



FAMILIES UPDATE WEEK 22

1st March 2024

Dear Parent/Carer

Ubi caritas et amor, Deus ibi est. Lent is a season of prayer, fasting, and almsgiving. In the liturgy we pray, “Turn our hearts to you [God, that] seeking always the one thing necessary and carrying out works of charity, we may be dedicated to your worship.” To be charitable means to help others’ needs. This seems straightforward, but “the one necessary thing” to seek?

Jesus teaches, “love your enemies and pray for those who persecute you, so that you may be children of your Father in heaven.” To be charitable also means to be generous and forgiving, to be like our all-merciful Father. Jesus reminds us that God’s sun rises “on the evil and on the good, and [rain falls] on the righteous and on the unrighteous.” He continues, “If you love those who love you, what reward do you have?” To carry out both kinds of charity, “to be perfect, as your heavenly Father is perfect,” it is necessary to seek God’s grace to love, especially when we don’t feel able.

This Lent, can we pray for the grace to be charitable to all? Can we truly make Lent a call to prayer, fasting and almsgiving?

(based on a Ignatian reflection)

Wishing you and your families a restful and restorative weekend.

Yours sincerely

Daniel P. Murray
Headmaster

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The week beginning Monday 4th March will be **Week A**

General Information

Lent @ St Cuthbert’s: Lent is primarily about 3 things: Prayer, Fasting and Almsgiving. These three things encourage us to think about 3 areas of our life: Ourselves, others and God. We marked the start of Lent in school with the distribution of ashes and will be offering pupils the opportunity to receive the Sacrament of Reconciliation next week in school alongside other activities throughout Lent. Our Almsgiving will include:

Key Stage 3: Daily Lenten Alms collections in form time for the SVP.

Year 10: Foodstuffs collection for the People’s Kitchen.

Year 11: Foodstuffs collection for the West End Foodbank.

Key Stage 5: Sixth Formers and Staff are going to walk 1455KM during Lent. (The distance between St Cuthberts and the Lourdes). That is roughly 5km per person! We are doing it to raise money for CAFOD and we want people to sponsor us via our JustGiving page (QR code

below)! Your phone will usually track all of the steps you do each day. Miss Peacock will then put all the data together and work out how much you have done collectively. You can donate via our JustGiving page which can be found on the front of our school's website. Please help us raise as much money as we can this Lent for CAFOD.

£12 can buy ingredients to make a highly nutritious sesame seed paste so a new mum can help her malnourished child grow big and strong. £20 can fund expert nutrition and healthcare classes for new mums and dads in rural communities . £200 can feed ten malnourished children sesame paste for a week, helping them grow big and strong. £500 can provide an entire community with pepper seeds for planting season .



Please support our almsgiving during Lent. Thank you.

'Wait a minute, it's Lent': Well done to Alvin Jijo and Joshua Ashby who starred in a Diocese-wide reflection video which was posted on the YMT's YouTube channel and aired on Wednesday 28th February. As the date fell on International Women's Day, the boys chose to discuss the female role models in their life and used Our Lady and the ultimate example. The video can be watched [here](#).

Year 11: To further solidify learning and identify any remaining areas requiring focus, we will be conducting a set of mini mocks in class between 11th - 15th March 2024. These short assessments will cover key topics and provide valuable feedback before the Easter break, allowing pupils to tailor their revision accordingly.

We understand the importance of ongoing support throughout the examination period. Please remind your son to continue to use the resources available to him:

- Class teachers
- Teams platform: Subject teachers use this for revision material
- Period 6 Study Support: Dedicated time in school to work on revision, ask questions, and receive guidance from teachers

| 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 | |

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| | 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 City Cup Semi-Final | Gosforth East Middle School | Monday 4 th March | Gosforth East Middle School | 3:45pm |
| Year 10 Football City Cup Semi-Final | Gosforth High School | Tuesday 5 th March | Gosforth High School | 3.00pm |
| Sixth Form Basketball AOC League | QE College Darlington | Wednesday 6 th March | QE College | 1:15pm |
| Year 7 Football CVL | Multiple Teams | Thursday 7 th March | St Cuthbert's | 3:45pm |
| Year 7 Football CVL | Multiple Teams | Friday 8 th March | St Cuthbert's | 3:15pm |

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

Apprenticeships – Parents and Carers’ Pack: Take a look at the latest news about Apprenticeships [here](#).

Careers podcast: Listen to the latest in the podcast series about a career in Engineering. Click [here](#) for further information.

Sixth Form

National Careers Week: We have introduced National Careers Week in our assemblies this week. Next week the pupils in Years 7-10 will receive information in their lessons about careers that specifically link with their subjects and the topics they are covering - information of the careers covered will feature next week.

Intended Destination and Sixth Form Applications: These forms were included in your sons Mock results pack. Please could you fill in the Intended Destinations sheet and if applying to Sixth Form, the Sixth Form Application Form. Please ask you son to hand these to his Form Tutor by 8th March

Year 11 Transition to Sixth Form: Following on from the Year 11 'Mock' results assembly and Supporting Your Son event, our Year 11 took part in a range of co-curricular options, getting them ready for life in Sixth Form

Please see our Sixth Form Twitter page for some photos of our pupils enjoying their afternoon co-curricular options



Please follow [StCuthberts6th](#) on Twitter.



PSHE at Home

| | Big Question | Sub-unit | Week 22 lesson title | PSHE at home Task |
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| Year 7 | | How do I administer First Aid? | How do I give someone CPR? | <p>This week your son has learnt how do give basic life support (CPR). After watching this video, perhaps you could practice on one another- it could save yours or someone else’s life in the future.</p> <p>https://www.youtube.com/watch?v=Mlp5dRIJk4M&ab_channel=StJohnAmbulance</p> |
| Year 8 | How can I keep my body healthy? | What are the most common addictions facing young men and how to avoid them? | What is Social Media addiction and how can I avoid it? | <p>Take this quiz with your son to see if you are ‘addicted to Social Media’.</p> <p>https://www.ditchthelabel.org/are-you-addicted-to-social-media-quiz/</p> <p>Tips to avoid Social Media addiction are below: #1 turn off notifications #2 don’t have your phone by you whilst you sleep</p> |

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| | | | | <p>#3 remove your phone from your morning routine</p> <p>#4 place less importance on your personal social media appearance</p> <p>#5 opt for analogue alternatives- give yourself back time you would have spent scrolling, dedicating it to yourself</p> <p>#6 digital detox</p> |
| Year 9 | | What are illegal drugs and why are they dangerous? | What are illegal drugs and why are they dangerous? | <p>Open this online document from the PSHE Association and go to the bottom of page 22 where a section is titled 'Reasons for and against drug use'.</p> <p>file:///C:/Users/4715xx265/AppData/Local/Temp/Temp1_Secondary%20drug%20and%20alcohol%20education%20(1).zip/KS3-4%20lesson%20plans,%20resources%20&%20knowledge%20organisers.pdf</p> <p>Discuss with your son the reasons why some people choose to take drugs and why others don't. The writing in italics halfway down page 23 gives guidance for leading the discussion.</p> <p>N.B. St Cuthbert's does not advocate or encourage the taking of illegal drugs. We believe, however, that it is important to understand why someone would want to take drugs in the first place and address misconceptions in a bid to avoid drug misuse.</p> |
| Year 10 | | What is the NHS and how does it keep me healthy? | What is the NHS and where did it come from? | <p>Please watch this video with your son about the foundation of the NHS in 1948.</p> <p>Can either of you imagine a world without the NHS?</p> <p>https://www.youtube.com/watch?v=0pnEMBgEG24</p> |
| Year 11 | | What can I do to take care of my body? | How can eating well keep me healthy? | <p>Please read through the information with your son and discuss the importance of eating well- particularly ahead of and during exam season.</p> <p>https://www.nhs.uk/live-well/eat-well/</p> <p>https://www.gov.uk/government/publications/the-eatwell-guide</p> |
| Year 12 | | Contextual Safeguarding Lesson- Knife Crime | What is #knifefree? What does the data say about knife crime in our locality? | <p>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.</p> <p>https://www.knifefree.co.uk/real-stories/</p> <p>Discussion</p> <p>How has the decision to become knife impacted upon the lives of Sean, Cameron and Meghan?</p> |

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| Year 13 | How do I become a ready for work? | Contextual Safeguarding Lesson-Prevent | What is prevent? Extreme or not extreme? | <p>People don't just wake up one morning and decide to become extremists.</p> <p>Watch John's story to find out how he was groomed online by the extreme right-wing and the techniques used to influence him.</p> <p>Use the link to access the case study: https://goingtoofar.lgfl.org.uk/casestudies.html</p> <p>Discussion points:</p> <ul style="list-style-type: none"> • What attracted John to the extreme right-wing? • Why do you think he was vulnerable? • At what point do you think he crossed the line? • If John had been a friend of yours, what advice would you have given him? • Who else could you contact for advice? |
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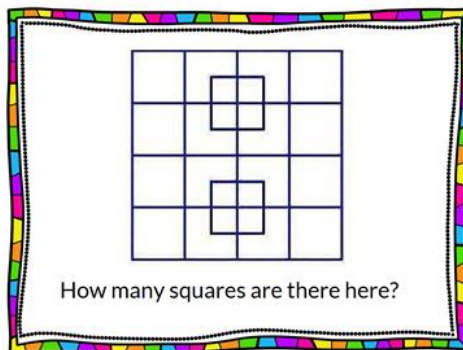
Words of the Week

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:

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| Year 7 | predict |
| Year 8 | precede |
| Year 9 | decline |
| Year 10 | invoke/evoke |

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 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.*

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