costly and this reduces the risk of damage and also there is no way to monitor a child's use of the internet while in the disco. I am sure that you will all understand the need for this precaution. Please contact school if you have any queries with this.



It has been noticed that in the hall at lunch time some children are bringing energy style drinks into school. Please ensure that your child only has water or juice with their packed lunches. Energy or sports drinks are not ideal for children and particularly not in school. These links may help with understanding the effects that these drinks can have on children and adults.

<https://www.nhs.uk/news/pregnancy-and-child/energy-drinks-not-good-for-children/>
<http://awordonnutrition.com/sepost/energy-drinks-the-good-the-bad-and-the-ugly/?type=article>

We have noticed over recent weeks that some of the children appear tired at the beginning of the day. This is causing a delay in some of the children engaging with learning quickly enough. This may be due to many different reasons including being in the middle of winter and symptoms of SAD (seasonal affective disorder) kicking in-I know I would love to lie in the warm sunshine at the moment!

Another cause may be too much screen time. This article gives us a little insight into the effects of too much time with a device. It has helped me as a parent so that I can modify both mine and my children's behaviours. <https://www.techadvisor.co.uk/feature/digital-home/how-much-screen-time-for-kids-3520917/>