



FAMILIES UPDATE WEEK 26

28th March 2024

Dear Parent/Carer

On Sunday, we celebrate the victory of Jesus' Resurrection. This is our opportunity to see with eyes of faith God's love for us revealed in Christ Jesus risen from the grave. St Augustine and others remind us, "We are an Easter people, and Alleluia is our song."

The great mystery of our Easter faith is that Christ has died, He has Risen, and Christ will come again. As we participate in this joyful celebration, we acknowledge that Jesus' resurrection gives us hope.

How do we witness the power of Jesus' resurrection in our daily lives? Has the unconditional gift of God's outstretched arms made a difference in our lives?

In Jesus' resurrection, all humanity gets a second chance. We are all called to be transformed by this Easter joy. In Jesus' resurrection, we see how good triumphs over evil, and all creation is made new in the light that shines through our lives. We must be open to the power of the risen Christ each day. Jesus' life must become a model for us of self-giving and self-sacrifice.

(adapted from a Spiritan Reflection)

May this Easter season bring us joy and hope as we rise with Christ in the newness of life.

Wishing you and your families a restful and restorative Easter break.

Yours sincerely

Daniel P. Murray
Headmaster

The week beginning Monday 15th April will be **Week A**

General Information

Year 11 and Year 13 Revision Tip: Practise, practise, practise... Past papers will get you accustomed to the questions you will face - this way you won't be thrown off by the wording or format. Also, practise picking out the key parts of the question quickly. Apply what you've committed to memory through revising by tackling exams from previous years - it will help you focus what you know to achieve the highest marks. It's also worth doing some past papers under exam conditions, to give you a better sense of how quickly you need to work through them when the day comes. Please use your time wisely.

Social media: Some parents and carers may have seen posts on social media regarding a social media app and inappropriate content. Northumbria Police have shared the following update with us:
On Friday, March 22, communication was shared about a report of a group on a social media messaging app containing inappropriate content aimed at young people. Although this messaging was shared in good faith, some of the details had at that point not been verified. We would therefore ask you to please not reference this, including on social media.

As always, we would also ask that you continue to take an interest in your children's use of social media and if you do have concerns that you report these to the police. Officers take matters such as this extremely seriously and are investigating the report of the social media group.

Year 11 & Year 13 Group photos Thursday 18th April: On Thursday 18th April 2024 photographers will be in school to take the Year 11 and Year 13 'year group photograph'. Pupils/students are required to be in full school uniform for the photographs.

Staying mentally healthy during Examination time: See resources [here](#) which have been produced by 'Young Minds' to help us all support young people through exam time, which is often a stressful time.

HPV (Human Papillomavirus) Vaccination Year 8 – 2nd May 2024: The online consent can be accessed via any online device. Please click on the following link <https://www.northumbriaimmunisations.co.uk/Forms/HPV> which will direct you to an online consent form for you to complete if you consent or non-consent to these vaccinations. If you do not have access to the internet, please contact the immunisation team who will complete a consent form with you over the phone. The School-based Immunisation Team will be visiting school on **02/05/24**, please complete the consent form in full using the following school code: **NB137900**. If a consent form is not completed by midday at least 48 working day hours before our visit your child may not receive their immunisation at school. The Health Security agency recommends that children in year 8 are offered a single dose of the HPV vaccine. If you require further information regarding the vaccines we offer please go to our Immunisation website which has full details of our service: <https://www.northumbria.nhs.uk/our-services/childrens-services/immunisations>

If you have any queries regarding the online consent form please contact the Northumbria healthcare School Aged Immunisation Team on 0191 282 8977/8978/8979

Co-Curricular PE Clubs		
Day	Lunch Time	After School
	12.20pm – 12.55pm	3.15pm – 4.15pm
Monday	Cricket Club (All Year groups)	
Tuesday	Year 10 – 11 Exam PE Table Tennis Year 10 & 11 Fitness Club Year 7 & 8 Climbing Club	Tennis Club (Year 7, 8 & 9)
Wednesday	Table Tennis (Year 7 & 8) Year 10 & 11 Fitness Club Running Club (Year 7, 8 & 9)	Tennis Club (Year 9 & 10) Golf Club (Close House) TBC
Thursday	Dodgeball (Year 7 and 8)	Cricket Club

	Year 10 & 11 Fitness Club	(All Years)
Friday	Year 10 & 11 Exam PE Table Tennis	Sixth Form Volleyball Club

Fixtures week commencing 15 th April				
Year Group	Vs	Day/Date	Venue	Kick Off Time
Year 10 Football County Cup Semi Final	Walker	Monday 15 th April	Walker	3:30pm
Year 10 Football City Cup Final	Walker	Wednesday 17 th April	Newcastle Blue Star	4:30pm
Year 8 Junior NBA Basketball	Ovingham	Wednesday 17 th April	St Cuthbert's	3:30pm
Year 8 Football County Cup Semi Final	Ponteland	Friday 19 th April	Ponteland	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

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

CV template: Looking for a summer job or a more permanent position? Why not adapt this CV template with your own information? This is the template that the Job centre uses but you can find lots of different styles online. The template can be found [here](#).

Sixth Form

Head Boy: The process to appoint our Head Boy for 2024-25 will begin after the half term. This will involve an application, presentation and interview process. This is a fantastic opportunity for our Year 12 students to develop a range of skills that will help and support them in their next steps 'Beyond St Cuthbert's'.

UCAS: We will continue our progression routes work next term with our Year 12 students, with a particular focus on UCAS and University applications. Your son has access to Unifrog which is an incredible resource which should be used to search and filter next step opportunities.

Supporting Your Son: To support our Progression Routes work this term, we will be hosting a Supporting Your Son Event on 11th June. This will give parents the opportunity to see what routes are available and how best to support their son in this process.

Examinations: External examinations begin on the 9th May. Your son has a timetable for the examinations he is sitting. We will be going through the protocol for these external examinations on our return from the Easter break. It is important that your son is at school 20 minutes before any of these examinations.

Internal examinations for our Year 12 students will begin on Monday 24th June and will help provide evidence for their UCAS predicted grade.

Year Photo: Our Year 13 group photo is taking place on Thursday 18th April. This is a fantastic memento for the students to take away from St Cuthbert's Sixth Form

PSHE at Home

	Big Question	Sub-unit	Week 26 lesson title	PSHE at home Task
Year 7	How can I keep my body healthy?	How do I administer First Aid?	How do I deal with head and spinal injuries?	<p>These are the videos your son will have watched during his PSHE lesson this week. Ask him to explain how you should treat head and spinal injuries and then check his understanding by watching the videos together:</p> <p>https://www.youtube.com/watch?v=a4clFZx1f2E&ab_channel=StJohnAmbulance</p> <p>https://www.youtube.com/watch?v=Uqy2IUhYkVA&ab_channel=StJohnAmbulance</p>
Year 8		What are the most common addictions facing young men and how to avoid them?	What is smoking/ vaping addiction and how to avoid it?	<p>Read through this information page on smoking with your son. Also please be aware of the dangers of vaping cannabis oil which can initially appear to be the same as vape juice.</p> <p>https://www.talktofrank.com/drug/tobacco</p> <p>https://www.talktofrank.com/news/vaping-cannabis-oils-news-alert</p>

Year 9		What are illegal drugs and why are they dangerous?	What is Spice and why is it dangerous?	<p>Read through this information page on the synthetic cannabinoid 'Spice'. Discuss the dangers and be aware of the legislation change from 2016 (Psychoactive Substances Act).</p> <p>HYPERLINK "https://www.talktofrank.com/drug/synthetic-cannabinoids"https://www.talktofrank.com/drug/synthetic-cannabinoids</p>
Year 10		What is the NHS and how does it keep me healthy?	What is blood and organ donation?	<p>Watch this video with your son to learn more about the man behind the Anthony Nolan Foundation's work.</p> <p>HYPERLINK "https://www.youtube.com/watch?v=eVJe31SNvFg"https://www.youtube.com/watch?v=eVJe31SNvFg</p>
Year 11		What can I do to take care of my body?	What is testicular cancer and how do I look out for it?	<p>Please read through the information below with your son:</p> <p>NHS website https://www.nhs.uk/conditions/testicular-cancer/</p> <p>Macmillan Cancer Charity Website https://www.macmillan.org.uk/cancer-information-and-support/testicular-cancer</p> <p>Movember Charity https://uk.movember.com/mens-health/testicular-cancer</p>
Year 12	How do I become a man fit for the 21st Century?	How can I stay safe online?	How can I stay safe from online blackmail?	<p>This week your son has debated the question 'How can I stay safe from online blackmail? Watch the video to discuss the importance of staying safe online and how to protect yourself from online blackmail.</p> <p>Sextortion: Online Coercion and Blackmail - https://www.youtube.com/watch?v=sdEIAeu2_ms</p>
Year 13	How do I become a man for others?	How do I become a better man?	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 points: How has the decision to become knife impacted upon the lives of Sean, Cameron and Meghan.</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	denote/connote
Year 8	furthermore
Year 9	domain
Year 10	phenomenon

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 Jesuit prayer from Xavier University.

*May the glory
and the promise
of this joyous time of year
bring peace
and happiness to you
and those you hold most dear.*

*And may Christ,
Our Risen Saviour,
always be there by your side
to bless you
most abundantly
and be your loving guide.
Amen.*

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

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