

We love, learn and grow together through Jesus Christ

# NEWSLETTER

October 6th 2025



## DIARY DATES

**Year 1 Road Safety** begins  
16/09/2025

**Nursery Stay and Play** 9-9:50  
06/10/2025

**Thursday 9th October** - Year 2  
Multi-Skills Tournament at St  
Anthony's (wear your PE kit please!)

**Friday 10<sup>th</sup> October** - Maths  
**Problem Solving Day**

**Tuesday 14th October** - Rise  
Theatre (all year groups )

**Friday 17<sup>th</sup> October** - Hancock  
Museum (Year 3 & 4)

**Friday 24<sup>th</sup> October** - Break up for  
half-term holiday

NEXT FRIDAY COME WEARING  
YOUR BRIGHT CLOTHES FOR  
WORLD MENTAL  
HEALTH DAY



**ENGLISH  
MARTYRS**  
SUNDERLAND

## ATTENDANCE

**THIS WEEK'S**  
***attendance***

**94.5%**

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.

**Year 3 Attendance  
winners this week.**

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



[englishmartyrssunderland.org.uk](http://englishmartyrssunderland.org.uk)



[office@englishmartyrssunderland.org.uk](mailto:office@englishmartyrssunderland.org.uk)



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## News To Share ....

Dear Parents / carers,

We are taking part with thousands of schools, communities and companies this World Mental Health Day to show young people that they're not alone with their mental health. Right now, the world can be a tough place for children and young people to grow up in – and they are feeling the pressure. We want young people to know that they don't have to go through this alone. Things can get better. Please help us raise awareness by sending your child to school in their own brightly coloured clothes on Friday 10<sup>th</sup> October.



[englishmartyrssunderland.org.uk](http://englishmartyrssunderland.org.uk)



[office@englishmartyrssunderland.org.uk](mailto:office@englishmartyrssunderland.org.uk)

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## HARVEST CELEBRATIONS !

Thankyou to our Year 5 children who led us in our Harvest Celebration of the word today. You did a FAB job. The donations will be well received by The Salvation Army





## WEST BOLDON LODGE TRIP



Year 1 and Year 2 enjoyed a fabulous day and made lots of memories with their friends.





## LUNCHTIME FUN.....

### American Menu Day.



## Outdoor coats

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 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. Your cooperation helps us maintain a safe and welcoming environment for everyone.

Thank you





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# NEWSLETTER



## PE Days

NURSERY - Friday  
RECEPTION - Thursday  
YEAR 1 - Monday  
YEAR 2 - Monday  
YEAR 3 - Wednesday  
YEAR 4 - Swimming (Monday)  
Tuesday PE  
YEAR 5 - Wednesday  
YEAR 6 - Tuesday

**Please can you ensure that earrings are removed for PE days.**



**ENGLISH  
MARTYRS**  
SUNDERLAND



**OPEN EVENING  
RECEPTION PLACES 2026**

**3.30 – 4.30 pm Monday 20 October 2025**



**English Martyrs' Catholic Primary School, SR5 5AU**

Call: 0191 548 8330  
Email: [office@englishmartyrssunderland.org.uk](mailto:office@englishmartyrssunderland.org.uk)  
Web: [www.englishmartyrssunderland.org.uk](http://www.englishmartyrssunderland.org.uk)



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\*By the Catholic School Inspectorate



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# NEWSLETTER



## 5 ways for families to have fun reading at home

1

### Be curious



Asking questions and talking about the book is a great way to form connections, develop understanding and make reading even more enjoyable. Start by discussing the front cover and what it suggests the book could be about. Then share ideas about what you've been reading. You could talk about the characters, something that has surprised you, what something reminds you of or how it made you feel.

**You might ask questions like, "how did it make you feel when....", "why do you think this happened?", or "what do you think will happen next?" then give children plenty of time to think and respond.**

Make sure you give your child the chance to ask questions too. Children, (and adults!), often enjoy reading the same book again and again — this provides an important opportunity for children to get to know the story well, develop confidence and increase comprehension and vocabulary.

2

### Be playful



Start by making a calm and comfortable place for your family to relax and read independently or together. You might be reading the same book together, reading different things at the same time or getting your children to read together. This can be relaxing and fun for you all and just a few minutes each day can have a big impact on children of all ages. Be guided by your child and when you feel is the best time to read together — what matters most is that they enjoy it.

**Why not try acting out your favourite parts of the story together, using different voices and dramatic actions. Have fun letting go!**

Helping your child to see reading as play time rather than work time is one of the most powerful ways to help your child engage in books and become a lifelong reader.

3

### Be creative



Bring reading to life by getting involved in some crafty activities related to the book. It provides the perfect opportunity to talk about the story you've been reading too.

**Why not try drawing some of the characters or creating a picture to show a different setting. You could then use these to retell the story or make up your own version.**

4

### Be imaginative



Help engage your child in a way that suits them. This could mean creating treasure hunts that include finding similar objects that were in the book you shared, making a recipe that you read together or play a game where you pretend to be the characters in the book. Try using different voices, sound effects or actions as you read. If that all sounds too much, how about making a book tent with a blanket and some pegs — it could be a cave, a den or a castle depending on the story you are sharing.

**Gift books as presents. Encourage book swaps between friends and family and encourage your child to always carry a book with them, so they are never bored! on the bus, while waiting for a sibling to do an activity, or when they need a bit of quiet in a busy household.**

5

### Be ready to read anywhere, anytime!

Reading isn't limited to storybooks! We are immersed in a world of print, which can be shared anywhere and at any time. Read yourself and help your child to join in, this could be anything, including...**magazines, postcards, comic books, travel brochures, sports programmes, toy boxes, or labels on clothing and food.** Local libraries are perfect for finding a rich and diverse mix of story and factual texts, as well as poetry and audiobooks.







## AFTER SCHOOL CLUBS

### 🎨⚽ Why After-School Clubs Are Brilliant! 🎵📖

After-school clubs give children the chance to explore new interests, build confidence, and make new friends. Whether it's sports, music, art, or something else, clubs help children develop important skills while having fun in a relaxed and supportive environment. It's a great way to end the school day with creativity, teamwork, and smiles! 😊

|                  |  |
|------------------|--|
| <b>MONDAY</b>    | Multi Skills Year3,4 and 5 (3.15pm – 4.15)   |
| <b>TUESDAY</b>   | <ul style="list-style-type: none"><li>• Football Club Y5,6 20 3.20 – 4.15pm</li><li>• Art and Craft Y2,3 15 3.20 – 4.15pm</li><li>• Drama Club Y2, Y3, Y4, Y5. Y6 25 3.20 – 4.15pm</li></ul> |
| <b>WEDNESDAY</b> | <ul style="list-style-type: none"><li>• Seasonal Games Y2,3,4 15 3.20 – 4.15pm</li></ul>   |
| <b>THURSDAY</b>  | <ul style="list-style-type: none"><li>• Art and Craft Reception, Y1 15 3.20 – 4.15pm</li><li>• Netball/Basketball Y3, Y4, Y5, Y6 25 3.20 – 4.15pm</li></ul>                                  |

Please give permission for your child to attend the above after school clubs and agree to pay £2 per week for each activity, termly, in advance £26 on ParentPay

Breakfast club runs 8.00am - 9.00 am. £2.00 per session please ring the school office know if you require a place ( max 30 )



**ENGLISH  
MARTYRS**  
SUNDERLAND



# **OPEN EVENING RECEPTION PLACES 2026**



**3.30 – 4.30 pm Monday 20 October 2025**



**English Martyrs' Catholic Primary School, SR5 5AU**

**Call:** 0191 548 8330

**Email:** [office@englishmartyrssunderland.org.uk](mailto:office@englishmartyrssunderland.org.uk)

**Web:** [www.englishmartyrssunderland.org.uk](http://www.englishmartyrssunderland.org.uk)



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\*By the Catholic School Inspectorate





# Holy Communion TIMETABLE

## ST. HILDA'S AND ENGLISH MARTYRS' FIRST HOLY COMMUNION PROGRAMME

|                      |  |               |  |
|----------------------|--|---------------|--|
| Thursday<br>18.09.25 | Meeting for Parents & Welcome Liturgy<br><i>English Martyrs' School</i>  | 3.20 p.m.     | <i>All First Holy Communion<br/>Children &amp; Parents</i>             |
| Thursday<br>13.11.25 | Session 2 - Baptism<br><i>English Martyrs' School</i>                    | 3.20 - 4.15pm | <i>All First Holy Communion<br/>Children &amp; Catechists</i>          |
| Saturday<br>15.11.25 | Liturgy during Mass<br><i>St. Hilda's Church</i>                         | 5.45 p.m.     | <i>All First Holy Communion<br/>Children &amp; Parents</i>             |
| Thursday<br>27.11.25 | Session 3 - Gifts We Offer<br><i>English Martyrs' School</i>             | 3.20-4.15pm   | <i>All First Holy Communion<br/>Children &amp; Catechists</i>          |
| Saturday<br>29.11.25 | St. Hilda's Church   | 5.45 p.m.     | <i>All First Holy Communion<br/>Children &amp; Parents</i>             |
| Thursday<br>15.01.26 | Session 4 - Listening<br><i>English Martyrs' School</i>                  | 3.20-4.15pm   | <i>All First Holy Communion<br/>Children &amp; Catechists</i>          |
| Saturday<br>17.01.26 | Liturgy during Mass<br><i>St. Hilda's Church</i>                         | 5.45 p.m.     | <i>Children and Parents</i>  |
| Thursday<br>26.02.26 | Session 5 - Reconciliation<br><i>English Martyrs' School</i>             | 3.20-4.15pm   | <i>All First Holy Communion<br/>Children &amp; Catechists</i>          |
| Saturday<br>28.02.26 | Liturgy during Mass<br><i>St. Hilda's Church</i>                         | 5.45 p.m.     | <i>Children and Parents</i>  |
| Thursday<br>12.03.26 | Sacrament of Reconciliation<br><i>English Martyrs' School Chapel</i>     | 3.15-4.15pm   | <i>All First Holy Communion<br/>Children, Parents &amp; Catechists</i> |
| Thursday<br>30.05.26 | Session 6 - Give Thanks<br><i>English Martyrs' School</i>                | 3.20-4.15pm   | <i>All First Holy Communion<br/>Children &amp; Catechists</i>          |
| Saturday<br>02.05.26 | Liturgy during Mass<br><i>St. Hilda's Church</i>                         | 5.45 p.m.     | <i>Children and Parents</i>  |
| Thursday<br>04.06.26 | Session 7 - Take and Eat<br><i>English Martyrs' School</i>               | 3.20-4.15 pm  | <i>All First Holy Communion<br/>Children &amp; Catechists</i>          |
| Saturday<br>06.06.26 | Session 8 - First Holy Communion Celebration<br><i>St Hilda's Church</i> | 09.30 am      | <i>Children and Parents</i>  |
| Friday<br>12.06.26   | Session 9 - Sending Out - Party<br><i>English Martyrs' School</i>        | 13.00-15.00pm | <i>All First Holy Communion<br/>Children &amp; Catechists</i>          |

Father David expects commitment to attend all of the above in order  
to proceed to Making the Sacrament



# 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.

|           | WEEK 1  | WEEK 2  | WEEK 3  |
|-----------|---|---|---|
| MONDAY    | <b>CHOOSE A MAIN MEAL:</b><br>Cheese and Tomato Pizza (V)<br>Or<br>Tuna or Cheese Sandwich<br>Or<br>Vegetable Lasagne (V)<br>Or<br>Jacket Potato with a choice of topping   | <b>CHOOSE A MAIN MEAL:</b><br>Tomato and Herb Pasta<br>Or<br>Veggie Sausage in a Bun<br>Or<br>Loaded Quesadilla (Wrap) (V)<br>Or<br>Jacket Potato with a choice of topping  | <b>CHOOSE A MAIN MEAL:</b><br>Cheese and Tomato Pizza<br>Or<br>Vegetable and Rice Enchilada (V)<br>Or<br>Creamy Sweetcorn Pasta (V)<br>Or<br>Jacket Potato with a choice of topping                         |
| TUESDAY   | <b>CHOOSE A MAIN MEAL:</b><br>Chicken Fajita<br>Or<br>Pasta Bolognese Bake<br>Or<br>Macaroni Cheese (V)<br>Or<br>Jacket Potato with a choice of topping   | <b>CHOOSE A MAIN MEAL:</b><br>Chadwick's Chicken Curry Or<br>BBQ Chicken Flatbread<br>Or<br>Crispy Topped Vegetable Pie (V)<br>Or<br>Jacket Potato with a choice of topping   | <b>CHOOSE A MAIN MEAL:</b><br>Mr Tindale's Katsu Chicken<br>Or<br>Homemade Sausage Roll<br>Or<br>Macaroni Cheese (V)<br>Or<br>Jacket Potato with a choice of topping  |
| WEDNESDAY | <b>CHOOSE A MAIN MEAL:</b><br>Roast of the Day<br>Or<br>Chicken Savoury Rice with Curry Sauce<br>Or<br>BBQ Pulled Quorn Wrap (V)<br>Or<br>Jacket Potato with a choice of topping  | <b>CHOOSE A MAIN MEAL:</b><br>Roast of the Day<br>Or<br>Pizza Sub<br>Or<br>Creamy Broccoli Pasta (V)<br>Or<br>Jacket Potato with a choice of topping  | <b>CHOOSE A MAIN MEAL:</b><br>Roast of the Day<br>Or<br>Chicken Pasta Bake<br>Or<br>Cheese Melt Wrap (V)<br>Or<br>Jacket Potato with a choice of topping  |
| THURSDAY  | <b>CHOOSE A MAIN MEAL:</b><br>Northumberland Sausages<br>Or<br>Chicken and Tomato Pasta<br>Or<br>Quorn Burger in a Bun (V)<br>Or<br>Jacket Potato with a choice of topping  | <b>CHOOSE A MAIN MEAL:</b><br>Chefs Pie of the Day<br>Or<br>Ham or Tuna Sandwich<br>Or<br>Tomato and Herb Pasta (V)<br>Or<br>Jacket Potato with a choice of topping   | <b>CHOOSE A MAIN MEAL:</b><br>Mince and Dumplings<br>Or<br>Chicken Chow Mein<br>Or<br>Tomato Pasta Bake (V)<br>Or<br>Jacket Potato with a choice of topping   |
| FRIDAY    | <b>CHOOSE A MAIN MEAL:</b><br>Fish Fingers or Fish Cakes<br>Or<br>Cheese and Bean Wrap (V)<br>Or<br>Jacket Potato with a choice of topping  | <b>CHOOSE A MAIN MEAL:</b><br>Fish Fillet or Fish Fingers<br>Or<br>No-Meatball Flatbread (V)<br>Or<br>Jacket Potato with a choice of topping  | <b>CHOOSE A MAIN MEAL:</b><br>Fish Fingers or Fish Cakes<br>Or<br>Salmon or Tuna Pasta<br>Or<br>Vegetable Savoury Rice (V)<br>Or<br>Jacket Potato with a choice of topping                                  |
|           | <b>ON THE SIDE:</b><br>Herby Diced Potatoes<br>Sweetcorn<br>Carrot and Cucumber Batons<br><b>DESSERT:</b> Choice of:<br>Homemade Ginger Snap<br>Cheese & Crackers<br>Fresh Fruit<br>Yoghurt   | <b>ON THE SIDE:</b><br>Potato Wedges<br>Garlic Bread<br>Assorted Vegetable Crudites<br>Sweetcorn<br>Baked Beans<br><b>DESSERT:</b> Choice of:<br>Iced Sponge and Custard<br>Cheese & Crackers<br>Fresh Fruit or Yoghurt | <b>ON THE SIDE:</b><br>Homemade Potato Wedges<br>Garlic Bread<br>Carrot Batons<br>Sweetcorn<br><b>DESSERT:</b> Choice of:<br>Oaty Crunch Biscuit<br>Cheese & Crackers<br>Fresh Fruit or Yoghurt             |
|           | <b>ON THE SIDE:</b><br>Mr Tindale's Cheesy Smashed Potato Fritters<br>Garlic Slice<br>Green Beans/Cauliflower<br><b>DESSERT:</b> Choice of:<br>Jelly with Mandarin Oranges & Ice-cream<br>Cheese & Crackers<br>Fresh Fruit or Yoghurt | <b>ON THE SIDE:</b><br>Chunky Jacket Wedges<br>Wholegrain Rice<br>Broccoli/Cauliflower<br>Baked Beans<br><b>DESSERT:</b> Choice of:<br>Mrs Fallon's Biscuit<br>Cheese & Crackers<br>Fresh Fruit<br>Yoghurt              | <b>ON THE SIDE:</b><br>Baby Boiled Potatoes<br>Cauliflower/Broccoli<br><b>DESSERT:</b> Choice of:<br>Mrs Vicker's Orange Drizzle Cake<br>Cheese & Crackers<br>Fresh Fruit or Yoghurt                        |
|           | <b>ON THE SIDE:</b><br>Roast Potatoes<br>Yorkshire Pudding<br>Carrots Peas<br><b>DESSERT:</b> Choice of:<br>Apple Crumble & Custard<br>Cheese & Crackers<br>Fresh Fruit<br>Yoghurt  | <b>ON THE SIDE:</b><br>Roast Potatoes<br>Carrots/Green Beans<br><b>DESSERT:</b> Choice of:<br>Mr Tindale's Butterscotch Pudding<br>Cheese & Crackers<br>Fresh Fruit<br>Yoghurt  | <b>ON THE SIDE:</b><br>Roast Potatoes<br>Garlic Bread<br>Carrots and Peas/White Cabbage<br><b>DESSERT:</b> Choice of:<br>Chadwick's Kitchen Special Flapjack<br>Cheese & Crackers<br>Fresh Fruit or Yoghurt |
|           | <b>ON THE SIDE:</b><br>Creamy Mashed Potatoes<br>Garlic Slice<br>Carrot and Swede Mix<br>Broccoli<br><b>DESSERT:</b> Choice of:<br>Mrs Kirsop's Traybake<br>Cheese & Crackers<br>Fresh Fruit<br>Yoghurt                               | <b>ON THE SIDE:</b><br>Creamy Mashed Potatoes<br>Garlic Slice<br>Broccoli/Swede<br>Baked Beans<br><b>DESSERT:</b> Choice of:<br>Summer Berry Cheesecake<br>Cheese & Crackers<br>Fresh Fruit or Yoghurt                  | <b>ON THE SIDE:</b><br>Creamy Mashed Potatoes<br>Or Potato Wedges<br>Sweetcorn/ Green Beans<br>Baked Beans<br><b>DESSERT:</b> Choice of:<br>Fruit Medley<br>Cheese & Crackers<br>Fresh Fruit or Yoghurt     |
|           | <b>ON THE SIDE:</b><br>Chips<br>Peas<br>Baked Beans<br>Sweetcorn<br><b>DESSERT:</b> Choice of:<br>Mrs Cole's Sticky Chocolate Muffin<br>Cheese & Crackers<br>Fresh Fruit or Yoghurt   | <b>ON THE SIDE:</b><br>Chips<br>Baked Beans<br>Peas<br><b>DESSERT:</b> Choice of:<br>Chadwick's Kitchen Carrot Cake Muffins<br>Cheese & Crackers<br>Fresh Fruit or Yoghurt  | <b>ON THE SIDE:</b><br>Chips<br>Peas<br>Pepper Strips<br><b>DESSERT:</b> Choice of:<br>Chocolate Crunch<br>Cheese & Crackers<br>Fresh Fruit or Yoghurt  |
|           | Healthy option on the day   | Least food miles travelled  |   |

Spring/ Summer 2025



# What Schools Need to Know about THE ONLINE SAFETY ACT

The Online Safety Act was passed into UK law in October 2023, with the aim of establishing major new layers of protection for children when they're online. The government has pledged "a zero-tolerance approach to protecting children from online harm" – and the act certainly includes more powerful legislation which should help to safeguard young people in the digital world. Our guide summarises the key points for schools ...

## WHAT THE ACT WILL DO

### HARMFUL CONTENT

Social media sites must rapidly remove illegal and/or harmful content such as bullying or harassing comments; pornography; and content that supports extremist activity or encourages or depicts violence, suicide, self-harm or eating disorders. If they fail to do so, they can be fined up to 10% of their global revenue while their executives may even face jail time.

### ANIMAL CRUELTY

Content featuring cruelty to animals is now prohibited, even if it originates from abroad (where the law may be different). Again, it is the platform's responsibility to remove this.

### MORE TRANSPARENCY

Sites must be transparent about the hazards that any children using them could encounter – by publishing risk assessments for their platforms, for instance.

### HOSTING MISLEADING ADVERTS

Scams and fraudulent adverts must be blocked or removed, or the hosting companies are liable to be fined.

### NON-CONSENSUAL SHARING

It's now easier to convict online abusers or people who share intimate images without consent, while legislation on the criminality of deepfakes has been clarified. The new laws also relate to any individuals who even threaten to share such images. This should help to protect women and girls in particular online.

### REPORTING AND FILTERING

Sites should have easy reporting mechanisms for children (or their parents and carers) to flag up problems quickly. They must also provide options to filter out unwanted content.

### AGE-RESTRICTED MATERIAL

Sites must prevent children from accessing age-inappropriate material. This includes enforcing age limits and implementing robust age verification.

## What this means for you

The act has some specific implications for schools: it's essential that leaders understand the new legislation's scope and limitations. The act is certainly a positive step, but as artificial intelligence and other advances in tech continue to produce new challenges, schools will still need to remain extremely vigilant.

### KNOW WHERE TO GET HELP

Look out for the Code of Conduct that Ofcom is creating in response to the Online Safety Act. Note that the new legislation doesn't mean an instant change: many of its elements will only come into force at the end of 2023. An Ofcom consultation on 'protecting people from illegal harms online' will be running until February 2024.

### REMEMBER THE ESSENTIALS

Remain mindful of your organisation's own online activities: the legal duty for schools to maintain appropriate software monitoring and filtering, for example, will not change.

### WATCH FOR FUTURE DEVELOPMENTS

There are some issues on which the legislation remains less clear for now: whether it's possible for Ofcom to scan encrypted private messages (such as on WhatsApp) has yet to be resolved, for instance – making this an area where, for the moment, young people have less legal protection.

### UNDERSTAND AND EXPLAIN

Staff should learn how to raise concerns with tech companies whose platforms contain anything upsetting or unpleasant. Students also need to be made aware of the newly strengthened laws relating to cyber-bullying, sexting or posting inappropriate content. Young people do make mistakes online – so the clearer their understanding of the possible consequences, the better.

### ENGAGE WITH PARENTS

Schools should also explain to parents and carers the new possibilities that the Online Safety Act affords them in terms of protecting their children. Many parents may have previously felt that there was little they could do about changing online platforms' content; they now have a far greater level of support when complaining about a company or the behaviour of an individual.



## 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 school designated safeguarding leads

