



FAMILIES UPDATE WEEK 18

26th January 2024

Dear Parent/Carer

This week is the Week of Prayer for Christian Unity. Yesterday, we celebrated the Conversion of St Paul and today we celebrate the Feast of Saints Timothy and Titus. In today's Gospel, Jesus presents a model for the Kingdom of God. He chooses the mustard seed, a seemingly insignificant seed. From the seemingly insignificant great things come. From the Gospel we take away reminders of patience, fortitude, and trust in God's work. From the smallest of beginnings, great things can come and as St Paul encouraged Timothy:

"For this reason I remind you to fan into flame the gift of God, which is in you through the laying on of my hands. For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline." (2 Tim 1:6-7)

Can we act with patience, fortitude and trust? Can we fan into a flame the gifts we have been given?

Wishing you and your families a restful and restorative weekend.

Yours sincerely

Daniel P. Murray
Headmaster

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The week beginning Monday 29th January will be **Week A**

General Information

Year 11 Period 6: Year 11 have displayed exemplary behaviour throughout their mock examinations and we are proud of how they have applied themselves to their studies. Period 6 will resume next week, and a timetable can be found [here](#). We encourage all Year 11 pupils to attend a session each night, where possible, to benefit from the available support.

Safer Internet Day: This takes place in February of each year to raise awareness of a safer and better internet for all, and especially for children and young people. A resource which can be viewed [here](#) is for parents and carers to access help and to get involved in SID 2024 with your child. Save the date: Tuesday, 6 February 2024.

School Ski Trip January 2025: This promises to be an unforgettable adventure filled with thrilling ski experiences and camaraderie against the stunning backdrop of the French Alps. If you're ready to carve through pristine powder, forge new friendships, and create lasting memories, then this trip is for you!

Whether you are a seasoned skier or a beginner eager to hit the slopes, Les Menuires caters to all skill levels. The team of expert instructors will be there every step of the way to ensure you feel confident and ready to embrace the thrill of the mountains.

This journey isn't just about skiing; it's an opportunity to unwind, connect with classmates, and immerse yourself in the breath-taking beauty of Les Menuires. From cosy accommodations to après-ski gatherings, every aspect of this trip has been carefully crafted to make it an unforgettable experience.

The trip is open to current Year 7, 8, and 9 pupils. There are also limited places available to current Year 11 pupils looking to stay on at Sixth Form. To get all the details and secure your spot, make sure to see the PE Staff for the official letter. Any pupil currently in Year 11 must be a student in the Sixth Form to be eligible to join the trip.

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 Club (Year 7 and 8) with Newcastle Eagles Coach (In SH2 due to exams)
Tuesday	Year 10 – 11 Exam PE Table Tennis Year 10 & 11 Fitness Club Year 7& 8 Climbing Club	
Wednesday	Table Tennis (Year 7 & 8) Year 10 & 11 Fitness Club	Basketball Club (Year 9,10 and 11) with Newcastle Eagles Coach
Thursday	Dodgeball (Year 7 and 8) Year 10 & 11 Fitness Club	
Friday	Year 10 & 11 Exam PE Table Tennis	

Fixtures this week				
Year Group	Vs	Day/Date	Venue	Kick Off Time

Year 8 Football City Cup	Gosforth Junior Middle	Monday 29 th January	St Cuthbert's	3:30pm
Sixth Form Football	QEHS	Wednesday 31 st January	QEHS	2:30pm
Sixth Form Basketball	Newcastle Eagles Academy	Wednesday 31 st January	St Cuthbert's	1:15pm
Year 8 Football CVL	Multiple Teams	Thursday 1 st February	Kenton	4.00pm
Year 9 Basketball CVL	Multiple Teams	Thursday 1 st February	Jesmond Park Academy	4.00pm

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](#) on Twitter for updated results.



Careers Development

Year 11 Careers Fair at St James' Park: In partnership with Newcastle City Council, Newcastle United Foundation and Newcastle College, we have been fortunate enough to receive a place to visit a Careers Fair, to be held at St James' Park, to meet with over 100 stallholders. This visit will be open to the whole of Year 11 and will take place on Tuesday 30th January 2024. Pupils will leave school during period 4 and will make their own way home after the event which finishes at 3.30pm.

If your son wishes to attend, I should be grateful if you would return the online EV7 form **by 12.00 noon on Monday 29th January 2024** by clicking the link [here](#). (Year 11 pupils only)

Pupils with no EV7 forms completed by the deadline will remain in school on Tuesday and leave at 3.00pm as usual.

Job of the fortnight: With all the current news around mortgages, finances and the cost of living - have you considered a career in finance, such as becoming a mortgage advisor? Our job of the fortnight segment looks at this in more detail. Further information can be found [here](#).

Sixth Form Information

Year 13: Well done to our Year 13 students who completed their mock examinations this week. Report Cards showing grades along with Attitude and Engagement to Learning scores will be sent home in due course.

Mentoring: A group of our Year 12 students continued their work with the City's Educational Psychologist Team, putting together a mentoring programme to help support our Year 8 pupils.

PSHE at Home

	Big Question	Sub-unit	Week 18 lesson title	PSHE at home Task
Year 7	How do I become a responsible British Citizen?	What are British Values?	What is Individual Liberty?	<p>Individual Liberty- Blessed Oscar Romero</p> <p>Blessed Oscar Romero was a priest and then Archbishop in El Salvador from 1942 to 1980. He spoke out against the actions of the military regime in El Salvador and defended the rights of the poor.</p> <p>Watch this video to find out more about the life of Blessed Oscar Romero. Why was he killed? Please note some students may find images in this video upsetting.</p> <p>https://www.youtube.com/watch?v=aZ2j9W780Mo&ab_channel=RomeroTrust</p> <p>Oscar Romero stood up for the rights and liberties of the people of El Salvador with great courage, as an example for all.</p>
Year 8		Why should I respect Emergency Services?	Why should I respect the Coastguard?	<p>This week your son has learnt about respect for the Coastguard & Royal National Lifeboat institution (RNLI). The Coastguard and RNLI deal with numerous issues of anti-social behaviour within the North East including in Holy Island and Cullercoats. discuss the impact anti-social behaviour towards the Ambulance Service can have when attending emergencies.</p> <p>https://www.bbc.co.uk/news/uk-england-tyne-56602580 https://www.chroniclive.co.uk/news/north-east-news/warning-tombstoning-youths-risk-lives-15084269</p>
Year 9		How does the world of UK politics work?	What is the role of the Monarchy in Politics?	<p>Your son will have learnt about the role of the Monarch in British politics this week, looking particularly at Royal Assent- ask him what it means. The last time Royal Assent was withheld was 1707 by Queen Anne. Read this short history about the incident.</p> <p>https://europeanroyalhistory.wordpress.com/2020/03/11/march-11-1708-queen-anne-withholds-royal-assent-from-the-scottish-militia-bill-the-last-time-a-british-monarch-vetoes-legislation/</p> <p>Was she right to withhold Royal Assent? Should King Charles ever withhold Royal Assent? If he ever did, what would that mean for the Monarchy, Parliament and Britain?</p>

Year 10		What laws do I need to know about?	What does the Sexual Offences Act 2003 say about Consent?	<p>Read the link below with your son. It gives a concise summary of what the Sexual Offences Act 2003 says about consent.</p> <p>https://pshe-association.org.uk/system/files/PSHE%20Association%20-%20summary%20of%20the%20law%20on%20sexual%20consent%206th%20February%202015.pdf</p>
Year 11		What crimes should I be aware of?	What is Modern Slavery?	<p>Please read through the information and watch the videos on the link below.</p> <p>https://beta.northumbria.police.uk/advice-and-info/violent-crime/modern-slavery-and-human-trafficking/</p> <p>What are the signs of Modern Slavery/Human Trafficking? What other crimes could Modern Slavery be linked to?</p> <p>To report suspected Modern Slavery, please follow the link below:</p> <p>https://www.modernslavery.gov.uk/start</p>
Year 12		What makes a responsible British Citizen?	What is Extremism and what forms could it take?	<p>This week your son has debated the question 'What is extremism and what forms could it take?</p> <p>Watch the two video with your son discuss what extremism is and the different forms it can take in the UK.</p> <p>What is Extremism - https://www.youtube.com/watch?v=mCk-hVggZIQ</p> <p>Mother talks about son's rapid descent into far-right extremism - https://www.youtube.com/watch?v=IzESKbN9I6g</p>
Year 13	How do I become a man fit for the 21 st Century?	How can I help others and myself?	How can having a growth mindset help me deal with criticism and setbacks?	<p>This week your son has learnt about a growth mindset and how it can be helpful when dealing with criticism and setbacks. These videos can be found below:</p> <p>Growth mindset vs Fixed mindset https://www.youtube.com/watch?v=KUWn_TJTrnU</p> <p>NBA player discussing failure/setbacks showing a growth mindset https://www.youtube.com/watch?v=udRpKAlu-Q8</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:

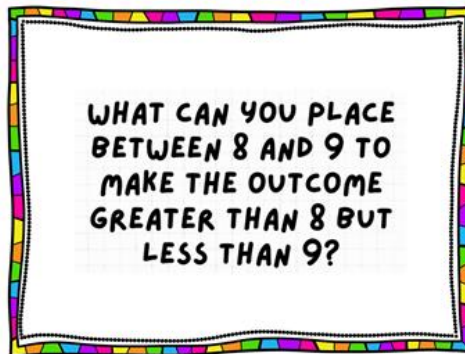
Year 7

imply/infer

Year 8	compound
Year 9	maximise
Year 10	predominant

Numeracy Brainteaser

This week's brainteaser for you to have a go at. 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 from the prayers of the Canonesses of the Holy Sepulchre

*Almighty God,
you endowed Saints Timothy & Titus
with power to preach your word;
grant that living a life of integrity & holiness in this world
we may spread your gospel & come to our true home in heaven
Through Christ our Lord,
Amen.*

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

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