

St. Columba's Catholic Primary School

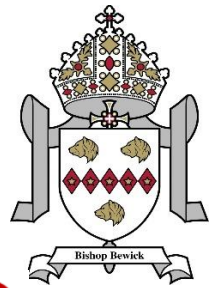
Station Road, Wallsend, Tyne and Wear. NE28 8EN

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 – 19th September 2025

St Columba's Families,

Thank you to all parents and family members who attended our 'Welcome Evenings' this week. We hope that you found it useful to meet your child's new class teacher and hear more about the year ahead. Up to date curriculum information and overviews can be found on our school website under 'Curriculum By Year Group' – direct links can be found later in this newsletter.

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.

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 information and advice regarding children's use of the app 'Snapchat'.

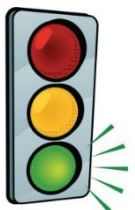
If you have any queries about anything in the Iona Star, or anything else that we can help with, please do not hesitate to contact the school office.

Have a lovely weekend!

Take care,
Mrs Steinmetz

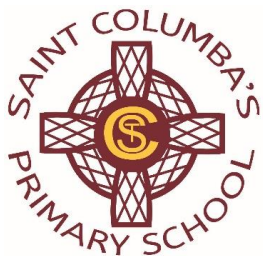


Attendance and Punctuality



Our whole school attendance from Reception to Year 6 for this week has been 97%. This means that we are in the green zone and we are meeting our targets set by the Department for Education. Well done everyone!

We are delighted to announce that Reception and Year 2 are the joint winners of our attendance trophy with an amazing overall attendance of 100%. Congratulations!



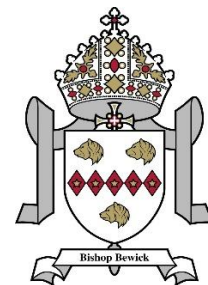
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Curriculum Information

Please use the appropriate link below to access curriculum information for your child:

[NURSERY](#)

[RECEPTION](#)

[YEAR 1](#)

[YEAR 2](#)

[YEAR 3](#)

[YEAR 4](#)

[YEAR 5](#)

[YEAR 6](#)



Mellors – School Lunch Menus

There have been some changes to our school lunch menus. Please see the attached menus for changes.

These are in the process of being updated on the school website.

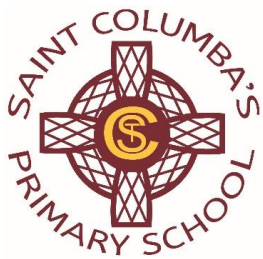
Reception Admissions

The portal for Reception 2026 admissions opened 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.

For any prospective parents, or for any parents of children currently in Nursery, we will be holding an open evening on Tuesday 7th October from 4.00 – 5.00pm. Parents and children are all welcome to see our EYFS classrooms and meet the staff.





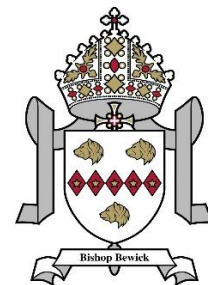
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Wellbeing Hub



Through our partnerships with Bishop Bewick Catholic Education Trust, we are pleased to be able to offer all parents, staff and children aged 10+ access to a wealth of information through The Wellbeing Hub.

Positive mental health is fundamental to young people's ability to thrive and make the most of the opportunities available to them while at school. By collaborating with The Wellbeing Hub, we aim to equip all our staff and parents with the knowledge, understanding, and strategies to support our pupils effectively. To register, please use this

link or QR code. <https://club.teentips.co.uk/register/parents/?ca=1b5372e0e7384337b68bf150a0f7c597>

PODCAST

The Wellbeing Hub
— from Teen Tips —

This week's content

Week commencing 22nd September

PODCAST: Understanding the relationship between puberty and sleep with Dr Mandy Gurney, Founder of Millpond Children's Sleep Clinic, Nurse, Midwife and Sleep Consultant

Listen now: club.teentips.co.uk

Smartphone Free Childhood

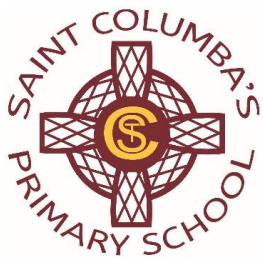
"Smartphone Free Childhood is a grassroots movement bringing families together to stand up for healthier, happier childhoods."

At our parent drop in session before the summer, this organisation was brought to our attention..

Smartphones are becoming increasingly common in the under 12s with issues such as exposure to harmful content, negative impacts on mental health and addiction becoming all too common in younger children in our society. For more information, or to make the 'Parent Pact', please visit the website:

Smartphone Free Childhood





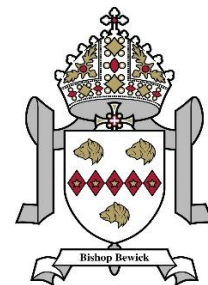
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Diary Dates

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.

new **Thursday 25th September** – Flu vaccinations are being delivered in school. To give consent, please follow the link: <https://www.northumbriaimmunisations.co.uk/Forms/Flu> which will direct you to an online consent form for you to complete using the following school code **NB108625**

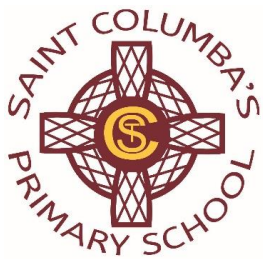
Friday 26th September – Year 6 assembly and CAFOD lunch. Year 6 family members are welcome to come to the school hall for assembly at 1.30pm and have a bowl of soup. Due to restrictions in the classroom, only one family member per child please.

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

Tuesday 7th October – 4–5pm. Open evening for potential Reception parents for admissions for September 2026.

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



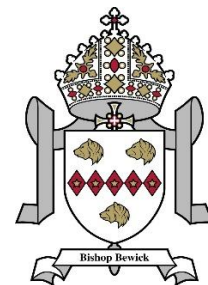
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Friday 17th October – Year 6 and Reception Buddy assembly. Parents of both classes are invited to the school hall for 9.15am

new **Monday 20th October** – Year 2, Year 5 and Year 6 will receive 'Speak Out, Stay Safe' workshops from NSPCC volunteers. Further information will be sent to parents ahead of this date.

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

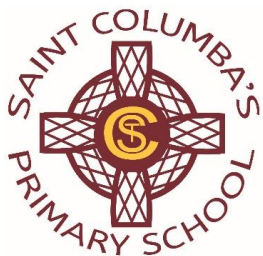
Monday 3rd November – School reopens to staff and pupils

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.

Wednesday 5th November – School photographs will be taken by Tempest Photography. They will take individual photos of the whole school and then whole class photos for Reception and Year Six. Families with younger siblings who do not attend St Columba's, but wish to have a family photograph, are welcome to come to the hall via the main office from 8.30am until 9.00am

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.



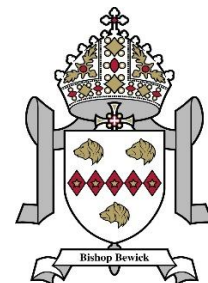
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Friday 14th November – Children in Need. Wear your spots to school! There will also be merchandise to purchase from school with all proceeds going to the charity.

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 28th November – Whole school trip to the pantomime. Reception to Year 6 will travel to The Customs House to watch the production of 'Goldilocks and the Three Bears'

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

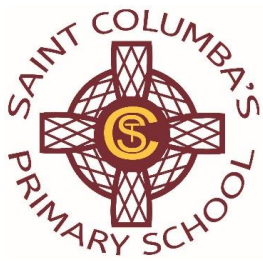
Year 1 – Friday 5th December at 2pm

Year 2 – Wednesday 10th December at 2pm

Year 3 – Friday 12th December at 2pm

Year 4 – Tuesday 9th December at 2pm





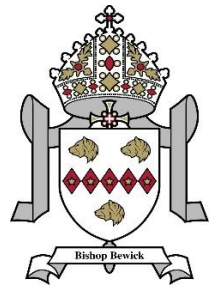
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Year 5 – Thursday 11th December at 2pm

Year 6 – Monday 15th December at 2pm

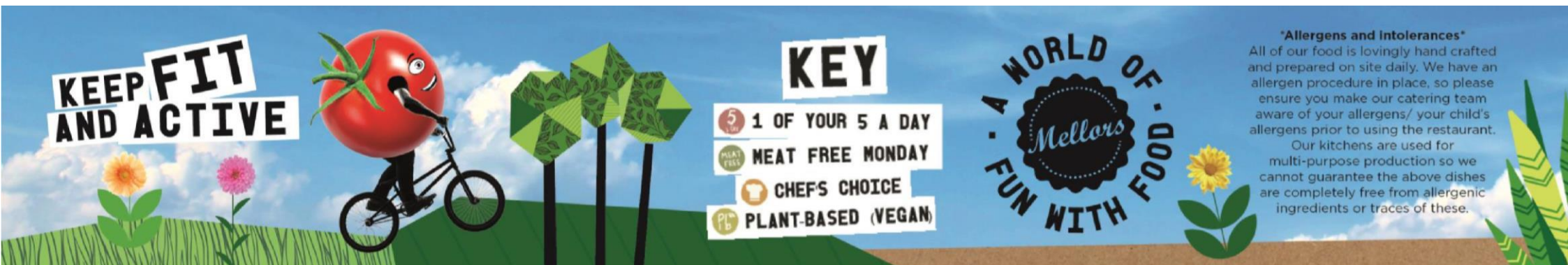
WB Monday 15th December – further information to follow

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

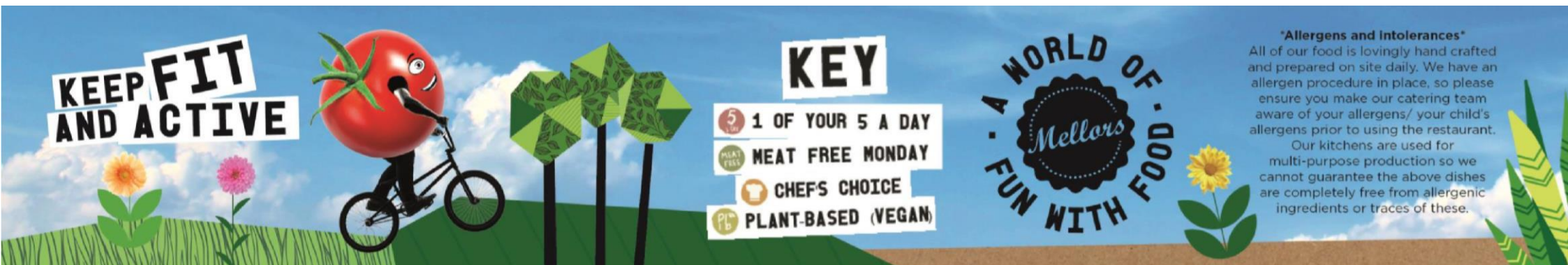
Friday 19th December – School closes to staff and pupils for the Christmas break

Tuesday 6th January – School reopens for all pupils

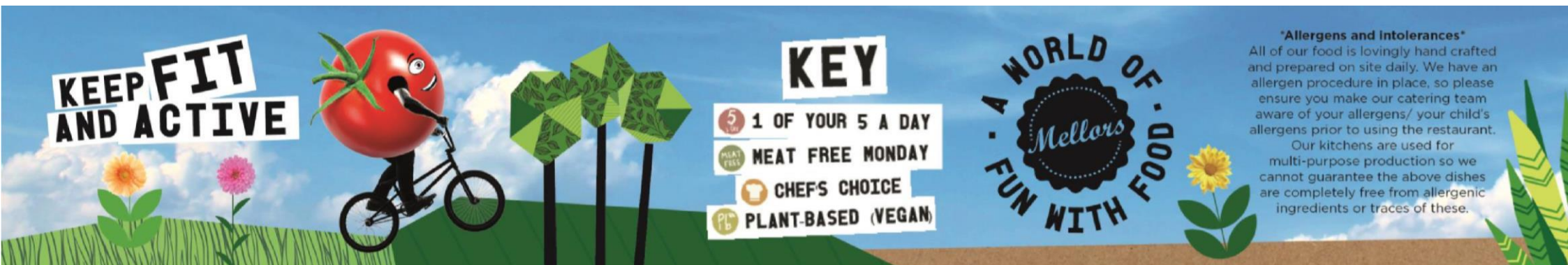
WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Sausage Roll & Potato Wedges	Meatballs with Pasta & Garlic Bread	Mince & Dumplings with Creamy Mashed Potato	Chicken Burger & Potato Wedges	Fish Fingers & Chips
VEGETARIAN MAIN DISH	Cheese & Bean Pasty	Macaroni Cheese with Garlic Bread	Vegetable Bolognaise with Herby Bread	Quorn Mince & Dumplings with Creamy Mash	Vegetable Burger & Chips
ACCOMPANIMENTS	Sweetcorn & Beans Salad Bar	Peas & Beans Salad Bar	Carrots & Broccoli Salad Bar	Green Beans & Swede Salad Bar	Peas & Sweetcorn Salad Bar
DESSERT	Double Chocolate Chip Cookie	Chocolate Orange Muffin	Pancakes	Sticky Toffee Pudding & Custard	Jelly & Fruit
FRESH FRUIT / YOGHURT	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt
JACKET POTATO / SANDWICH SELECTION	Jacket Potato & Sandwich Selection	Jacket Potato & Sandwich Selection	Jacket Potato & Sandwich Selection	Jacket Potato & Sandwich Selection	Jacket Potato & Sandwich Selection



WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Chicken Tikka & Rice	Pasta Bolognaise with Garlic Bread	Sausages & Creamy Mash with Yorkshire Pudding	Chicken Strips & Potato Wedges	Battered Fish & Chips
VEGETARIAN MAIN DISH	Loaded Jacket Potato Skins	Quorn Chicken Wrap with Vegetable Savoury Rice	Cheese & Sweet Potato Pie with Creamy Mash	Vegetable Stir Fry with Noodles with Sweet Chilli Sauce	Quorn Sausage & Chips
ACCOMPANIMENTS	Sweetcorn & Green Beans Salad Bar	Peas & Swede Salad Bar	Cauliflower & Broccoli Salad Bar	Carrots & Beans Salad Bar	Peas & Sweetcorn Salad Bar
DESSERT	Old Fashioned Sprinkle Cake with Pink Custard	Cornflake Cake	Cookie	Apple Crumble Cake & Custard	Choc Ice & Mandarin Oranges
FRESH FRUIT / YOGHURT	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt
JACKET POTATO / SANDWICH SELECTION	Jacket Potato & Sandwich Selection	Jacket Potato & Sandwich Selection	Jacket Potato & Sandwich Selection	Jacket Potato & Sandwich Selection	Jacket Potato & Sandwich Selection



WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Margherita or Pepperoni Pizza & Pasta	Beef Burger with French Fries	Mince Pie with Creamy Mash	Chicken Curry & Rice	Fish Fingers & Chips
VEGETARIAN MAIN DISH	Tomato Pasta Bake with Garlic Bread	Vegetable Curry & Rice	Quorn Sausage with Creamy Mash & Yorkshire Pudding	Vegetable Quesadilla & Roast Potatoes	Vegetarian Nuggets with Chips
ACCOMPANIMENTS	Sweetcorn & Green Beans Salad Bar	Peas & Beans Salad Bar	Carrots & Broccoli Salad Bar	Green Beans & Carrots Salad Bar	Peas & Baked Beans Salad Bar
DESSERT	Gingerbread Man	Zesty Lemon Cake	Chocolate & Date Brownie	Marble Sponge Cake with Custard	Angel Delight & Fruit
FRESH FRUIT / YOGHURT	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt
JACKET POTATO / SANDWICH SELECTION	Jacket Potato & Sandwich Selection	Jacket Potato & Sandwich Selection	Jacket Potato & Sandwich Selection	Jacket Potato & Sandwich Selection	Jacket Potato & Sandwich Selection



What Parents & Educators Need to Know about

SNAP STREAK

97

WHAT ARE THE RISKS?

SNAPCHAT

AGE RESTRICTION
13+

With over 900 million active monthly users and billions of 'Snaps' sent each month, Snapchat is a popular messaging app among children and young people. It allows users to share fun, spontaneous pictures and videos with friends and family while using playful filters. One of Snapchat's unique features is that pictures, videos and messages are only viewable for a short period of time.

ARTIFICIAL INTELLIGENCE

Snapchat's use of artificial intelligence (AI) includes features like the 'My AI' chatbot and AI-powered filters, offering interactive experiences that can be fun but also pose risks. These tools may share unfiltered or inaccurate responses, promote unrealistic beauty standards, and collect personal data. Advanced filters and deepfake-style lenses can distort reality, potentially leading to manipulation, impersonation, or inappropriate content.



SCREEN ADDICTION

Snapchat boosts user engagement and daily use with features like streaks (daily Snapchat exchanges between you and a friend). When a streak's been going for a few days, users will see a 🔥 emoji. The number alongside it shows the number of days, but if users miss a day and break the streak, the only way to restore it is to pay. This encourages daily use habits, and frequent notifications can keep users returning to the app even more often.



SEXTORTION

Because Snapchat's disappearing messages feature may foster a sense of safety, users may become targets of sextortion. For example, a predator may pressure someone into sending nude images, then somehow capture those images to threaten and intimidate the victim. This might involve claiming they will share the images with friends or family unless money is paid.



SNAPCHAT+

Snapchat+ is the platform's premium subscription service, offering early access to new and exclusive features. In June 2025, Snapchat introduced a new tier called Lens+, giving subscribers access to hundreds of lenses and AR experiences for playing, creating, and sharing Snaps. These paid features may encourage young users to spend money to access exclusive content, increasing the risk of overspending or feeling pressured to make in-app purchases.



ACCESSIBILITY

Snapchat is now accessible from a web browser, meaning children can use it on a laptop or tablet without downloading the app. This can make activity harder to monitor, reduce the effectiveness of parental controls, and increase the risk of unsupervised communication or exposure to inappropriate content.



INAPPROPRIATE CONTENT

Some content on Snapchat isn't suitable for children. The hashtags used to group content are determined by the poster, so even an innocent search term could still yield age-inappropriate results. The app's disappearing messages feature also makes it easy for young people to share explicit images on impulse – so sexting continues to be a risk associated with Snapchat.



Advice for Parents & Educators

ACCESS THE SNAPCHAT FAMILY SAFETY HUB

Created with guidance from Common Sense Media, Snapchat has developed a Family Safety Hub that explains how the app works and how to use its in-app protections for teens. It's recommended that you review this guidance before allowing a child to download Snapchat. Remember, the app is only intended for children aged 13 and over.



BLOCK AND REPORT

If a stranger connects with a child on Snapchat and makes them feel uncomfortable by pressuring them to send or receive unwanted or inappropriate images, the child can tap the three dots on that person's profile to report or block them. There are options to state why they're reporting that user, with a tailored reporting section under the 'Nudity and Sexual Content' category. In this category, there's the option to report somebody for threatening to leak sexually explicit images, or 'nudes'.



ENCOURAGE OPEN DISCUSSIONS

Snapchat's risks can be easier to handle if you nurture an open dialogue. Talk about scams and blackmail before letting children sign up. If they're lured into a scam, encourage them to tell you immediately. Talk openly and non-judgementally about sexting, emphasising its inherent risks. Furthermore, explain how popular 'challenges' on the platform can have harmful consequences.



USE PRIVACY SETTINGS TOGETHER

Sit down with the children in your care and explore Snapchat's privacy settings as a shared activity. You can help them adjust who can contact them, view their stories, or see their location on Snap Map. It's a good opportunity to explain why some settings are safer than others, reinforcing their understanding of online boundaries. Encourage them to regularly review these settings, especially after app updates or changes in their friendship groups.



Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian Government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/snapchat>

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Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 17.09.2025



RECEPTION OPEN EVENING

Come along to meet the staff and see
our Early Years provision for admissions
for September 2026.

**TUES. 7TH OCTOBER
4.00 – 5.00PM**

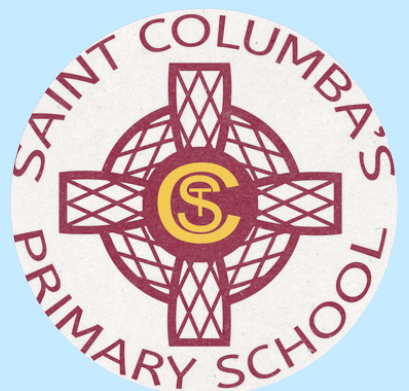
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0191 2623098



JOIN NORTH SHIELDS RFC THIS **SEASON** ALL ABILITIES WELCOME



EVERYONE GETS A GAME
ALL WELCOME
AGES 5-11



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YOUTHRUGBY@NSRFC.CO.UK