

St Mary's Catholic Primary School, South Moor

NEWSLETTER

July 2026

Dear Parents and Carers,

As we come to the end of another busy and successful school year, I would like to thank all of our families for the support, encouragement and partnership you have shown throughout the year. It has been a privilege to see the progress our children have made, not only academically but also in their confidence, faith and personal development.

The final term has been filled with exciting opportunities, celebrations and achievements, and I am delighted to share some more of the highlights below.

Celebrating Success

We are incredibly proud of all our pupils for their hard work and determination this year. Across the school, children have demonstrated our Catholic values through their kindness, resilience and respect for others.

Our Year 6 pupils have worked exceptionally hard in preparation for their end of Key Stage assessments, we are so proud of them, and they have been wonderful role models for our younger children. We wish them every success as they move on to secondary school and thank them for the contributions they have made to St Mary's during their time with us.

As Headteacher, I would like to personally thank our pupils, staff, governors, parish community and families for making St Mary's such a special place to learn and grow.

The children continue to amaze us with their enthusiasm, kindness and achievements, and I am incredibly proud of every one of them.

I hope you all enjoy a restful, safe and happy summer holiday with your families. We look forward to welcoming everyone back in September for another exciting year at St Mary's Catholic Primary School.

Warm regards,
Mrs Anderson



St. Mary's
Catholic Primary School



Bishop Wilkinson
Catholic Education Trust



DIOCESE OF Hexham & Newcastle

CLASS 1 NEWS

Class 1 have enjoyed lots of Summer fun activities including Sports Day, an exciting visit to the beach and water play in their outdoor area. Good job the children brought spare clothes into school as they were soaked! It was a great way to keep cool though 😊 What a pleasure you have all been!



CLASS 2 NEWS

Class 2 have been learning about alliteration and have worked hard to create some fantastic alliterative sentences.

In PE, they have been focusing on team games and have worked really hard to develop teamwork and cooperation skills.

CLASS 3 NEWS



What a lovely time we have had in class 3. It has been a packed half term – fitting in trips to the beach to build a sand theatre from Ancient Greece, visits from the ice cream-van, sports day, summer concerts to name but a few! It has been wonderful teaching all of you. Thank you all for your enthusiasm during lessons and your determination and resilience. You have blossomed into confident young learners, and I can't wait to watch you continue your education journey in your new classes. A very proud Mrs Davison xx

CLASS 4 NEWS

I am incredibly proud of Class 4 this year! All children have worked so hard and we have seen so much progress in all curriculum areas – notably in extended writing pieces. They have shone during our various trips and been fantastic representatives of our school. Year 6, it has been my pleasure to have taught you for the last two years and school simply will not be the same without you! Year 5, you are a fantastic bunch of learners, and I am excited to hit the ground running with you and our new class members in September. We hope everyone has a fab summer holiday! Miss Butler + Miss Neasham.



PARENT LED COGNITIVE BEHAVIOUR THERAPY (CBT)

St Mary's now have access to more services in collaboration with NHS services. Please see below for information on some of the services that will be available through school.



Tees, Esk and Wear Valleys
NHS Foundation Trust



PARENT LED COGNITIVE BEHAVIOUR THERAPY (CBT)

WHAT IS PARENT LED CBT?

Parent Led CBT is a structured type of psychological therapy which aims to increase parent's confidence in their ability to help and support their child overcome their anxieties.

It is a 6 session programme over a period of 10 weeks, and is made up of practical sessions delivered in person or virtually, and working breaks to enable you to put skills in to practice.



WHAT IS ANXIETY?

Anxiety is a normal emotion that can be useful to enhance performance and keep us safe. It can however become a problem when it interferes with a child's everyday life. Anxiety can negatively impact on a child's social life, academic performance and mood.

Anxiety in children can look like, but not limited to:

- Avoiding certain activities e.g., parties or joining hobbies
- Anger or frustration
- Shyness
- Difficulties with sleep
- Negative self-talk/putting self down
- Being scared to be away from parents or carers
- Worrying about going to school on a morning

HOW CAN PARENT LED CBT HELP WITH CHILD ANXIETY?



- We will help you to develop a detailed understanding of your child's anxiety by looking at why it may have started and what might be keeping it going.
- Give you skills and techniques to give to your child to help them manage their fears and worries.
- Build up your child's **brave** behaviour and help them to face their fears.
- Introduce alternative ways of supporting your child other than giving reassurance.
- Help you understand the importance of positive attention, praise and reward.



All of the above are used and practiced in line with Cathy Cresswell and Lucy Willett's Guide: "**Helping Your Child with Fears & Worries**", which is evidence based to support the skills in Parent Led CBT. A copy of this book is required to complete the programme.

WHY ARE WE WORKING WITH YOU AND NOT YOUR CHILD?



Research evidence has shown that one of the most helpful ways to support anxious children is by working with their parents.

You know your child best and spend the most time with your child, meaning there are plenty of more opportunities for you to work on their anxieties together.

Your child is also more likely to engage with you than a stranger!

HOW CAN I ACCESS PARENT LED CBT?

Your child's school has access to the Piece of Mind mental health support team.

If you think your child is experiencing feelings of anxiety and worry and you would like to access the Parent Led CBT programme to help your child please speak to your school's mental health lead, who will be able to have a consultation with and make a referral for support to the Piece of Mind team.

UNIFORM AND JEWELLERY REMINDER

As we prepare for the new academic year, I would like to thank parents and carers for their support in maintaining our high standards of school uniform.

Please ensure that children return to school in September wearing full school uniform, including appropriate footwear and PE kit as outlined in our uniform policy. Wearing uniform correctly helps promote a sense of pride and belonging within our school community.

If you are considering having your child's ears pierced during the summer holidays, please do so as early as possible. In line with our health and safety procedures, children are not permitted to wear earrings for school, and we would like to ensure children follow this rule in September. New piercings must remain in place for a period of time after piercing, so having ears pierced at the beginning of the summer break will allow sufficient time for earrings to be removed before children return to school in September.

ATTENDANCE

Attendance is everyone's responsibility, and it remains a key priority for the Department for Education, BWCET Trust and St Mary's. This year, although we have seen many children attend school regularly, our overall attendance has fallen short of the Trust target of 97%.

From September, we will be placing an even greater focus on attendance because we know that children who attend school every day achieve better academically, develop stronger friendships and feel more connected to school life.

Please support us by ensuring that children attend school every day unless they are genuinely too unwell to do so. Where a child is absent, parents and carers will be expected to provide appropriate evidence to support the reason for absence. This may include appointment letters, prescriptions or other relevant documentation.

Thank you for your continued support in helping us make attendance a priority for every child at St Mary's. Together, we can ensure our children have the very best opportunity to learn, grow and succeed.