



**Weekly Newsletter**  
**St Cuthbert's Catholic Primary School**



Week ending 23rd January 2026

Dear All

It has been a wet but busy week!

The Surrey schools data was released recently for Key Stage 2 SATs and we are very pleased to share that St Cuthbert's was 8<sup>th</sup> in the whole of Surrey, out of over 400 schools. Last year we were placed 14<sup>th</sup> - which was amazing and so we are delighted to have improved on that position. I am so very proud of the children and staff who work so hard.

Y6 presented their last class assembly yesterday and shared their learning. They were articulate and made us all consider our affect of the world on many levels. Thank you to the parents who were able to join us.

We are excited to launch Careers week next week to give the children the opportunity to consider their future pathway in life. We have a range of visitors coming to share their job roles and we are so grateful for these volunteers from our parent body. The children will also be able to dress up as a possible future career on Friday 30<sup>th</sup> January and the staff will join in as well! I cant wait to see what the children's aspirations are.

Thank you so much to all the parent who have contributed to the children's stationery for this term - and also the glue sticks have been coming in - we are so grateful for your support! If you would still like to contribute, you are still able to do so via your Child's Scopay account.

The first disciples were born into families of fishermen. Jesus called them and they gave up everything to follow Him. In Celebration of the Word this coming week, children will hear that God has a deeper purpose for us all. God invites us to hear His call and respond to the amazing plans He has for us.

***'And He said to them, "Follow me, and I will make you fishers of men." Immediately they left the boat and their father and followed Him.'***

***Matthew 4:19-20***

Have a lovely weekend.

Mrs Rainbow

***We are a Catholic community, living and learning in faith. Through the Gospel values of faith, hope, trust and love,  
we aim to recognise individuality and enable each other to fulfil our potential'***

## Fair Dojo Winners:

**F** faith

**A** appreciate and articulate

**I** independence and initiative

**R** respect and resilience

**Reessa** in Reception for being independent in her learning and always taking on lots of challenges.

**Maria C** in Year 1 for taking the initiative in her Art learning to produce an amazing Tree of Life.

**Ralph G** in Year 2 for resilience in class tackling new challenges.

**Darcy** in Year 3 for consistently showing respect to teachers and classmates and putting great effort into her Maths learning.

**Cristian** in Year 4 for showing resilience in maths and confidently articulating ideas when working with a talk partner.

**Arthur** in Year 5 for working so hard on typing skills and making lots of progress in this area.

**Amelia P** in Year 6 for being articulate and taking initiative in her learning.



## The Week That Was—KS1

**Year R:** This week Reception have been learning about being welcoming like Jesus. We talked about the people we would like to welcome into our classroom and how we would make them feel welcome at school. We then went on a walk around the school to look at all of the different places we can go to be with Jesus and talk to him if we want. In Literacy we have been reading the story Jack and the Beanstalk. We grew our own beanstalks and talked about what they would need to be able to grow. In maths we have been comparing quantities to 10 and using the words more or fewer to compare and describe them .

**Year 1:** In RE this week, Year 1 have been learning about when Jesus Announced his Mission. We had interesting discussions about what Jesus' mission was, how he cared for everyone and the children then reflected on how they can share the good news. In Geography this week, we looked at what it is like to live in the Amazon basin and compared that to life living in Surrey. In English, the children completed another big write! They have been working on instructions and have all independently written instructions for how to catch a fairy tale animal. What a busy week Year 1!

**Year 2:** Year 2 have been looking at Jesus completing miracles this week, specifically at the story of him healing the paralysed man. The children have asked so many wonderful questions and created class discussions about how this would make them feel if they witnessed this amazing act. In Maths we have just finished money and now moving on to multiplication and division. The children have found money to be a little bit tricky, but they all have been so resilient in always keeping going. In English we are starting to write our big writes, and they have all got such lovely ideas and it's amazing to see their imagination run wild. We have been looking at where our food comes from in Geography and the children have found it very interesting to identify where each of the foods on our plate come from. It has been another amazing week in Year 2 and I am so impressed with how hard they have worked this week! Well, done Year 2, keep up the hard work!

## The Week That Was—KS2

**Year 3:** We have had a busy and exciting week in Year 3. In RE, we explored how Jesus' miracles were signs of the beginning of the Kingdom of God and how he used different parables to teach his followers and disciples about it; we found it particularly interesting to compare these ideas with our present world and to discuss where we can see the Kingdom of God being built today and where it is not. In Science, we became Nutrition Detectives, investigating the symptoms caused by over- and under-eating and concluding just how vital it is to eat a balanced plate, while linking this learning to how people ate in historic periods and how scientists now know much more about healthy eating and getting the right balance. In Geography, we used atlases to name the main lines of latitude and discovered how climates vary greatly for countries around the Tropics and Polar Circles. In Computing, we had great fun experimenting with Scratch, coding sequences that included sounds.

**Year 4:** Year 4 have had a thoughtful and productive week. In RE, the children listened to scripture from the Gospel of Matthew, exploring the stories Jesus Cleanses a Leper (8:1–4) and A Woman Healed (9:18–26), and discussed the meaning of the word marginalised, reflecting on how Jesus showed courage, compassion and care for everyone. In English, they drafted, edited and published their own playscripts, while in maths they began multiplying 2-digit numbers by 1-digit numbers using a formal written method and continued strengthening their times tables. Geography lessons focused on how the sky helps move water through the water cycle, and in art the class experimented with how paint can create different effects. In science, they explored how to change the pitch of sound by investigating how vibrations can be adjusted.

**Year 5:** In RE, the children have been looking closely at three pieces of scripture. They have been comparing The Golden Rule, the Summary of the Law and the Greatest Commandment. The class then described what it would be like to live in a world where everyone followed this scripture. In Maths, the unit based on fractions began. They have been learning how to multiply unit and non unit fractions. In English the children have been writing their big write based on a biography. The children could choose who they wrote about, and even make up facts, but they were challenged to stick to the text type and write in past tense with a more formal tone. RSE and citizenship focused on different emotions and how we can process these.

## The Week That Was—KS2

**Year 6:** Year 6 have had a wonderfully busy and thoughtful week! In RE, we explored the story of The Feeding of the 5000 and reflected on what it teaches us about Jesus' compassion, generosity, and ability to bring hope to others.

In Geography, we have been learning about the carbon cycle and why sustainable energy sources are so important for our planet's future. The children asked fantastic questions and showed a real curiosity about how everyday choices can affect the environment.

Our writing lessons are currently inspired by The Mysteries of Harris Burdick. We have been working hard on using semi-colons and brackets to enhance our sentences and create suspense. Year 6 are becoming wonderfully imaginative and ambitious writers!

The children shared their learning beautifully during our class assembly—they were articulate, confident, and showed great resilience throughout. I am incredibly proud of them!

## Nut & Sesame Free School

St Cuthberts is a NUT AND SESAME FREE school. Children are not allowed to bring foods containing either of these ingredients into school. Please be mindful when packing your child's lunchbox to ensure neither of these ingredients are present.

This is a shared responsibility between us all.



## Snack Reminder

All children are welcome to bring in a healthy fruit snack to enjoy at morning break time.

If your child would like to bring in grapes, please ensure these are cut in half length-ways to minimise the risk of choking.



# Attendance—When you keep your child off



UK Health  
Security  
Agency



## Should I keep my child off school?

### Yes

#### Until...

Chickenpox	at least 5 days from the onset of the rash and until all blisters have crusted over
Diarrhoea and Vomiting	48 hours after their last episode
Cold and Flu-like illness (including COVID-19)	they no longer have a high temperature and feel well enough to attend. Follow the national guidance if they've tested positive for COVID-19.
Impetigo	their sores have crusted and healed, or 48 hours after they started antibiotics
Measles	4 days after the rash first appeared
Mumps	5 days after the swelling started
Scabies	they've had their first treatment
Scarlet Fever	24 hours after they started taking antibiotics
Whooping Cough	48 hours after they started taking antibiotics

### No

but make sure you let their school or nursery know about...

Hand, foot and mouth	Glandular fever
Head lice	Tonsillitis
Threadworms	Slapped cheek



SCAN ME

#### Advice and guidance

To find out more, search for health protection in schools or scan the QR code or visit <https://qrco.de/minfec>.

# Parish of Weybridge



Registered Charity No. 252878

**THE ASSUMPTION OF OUR LADY CHURCH**

91 Harvest Road, Englefield Green, Egham TW20 0QR

**PARISH PRIEST Canon Chris Spain**

**PARISH OF WEYBRIDGE**



25th January 2026

3rd Sunday in Ordinary Time (Year A)

## Fr Chris Writes...

**W**hile I was away, I was reflecting on our strict COVID lockdown days. My *contemplation and reflective time* was my daily routine – especially while walking in Windsor Great park. With car parks closed and restrictions on leaving home to once a day, it was usually very quiet, yet always a joy when I recognised someone from our parish or school in this peaceful and beautiful place. I was relatively fortunate (from a personal standpoint) and as an introvert, was happy with my own company, apart from the occasional small funeral. I still shared with others in a variety of ways, especially on-line, particularly with those who were struggling.

I do remember walking back from the closed *Saville Garden* in the direction of home. I was passing what was (and is again now) the children's play park and a small boy of about three was staring up at the railings blocking the access (for COVID protection). His parents were walking on, but he just stopped and stared in devastation at his beloved play park with no means of entry. His face melted my heart. After a while he realised that his parents were some distance ahead and started running in their direction, but right into the pathway of a cyclist (going rather too fast), they braked hard and skidded, in fright he ran even faster and fell. As he got up, I heard him mutter "This is the worst day of my life". Realising he hadn't been heard by his parents he then shouted in a raised voice "This is the worst day of my life – EVER"!

"The Lord is my light and my salvation", I am called to show that light, especially to those I encounter, whether filled with fear, or disappointment, a sense of loss or confusion. Each of us is called to be a source of light to our darkened world as we celebrated two weeks ago at the Feast of the *Baptism of our Lord*. Before I can enlighten others, I need to be sure my own lamp is shining. We celebrate the great joy of being in the light. We share an even greater joy in being a source of light to others.

The child in my story today, is like the child in me, losing confidence, hope and energy, needing to get up and carry on, in simplicity, humility, mercy and love (despite restrictions, disappointments, hurts or losses). May God's Word, the living embodiment of that word – the Church, and the depths of my mind and heart be focused. May I see God's strength, His honour, His glory, and the hope He brings to me in unity and in peace.

## ***THE LORD IS MY LIGHT AND MY SALVATION***

Download the latest newsletter here:

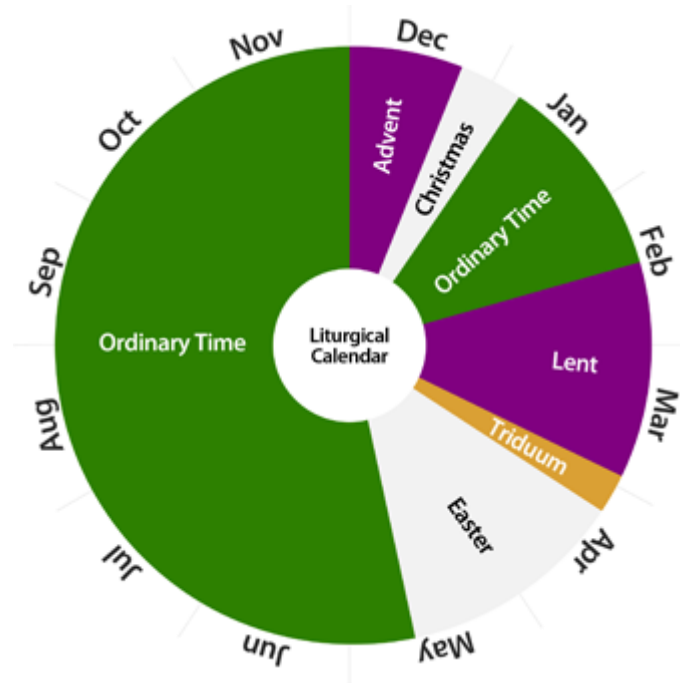
[25th January 2026 - 3rd Sunday in Ordinary Time - Assumption of Our Lady Church - Parish of Weybridge](#)

**Canon Chris Spain Contact Details**

Please kindly phone Canon Chris on 01784 434280 before emailing ([egham@abdiocese.org.uk](mailto:egham@abdiocese.org.uk))

# Religious Education

## Ordinary Time:



As the season of Christmas has now drawn to a close, ordinary time begins. In the Church calendar this is a time for Christians to grow and mature in their faith. Altars are adorned in green to show growth. It is a time to focus on doing our best every single day, not just on the big holidays such as Christmas and Easter.

## Galilee to Jerusalem Unit of Learning:

All year groups are embarking on their new unit of learning in RE 'Galilee to Jerusalem.' This unit mirrors the season of Ordinary Time and looks at stories about Jesus ranging from the wise men visiting him in the stable, being Baptised in the River Jordan, his sermon on the mount as well as what this looks like in the form of the seven sacraments.

# Diary Dates Spring Term 1

<b>Careers Week</b>	Monday, 26th – Friday, 30th January 2026
<b>Panathlon (Invited children only)</b>	Monday, 26th January 2026
<b>EYFS &amp; Year 1 Parent Workshop—Phonics</b>	Wednesday, 28th January 2026
<b>Careers Week—Children Dress Up</b>	Friday, 30th January 2026
<b>Year 6 Bikeability</b>	w/c Monday, 2nd February 2026
<b>Year 3 Trip to Eton</b>	Monday, 2nd February 2026
<b>Parents Evening (Face to Face) starting at 1:40pm in the school hall</b>	Thursday, 5th February 2026
<b>NSPCC Number Day</b>	Friday, 6th February 2026
<b>PTA K-Pop Disco</b>	Friday, 6th February 2026
<b>Year 4 Class Assembly</b>	Thursday, 12th February 2026 9am parents welcome
<b>Children’s Mental Week</b>	w/c Monday, 9th February 2026
<b>Safer Internet Day</b>	Tuesday, 10th February 2026
<b>Year 3 Feet First Walking Training (Parents to book directly with Surrey County Council)</b>	Friday, 13th February 2026 (10:00-11:50am on the playground)
<b>Half Term</b>	Monday, 16th—Friday, 20th February 2026



## School Buddy Mass

**Buddy Mass—Years EYFS & Year 5**

Thursday, 29th January 2026

**Buddy Mass—Year 1 & Year 6**

Thursday, 5th February 2026

**Buddy Mass—Years 2, 3 and 4**

TBC

Buddy Mass takes place in the School Hall at 9am.

Parents of the participating year groups are invited to attend.



## Year 5/6 Girls Football

ST CUTHBERTS YEAR 5/6  
GIRLS FOOTBALL

# MATCH SCHEDULE

MONDAY 26<sup>TH</sup> JANUARY 3.40PM

ST CUTH VS MANORCROFT

MONDAY 9<sup>TH</sup> FEBRUARY 3.40PM

ST CUTH VS HYTHE

MONDAY 23<sup>RD</sup> MARCH 3.40PM

WRAYSBURY VS ST CUTH

## Year 5 Boys Football

**ST CUTHBERTS YEAR 5  
BOYS**

# **MATCH SCHEDULE**

**WEDNESDAY 28<sup>TH</sup> JANUARY 2026**

**HOLY FAMILY VS ST CUTH**

**WEDNESDAY 4<sup>TH</sup> FEBRUARY 2026**

**ST CUTH YR5&YR6 VS WRAYSBURY**

**WEDNESDAY 11<sup>TH</sup> FEBRUARY 2026**

**ST CHARLES VS ST CUTH**

## Year 6 Boys Football

ST CUTHBERTS YEAR 6  
BOYS

# MATCH SCHEDULE

Wednesday 4<sup>th</sup> February

ST CUTH Y5&Y6 VS WRAYSBURY

Wednesday 11<sup>th</sup> February

ST CUTH VS PYCROFT

## Year 6 Netball

WEDNESDAY 28<sup>TH</sup> JANUARY

YEAR 6 NETBALL

ST CUTHBERTS



ST CHARLES

DETAILS EMAILED TO PARENTS

SCHOOL



NETBALL



# Wake Up Wednesday:

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](https://nationalcollege.com).

## 10 Top Tips for Parents and Educators DEALING WITH TRAUMATIC & CHALLENGING EVENTS

Children and young people may face a wide range of traumatic or challenging events – from bereavement and illness to bullying, family breakdowns, or witnessing violence. These experiences can affect their mental health, behaviour, relationships, and academic progress. With the right support from trusted adults, children can begin to feel safe, rebuild resilience, and develop healthy coping strategies. This guide offers practical and empathetic ways to provide support and promote positive outcomes.

### 1 A PREDICTABLE ENVIRONMENT

Children who have experienced trauma often feel unsafe or uncertain. Creating routines, setting clear expectations, and maintaining consistency can help restore a sense of security. This structure offers reassurance and helps children feel more in control of their surroundings.

### 2 USE LANGUAGE THAT MATCHES THEIR AGE

Speak clearly and sensitively, choosing words that are appropriate for the child's age. Avoid overwhelming them with too much information at once. Offer gentle, honest explanations and focus on reassurance, especially when talking about difficult or sensitive subjects.

### 3 TRAUMA AND THE BODY

Mention briefly that trauma can show up in physical ways, such as changes in sleep, appetite, concentration, or as physical aches and pains. Consider this before labelling behaviour as 'difficult' or 'lazy'. Some children may become withdrawn, while others may be more outwardly challenging. Highlight that there's no 'one way' children respond.

### 4 AVOID RETELLING OR RELIVING TRAUMA

Children sometimes get asked to explain or repeat their experience multiple times. Striking a balance of when to listen and when to gently redirect can help to avoid unnecessary re-traumatisation. Acknowledge, but don't probe for detail unless safeguarding procedures require it.

### 5 AVOID DISMISSING OR MINIMISING FEELINGS

Seemingly well-meaning comments like "It's not that bad" or "You're okay" may shut down children's emotional expression and are often not helpful. Instead, acknowledge what they're feeling, even if it seems small. Validating a child's emotions helps them feel seen and encourages open communication in future.

### 6 UNDERSTAND HOW THEY'RE FEELING

Many children don't have the words to express their emotions, especially during distress. Supporting them to name what they're feeling – such as angry, scared or sad – builds emotional literacy. Tools like emotion charts, drawing, or storytelling can help externalise feelings in a safe, manageable way.

### 7 BE AWARE OF YOUR OWN RESPONSES

Children pick up on adult emotions and reactions, often mirroring them. Staying calm, even in challenging situations, helps children feel more secure. Practising your own self-regulation is an important way to model healthy stress management and encourages children to do the same.

### 8 SEEK PROFESSIONAL SUPPORT

While many children benefit from everyday emotional support, some will need more specialised help. If symptoms persist, worsen, or disrupt their daily life, consult with school safeguarding leads, a GP, or a mental health professional. Early intervention can prevent long-term difficulties and support healthy recovery.

### 9 MAINTAIN CONNECTION

Isolation can worsen the impact of trauma. Encourage involvement in group activities, praise their efforts, and ensure they feel like a valued part of the school or family community. Meaningful connection with trusted adults and peers builds resilience and a sense of belonging.

### 10 BE PATIENT – HEALING TAKES TIME

There's no quick fix for emotional recovery. Children may have good days and setbacks, and progress may not always be visible or linear. Your ongoing support, patience, and presence can help them move forward at their own pace, knowing they are not alone.

### Meet Our Expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school by integrating mental wellbeing within the curriculum, school culture, and systems. She has been a member of the advisory group for the Department for Education, advising them on their mental health green paper.



#WakeUpWednesday

The National College

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## Flyers:

**10%**  
**SIBLING DISCOUNT**  
\*\*TERMS APPLY\*\*



# Football & Multi Sport Camp

**St Anne's Catholic Primary School**

Free Prae Road Chertsey, Surrey KT16 8ET

**Monday 16th - Friday 20th February**

**WE ACCEPT CHILDCARE VOUCHERS**

**Price £30 per day or £125 for all 5 days!**



Drop off 8:30am -9:30am, Pick up 3:30pm - 4:30pm


To book and for more information, please visit the web address below or scan the QR code

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Flyers:



THE  
MARIST  
SCHOOL  
ASCOT

# SENIOR SCHOOL OPEN MORNING

**FRIDAY 30 JANUARY: 9.15 - 11.15 AM**



*Feet on the ground.  
Reaching for the stars.*