

St. Columba's Catholic Primary School

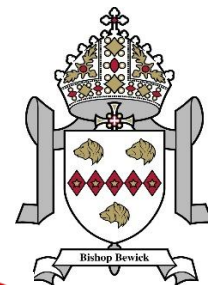
Station Road, Wallsend, Tyne and Wear. NE28 8EN

Telephone: 0191 262 3098

Website: www.stcolumbasprimary.co.uk

Email Address: scpschool@stcolumbasprimary.co.uk

Headteacher: Miss. R. Steinmetz



Learning, loving and respecting with God in our hearts.



Iona Star – 5th September 2025



St Columba's Families,

Welcome back! We hope that you had a wonderful summer holiday – it has been fantastic to see all of the children back at school and hear about their latest news. They've all been getting to know their new teachers and classrooms; there's already been lots of new learning and children have been refreshing our BELONG values to help settle into school life.

A special welcome from our school community to our new families joining us this academic year; we hope that you've settled in well.

On Wednesday, we all enjoyed welcoming Fr David into school for our first whole school Mass in the hall. He presented each class with a framed photo of Carlos Acutis who will be canonised this coming Sunday.

Below, you will find key messages and information for the term ahead. At the end of the newsletter are key dates for parents and families. These are regularly updated so please continue to check them regularly.

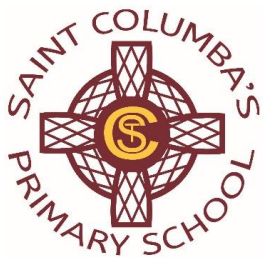
Also attached to the Iona Star is a guide for both parents and school staff to support current national issues— this week's focus is on 'Supporting Children with Self Regulation'.

If you have any queries about anything in the Iona Star, or anything else that we can help with, please do not hesitate to contact the school office.

A personal thank you to all family members and children who wished me well for my wedding in the summer holidays – I appreciate the new name is a little tricky and the children do keep asking if they can still call me Miss Quinn!

Take care and have a lovely weekend,
Mrs Steinmetz
Headteacher





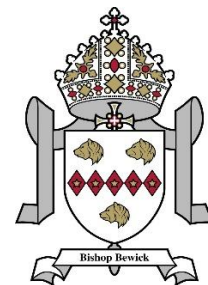
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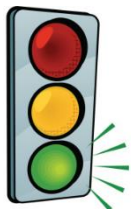
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Attendance and Punctuality



Our whole school attendance from Reception to Year 6 for this week has been 96%. This means that we are in the green zone and we are meeting our targets set by the Department for Education.

We are delighted to announce that Reception and Year 5 are the joint winners of our attendance trophy with an amazing overall attendance of 100%. Congratulations!

BELONG Values

At St Columba's, our children know that our mission statement is 'Learning, Loving and Respecting with God in our hearts'. We teach them that, to reach this mission, we behave, act and treat each other in a certain way. To help with that, we have a set of values which spell out BELONG. In classrooms, we have BELONG champions each day, BELONG ambassadors around school and children are rewarded with house points for their efforts.

B – Believe. We believe in ourselves and respect the beliefs of others.

E – Empower. We all have an equal voice, are empowered to speak freely and have the right to be heard.

L – Learn. We see learning as a gift and know it is the right of every child to achieve, be challenged and reach their full potential

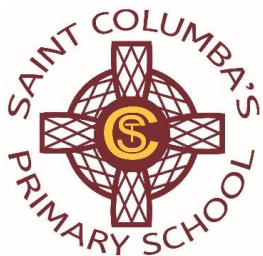
O – Ownership. We are stewards of the Earth, we can make a difference and it is our responsibility to take care of our school, our community and the wider world.

N – Navigate. We will face challenges, in our learning or with our friends. We work hard to find a way through together. We ask for help when we need it and offer our help to others.

G – Grow. We grow together as children of God. We are kind, we are honest, we forgive others quickly and we strive to live in peace as a school family.

At St Columba's, we all BELONG





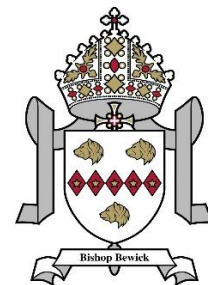
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Staff Changes

- Miss Quinn is now known as Mrs Steinmetz
- Mrs Whitelaw is now known as Mrs Slater
- We welcome Mr Horn who has joined our teaching staff this year in Year 4
- Mrs Harman will be on maternity leave for the majority of this academic year. We will be joined by Mrs Smith, from St Aidan's Catholic Primary, who will support our SEND provision and procedures – she will be working at St Columba's every Monday alongside Mrs Steinmetz and Mrs Maddison. If you need to contact anyone regarding SEND, please contact Mrs Steinmetz or Mrs Maddison in the first instance.



PE Days

Please see below for PE days for each year group. A reminder that your child should wear their PE kit to school for the entirety of the day rather than getting changed at school.

Reception – Monday and Friday

Year 1 – Tuesday and Friday

Year 2 – Wednesday and Friday

Year 3 – Thursday and Friday

Year 4 – Thursday and Friday

Year 5 – Wednesday and Friday

Year 6 – Wednesday and Friday

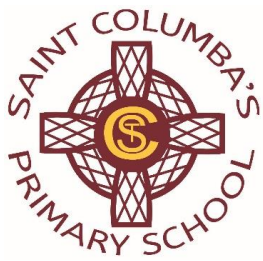


SeeSaw



We will continue to use SeeSaw for daily updates, homework and class news. Please do share any work or special news from home – we often show this in class for the other children to see. If you have any out of school achievements, such as trophies or competitions, this is the perfect place to tell us about it!

If you need a QR sign in code, or support with this, please contact the school office and we will be happy to help.



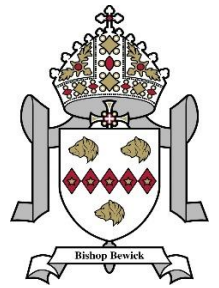
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Reminders

A polite reminder about school procedures and policies.

- Pupils are not permitted to wear trainers to school on any day that is not their PE day.
- Earrings are not permitted to be worn in school, other than flat plastic retainers. This is for health and safety reasons.
- Water bottles must contain only water, no juice or fizzy drinks are permitted in the classroom. Children may bring juice (e.g. a carton) for lunchtime but this must be stored in their packed lunch box.
- No large keyrings, toys from home or other personal items are permitted in school without prior permission from staff. This includes the recently popular labubu dolls.

Thank you for your support with this.

Pupil Permissions, Data and Parent Communications

As you will be aware, we are now using Arbor for all our pupil data, whole school communications and wraparound care. **SchoolComms and ParentPay are longer operational.**

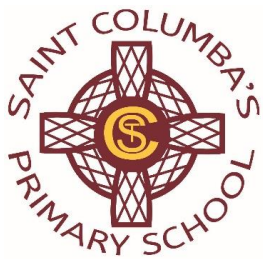
We apologise for any inconvenience caused at the beginning of the week, however, we are now confident that these systems are up and running successfully. Please contact the school office if you are continuing to experience issues.

Please note that it is parental responsibility to update children's data and contacts if it changes via the school system – please ensure that your contact details are up to date. Permissions for pupils, including using images, food tasting, walking home etc will all roll forward from last year unless you inform us of any changes.



If you are using the Arbor app, please ensure that your notifications are enabled so that you are alerted to new messages. You can still contact the office using the email address scpschool@stcolumbasprimary.co.uk or via the Arbor app.

You can continue to contact individual staff directly through SeeSaw or year group email addresses (e.g. year4@stcolumbasprimary.co.uk)



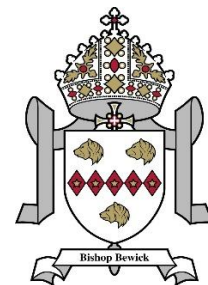
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SchoolComms Balances

If you had any outstanding credit balance on your SchoolComms account, this should now be transferred to your Arbor account. Mrs Wallace will be contacting parents who owe payments from the previous academic year to arrange a payment plan.

Reception Admissions

The portal for Reception 2026 admissions will open on Monday 8th September. This can be accessed here:

[Online school applications | North Tyneside Council](#)

Posters will be displayed in the school notice board and Nursery windows for further information.

Health and Safety Message

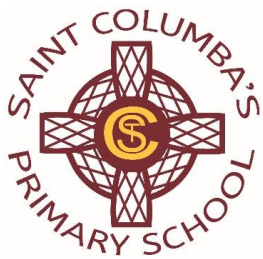
It has been reported that the steel safety fence down the school driveway (on the side closest to Eothen Homes) has been damaged over the summer holidays. We have reported this to North Tyneside. However, until it is fixed, please be mindful when children are walking next to it as there are some sharp edges. Thank you.



Donations



If any families have dressing up costumes that are no longer needed at home, or that their children have grown out of, we would be happy to accept them as donations. Children in Early Years, as well as children in Breakfast and After School Club would be grateful for any new costumes to play with. Thank you.



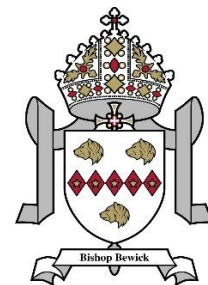
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Uniform Swap Shop

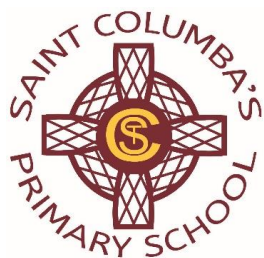
Our uniform swap shop is fully operational and open all year round. Please speak to Mrs Craggs in the school office or pop along at the start or end of any school day. We have lots of uniform (some barely worn and some brand new!) available in all sizes for families to access.



Family Support



At St Columba's, we are here to support all of our families and we understand that, at times, family life can be difficult and circumstances can change without any warning. Should you ever find yourself in need of support, even for a short time, please do not hesitate to talk to us in confidence. We can help with signposting to external services, emergency resources and we're always here to help and support.



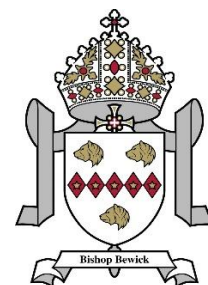
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Diary Dates

We appreciate how challenging it can be to support your child at events throughout the school day without future planning, therefore we try to give you as much notice as possible for pre-planned events each term.

Please note that these dates can be subject to change and further dates will be added as events are planned into the school calendar, so please continue to check the Iona Star every week.

Tuesday 9th September – Parent information meeting for High Borrans in the Year 6 classroom at 3.30pm. Children are also welcome to attend.

WB. Monday 15th September – Welcome Evenings

Please pick your children up as usual at 3.30pm. You are then welcome to take them home or come into the hall where tea and coffee will be provided. Senior leaders within schools will be available if you have any questions. Then, you will be invited along to your child's classroom at 4pm to meet with their teacher. This is expected to last until around 4.30pm.

Monday 15th September – Year 6 and Year 5 Parents

Tuesday 16th September – Year 4 and Year 3 Parents

Wednesday 17th September – Year 2 and Year 1 Parents

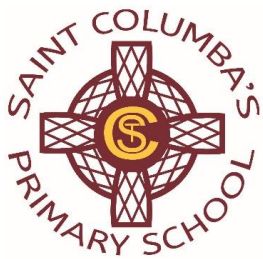
Thursday 18th September – Nursery and Reception Parents



If you cannot attend, please do not worry, as information will be shared via email and SeeSaw

Monday 29th – Friday 3rd October – Year 5 and Year 6 residential to High Borrans

Friday 4th October – Year 6 assembly and CAFOD lunch. Year 6 family members are welcome to come to the school hall for assembly at 1.30pm and have a bowl of soup. Due to restrictions in the classroom, only one family member per child please.



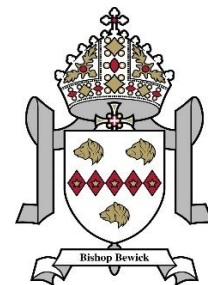
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Friday 10th October – World Mental Health Day. Wear a yellow item to school to support YoungMinds. 'Because We Stand Brighter Together'. This could be swapping your school polo for a yellow t-shirt, wearing a yellow hairband with your uniform or even simply wearing some yellow socks!

Friday 10th October – Year 5 assembly. Family members are welcome in the school hall for 9.15am

Friday 17th October – Year 6 and Reception Buddy assembly. Parents of both classes are invited to the school hall for 9.15am

Friday 24th October – Year 4 assembly. Family members are welcome in the school hall for 9.15am

Friday 24th October – School closes to staff and pupils for October half term

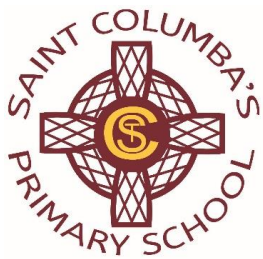
Monday 3rd November – School reopens to staff and pupils

WB Monday 3rd November – For two weeks, we will be rebuilding our 'Remembrance' outdoor display and there will be poppies, alongside other merchandise to purchase from school. All proceeds will go to the Royal British Legion.

WB Monday 10th November – SEND parent review meetings. Parents of children with an identified SEND need will be invited to book an appointment with staff two weeks before this date.

WB Monday 10th November – Anti-Bullying Week. Children will be taking part in activities throughout the week to promote tolerance, kindness and identify what to do if bullying occurs.

Friday 14th November – Children in Need. Wear your spots to school! There will also be merchandise to purchase from school with all proceeds going to the charity.



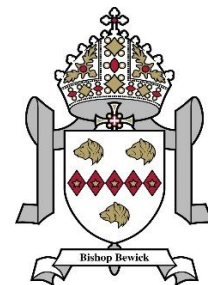
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Friday 14th November – Year 3 assembly. Family members are welcome in the school hall for 9.15am

WB Monday 17th November – Internal school assessment week. All pupils in KS2 will complete assessments.

Monday 24th November and Wednesday 26th November – Parents Evenings. All parents will be invited to book an appointment with their class teacher two weeks before this date. Appointments are in person, for 10 minutes and will be available from 3.45pm onwards.

Friday 5th December

The school choir will be carol singing in Wallsend Forum Shopping Centre for Marie Curie. Family members are welcome to join us

Christmas Performances – further information to follow

Nursery – Monday 8th December at 10am

Reception – Monday 8th December at 2pm

Year 1 – Friday 5th December at 2pm

Year 2 – Wednesday 10th December at 2pm

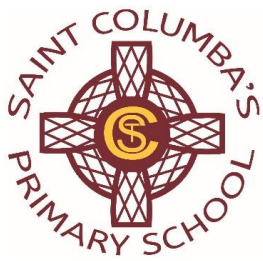
Year 3 – Friday 12th December at 2pm

Year 4 – Tuesday 9th December at 2pm

Year 5 – Thursday 11th December at 2pm

Year 6 – Monday 15th December at 2pm





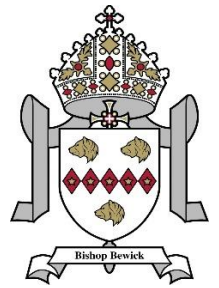
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WB Monday 15th December – further information to follow

Family members will be invited into school to make a Christingle with their children and take part in a liturgy to celebrate the time of year

Friday 19th December – School closes to staff and pupils for the Christmas break

Tuesday 6th January – School reopens for all pupils

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

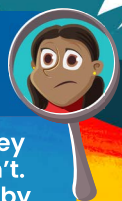
Remember that for a child to develop emotional regulation skills, their basic needs must be met first. Children who are hungry, tired, cold and so on – as well as those who have experienced adverse childhood experiences – may struggle to self-regulate. Before you develop strategies with any child, make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

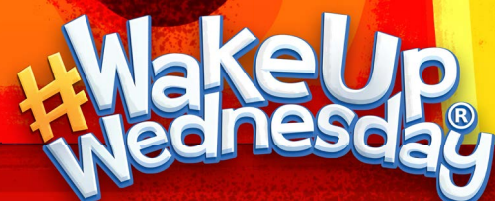
10. FORMULATE A PLAN



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

Georgina Durrant 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.



The National College®



1st Wallsend Girls' Brigade are recruiting. We do not have a waiting list.

Our groups meet on Tuesdays at Trinity Methodist Church,

Station Road, Wallsend NE28 8SA 5.15pm – 6.45pm.



n:vestigate – ages 4 to 7. This is our youngest group and a great introduction to Girls' Brigade. Our activities are specifically designed to allow the children to build confidence through familiarity and routine.



n:gage – ages 8 to 11. Through engaging with this programme, not only will children's lives be transformed and enriched, but so will their communities.

Who are we? We are a weekly uniformed community group over 50 years old which are open to girls of all backgrounds, and of any or no faith, all are welcome to join in 1st Wallsend Girls' Brigade activities.

Children can earn badges by completing individual topics. We have over 30 themed topics that explore their characteristics and their



world. Badges include Our Family, Our Health, Helping Others, and Sharing. We also have fun playing games, making crafts, cooking, singing, fundraising, sleepovers, outings, and camps. There's plenty of fun at 1st Wallsend Girls' Brigade!



Our weekly activities enable children to grow and develop in confidence, resilience, wellbeing, and life skills. We love to celebrate achievements at Girls' Brigade especially when our members earn their badges.



By wearing Girls Brigades up-to-date uniform, children and young people are joining in with the Great Big Family of Girls Brigade. On joining you pay £20. This purchases a Girls Brigade polo shirt and badge bag. Our weekly subs are £2.50 which pays for insurance, crafts, juice and biscuit snack. What a bargain.

Contact Pamela on 07595759981 or email pam_9@outlook.com