



St Pius Spotlight

'To renew all things in Christ'



12.12.25

Dear Parents and Carers,

What a fabulous week in school! Thank you so much to everyone who helped to make the Christmas Fayre such a big success. I would like to give my personal thanks to our amazing PTFA who have put so much effort into this, as they always do, and provided our school community with yet another wonderful event.

Next week is the final week of term. We have EYFS/KS1 Nativity on Tuesday, KS2 Christmas performance on Wednesday and our pantomime trip on Thursday. Mrs Howe has sent more detailed information around these events in an email this week. On Friday, we have Christmas parties in the morning, children may come into school wearing party clothes on this day. In the afternoon, we have mass at 1.30pm and all are welcome to attend. Children are able to go home at the end of mass as long as there is someone to collect them.

Best wishes as always,

Miss Hudson

Attendance

During celebration assembly on Friday, we have been celebrating whole class attendance and each week the class with the highest attendance will receive our Anna the Attendance Cat to live in their class all week! Well done to Class 3 who won this week.



Week beginning: Monday 1st December 2025	
Year group	Attendance percentage
Class 1	95.5%
Class 2	92.6%
Class 3	96.9%
Class 4	95.7%



Our overall school attendance this week was 95.2%. Our attendance target is 97%.

Advent Food Bank

Final call for donations to Consett Food bank which are being organised by our Mini Vinnies and School Council. Donations can be dropped off at school at any point and we will be making our trip to donate on Wednesday 17th December in the morning.

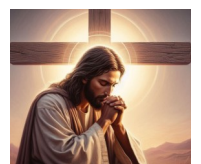


Sanitary products in a range of sizes are sorely needed, as are toiletries.



This Sunday is the third Sunday in Advent, Gaudete Sunday.

May we continue the festive season, rejoicing.





Preloved

First Holy Communion Shop

First Holy Communion dresses
available to borrow FREE of CHARGE

Open **10am to 3pm**

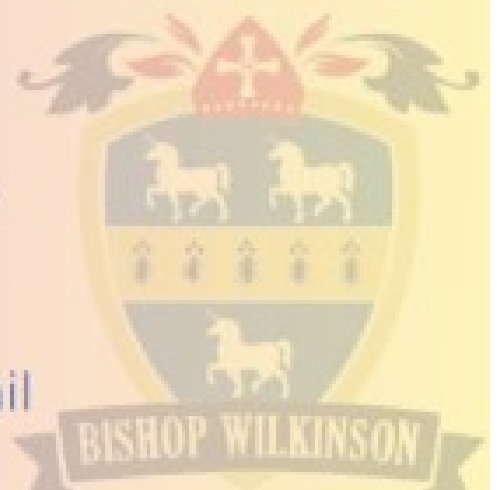
Saturday 7 February 2026

BWCET HQ, Nissan Way, Barmston,
Washington, SR5 3NY

To book an appointment, please email

Ethos@bwcet.com

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10 Top Tips for Parents and Educators

DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



Spotlight Celebration

School life this week



Class 3 have been making beautiful decorations this week and getting their Jesse tree ready for Christmas.



Everyone has been working hard to get the Christmas performances ready. We are very excited to share them with you!

Don't forget:
Class 1 and 2 Nativity
Tuesday 16th
December at 2pm

Class 3 and 4 Carol
Concert and Raffle
Wednesday 17th
December at 2pm



In this section, we celebrate our achievements both in and out of school. If you have something you would like us to share for your child—an achievement, work of art, event they attended - please send it to school via email and we will include it in the newsletter!

Dates for Your Diary

16.12.25: Class 1 and 2 Nativity 2pm

17.12.25: Class 3 and 4 Carol Concert and Christmas Raffle 2pm

18.12.25: Pantomime Trip 1.30pm—late arrival back to school, please check emails

19.12.25: Christmas Party Morning

19.12.25: Whole school Mass in school 1.30pm—all are welcome

CHRISTMAS HOLIDAYS 20.12.25–04.01.26

05.01.26: Spring Term begins

14.01.26: Class 3 Team building festival PM—please wear PE kits

16.01.26: Year 3 Games Festival PM—please wear PE kits

16.01.26: Class 1 Celebration of the Word 2.45pm (followed by Coffee and chat)

21.01.26: Class 4 Assembly 9am

30.01.26: Class 2 Celebration of the Word 2.45pm (followed by Coffee and chat)

04.02.26: Class 3 Assembly 9am

06.02.26: Non-uniform day—bring a bottle

18.02.26: Ash Wednesday Service in school—time TBC

HALF TERM 21.02.26–01.03.26

04.03.26: Class 1 PE trip PM—please wear warm, outdoor clothes

05.03.26: World Book Day

06.03.26: Class 3 Celebration of the Word 2.45pm (followed by Coffee and chat)

11.03.26: Class 2 Assembly 9am

13.03.26: Class 2 Invasion games festival PM—please wear PE kits

13.03.26: Non-uniform day—crafts, chocolates, toys

20.03.26: Class 4 Celebration of the Word 2.45pm (followed by Coffee and chat)

23.03.26 and 24.03.26: Parents evening Spring Term 3.30–5.30pm

25.03.26: Class 1 Assembly 9am

25.03.06: Class 4 Rugby skills trip PM— please wear PE kits

30.03.26: Palm Sunday Procession 2.45pm

02.04.26: Easter Raffle and Easter Egg Competition awards 2pm

EASTER HOLIDAYS 03.04.26–19.04.26

08.12.25: Class 3 Road safety workshop session 2 in school—outdoor clothing needed

11.12.25: Christmas Jumper Day

12.12.25: Christmas Fayre 2.30pm onwards

20.04.26: Summer Term begins

24.04.26: Class 2 Celebration of the Word 2.45pm (followed by Coffee and chat)

29.04.26: Class 3 Assembly 9am

06.05.26: Class 4 Assembly 9am

Dates for Your Diary Continued

08.05.26: Non-uniform day—bring a bottle

11.05.26–14.05.26: KS2 SATs

15.05.26: Class 1 Celebration of the Word 2.45pm (followed by Coffee and chat)

22.05.26: Pentecost Procession 2.45pm

22.05.26: Non-uniform day crafts, chocolates, toys

HALF TERM 23.05.26–31.05.26

05.06.26: Class 4 Celebration of the Word 2.45pm (followed by Coffee and chat)

10.06.26: Class 1 Assembly

12.06.26: Non-uniform day—bring a bottle

19.06.26: Class 3 Celebration of the Word 2.45pm (followed by Coffee and chat)

24.06.26: Class 2 Assembly

25.06.26: St Bede's Uniform evening for Y6 parents

26.06.26: Non-uniform day—crafts, chocolates, toys

01.07.26–02.07.26: St Bede's Transition days for Year 6

02.07.26: Transition day in school

03.07.26: Non-uniform day—£1 contribution

10.07.26: Sports Day and School Fayre

13.07.26: School Raffle Draw 2pm

13.07.26–15.07.26: Robinwood residential for Class 4

Due to the residential dates, the Year 6 Leavers Mass—Time TBC and Year 6 Leavers Performance 4pm, will be rearranged—we will let you know the new dates asap.

Monday 20th July - Monday 31st August - Summer Holidays 2026