



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

NEWSLETTER

October 17th 2025

DIARY DATES

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

Wednesday 22nd October - Year 3 & 4 visit to Church

Thursday 23rd October - SEND coffee morning

Friday 24th October - INSET Day school closed.

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***

96%

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

Sunderland Local authority Whatsapp group for parents / carers of SEND children and looked after children



School Council Meeting

Our Year 6 School Council have met to discuss plans for the winter half-term. They will soon be writing to a local care home to try and organise a Christmas Carol concert for the residents.





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STARS OF THE WEEK



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office@stjohnboscosunderland.org.uk



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NEWSLETTER

TIMESTABLES ROCKSTARS & READING PLUS



READING
MAKES YOU
CLEVER!



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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



NEWSLETTER

ONLINE SAFETY / WELLBEING

Top Tips for SETTING BOUNDARIES AROUND GAMING

If your child loves video games, then you'll probably be aware that how long they spend gaming – and what they're actually playing – can occasionally become a source of concern or conflict. The UK's trade body for interactive entertainment, Ukie, has recently launched a campaign to promote safer and more responsible gaming among young people – with parents and carers helping by setting sensible and fair boundaries. Our guide has tips on key areas where you could agree some healthy ground rules for your child's gaming activity.

PROMOTE SAFER GAME CHOICES

Deciding which online games are OK – and which should be avoided – is tricky. Some titles allow children to cooperate or compete with strangers, which creates potential risks. Watching your child play online for a while could provide more insight into a particular game, while the parental controls on most consoles allow you to limit who can chat to your child or send them friend requests. Remind your child of the hazards around strangers online when you discuss this boundary with them.

ENCOURAGE REGULAR BREAKS

Help your child understand the need to take regular breaks, playing in shorter bursts rather than marathon sessions. Bear in mind that some games (such as role-playing games) require time investment from the player, while others (online team games, for example) can't be stopped or paused at a moment's notice. A quick break every hour or so is good practice, and you could suggest some things to do in these breaks, such as having a drink of water or getting some fresh air.

AGREE SPENDING LIMITS

There's no doubt that gaming can be expensive, and younger players often don't realise how much paying for digital items and subscriptions can add up to. Many young gamers love to buy new skins or upgrades for their character, so you could settle on a fixed amount that your child is allowed to spend on in-game items each week or month. This sort of boundary will not only help your child to manage their expectations but will also make you more aware of the price of these items.

DISCUSS AGE RATINGS

Children often ignore the age ratings on games – or are unaware they even exist. If you're happy with your child playing a particular game even though it's rated above their age, then establish that as a boundary: emphasise that you've made an exception, and talk about what age ratings mean and why they're important. You could add context to this boundary by browsing games' boxes together while shopping, discussing why some games might have earned certain age ratings.



FACTOR IN FRIENDS

If your child is a keen video gamer, the chances are that they'll have other gamers among their social circle, too. When friends visit, do they instantly dash to their console or computer? You could put boundaries in place before their guests arrive by agreeing on a length of gaming time. Bear in mind, though, that they may try to extend this once they're together. Try coming up with activities or challenges for them during screen breaks – if they join in, they earn a little extra time on their game.

ENJOY GAMING TOGETHER

Setting time aside to play video games together can be an enjoyable bonding exercise. Undeniably, some young gamers may be less enthusiastic about a parent or carer joining in, but it can be a productive way of encouraging them to share their hobby with you. Setting goals or tasks might be useful: if they love Minecraft, choose something to build together; if Fortnite's their favourite, ask to try out some of the fun game modes, like Prop Hunt, which don't require high skill levels.

TALK ABOUT EMOTIONS

Help your child to monitor their emotions as they play. Discuss what is (and isn't) an acceptable level of competitiveness to show while gaming. Are they allowed to trash talk other players, for example? Can they notice when they get angry if they lose? Do they think these emotions are healthy? Some games can provoke anger, but others can bring joy, humour and the thrill of overcoming a challenge. Try to steer your child towards games that tend to produce these more positive feelings.

BE PREPARED FOR TROLLS

A frequent problem when gaming online is other players who are deliberately troublesome. Make sure your child knows how to report and block someone who makes their experience a negative one. Between you, decide if or how they should deal with these online trolls. Talk about where your child's boundaries are in terms of what they think is acceptable: what behaviour by other users is merely frustrating, and what crosses the line to become upsetting or abusive.

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



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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

NEW AUTUMN / WINTER MENU 2025-26

WEEK 1			WEEK 2			WEEK 3		
MONDAY	CHOOSE A MAIN MEAL: Cheese and Tomato Pizza Or Quorn Sausage in a Bun Or Macaroni Cheese (V) Or Jacket Potato with a choice of topping	ON THE SIDE: Homemade Potato Wedges Garlic Slice Carrot Batons/Sweetcorn Coleslaw DESSERT: Choice of: Mrs Parkin's Ginger Biscuit Cheese & Crackers Fresh Fruit or Yoghurt	TUESDAY	CHOOSE A MAIN MEAL: Cheese and Tomato Pizza Or Tuna or Cheese Sandwich Or Tomato Pasta Bake (V) Or Jacket Potato with a choice of topping	ON THE SIDE: Garlic and Herb Potatoes Vegetable Crudites Sweetcorn DESSERT: Choice of: Eve's Sponge & Custard Cheese & Crackers Fresh Fruit or Yoghurt	WEDNESDAY	CHOOSE A MAIN MEAL: Cheese and Tomato Pizza Or Ham or Tuna Sandwich Or Vegetable Hot Pot (V) Or Jacket Potato with a choice of topping	ON THE SIDE: Homemade Potato Wedges Sweetcorn Carrot Batons DESSERT: Choice of: Winter Sponge and Custard Cheese & Crackers Fresh Fruit or Yoghurt
TUESDAY	CHOOSE A MAIN MEAL: Chadwick's Kitchen All Day Breakfast (Vegetarian Option available) Or Mr Parkin's Chicken Shawarma Wrap Or Jacket Potato with a choice of topping	ON THE SIDE: Half a cheesy Jacket Broccoli Peas and sweetcorn mix Baked Beans DESSERT: Choice of: Toffee Apple Crumble and Custard Cheese & Crackers Fresh Fruit or Yoghurt	THURSDAY	CHOOSE A MAIN MEAL: Mince and Dumplings Or Chicken Fajita Wrap Or Broccoli Cheese Bake (V) Or Jacket Potato with a choice of topping	ON THE SIDE: Mashed Potatoes Garlic Slice Winter Cabbage and Cauliflower DESSERT: Choice of: Chocolate Mousse with Mandarin Oranges Cheese & Crackers Fresh Fruit or Yoghurt	FRIDAY	CHOOSE A MAIN MEAL: Chadwick's Chicken Curry Or Meatball Flatbread Or Vegetable Flatbread Or Jacket Potato with a choice of topping	ON THE SIDE: Wholegrain Rice Diced Herby Potatoes Peas and Cauliflower DESSERT: Choice of: Chocolate Orange Brownie Cheese & Crackers Fresh Fruit or Yoghurt
WEDNESDAY	CHOOSE A MAIN MEAL: Roast of the Day Or Chadwick's Chicken Kiev Or Tomato & Herb Pasta (V) Or Jacket Potato with a choice of topping	ON THE SIDE: Roast Potatoes Yorkshire Pudding Baton Carrots Sprouts DESSERT: Choice of: Iced Chocolate Sponge Cheese & Crackers Fresh Fruit or Yoghurt	THURSDAY	CHOOSE A MAIN MEAL: Roast of the Day Or Meatball Marinara Pasta Or Meat Free Roast (V) Or Jacket Potato with a choice of topping	ON THE SIDE: Mashed Potatoes Yorkshire Pudding Garlic Slice Sprouts and Carrots DESSERT: Choice of: Mrs Vicker's Orange Drizzle Cake & Custard Cheese & Crackers Fresh Fruit or Yoghurt	FRIDAY	CHOOSE A MAIN MEAL: Roast of the Day Or Homemade Sausage Roll Or Crispy Crumb Macaroni Cheese (V) Or Jacket Potato with a choice of topping	ON THE SIDE: Roast Potatoes Yorkshire Pudding Carrot & Swede Mash Honey Roasted Parsnips DESSERT: Choice of: Flagjack and Custard Cheese & Crackers Fresh Fruit or Yoghurt
THURSDAY	CHOOSE A MAIN MEAL: Northumberland Sausage Or Bolognese Pasta Bake Or Cheese Panini (V) Or Jacket Potato with a choice of topping	ON THE SIDE: Mashed Potatoes Garlic Bread Broccoli and Swede DESSERT: Choice of: Lemon Love Tray Bake Cheese & Crackers Fresh Fruit or Yoghurt	FRIDAY	CHOOSE A MAIN MEAL: Breaded Herby Turkey Or Mr Parkin's Oodles of Chicken Or Quorn "Chicken" & Cheese Wrap (V) Or Jacket Potato with a choice of topping	ON THE SIDE: Baby Boiled Potatoes Broccoli & Roasted Winter Veg DESSERT: Choice of: Chocolate Crispy Crunch Cheese & Crackers Fresh Fruit or Yoghurt	FRIDAY	CHOOSE A MAIN MEAL: Fish Fingers Or BBQ Quorn Mince Burrito Or Jacket Potato with a choice of topping	ON THE SIDE: Chips Peas and Baked Beans Cucumber and Pepper Sticks DESSERT: Choice of: Sticky Banana Muffin Cheese & Crackers Fresh Fruit or Yoghurt
FRIDAY	CHOOSE A MAIN MEAL: Fish Fingers Or BBQ Quorn Mince Burrito Or Jacket Potato with a choice of topping	ON THE SIDE: Chips Peas and Baked Beans Cucumber and Pepper Sticks DESSERT: Choice of: Sticky Banana Muffin Cheese & Crackers Fresh Fruit or Yoghurt	FRIDAY	CHOOSE A MAIN MEAL: Fish Fillet or Fish Cakes Or Vegetable Savoury Rice with Curry Sauce Or Jacket Potato with a choice of topping	ON THE SIDE: Chips Peas Baked Beans DESSERT: Choice of: Homemade Rice Pudding with Peaches Shortbread Biscuit Fresh Fruit or Yoghurt	FRIDAY	CHOOSE A MAIN MEAL: Fish Fingers or Fish Fillet Or Salmon Salad Wrap (V) Or Jacket Potato with a choice of topping	ON THE SIDE: Mashed Potatoes Garlic Slice Peas Cauliflower & Winter Cabbage DESSERT: Choice of: Mrs Fallon's Biscuits Cheese & Crackers Fresh Fruit or Yoghurt

Healthy option on the day
 Least food miles travelled

AUTUMN/WINTER 2025/2026

CHADWICK'S KITCHEN MENU



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

