



FAMILIES UPDATE WEEK 23

8th March 2024

Dear Parent/Carer

As we continue our journey through Lent, we heard in the Gospel on Wednesday that “[N]ot the smallest letter . . . will pass from the law” until “heaven and earth pass away”. Jesus’ insistence here on adherence to the law seems to be out of step with his challenges to the burdens of the law laid on the people by the Scribes and Pharisees. Did not Jesus come into the world to shake things up, to turn over some tables, and to release people from the bonds of rigid, religious fundamentalism?

This passage is part of St Matthew’s lead-in to the Sermon on the Mount where Jesus articulates a new way of living, a way, or even “The Way,” that is the fulfillment of the law. This passage makes it plain that while the new way of living that Jesus announces is a development beyond the religious tradition of the time, there is continuity with the tradition, as Jesus came “not to abolish but to fulfill.”

(based on an Ignatian reflection by Bill Lipscomb)

Perhaps, this Lent we can pray for unity in the Church as we seek and find the fulfillment of our tradition in the love of Jesus for each and all as we walk together to Jerusalem and the cross.

Wishing you and your families a restful and restorative weekend.

Yours sincerely

Daniel P. Murray
Headmaster

-oo0oo-

The week beginning Monday 11th March will be **Week B**

General Information

Year 11: In preparation for the GCSE examinations, your son should be attending a revision session (Period 6) each night. A timetable of revision sessions can be found [here](#). We encourage your son to attend as many as possible.

Teachers are also placing revision support on your son’s Teams pages, please encourage him to access Teams via his school account. If there are any issues, please contact the Year team.

There are approximately five teaching weeks before the first formal written examinations. It is essential that your son makes the most of every available opportunity.

DTP/MenACWY School Based Vaccination Programme Year 9 – 11 Catch up session: Tuesday 12th March:

Teenage boosters are due in year 9, Meningococcal ACWY (MenACWY) and Tetanus, Diphtheria and Poliomyelitis (Td/IPV) Vaccinations. The Health Security agency recommends that children aged 13 -14 years are given a vaccination against Meningitis ACWY, alongside the Td/IPV booster. Therefore, the NHS are offering the opportunity for your child to receive both vaccinations in school. MenACWY vaccination helps to protect against four different causes of meningitis and septicaemia: meningococcal groups A, C, W and Y. The Td/IPV 3-in-1 teenage booster completes the 5-dose course that provides long-term protection against tetanus, diphtheria, and polio.

The school-based immunisation team will be visiting St Cuthbert's on **Tuesday 12th March 2024** for pupils who have missed previous vaccination days or behind from previous years. The immunisation Team have provided the school with a list of pupils with consent from parents. Pupils will be given an appointment to receive the vaccination in school administered by the NHS School based Immunisation Team. If you require further information regarding the vaccines please go to our Immunisation website which has full details: <https://www.northumbria.nhs.uk/our-services/childrens-services/immunisations>, or please contact the Northumbria healthcare School Aged Immunisation Team on 0191 282 8978.

Pi Day: We will be celebrating Pi Day on Thursday; Pi Day is an annual celebration of the mathematical constant π and it is observed on March 14 since 3, 1, and 4 are the first three significant figures of π . We will be having a range of activities going on across key stage 3 around the school and there will be a slight change to the hot meal on offer at lunch.

Timetables Rock Stars: We are running a competition for this half term; the pupil who receives the most coins by midnight on Wednesday 27th will receive a prize. There's one for each year group. There is also an extra prize for the highest coins in the school; staff have been asked to join in too! Good Luck!

Lenten Alms: 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 would like people to sponsor us via our JustGiving page (QR code below)! Please help us raise as much money as we can this Lent for CAFOD.



Please support our almsgiving during Lent. Thank you.

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 8 Futsal Tournament	Multiple Teams	Monday 11 th March	Walbottle	3:45pm
Year 7 Football CVL	Multiple Teams	Wednesday 13 th March	Gosforth Academy	3:45pm
Sixth Form Football	RGS	Wednesday 13 th March	Blakelaw	2.00pm
Sixth Form Basketball AOC Play offs	Bede College	Wednesday 13 th March	St Cuthbert's	1:30pm
Year 7 Football CVL	Multiple Teams	Thursday 14 th March	St Cuthbert's	3:15pm
Year 10 Futsal Tournament	Multiple Teams	Friday 15 th March	Walbottle	3:45pm

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](https://twitter.com/StCuthbertsCC) on Twitter for updated results.



Careers Development

National Careers Week: Our pupils in Years 7-10 have received information in their lessons about careers that specifically link with their subjects and the topics they are covering - the careers covered across the week included:

National Careers week

Year 7	Year 8	Year 9	Year 10
Graphic designer	Costume designer	Stage design/ interior architecture	Architecture
Microbiologist	Ecologist	architecture	Medicine
Paramedic	Environmental scientist	Veterinary Science	Accounting
Librarian	Journalist	Chemical engineer	Pharmacologist
Careers in sport abroad	Catering careers abroad	novelist, screen writer, poet	Police, detective, crime scene investigator
Coastal defence engineer	Flood management	Product design	Tour guide
Royal Palace coordinator	Law	Climate scientist	Urban Flood Management
Aerospace engineer	Statistician	Press and communications manager	Business
Composer	Performer	Film Production	Composer
Furniture designer	Product Designer	Jewellery designer	Construction industry
Astronomer	Nuclear engineer	Meteorologist	Sound engineer
Sports Coach	Sports Analysis	Journalist	Physiotherapist
Charity Officer	Equality and Diversity Officer		Lawyer

Sixth Form

Sacred Heart: Year 13 students who study a subject at Sacred Heart will be sitting their Mock examinations next week. Year 13 lessons at Sacred Heart will be postponed during this week. Good luck to our students involved in these tests.

Year 11 transition to Sixth Form: Intended Destination and Sixth Form Applications: These forms were included in your son's 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 your son to hand these to his Form Tutor.

Year 12 Parents' Evening: This will take place on Thursday 21st March and will run on an appointment system. Year 12 students will make the appointments with their subject teaching staff.

PSHE at Home

	Big Question	Sub-unit	Week 23 lesson title	PSHE at home Task
Year 7	How can I keep my body healthy?	How do I administer First Aid?	How do I put someone in the recovery position and use a defibrillator?	<p>Watch this video of how to put someone in the recovery position and practice with your son:</p> <p>https://www.youtube.com/watch?v=GmqXqwSV3bo&ab_channel=StJohnAmbulance</p> <p>How to use a defibrillator can be seen here:</p> <p>https://www.youtube.com/watch?v=UFvL7wTFzI0&ab_channel=StJohnAmbulance</p>
Year 8		What are the most common addictions facing young men and how to avoid them?	What is gambling addiction and how can I avoid it?	<p>Read the scenario below and discuss the questions with your son:</p> <p>Clayton is bored at home one night and sees an advert on his social media feed advertising a new betting site which is giving away free bets. To play, he needs to enter a credit card number. He takes his brother's card, justifying his decision as doing no harm as he only intends to use the free bets and not pay anything on the card. Clayton plays for half an hour and really enjoys it, thinking of ways to spend his winnings if he gets any. At one point he is out of free play but is very close to the jackpot. He is tempted to pay to carry on playing.</p>

				<p>What are the reasons why people might take the risks associated with gambling; What should each character do and why?</p> <p>Further information for parents can be found here: https://www.youtube.com/watch?v=MIYIQkbeU3M&ab_channel=ParentZone</p>
Year 9		What are illegal drugs and why are they dangerous?	What is Cannabis and why is it dangerous/	<p>Use this leaflet from 'Talk to Frank' about Cannabis use and young people to start a discussion about the danger it poses. The leaflet includes first-hand accounts from young people.</p> <p>https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/215210/dh_132347.pdf</p>
Year 10		What is the NHS and how does it keep me healthy?	What careers are there within the NHS?	<p>Discuss with your son about how people you know have used the NHS and the impact this has had on their lives.</p>
Year 11		What can I do to take care of my body?	How can sleeping well keep me healthy?	<p>Please read through the information</p> <p>https://www.nhs.uk/live-well/sleep-and-tiredness/why-lack-of-sleep-is-bad-for-your-health/</p> <p>https://www.headspace.com/sleep/how-to-sleep-better</p>
Year 12	How do I become a man fit for the 21st Century?	How can I stay safe online?	What is a digital footprint and what impact could it have on my future employment?	<p>This week your son has debated the question 'What is a digital footprint and what impact could it have on my future employment?' Watch the video to discuss what a digital footprint is and what impact it may have on their future employment.</p> <p>What is a digital footprint? https://www.youtube.com/watch?v=fBKJQCogSOM</p> <p>How can your digital footprint impact your future employment? https://www.youtube.com/watch?v=1xtXBqiop2Y</p>
Year 13	How do I become a ready for work?	Contextual Safeguarding Lesson-Prevent	What is antisemitism and why is it wrong?	<p>This week your son has learnt about anti-Semitism and why it is wrong. 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>What is Antisemitism? https://www.youtube.com/watch?v=QjYcUU8L1vo</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	summarise
Year 8	discriminate
Year 9	revenue

Year 10	protocol
---------	----------

Numeracy Brainteaser

The answer to last week's teaser...there are 40 squares.

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 prayer team of the Jesuit Provinces of the USA.

*Lord Jesus,
you are the way, the truth, and the life.
You are the fulfilment of all that has come before you, and all that will be.
Guide me in walking with my brothers and sisters as your disciples,
that I may follow you more closely each day.
Amen.*

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

-ooOoo-