

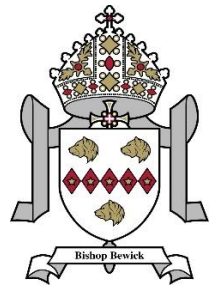
# St. Columba's Catholic Primary School

Station Road, Wallsend, Tyne and Wear. NE28 8EN

Telephone: 0191 262 3098 Website: [www.stcolumbasprimary.co.uk](http://www.stcolumbasprimary.co.uk)

Email Address: [scpschool@stcolumbasprimary.co.uk](mailto:scpschool@stcolumbasprimary.co.uk)

Headteacher: Miss. R. Quinn



Iona Star – 15<sup>th</sup> November 2024

St Columba's Families,

We hope that you have had a good week!

Today, at St Columba's, we have been raising money for Children in Need. Thank you to all families who donated towards our collection. It's been lovely to see the children in all their bright colours and Pudsey Bear ears!

Another thank you to Year 3 family members who came to support the children in the class assembly – the children shared a great message about looking after each other and making sure we all know that we belong. Well done!

This week, the whole school has been taking part in activities, assemblies and learning to support national 'Anti-Bullying Week'. Lots of children and staff also wore odd socks to support the campaign on Tuesday, reinforcing the message that we are all different and unique! Keep an eye on SeeSaw and X to see what each class has been up to.

A quick reminder that our the Book Fair is on tonight and on Monday next week – it's your last chance to grab a bargain!

We have also launched a new school website which we hope you will see is more modern, user friendly and shows some fabulous up to date photographs of the children enjoying our new school building. Please have a look and let us know what you think!

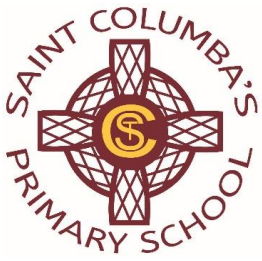
You can find this at the same web address: [www.stcolumbasprimary.co.uk](http://www.stcolumbasprimary.co.uk)

Below, you will find key messages and information. Attached to the Iona Star is a guide for both parents and school staff – this week's focus is on helping children to build 'Emotional Resilience'.

Have a lovely weekend.

Take care,  
Miss Quinn





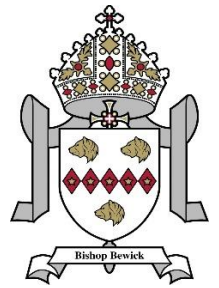
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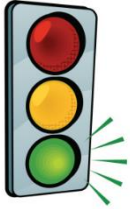
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## Attendance and Punctuality



Our whole school attendance from Reception to Year 6 for this week has been 94.4%. We are in the amber zone and we are not meeting our targets set by the Department for Education (96%).

We are, however, delighted to announce that Year 3 are winners of our attendance trophy with a fantastic attendance of 97.6% this week. Congratulations!

Keep an eye out on X (@stcolumbasrc) for Mrs Craggs' attendance updates!

## Stay and Write – Parent Sessions

As we did last year with Maths and Reading, we are offering parents the opportunity to stay at school for the first lesson of the day and take part in a Writing lesson with their child. Due to limited space, this can only be one family member per child. We hope that you are able to join us! The dates for each class can be seen in the diary dates below.



## Termly Overviews

Each year group's curriculum map for this half term can be found on our website under the option 'Curriculum By Year Group'. If you have any questions or queries, please contact your class teacher.

## Homework and SeeSaw

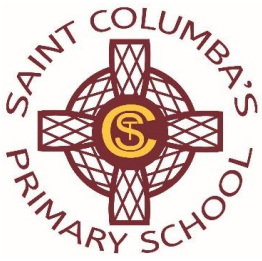
Families should have received an email informing them that family SeeSaw accounts do not show homework activities and cannot upload items other than through messages. This is because of the setup of the platform which assigns activities to individual children rather than their family members. Activities and uploads need to be completed through individual pupil accounts. Please ask at the school office if you need any help with this.



## Outdoor Christmas Market



Our Lady and St Columba parish church will be holding their annual outdoor Christmas market on Saturday 23<sup>rd</sup> November at 5.30pm. Come along to browse the stalls, take part in the raffle or enjoy some refreshments. Our school choir will also be singing on the steps of church for the first part of the evening so please come along to show your support!



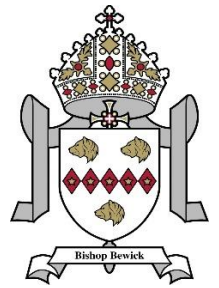
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## Parents Evening Appointments

Appointments for parents evening are now available to book on school cloud using this link:

[SchoolCloud - St Columba's Catholic Primary](#)

Parents will be given the opportunity to see their child's books, speak to the class teacher about how their child has settled since September and ask any questions needed.



Please could we ask that all parents enter the school building via the main office door – someone will be there to greet you.

## Ten Ten Parent Newsletter



You can access the latest parental newsletter from Ten Ten which shares the key messages, prayers and opportunities for worship at home by clicking this link <https://www.tentenresources.co.uk/prayers-for-home/parent-newsletter/>

## Parent Feedback

At St Columba's, we are keen to continue working with parents to ensure that our school community thrives. If you ever have any questions, queries or concerns, the door is always open for you to discuss this with staff.

Appointments can be made via the school office on [scpschool@stcolumbasprimary.co.uk](mailto:scpschool@stcolumbasprimary.co.uk) or 01912623098



## Diary Dates

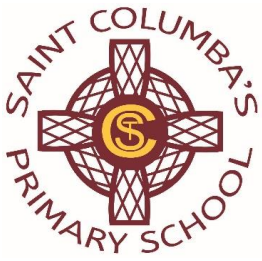
### Stay and Write Parent Sessions –

Monday 18<sup>th</sup> November – 9.15am to 10.00am – Year 5 and Year 6 parents are welcome

Tuesday 19<sup>th</sup> November – 9.15am to 10.00am – Reception and Year 3 parents are welcome

Wednesday 20<sup>th</sup> November – 9.15am to 10.00am – Year 2 and Year 1 parents are welcome

Thursday 21<sup>st</sup> November – 9.15am to 10.00am – Nursery and Year 4 parents are welcome



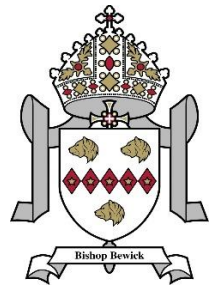
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**Wednesday 20<sup>th</sup> November** – Year 6 class trip to the cinema

**Saturday 23<sup>rd</sup> November** – Outdoor Christmas market at Our Lady and St Columba parish church at 5.30pm. School choir will be asked to attend if possible.

**Monday 25<sup>th</sup> November** – White Ribbon Day. The start of 16 Days of action with North Tyneside are an opportunity to reflect on how we can all promote healthy, respectful and equitable relationships

**Monday 25<sup>th</sup> November and Wednesday 27<sup>th</sup> November** – Parents Evenings. All parents will be invited to book an appointment with their class teacher via SchoolCloud two weeks before this date. Appointments are in person, for 10 minutes and will be available from 3.45pm onwards.

**Wednesday 27<sup>th</sup> November** – Reception – Year 6 trip to Customs House (South Shields) for the pantomime 'Mother Goose'.

**Friday 29<sup>th</sup> November** – Bring and Buy sale. Have a clear out before Christmas and bring in your old toys, books and games. There will also be stalls and games set up for the children to take part in. This will be during school time and is for children only.

**Christmas Performances** – further information to follow

Nursery – Monday 9<sup>th</sup> December at 10am

Reception – Monday 9<sup>th</sup> December at 2pm

Year 1 – Wednesday 11<sup>th</sup> December at 2pm

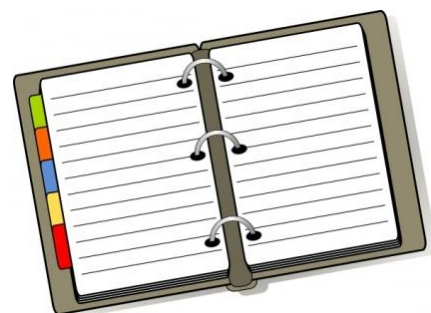
Year 2 – Friday 6<sup>th</sup> December at 2pm

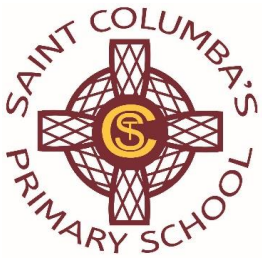
Year 3 – Friday 13<sup>th</sup> December at 2pm

Year 4 – Tuesday 10<sup>th</sup> December at 2pm

Year 5 – Thursday 12<sup>th</sup> December at 2pm

Year 6 – Monday 16<sup>th</sup> December at 2pm





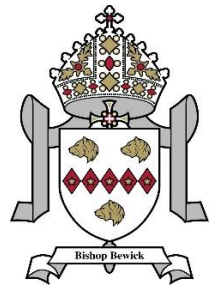
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Wednesday 11<sup>th</sup> December – Christmas Movie Night – Year 4 to Year 6. Further information to follow

WB Monday 16<sup>th</sup> December – further information to follow

Family members will be invited into school to make a Christingle with their children and take part in a liturgy with their creations.

Wednesday 18<sup>th</sup> December – Christmas Dinner Day and Christmas Jumper Day!

Wednesday 18<sup>th</sup> December – Christmas Movie Night – Year 1 to Year 3. Further information to follow

Friday 20<sup>th</sup> December – Break the Rules Day

School closes to staff and pupils for the Christmas break



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](http://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!