



Caring for each other as we live, learn and grow in God's love.

NEWSLETTER

October 10th 2025

DIARY DATES

Weekly Mass: Sacred Heart and St John Bosco Church - 9:30am every Sunday. All are welcome.

Tuesday 14th October - Year 1 Multi-Skills Tournament at St Anthony's (wear your PE kit please!)

Wednesday 15th October - EYFS visit to Church.

Thursday 16th October - Year 1 & 2 visit to Church.

Thursday 16th October - Girls football match at Ford Hub

Friday 17th October - Year 2 Liturgy / Celebration of the Word

Tuesday October 21st - EYFS open evening 3:30 - 4:30pm

PE Days 2025-26

Nursery / Reception: Thursday

Year 1: Monday & Wednesday

Year 2: Monday & Wednesday

Year 3: Monday & Friday

Year 4: Monday & Friday

(swimming)

Year 5: Monday & Tuesday

Year 6: Monday & Tuesday



ATTENDANCE

**THIS WEEK'S
*attendance***

92%

As of September 2024, no holidays will be authorised unless there are exceptional circumstances. Any holiday over 5 days will also be subject to a referral for a penalty notice. Lateness and absences must now be closely monitored too.

There have been a number of children being collected early - please note that we are required to see a letter, email or text as proof of appointments.

always check
the website for
the most up
to date
holiday dates



stjohnboscosunderland.org.uk



office@stjohnboscosunderland.org.uk



Proud to be part of
Bishop Chadwick
Catholic Education Trust

Mrs Mason

Mrs Mason has announced she will be leaving St John Bosco after **29 years of dedicated service** to our school. She is planning to get ready for her adventures in retirement!

Mrs Mason is a huge part in our St John Bosco Family and we are preparing ourselves for her departure at Christmas. Her loyalty, dedication and hard working nature help us work as the successful team of St John Bosco. We are sure you will join us in wishing her a long and happy retirement when the time comes.



Happy Retirement



World Mental Health Day – Friday 10th October

World Mental Health Day, also known as National Mental Health Day, is dedicated to promoting the understanding of mental health education, awareness, and advocacy. It's important to raise awareness of mental health conditions and ensure that communities recognise the part each person has to play in creating a mentally healthy society. World Mental Health Day is a great opportunity to do this and children have been learning all about its importance in their lessons today.



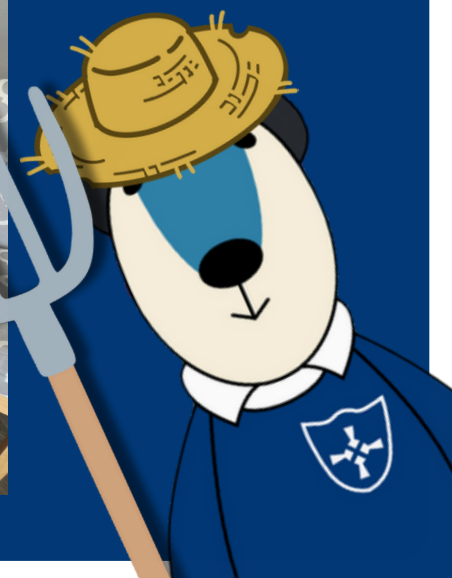
Harvest Festival Donations

Wow! You've done us proud Team Bosco! We have received a staggering amount of donations of food to send to St Aidan's Food Bank. Your support and generosity is greatly appreciated! One Year 5 child went above and beyond – check out our Facebook page to learn more!

HARVEST HERO



Thanks
for your
support



Outdoor coats

Autumn Weather Reminder

As the weather begins to turn more autumnal, we kindly ask that all children come to school wearing a suitable outdoor coat to ensure they stay warm and dry during outdoor activities. To help us return any misplaced items, please ensure that all coats are clearly labelled with your child's name.

Thank you for your continued support.



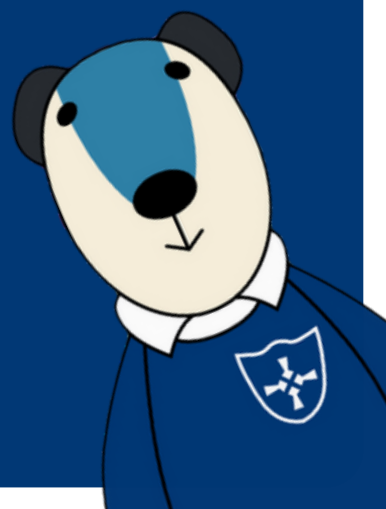
Parking

Parking Safety Reminder

To help keep all children safe during drop-off and pick-up times, we kindly remind parents and carers not to park on the zig-zag lines outside the school. These areas must remain clear to ensure visibility and safe crossing for pupils.

Please also take extra care when reversing near the school gates, as the area can be busy with children and families. Your cooperation helps us maintain a safe and welcoming environment for everyone.

Thank you





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NEWSLETTER

STARS OF THE WEEK





Caring for each other as we live, learn and grow in God's love.

NEWSLETTER

TIMESTABLES ROCKSTARS & READING PLUS



READING
MAKES YOU
CLEVER!



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SEND COFFEE MORNINGS

*Please join us for our SEND coffee
mornings this year!*

*An opportunity to meet staff and professionals
involved with our SEND children in school.*



9am

Autumn Term - 23rd October 2025

Spring Term - 29th January 2026

Summer Term - 7th May 2026

ONLINE SAFETY / WELLBEING

SUPPORTING CHILDREN'S MENTAL HEALTH

10 Conversation Starters for Parents

Talking about mental health to children is sometimes hard. To the point that we can put off raising the subject, not wanting to unearth problems or raise overwhelming subjects that we perceive our child is too young or not ready for. But rather than keeping children in the dark, this guide is designed to help you confidently talk about mental health, so they feel comfortable talking about their own worries and end any stigma before it begins.



National
Online
Safety®

#WakeUpWednesday

1 LISTEN

This sounds obvious, but it is not something we are always great at. Active listening is where we listen without interrupting or making judgements and shows interest in what is being said. If your child feels listened to in the 'smallest of problems' they will become confident that you will listen when the 'biggest of problems' arise.

2 ASK TWICE

The campaign from time to change is great. <https://www.time-to-change.org.uk/support-ask-twice-campaign>. Be tenacious about your child's wellbeing. Children instinctively know when your questions and support come from a place of wanting to help and care.

Are you sure?

3 THERE IS NO SUCH THING AS A STUPID QUESTION

This advice also relates to the first point. If your child can ask you any questions about the smallest of things and you listen and answer without shaming or belittling, then they will have more confidence to ask the biggest of questions.

4 BE OPEN AND HONEST

Children appreciate honesty, particularly if you are having to share information or talk about a difficult subject. For example, you may be talking about death or loss; 'It's very sad that Nana has died' or 'I feel sad that Nana has died'. How you talk about a subject will differ depending on their age and developmental maturity. Talking about death to a younger child for example will be different to that of an older teen, as their experience and understanding of death is different.

5 KNOW WHEN TO SEEK HELP

Assess the severity of the mental health difficulty you are noticing. Is the difficulty making it hard for your child to function regularly throughout everyday life? How frequently is your child affected, how long does it last and how persistent is it? Are they having problems controlling the difficulty? Talk to your child about your concerns and that it is likely they will need further support beyond family and friends.

6 TALK ABOUT MENTAL HEALTH NATURALLY

Speak about mental health as part of everyday life, so that talking about our feelings and those of others is normalised. If the usual 'are you ok?' is not creating an opportunity for dialogue then say something like 'I know when something like that has happened to me I felt like this... Is that how you are feeling or are you feeling something else?'

7 EMPATHISE

'It makes sense that you would feel this way, it is understandable'. Children often worry about things that we, as adults, might see as trivial or silly. However, for them at their age and stage it is a big concern and they need our kindness and care when they show their vulnerability and share their worries.

8 HELP YOUR CHILD FEEL SAFE

Teens particularly feel that by talking about their worries or concerns that this will make things worse. Reassure your child that you will discuss a plan of action together and what may or may not need to happen next. If they are a younger child, it is likely you will need to lead the conversation and explain next steps.

9 MIND YOUR LANGUAGE

Be mindful of the language you use at home to describe and talk about mental health. Stigma often arises from misconceptions and a choice of language which is harmful. Using the word 'mental', 'man-up' or other such words in a derogatory way won't encourage your child to talk about their mental health for fear of being belittled.

10 IT IS OK TO SAY 'I DON'T KNOW WHAT TO DO NEXT'

Adults do not have all the answers but often children think they do. It is ok to acknowledge that what your child is experiencing is not something you have come across before or know anything about, but that you will work it out together and seek help together.



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NEWSLETTER

SCHOOL LUNCHES

The Power of a School Lunch!

A healthy school lunch helps children stay focused, energised, and ready to learn. It's a great way for them to try new foods, enjoy a balanced meal, and share lunchtime with friends – all part of a happy, productive school day.



#HealthyEating #SchoolLunchMatters #FuelForLearning

Current school lunch menu until 24th of October.

CHADWICK'S
KITCHEN

WEEK 1

WEEK 2

WEEK 3

MONDAY

CHOOSE A MAIN MEAL:

Cheese and Tomato Pizza (V)
Or
Tuna or Cheese Sandwich
Or
Vegetable Lasagne (V) ♥
Or
Jacket Potato with a choice of topping

ON THE SIDE:

Herby Diced Potatoes
Sweetcorn
Carrot and Cucumber Batons
DESSERT: Choice of:
Homemade Ginger Snap
Cheese & Crackers
Fresh Fruit
Yoghurt

CHOOSE A MAIN MEAL:

Tomato and Herb Pasta
Or
Veggie Sausage in a Bun
Or
Loaded Quesadilla (Wrap) (V) ♥
Or
Jacket Potato with a choice of topping

ON THE SIDE:

Potato Wedges
Garlic Bread
Assorted Vegetable Crudites
Sweetcorn
Baked Beans
DESSERT: Choice of:
Iced Sponge and Custard
Cheese & Crackers
Fresh Fruit or Yoghurt

CHOOSE A MAIN MEAL:

Cheese and Tomato Pizza
Or
Vegetable and Rice Enchilada (V)
Or
Creamy Sweetcorn Pasta (V) ♥
Or
Jacket Potato with a choice of topping

ON THE SIDE:

Homemade Potato Wedges
Garlic Bread
Carrot Batons
Sweetcorn
DESSERT: Choice of:
Oaty Crunch Biscuit
Cheese & Crackers
Fresh Fruit or Yoghurt

TUESDAY

CHOOSE A MAIN MEAL:

Chicken Fajita ♥
Or
Pasta Bolognese Bake
Or
Macaroni Cheese (V)
Or
Jacket Potato with a choice of topping

ON THE SIDE:

Mr Tindale's Cheesy Smashed Potato Fritters
Garlic Slice
Green Beans/Cauliflower
DESSERT: Choice of:
Jelly with Mandarin Oranges & Ice-cream
Cheese & Crackers
Fresh Fruit or Yoghurt

CHOOSE A MAIN MEAL:

Chadwick's Chicken Curry Or BBQ Chicken Flatbread
Or
Crispy Topped Vegetable Pie (V) ♥
Or
Jacket Potato with a choice of topping

ON THE SIDE:

Chunky Jacket Wedges
Wholegrain Rice
Broccoli/Cauliflower
Baked Beans
DESSERT: Choice of:
Mrs Fallon's Biscuit
Cheese & Crackers
Fresh Fruit
Yoghurt

CHOOSE A MAIN MEAL:

Mr Tindale's Katsu Chicken
Or
Homemade Sausage Roll
Or
Macaroni Cheese (V) ♥
Or
Jacket Potato with a choice of topping

ON THE SIDE:

Baby Boiled Potatoes
Cauliflower/Broccoli
DESSERT: Choice of:
Mrs Vicker's Orange Drizzle Cake
Cheese & Crackers
Fresh Fruit or Yoghurt

WEDNESDAY

CHOOSE A MAIN MEAL:

Roast of the Day ♥
Or
Chicken Savoury Rice with Curry Sauce
Or
BBQ Pulled Quorn Wrap (V)
Or
Jacket Potato with a choice of topping

ON THE SIDE:

Roast Potatoes
Yorkshire Pudding
Carrots Peas
DESSERT: Choice of:
Apple Crumble & Custard
Cheese & Crackers
Fresh Fruit
Yoghurt

CHOOSE A MAIN MEAL:

Roast of the Day
Or
Pizza Sub
Or
Creamy Broccoli Pasta (V) ♥
Or
Jacket Potato with a choice of topping

ON THE SIDE:

Roast Potatoes
Carrots/Green Beans
DESSERT: Choice of:
Mr Tindale's Butterscotch Pudding
Cheese & Crackers
Fresh Fruit
Yoghurt

CHOOSE A MAIN MEAL:

Roast of the Day
Or
Chicken Pasta Bake ♥
Or
Cheese Melt Wrap (V)
Or
Jacket Potato with a choice of topping

ON THE SIDE:

Roast Potatoes
Garlic Bread
Carrots and Peas/White Cabbage
DESSERT: Choice of:
Chadwick's Kitchen Special Flapjack
Cheese & Crackers
Fresh Fruit or Yoghurt

THURSDAY

CHOOSE A MAIN MEAL:

Northumberland Sausages
Or
Chicken and Tomato Pasta ♥
Or
Quorn Burger in a Bun (V)
Or
Jacket Potato with a choice of topping

ON THE SIDE:

Creamy Mashed Potatoes
Garlic Slice
Carrot and Swede Mix
Broccoli
DESSERT: Choice of:
Mrs Kiroop's Traybake
Cheese & Crackers
Fresh Fruit
Yoghurt

CHOOSE A MAIN MEAL:

Chefs Pie of the Day
Or
Ham or Tuna Sandwich ♥
Or
Tomato and Herb Pasta (V)
Or
Jacket Potato with a choice of topping

ON THE SIDE:

Creamy Mashed Potatoes
Garlic Slice
Broccoli/Swede
Baked Beans
DESSERT: Choice of:
Summer Berry Cheesecake
Cheese & Crackers
Fresh Fruit or Yoghurt

CHOOSE A MAIN MEAL:

Mince and Dumplings
Or
Chicken Chow Mein ♥
Or
Tomato Pasta Bake (V)
Or
Jacket Potato with a choice of topping

ON THE SIDE:

Creamy Mashed Potatoes
Or Potato Wedges
Sweetcorn/ Green Beans
Baked Beans
DESSERT: Choice of:
Fruit Medley
Cheese & Crackers
Fresh Fruit or Yoghurt

FRIDAY

CHOOSE A MAIN MEAL:

Fish Fingers or Fish Cakes ♥
Or
Cheese and Bean Wrap (V) ♥
Or
Jacket Potato with a choice of topping

ON THE SIDE:

Chips
Peas
Baked Beans
Sweetcorn
DESSERT: Choice of:
Mrs Cole's Sticky Chocolate Muffin
Cheese & Crackers
Fresh Fruit or Yoghurt

CHOOSE A MAIN MEAL:

Fish Fillet or Fish Fingers
Or
No-Meatball Flatbread (V) ♥
Or
Jacket Potato with a choice of topping

ON THE SIDE:

Chips
Baked Beans
Peas
DESSERT: Choice of:
Chadwick's Kitchen Carrot Cake Muffins
Cheese & Crackers
Fresh Fruit or Yoghurt

CHOOSE A MAIN MEAL:

Fish Fingers or Fish Cakes
Or
Salmon or Tuna Pasta
Or
Vegetable Savoury Rice (V) ♥
Or
Jacket Potato with a choice of topping

ON THE SIDE:

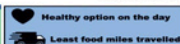
Chips
Peas
Pepper Strips
DESSERT: Choice of:
Chocolate Crunch
Cheese & Crackers
Fresh Fruit or Yoghurt

Healthy option on the day

Least food miles travelled

Spring/ Summer 2025

Spring/ Summer 2025



Liturgy TIMETABLE



ST. JOHN BOSCO R.C. PRIMARY SCHOOL LITURGY TIMETABLE Autumn Term 2025

SCHOOL/PARISH LITURGICAL CELEBRATIONS

Friday 03.10.25	Year 5	Mrs Collins	9.05am
Friday 10.10.25	Year 6	Mr Pickering	9.05am
Friday 17.10.25	Year 2	Mrs Gray	9.05am
Friday 07.11.25	Year 1	Miss Robertson	9.05am
Friday 14.11.25	Whole School	Liturgy of Remembrance Year 6	9.05am
Friday 21.11.24	Year 4	Miss Thompson	9.05am
Friday 28.11.25	Year 3	Mr Bailes	9.05am

Wednesday 10.12.25	Nativity (Sacred Heart Church, Hylton Castle) Year 4, Year 5, Year 6	Doors will open at 1.45pm for a 2pm performance
Thursday 11.12.25	Nativity (Sacred Heart Church, Hylton Castle) Year 1, Year 2, Year 3	Doors will open at 1.45pm for a 2pm performance
Friday 12.12.25	Foundation Stage Nativity (in school)	9.45am
Thursday 18.12.25	Whole School/Parish Mass (in school)	10.00am



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NEWSLETTER

SAFEGUARDING

SAFEGUARDING IS EVERYONE'S RESPONSIBILITY!

If incidents involving children from our school are taking place in the local community, please report your concerns to **Together for Children**.

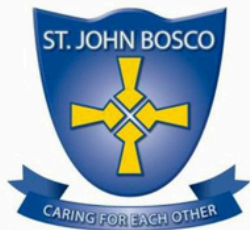
- To report a child safeguarding concern (0 to 17 years old) contact Together for Children on **0191 5617007** (available 8.30am to 5:15pm Monday – Thursday, 8.30am to 4.45pm Friday).
- Out of hours duty safeguarding officer: **0191 5205552**
- **For serious incidents, we would always advise contacting the police directly, 999 or 101 for non-emergencies**
- **Gentoo Housing co-ordinator for North Sunderland 07734597810**

Keeping children safe is everyone's responsibility



Our Safeguarding Children Process





ST JOHN BOSCO R.C. PRIMARY SCHOOL

2025-2026 School Calendar

September 2025						
Su	M	Tu	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

October 2025						
Su	M	Tu	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1

November 2025						
Su	M	Tu	W	Th	F	S
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

December 2025						
Su	M	Tu	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

January 2026						
Su	M	Tu	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

February 2026						
Su	M	Tu	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

March 2026						
Su	M	Tu	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

April 2026						
Su	M	Tu	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

May 2026						
Su	M	Tu	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

June 2026						
Su	M	Tu	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

July 2026						
Su	M	Tu	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1

August 2026						
Su	M	Tu	W	Th	F	S
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



Holidays - School Closed



INSET Day - School closed to pupils



Bank Holiday - School Closed

Please note that school will close at 1pm on Friday 19th December, Thursday 2nd April, Friday 17th July

