



FAMILIES UPDATE WEEK 21

16th February 2024

Dear Parent/Carer

How often do we ignore directions, and it doesn't end well? Or the job is ten times harder because we decided to go our own way? Or we lose it all because we think we know better?

The season of Lent is a reminder for us all to revisit the instruction manual or guide book. The readings for Lent remind us that if you love the Lord and follow his commandments, you're going to do great.

Do we make it hard on ourselves by choosing to go our own way?

(based on an Ignatian reflection)

A great part of prayer is asking God to show us the way, and then following the directions.

Perhaps this Lent we can each, through prayer, discern the will of God for our lives.

Wishing you and your families a restful and restorative half term break.

Yours sincerely

Daniel P. Murray
Headmaster

-ooOoo-

The week beginning Monday 26th February will be **Week B**

General Information

Reading Newsletter: Please see [here](#) the reading newsletter for this half term, where we've included lots of information about how we've celebrated reading and how you can support reading in the home. There are a lot of book recommendations included, so please do discuss with your son. All these books are in our library.

Home to School Communication: Next week all parents/carers will receive Class Charts log in details for their son. This information is for your son's account. This is different from the parent account. This account will give your son access to his Class Charts Account including his timetable, homework, House Points, demerits and detentions.

Year 11 Supporting Your Son Evening: Building on the insights from the mock results, we are hosting a Supporting Your Son Evening on Tuesday 27th February 5.15pm - 6.00pm. This session is specifically designed for parents and carers to gain practical strategies for helping their son make the most of his mock results and prepare effectively for the summer exams. It will cover topics such as:

- understanding the mock results and analysis
- setting realistic and achievable goals
- future plans
- managing stress and exam anxiety

We strongly encourage you to attend this informative evening, which will equip you with the knowledge and tools to support your son during this crucial time.

Year 11 Transition to Sixth Form: During the week beginning 26th February our Year 11 pupils will be taking part in a range of taster lessons linked with Sixth Form courses. They will also be taking part in a range of co-curricular activities on Wednesday 28th February, options including cooking, politics, PE, Football Academy, Basketball Academy, Finance, Clay and Mandarin. Your son needs to fill in the Co-Curricular MS Form which can be found on his Year 11 IAG Teams page.

This will give our Year 11 pupils a good indication of what Sixth Form Life is like. Sixth Form Application and an Intended Destinations forms will be posted out with their Mock Exam results.

There will be further opportunity to experience a range of Sixth Form lessons after the Year 11 exams.

Safe, Secure, Online: As more and more young people enter the online world, it is important that we have the conversations with them about keeping safe online. The information [here](#) is to help parent/carers to have conversations about being SMART online.

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
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 7 Football CVL	Multiple Teams	Tuesday 27th February	Gosforth Central Middle School	4.00pm
Year 11 Football City Cup Final	Gosforth High School	Thursday 29th February	Benfield	4:45pm

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

My Big Career: Welcome to the monthly newsletter for My Big Career which highlights several amazing apprenticeship opportunities. Please see the document [here](#).

National Careers Week: This will take place from 4th - 8th March. Pupils in Years 7-10 will be learning about careers that link with their subjects and the topics covered within each subject. Pupils will also cover what skills are needed for each career. Details of the careers that have been covered during the week will be shared with parents via the Family Update.

PSHE at Home

In Week 21, pupils and students from Years 7 to 12 were taught our second Contextual Safeguarding topic: Knife Crime.

Contextual Safeguarding seeks to identify and respond to harm and abuse posed to young people outside their home in their local communities.

	Big Question	Sub-unit	Week 21 lesson title	PSHE at home Task
Year 7	Contextual Safeguarding Bonus Lesson: Knife Crime			The consequences and dangers of knife carrying are real, but it's never too late to make the decision to live knife free. Sean, Cameron and Meghan have bravely shared their stories. Watch the following videos, they are real stories about real people affected by knife crime. https://www.knifefree.co.uk/real-stories/
Year 8				
Year 9				

Year 10				Discussion points: How has the decision to become knife impacted upon the lives of Sean, Cameron and Meghan.
Year 11				Create an advertising campaign to promote the #knifefree movement. This could include:
Year 12	How can I keep my mind healthy?			<ul style="list-style-type: none"> • A tagline or slogan • A logo • A poster or flyer to raise awareness • An information leaflet
Year 13	How do I become ready for work?	What would be useful to know before I get a job?	How does tax work and why do I pay it?	<p>This week your son has learnt about the tax system and why we pay tax. Please discuss the tax system and the reasons for paying tax in the UK. The videos below will direct you to the two videos your son has watched this week on the topic.</p> <p>UK Tax system - https://www.youtube.com/watch?v=YKBXwlChgzE&t=1s</p> <p>How the government spends your money - https://www.youtube.com/watch?v=ANkLfBx4Vkl</p>

Words of the Week

Week commencing 26th February is the third vocabulary review. This will be a review of the words taught this half term. Therefore, there are no new words of the week for this week. However, please do remind your son of the words they have learned, which for reference are:

Year 7	assume, approach, justify, imply/infer, illustrate, investigate
Year 8	effect/affect, whereas, compound, precise, abstract, utilise
Year 9	welfare, substitute, maximise, convene, dominate, negate
Year 10	capacity, interval, predominant, exploit, paradigm, anticipate

Numeracy Brainteaser

The answer to last week's puzzle was 231213. 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 taken from "Psalm 25: To You, O Lord" lyrics by Marty Haugen

To you, O Lord, I lift my soul; to you I lift my soul.

*Lord, make me know your ways.
Teach me your paths,
and keep me in the way of your truth,
for you are God my Saviour.
For the Lord is good and righteous,
revealing his way to those who seek him,
gently leading the poor and humble.
To the ones who seek the Lord,
who look to his word, who live his love,
He will always be near. He will show them his mercy.*

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

-ooOoo-