



## Weekly Newsletter

# St Cuthbert's Catholic Primary School



Week ending 19th September 2025

Dear All

We are really getting into the swing of things now and the children across the school seem settled and happy!

It was lovely to see so many parents attend our Meet Teacher sessions, we hope these were useful to share the relevant information about what your child will be learning in the coming year.

We held the PTA AGM this week and reflected on the amazing contribution this makes to the children's experience in school. We are so lucky to have such dedicated parents that give their time and efforts to running events and raising money. We want to say a special thank you to Mrs Sturgess and Mrs Try who have led the PTA for the past 2 years and who now are stepping back from leadership to pass this responsibility on to Mrs Balloch moving forward.

Today we awarded badges of responsibility to many of the groups of children who make up our Pupil Parliament and give their energy to improve our school. Children in Y5 and Y6 were brought up in our Celebration assembly to accept their roles as House Captains, Eco-Warriors, Sports Crew, Worship Leaders, School Council, Peer Mediators and Librarians. We are so grateful for their time and know they will do an amazing job! I am in the process of recruiting and then training a group of Well-Being Ambassadors in Y4 who will take up their positions in the coming weeks.

We are holding our Macmillian coffee morning next Friday and would encourage as many of you as can make it to join us for some cake and refreshments - provided by the teachers. It is such a worthy cause and every year makes a great contribution. We would welcome any donations if you cannot make it and will share a link for this in next week's newsletter.

Next Friday we will also be celebrating Canon Chris' very special birthday! He is such an integral part of our St Cuthbert's community and the connection he has with all of our children is wonderful. We are so grateful for everything he does for our school.

It can be hard to focus on God when our hearts are distracted! In this week's Gospel, Jesus recalls the two most important commandments - love God and love your neighbour. Children will learn that removing Earthly distractions can help us focus on putting God first in our lives, which in turn helps us to love our neighbours well.

***'You cannot serve God and money.'***

***Luke 16:13***

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**

Our winner this week is **Skylar** in reception, for coming into school with a big smile! Well done for being so resilient.

**Elliot** in year 1 for being very articulate when sharing his ideas within the classroom. Well done Elliot!

**Elizabella** in year 2 for her resilience this week as she tackles the learning even if she finds it difficult to just keep going.

**Ezekiel** in year 3 for showing an appreciative attitude towards his learning, articulating his ideas clearly, and working hard on his presentation with great focus and enthusiasm.

**Jennifer** in year 4 for persevering and working hard to answer challenging questions in maths. Keep up the fantastic work!

**Anais** in year 5 for being resilient when things get tough. She has shown resilience in facing challenges and has been learning to overcome them this week. Well done.

Our dojo winner this week in year 6 is, **Barney**. Has been so articulate this week, sharing his ideas while using wonderful vocabulary at the same time.



## The Week That Was—KS1

**Year R:** This week Reception have been learning how to make the sign of the cross and joining in with our three daily prayers. We have been talking this week about our family and the things that make us happy. We used different size pebbles to recreate pictures of the people in our family and some of the children even had a go at making their pets out of pebbles! We read the story "Find your Happy" about a sloth that has learnt different ways of finding his happy again if he ever feels worried, or angry, or shy. We then drew pictures of the things that help us feel happy. We have also started our learning about ourselves and used mirrors on the art table to help us draw our own self portraits. We will be creating more pictures of ourselves using different art tools as we go through the term. Thank you to everyone for sending in your family photos to help us with our learning. Please continue to send them in if you haven't done so already.

**Year 1:** Year 1 are all adapting to new routines and working hard to reflect upon previous learning. In RE, we have been learning about Creation and how God created the world and everything in it. We have also been learning the Nicene Creed. In Science, we've made a weather station which includes a rain gauge and wind indicator. This will allow us to measure the weather throughout the seasons and compare. In ICT we have been learning how to log on to a laptop and how to use a trackpad.

**Year 2:** This week in RE we have continued to look at Noah's story and how it created a new beginning for humans, the children have reflected on how they would feel if they were Noah. We have then intertwined this with our English where we have been writing instructions on how to build Noah's Ark. The children have been doing amazing in our Science where we have been identifying different materials and the textures. This also links to our Art lessons where we have been exploring tone and shading. We have a really good week this week and I'm so proud of all the children and their hard work. Keep it up Year 2!

## The Week That Was—KS2

**Year 3:** Year 3 have had a productive and hardworking third week back, filled with curiosity and enthusiasm across all subjects. In RE, the children had lots of fun discussing the theme of 'Our Holy Day', focusing on Sundays as a special day of rest and worship. We connected this to the Biblical scripture from Genesis 2:1–4, which tells us that 'God rested on the seventh day', helping the children understand why Sunday holds such significance for many Catholics. In Geography, we continued learning about climates and weather around the world, using a globe to identify the coldest places on Earth and discussing the types of fauna and flora that survive in those harsh environments. In Science, we explored shadows, investigating how they are created and how they change depending on the direction of the light source. Meanwhile, in English, we were introduced to subordinating conjunctions, and it was exciting to see how the children used them to enhance their instructional writing with more detail and clarity.

**Year 4:** In RE Year 4 have been learning about the first part of the story of Abraham from the book of Genesis 12:1-9, God calls Abraham. We listened to the word from the Bible, explored the story through Godly play, discussed what happened, story mapped it and ended by retelling part 1 of the story in our own creative ways. We reflected on the theological virtue of hope, and we can live this virtue out in our daily lives. In English we have been imitating sentences and creating character descriptions and toolkits to help us write our own adventures story. In maths we have been working with number lines up to 10,000, exploring the difference between the start and end point and how many intervals there are. In science we have been learning about how solids, liquids and gases are made by their particles.

**Year 5:** In Y5 this week, the class have been revising their knowledge of the covenant made with God and the Israelites. They have been defining the work covenant as well as looking at the three other covenants made by God in the Bible; Moses, Abraham and King David. In Science, the class are testing the electrical conductivity of different materials using a cosmic ball - a very cool tool that conducts the body's natural energy. In English, the children have been looking at formal letters. They have looked at the different features, completed a deeper lesson on modal verbs and also story mapped to show an understanding of the sentence structures needed to write a formal letter. In Maths, place value to numbers up to 1,000,000 is the focus. Children are learning the value of the digits in quite large numbers and they are doing a terrific job of it. Well done to all.

**Year 6:** In RE, we've been exploring the concept of *original sin* and *God's redemptive plan*. The children have shown such maturity in discussing how these big ideas connect to our lives today. It's been amazing to hear their thoughtful reflections and see them making links between faith and everyday choices. Our Art lessons have been inspired by the incredible Paula Rego. Her work has sparked some brilliant conversations! We've been comparing her finished pieces to her preparatory sketches, and the children have been fascinated by how her ideas evolve. In English, we've been working on *non-chronological reports*. This week, we did some shared writing and focused on all those grammar skills that help make our writing shine. And of course, we had our very exciting badges assembly! The children were so excited as they received their shiny new badges. From house captains to librarians, from eco warriors to prayer leaders and school council, they're ready to take on their responsibilities with pride and enthusiasm.

## 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

<b>Friday 26th September</b>	Macmillan Coffee Morning in the studio, with PTA preloved uniform sale. 9am, everyone welcome
<b>Friday 26th September</b>	EYFS & KS1 drama workshops in school (Castles, Knights & Princesses)
<b>Thursday 2nd October</b>	Innovate Special Lunch Menu (American Diner)
<b>Friday 3rd October</b>	INSET Day, school closed to all pupils (Planet Soccer are running a camp at school on this day, further details below)
<b>Monday 6th October</b>	Year 1 walk to Englefield Green
<b>Tuesday 7th October</b>	Parents Evening (online) - booking links will be sent out next week
<b>Thursday 9th October</b>	Parents Evening (online) - booking links will be sent out next week
<b>Monday 13th - Friday 17th October</b>	Year 6 PGL Residential Trip
<b>Monday 20th October</b>	Individual & Sibling Photographs in school - full school uniform to be worn
<b>Wednesday 22nd October</b>	School Tours for prospective parents
<b>Wednesday 22nd October</b>	Sports Crew Training (year 5 - applicable parents have been emailed)
<b>Monday 27th - Friday 31st October</b>	Half Term
<b>Monday 3rd November</b>	Children back to school for Autumn Term 2
<b>Monday 3rd November</b>	9am All Souls Mass in school (parents welcome)



Dates for after the October half term will be communicated from next week



## Macmillan Coffee Morning



**Date:** Friday 26th September 2025

**Time:** 9am - 9:45am

**Location:** Studio

Please join us in supporting this very worthy cause. Donations from thousands of Coffee Mornings, big and small, help raise vital funds to support the almost 3.5 million people in the UK living with cancer, from the moment they are diagnosed, throughout treatment and beyond.

If you are unable to join us but would still like to donate, we will share the QR donation code via email early next week.

The PTA will also be in the studio at the same time with a **Pre-Loved Uniform Sale**.

**PRE-LOVED  
UNIFORM SALE**

WE WILL BE HOLDING A  
PRE-LOVED UNIFORM SALE  
NEXT FRIDAY DURING THE  
MACMILLAN COFFEE MORNING

GOING FORWARD, WE WILL  
ONLY BE ACCEPTING  
DONATIONS OF  
BRANDED SCHOOL KIT AND  
PINK DRESSES

WE ARE ALSO LOOKING  
FOR PARENT VOLUNTEERS  
TO HELP US MANAGE  
STOCK AND RUN MORE  
REGULAR SALES.

TO GET INVOLVED EMAIL  
[PTA@SCUTHBERTS.SURREY.SCH.UK](mailto:PTA@SCUTHBERTS.SURREY.SCH.UK)  
YOUR SUPPORT  
MAKES A BIG DIFFERENCE!

ST CUTHBERT'S SCHOOL  
ASSOCIATION

## Football Clubs (Year 5 & 6 Boys and Girls)

Please see below information on our scheduled games so far.

We will update this weekly when matches are confirmed. We will always aim for matches to be played on Mondays (girls) and Wednesdays (boys) to replace training.

ST CUTHBERTS YEAR 5  
BOYS

# MATCH SCHEDULE

Wednesday 5<sup>th</sup> November | 3.30 PM

STEPGATES VS ST CUTH

[Redacted] VS [Redacted]

[Redacted] VS [Redacted]

[Redacted] VS [Redacted]

## Innovate



Thank you once again for your support towards Innovate. The children are thrilled with the freshly cooked choices on offer and seem to be thoroughly enjoying the wide range available to them.

### A few reminders:

- All orders should be made via the app, you can now order all the way up until the October half term
- 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](mailto:primary@impactfood.co.uk)**

**0204 542 7211**

## Re Curriculum – Amazon Wish List



The Diocese are in their final year of implementing the new RE curriculum 'Day by Day' and with it comes many books and additional items that can support the teaching of the new curriculum. This will be updated throughout the year as the Year 3 and 4 teachers attend termly training and receive ideas and suggestions about resources that would enhance their learning.

There are also items still on the wish list from previous years too if anyone would like to purchase these too.

If anyone would like to support the school in any way, buying an item from the gift list would be a wonderful way to help.

<https://amzn.eu/gSbCQQN>

Please do click on the link to see if there is anything you can buy to enhance our RE at St. Cuthberts.

## Summer Reading Challenge

Before the Summer break, we heard from Egham Library.

If your child has completed the Summer Reading Challenge, please encourage them to bring in their certificate so we can celebrate their reading success in school during Friday's Celebration Assembly.



## EYFS Prayer Bear

In EYFS, Prayer Bear will be going home with a lucky family this week.



Prayer Bear aka 'Cuthbert' was hand made by a Grandma of children who are currently in our school in years 3 and 6. He is made from school uniform and he loves to say his prayers.

Cuthbert comes in a bag with the prayers being taught to the children in their first year at St. Cuthbert's.

It also has a book for families to share any of their own prayers they might say at home.

Encourage your child to give the lovingly made teddy a cuddle whilst they share the school prayers with you.

# 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](https://nationalcollege.com).

## 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!

### 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, which works with schools on improving their mental health provisions.



#WakeUpWednesday

The National College®

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@wake.up.weds

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## Flyers:



# SPORTS

# 7

## 3rd October Inset Day

**St Anne's Catholic Primary School**

Free Prae Road Chertsey Surrey KT16 8ET

**St Cuthberts Catholic Primary School**

Englefield Green, Egham, Surrey TW20 0RY

### Friday 3rd October --- Price £30



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](https://bookwhen.com/planetsoccercamps_99)




**01483 363190**  
**07912 553896**

Email: [admin@planet-soccer.info](mailto:admin@planet-soccer.info)  
[www.planet-soccer.info](http://www.planet-soccer.info)

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## Flyers:

Friendly Dance School in the heart of Englefield Green



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We help children understand routine & structure

We build confidence, coordination, balance & listening skills

We help develop a love of music & movement



## Flyers:



**Halliford School**  
SHEPPERTON

### Open Morning

Saturday 4th October  
Tours at 9am & 11:30am  
Personal tours available throughout the year

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


### Sixth Form Open Evening

Tuesday 30th September  
6pm - 8pm



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

Scan the QR code to book your visit



WITH GOD  
AS OUR SHELTER

### ST BERNARD'S CATHOLIC GRAMMAR SCHOOL

We kindly invite you to attend our Open Evening on  
Wednesday 24<sup>th</sup> September 2025

*'At St Bernard's School, students are educated in a nurturing community where each person is loved and valued.'*

Our Open Evening is for those interested in Year 7 entry in September 2026. The evening will give you the opportunity to experience a pupil led tour and observe what it is like to be a pupil at our outstanding school.

Access to the Open Evening will be by ticket only; please book one ticket per attendee. There will be three sessions to choose from; you will only need to attend one session.

There will be Headteacher's presentations throughout the evening.

Curriculum Information will be available on the school website.

Click on the link below to book your tickets:-

[St Bernard's Catholic Grammar School - Open Evening](#)

There is no parking on site so please plan your journey. Please arrive no earlier than 15 mins before your session.

We look forward to welcoming you to St Bernard's Catholic Grammar School.