



# St Patrick's Catholic Primary School

## **NEWSLETTER – ISSUE 19** **13<sup>th</sup> February 2026**

Dear Parents, Carers and Parishioners,

This week in our Celebration of the Word we looked at how Jesus tells us that we are the 'Salt of the Earth'. This week the children have looked at how they can show this in what they do and how they demonstrate this to others. Next week, we begin our journey through Lent. We will be attending mass for Ash Wednesday at 10am and everyone is welcome to join us. Let us remember as we enter Lent that we are given time to prepare for the great celebration of Easter. Have a wonderful weekend.

*Paul Rogers*



### **Update**

Can I express my gratitude regarding your cooperation regarding the drop off and collection of our Reception and KS1 children.

On Tuesday, we had a fantastic take up for our Y1 Phonics Meeting.

Thank you.

### **Parent/ Carer Views**

The views of parents and carers is very important to St Patrick's. During the next half term, a parent questionnaire will be sent out to get your views and to also look at how we can improve on the provision that the children are already receiving. Please could you complete the questionnaire and give your open and honest views. Your feedback is really important to assist school development.

### **Healthy Snacks and Dinners**

St Patrick's promotes healthy food as part of a child's daily routine. If the children bring in a snack for playtime, could you ensure that it is healthy and suitable. Dinners in school are also based on providing a nutritious meal. If the children bring in a packed lunch, we encourage that this is nutritious and is reflective of the school's healthy eating approach. If you have any questions, please give school a call.



St Patrick's Catholic Primary School  
Headteacher: Mr. P. Rogers  
Telephone: 0191 378 0552  
E-mail: [stpl@stpl.bwcet.com](mailto:stpl@stpl.bwcet.com)

## Pancake Day and Ash Wednesday

School will be carrying out themed days. See posters below with details.

Tuesday, February 17th

# Pancake Day Celebration



## Flip, Feast, and Fun!

Fluffy pancakes and toppings will be served for lunch in the dining hall

PLEASE GET IN TOUCH VIA THE SCHOOL OFFICE IF YOUR CHILD HAS AN ALLERGY OR SPECIAL DIETARY REQUIREMENT. YOUR CATERING TEAM WOULD BE DELIGHTED TO DISCUSS HOW WE CAN PROVIDE TAILORED MENUS TO CATER FOR YOUR CHILD'S NEEDS.

UNIVERSAL INFANT FREE SCHOOL MEALS FOR ALL KS1 PUPILS

\*SPEAK TO THE SCHOOL OFFICE FOR INFORMATION ABOUT FREE SCHOOL MEAL ELIGIBILITY



Bishop Wilkinson  
Catholic Education Trust



Wednesday,  
February 18th



# Ash Wednesday

We will be serving our  
'Fishy Friday' menu.

PLEASE GET IN TOUCH VIA THE SCHOOL OFFICE IF YOUR CHILD HAS AN ALLERGY OR SPECIAL DIETARY REQUIREMENT. YOUR CATERING TEAM WOULD BE DELIGHTED TO DISCUSS HOW WE CAN PROVIDE TAILORED MENUS TO CATER FOR YOUR CHILD'S NEEDS.

UNIVERSAL INFANT FREE SCHOOL MEALS FOR ALL KS1 PUPILS.

\*SPEAK TO THE SCHOOL OFFICE FOR INFORMATION ABOUT FREE SCHOOL MEAL ELIGIBILITY.



Bishop Wilkinson  
Catholic Education Trust

# Attendance

## Procedure for appointments during school hours

If you have to take your child out of school for any reason, including a medical, dental, school visit appointment, please could you inform the school office prior to the appointment along with any supporting evidence of the appointment. This is so that we can authorise the absence where we can and your child is not marked as unauthorised in our register.

Please see below guidance from the government regarding school attendance. <https://www.gov.uk/school-attendance-absence>

Children should aim to arrive in school by 8.55 am at the latest. **Persistent lateness causes disruption to your child's education.**

Year	Attendance this week:
R	100%
1 / 2	98.69%
3 / 4	91.11%
5 / 6	98.82%
<b>Weekly Overall Attendance: 96.52%</b>	
<b>Yearly Attendance to date: 95.3%</b>	

## Holidays in term time

It is Bishop Wilkinson Catholic Education Trust policy that we as a school must refer to the local authority when a child takes holiday during term time. You can see Durham's procedures here: [Holidays in term time - Durham County Council](#)

"Where leave of absence has not been granted, but the pupil does not attend, the headteacher will refer the case to the local authority in line with the National Framework. This may lead to the local authority issuing a fixed penalty notice." - BWCET Attendance Policy

## Standards at St. Patrick's

Our expectations on attendance must remain strong and, as the parent community know, we take this part of our job very seriously indeed. We will be contacting parents/carers of those children who are persistently absent, this means any child with an attendance percentage of 90% or less. Please understand that this is a supportive measure and that we are working hard to leave no stone unturned to help your child achieve the very best possible outcomes.



*Use well the gifts that God has given you*

**Wednesday**  
11<sup>th</sup> February

**Good News for Families**  
**TOGETHER TIME** 

**1**

**Enjoy reading this Sunday's Gospel**

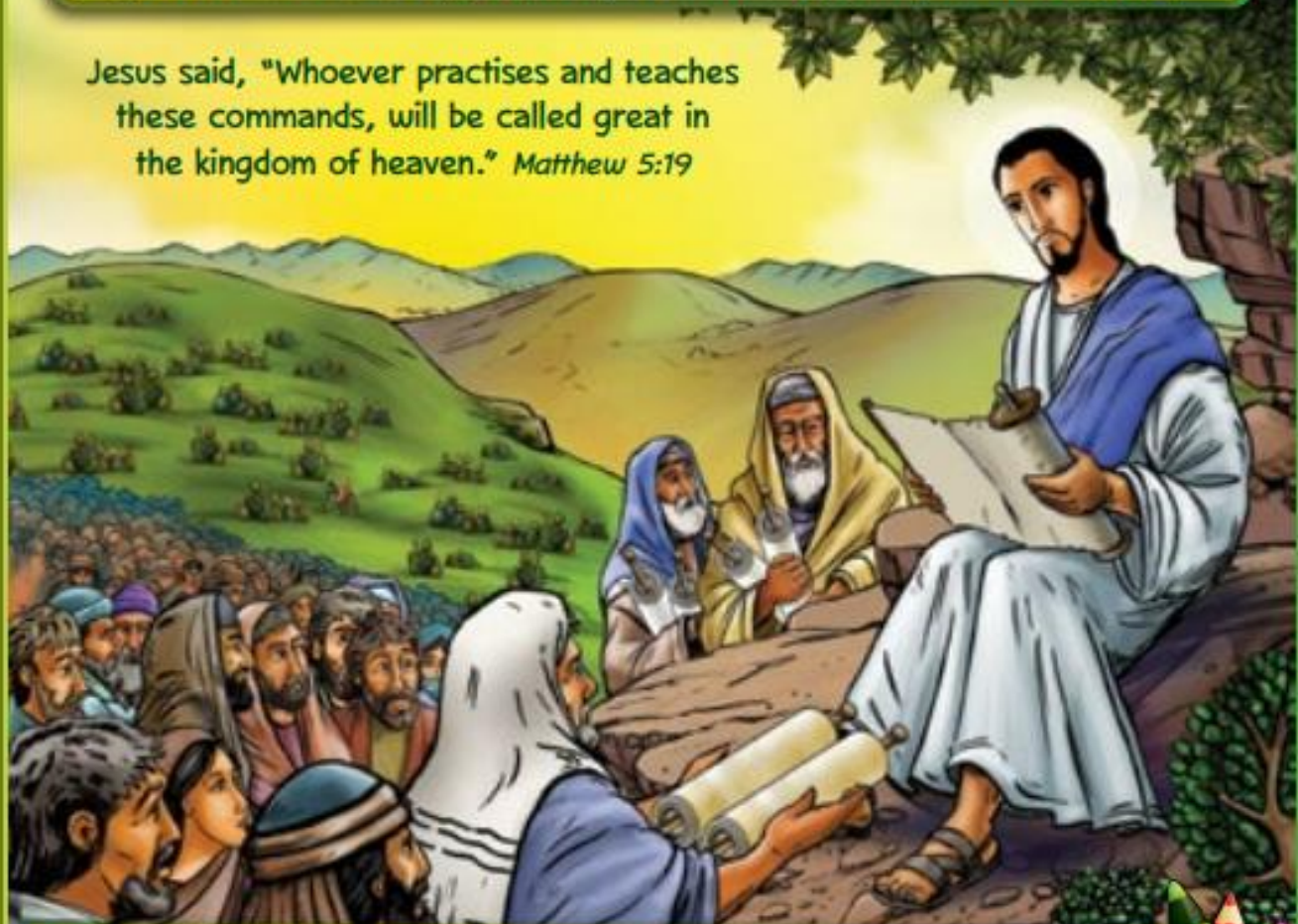
Jesus said to his disciples, "Do not imagine that I have come to destroy what the Law or the Prophets taught. No, I have come to make them complete - to show you what they meant. I tell you truly, until heaven and earth disappear, not one dot, not one little stroke of a pen, shall disappear from the Law until its purpose is achieved. Anyone who breaks one of the least of these commandments and teaches others to do the same will be called least in the kingdom of heaven, but whoever practises and teaches these commands, will be called great in the kingdom of heaven."




Taken from the Gospel of Sunday 15<sup>th</sup> February 2026. Matt. 5:17-37 (the 6<sup>th</sup> Sunday of Ordinary Time)

Which words stood out for you in this Gospel, and why? What does the picture make you think about? Now enjoy exploring this Wednesday's word, which is **TEACHER**.

Jesus said, "Whoever practises and teaches these commands, will be called great in the kingdom of heaven." *Matthew 5:19*



To colour the picture for this Sunday's Gospel, please see the back page. 

Date	Event	Time	Parents Invited
Tuesday 6.1.26	Return to school for Spring Term	8.50am	
Wednesday 14.1.26	Year 6 Parent SATs Meeting	5.00pm	Yes
Thursday 29.1.26	Year 4 Parent Tables Check Meeting	3.30pm	Yes
w/b Monday 9.2.26	Children's Mental Health Week	All week	No
Tuesday 10.2.26	Safer Internet Day	All Day	No
Tuesday 10.2.26	Year 1 Parent Phonics Meeting	3.30pm	Yes
Friday 13.2.26	Year 3/ 4 Class Mass	9.30am	Yes
Friday 20.2.25	Break up for half-term holiday		
Monday 2.3.26	Return to school for Spring 2 <sup>nd</sup> Half Term		
Thursday 5.3.26	World Book Day: Book Character and 'Breakfast with a book' / Assembly	All Day	Yes 8.30am/ 9am
w/c Monday 9.3.26	Science Week	All Week	
Monday 9.3.26	Reception Stay and Discover (Parent and Pupil sessions)	2.00pm – 3.25pm	Yes
Tuesday 10.3.26	Class 4 Learn with me (Parent and Pupil sessions)	2.00pm – 3.25pm	Yes
Wednesday 11.3.26	Class 3 Learn with me (Parent and Pupil sessions)	2.00pm – 3.25pm	Yes
Thursday 12.3.26	Class 2 Learn with me (Parent and Pupil sessions)	2.00pm – 3.25pm	Yes
Friday 13.3.26	Someone Special Celebration	2.45pm	Yes
Tuesday 17.3.26	St Patrick's Day Celebrations: Non – uniform – wear something green	All Day	No
Tuesday 24.3.26	Parents Evening	3.30pm – 6.00pm	Yes
Wednesday 25.3.26	Parents Evening	3.30pm – 6.00pm	Yes
Monday 30.3.26	Stations of the Cross – Led by Year 3/4	3pm	Yes
Thursday 2.4.26	Easter Service	2pm	Yes
Thursday 2.4.26	Break up for Easter Holidays		
Monday 20.4.26	Return to school for Summer Term		

**Future events will be added when confirmed.**

*Use well the gifts that God has given you*

# Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children: from exams and deadlines to anxiety and mental health struggles. It's quite easy to send memes, make jokes and vent online about the things that irritate us, but when was the last time you – or your child – took a moment to share something kind or positive instead? In fact, when did you last stop and think about your family's online activities to help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here –

## WHAT IS DIGITAL RESILIENCE?



Resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times; it's how we respond and adapt to those situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

## MAKE POSITIVE LIFESTYLE CHOICES



- Make time for the people and things that make you happy.
- Monitor your screen time and stick to your limits.
- On social media, follow people that make you feel good about yourself – and unfollow the ones who don't.
- Spread some positivity: post good reviews, leave encouraging comments and share good news.

## KEEP YOUR HEALTH IN MIND

- Try to factor in regular breaks offline and away from your screen – ideally, outdoors for some revitalising fresh air.
- Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.



## REACH OUT FOR SUPPORT

- If you have a problem online, don't be afraid reach out to specialist people or organisations that could help.
- Follow people on socials who have the same values and morals as you.
- You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

## PUT SAFETY FIRST



- If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can look into it.
- Another option is to block the person or the account that's causing you a problem – or you could go one step further by totally deleting the app you were using.

## GET THINGS CLEAR IN YOUR HEAD



- Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- Think about how it makes you feel when someone sends you a positive or funny message online.
- What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- If someone's behaviour online is causing you stress, try to remind yourself of all the steps you can take if a person's being unkind online.

## Meet Our Expert

Carly is a parent and a professional with the National Online Safety. She's a mum of two, working in a primary school and is also a volunteer in various community groups. She's the founder of Engage Support, a free app helping parents and carers to stay safe and healthy online. She's also a member of the National Online Safety's Digital Resilience Network.



**NOS** National Online Safety  
#WakeUpWednesday