



FAMILIES UPDATE WEEK 27

19th April 2024

Dear Parent/Carer

In the readings for Easter season, we get to see the point and the purpose of Easter. Jesus really died, and Jesus really rose from the dead. He died and rose to fulfill the prophecies, and he died for us: to redeem us and he rose to show us the way home. The readings this Sunday show the story and the purpose of the actual death and actual resurrection.

In the Acts of the Apostles, Peter tells the people that Jesus really died, but then rose like it was told. He says he personally witnessed and experienced this. The Gospel of Luke continues the idea of veracity. Peter says I witnessed this. It really happened. The two disciples in Luke see Jesus alive after the crucifixion.

The readings all make the point that this is real. They really saw this. They really experienced this. This really happened. And the reason it really happened is to redeem us. To save us. If we let it.

(based on an Ignatian reflection)

Wishing you and your families a restful and restorative weekend.

Yours sincerely

Daniel P. Murray
Headmaster

The week beginning Monday 22nd April will be **Week B**

General Information

Reading Newsletter: Our most recent reading newsletter can be found [here](#). Please do discuss the newsletter with your son and encourage them to find information about book recommendations, interviews with staff, and information about reading competitions.

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	Tennis Club (Year 7, 8 & 9)

	Table Tennis Year 10 & 11 Fitness Club Year 7 & 8 Climbing Club	
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) Year 10 & 11 Fitness Club	Cricket Club (All Years)
Friday	Year 10 & 11 Exam PE Table Tennis	Sixth Form Volleyball Club

Fixtures this week				
Year Group	Vs	Day/Date	Venue	Kick Off Time
Year 8 Futsal Tournament	Multiple Teams	Monday 22 nd April	Walbottle	3:30pm
Year 8 Junior NBA Basketball	Ovingham	Monday 22 nd April	St Cuthbert's	3:30pm
Year 7 Junior NBA Basketball	St Joseph's	Monday 22 nd April	St Cuthbert's	3:30pm
Year 10 Futsal Tournament	Multiple Teams	Thursday 26 th April	Walbottle	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

My Big Career newsletter: take a look at the latest newsletter from My Big Career highlighting work experience opportunities. Click [here](#) for further information.

Job of the fortnight: this time we are looking at how to become an actuary. Watch this [video](#) and read [here](#) for more information.

PSHE at Home

	Big Question	Sub-unit	Week 27 lesson title	PSHE at home Task
Year 7	How can I keep my body healthy?	How do I administer First Aid?	How can I help someone who is choking, or, having an asthma attack?	<p>These are the videos your son will have watched during his PSHE lesson this week. Ask him to explain what you should do if someone is choking or having an asthma attack and then check his understanding by watching the videos together:</p> <p>https://www.youtube.com/watch?v=PA9hpOnvtCk&ab_channel=StJohnAmbulance</p> <p>https://www.youtube.com/watch?v=hdVKpUR513M&ab_channel=StJohnAmbulance</p>
Year 8		What are the most common addictions facing young men and how to avoid them?	What is drug addiction and how to avoid it?	<p>In this lesson your son will have explored the reasons why some people might take drugs and (more importantly) the reasons why you shouldn't. Perhaps you could explore the answers he gave in class?</p> <p>Your son will also have been told these ten practical steps on how to avoid the pressure to take drugs from peers.</p> <p>https://www.talktofrank.com/get-help/dealing-with-peer-pressure</p> <p>He should have prepared an answer to point 3- perhaps he can share this with you?</p> <p>It is worth noting that 20% of 16-24 year olds have used an illegal drug in the last year (meaning 80% have not).</p>
Year 9		What are illegal drugs and why are they dangerous?	What is Nitrous Oxide and why is it dangerous?	<p>This week your son will have learnt about the drug Nitrous Oxide (laughing gas) which is illegal to sell for recreational drug taking purposes under the Psychoactive Substances Act 2016, but not illegal to sell for other uses.</p> <p>Read through this information which covers the dangers of taking NOS</p>

				https://www.talktofrank.com/drug/nitrous-oxide This article also covers it's popular use at music festivals. https://www.theguardian.com/society/2021/nov/27/how-britain-got-high-on-nitrous-oxide-laughing-gas
Year 10		What is the NHS and how does it keep me healthy?	What is blood and organ donation? Part 2	Watch this video with your son to learn more about the man behind the Anthony Nolan Foundation's work. https://www.youtube.com/watch?v=eVJe31SNvFg
Year 11		What can I do to take care of my body?	How do I perform a testicular examination and what do I do if I find a problem?	Please read through the information: NHS website https://www.nhs.uk/common-health-questions/mens-health/what-should-my-testicles-look-and-feel-like/ Macmillan Cancer Charity Website https://www.macmillan.org.uk/cancer-information-and-support/testicular-cancer/how-to-check Movember Charity https://nutsandbolts.movember.com/
Year 12	How do I become a man fit for the 21st Century?	How can I stay safe online?	What do I need to know about harmful content?	This week your son has debated the question 'What do I need to know about harmful content?'. Watch the video to discuss the importance of being able to identify harmful content and how it is easily found on social media TikTok's algorithm aggressively pushes harmful content to teens https://www.youtube.com/watch?v=0gKiCZP_hpQ
Year 13	Year 13 have now finished their PSHE lessons and will focus on revision.			

Words of the Week

There are no new words of the week this week, as this week the next vocabulary review will take place. For reference, here are the words from the last few weeks:

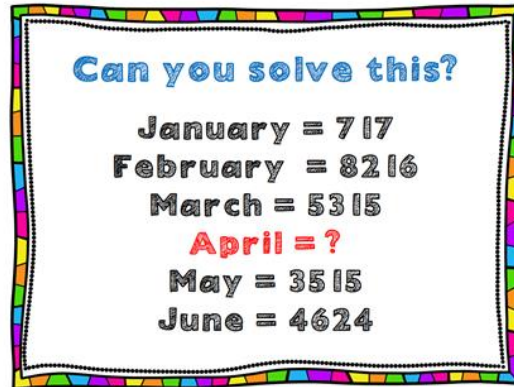
Year 7	predict, summarise, demonstrate, approximate, denote, connote
Year 8	precede, discriminate, incorporate, ideology, furthermore
Year 9	decline, revenue, vary, complex, domain

Year 10

invoke, evoke, protocol, prohibit, tolerate, phenomenon

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 was written by Annabel Shilson-Thomas of CAFOD

*Risen Christ, when darkness overwhelms us
may your dawn beckon.
When fear paralyses us
may your touch release us.
When grief torments us
may your peace enfold us.
When memories haunt us
may your presence heal us.
When justice fails us
may your anger ignite us.
When apathy stagnates us
may your challenge renew us.
When courage leaves us
may your spirit inspire us.
When despair grips us
may your hope restore us.
And when death threatens us
may your resurrection light lead us.*

Amen.

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

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