



Weekly Newsletter St Cuthbert's Catholic Primary School



Week ending 20th March 2026

Dear All

It has been another busy week as we move towards the end of term, but the sun has finally been shining!

Y5 visited church on Monday to deepen their spiritual understanding. We are so grateful for Canon Chris, who spends time with the children to share his expertise and answer their questions.

The Lenten sales were a great success on Tuesday. The school council, guided by Miss Syeda, prepared a range of activities and each class enjoyed a slot to spend the money they had been earning by helping out at home. Thank you to parents for your support!

Year 2, 3 and 4 celebrated St Joseph's Day yesterday with their Buddy Mass. The children played important roles in the service, and it was a lovely reflection. Thank you to the parents who were able to attend and to Canon Chris for leading.

We celebrated St Cuthbert's Day today and have been completing activities this week to lead us to this point. We talked about St Cuthbert in our Liturgy of the Word on Monday and have been trying to follow his qualities of kindness and compassion. This afternoon, the children received the treat of an ice cream as a van arrived on our field to surprise them - thank you to the PTA for funding this for everyone and for Mrs Well's mum and her van!!

In the Gospel, we hear that Martha was invited to say 'Yes!' to faith in Jesus. Through a reflection on the Creed, in the coming week, children will be invited to think about their own beliefs. This Lent, we can say 'Yes!' to faith in Jesus and His promise of eternal life.

"Do you believe this?" She said to Him, "Yes, Lord; I believe that you are the Christ, the Son of God..."

John 11:26-27

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

Lilly in Reception - for displaying all of our fair values during her work and play.

Mason in Year 1 - for working really hard to articulate all his sounds clearly and applying them when he is reading and writing.

Anna in Year 2 - for being really resilient this week with her arm and pushing on even when it hurts to carry on learning.

Tino in Year 3 - for staying focused in lessons and working independently during assessments.

Charlotte in Year 4 - for working hard and showing increasing independence in her learning.

Kevin in Year 5- for persevering with his handwriting and for being incredibly resilient this week.

Lauren in Year 6 - for taking being resilient and taking initiative during the Lenten sales.



The Week That Was - KS1

Year R: This week Reception have been reading the story “The Scarecrows Wedding”. We have been using our Fred talk to write speech bubbles for the different animals on the farm to show the different sounds they make and have been practising identifying special friends (digraphs) in words. In maths we have been practicing how to subtract and using tens frames and the part-whole model to help us subtract with practical resources. We have been using different tools, such as forks, to paint spring pictures and been exploring the lifecycle of a butterfly with the story of “The Very Hungry Caterpillar”.

Year 1: Year 1 have had a very busy week this week. In RE we have been learning about The Last Supper and how Jesus wants us to remember him. We have been adding the finishing touches to our puppets in DT. We have also been looking at how we sort data in computing. Our non-chronological reports are beginning to take shape, and we are introducing plurals. Well done, Year 1!

Year 2: Year 2 have been looking at the resurrection this week and why it happened. They have done an amazing job at then seeing the signs of new life in the scripture and how we see these signs in other scriptures. In Maths we have looked at measurements and the children have shown some real resilience of trying to understand it and we have worked so hard together. In English we have written our big writes and the children have written some amazing informal letters. We also had a look at what foods are good for us and what aren't so good in Science. The children have worked so hard this week! Well done Year 2!

The Week That Was - KS2

Year 3: This week in Year 3, we deepened our learning about the Eucharist by exploring the role of the tabernacle and reflecting on why it is treated with such reverence, linking our discussions to the Church catechism and the practice of Adoration, where people come before Jesus in quiet devotion. In RSE and Citizenship, we continued our work on *Diverse Britain*, thinking carefully about the purpose of rules, responsibilities, and laws, and how the structures we follow in school mirror those that help keep society safe, fair, and protected. In Maths, we began our new unit on Mass, practising how to read a variety of scales, identifying intervals, estimating before measuring, and recognising how these skills are used in everyday life—from cooking to weighing parcels or objects around the home. In DT, we moved from researching imported foods to investigating seasonal produce, exploring how the UK's temperate climate affects what grows at different times of the year and comparing this with foods grown in other climates around the world, helping us understand sustainability and global food journeys more deeply.

Year 4: Year 4 have had a busy and meaningful week. In English, the children have been independently writing persuasive debate texts before editing and publishing their final versions. In Maths, they have been adding and subtracting fractions and mixed numbers, developing confidence with common denominators. In RSE, they explored why people might borrow money and discussed the emotions that can come with borrowing. In History, they learned how Roman roads were constructed and what made them so strong. In RE, the children listened to Holy Week scripture in a reflective and reverent way and created a timeline of the key events leading up to Easter. Alongside all this, we celebrated three saints: St Patrick, St Joseph—marked with a special buddy Mass—and St Cuthbert, whose feast we honoured with daily silent, reflective prayer and a lovely treat to end the week.

The Week That Was - KS2

Year 5: Year Five enjoyed a trip to the Church this week. They spent time with Canon Chris learning about what heaven and hell isn't and what it actually is. This promoted some interesting conversations and the children engaged well with this. In English, the class have been introduced to a model text about characters changing within a story. They have used thesaurus' to look for synonyms of words to help with this. In Maths, the unit is now perimeter and area. There have been some challenging questions that require all the brain power but the children have dug deep and achieved success. In DT, the children used their doodlers to create a doodle kit complete with a full set of instructions for how to make them. History was fun this week as the children learnt about Alfred the Great - and if he really was that great.

Year 6: In RE this week, Year 6 have been exploring the trial of Jesus, using Scripture, Jewish law and historical evidence to consider whether the trial was fair. The children have shown excellent critical thinking skills as they weigh up different viewpoints and sources. Our History lessons have taken us back to Ancient Greece, where we have been studying famous myths and discovering how these stories were closely linked to Greek religion and beliefs. The class have enjoyed discussing what these myths reveal about the ancient world.

In DT, the children are entering the final phase of their automata toy project. They are carefully adding the finishing touches, showing great creativity and perseverance. We are extremely proud of the resilience Year 6 have shown during their assessments this week.

To celebrate St Cuthbert's Day, we have also been reflecting on how we can be kind to one another and spending time in silent prayer, just as St Cuthbert did.

Diary Dates Spring Term 2

Xavier Science Fair Grand Final

Tuesday, 24th March 2026

Year 4 Bikeability

Wednesday, 25th - Thursday, 26th March 2026

Stations of the Cross

Thursday, 26th March 2026, 2:00pm

End of Term - 1.15pm Finish (no After School Club)

Friday, 27th March 2026

Summer Term Starts

Monday, 13th April 2026



Sporting Dates Spring Term 2

Cross country event

Saturday 21st March 2026

Girls football game vs Wraysbury away

Monday 23rd March 2026

Year 5 Football tournament at Royal Holloway

Thursday 26th March 2026



Lost Property

We have a large amount of lost property in the basket. We will aim to put this outside the main office at afternoon collection, every day until the end of term (weather permitting).

Please take some time to look through the items if your child is missing anything.

Please note: any unclaimed items at the end of term will be donated.



Parish of Weybridge



Download the latest newsletter here:

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

KEY LENTEN LITURGIES & GATHERINGS

There are many parish and school activities during Lent. Please do support by weekly attendance at Mass and joining in as many of the other opportunities as you can.

18th Feb **Ash Wed Masses in Church (Child friendly) Midday and 7pm**

23rd Feb **School Lent Launch with Ashes (not a Mass)**
Reconciliation in St Cuthbert's Y4 am / Y5 pm

24th Feb **Reconciliation @ St Cuthbert's Y6 pm**

27th Feb CAFOD Fast Day

Canon Chris to visit EYFS & Y3

28th Feb **First Reconciliation (FHC Group)**

28th Feb Quiz night in Jurgens Centre (CATENIANS and School)
To raise funds for Liturgical Books – please support! 7pm

1st March CAFOD collection (and vigil Mass)

6th March **Canon Chris to visit Y1 & Y4**

15th Mar MISSIO appeal for promoters (and vigil Mass)

15th Mar Laetare Sunday

16th Mar **Yr 5 visit to the Church 1:30pm**

20th Mar **1:30pm Canon Chris general "St Cuthbert Day" visits ...**
then Canon Chris to visit Y2 / Y5

20th Mar **Stations of the Cross,**
Exposition, Reconciliation, Benediction 7pm – 8pm

23rd Mar **Lenten Reconciliation (Confirmation Group)**

26th Mar **Key stage 2 Stations of the Cross**

29th Mar Palm Sunday / Holy Week begins

1st Apr 6pm Chrim Mass
@ Arundel Cathedral

2nd–4th Apr The Most Sacred Triduum

4th–5th Apr Easter Vigil and Easter Sunday

Stations of the Cross Fridays, 7pm, Assumption of Our Lady (side-door entrance)
weekly from 20th Feb.

Lenten Prayer on Zoom Thursdays, 7pm weekly

Email catholic.in.egham@gmail.com or speak to Anne-Do to join.

Mr Ellson's Fundraiser



Dear all,

As most of you know, I am walking the entire Camino Frances in April of this year. This is in aid of helping your schools with their music budgets.

LINK: <https://gofund.me/00549fe33>

This is the link to my fundraising page. I will be splitting the pot equally between my nine SSP Schools and ALL the money raised will be going to this cause (ie: I am funding the trip and travel personally).

All the best,

Fraser Ellson

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.

What Parents & Educators Need to Know about ENERGY DRINKS

Energy drinks are highly caffeinated beverages often consumed for a quick energy boost. However, excessive intake can lead to health risks like increased heart rate and sleep disturbances. Statistics underline these products' popularity among young people – many of whom consume them regularly. Here's our expert's advice on addressing the concerns surrounding energy drink consumption in adolescents.

WHAT ARE THE RISKS?

HIGH CAFFEINE CONTENT

Most energy drinks contain high levels of caffeine: often much more than a typical cup of coffee or fizzy drink. Excessive caffeine consumption can lead to increased heart rate, high blood pressure, anxiety, insomnia, digestive issues and – in extreme cases – even more severe conditions. For children and adolescents, whose bodies are still developing, excessive caffeine intake can be particularly harmful.

INCREASED RISK OF HEART PROBLEMS

The combination of high caffeine levels and the other stimulants found in energy drinks can put extra strain on the cardiovascular system. Potentially, this could lead to irregular heart rhythms, palpitations and increased future risk of heart attack – especially in individuals who have an underlying heart condition.

IMPACT ON MENTAL HEALTH

The significant levels of caffeine and sugar in energy drinks can exacerbate anxiety, nervousness and even – in susceptible individuals – contribute to panic attacks. Additionally, the crash that often follows the initial energy boost can actually make mood swings worse and possibly lead to feelings of depression and irritability.

DISRUPTED SLEEP PATTERNS

Consuming energy drinks, especially during the afternoon or evening, can disrupt normal sleep patterns. The stimulating effects of caffeine can make it difficult for children and young adults to fall asleep – leading to insufficient rest and its associated health risks, including impaired cognitive function, mood disturbances and decreased academic performance.

LINKS TO SUBSTANCE ABUSE

Some research has suggested a correlation between energy drink consumption and higher rates of alcohol and drug use among young adults. Young people may mix energy drinks with alcohol, mistakenly believing that the energy drinks' stimulant effects will counteract the sedative nature of alcohol. This combination, however, can be dangerous and increase the risk of accidents, injuries and alcohol poisoning.

POTENTIAL FOR DEPENDENCY

Frequent consumption of energy drinks can lead to tolerance – meaning that individuals may need to consume increasing amounts to continue achieving the desired effects. This can potentially lead to dependency and addiction, especially in younger individuals who may be more vulnerable to addictive behaviours.

Advice for Parents & Educators

LIMIT CONSUMPTION

It's wise to educate young people about the potential risks related to energy drinks, emphasising the consequences of excessive caffeine consumption. Encourage healthier alternatives like water, herbal teas or natural fruit juices. You can model healthy behaviours by restricting your own consumption of energy drinks and creating a supportive environment for informed choices.

PROMOTE HEALTHIER HABITS

Schools can help with this issue by including discussions about the possible dangers of energy drink consumption into their health education curriculum. Encourage children and young adults to critically evaluate the marketing messages they see and make informed choices about their health. Teachers could also provide resources and support for children to identify healthier alternatives.

ADVOCATE FOR REGULATION

If this is something you're particularly passionate about, you could work with local health organisations and policymakers to advocate for regulations on energy drink sales to children and young people. Raise awareness among parents, educators and community members about the potential health risks associated with energy drinks and support initiatives promoting healthier options in schools and communities.

SET A POSITIVE EXAMPLE

Adults can model healthy behaviours by visibly choosing alternative beverages instead of energy drinks. Maintain open communication with children and young adults about the reasons for limiting energy drink consumption – underlining the importance of balanced nutrition, adequate hydration and sufficient sleep for overall wellbeing and academic success.

Meet Our Expert

Dr Jason O'Rourke, Headteacher of Washingborough Academy, champions food education and sustainability – and his school holds the Soil Association's prestigious Gold Catering Mark. Jason has spoken about food education at Westminster briefings and overseas. A member of the All-Party Parliamentary Group on School Food, he co-founded TastEd, a sensory food education charity.



Source: See full reference list on guide page at: nationalcollege.com/guides/energy-drinks

St Cuthberts Summer Term Clubs

Please use the below booking flyers to book your child on:



PLANET SOCCER COACHING

AFTER SCHOOL CLUBS

ST CUTHBERT'S PRIMARY SCHOOL
Summer Term 2026

Tuesday – Multi Sports
3:20 - 4:20pm | Yrs 1,2,3,4,5,6

Friday – Dodgeball
3:20 - 4:20pm | Yrs 3,4,5,6

Bookings Open Friday 20th March

For Dates, Prices & Bookings Visit: <https://bookwhen.com/psclubs>
or scan the QR code

For more information contact us on
admin@planet-soccer.info
01483 363190



St Cuthbert's Primary School, Englefield Green,
Egham, TW20 ORY

SCAN ME

Sports 7 Ltd Trading As Planet Soccer: 11219403

St Cuthberts Summer Term Clubs

Please use the below booking flyers to book your child on:



Dear Parent/Carers,

Please see below QR code for you to access the registration form to sign up or click the link below if preferred.

Pricing - Summer term - 13 lessons for £91

Account name - Mrs J Boyt
Sort Code - 40-47-69
Account number - 93850498

Any questions or queries please don't hesitate to contact me.
Email - jbdancefit25@gmail.com

With best regards,

Juliet Boyt

<https://forms.cloud.microsoft/e/mbf9mWNnBU>

JB DanceFit - Registration Form -
St Cuthbert's Catholic Primary
School - Years 2-6 Summer



St Cuthberts Summer Term Clubs

Please use the below booking flyers to book your child on:

Dear Parents/Carers,

We are delighted to announce that Mrs Protheroe will be continuing her **Wellbeing Club** in the Summer Term. This club will run on **Friday mornings** and is designed to support children's emotional wellbeing in a positive and engaging way.

Club Details:

- **Dates:**
 - 17th April – 15th May (x5 weeks)
 - 5th June – 10th July (x6 weeks)
- **Time:** 8:00 AM – 8:40 AM
- **Location:** Year 2 Classroom
- **Cost:** £44.00 for the whole term (£4 per session), payable via Scopay

The focus of the club will be **children's wellbeing**, with a different theme each week. Sessions will be **activity-based** and aim to create a calm, supportive start to the day.

Research shows that wellbeing activities can help children:

- Build resilience and confidence
- Improve emotional regulation
- Develop positive coping strategies
- Start the day feeling calm and ready to learn

To maintain an appropriate and comfortable atmosphere, the club will be limited to **a small group of up to 12 children**.

Sign-up Information:

Places will be allocated on a **first come, first served basis**. Children who have not signed up for the club before will take priority to ensure a fairness, however, this is open to all children. Please email the school office (info@stcuthberts.surrey.sch.uk) if you would like your child to attend. In the event that the club is oversubscribed, your child will be placed on a waiting list.

Thank you for your support in promoting wellbeing across our school community.

Kind regards,
Mrs Protheroe



Flyers:



 ASCOT

School fundraiser

KIDS
GO
FREE

Get ready for our springtime extravaganza! This year, young racegoers can step into a world inspired by Enid Blyton's 'The Magic Faraway Tree', with free themed entertainment throughout the day. There will be friendly animals to encounter, lively entertainers, face painting and hands-on craft activities. Join us for exhilarating racing and family fun while also raising money for your school.

Illustrations by Mark Lewis. © Hodder & Stoughton Limited. The Magic Faraway Tree® and Blyton® and Enid Blyton's signature are registered trademarks of Hodder & Stoughton Limited. All rights reserved.

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donation to your school

Use code **SCCPSCHOOL**

Queen Anne Enclosure tickets from £24
Accompanied under 18s admitted free*
Book today at ascot.com | 0344 346 3000

Cashback paid on Queen Anne Enclosure tickets booked in advance. All activities are free of charge. Entertainment correct at time of going to press but may be subject to change. *Maximum four children with a full-paying adult.

Flyers:

NEW FOR
EASTER

active sport Egham

Ofsted WE ACCEPT CHILDCARE VOUCHER PAYMENTS REGISTERED

SAME GREAT EXPERIENCE - BETTER VALUE YOUR WAY, EVERY DAY

Week 1
March 30th - 2nd April

Week 2
7th April - 10th April

3 SPORTS EACH DAY

6 SESSIONS

OVER 20 SPORTS SESSIONS IN 1 WEEK!

9am-4pm
Early Birds 8:15
Late Party 6pm

3 XT ACTIVITIES

3 XT CRAFTS

6 SESSIONS


OVER 40 XT SESSIONS IN 1 WEEK!

SCAN ME

WWW.ACTIVESPORT.CO.UK
OR
WWW.XTCLUB.CO.UK


2NI HOLIDAY CAMP


Flyers:






Week 1
March 30th - April 2nd

ENJOY
EASTER





Early Drop Off from 8:15am

	Monday	Tuesday	Wednesday	Thursday	Friday
Registration, Welcome, Rules & select your first two activity sessions, you can change halfway through or stay for part 2!					
9:00 - 9:30  First Activities	Easter Cards	Crafts	Board Games	Colouring/Painting	Closed
	Inflatable Fun	Inflatable Fun	Parachute Games	Curling	Closed
	Driving Range	Tennis	Table Tennis	Rounders	Closed
Snack Time & select your next two activities, you can change halfway through or stay for part 2!					
11:00 - 11:15  Half Way Activities	Toy Chest	Just Dance	Lego	Easter Crafts	Closed
	Bowling	Nerf	Inflatable Fun	Dodgeball	Closed
	Gymnastics	Cricket	Putting Green	Basketball	Closed
Lunch Time & select your final two activities, you can change halfway through or stay for part 2!					
12:45 - 13:45  Final Activities	Corn Hole	Axe Throwing	Egg Hunt	Toy Chest	Closed
	Darts	Dodgeball	Egg Hunt	Inflatable Fun	Closed
	Football	Egham Boxing	Egg Hunt	Uni Hoc	Closed
15:45 - 16:00 Awards					
16:00 - 18:00 Dismissal & Xtra Time Activities					





Week 2
April 7th - April 10th

ENJOY
EASTER





Early Drop Off from 8:15am

	Monday	Tuesday	Wednesday	Thursday	Friday
Registration, Welcome, Rules & select your first two activity sessions, you can change halfway through or stay for part 2!					
9:00 - 9:30  First Activities	Closed	Crafts	Board Games	Colouring/Painting	Toy Chest
	Closed	Inflatable Fun	Axe Throwing	Inflatable Fun	Dodgeball
	Closed	Football	Benchball	Putting Green	Handball
Snack Time & select your next two activities, you can change halfway through or stay for part 2!					
11:00 - 11:15  Half Way Activities	Closed	Board Games	Crafts	Lego	Colouring / Painting
	Closed	Dodgeball	Boccia	Archery	Inflatable Fun
	Closed	Table Tennis	Gymnastics	Football	Netball
Lunch Time & select your final two activities, you can change halfway through or stay for part 2!					
12:45 - 13:45  Final Activities	Closed	Toy Chest	Cornhole	Egg Hunt	Just Dance
	Closed	Darts	Inflatable Fun	Egg Hunt	Nerf
	Closed	Egham Boxing	Driving Range	Egg Hunt	Uni Hoc
15:45 - 16:00 Awards					
16:00 - 18:00 Dismissal & Xtra Time Activities					