



FAMILIES UPDATE WEEK 10

17th November 2023

Dear Parent/Carer

The north-east of England has a long tradition and rich heritage of saints, not least our patron St Cuthbert. Today, the Church celebrates the life, service and ministry of St Hild, or St Hilda as she is more often known. Abbess of the double monastery of Whitby, she over saw the spiritual lives, scholarship, mission, and ministries of both men and women. In AD 664 she hosted the Synod of Whitby, a liminal moment in life of the Church in Britain.

Under Hilda's wise counsel and leadership, scholarship flourished at Whitby. She built up libraries and taught Latin, language, and literature. St Hilda worked across borders and between languages, cultures, genders, and traditions and all, as St Bede tells us, with grace, wisdom, authority, and love. St Hilda was a great witness. She was strong, courageous, wise, and loving.

The world needed, and needs saints like St Hilda, bold enough to lead us through the changes and challenges we face towards a better and more positive future.

Are we able to inspire others to follow the example of Christ?

Wishing you and your families a restful and restorative weekend.

Yours sincerely

Daniel P. Murray
Headmaster

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The week beginning Monday 20th November will be **Week A**

General Information

Internal Examinations week beginning 20th November: Internal examinations will take place the week beginning 20th November for Years 7 -10. To support your son in his revision preparation you can find information about what will be examined and revision support by following the relevant link below:

[Year 7](#)

[Year 8](#)

[Year 9](#)

[Year 10](#)

A message from Youth Ministry Team/Trip to Lourdes: The Youth Ministry Team, in collaboration with Bishop Stephen and the Diocese of Hexham and Newcastle, invites young people aged 16 to 25 years to join a transformative journey: the Diocesan Pilgrimage to Lourdes. This is more than a trip; it's an opportunity to respond to the call of St Bernadette and offer service to those who need it most, supporting a tradition of healing and spirituality.

Lourdes is a place of hope and renewal for countless individuals. By offering your time and energy, you become a crucial part of our Pilgrimage, enhancing the experience of so many of our Assisted Pilgrims. Your role while in Lourdes consists of assisting in the Lourdes Accueil (respite care centre), enabling pilgrims to join in with the enriching events that take place, as well as deepening your own spiritual journey by participating in all that Lourdes has to offer. Whether it's sharing meals, aiding with mobility, or simply being a companion, your efforts make a profound difference.

Helpers that join the pilgrimage to Lourdes often express how deeply impactful it is, enhancing both personal and professional skills, particularly in service to others. This pilgrimage is an exceptional chance, especially for those contemplating a future in healthcare or the care sector, to gain invaluable insight and experience.

Join us for a pilgrimage that promises not only to aid others but also to inspire and shape your path forward. Your participation is vital, and we look forward to welcoming you to an unforgettable experience in Lourdes.

The dates of the Diocesan Pilgrimage are from Friday 26th July to Friday 2nd August 2024. Our Youth Section will travel together from Wednesday 24th July to Saturday 3rd August 2024. Please save the dates! More information about how to book will be available mid-December. Please look out for further details to follow.

[Promo video](#)

Co-Curricular PE Clubs		
Day	Lunch Time	After School
	12.20pm - 12.55pm	3.15pm - 4.15pm
Monday	Table Tennis (Year 9, 10 and 11) Basketball (Year 7 & 8)	Basketball Club (Year 7 and 8) with Newcastle Eagles Coach
Tuesday	Year 10 - 11 Exam PE Table Tennis and Badminton Year 10 & 11 Fitness Club Year 7& 8 Climbing Club	
Wednesday	Basketball (Year 9, 10 and 11)	

	Table Tennis (Year 7 & 8) Year 10 & 11 Fitness Club	Basketball Club (Year 9,10 and 11) with Newcastle Eagles Coach
Thursday	Badminton (Year 9, 10 and 11) Dodgeball (Year 7 and 8) Year 10 & 11 Fitness Club	
Friday	Year 10 & 11 Exam PE Table Tennis Year 8 Football Training	Sixth Form Volleyball Club

Fixtures this week				
Year Group	Vs	Day/Date	Venue	Kick Off Time
Year 8 Football National Cup	Easington	Monday 20 th November	East Durham College (access to 4G pitch)	4:00pm
TSSSA U16 Basketball	Multiple Teams	Monday 20 th November	St Cuthbert's	3:30pm
Sixth Form Basketball AOC League	Middlesbrough College	Wednesday 22 nd November	St Cuthbert's	1:15pm
Year 7 Football CVL	Multiple Teams	Thursday 23 rd November	St Cuthbert's	3:30pm
Newcastle City U16 Basketball CVL	Multiple Teams	Thursday 23 rd November	St Cuthbert's	3:30pm

Exit from school: At the end of all home and away fixtures, if pupils are being collected by parents and carers, they should be picked up at the Gretna Road entrance to the school.

PE Kit: Could we please remind parents that pupils/students must bring PE kit to **every** lesson? If a pupil is ill or injured, please write a note stating what the issue is and the PE staff will provide the pupil with another role within the lesson ensuring that their learning and progress continues.

Lost PE Kit: At the end of each academic week, any PE kit that has been left in the PE Department will be transferred to student reception.



Please follow [StCuthbertsCC](https://twitter.com/StCuthbertsCC) on Twitter for updated results.



Sixth Form Information

Assessments: Year 12 Assessment Week takes place next week - good luck to all of our students.

Year 13 Parents Evening: Fantastic to see so many parents at our Year 13 Parents Evening on Thursday. It was evident to see that the boys have a fantastic amount of support around them.

Movember: Our 'Movember' campaign continues - there will be a 'Moustache of the Month' Competition on Thursday 30th November in the Common Room. If you want to donate, please follow this [link](#).

PSHE at Home

	Big Question	Sub-unit	Week 10 lesson title	PSHE at home Task
Year 7		How can I keep myself and others safe online ?	Why is my online reputation important?	<p>Read this article with your son. It is about a Middlesbrough footballer who was recently fined by the FA for tweets he made 9 years ago when he was 14: https://www.eurosport.co.uk/football/championship/2021-2022/marc-bola-middlesbrough-defender-hit-with-misconduct-charge-by-fa-over-tweet-from-nine-years-ago-who_sto8523743/story.shtml</p> <p>Is it fair to punish someone for something they wrote online nearly ten years ago? If you were this footballer's employer, what would you do?</p> <p>Whatever you think of this story, what is clear is that you must take care of your digital footprint.</p>
Year 8	How do I become a man fit for the 21 st Century?	What qualities and behaviours make a modern man?	What are good manners and why are they important?	<p>In his lesson your son was asked these 10 'Yes/No' questions and was asked to give mark a point for every Yes:</p> <ol style="list-style-type: none"> 1. Do you smile at friends and family members when you come in contact with them? 2. Do you look people in the eye when you are talking with them? 3. Do you let your parents know that you appreciate them and all that they do for you? 4. Do you offer to help with chores around the house instead of waiting to be asked? 5. Do you show respect by consistently saying "please" and "thank you" to those around you? 6. Do you show your respect for your teachers and school staff and thank them for their efforts to teach you important things that you need to know? 7. Do you speak to teachers by respectfully addressing them as Mr., Ms. or Dr.? 8. Do you show your appreciation to your friends' parents/guardians when they have you in their home or help you in some special way? 9. Do you have a firm and welcoming handshake that you readily share when meeting someone new for the first time?

				<p>10. Would most of your friends characterize you as a really nice person?</p> <p>Ask him what score he would give himself and what score you would give him from your experience of his manners. If he didn't score 10/10, reflect with him on what he could do to score higher.</p>
Year 9		What are the global issues I need to know about?	How do vaccinations work and how are they tested?	<p>Watch this video with your son and discuss the following questions: What Are Vaccines? Are They Safe? How Do They Work?</p> <p>https://www.youtube.com/watch?v=23fQscOSqVU</p>
Year 10		How can I tell the difference between real and fake news?	How does online news target me?	<p>Watch this video which is primarily about how Facebook uses targeted advertising- similar methods are used for targeting news stories.</p> <p>https://www.youtube.com/watch?v=EM1IM2QUYjk&ab_channel=VICENews</p> <p>Is this something you or your son knew about? Will it change the way you use social media? Is it something you agree with? Should news be available through social media?</p>
Year 11		How can I take care of myself financially?	Why should I be wary of payday lenders?	<p>Read this article about how a teenage boy got into serious debt after taking out a payday loan.</p> <p>https://www.bbc.co.uk/news/uk-wales-58341915</p> <p>Do payday companies 'prey' on the young and vulnerable? Do the positives of payday lenders outweigh the negatives? Should the age limit of borrowing money be raised from 18 to 21?</p> <p>This is debt charity 'Step Change's' advice on dealing with payday loan debt: https://www.stepchange.org/debt-info/dealing-with-payday-loan-debt.aspx</p>
Year 12	How can I keep my mind healthy?	What do young men need to know about mental health?	TEDx: We need to talk about male suicide	<p>This week your son has watched a TEDx video titled 'We need to talk about male suicide.' In the video, Steph Slack talks about her Uncle's suicide and how she questioned whether the societal expectations placed on young men can often contribute to mental health problems and ultimately suicide. Perhaps you could watch the video and discuss these questions with your son:</p> <p>https://www.youtube.com/watch?v=Q3WDw-DBKLA&ab_channel=TEDxTalks</p> <p>Steph asks: what if we stop seeing having suicidal thoughts as something unusual, change our stereotypical expectations of men and instead, support men who have the courage to be vulnerable with us?</p>

				<p>What would happen if we all went home and had conversations with the men in our lives about what they're feeling and thinking?</p> <p>Support can be found here: CALM (Campaign Against Living Miserably)- https://www.thecalmzone.net/ Mind- https://www.mind.org.uk/ Papyrus- https://www.papyrus-uk.org/ Samaritans- Call 116 123</p>
Year 13	How can I keep my mind healthy?	What do young men need to know about mental health?	How can I stay safe during a night out?	<p>This week your son has learnt about how to stay safe during a night out. We recognise that many of our Year 13 students are now 18 and therefore may choose to sample Newcastle's famed nightlife. His lesson this week focussed on how to stay safe before, during and after a night out as well as information about drink spiking.</p> <p>This short video gives a handful of practical tips. https://www.youtube.com/watch?v=V4PYGN6gfcA&ab_channel=endsleighvideo. Perhaps you could share some of your own experiences with your son to help keep him safe.</p> <p>Support can be found here: CALM (Campaign Against Living Miserably)- https://www.thecalmzone.net/ Mind- https://www.mind.org.uk/ Papyrus- https://www.papyrus-uk.org/ Samaritans- Call 116 123</p>

Words of the Week

Please use and encourage your son to use their word of the week around the home. The more your son is exposed to this word, the quicker that word will become part of their vocabulary.
This week's words are:

Year 7	specify
Year 8	facilitate
Year 9	contradict
Year 10	alleviate

Numeracy Brainteaser

Numeracy Brainteaser: The answer to last week's puzzle was A = 1, B = 2, C = 3, D = 6. Look out for the next one in next week's update.

Prayers

Pray with the Pope: The Holy Father's Monthly Prayer Intentions Brought to you by Apostleship of Prayer the first Friday of each month. You can access these prayers [here](#).

Prayer for the Week: This week's prayer is a prayer for the feast of Hilda.

*O God of peace,
by whose grace the abbess Hilda was endowed
with gifts of justice, prudence, and strength
to rule as a wise mother over the nuns and monks of her household,
and to become a trusted and reconciling friend to leaders of the Church:
Give us the grace to respect and love our fellow Christians
with whom we disagree, that our common life may be enriched
and your gracious will be done,
through Jesus Christ our Lord,
who lives and reigns with you
and the Holy Spirit,
God, now and for ever.
Amen.*

*Our Lady, Seat of Wisdom, pray for us
St Cuthbert, pray for us.*

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