

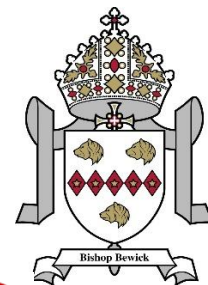
St. Columba's Catholic Primary School

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 – 12th September 2025

St Columba's Families,

We hope that you have had a good week. All classes are settling well into their routines, learning and friendships – thank you for your support with ensuring such a great start to the new school year.

Well done to all of our children and family members who completed the Great North Run last weekend – it has been amazing to see all of your medals and photographs!

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 on 'Building Emotional Resilience'.

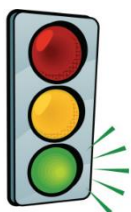
If you have any queries about anything in the Iona Star, or anything else that we can help with, please do not hesitate to contact the school office.

Have a lovely weekend!

Take care,
Mrs Steinmetz

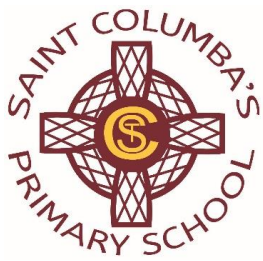
happy
weekend

Attendance and Punctuality



Our whole school attendance from Reception to Year 6 for this week has been 98%. 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 Year 4 and Year 6 are the joint winners of our attendance trophy with an amazing overall attendance of 100%. Congratulations!



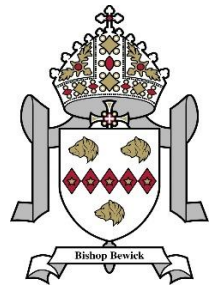
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Uniform Reminder

A polite reminder that earrings are not permitted at St Columba's in any year group. We have had a number of children coming to school this week requesting tape to cover their earrings; this is not in line with our uniform policy.

Our uniform policy states that pupils must wear flat, plastic retainers in their ears if they need to wear anything at all. We appreciate that many children take the opportunity of the longer break in the summer to have their ears pierced, however, our position on earrings remains clear.

Thank you for your support with this.

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.

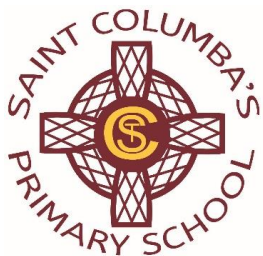


For any prospective parents, or for any parents of children currently in Nursery, we will be holding an open evening on Tuesday 7th October from 4.00 – 5.00pm. Parents and children are all welcome to see our EYFS classrooms and meet the staff.

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.



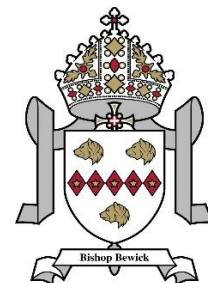
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Smartphone Free Childhood

"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. They help like-minded parents and families join together to delay children's experience within a digital world.

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

Uniform Swap Shop

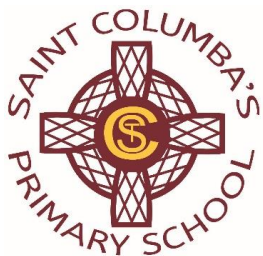


Our uniform swap shop is fully operational and open all year round. Please speak to Mrs Craggs in the school office or pop along at the start or end of any school day. We have lots of uniform (some barely worn and some brand new!) available in all sizes for families to access.

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.





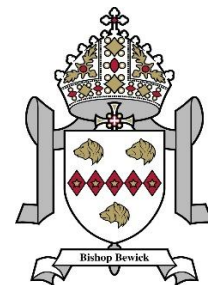
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Diary Dates

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.

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

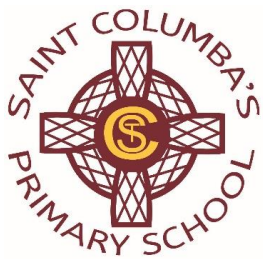


If you cannot attend, please do not worry, as information will be shared via email and SeeSaw

updated 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

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!



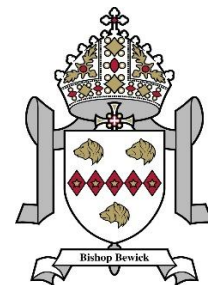
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Friday 10th October – Year 5 assembly. Family members are welcome in the school hall for 9.15am

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

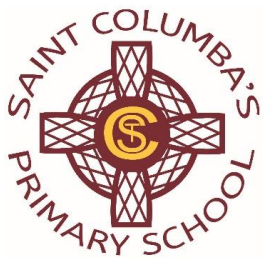
WB Monday 3rd November – For two weeks, we will be rebuilding our 'Remembrance' outdoor display and there will be poppies, alongside other merchandise to purchase from school. All proceeds will go to the Royal British Legion.

***new* 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.

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.



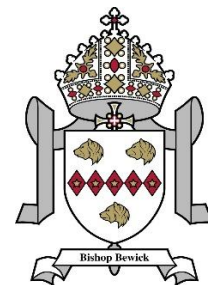
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Friday 14th November – Year 3 assembly. Family members are welcome in the school hall for 9.15am

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.

new **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

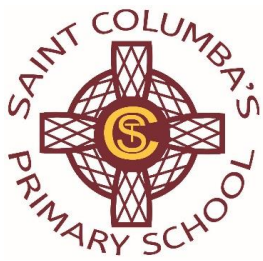
Year 3 – Friday 12th December at 2pm

Year 4 – Tuesday 9th December at 2pm

Year 5 – Thursday 11th December at 2pm

Year 6 – Monday 15th December at 2pm





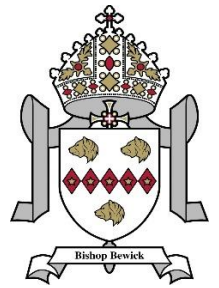
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WB Monday 15th December – further information to follow

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



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**

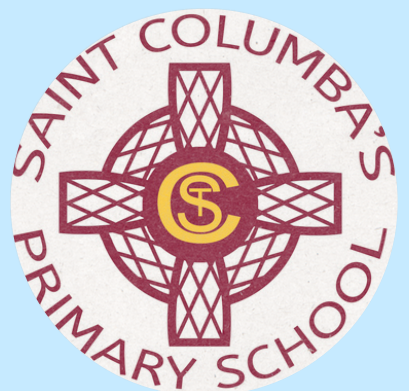
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10 Top Tips for Parents and Educators

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!

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which works with schools on improving their mental health provisions.



#WakeUpWednesday

The National College

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



Smartphones were never designed with kids in mind – but they've reshaped childhood faster than any technology in history.

Many families wish there was another way, but delaying smartphones when all your children's friends have them, can feel impossible.

That's why Smartphone Free Childhood exists. We help families delay smartphones and social media together – building community, sharing support, and changing culture.

How you can get involved



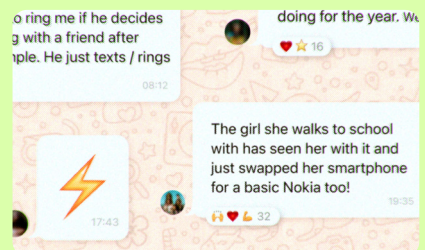
Sign the Pact

Join the growing movement of parents choosing to delay



Join on WhatsApp

Connect with like minded local parents for solidarity & support



Build local momentum

Become an SFC School Organiser and start creating local change



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SMARTPHONEFREECHILDHOOD.ORG

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