



FAMILIES UPDATE WEEK 13

8th December 2023

Dear Parent/Carer

Waiting. It is not something many of us are good at doing. In this day and age, when everything is immediate and instant, we are not used to waiting, especially if we don't know what the outcome will be. Waiting can be frustrating. Waiting can make us anxious or full us with dread.

How we Christians are to wait is made clear in the words of the former translation of the Mass when the priest would pray: "Protect us from all anxiety as we wait in joyful hope for the coming of our Saviour, Jesus Christ." We are to wait, then, not overtaken with fear of a dreadful outcome, but in joyful hope for the second coming of our God into human history.

(based on a reflection by Fr Ray Guiao SJ)

In this season of Advent, may God give us the grace to wait in joyful hope for the best outcome: the coming again of our blessed hope, Jesus 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 11th December will be **Week B**

General Information

'commitment – opening the doors to hope'

Our Advent Alms activities began on Monday 4th December. This year's activities are rooted in two of our aims for Catholic Life and Prayer and Liturgy: A faith that does justice (Catholic Life); and The life of the Church in the life of the School (Prayer and Liturgy).

Key Stage 3 form classes will be fundraising for [CAFOD World Gifts](#) where pupils will be able to choose from a variety of gifts and work towards achieving their goal.

Key Stage 4 will collect foodstuffs such as tins and pasta for the [People's Kitchen](#). The People's Kitchen is a homeless centre based on Bath Lane not far from St James' Park and near to the original site of St Cuthbert's.

Sixth Formers will be putting together homeless kits for the charity [Crisis](#)

Thank you for your generosity and for bringing joy to people at Christmas.

Last Day of Term: The Michaelmas Term ends on Friday 22nd December 2023. As in previous years, the school will close earlier than usual on this day. Pupils in Year 7-11 will have a staggered exit by Year Groups beginning at 1.00pm until 1.15pm. The school office will remain open until 4pm.

If for any reason your son needs to remain in school until 3pm as usual, please contact your son's Head of Year, so that the appropriate arrangements can be made.

The scholars service will run at the usual time for any pupil remaining in school until 3pm.

The first day of the Epiphany Term is Tuesday 9th January 2024.

Christmas Lunch: On Wednesday 20th December the school kitchen will offer traditional 'Christmas Lunch'. Pupils who normally bring a packed lunch are welcome to purchase Christmas Lunch at a cost of £2.35.

Sixth Form Open Evening: The Sixth Form Open Evening will be held on Thursday 14th December **5.30pm – 7:30pm** The evening will be an opportunity to find out more about life in Sixth Form, subject specific information for each course we offer and co-curricular opportunities. A separate communication has been sent to all parents/carers of boys in Year 11. Year 11 pupils are also invited to attend the Sixth Form Open Evening at Sacred Heart High School on Wednesday 13th December, 4.45pm.

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	Year 7 Football Training (Indoors)
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 9 TSSSA Basketball	Multiple Teams	Monday 11 th December	St Cuthbert's	4pm
Year 8 Football National Cup	Macmillan Academy	Monday 11 th December	Stockton Football Club	2:30pm
Year 11 Football	George Stephenson	Tuesday 12 th December	Killingworth Youth People Centre (access to 4G pitch)	2:15pm
Sixth Form Basketball	Tyne Met College	Wednesday 13 th December	Tyne Met College	1:15pm
Sixth Form Football	Jesmond Park Academy	Wednesday 13 th December	Jesmond Park Academy	3:15pm
Year 10 Football City Cup	Kenton	Thursday 14 th December	Kenton	3:15pm
Year 9 Basketball	Multiple Teams	Thursday 14 th December	Jesmond Park Academy	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.



Careers Development

My Big Career: My Big Career connects, inspires and make change for young people from the UK's most disadvantaged communities. They offer career coaching, insight days and working world workshops for our pupils and Sixth form students. The latest copy of their monthly newsletter can be found [here](#).

Job of the Fortnight: In Careers education we believe it is important to introduce a range of careers and job roles that our pupils and Sixth form may not even know exist. We will highlight a different role in our new segment 'Job of the Fortnight'. Click [here](#) for our first focus.

PSHE at Home

	Big Question	Sub-unit	Week 13 lesson title	PSHE at home Task
Year 7	How do I become a man fit for the 21 st Century?	How can I keep myself and others safe online?	What is radicalisation and how can I avoid it?	Please follow this link from the NSPCC which gives practical advice on how to talk to children about radicalisation and advice on what to do if you have any concerns. https://www.nspcc.org.uk/keeping-children-safe/reporting-abuse/dedicated-helplines/protecting-children-from-radicalisation/
Year 8		What qualities and behaviours make a modern man?	Is it OK for men to be emotional?	Have a conversation with your son about what this quote means: <i>"When we tell a boy to act like a man, we're effectively saying 'stop expressing those feelings' and if the boy hears that often enough it actually starts to sound uncannily like 'stop feeling those feelings'."</i> If it is impossible to stop your feelings - what are the consequences of making boys feel this way?
Year 9		What are the global issues I need to know about?	What are human rights and where are they being violated?	Watch this video from the human rights charity Amnesty International. https://www.youtube.com/watch?v=6e8m8L9BFa4&ab_channel=AmnestyInternationalAustralia Is the Declaration of Human Rights fit for purpose?
Year 10		How can I tell the difference between real and fake news?	How can I analyse bias in the news?	Discuss the following questions with your son: What does bias mean? Why might a news report be biased? What could the consequences be of biased reporting? What can we look out for to tell if a report is biased? Can you find any examples of biased reporting?
Year 11		How can I take care of myself financially?	What is a pension and why are they important?	Look through this information from the Citizen's Advice Bureau on pensions with your son. https://www.citizensadvice.org.uk/debt-and-money/pensions/starting-a-pension/how-much-pension-will-you-need/ Discuss the importance of pensions and the importance of starting early. Could your son speak about pensions with a family member who is retired so as to offer advice?
Year 12		How can I keep my mind healthy?	What do young men need to know about mental health?	Why is it important to 'disagree agreeably'?

Year 13	How do I become a responsible British citizen?	How can I take care of myself in Britain and beyond?	What are the dangers involved in gambling?	<p>This week your son has learnt about the dangers involved in gambling. Current research suggests that men are seven and a half times more likely to become problem gamblers. Theories link the higher likelihood of impulsiveness, risk-taking, and struggle to express discontent and struggles as a potential explanation. In the UK it is estimated that approximately 430,000 people are suffering from compulsive gambling. The north of England has the highest prevalence of at-risk gamblers, with 4.4% of adults in the North West and 4.9% in the North East being at the most risk of addiction.</p> <p>In the lesson we began to discuss the negative impact of gambling advertising. Watch this video which discusses football's relationship with gambling companies. https://www.youtube.com/watch?v=7v6d9VupqaA&ab_channel=BBCSport</p>
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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	estimate
Year 8	parameter
Year 9	widespread
Year 10	analogy

Numeracy Brainteaser

This week's brainteaser for you to have a go at; a festive one for December. Answer will be shared 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 Celtic prayer for Advent.

*Wayfaring God, Companion and Friend,
when the road to Bethlehem seems far,
when the journey to adore the Holy Child is long,
come alongside us.
Show us the way to the stable,
guide us to the crib.
Grant us a glimpse of the glory
that illuminates the whole world.
Amen*

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

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