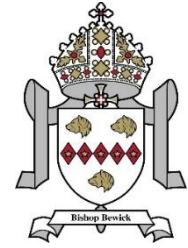


St. Columba's Catholic Primary School

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Email Address: scpschool@stcolumbasprimary.co.uk
Headteacher: Miss. R. Quinn



Iona Star – 10th January 2025

St Columba's Families,

Happy New Year, and welcome back! It has been lovely to see the children all back at school this week and hear about all their news.

This week, the children have settled extremely well back into school life and the classrooms have been busy places with new learning, curriculum projects and challenges underway. Thank you for your support to ensure that the start back to St Columba's has been a good one.

Below, you will find key dates for this coming term. Please could we remind you that these dates are subject to change and further dates are always added, so we ask you to check the Iona Star regularly.

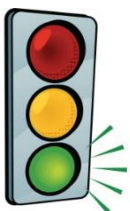
Attached to the Iona Star this week is also a guide for both parents and school staff – this week's focus is on supporting children with 'A Return to Routine'.

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 **96.4%**. We are in the **green zone** and we are meeting our targets set by the Department for Education (96%). What a great start to the year!

We are, delighted to announce that Year 1 and Year 4 are joint winners of our attendance trophy with an attendance of 99% this week. Congratulations to both classes!

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

Permissions, Data Collection and New Devices

We know that many children, or family members, may have received new devices for Christmas.

Please could we remind you to update any contact details for key family members via the school office so that you continue to receive key information, or emergency contact details remain up to date.

If any children in Y5 or Y6 have a mobile phone that they will now be bringing to school, we do ask that you carefully read our policy guidelines and give your permission by contacting the school office who will send you the appropriate links.

Please note that, unless there are exceptional circumstances, we do not allow pupils in Y4 or below to bring a mobile device to school. Thank 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/>

Diary Dates for Parents – Spring 2024

Friday 17th January – Year 2 class assembly at 9.15am. Family members are welcome to the school hall.

Friday 24th January – Year 6 class visit to SafetyWorks Newcastle

Friday 24th January – Parent Coffee Morning. Parents are welcome to come into the school hall after drop off at 9am. Members of the staff leadership team and governors will be available to discuss school life including feedback, concerns, queries or ask any questions. There will be tea, coffee, cake and biscuits so feel free to pop in!

Friday 24th January – Year of Jubilee Launch for schools. A Jubilee Year is celebrated by the Church every 25 years. The theme is Pilgrims of Hope. Pope Francis has invited Catholics to renew our hope and discover a vision that can "restore access to the fruits of the earth to everyone".

Friday 31st January – Year 1 class assembly at 9.15am. Family members are welcome to the school hall.

Maths in Action Workshops. Family members are welcome to attend on the mornings listed below to take part in a Maths lesson with their child. Due to space, this is limited to one family member per child.

Y5/6 – Monday 3rd February at 9.15am

Y1/2 – Tuesday 4th February at 9.15am

Y3/4 – Wednesday 5th February at 9.15am

Wednesday 5th February – Northumbria Police will be visiting children in Y5/6 to deliver a session on 'County Lines'

Stay and Play. Family members are welcome to attend on the mornings listed below to take part in a morning session with their child. Due to space, this is limited to one family member per child.

Nursery – Wednesday 12th February at 9.15am

Reception – Thursday 13th February at 9.15am

Monday 10th February – Living Eggs experience will be visiting St Columba's. The school community will be able to watch eggs hatch into live baby chicks over the following two weeks.

Monday 10th February – Internet Safety Workshops will be delivered for all classes from BigFoot Arts. These sessions will remind children about staying safe online and using devices appropriately.

Tuesday 11th February – Reception class are being visited by dental students to complete a 'Brush Up!' session about oral hygiene.

Friday 14th February – Bishop Stephen is visiting St Columba's school, as well as the other two Catholic primaries of our parish family.

Saturday 15th February – Fr David has requested that all children taking part in the Sacramental Preparation for their First Holy Communion attend Mass at St Columba's on this date.

Tuesday 18th February – North Tyneside Dance Festival. Year 1 parents will be welcome attend. Further information to follow.

Friday 21st February – Reception class assembly at 9.15am. Family members are welcome to the school hall.

Friday 21st February – School closes for half term

Monday 3rd March – School reopens following half term

Thursday 6th March – World Book Day. More information to follow.

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 Measurement Programme for Reception and Year 6

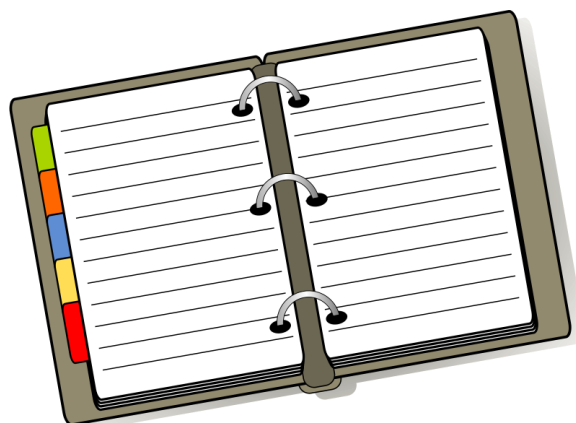
Monday 31st March and Wednesday 2nd April – Parents evening appointments will be available from 3.30pm – 6.00pm. These appointments will be available to book via SchoolCloud two weeks before the date.

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

SUPPORTING CHILDREN TO RETURN TO ROUTINE

Most of us look forward to the school holidays as an opportunity to slow down and relax, stay up later, sleep in and generally approach life in a more leisurely fashion. However, this does mean that returning to normal school-day routines can feel like an uphill battle. Here are some practical tips to ease that transition, reduce stress and set children up for success.

1 START SMALL AND EARLY

Begin reintroducing elements of the school routine a week before term starts. Gradually adjust bedtime, wake-up times and mealtimes to be more in line with school-day rhythms. Small changes can make a big difference in avoiding last-minute panic and helping children to readjust smoothly.



WEEKLY PLANNER

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Task 1	=====	=====	=====	=====	=====	=====	=====
Task 2	=====	=====	=====	=====	=====	=====	=====
Task 3	=====	=====	=====	=====	=====	=====	=====
Task 4	=====	=====	=====	=====	=====	=====	=====
Task 5	=====	=====	=====	=====	=====	=====	=====

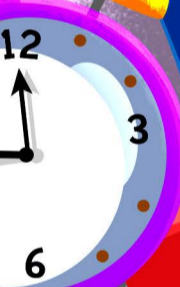
2 REVISIT THE SCHEDULE

Involve your child in mapping out their daily routine so they understand what's going to change. Visual tools like charts or calendars can help keeping to that schedule feel more engaging. When children understand and anticipate their personal timetable, they feel more secure and in control.



3 CREATE A SLEEP PLAN

Sleep can present one of the biggest challenges, as children can sometimes become night owls, prone to staying up late during the holidays. Limit screen time before bed and encourage winding-down activities like reading or listening to calming music. A restful night's sleep improves focus, mood and overall wellbeing, making mornings much smoother.



4 ENCOURAGE FRIENDSHIPS

Help your child to reconnect with school friends by organising playdates, catch-ups or arranging to go to after-school clubs. Re-establishing social bonds can make the return to school more exciting and less intimidating, allowing youngsters to focus on the positive aspects of the new term.



5 GRANT RESPONSIBILITY

Give children control over some aspects of the morning routine. Maybe they could be in charge of waking everyone up, serving breakfast or choosing the radio station that everyone listens to while getting ready. Something that gives them a sense of ownership over their morning schedule can help them view the task as one they've chosen to do, rather than being told to do it.



6 FOCUS ON NUTRITION

Make sure children are receiving balanced meals (with regular healthy snacks to boost energy and concentration), putting them in the best possible state to return to education. A nutritious breakfast is particularly crucial for a positive start to the day. Involve children in meal planning to make it enjoyable and collaborative.



7 COMMUNICATE OPENLY

Talk with your child about how they're feeling about returning to school: whether they're excited, anxious or a mix of both. Validating their emotions helps them feel supported and understood. Try asking them about the things they're looking forward to at school, such as seeing their friends again. Focusing on the positives can be useful for children struggling with change.



8 RECONNECT WITH LEARNING

Ease children back into a learning mindset by incorporating fun, educational activities into their home life. Reading a favourite book, playing games that involve maths or discussing an interesting topic can gently reawaken their focus and prime their minds to learn, which can have helpful impacts on their academic performance.



9 PREP TOGETHER

Turn preparation into a shared activity, to shoulder the responsibility together and provide support where needed. Pack school bags, lay out uniforms and plan lunch the night before. This not only reduces early morning stress but also gives children a sense of ownership over being ready for school.



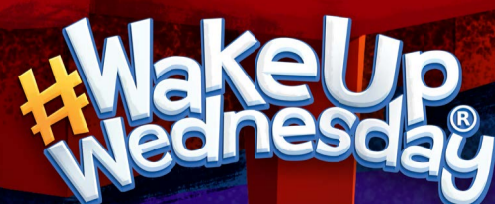
10 BE PATIENT AND FLEXIBLE

Transitions take time, and every child adjusts differently: so, it's important to stay calm and supportive, especially if they're reacting adversely to the change in their daily life. Be ready to tweak routines as needed, and work with the child to make the return to education easier possible for them. Patience can go a long way to setting a positive tone for the new school year.



Meet Our Expert

Becky Dawson is an education expert with a focus on mental health and wellbeing. Passionate about empowering adults who spend time with and care for young people, Becky specialises in creating practical strategies that promote wellbeing and resilience in children during life's transitions.



Source: See full reference list on guide page at:



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