



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

NEWSLETTER

November 14th 2025

DIARY DATES

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

Thursday 18th 10am - December Christmas Mass in school (parents / carers welcome)

School closes for Christmas Holidays at 1pm on Friday 19th December and reopens on Monday 5th January 2026

Other Christmas dates are included on page 2

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



FINAL SWIMMING LESSON OF THE TERM FOR YEAR 4 NEXT WEEK (5th December)

ATTENDANCE

**THIS WEEK'S
attendance
95%**

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.

Message from the office

Monies owed for school lunches: £236

Monies owed for Breakfast Club: £187

Please settle any outstanding balances ASAP. Thank you.





Christmas at St. John Bosco



WHOLE SCHOOL PANTOMIME

Wednesday 26th November

North Shields Theatre Company are coming to our school again to perform Jack and the Beanstalk. The cost is £975 and we have managed to subsidise £1 per child using school funds however we would be grateful if everyone could donate **£2 on ParentPay** to help with the cost. Thank you for your support!

NATIVITIES

Children in Years 1, 2, 3, 4, 5 and 6 will walk to Sacred Heart Church where they will rehearse their performance during the morning before their performance for parents in the afternoon.

Wednesday 10 th December	Year 4/Year 5/Year 6	2.00pm Sacred Heart Church (Children may leave with parents after the performance)
Thursday 11 th December	Year 1/Year 2/Year 3	2.00pm Sacred Heart Church (Children may leave with parents after the performance)
Friday 12 th December	Nursery/Reception	9.45am St. John Bosco School Hall

CHRISTMAS LUNCH/CHRISTMAS JUMPER DAY

Friday 12th December

Christmas lunch is on 12th December – children can also come to school in their Christmas Jumpers!

If your child does not normally have a school lunch but wants a Christmas dinner please let us know no later than Friday 21st November (£2.50 payable on Parent Pay).



CHRISTMAS PARTIES (Party plates and gifts from Santa will be provided by school)

Monday 15 th December	Year 1/Year 2/Year 3 (children should come to school in their party clothes)
Tuesday 16 th December	Year 4/Year 5/Year 6 (children should come to school in their party clothes)
Wednesday 17 th December	Nursery/Reception (children should come to school in their party clothes) Morning Nursery children to come to school for 1.00–3.15pm INSTEAD OF 8.45–11.45am)

AKADEMICS ROCK CONCERT

Monday 15th December 9.30am

CHRISTMAS MASS

Will be said in school on **Thursday 18th December at 10am.** All parents are welcome!



CHRISTMAS CARDS

With the current focus on saving the planet we recommend that children send one card to the whole class, rather than sending all children one, to reduce the amount of recycling needed.

SCHOOL COUNCIL WILL BE SELLING:

- Reindeer Dust
 - Candy Cane Creatures
 - Raffle tickets to win a Hamper
- Watch out for their Newsletter!**



REMINDER

All after school clubs finish week ending
Thursday 4th December.
Breakfast Club will finish on
Friday 19th December.

CHRISTMAS GIFTS

We are very aware that times are hard for everyone at the moment and we do not want anyone to feel the pressure of buying staff a present at Christmas. We are the lucky ones working with your children and your kind words are more than enough!

HOLIDAYS

School will close on **Friday 19th December at 1.00pm.**

Children return to school on **Monday 5th January 2026.**



CHRISTMAS DATES

Keeping Warm This Winter: Outdoor Clothing Reminder



As the colder months set in, we want to ensure all children stay warm and comfortable during outdoor play. Please make sure your child comes to school with:

- A warm, waterproof coat – essential for chilly and damp days.
- A hat – to keep heads snug.
- Gloves or mittens – to protect hands from the cold.
- A scarf – for extra warmth around the neck.
- Layering is always a good idea, and please label all items with your child's name to avoid mix-ups. Thank you for helping us keep everyone safe and happy outdoors this winter!

Please also give some consideration to footwear too, particularly in snowy conditions. There's nothing worse than shivering in soggy socks!

Outdoor play will only take place after a thorough risk assessment has been carried out to check the condition of the school playgrounds. This includes assessing surfaces for ice, water pooling, and any hazards that could compromise safety.



A Fantastic Pantomime Experience!

On Wednesday, our school was treated to an incredible performance of Jack and the Beanstalk, and what a show it was! The children were absolutely captivated from start to finish. They laughed, sang, and even danced along with the cast, creating a truly magical atmosphere in the hall.

The production was full of surprises – from catchy songs (including a fun twist with K-Pop demon hunters!) to plenty of jokes that had everyone giggling. In fact, there were even some laugh-out-loud 'six, seven' moments that kept the energy high throughout the performance.

It was wonderful to see the children so engaged and enjoying live theatre. A huge thank you to the performers for bringing such joy and excitement to our school – this pantomime will be remembered for a long time!



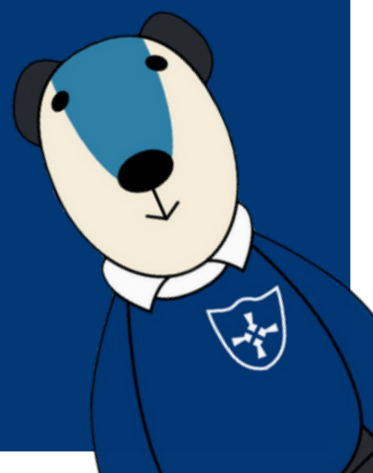
Year 6 Residential Adventure at Derwent Hill

What an incredible week our Year 6 pupils have had at Derwent Hill Outdoor Education Centre in the stunning Lake District! From the moment they arrived, the children were immersed in the awe and wonder of this beautiful landscape while taking part in an exciting range of activities.

They showed amazing courage and determination during gorge walking, mountain climbing, canoeing, and of course, the thrilling 'Death Swing' – a challenge that had everyone cheering! It was fantastic to see them pushing themselves, supporting each other, and celebrating their achievements.

We are so proud of their behaviour, resilience, and teamwork throughout the trip. These experiences have not only created lifelong memories but also strengthened bonds that will carry them through the remainder of their time at our school.

A huge thank you goes to the dedicated staff who accompanied the children, giving up time with their own families to ensure this was a safe, enjoyable, and unforgettable experience.





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NEWSLETTER

STARS OF THE WEEK



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office@stjohnboscosunderland.org.uk



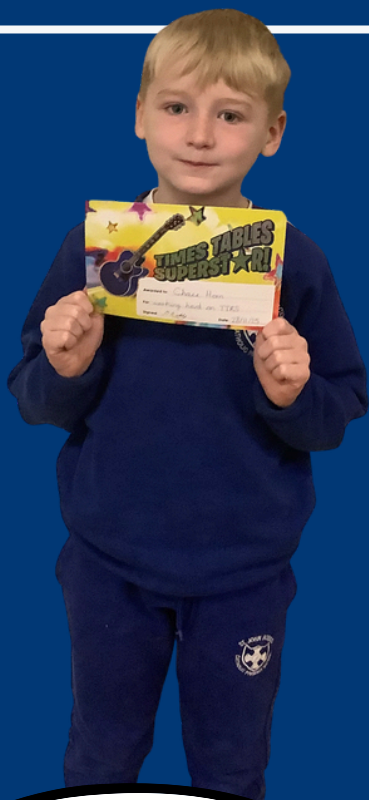
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NEWSLETTER

TIMESTABLES ROCKSTARS & READING PLUS



READING
MAKES YOU
CLEVER!



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ONLINE SAFETY / WELLBEING

What Parents & Carers Need to Know about THE DANGERS OF VAPING

Data collected for ASH (Action on Smoking and Health) shows an increase in 11 to 17-year-olds experimenting with vaping: from 7.7% in 2022 to 11.6% in 2023. It's concerning that these age-restricted products are getting into the hands of under 18s as most contain nicotine, which can be detrimental to brain development and cause long-term addiction. Some schools have reported students having their focus in lessons affected by nicotine cravings; vaping in school toilets; and even trying vapes found in their local park. Raising awareness of the risks among young people could help to prevent these problems from escalating and reduce the number of young vapers.

WHAT ARE THE RISKS?

NICOTINE ADDICTION

Since they were initially developed to help people stop smoking, the vast majority of vape liquids contain nicotine. Not only is this a highly addictive stimulant, but it can also have detrimental effects on brain development in the under-25s. Nicotine can decrease the ability to pay attention, weaken impulse control, affect mood and increase the likelihood of substance addiction as an adult.

WHAT IS VAPING?

Vapes contain a liquid (vape juice/e-liquid) that is heated by a battery and evaporates, creating a chemical vapour which the user inhales. They can be disposable (once the liquid or battery runs out, the vape is thrown away) or rechargeable (the user replaces the liquid and recharges the battery on demand). Most vape liquids contain nicotine and other chemicals.

LACK OF AWARENESS

A proportion of young people tend to view vapes as harmless, mainly because of the products' appearance and the perception (often strengthened on social media) that "vaping is cool" and on trend. In many instances, young people don't fully appreciate the concept of addiction: that is, they aren't adequately aware of the risk of becoming hooked on nicotine before trying a vape.

POTENTIAL TOXICITY

Many vape liquids have been found to contain 'heavy' metals such as lead, tin, nickel and (in some cases) mercury – all of which are toxic. These metals often take the form of tiny shards inside a device's liquid tank, which are then inhaled into the body. Some media reports have suggested these metals are particularly prevalent in illegally imported vapes which don't comply with UK regulations.

UNCLEAR LONG-TERM CONSEQUENCES

The liquids in vapes also contain solvents, which can create carcinogens at the point of evaporation. Vapes were only introduced into the UK in 2005 – and, because of the relatively short timeframe involved, there is insufficient medical evidence to assess the long-term harms that regular inhalation of these chemical fluids might have on the human body.

ATTRACTIVE PACKAGING

The packaging of many disposable vapes is very appealing to young people, frequently echoing the colours and flavours of the sweets or fizzy drinks they're used to buying. There's a relative lack of regulation around vape marketing, and vaping is often depicted positively on social media – which can lead young people to develop favourable views of vaping and overlook the possible harms.

ENVIRONMENTAL EFFECTS

In the UK alone, around 5 million disposable vapes go to landfill every week. Due to such significant numbers of these products not being recycled, their components – a lithium battery and a chemical liquid – pose a toxic risk to the environment, the ecosystem and wildlife. Vapes are also predominantly made of plastic and metal; materials that, of course, do not naturally decompose.

WIDER HEALTH CONCERNS

Studies are already showing a link between vaping and oral health problems such as tooth decay and gum disease. This is because vaping reduces the amount of saliva in the mouth, while increasing bacteria – resulting in bad breath and a build-up of plaque. There are also concerns that, in some users, vaping could lead to the development of asthma, a persistent cough and breathing difficulties.

UNREGULATED VAPING PRODUCTS

The number of retailers willing to sell vapes to under-18s is a worry, as the chance of these products being unregulated (and therefore containing illegal chemicals and higher levels of nicotine) is high. A related concern is that the mechanisms inside unregulated products are unlikely to have been tested and safety checked – presenting a possible fire risk if the liquid and battery come into contact.

SCARCE INFORMATION

The lack of information about the ingredients and potentially harmful chemicals in a vape is troubling. Some vape fluids (unregulated in the UK) contain traces of nuts, which can cause an allergic reaction or anaphylactic shock. To date, medical warnings aren't required on vape packaging – with only medical disclaimers being found on the websites of the various brands.

VAGUE INGREDIENTS LISTS

Early research has suggested that the chemicals used to produce some strawberry and banana flavour e-liquids can kill cells in the blood vessels and heart. These ingredients aren't identified on the packaging, instead falling under the umbrella term 'natural and artificial flavourings'. Such vague listings mean that consumers aren't aware of the liquid's content so can't identify potential risks.

Meet Our Expert

Run by the Cambridgeshire and Peterborough Healthy Schools Service (commissioned by Cambridgeshire County Council and Peterborough City Council), Catch Your Breath is a school-based project aimed at young people. Its goal is to embed a proactive, coordinated approach among both primary and secondary schools in discouraging smoking and vaping behaviours.



Source: <https://www.bbc.co.uk/news/health-65809924>

Mental Health Support - YoungMinds

Whether you want to understand more about your young person's mental health, find the right help for them or hear from other parents who've been there, our guides can help.

<https://www.youngminds.org.uk/parent/>

Get support from our Parents Helpline

If you're worried about your child or young person's mental health or wellbeing, you can speak to us over the phone or chat to us online. Our Helpline advisers can provide information, advice and support to help you take the next step.

Remember, it's okay to reach out for help. We all need a little extra support sometimes, and we hear from parents and carers just like you all the time.

Call our Parents Helpline for free on 0808 802 5544

The logo for YoungMinds, featuring the word "YOUNG" in yellow and "MiNDS" in grey, with a yellow dot above the 'i' in "MiNDS".

YOUNGMiNDS

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	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	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	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	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	CHOOSE A MAIN MEAL: Breaded Herby Turkey Or Meatball Marinara Pasta Or Meat Free Roast (V) Or Jacket Potato with a choice of topping	ON THE SIDE: Roast Potatoes Yorkshire Pudding Garlic Slice Sprouts and Carrots DESSERT: Choice of: Mrs Vickier's Orange Drizzle Cake & Custard Cheese & Crackers Fresh Fruit or Yoghurt	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	CHOOSE A MAIN MEAL: Baby Boiled Potatoes Broccoli & Roasted Winter Veg DESSERT: Choice of: Chocolate Crispy Crunch Cheese & Crackers Fresh Fruit or Yoghurt	CHOOSE A MAIN MEAL: Chef's Pie of the Day Or BBQ Chicken Sub Or Tomato Pasta Bake (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			
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	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	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: Chips Peas Pepper Strips Baked Beans DESSERT: Choice of: Jelly and Fruit Cheese & Crackers Fresh Fruit or Yoghurt		

Healthy option on the day

Least food miles travelled

CHADWICK'S KITCHEN MENU

AUTUMN/WINTER 2025/2026

Healthy option on the day
 Least food miles travelled

AUTUMN/WINTER 2025/2026

CHADWICK'S KITCHEN MENU



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NEWSLETTER

SAFEGUARDING

SAFEGUARDING IS EVERYONE'S RESPONSIBILITY!

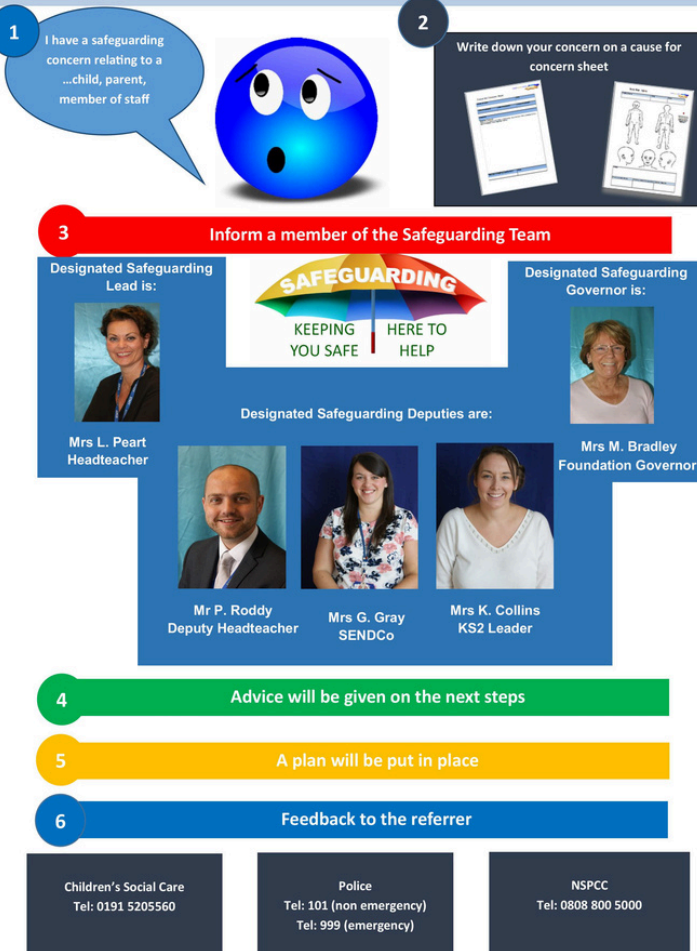
If incidents involving children from our school are taking place in the local community, please report your concerns to **Together for Children**.

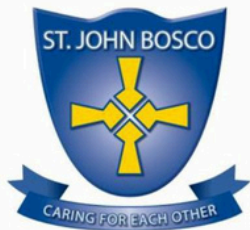
- To report a child safeguarding concern (0 to 17 years old) contact Together for Children on **0191 5617007** (available 8.30am to 5:15pm Monday – Thursday, 8.30am to 4.45pm Friday).
- Out of hours duty safeguarding officer: **0191 5205552**
- **For serious incidents, we would always advise contacting 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



ZERO TOLERANCE

AGGRESSIVE OR ABUSIVE BEHAVIOUR WILL NOT BE TOLERATED



It is an offence under section 547 of the Education Act 1996 for any person (including a parent) to cause a nuisance or disturbance on school premises