

St Pius Spotlight

'To renew all things in Christ'

08.05.2026



Dear Parents and Carers,

Next week Year 6 will be sitting their SATs. They have worked very hard to prepare for them and we know they are going to do well. To support them and ensure timings can run smoothly, please ensure that your child is in school before 8.55am each day next week. Many of the papers begin at 9am and it can be very disruptive to concentration when people arrive late.

As a little extra message for our Year 6's – have a relaxing weekend and do not stress out! You have got this and we are all very proud of you.

Best wishes,

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 2 who won this week.
Week beginning: Tuesday 5th May 2026



Class 1 – 96.88%
Class 2 – 97.62%
Class 3 – 91.91%
Class 4 – 96.55%



Our overall school attendance this week was 95.83%. Our attendance target is 96%.

THANK YOU

Thank you!

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A huge thank you to everyone that supported our CAFOD fundraising activities a few weeks ago.

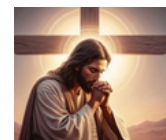
The cake sale raised £155.11

The sponsored walk raised £424.20

Which gives a fantastic total of £579.31 which will be sent to CAFOD next week



In this Sunday's Gospel, John tells us that Jesus promises the coming of the Holy Spirit and reassures the disciples that he will not leave them.



"I will not leave you orphans; I will come to you"

Multi Sport Camp in May half term

OUR MULTI-SPORT CAMP IS BACK! BOOKING IS NOW OPEN!

Come and Join the fun this half term with our Multi-Sport Holiday Camp!
Looking for a fun and active way for your child to spend their holidays?



We have their favourites on offer:

- Dodgeball, Football, Basketball
- Nerf Battles & Arts and Crafts
- Tag and Chase games
- Parachute games.
- Team games.
- Bracelet making and so much more!



When: Tuesday 26th & Wednesday 27th May 26

Where: Consett Infant School

Time: 10am till 3pm

Age groups: 4 - 13 years



Fully qualified coaches, safe, supportive environment. A fun way to stay active and make new friends. Let's get active, learn new sports, and have fun together!

Spaces are limited - Sign up now and get your child ready for an unforgettable experience

Scan the QR code below for more information and to book...



Next Week's Menu is Week 1...

Menu Week 1
APRIL 20th – MAY 11th – JUNE 1st & 22nd – JULY 13th – SEPTEMBER 14th – OCTOBER 5th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pizza Margherita with potato wedges or Chinese chicken curry with rice Sweetcorn & Garden peas Chocolate brownie	Chicken bites with crispy potatoes or Macaroni cheese with garlic bread Carrots & Green beans Iced sponge cake	Sausage, mash & Yorkshire pudding or Quorn sausage, mash & Yorkshire pudding Mixed vegetables & Garden peas Flapjack	Chicken pasta bake with garlic bread or Cheese & tomato panini Sweetcorn & Broccoli Muffin	Fish fingers & chips or Quorn nuggets & chips Baked beans & Garden peas Ice cream pot

FOR ALLERGENS AND NUTRITIONAL INFORMATION SCAN THE QR CODE

Plain pasta, basil and tomato sauce, sandwiches, jacket potatoes and a variety of fillings are available daily as an alternative to our main courses. We also offer a salad & fruit bar to accompany your child's meal. Yoghurts, cheese and crackers are also available daily, as an alternative dessert option, cold drinks also supplied.

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.

Bishop Wilkison Catholic Education Trust

A reminder to PLEASE label all items of clothing.

Now that the weather is warmer children are taking off cardigans and jumpers both in class and on the field at lunchtime. It is then proving very difficult to return items to the correct child when things have no name inside them.

Thank you for your support.

10 Top Tips for Parents and Educators

MANAGING EXAM STRESS

At some point in their education, most young people will encounter exam stress, which can affect their mental, emotional, and physical wellbeing. Mental health charity YoungMinds estimates that 87% of pupils experience exam-related stress. This highlights the importance of supporting young people to manage exam pressure effectively, maintain perspective, and protect their overall wellbeing during these periods.

1 PRACTISE WORKLOAD WISDOM

The build-up to exams can feel overwhelming, with competing demands on time and energy. Encourage young people to reflect on whether their workload is realistic and allows them time to rest and recharge. Support them in creating a manageable revision timetable that includes regular breaks and occasional days off. Remind them that plans can be adjusted if they feel overwhelmed, helping to reduce the pressure and prevent burnout.

2 CLEAR UP THE CLUTTER

A cluttered workspace can reduce focus and increase stress levels. Encourage young people to keep their study area tidy and organised, with clearly arranged notes and materials. A calm, dedicated space can support concentration and create a more relaxed mindset. Adding colour, mind maps, or creative elements can also make revision feel less daunting and more manageable.

3 MASTER THE MATERIALS

Revision can feel particularly stressful if young people are unsure where to begin. Help them confirm key study topics and materials, ensuring they're using accurate and relevant resources. Reducing uncertainty can help them feel more in control of their learning. Reassure them that they don't need to know everything perfectly, as building their understanding over time is what matters most.

4 GET CREATIVE WITH NOTES

Writing out detailed notes, rather than relying only on bullet points, can strengthen their understanding and retention. Encourage young people to turn these notes into flashcards for regular review and repetition. Feeling familiar with their material can boost their confidence and reduce anxiety during exams. This approach can help them feel more prepared and less likely to panic under pressure.

5 USE VISUAL MEMORY AIDS

Visual resources can make learning more effective and reduce their frustration when information feels difficult to grasp. Encourage the use of diagrams, videos, sticky notes, and colour coding to reinforce key ideas. Creating simple mnemonics can also make information easier to remember. Using a variety of methods can help prevent mental fatigue and keep revision feeling fresh and manageable.

6 BUILD A TECH TOOLKIT

Technology can be a valuable supporting tool during exam preparation when used in a balanced way. Educational websites, revision platforms, and subject-specific videos can help explain complicated topics clearly, reducing the risk of confusion or stress. Encourage young people to use these tools to support - rather than overwhelm - their learning, and to take regular breaks from their screens to protect their wellbeing.

7 KEEP REVISION ENJOYABLE

Revision is often more effective when it feels engaging and varied. Encourage young people to incorporate humour, real-life examples, or creative approaches into their learning. Mixing study methods, including light physical activity such as short walks, can also improve their mood and focus. Enjoyable revision experiences can help reduce stress and make the process feel more positive and sustainable.

8 USE ACTIVE STUDY METHODS

Active revision techniques can help young people feel more confident and in control of their learning. Strategies such as spaced repetition and active recall, including self-testing or explaining concepts aloud, can highlight both their strengths and areas for improvement. This clarity can reduce last-minute panic and support a calmer, more prepared approach to exams.

9 USE AI THOUGHTFULLY

AI tools can support revision by making learning more personalised and manageable. Young people can use them to generate practice questions, summarise information, or break down topics into simpler steps. Used carefully, these tools can reduce overwhelm and save time. Remind young people to check AI information with trusted sources to ensure its accuracy and build confidence in their understanding.

10 PRACTISE WITH ONLINE TOOLS

Online revision platforms can help young people test their knowledge and track their progress. Many offer quizzes, flashcards, and practice papers aligned with exam boards. Encourage regular self-testing - including timed activities - to build up familiarity with exam conditions. Becoming more comfortable with the format of exams can reduce anxiety and help young people approach them with greater confidence.

Meet Our Expert

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



#WakeUpWednesday

The National College

See full reference list on our website

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Dates for Your Diary

11.05.26–14.05.26: KS2 SATs

15.05.26: Mary Day – a celebration of Mary led by Class 1 at 2.45pm, all are welcome

15.05.26: Class 2 PE Trip PM

20.05.26: Class 2 PE Trip PM

22.05.26: Pentecost Procession 2.45pm

22.05.26: Non-uniform day – crafts and toys

HALF TERM 23.05.26—31.05.26

04.06.26: Class 4 PE Trip all day

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

08.06.26: Phonics Screening Check week

12.06.26: Class 1 Assembly

12.06.26: Non-uniform day – sweets and chocolates

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

23.06.26: Y6 YMT festival at Emmaus village – all day

24.06.26: Class 2 Assembly

25.06.26: St Bede's Uniform evening for Y6 parents

26.06.26: Non-uniform day – prizes for raffle/tombola

29.06.26: Reception class PE Trip PM

30.06.26: Class 3 Trip to The Hancock Museum

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 donation/tombola donations

06.07.26: Y6 Leavers performance dress rehearsal for the rest of the school

07.07.26: Y6 Leavers performance 4pm

08.07.26: Y6 class party trip

09.07.26: Summer Fayre 2.30pm onwards

10.07.26: Sports Day – parents invited from 1.30pm onwards

13.07.26–15.07.26: Robinwood residential for Class 4

16.07.26: School Raffle Draw 2pm

17.07.26: Y6 Leavers mass at St Pius X Church 10am

Please note that new dates have been added in red to make them clear. If there are changes to dates we will endeavour to inform you in good time.

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