



FAMILIES UPDATE WEEK 19

2nd February 2024

Dear Parent/Carer

Today the Church celebrates the Feast of the Presentation of the Lord, sometimes known as Candlemas. Older people often have an insight into life and into other people that is the fruit of long experience. Life has taught them what is important and what is not so important. In today's gospel reading, we find two older people who express a great insight into the child of a young married couple. Simeon declares the child to be God's salvation, a light to enlighten the pagans and to bring glory to Israel. Anna announces that this child will fulfil the hopes of all who have looked forward to the deliverance of Jerusalem.

Simeon made his declaration to the child's parents, and Anna made hers to a larger group. They both speak to all of us today about the true identity of Jesus.

(taken from a reflection by Fr M O'Shea)

Can we proclaim Jesus Christ as the light of nations? Where do I recognise Christ today?

Wishing you and your families a restful and restorative weekend.

Yours sincerely

Daniel P. Murray
Headmaster

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The week beginning Monday 5th February will be **Week B**

General Information



Moments Matter, Attendance Counts: You may have seen the government campaign highlighting the importance of excellent attendance at school. We reinforce this message. Excellent attendance is not only the starting point for excellent academic results but is preparing the boys for their future employment beyond school.

LOUDfence 3rd – 6th March 2024 : To show support to victims and survivors of abuse, St Mary's and St Nicholas' (Newcastle Anglican Cathedral) are hosting LOUDfence in March 2024 and all are welcome

to join. A LOUDfence involves tying LOUD (brightly coloured) ribbons and messages of support in public spaces. The aim is to give survivors a voice, create and raise awareness in the community and work to end abuse. This will be a joint LOUDfence event between the two Cathedrals running from Sunday 3rd March 2024 to Wednesday 6th March 2024.

There will be an opening Mass at St Mary's Cathedral on 3rd March at 11.30am presided by Bishop Stephen and a closing service at St Nicholas Cathedral on 6th March 2024. See letter [here](#) from Bishop Stephen.

Pupil Medical Appointments: If your son has a medical appointment which must take place during school hours, please write details in his planner. Your son must have this signed by his Year Office and can show this to his class teacher when he needs to leave for his appointment.

Please ensure your son is aware of the time and date of his appointment as it his responsibility to leave his lesson and go to pupil reception to be collected.

Parking on Gretna Road: When parking outside of school at the start and end of the day, please be considerate of our neighbours on Gretna Road. We have been informed by residents that cars have been blocking driveways leading residents to be late for work and appointments.

We would also like to remind parents that no cars should be parked on the yellow zig-zag lines outside of school on Gretna Road in restricted hours.

Regarding this matter, Newcastle City Council state that:

Vehicles should not block residents drives as this could result in a Penalty Charge Notice (PCN) being issued by the Local Authority.

Immediately outside of schools, there will often be yellow zig zag lines and the words "School Keep Clear" in place to help ensure that the area immediately outside the school is kept clear for safety reasons. A vehicle may not stop on zig zag lines during the restricted no stopping times. This parking restriction also applies to Disabled Blue Badge holders. [Source](#).

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	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 8 Football County Cup	George Stephenson	Monday 5 th February	Blakelaw Leisure Centre	3:45pm
Year 9 Basketball TSSSA Finals Night	Multiple Teams	Monday 5 th February	St Cuthbert's	3:30pm
Year 10 Basketball TSSSA Finals Night	Multiple Teams	Monday 5 th February	St Cuthbert's	3:30pm
Year 10 Football County Cup	Walbottle	Tuesday 6 th February	Walbottle	3:30pm
Sixth Form Basketball AOC League	QE College	Wednesday 7 th February	QE College Darlington	1.00pm
Year 10/11 Basketball CVL	Multiple Teams	Thursday 8 th February	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](#) on Twitter for updated results.



Careers Development

National Apprenticeship Week: It is National Apprenticeship week from the 5th - 9th February. Tune in for a guide through the world of apprenticeships and see what opportunities take your interest. View live from 5.00pm 2nd February 2024 [here](#).

There is also a great download to find out even more information about Apprenticeships and help support your son in applying to earn while they learn. This can be found [here](#).

In perfect timing, the latest Higher and Degree Apprenticeship vacancy listing has just dropped - click [here](#) to see what your son could apply for.

Why don't you hear from some real-life Apprentices? Click on the links on this [document](#) to watch some videos.

PSHE at Home

	Big Question	Sub-unit	Week 19 lesson title	PSHE at home Task
Year 7	How do I become a responsible British Citizen?	What are British Values?	What is Mutual Respect?	Discuss the following questions with your son: <ul style="list-style-type: none"> When is it easy to show respect? When is it harder to show respect? What do you need to do to show respect? What is self-respect? Do you have to earn respect? And if so, how do you earn it? Give examples of when you've shown someone respect recently- how did this feel?
Year 8		Why should I respect Emergency Services ?	Why should anti-social behaviour towards Emergency Services never be tolerated?	This week your son has learnt about the Emergency Services and why anti-social behaviour should never be tolerated towards them. The Emergency Services deal with numerous issues of anti-social behaviour within the North East including public safety and security. Discuss the impact anti-social behaviour towards the Emergency Service can have when attending emergencies. Anti-social behaviour https://www.youtube.com/watch?v=iA8VuigG3nl
Year 9		How does the world of UK politics work?	What other systems of government are there?	This week your son will learn what other systems of government exist in the world besides Democracy. This will include; Communism, Socialism, Oligarchy, Monarchy, Theocracy, Totalitarianism and Military Dictatorships. Use the 3rd page of the linked document below to play a game of 'guess who' with your son using the definitions of different types of government e.g. "Do you have a King or Queen?".

				https://www.parliament.uk/globalassets/documents/education/docs/types-of-government/Types-of-government.pdf
Year 10		What laws do I need to know about?	What does the Sexual Offences Act 2003 say about Stealthing?	<p>This week your son will learn what the Sexual Offences Act 2003 says about 'Stealthing'. Stealthing is a new term which describes when a person removes (or deliberately damages) a condom during sex without their partner knowing. It is illegal and it classed as a form of rape because it removes 'freedom' and 'choice' from the law's definition of consent.</p> <p>Stealthing was explored last year, in the BBC One drama "I May Destroy You". The main character Arabella has sex with a man who removes the condom without her knowledge. Like many women, Arabella doesn't realise it's rape until she hears it discussed on a podcast. The clip below shows Arabella giving her thoughts on why someone would commit the crime of stealthing. Watch it with your son and see if you can decide what message Arabella is trying to give in her monologue.</p> <p>https://www.youtube.com/watch?v=EreKhzIKF_A&ab_channel=HBO</p>
Year 11		What crimes should I be aware of?	What is gun and gang crime?	<p>Prison data from 2020 shows us that 95.9% of people in prisons are male, 31.7% are aged under 30 and 46% of men are in prison for violent/drug related crime- often linked to gangs. This is a staggering, disproportionate amount of young men. Please read the information below from Northumbria Police with your son. It contains advice and outlines the law regarding gun and gang crime.</p> <p>https://beta.northumbria.police.uk/advice-and-info/violent-crime/gun-and-gang-crimes/</p> <p>https://data.justice.gov.uk/prisons</p>
Year 12		What makes a responsible British Citizen?	What are my rights if I get arrested?	<p>This week your son has debated the question 'What are my rights if I get arrested?'</p> <p>Watch the video to discuss what their rights are if they are subject to a stop and search by police. They have also discussed the different between being arrested and detained.</p> <p>Stop and Search - Your Rights Explained - https://www.youtube.com/watch?v=zOT0Sps6_8</p>
Year 13	How do I become a ready for work?	What would be useful to know before I	What is networking and how can it benefit my career?	<p>This week your son has learnt about networking and how it can help with their career. Please discuss what networking is and how it can benefit their career. These videos can be found below:</p>

		get a job?		Designing Your Career: The Networking Reframe - https://www.youtube.com/watch?v=j8cfh6WdHn0 Best Networking Tips: How to Make a Connection - https://www.youtube.com/watch?v=OVf5c7NthSw
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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	illustrate
Year 8	abstract
Year 9	dominate
Year 10	paradigm

Numeracy Brainteaser

The answer to last week's puzzle was a decimal point makes the outcome greater than 8 but less than 9. 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:

*Almighty Father,
 whose Son Jesus Christ was presented in the Temple
 and acclaimed the glory of Israel
 and the light of the nations:
 grant that in him we may be presented to you
 and in the world may reflect his glory;
 through Jesus Christ our Lord.
 Amen*

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