



Weekly Newsletter
St Cuthbert's Catholic Primary School



Week ending 21st November 2025

Dear All

Well, the temperature has changed quite dramatically this week - we certainly seem to be moving into colder weather!

We begun our week with an NSPCC assembly in preparation for the 'Speak Out, Stay Safe' workshops that are due to take place in the coming weeks. The children from Y1-6 are also completing a mental health survey to help us understand how best to support them and give them the chance to share any concerns.

Our Christmas Fair is taking place on Sunday. Thank you to all our PTA volunteers who have been busy preparing for the event - it promises to be exciting and packed with activities so please come along to support!

Today we celebrated the close of our Jubilee year and reflected on our roles as Pilgrims of Hope. The prayer leaders led an assembly to review all the different ways in which we have marked this theme and explained how important it is to continue the good work that Pope Francis asked us to.

This coming week celebrates the feast of Christ the King. Jesus is the King of Kings and Lord of Lords, the good thief knew this and his faith saved him. Through the gift of faith, one day we too can be with Jesus in paradise.

“Jesus, remember me when you come into your Kingdom.” And He said to him, “Truly, I say to you, to-day you will be with me in paradise.”

Luke 23:43

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

Florence, in Reception for being articulate and trying hard in our nativity rehearsals.

Charlotte in Year 1 for being a model St Cuthbert's pupil by demonstrating all the fair values both inside and outside the classroom.

Camilla in Year 2 for using her initiative in lessons and working independently while being able to articulate her understanding of the work.

Ella in Year 3 for showing independence in her learning while consistently treating both teachers and friends with respect.

Kian in Year 4 for showing effort, determination, and pride in improving his handwriting. Keep up the fantastic work!

Joshua in Year 5 for excellent articulation when participating in class discussions, particularly when sharing highlights from his Draft Adventure Story.

Nico in Year 6 for being super resilient, especially in his DT lessons this week.



The Week That Was—KS1

Year R: This week Reception have been continuing their learning about the nativity story. We listened to a story called “Room for a little one” about the animals in the stable making room for Jesus and talked about the kind of king Jesus would grow up to be. In maths we have been using the words first, then and now to tell addition stories and using five frames to draw our own addition stories with pictures. In literacy we have been reading the story “One Snowy Night” and learning all about the signs of winter. We drew pictures of our favourite characters and labelled them using our Fred talk. We explored water colours in art and created our own winter tree pictures.

Year 1: Year 1 had a wonderful week. We have been learning about the birth of Jesus in RE and have looked at some beautiful artwork. The children have been continuing to learn their nativity songs. We are sure you have been hearing some of them at home already! They have all been partaking beautifully. We continued with our DT lessons and even went outside to test our windmills. In English we have been guided writing and had to innovate a traditional tale. The character Little Red Riding Hood has become Little Blue Fox! They have all worked very hard, well done Year 1!

Year 2: In Year 2 we have been looking at the story of Mary and how she was visited by Angel Gabriel. The children then used their knowledge of the story and acted this out to deepen their understanding of what happened and how Mary felt. We have been doing lots of Nativity practice this week and it is so lovely to see how hard the children are working on their lines and the songs. This week in History we looked at whether the children think that Guy Fawkes is a villain or a hero and we had some really interesting conversations about what they thought. DT we have been looking at healthy eating and the children made a menu for their own restaurants thinking about what they would have in each meal to make sure that it is healthy. In English the children have written up their big writes where they have been writing their own traditional tales which they have all worked so hard in. Well done Year 2 another superb week!! Keep it up.

The Week That Was—KS2

Year 3: This week in RE, we concluded the story of the Mass and thought carefully about how the promises and guidance found in Bible stories can help us make good choices in our own lives. In Maths, we began our new unit on multiplication and division, and we have been confidently recalling multiples of 2, 5, and 10. In Science, we explored a variety of everyday objects to investigate which materials are magnetic and which are not. During DT, we had a brilliant time creating 3D shapes by cutting, folding, and sticking nets. We worked hard to line up the edges and tabs carefully, knowing these skills will be essential when we start designing and building our own castles.

Year 4: In RE we have been learning about the role of Elijah as a good prophet. We gave examples of from the scripture of how Elijah showed the five roles of a prophet. We also learnt about the importance of a Jesse tree and created symbols to add to our class tree. In English we boxed up ideas for our very own version of 'The Egyptian Cinderella'. After a guided write we have been writing our own versions. In Maths we have been busy measuring the area of shapes. We started the week by using counters to measure shapes around the classroom, then we counted squares, made shapes and ended the week with comparing area. In RSE and citizenship we spoke about what makes a good team. In History we learned about Hieroglyphics and used them to crack some codes. We created arguments to the question 'Should we keep artefacts in museums or send them back to Egypt?' We had a class debate with some very good arguments for and against - we have some future politicians among us! In Computing we started to edit audio using the audacity app.

Year 5: In Y5 this week, the children have been studying young David and the qualities and attributes that made him suitable to be chosen by God to be a good king. They have been linking it to modern world leaders and what attributes make a good leader in present day - both in the classroom and worldwide. In Maths, the class have continued their learning about fractions. This has been challenging for all and has given the class so excellent discussion points to reason why different fractions are equivalent. In English, the class have been busy planning and writing their BIG write based on an adventure story. Computing this week brought the iPads into use. The class learnt about different angles they can use to create effective videos. In Science, the class are continuing with the unit based on separating mixtures and spent time investigating sieving using grading sieves.

Year 6: This week in RE, we have been learning about **Typology**—a way of understanding how events and people in the Old Testament point forward to the New Testament. Typology helps us see the Bible as one connected story, where God's plan unfolds across both covenants. We explored the **Old Covenant**, looking at important women from the Old Testament, such as Sarah, Hannah, and Ruth. These women played key roles in God's promises and prepared the way for something greater. Then, we linked this to the **New Covenant**, focusing on **Mary**, the Mother of Jesus. Mary is seen as the fulfillment of these earlier examples—she said "yes" to God and became part of His greatest promise: the coming of the Savior. In English, the children completed their **Big Write**—this time crafting a **suspense story**. They worked hard to build tension and keep the reader guessing, using descriptive language. In DT the children have been practicing their **running stitch** and discussing the best ways to create a neat and strong seam. It's been wonderful to see their sewing skills develop as they prepare something special for the holiday season.

Parish Newsletter

The Parish of St Cuthbert, Egham

One Parish Family, Embracing Change

Please follow the below link to our Parish newsletter for Mass timings, events and other information

[The Parish of St Cuthbert, Egham | One Parish Family, Embracing Change](#)



Parish First Holy Communion Programme

For all baptised children who are Y3 and above who wish to join the programme for Reconciliation and Holy Communion, please come along to the parents meeting on **Monday 24th November, 6-7pm in the Jurgen Centre.**

See the Parish newsletter for more info.

SIF Signing for Reception 2026 Intake

- Friday 12th December 2025 3:45pm - 4:15pm
- Saturday 13th December 2025 11:15am - 11:45am

Postcards of Hope competition

Thank you for all of the entries. The effort that went into creating such beautiful portrayals of hope was incredible and inspiring. The prayer leaders met this week to vote for their favourites and they are excited to announce their top three.

The winners are;

Amelia P (Y6)

Amelia, Izzie and the Mason family (Y5 and Y6)

Sarah, Rachel and the Thachil Family (Y2 and Y4)

As all of the designs were so thoughtful, all of the entries will be made into postcards as part of our Jubilee Legacy but these three will be the first to be posted to special people around the world (including Pope Leo!).





[Parent Newsletter – Ten Ten Resources](#)



Autumn Term 2 Diary Dates

Sunday 23rd November	PTA Christmas Fair 12pm - 3pm
Monday 24th November	St Cecilia House Day - house t-shirts to be worn for children in this house
Monday 24th November	Years 1 & 2 Wintershall Trip - collection from St Anne's School Chertsey at 2:40pm
Thursday 27th November	NSPCC Speak Out Stay Safe Programme in school (years 2, 5 & 6)
Thursday 27th November	1pm School Tours for Prospective Reception 2026 Parents
Friday 28th November	EYFS Birthday Party in school, party clothes to be worn
Monday 1st December	Inset Day (St Francis of Xavier) School closed to all pupils
Tuesday 2nd December	Year 5 & 6 Reconciliation
Wednesday 3rd December	Year 5 Anglo-Saxon Workshop in school (costumes to be worn)
Thursday 4th December	Year 4 Reconciliation
Thursday 4th December	Exposition of the Blessed Sacrament
Saturday 6th December	6pm Mass in Church - Choir to sing (school uniform to be worn). Choir children to arrive at 5:30pm to meet Mr Ellson
Tuesday 9th December	KS1 Nativity performance to parents - 2pm
Thursday 11th December	EYFS Nativity performance to parents - 2pm
Thursday 11th December	Year 6 church visit
Friday 12th December	Christmas Jumper Day



Autumn Term 2 Diary Dates

Friday 12th December

Christmas Jumper Day

Tuesday 16th December

KS2 Advent Service in Church

Wednesday 17th December

School Christmas Lunch (orders to be placed directly with Innovate)

Friday 19th December

Last day of term. Children finish at 1:15pm. No After School Club.



PTA:



ST CUTHBERT'S SCHOOL ASSOCIATION
Christmas Fair

SUNDAY | **23** | NOVEMBER
12-3PM
At the school

Please speak to your class rep to find out how you can help!

HEANLY HARRIS
GW95 GROUNDWORKS 95
TRY SECURITY

NEVIN & WELLS

WE NEED YOU FOR THE CHRISTMAS FAIR

Come and join us for an afternoon of festive fun, food and family cheer – at our annual School Christmas Fair:

WHAT's in STORE:

- **Father Christmas Grotto** – Pre booking and payment required – **PLENTHY OF SPACES STILL AVAILABLE PLEASE BOOK** as per the What's App message
- **Bottle Tombola** – Drop your bottles off on **Friday 21st November** for Mufti
- **Teddy Tombola** – if you have any well looked after and washed Teddies, please bring them into school and drop at the office **wk.c 17th November**
- **Raffle** with some amazing prizes - tickets will be on sale **Monday 17th, Thursday 20th at drop off** in the morning and **Friday 21st drop off and pick up**

Plus there will be games, crafts, sweets, hot food, cakes, bar and shopping bazaar in our very own Elfridges and Knit & Natter!

Remember we will be cashless on the stalls – PTA pounds will be available to buy on **Friday 21st** at drop off and pick up and on the day for exact cash or card payment. Plus sumup payments on the day.

Volunteers – We Need You!

We'd love your help – from putting up decorations on Friday 21st after school to lending an hour on your class stall on the day, please let your class rep know how you maybe able to help!

We would love to raise over £3k for this event so please help in anyway you can.



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Year 5/6 Girls Football Club

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Game Schedule:

ST CUTHBERTS YEAR 5/6
GIRLS FOOTBALL

MATCH SCHEDULE

MONDAY 24TH NOVEMBER 3.40PM

ST CUTH VS HOLY FAMILY

Monday 12th January | 3:40 PM

ST CUTH VS LYNE & LONGCROSS

MONDAY 26TH JANUARY 3.40PM

ST CUTH VS MANORCROFT



Year 5 Boys Football Club

Game Schedule:

ST CUTHBERTS YEAR 5
BOYS

MATCH SCHEDULE

WEDNESDAY 19TH NOVEMBER 3.40PM

WRAYSBURY VS ST CUTH

WEDNESDAY 10TH DECEMBER 3.40PM

ST CUTH VS ONGAR PLACE

WEDNESDAY 11TH FEBRUARY 3.40PM

ST CHARLES VS ST CUTH

6

Year 6 Boys Football Club

Game Schedule:

ST CUTHBERTS YEAR 6
BOYS

MATCH SCHEDULE

Wednesday 10th December | 3:40 PM

ST JUDES vs ST CUTH

The graphic is a vertical rectangle with a dark purple background and light purple wavy patterns at the top and bottom. It contains the following text: 'ST CUTHBERTS YEAR 6 BOYS' in white, 'MATCH SCHEDULE' in large white letters, 'Wednesday 10th December | 3:40 PM' in white, and 'ST JUDES vs ST CUTH' in white, with 'vs' inside a small white circle. The team names are on purple rounded rectangular backgrounds.

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Year 6 Boys Football Club

ERPSSA Football Tournament

On Thursday 13th November, the Y6 boys team attended the ERPSSA football tournament held at Royal Holloway University.

When we saw our tough group we were determined to do well. First we played Cobham Free School and we beat them 2-0 which got us off to a great start. Our next game was against Cleves. We knew this would be tough as we played them last year and we won against them in the Y5 final. We knew they would want revenge. It was a close game but we lost 1-0 with an unlucky goal that went in after the ball went out of the pitch. Next up was Manorcroft, this team is full of our friends so would be another tough game - we won this one 2-1. We got through the group stages!

Looking forward to our next game, we heard we were playing Holy Family who we played in the league last year. We came close to scoring a few times. They shot from miles out and Gab wasn't able to do anything because the ball went 'boom' into the back of the net. Unfortunately, they won 1-0 and it was the end of our tournament.

We really enjoyed this tournament and are looking forward to more matches in the league. Thank you to Coach Tom for taking time out to support us.

By Charlie and Rhys



Netball Club

Game Schedule:

THURSDAY 27TH NOVEMBER

YEAR 5 NETBALL

HOLY FAMILY



ST GUTH

DETAILS EMAILED TO PARENTS

SCHOOL



NETBALL



Netball Club

Game Schedule:

THURSDAY 4TH DECEMBER

YEAR 6 NETBALL

HOLY FAMILY



ST GUTH

DETAILS EMAILED TO PARENTS

SCHOOL



NETBALL



Netball News

Our Y6 netballers played against St. Jude's on Wednesday. Playing a local derby is always a worry but luckily we came out on top with a 9-2 win.

The girls (both sides) displayed excellent sportsmanship through being honest with which team were owed the ball and keeping the score.

Thank you to Mrs Langley for refereeing the match too.

If your child (boys and girls) in Y4 or above are interested in joining the netball team, please come along for a trial session on Thursday. Just let the office know and this can be organised.



Wake Up Weekly Bulletin

At The National College, our WakeUpWednesday guides empower and equip parents and carers with the confidence and practical skills to be able to have informed and age-appropriate conversations with their children about online safety, mental health and wellbeing, and climate change. For further guides, hints and tips please visit nationalcollege.com.

10 Top Tips on Supporting Children with SELF-REGULATION

Children need to learn to understand and recognise their emotions, while finding healthy ways to process them. Emotional self-regulation, however, depends heavily on age and development. While very young ones or children with special educational needs and disabilities (SEND) may find it particularly challenging to self-regulate, nurturing these important skills can be hugely beneficial. Here are ten top tips for supporting children with their self-regulation.

1. DESIGNATE A TRUSTED ADULT

It's vital that children feel safe and know that there's someone they can always go to for help if they need it. Schedule consistent times for the child to develop a relationship with this person – ideally through play and games – allowing trust to grow and ensuring that the child is more likely to come forward if anything is wrong, rather than hiding their emotions.

2. MEET CHILDREN HALFWAY

Unless you know where a child is developmentally and tailor your approach to their needs, you're less likely to have an impact. In particular, younger ones and children with SEND can struggle to self-regulate and instead rely on others to help them. We call this 'co-regulation'. Rather than offering strategies for self-regulation, it could be better to start co-regulating with a trusted adult first.

3. FACTOR IN THEIR BASIC NEEDS

Remember that for a child to develop emotional regulation skills, their basic needs must be met first. Children who are hungry, tired, cold and so on – as well as those who have experienced adverse childhood experiences – may struggle to self-regulate. Before you develop strategies with any child, make sure they feel safe, secure and comfortable in themselves.

4. REMAIN PATIENT

If a child is struggling with their emotions, it can often become difficult to stay calm. Remember that dysregulation is beyond their control, so a display of frustration or anger could negatively impact the situation. Instead, children need to be met with comfort and understanding to help them manage these problematic feelings.

5. BE 'A DYSREGULATION DETECTIVE'

While some children can tell you why they become dysregulated, many others can't. You could investigate potential triggers by observing the child and talking to their family. When the child becomes dysregulated, note down details like the time, what they're doing and who they're with – the trigger may be someone they sit near, an unmet sensory need or something else entirely. Once we identify some triggers, we can help to avoid or overcome them.

6. USE SUITABLE LITERATURE

There are some wonderful books that can help you teach self-regulation to children. Reading these with a child can be especially powerful. Take time to discuss the content; ask questions about what feelings the characters had, why they felt that way and what strategies helped them. It can also be useful to refer back to snippets of these books at appropriate moments.

7. TRY SENSORY RESOURCES

An overlap between sensory needs and emotional regulation is possible. Children may struggle to self-regulate if they're experiencing sensory overload (a noisy classroom, for example). Positive sensory input can help calm them down. Use resources such as weighted blankets and fibre-optic lights. Of course, what works for one child might not work for another – so it's important to offer a choice of resources to discover which they prefer.

8. NURTURE INDEPENDENCE

If you feel it's appropriate, let children try out these strategies alone. Always offer them a choice: they could listen to music when they're feeling stressed, for example, or they could write down their worries or draw something to represent how they feel. This may take time for the child to get used to, so be patient. Encourage them to share any helpful strategies with a trusted adult.

9. MODEL GENUINE FEELINGS

Children learn a lot just from watching grown-ups. Don't be afraid to show your own emotions and self-regulation strategies. While you'll obviously want to avoid sharing anything too personal with children, they should still see us experiencing and handling our own feelings. Tell them how you are feeling, then show them how to respond in a healthy manner.

10. FORMULATE A PLAN

As much as we try to prevent children from experiencing dysregulation, it's always wise to have an appropriate plan for when it does happen. Discuss this strategy with the child (if appropriate) and their family. The best approach for an individual child is often a bespoke one; it's hugely important to know in advance what might help and what could worsen the situation.

Meet Our Expert

Georgia Durant is an author, former teacher, Special Educational Needs Coordinator and the founder of the award-winning SEN Resources Blog, where she shares activities, advice and recommendations for parents and teachers of children with SEND.



#WakeUpWednesday

The National College

@natonlinesafety

/NationalOnlineSafety

@nationalonlinesafety

@national_online_safety

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Flyers:



Stagecoach Staines

STAGE COACH

OPENING
Jan '26:
additional school!

Main Stages, 6-18 yrs
split into age appropriate groups

Saturdays 10.15am - 1.15pm

Thomas Knyvett College, TW15 3DU

ENROL TODAY

Spring term
10th January - 28th March

Quote 'School Newsletter 25' for a chance to win a **FREE!** place on our Summer '26 Workshop

staines@stagecoach.co.uk **07802 800633**

www.stagecoach.co.uk/staines

Flyers:



SPORTS 7

December Multi Sport Inset Day

St Anne's Catholic Primary School

Free Prae Road, Chertsey, KT16 8ET

Cardinal Newman Primary School

Arch Road, Hersham, Surrey KT12 4QT

Monday 1st December



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

<http://planet-soccer.info/book-a-holiday-course/>

01483 363190
07912 553896

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

Planet Soccer PlanetSoccerSP7 planetsoccerSP7

Flyers:

Brentford FC CST are running sessions at Hazelwood Centre in Sunbury for children in the local community!

These sessions are designed to be inclusive and accessible, booking details below.



Community
Sports
Trust

Monday Night Football

EVERY MONDAY

3

10

17

24

1

8

15

NOV

DEC

Boys & Girls | School Year 3 - 11

17.30 - 18.30 (Years 3 - 6)

18.30 - 19.30 (Years 7 - 11)

Hazelwood Centre, Hazelwood Dr,
Sunbury-on-Thames, TW16 6QU

7 sessions = **£35**

Book Now

