



Weekly Newsletter
St Cuthbert's Catholic Primary School



Week ending 12th September 2025

Dear All

The children have settled into their first full week beautifully - but are ready for a rest over the weekend!

The reception children have been coming through the playground independently - this has been such an achievement - thank you to parents for your support with this!

A warm welcome back to Miss Smith, who was with us last year during her initial training and is now teaching our year 2 class. Please join me in welcoming Miss Holt to the team, our new Teaching Assistant in years 3 and 5.

Next week we have our meet the teacher sessions to give parents the opportunity to hear more about the curriculum that lies ahead for your child. The information will also be sent out for parents who are unable to attend.

This weekend we celebrate Catholic Education Sunday. It is a time to give thanks for Catholic schools and pray for the year ahead. At the Assumption of Our Lady Masses the dedication of teachers, leaders and all staff in our Catholic Schools and Colleges will be acknowledged. There will be special "Prayers of Intercession" at each of our Masses and children from St Cuthbert's will be invited to attend in uniform. We urge our school families to support their church at this time, as we seek to build for the future.

Can I remind parents about procedures for dropping off and picking up for wraparound care. If children could be dropped at the studio door when coming to breakfast club (rather than the green gate or accompanying them into the studio). For after school club, if parents could wait at the red gate, staff will bring their children to them. Thank you in advance in helping to keep our children safe.

This coming week the children will explore the meaning of the Cross as a symbol of love and hope. The Cross reminds us of the love the Father has for each of us as we remember that He sent His only Son so that we can know His mercy and love.

'For God so loved the world, that He gave His only begotten Son, that whoever believes in Him should not perish but have eternal life.'

John 3:16

Have a lovely weekend.

Mrs Rainbow
Headteacher

"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

This weeks winner in reception is **Polly** for settling into school life so well and being so respectful to everyone in class.

This weeks dojo winner in year 1 is **Pip** for showing resilience when faced with new challenges. Well done!

Cillian in year 2 showed fantastic independence this week in all his work.

Alfred in year 3 has won this week for settling into class beautifully and demonstrating excellent articulation across all subjects, always keen to share his thoughts and ideas.

Livia in year 4 for being an outstanding role model in her learning with a positive attitude towards everything she does.

Sarah-Ann in year 5 for being so articulate in lessons by giving great responses, including an amazing poetic sentence using personification.

Olivia S in year 6 for showing great resilience in all lessons and especially in our assessments this week.



The Week That Was—KS1

Year R: This week Reception have been settling into life at St Cuthbert's. They have been exploring the different areas of learning inside the classroom and in our Reception playground. The children have been fantastic during carpet time and are now experts at showing magnet eyes and putting their hands up to share their ideas. They have been learning our lunchtime routine and have got to know some of the other year groups on the big playground at playtime. We have been so impressed with how confident and independent the children are already with coming into class by themselves and putting their book bags in their trays ready to start the day. Well done for your first full week Reception!

Year 1: Year 1 have settled in beautifully! They are adapting well to new routines and are showing resilience when approaching different ways of learning. In RE, we have been learning about Creation and how God created the world and everything in it. We had an awe and wonder walk, observing everything God created for us. In science, we discussed the weather and seasons. We talked about how the weather changes with the seasons and created symbols that will allow us to observe and monitor the weather over time. In Art we have been using different media to create different types of lines. A very exciting first week in Year 1!

Year 2: This week we have been looking at the story of Noah through different forms such as writing/drawing, video and drama in RE. The children have settled in wonderfully to the new routines and learning in Year 2. We have been weather reporters this week tracking the weather outside every day and logging it for our Geography lesson which is seasons. The children have also had a chance to explore texture where we have wondered around our classroom and printing the texture we have found into our Art books. Well done Year 2 on a fantastic first week!

The Week That Was—KS2

Year 3: This week marked our first full week back, and the children have returned full of excitement and enthusiasm to begin their journey in Year 3. In Religious Education, we launched our new unit, *Creation to Covenant*, by exploring a range of artwork from around the world that interprets the scripture Genesis 1:1–24. The children thoroughly enjoyed revisiting the Creation Story, this time engaging deeply with the text and discussing how it reflects God's power in His creations. We've also begun our new half-term topics across the curriculum. In Geography, the children were especially enthusiastic about using atlases to explore different climate zones around the world. Meanwhile, in Maths, we've started our Place Value unit, using manipulatives to represent and partition numbers up to 1,000—building strong foundations for problem-solving ahead.

Year 4: Year 4 have had a fantastic first full week. The children have settled well into the routines and have been working hard in all areas. In RE we started to explore our new unit of work 'Creation and Covenant'. We learnt about the historical context of Abraham, where he lived, what life was like and how he was called by God. In maths we started our place value unit of work, learning about 4-digit numbers and how to partition them. In English we read our model text, found the features of an adventure text and story mapped the text. Guided Reading started with reading chapter 1 of Beowulf by Michael Morpurgo followed by lots of discussions about the characters and vocabulary used. In Science we explored solid and liquids with an exciting experiment with raisins and lemonade to find out what happens when you put a solid into a liquid with gas.

Year 5: What an amazing first week back we have had in Y5. The children have thrown themselves in to their learning starting with RE. This term the class are looking at Moses as an important biblical figure. They have looked at scripture from Exodus 3:2-5 which outlines the events of the Burning Bush, as well as exploring the timeline of when Moses had an encounter with God on Mount Sinai. In Maths, the class are looking at place value to 1,000,000 and in English they have been writing a poem using figurative language such as hyperbole, similes and personification. Geography looks at changes in the UK and the unit started with locating the UK and using maps to explore different aspects such as mountain ranges and rivers. In Science, the class are studying materials and took time to investigate the properties of different types of materials such as transparency, absorbency and durability. Home Learning has gone home on Seesaw so please do encourage your child to login with their Seesaw code that they brought home this week.

Year 6: The first few days in Year 6 have gone brilliantly! The children have settled in well and are already demonstrating impressive resilience in adapting to the new routines and challenges ahead. In Religious Education, we've begun exploring the second account of creation in Genesis 2. The discussions around the truths this passage reveals about God's love for us have been enlightening and thought-provoking. In Science, we've kicked off our topic on Electricity, and the children are having a great time using our snap circuit kits to build their own circuits. It's fantastic to see their curiosity and creativity in action! Additionally, our Geography lessons are focused on the Amazon rainforest. Using Google Maps and atlases, the class has been busy pinpointing its location and learning about its unique ecosystem. We're looking forward to the rest of the term filled with discoveries and learning!

Autumn Term 2025-26 PE Days

Reception = Wednesdays and Fridays

Year 1 = Tuesdays and Wednesdays

Year 2 = Mondays and Fridays

Year 3 = Tuesdays and Wednesdays

Year 4 = Tuesdays and Fridays

Year 5 = Tuesdays and Fridays

Year 6 = Tuesdays and Fridays



Autumn Term 1 Diary Dates

Sunday 14th September	Education Sunday (children encouraged to wear their school uniform)
Monday 15th September	9 - 9:30am Year 5 Meet The Teacher
Monday 15th September	2:30 - 3pm Year 3 Meet The Teacher
Wednesday 17th September	9 - 9:30am Year 6 Meet The Teacher
Wednesday 17th September	2:30 - 3pm Year 1 Meet The Teacher
Thursday 18th September	9 - 9:30am Year 2 Meet The Teacher
Thursday 18th September	2:30 - 3pm Year 4 Meet The Teacher
Friday 26th September	Macmillan Coffee Morning in the studio
Friday 26th September	EYFS & KS1 drama workshops in school
Thursday 2nd October	Innovate Special Lunch Menu (American Diner)
Friday 3rd October	INSET Day, school closed to all pupils
Tuesday 7th October	Parents Evening (more details to follow)
Thursday 9th October	Parents Evening (more details to follow)
Monday 13th - Friday 17th October	Year 6 PGL (finer details will be emailed out next week)
Monday 20th October	Individual & Sibling Photographs in school - full school uniform to be worn
Wednesday 22nd October	School Tours for prospective parents
Monday 27th - Friday 31st October	Half Term
Monday 3rd November	Children back to school for Autumn Term 2
Monday 3rd November	9am All Souls Mass in school (parents welcome)

Innovate



Thank you for your continued support and understanding with our new catering company this week.

A few reminders:

- All orders should be made via the app
- Please remember the deadline is **11pm on a Saturday** for the upcoming week
- If you miss the deadline, you will either need to contact Innovate directly to see if a late order can be placed, or send your child into school with a packed lunch
- All enquires should go directly to Innovate's central admin team, their contact details are as follows:

primary@impactfood.co.uk

0204 542 7211

Attendance Update from Surrey

Dear Parent/Carer

If you consider that there are exceptional circumstances relating to your request, please let the school have full details. Each application for a leave of absence will be considered on a case by case basis.

Penalty Notices to Address Poor Attendance at School

A Penalty Notice may be issued as an alternative to the prosecution of a parent/carer for their child's unauthorised absence from school (absence without the agreement of the school or not covered by a medical note) and will be used by Surrey County Council in the following circumstances :-

1. Pupils identified by police and Attendance Advice Officers (formerly Inclusion Officers) engaged on Truancy Patrols and who have incurred unauthorised absences.
2. Leave of absence in term time (5 days or 10 sessions or more).

Please be aware that the School Attendance (Pupil Registration) (England) Regulations 2024 state that Headteachers may not grant any leave of absence during term time unless there are exceptional circumstances.

They may request that Surrey County Council issue Penalty Notices when the absence is not authorised.

Warnings will not be given where it can be shown that parents have been notified that such absences will not be authorised.

3. Finally, the issuing of a Penalty Notice will also be considered where it is judged that a parent is failing to ensure their child's regular school attendance.

This will be considered when a pupil has incurred 10 or more unauthorised sessions in the previous 10 school weeks, which may include a pupil arriving late after close of registration.

If you believe at any stage that your child's absence from school may leave you liable to receive a Penalty Notice, it is extremely important that you act without delay to secure their regular attendance.

If you have any questions or require further support to achieve an improvement in your child's attendance, please contact your child's school or the Attendance Advice Officer.

Attendance Update from Surrey

Penalty Notice relating to Exclusions

If a child is excluded from school, Section 103 of the Education and Inspections Act 2006 places a duty on parents/carers to ensure that their child is not in a public place without justifiable cause during school hours.

This duty applies to the **first five days of each exclusion**. Failure to do so will render the parent/carer liable to a Penalty Notice. (Alternative education provision will be made available from the sixth day of any exclusion.)

Amount Payable for a Penalty Notice and Consequences for repeat unauthorised absences

1. If you have not incurred a penalty notice relating to this child/children in a rolling 3 year period since 19 August 2024, then the penalty notice will be charged at the rate of £160.00, **per parent/carer per child**, if paid within 28 days. This will be reduced to £80.00 if paid within 21 days of receipt of the notice. Failure to pay the Penalty Notice will result in Surrey County Council considering legal proceedings against you in the Magistrates Court.
2. If you have incurred a penalty notice relating to this child/children since 19 August 2024, the rolling 3 year period will be activated from the date of the first penalty notice and the second penalty notice will be charged at the flat rate of £160.00, **per parent/carer per child**, if paid within 28 days. There will be no reduction for payment within 21 days. Failure to pay the Penalty Notice will result in Surrey County Council considering legal proceedings against you in the Magistrates Court.
3. If you have incurred 2 penalty notices relating to this child/children in the rolling 3 year period since the first penalty notice was issued, then you will NOT receive a third penalty notice – Surrey County Council will have no option but to consider a prosecution, **per parent/carer per child**, in the Magistrates Court under s 444 Education Act 1996.

Surrey County Council is not responsible for authorising pupil absence and therefore cannot withdraw any Penalty Notice requests without the written permission of the Headteacher.

Advice and support is available from an Attendance Advice Officer by contacting Surrey Attendance Service as follows :-

North West - Tel: 01483 518130 South West - Tel: 01483 517874

North East - Tel: 01372 833588 South East - Tel: 01737 737777

Wake Up Weekly Bulletin

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.

What Parents & Educators Need to Know about **WORRY AND ANXIETY**

Worry and anxiety are common emotions experienced by children, often triggered by uncertainty or fear. While worry involves concern about future events, anxiety is a persistent feeling of dread or apprehension. Current statistics indicate a rising prevalence of anxiety disorders among children, and this guide has some expert advice on understanding and addressing these concerns.

UNDERSTANDING WORRY AND ANXIETY

Worry and anxiety are emotional responses to stress or uncertainty. Worry is typically associated with potential misfortune, while anxiety is characterised by feelings of fear, apprehension or unease. Both can manifest physically through symptoms such as restlessness, fatigue or muscle tension. Understanding the distinction between worry and anxiety is crucial for effectively addressing these concerns in children.

DIFFERENTIATING WORRY FROM ANXIETY

While worry and anxiety share similarities – in that they both involve concerns about possible trouble – anxiety tends to be more constant and overwhelming. Worry may come and go depending on circumstances, whereas anxiety can linger regardless of the situation. It's essential to recognise when the former crosses into the latter, as anxiety can significantly impact a child's daily functioning and wellbeing.

WHAT ARE THE RISKS?

LONG-TERM CONSEQUENCES

Untreated worry and anxiety in childhood can have potentially lifelong impacts on a person's mental health and wellbeing. Chronic anxiety may increase the risk of developing anxiety disorders, depression or other mental health conditions later in life. Additionally, unresolved worry and anxiety can negatively impact self-esteem, confidence and overall resilience. It's essential to address these concerns proactively and provide appropriate support and intervention.

THE IMPACT ON CHILDREN

Excessive worry and anxiety can have profound effects on children's mental and emotional health. It may interfere with their ability to concentrate, sleep or participate in daily activities. Chronic worry and anxiety can also lead to physical symptoms such as headaches, stomach aches or difficulty breathing. Left unchecked, these concerns can escalate and potentially contribute to the development of anxiety disorders later in life.

THE EMOTIONAL TOLL

The emotional impact of worry and anxiety on children can be significant, affecting their overall quality of life and wellbeing. Children experiencing chronic worry or anxiety may feel overwhelmed, irritable or helpless. They may also withdraw from social activities or avoid situations that trigger their anxiety, leading to feelings of isolation or loneliness. Addressing these concerns early can help prevent long-term emotional distress and promote healthy coping strategies.

ACADEMIC & SOCIAL IMPACTS

Impacts on the academic performance and social interactions of children and young people are very possible. Frequent worry or anxiety may impair concentration, memory and problem-solving skills, making it difficult for children to succeed in education. Anxiety can also hinder social development by causing children and young people to avoid social situations or to struggle with communication and interpersonal relationships, potentially leading to feelings of isolation or exclusion.

Advice for Parents & Educators

ENCOURAGE OPEN COMMUNICATION

Parents and educators can foster a supportive environment by encouraging children to express their worries and anxieties openly. Actively listening and acknowledging young people's emotions can help them feel understood and supported, reducing the situation's intensity. Creating opportunities for regular check-ins and discussions about one's feelings can promote healthy coping strategies and strengthen communication bonds.

TEACH COPING STRATEGIES

Empowering children with effective coping strategies is essential for managing worry and anxiety. Encourage the use of relaxation techniques such as deep breathing, mindfulness or progressive muscle relaxation to calm anxious thoughts and promote a sense of composure. Additionally, teaching positive self-talk and problem-solving skills can help children develop resilience and confidence in managing challenging situations.

CREATE A SUPPORTIVE ENVIRONMENT

Parents and educators play a crucial role in creating a supportive environment that promotes emotional wellbeing. Establishing routines, providing predictability and offering reassurance can help relieve anxiety and create a sense of security for children. Foster a culture of empathy and understanding, where children feel safe enough to express their emotions and seek support when needed.

SEEK PROFESSIONAL HELP

Recognising when to seek professional help is vital for addressing significant or persistent worry and anxiety in children. If worry or anxiety significantly impacts a child's daily functioning, interferes with their relationships or academic performance, or causes significant distress, it may be necessary to consult with a mental health practitioner. Early intervention can prevent long-term consequences and promote positive outcomes for children's psychological wellbeing.

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Pinstone Grammar School and works on a secondment one day a week for Minds Ahead, which collaborates with schools on improving their mental health provisions.



#WakeUpWednesday

The National College

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@wake.up.wednesday

@wake.up.weds

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Xavier Recruitment Events



We have a list of forthcoming recruitment events for Xavier Teach SouthEast. If you know of anyone considering a career change or who would like to know more about getting into teaching, please encourage them to come along!

Please email the school office for further details on dates.

Additionally, our fast track form is now live on the website, so if you know someone already wanting to become a teacher or a brilliant TA or similar in one of our schools, they can use this link to apply now before DfE Apply opens for applications in October. So please forward them this email or send them the link directly (below).

www.teachsoutheast.co.uk

Fast track apply [here](#)

Preloved maternity,
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Sunday 12th October

2-3pm

Early entry at 1.45pm for NCT members

Buy and sell clothes, books and equipment etc
for children ages 0-11 plus maternity items

Entry £2 per person (children free)
Cash, contactless and major credit/debit cards
accepted

Hosted by: Strodes College
High Street, Egham, TW20 9DR

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To register as a seller
or volunteer

Visit linktr.ee/nctsae

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ARTS**



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**OPEN REHEARSALS
IN NORTH SURREY**

**Cordwalles Junior School,
Camberley:**

**Camberley Youth Wind Orchestra
Juniors Beginner to Grade 4**
Saturday 20 September
9.30am until 11.30am

**Camberley Youth Wind Orchestra
Seniors Grade 4+**
Saturday 20 September
9.30am until 11.30am

Surrey Arts Music Centre - Molesey:

**North Surrey Arts Singers
(North SAYS)**
Singers aged 9 to 13
Tuesday 23 September
4.30pm until 5.30pm

Strode's College, Egham:

**Junior Guitar Ensemble
Beginner to Grade 3**
Saturday 20 September
9am until 10am

**Senior Guitar Ensemble
Grade 3+**
Saturday 20 September
10.15am until 11.45am

**Training String Orchestra
Grade 1 to 4**
Saturday 20 September
9am until 10.30am

**Senior String Orchestra
Grade 4+**
Saturday 20 September
10.30am until 12pm

Contact Surrey Arts for information on joining:

T: 01483 519303
E: surreyartsmusic@surreycc.gov.uk

surreycc.gov.uk/music



Find out more online



#WeAreMagna

The Magna Carta School
OPEN EVENING

Tuesday 16th September, 5pm - 8pm

The Principal will be speaking at 5:30pm and 6:30pm

We also have Open Mornings on
22nd & 23rd September and 1st & 2nd October

Tours begin at 9:15am and must be booked via telephone



www.mcs-unity.co.uk

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THURSDAY 25 SEPTEMBER 5.30 - 7.30 PM