

St. Columba's Catholic Primary School

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Headteacher: Miss. R. Quinn



Iona Star – 14th March 2025

St Columba's Families,

This afternoon, we've ended our week with a brilliant celebration assembly – with dancing, cheering and positivity for those receiving certificates! We also introduced children to our new 'house point' collection system which will be in operation from Monday.



This week, we have had a few classes out and about, taking part in some exciting activities...

Year 5 and 6 went to Whitley Bay Playhouse to watch St Thomas More students perform 'High School Musical'. It was great to see the opportunities they might get if they attend St Thomas More; the performance was amazing!



Our Lego League Team made up of Year 5 and Year 6 children took part in the local competition at The Village Hotel. It was a whole day event, with judging round, robot battles and core value challenges! Our team were praised for their courteous manners, enthusiasm and attitude towards the competition – a huge well done!

Year 2 enjoyed a trip to The Rising Sun Country Park where they were searching for minibeasts and pond dipping as part of an extension of their Science learning within school. Although the weather wasn't the kindest, they still had a fantastic day!

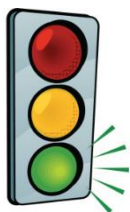
Reception enjoyed a visit from 'BrushUp!' – activities delivered by dentists in training – and learned about how to brush their teeth properly, as well as how much sugar might be in their favourite drinks.



Below, you will find key information and dates for the coming term. Also attached to the Iona Star is a guide for staff and parents, this week the focus is on 'Fair Play and Friendly Competition'. If you have any questions about anything in the newsletter, or if there is anything that we can help with, please do not hesitate to contact us.

Take care and have a lovely weekend, Miss Quinn

Attendance and Punctuality



Our whole school attendance from Reception to Year 6 for this week has been **96.1 %**. We are in the **green zone** and we are meeting our targets set by the Department for Education (96%). Well done everyone!

We are delighted to announce that Year 3 are the winners, AGAIN, of our attendance trophy with an attendance of 99.3% this week. Congratulations to them – two weeks in a row!

BELONG Champions

Last week, we introduced rainbow lanyards into each class. Each day, one pupil is chosen to be the BELONG champion, they wear the lanyard with the values on and are spotting up to 3 children in their class who deserve house points for living out our values!



Love, Amelia



Attached to the Iona Star is a leaflet from the charity 'Love, Amelia'. Further information can be found on their website: [Love, Amelia – Helping children in need](https://www.loveamelia.org.uk/)

If any families would like support with a referral, please call or email the school office in confidence.

Parents Evenings

Parents evenings will be available to book from next week through School Cloud. Apologies for the delay, we are integrating a new data system so this is slightly later than anticipated.

We will contact parents before the link goes live, so please do not worry. We aim to have this with you by the middle of next week.



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/>

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=1b5372e0e7384-337b68bf150a0f7c597>



A promotional banner for a webinar. On the left, a circular image shows a man and a woman sitting on a sofa, with the man holding his head in his hands. A blue play button icon and the word 'WEBINAR' are overlaid on the top left of the image. To the right, the text reads 'The Wellbeing Hub from Teen Tips' with a circular logo containing a white 't'. Below this, it says 'Coming up this week Tuesday 18th March 2025'. The main text of the webinar is 'WEBINAR: Be curious not judgmental: 'teens and drugs, what to know, when to worry and what to say' with Prof. Adam Winstock, Director of Staying Safer'. At the bottom right, a blue button says 'Sign up now club.teentips.co.uk'.

Diary Dates for Parents – Spring 2024

(new dates added in yellow)

WB Monday 17th March – Assessment week. Year 2 – Year 6 will take part in internal assessments during this week within their classrooms.

Thursday 20th March – National Child Height and Weight Measurement Programme for Reception and Year 6

Friday 21st March – Year 3 are visiting the Laing Art gallery

Friday 21st March – Year 4 are visiting Bede's World

Friday 21st March – Red Nose Day. Noses will be available to purchase for £2.00. Children can wear something red on the day. We will be holding a cake sale during the day with all proceeds going to Red Nose Day. We are asking for donations of cakes for the children to sell – these can be homemade or shop bought. Any children with allergies will be supported.

Wednesday 26th March – SEND parent review meetings with Mrs Harman. These appointments will be available to book via SchoolCloud two weeks before the date.

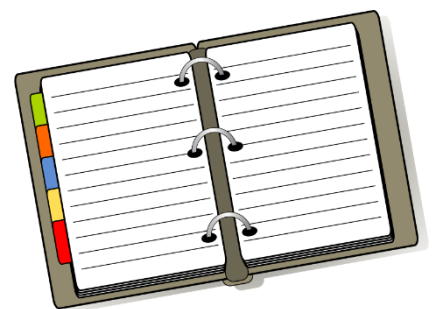
Monday 31st March and Wednesday 2nd April – Parents evening appointments will be available from 3.30pm – 6.00pm. These appointments will be available to book via SchoolCloud two weeks before the date.

Thursday 3rd April – Children in Year 4 will attend Mass at St Columba's and then make their Sacrament of Reconciliation

Wednesday 9th April – Whole school Mass at 2.15pm in the hall. Family members are welcome, please book a space with the school office

Thursday 10th April – school closes to pupils for the Easter holidays

Friday 11th April – Staff training day



10 Top Tips for Parents and Educators

FAIR PLAY AND FRIENDLY COMPETITION

In school sports, fair play and friendly competition are important for character development. Fair play embodies respect and integrity while good-natured competition balances rivalry with camaraderie. This guide addresses potential challenges – like the pressure to win – and offers practical tips on instilling values of fair play and cultivating a positive sporting environment for young athletes.

1 LEAD BY EXAMPLE

Parents, carers and teachers should try to exemplify fair play: demonstrating respect for opponents, coaches and officials. Children frequently learn by observing adult behaviour, so displaying a sense of fair play sets a powerful precedent for them to follow in their own actions on and off the field.

2 EFFORT OVER OUTCOME

Encourage children to focus on giving it their all, rather than basing their entire performance on whether they win or not. This fosters a growth mindset, where the journey and the process of improvement are valued just as much as the end result. It also reduces the pressure to “win at all costs”, which can be a harmful outlook in some situations.

3 SET CLEAR EXPECTATIONS

Establish clear guidelines and expectations for behaviour before, during and after sporting events. Ensuring that children understand what is considered acceptable conduct helps prevent misunderstandings and promotes a positive, respectful atmosphere.

4 HIGHLIGHT COOPERATION

Underline the value of teamwork and cooperation in achieving success. Success isn't just about individual achievements, but about how well the team communicates, encourages each other and works together towards a common goal. A strong focus on cooperation fosters camaraderie and mutual support among players.

5 DISCUSS ACCEPTING DEFEAT

Help children to understand that they can't win every contest – that losing occasionally is a natural part of both sport and life in general. Teaching them to accept defeat gracefully and learn from their mistakes promotes resilience, humility and the ability to bounce back stronger from setbacks. Taking a loss in one's stride is also an admirable trait and can help children and young people garner respect in their future life.

6 ENCOURAGE INCLUSIVE PARTICIPATION

Promote an environment where all children feel welcome and valued, regardless of their skill level. Prioritise the importance of participation and enjoyment over winning, creating a supportive atmosphere where every child can thrive and develop their abilities without unnecessary pressure.

7 FOSTER CONFLICT RESOLUTION SKILLS

Teach children how to resolve conflicts peacefully and respectfully, both on and off the field. Providing them with strategies for effective communication and problem-solving helps build stronger relationships and enhances their ability to navigate challenges, which can be a huge boon to them throughout their adult lives.

8 TEACH RESPECT

Emphasise to children the importance of respecting everyone involved in the game, regardless of the outcome. Respect for your teammates, opponents, coaches and officials helps to create a positive, inclusive sports environment where everyone can feel valued and appreciated.

9 GIVE CONSTRUCTIVE FEEDBACK

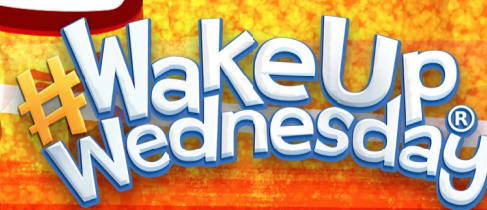
Offer feedback that focuses on areas for improvement rather than unfiltered criticism. Praise what a child has done well and advise on how to improve, rather than simply pointing out shortcomings. Encouraging a growth mindset and highlighting progress helps children to develop confidence, resilience and a desire to continue striving for excellence.

10 CELEBRATE GOOD SPORTSMANSHIP

Try to avoid solely drawing attention to children's physical performance on the field. Recognise and celebrate acts of sportsmanship, fair play and kindness, too. By spotlighting positive behaviour, you reinforce the importance of such conduct and inspire children to practise this in the future, creating a culture of respect and camaraderie within the sports community that does wonders for morale.

Meet Our Expert

Caroline Holder is a PE consultant based in Staffordshire. Having worked across all age ranges delivering PE in schools, she now trains teachers and works with schools to develop their provision and ensure it achieves maximum impact for pupils. She passionately believes in the impact that PE, sport, and activity can have on children.



The National College

Scan Me

Our website can help you find what other support is available



Getting help from us is simple

Speak to your dedicated worker or local support service to make a referral on your behalf e.g. health visitor, midwife, social services, Citizens Advice, foodbank, schools.

“ I was overwhelmed to receive the bundle as I was not expecting the quantity or quality. Everything was in perfect condition and I can't thank you enough for the love & support.

They all cried when I took the packages and I could hear them whooping with joy as I left the house. The children finally have clothes that fit and toiletries to be clean.



Supporting families across North East England



Love, Amelia accepts donations of new and excellent quality pre-loved items and equipment, and gift them to families who need support. We only give out items we would be happy for our own children to use. Everything is clean and checked for safety and quality by our team and volunteers.





We are here for families who need a helping hand for their babies and children aged 0-16 years

Items we can help with...

- ♥ Clothes and shoes
- ♥ Prams and strollers
- ♥ Moses baskets, cots, and toddler beds
- ♥ Bedding and blankets
- ♥ Highchairs and weaning equipment
- ♥ Books, toys and games
- ♥ Nappies
- ♥ Toiletries for the whole family
- ♥ Plus other essentials



Registered Charity in England & Wales: 1182062



www.loveamelia.org.uk



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