



FAMILIES UPDATE WEEK 29

3rd May 2024

Dear Parent/Carer

Year 13 are preparing for their examinations and the world beyond St Cuthbert's. Year 11 are only a few days away from their first GCSE examinations and 'old boys' will be graduating from university and entering the world of work. After years of reliable routine of their studies and their social lives, these soon-to-be graduates and leavers are treading into uncertain waters. Those still discerning which path to take may feel uncertain amidst their peers who know what's next for them. Yet, even those who have their next step 'mapped out' can't possibly predict everything their next chapter will bring, either. Further, one doesn't have to be graduating to be in a period of uncertainty. Indeed, these are unavoidable and, at times, unpredictable times. They are also uncomfortable times.

Today's Gospel for the Feast of the Apostles Philip and James records Jesus' somewhat frustrated response to Philip's question 'Have I been with you all this time and still you do not understand?' Thankfully Jesus continues and the passage concludes with Jesus' assurance of support: 'Whatever you ask for in my name I will do, so that the Father may be glorified in the Son. If you ask for anything in my name, I will do it.'

As we enter the examination season, let us trust in Jesus' words to the apostles, confident that He is there for us. Please remember in your prayers all those pupils and students taking important examinations this year.

Wishing you and your families a restful and restorative Bank Holiday weekend.

Yours sincerely

Daniel P. Murray
Headmaster

The week beginning Tuesday 7th May will be **Week B**
Remember Monday is a Bank Holiday

General Information

Water bottles: As the weather begins to get warmer it is essential that pupils bring water and a refillable water bottle with them for use throughout the school day.

REMINDER - Parking on Gretna Road: When parking outside of school at the start and end of the day, please be considerate of our neighbours on Gretna Road. We have been informed by residents that cars have been blocking driveways leading residents to be late for work and appointments.

We would also like to remind parents that no cars should be parked on the yellow zig-zag lines outside of school on Gretna Road in restricted hours. The restricted hours are between 8.00am and 5.00pm.

Regarding this matter, Newcastle City Council state that:

Vehicles should not block residents drives as this could result in a Penalty Charge Notice (PCN) being issued by the Local Authority.

Immediately outside of schools, there will often be yellow zig zag lines and the words "School Keep Clear" in place to help ensure that the area immediately outside the school is kept clear for safety reasons. A vehicle may not stop on zig zag lines during the restricted no stopping times. This parking restriction also applies to Disabled Blue Badge holders. [Source](#).

Year 11 Sixth Form Transition Days: Sixth Form Transition Days for Year 11 will be Monday 24th June to Wednesday 26th June. This will include: an introduction into the Climate and Culture of Sixth Form, lesson tasters, co-curricular sessions, apprenticeship/college workshops and the Year 11 Celebration Event.

Sextortion: Sextortion is a topic that has been in the news nationally this week. The leaflet [here](#) provides key information about sextortion as cases have dramatically increased worldwide.

Co-Curricular PE Clubs		
Day	Lunch Time	After School
	12.20pm - 12.55pm	3.15pm - 4.15pm
Monday	Bank Holiday	
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)
Thursday	Dodgeball (Year 7 and 8) Year 10 & 11 Fitness Club	Cricket Club (All Years)
Friday	Year 10 & 11 Exam PE Table Tennis	

Fixtures this week				
Year Group	Vs	Day/Date	Venue	Kick Off Time
Year 9 & 10 Newcastle City Schools Athletics	Multiple Schools	Wednesday 8 th May	Gateshead International Stadium	1.00pm
Year 9 Football League Finals Night	Multiple Teams	Wednesday 8 th May	Walker Riverside Academy	4.00pm
U13 Dodgeball Tournament	Multiple Teams	Thursday 9 th May	Walker Dome	1.00pm

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.



Sixth Form

Head Boy applications: The deadline for applications is midday, 8th May. We look forward to a competitive and high-quality selection process.

Year Photo and Leavers' Hoodies: Orders are now being taken for our Year 13 group photo and Leavers Hoody. All orders should be directed to the Finance Office.

Progression Routes: Our progression routes process will be at the forefront of Year 12 work this half term and next. The students will be given information on university, apprenticeships, degree apprenticeships and employment to enable them to make informed decisions for their next steps. This work will cover UCAS applications and Personal Statements. We will be hosting a 'Supporting your Son' event based on progression routes on June 11th.

Year 13 Leavers Celebration: This will take place during the afternoon of Friday 24th May. The celebration will include a year group Mass, presentation and street-food. We look forward to celebrating this event with the group. After this date, Year 13 students will only be required to attend school when they have examinations.

Of course, the students are welcome to revise and prepare for their remaining examinations in school where staff support is close at hand.

PSHE at Home

	Big Question	Sub-unit	Week 29 lesson title	PSHE at home Task
Year 7	How can I keep my mind healthy?	What is mindfulness and how do you practice it?	How is my mind connected to my body? <i>Introduction to Mindfulness</i>	<p>this week your son will be introduced to 'Mindfulness'. This week we studied how the mind and body are connected and how the mind, just like the body, can be trained through hard work. As one brain scientist says: "We can use our mind to change our brain to change our mind." A great example of this is how black cab drivers in London have to gain 'The Knowledge'- knowing over 100,000 landmarks and roads. This can be seen in the clip below:</p> <p>https://www.youtube.com/watch?v=u7gp8KBP7ak&ab_channel=Channel4</p> <p>What does it take to gain 'The knowledge'?</p> <p>Remember- whilst the brain may be the seat of your mind, its hub, it is by no means the whole thing.</p> <p>Perhaps your son could share with you the mindfulness technique he has learnt?</p>
Year 8		How can I improve my mental health and emotional wellbeing?	An introduction to mental health: What have I learnt that's new?	<p>This week your son has started a new unit on mental health. Watch the video below with your son which focusses on the importance of people, young men in particular, talking about mental health and discuss the questions.</p> <p>https://www.youtube.com/watch?v=dGOiLzhBhng&ab_channel=Childline</p> <ul style="list-style-type: none"> • Why do young men find it hard to talk about their mental health? • How does Mim describe mental health? • Why is it important to talk about mental health? <p>Next week we will be looking in more detail at male mental health.</p>
Year 9		How can I learn to control my feelings and emotions?	What is stress and how can I control it?	<p>This week your son has been learning about the causes of stress and some coping strategies. One of the strategies is to connect with nature. Please spend 5 minutes in silence with your son listening to this video.</p> <p>https://www.youtube.com/watch?v=cB_CwY9dhrA&ab_channel=GoJoRelax</p> <p>Do you feel more relaxed?</p>

Year 10		How can I improve my mental health and emotional wellbeing ?	How can I adapt to overcome new challenges?	This week your son will have begun a 6-week series of lessons on improving mental health and emotional wellbeing. Below are some important resources for future reference: https://healthyschoolscp.org.uk/wp-content/uploads/2020/07/Mental-health-wellbeing-and-support-apps-and-websites-toolkit.pdf
Year 11	Year 11 have now finished their PSHE lessons and will focus on revision.			
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 radicalisation?	This week your son has debated the question 'How can I stay safe from radicalisation?'. Watch the video to discuss the importance of staying safe online and how to protect yourself from radicalisation. Prevent: An Introduction - https://www.youtube.com/watch?v=Otc2eaRY32s
Year 13	Year 13 have now finished their PSHE lessons and will focus on revision.			

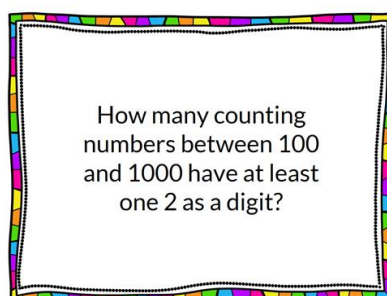
Words of the Week

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	technique
Year 8	neutral
Year 9	occupy
Year 10	eliminate

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:

Let us pray for all pupils and students sitting examinations:

*Lord, pour out your Spirit of Wisdom on these pupils and students:
help them to remain calm,
to attend carefully to the questions asked,
to think clearly, to remember accurately,
and to express themselves well.
Grant that they may reflect on the best of the work they have done
and the best of the teaching they have received.
Accept their best efforts in these examinations
and in the great test of life on earth.
May your love be upon them, O Lord,
as they place all their trust in you.*

*We ask this through Christ our Lord.
Amen.*

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

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