



Weekly Newsletter St Cuthbert's Catholic Primary School



Week ending 6th February 2026

Dear All

Y3 started their week with a trip to Eton College museums exploring history, art and science collections to learn more about their topic areas. The staff there led talks to share their knowledge with the children and enhance the experience. Thank you to the parents who gave their time to accompany our pupils.

Despite the never-ending rain, some of the Y6 children have been pushing through to complete their Bikeability course. This gives them some important skills and knowledge about how to keep safe when riding on the road.

Mrs Gray took some of our Y2 children to a hockey tournament yesterday to give them a taste of this sport. The children had a great time and many of them showed real promise!

We held one of our Pupil Parliaments this week to give the children the opportunity to share their views and ideas with our various responsibility groups about how they would like to improve our school. Even the youngest children, guided by their buddies, attended a meeting to be involved.

Next week is Children's Mental Health week and also Safer Internet day. We are holding a coffee morning for parents and carers on Tuesday 10th after drop off to share information on these areas and explain how we support children.

Can I ask parents using the road outside the school to drop off in the morning, to continue on around the block, in a one-way type system, rather than performing a 3-point turn in the road. Not only can this be dangerous at times, but it is also causing traffic to pile up as cars cannot get through the road.

Our faith should impact our lives and the lives of those around us. This week's liturgy of the word reminds children that they are the salt of the Earth, called to bring out the best in others through their words, actions and faith in Jesus.

Jesus said to His disciples, "You are the salt of the Earth".

Matthew 5:13

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

Raeya in EYFS for great independent learning and for trying hard in every lesson.

Sara in Year 1 for being courageous and articulate when reading during our Year 1 buddy mass.

Adbul-Basit in Year 2 for using initiative in lessons and being independent with his work.

Lily in Year 3 for showing great respect and teamwork during their trip to the Eton College museums.

Iris in Year 4 for having a fantastic attitude to her learning and always showing enthusiasm during every lesson.

Eoin in Year 5 for the value of respect towards his handwriting.

Gabrian in Year 6 for making a real effort with his reading.



The Week That Was - KS1

Year R: This week Reception have been continuing their learning about the feeding of the 5000. We have been learning how Jesus wants us to care for each other and we decided one of the ways we could look after each other was to look after our classroom and take care of our resources at tidy up time. We made a list of the areas that need care and looking after and created tidy up teams to look after each of the areas. In Literacy we have been reading little red riding hood and using our Fred talk to decode and sequence sentences that were in a muddle. In maths we have been learning about length. We compared objects by length to see which ones were longer, or shorter and we practised using cubes to build towers that helped us to measure how long something was.

Year 1: Year 1 have had a wonderful week. In RE, we have learned about when Jesus welcomed the Children. We discussed the importance of being kind and making people feel welcome. In English, the children started a story map and have been thinking hard about the key features of a narrative text. In Maths we have been focusing on numbers from 11 to 20. We also shared a beautiful buddy mass with Year 6. Another great week Year 1!

Year 2: Year 2 have been looking for this week at signs from God. We read the scripture of Jesus calming the storm and how that was a sign that God is always watching down on us. The children then made signs to show others about Jesus. This week in Maths we have been looking at multiplication and division and we have started to look at our times table, the children have been doing so well with this so far and been really resilient. In English we have been creating our own piece of persuasive writing together which the children have got really into and loved recreating the story. We have been artists this week, making collages in Art. The children have really expressed their art skills in this piece and you can see they have all tried their best in the work they are doing. In science this week we went on a walk around the school to see if we could find minibeasts and we performed worm charming dances to see if we could find some worms. The children have had an amazing week and it really is a pleasure to teach them! Well done Year 2 for the hard work this week!

The Week That Was - KS2

Year 3: We've had an exciting week in Year 3, beginning with our visit to the Eton museums, where the host herself shared how delighted she was to spend the whole day with us, saying, "to spend the whole day with St Cuthbert's Year 3 was a lovely change of pace... it was lovely to see their reactions and enthusiasm... they were the first class to visit Elemental, our temporary exhibition – and they seemed to really enjoy it!" Back in school, we explored the parables of the hidden treasure and the pearl in Matthew 13:44–46, discussing the strong links between the two stories and how they highlight the value and importance of the kingdom of heaven. As part of National Storytelling Week, we joined a live lesson with other schools and were thrilled to learn from Alim Kamara, whose energetic approach to rap and poetic devices inspired us to create our own. In Art, we continued developing our observational drawing skills by studying natural geometric shapes and using careful shading and line work to bring detail to our pieces.

Year 4: This week in RE, we explored two important sacraments: the *Sacrament of Reconciliation* and the *Sacrament of the Sick*. We discussed what these sacraments mean for Catholics and how they help people feel close to God. The children also reflected on the question: How does believing Jesus is the Messiah link to what the Nicene Creed says, and why do Catholics pray it? They made thoughtful connections and showed growing confidence in explaining their ideas. In Maths, we practised dividing three-digit numbers and continued to build fluency in our times tables. The class worked hard on using efficient strategies and checking their answers carefully. In English, we focused on poetry. The children began by imitating a model poem before moving on to a guided write. They also practised their editing skills, improving vocabulary choices and polishing the final piece. In Geography, we learned about the River Thames—its history, how it has changed over time, and why it remains so important today. The children also became "river researchers" through Cameos, investigating famous rivers from around the world and discovering how people use them for travel, food, water, and industry.

Year 5: In RE this week, the class have been looking closely at the prayer Jesus gave us; The Our Father. They reflected on each line and what it means, as well as thought about which line resonates with them. The children drew an image that reflected their understanding of their chosen line. In English, the class have been learning how speech can move a story on and have been practising this using our model text; 'The Pheasant and the Ant.' In Maths, a new unit based on decimals has begun and the class have been ordering decimals to 2 decimal places. In Science, the children had a fun time testing different acids (vinegar, lemon juice etc) to see if they created a reversible or irreversible change. Geography looked at avalanches and how communities living in the alps deal with the daily risk of these happening.

The Week That Was - KS2

Year 6: Year 6 have had a wonderfully busy and memorable week. The children showed tremendous resilience during their Bikeability training, braving cold winds and persistent rain with determination and good humour. Their enthusiasm never wavered, and they managed to have a great deal of fun while developing such important cycling skills—we are incredibly proud of every one of them. We also enjoyed the excitement of National Storytelling Week, where the class channelled their creativity into composing and performing their very own story raps. Their imaginative ideas and confident delivery made the sessions truly inspiring. To end the week, Year 6 joined their Year 1 buddies for a beautiful Mass themed around love. It was a special moment of reflection, kindness and community, and the children supported the younger pupils with great care. Overall, it has been a week filled with learning, creativity and heartfelt connections.

Coffee Morning

Tuesday, 10th February 2026 at 9:00am

Dear Parents and Carers,

We would like to invite you to a **Coffee Morning** on **Tuesday, 10th February** at **9:00am** in **The Studio / School Hall**.

This session will focus on two important topics:

- **Supporting children's mental health**
- **Safer Internet Day** and how we can work together to keep children safe online

The Coffee Morning will be an opportunity to learn more about how we can help children manage their wellbeing, understand the challenges they may face, and explore practical ways to promote safe and confident use of the internet. It will also be a chance to ask questions and share ideas in a relaxed and welcoming environment.

We hope you will join us for a friendly chat, a warm drink, and an informative discussion.

We look forward to seeing you there.

Kind regards,

Mrs Rainbow

Parish of Weybridge



Download the latest newsletter here:

<https://poegham.wordpress.com/category/newsletters/>

Canon Chris Spain Contact Details:

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

Diary Dates Spring Term 1

Year 4 Class Assembly	Thursday, 12th February 2026 9am parents welcome
Children's Mental Week	w/c Monday, 9th February 2026
Coffee Morning	Tuesday 10th February at 9am
Safer Internet Day	Tuesday, 10th February 2026
Year 3 Feet First Walking Training (Parents to book directly with Surrey County Council)	Friday, 13th February 2026 (10:00-11:50am on the playground)
Half Term	Monday, 16th—Friday, 20th February 2026

February Diary Dates Spring Term 2

Ashes Service	Monday, 23rd February 2026 09:00am in the School Hall
Year 6 Reconciliation	Tuesday, 24th February 2026
Year 6 Greek Workshop	Thursday, 26th February 2026



School Buddy Mass

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 9TH FEBRUARY 3.40PM

ST CUTH VS HYTHE

MONDAY 23RD MARCH 3.40PM

WRAYSBURY VS ST CUTH

Year 5 Boys Football

ST CUTHBERTS YEAR 5
BOYS

MATCH SCHEDULE

WEDNESDAY 11TH FEBRUARY 2026

ST CHARLES VS ST CUTH

VS

The poster features a dark blue background with white and light blue wavy patterns at the top corners. The text is centered and uses a clean, sans-serif font. The match details are highlighted with rounded rectangular buttons in light blue and white.

Year 6 Boys Football

ST CUTHBERTS YEAR 6
BOYS

MATCH SCHEDULE

Wednesday 11th February

ST CUTH VS PYCROFT

Wednesday 4th March

HOLY FAMILY VS ST CUTH

The poster features a dark blue background with white wavy patterns at the top corners. The text is in white and yellow. The match dates are centered above their respective matchups. The team names are in yellow rounded rectangles, and the 'VS' is in a white circle.

Year 6 Netball

THURSDAY 5TH MARCH

YEAR 6 NETBALL

SAYES COURT



ST CUTHBERTS

DETAILS EMAILED TO PARENTS

SCHOOL



NETBALL



Sporting News

Hockey Festival



On Thursday 5th February, 10 Year Two children were chosen to represent the school at a hockey festival. This was an 'Inspire' event organised by Active Surrey. The children were so excited to be travelling together by mini bus all the way to Ashford Hockey Club. They participated in a round robin of activities including a hockey version of 'tag' and 'piggy in the middle.' All of the children learnt new skills or developed the ones they already have. Mrs Gray and Mr Crouch were so impressed with the children's resilience in the rainy weather. They didn't let the weather dampen their spirits. The morning was finished off with a medal presentation ceremony in which every child received a very eco friendly wooden medal.

Boys Football

It was a double header of friendlies this week in which the two boys teams were mixed up to create two 'super teams!'

One half travelled away to St. Judes. They fought a tough match and lost with a narrow 3-2 defeat. Meanwhile, the second team were had home advantage and won vs Wraysbury 8-1.

Well done to all involved including our parent coaches - as always, much appreciated!



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.

10 Top Tips for Parents and Educators SUPPORTING CHILDREN TO DEVELOP EMOTIONAL LITERACY

Emotional literacy refers to the ability to recognise, understand and express our feelings effectively. It plays a crucial role in strengthening a child's wellbeing by enhancing their relationships and resilience. However, emotional literacy is not necessarily an innate talent, and its development may present challenges. This guide gives parents and educators practical tips on supporting children to cultivate this essential skill.

1 NAME THE EMOTION

Encourage children to identify and name their emotions. This helps them understand what they're feeling and why. Use simple language and relatable examples to make it easier for them to share their emotions. This builds a foundation for emotional understanding and open communication.



2 MODEL EMOTIONAL EXPRESSION

Demonstrate healthy emotional expression by sharing your feelings visibly. When children see adults properly displaying how they're doing and what they're thinking, they learn to do the same. Discuss how you handle emotions in different circumstances, providing a real-life framework for young ones to follow.



3 MINDFULNESS ACTIVITIES

Teach children mindfulness practices to help them stay present and manage their emotions during more challenging moments. Activities like deep breathing, meditation or yoga can reduce stress and enhance emotional regulation. Regular practice can improve focus and emotional stability, which can significantly help children both as they're growing up and throughout their adult life.



4 USE STORYTELLING

Incorporate storytelling to help children understand emotions. Stories can offer relevant scenarios illustrating how the characters experience and manage their feelings. Discuss the emotions depicted in stories and ask children how they might feel in similar situations.



5 PRACTISE EMPATHY

Teach children to consider others' views and emotions – and to explore why they might think or feel this way. Role-playing and discussing various scenarios can enhance their ability to empathise. Understanding others' emotions helps children to develop compassion and improves their social interactions.



6 ENCOURAGE JOURNALING

Suggest keeping a journal to make note of thoughts and emotions, as writing can provide an outlet for self-reflection and emotional processing. Encourage children to write about their daily experiences and feelings, helping them gain insight into their emotional world. Do this alongside them, so they can see and experience how to do it effectively.



7 TEACH PROBLEM-SOLVING

Do what you can to help children develop problem-solving skills to assist in managing emotional challenges. Discuss potential solutions to emotional conflicts and encourage them to think critically about what they (and others) can do to process their feelings in a healthy way. This empowers children to handle emotions positively and build resilience.



8 CREATE A SAFE SPACE

Establish an environment where children feel safe to display their emotions without judgement. Encourage open exchanges and reassure them that all feelings are valid. This supportive atmosphere promotes trust and encourages children to express themselves with confidence.



9 USE VISUAL AIDS

Take advantage of visual aids like emotion charts or mood meters to help children identify and express their feelings. Use these tools regularly in your interactions. They provide a visual representation of emotions, making it easier for children to communicate their emotional state.



10 CELEBRATE EMOTIONAL GROWTH

Acknowledge and celebrate progress in emotional literacy, and praise children for expressing their emotions and handling them effectively. Positive reinforcement is a useful tool that will encourage continued growth and reinforces the importance of emotional literacy – encouraging young people to maintain the good habits and healthy behaviours that you've taught them.



Meet Our Expert

Adam Gillett is Associate Vice-Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, an organisation that supports schools in improving their mental health provision.



#WakeUpWednesday

The National College

X @wake_up_weds

f /www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 29.01.2025



Flyers:

YEAR 5 STEM DAY

THURSDAY 12 MARCH, 9 AM - 3 PM



THE
MARIST
SCHOOL
ASCOT



A DAY DESIGNED FOR YEAR 5 PUPILS TO EXPAND THEIR KNOWLEDGE ABOUT THE WORLD OF STEM.

JOIN OUR SUBJECT SPECIALISTS FOR A FUN, HANDS-ON AND EDUCATIONAL DAY AT THE MARIST SCHOOL.

TOPICS INCLUDE:

SCIENCE: FREEZING CHEMISTRY WITH LIQUID NITROGEN

TECHNOLOGY: REMOTE CONTROLLED BUGGIES

ENGINEERING: ROLLER COASTER FUN

MATHS: MATHS RELAY



LIMITED PLACES AVAILABLE!

SCAN TO SECURE YOUR DAUGHTER'S PLACE

NURSERY | PREP | SENIOR | VI FORM
WWW.THEMARIST.COM

Flyers:

SCHOOL OPEN DAY

We are thrilled to invite you to our school open morning. Come along and meet our Headteacher, tour our excellent facilities, and get a taste of the exciting curriculum we offer. We can't wait to showcase our school and answer any questions you may have.

DATE & TIME

-  Wednesday 4th March 2026
-  At 9.30 AM - 11.00 AM
-  Philip Southcote School, KT15 2QH



**PHILIP SOUTHCOTE
SCHOOL**

01932 562 326 

www.philipsouthcoteschool.co.uk 



Flyers:



Halliford
School
SHEPPERTON

Click here
to book your
Saturday
Adventure

Come as you *are...* go as all you *can be*



Awarded an
ISI Significant
Strength for
Pupil Leadership

Saturday Adventure Series for boys in Years 4, 5 and 6

Saturday 7th February & Saturday 14th March, 10am-12 noon
Parents welcome for refreshments at 11:45am

Experience life as a Hallifordian with a morning packed full of new friendships and excitement. Choose from a range of activities

Independent Senior Day School | Boys 11-18 years | Girls 16-18 years
01932 223593 | registrar@hallifordschool.co.uk | hallifordschool.co.uk

Flyers:



Halliford
School
SHEPPERTON



Come as you *are...* go as all you *can be*



Open Morning

Saturday 28th February 9:30am-12:30pm

Visitor Morning

Tuesday 24th March 9am

Personal tours available throughout the year

Independent Senior Day School | Boys 11-18 years | Girls 16-18 years

01932 223593 | registrar@hallifordschool.co.uk | hallifordschool.co.uk

[Click here
to book
your visit](#)

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

https://bookwhen.com/planetsoccercamps_99



01483 363190
07912 553896

Email: admin@planet-soccer.info
www.planet-soccer.info



Planet Soccer



PlanetSoccerSP7



planetsoccerSP7

Flyers:

**ULTIMATE
ACTIVITY
CAMPS**

GET SET FOR ULTIMATE EASTER & SUMMER HOLIDAY FUN!

Exceptional activity
camps for children
aged 4.5 to 14 at

**St John's
Beaumont School,
Windsor**

ULTIMATEACTIVITY.CO.UK

**EARLY
BOOKING
OFFER
NOW ON!**

£10.00 (12.00 for Easter camps &
16.00.00 for summer camps)



Flyers:

Clubbercise class!

Clubbercise, St Cuthbert's School, Englefield Green,
from 7:30-8:15 p.m. on Monday's.

First class is free!

BACs, Cash, Revolut, Wise (Paypal) can be taken

£8 Pay As You Go or
Buy 4 classes upfront, £7.00 each / £28 per month.

Plus, a loyalty card which gives you your 9th class free!



Christine Dawson on Facebook & Instagram

T07738015820 /

mcdaltd@gmail.com

Please note that flashing disco lights & glowsticks used!

Flyers:

Ever wondered what actually happens when you blend slow, stretchy yoga and a Reiki healing crystal sound bath with guided self love meditation?

Your whole system shifts — breath deepens, shoulders drop, mind quietens, and your body remembers what calm feels like again.

Next Saturday I'm hosting a little mini-retreat in Englefield Green... movement, sound healing, candle-light, tea + treats.

If your nervous system is craving softness, this might be your gentle nudge

Book here:

<https://www.wellnessliving.com/rs/catalog-view.html>.

Victoria McGranaghan

Victoria's Yoga Secrets - Yoga Instructor

07592 189931



♥ Valentine's Day Mini Retreat ♥

*Heal With
Yoga & Sound*

Heart-Opening Yoga
Crystal Sound Bath
Tea, Treats &
Togetherness

Soothe your body
Soften your mind
Nourish your
heart

 Saturday 14th February
1:30 PM - 3:30 PM
Edge Venue, Harvest Rd, Englefield Green, TW20 0QT



