



## FAMILIES UPDATE WEEK 3

22<sup>nd</sup> September 2023

Dear Parent/Carer

*"While he was at table in his house, many tax collectors and sinners came and sat with Jesus and his disciples. The Pharisees saw this and said to his disciples, "Why does your teacher eat with tax collectors and sinners?"*

This quotation comes from yesterday's Gospel when the Church celebrated the Feast of St Matthew, tax collector and apostle.

It is so easy to dislike the Pharisees. Who are they to judge Jesus for eating with tax collectors and sinners? Are they not sinners as well? Would we be happy to join Jesus at table with Matthew and his fellow tax collectors. Are there others with whom you would not be so willing to dine?

We live in deeply divided times. Points of view are staunchly defended, and open dialogue seems difficult, if not impossible. Does our desire to follow Jesus' model of acceptance and mercy only go so far?

*(taken from an Ignatian reflection)*

Today, perhaps, consider who might not be welcome at your table and pray for the grace to model the mercy and acceptance of Jesus.

Wishing you and your families a restful and restorative weekend.

Yours sincerely

Daniel P. Murray  
Headmaster

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The week beginning Monday 25<sup>th</sup> September will be **Week B**

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 (Year 7 & 8)	Basketball Club (Year 7 and 8) with Newcastle Eagles Coach

<b>Tuesday</b>	Year 10 – 11 Exam PE Table Tennis and Badminton	
<b>Wednesday</b>	Basketball (Year 9, 10 and 11)  Table Tennis (Year 7 & 8)	Basketball Club (Year 9,10 and 11) with Newcastle Eagles Coach  Year 11 Football open Training
<b>Thursday</b>	Badminton (Year 9, 10 and 11)  Dodgeball (Year 7 and 8)	Year 10 Football Open Training
<b>Friday</b>		Sixth Form Volleyball Club

<b>Fixtures this week</b>				
<b>Year Group</b>	<b>Vs</b>	<b>Day/Date</b>	<b>Venue</b>	<b>Kick Off Time</b>
Year 10 Football CVL	Multiple Teams	Tuesday 26 <sup>th</sup> September	St Cuthbert's	4.00pm
Year 7 Football National Cup	Whitburn	Tuesday 26 <sup>th</sup> September	St Cuthbert's	4.00pm
Year 9 Football County Cup	Dukes Academy	Tuesday 26 <sup>th</sup> September	St Cuthbert's	4.00pm
Sixth Form Basketball AOC League	Hartlepool	Wednesday 27 <sup>th</sup> September	St Cuthbert's	1:15pm
Year 10 Football National Cup	Whitburn	Thursday 28 <sup>th</sup> September	St Cuthbert's	4.00pm
Year 8 Football CVL	Multiple Teams	Thursday 28 <sup>th</sup> September	St Cuthbert's	4.00pm
U16 Basketball CVL	Multiple Teams	Thursday 28 <sup>th</sup> September	Jesmond Park Academy	4.00pm

**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](#) on Twitter for updated results.



**Year 7 Mass of Welcome, Thursday 28<sup>th</sup> September 2023 at 4.30pm:** Year 7 boys, parents/carers and other family members are warmly invited to our Year 7 Mass of Welcome. On Thursday 28<sup>th</sup> September 2023, Canon Simon Lerche, Episcopal Vicar for Education and Dean of St Mary's Cathedral, will celebrate Holy Mass for and with our Year 7 pupils and their families. Our Year 7 pupils will help with the music, readings, and other ministries. After Mass, we will gather for tea and cake in the Dining Room.

**Homework:** Homework is an important part of your son's education. It helps him to practise and reinforce the skills that he is learning in class, and it also helps him to develop independent learning skills. Your son will be receiving homework on a regular basis and this will be recorded in his pupil planner. Please check and sign the planner weekly.

### Sixth Form Information

**Year 13 -** Our next assessment process starts on 9<sup>th</sup> October. Your son has been given a timetable for these assessments and has been made aware by his teaching staff of the content that is being assessed. These tests offer your son the opportunity to improve his UCAS predicted grade. Progress sheets highlighting progress and achievement for these assessments will be posted out in due course. Formal 'Mock' exams begin on 18<sup>th</sup> January.

**Year 12 -** 'Supporting your Son' evening is on 17<sup>th</sup> October. This will keep parents up to speed with the working practices in Sixth Form and give parents an opportunity to meet the Sixth Form Team.

**Lecture Series -** We have been invited to a lecture series by Dame Allan's, this is a fantastic **free** opportunity to listen to some exceptional guest speakers. Book your tickets for this special event [here](#). This information has been shared with the students on their IAG Teams page.

**Thank you:** A huge thank you and to all our Sixth Form students who supported the Year 6 Open Evening on Thursday night. The feedback they received from visiting parents was incredibly positive. Well done to all involved.

#### PSHE at Home

	Big Question	Sub-unit	Week 3 lesson title	PSHE at home Task
Year 7	How do I become a 'man for others?'	Why should I care for others?	How can I be a good friend?	Discuss with your son what his response would be to the following scenarios: <ul style="list-style-type: none"> <li>• A friend starts talking about you behind your back</li> <li>• A friend starts teasing you about your appearance</li> <li>• A friend starts making excuses whenever you ask them to go out or come round to your house</li> <li>• A friend starts criticising the way you behave and complaining about what you do</li> <li>• A friend starts going around with a different group</li> </ul>

				<ul style="list-style-type: none"> <li>• A friend starts bossing you about &amp; insisting you do what they say</li> <li>• A friend starts keeping secrets from you</li> <li>• A friend starts calling you a chicken because you won't join in</li> <li>• A friend starts getting jealous of your success</li> <li>• A friend starts refusing to listen to your point of view</li> </ul>
Year 8		Why should I celebrate differences?	Why should I celebrate different ethnicities?	<p>Follow this link to the CARJ website and discuss whether enough is being done to promote racial harmony in society.</p> <p><a href="https://www.carj.org.uk/">https://www.carj.org.uk/</a></p> <p>In the lesson your son will have studied the advantages of living in a multi-ethnic society. Ask him to tell you these and discuss whether there are any disadvantages to a multi-ethnic society and what could be done to overcome any issues.</p>
Year 9		What is Catholic Social Teaching?	How do I treat others with dignity and show solidarity?	<p>Discuss which people in our society are shown the least amount of dignity (if any) and question why this is the case.</p> <p>Are there any local charities you could get involved with that could help give someone their dignity back?</p>
Year 10		What is Laudato Si about?	How are the poor disproportionately affected by climate change?	<p>Read page 8 with your son from the CAFOD report <a href="#">'Pushing people over the edge'</a>:</p> <p>What does the report's conclusions highlight? What are your thoughts on the views presented from poorer countries in the speech bubbles? How are poverty and climate change linked?</p>
Year 11		What is Fratelli Tutti about?	What does Pope Francis think is wrong with the world?	<p>Watch this video explaining Pope Francis' encyclical, Fratelli Tutti, and discuss with him the impact you think the document will have?</p> <p><a href="https://www.youtube.com/watch?v=bWpolo3mlgk">https://www.youtube.com/watch?v=bWpolo3mlgk</a></p>
Year 12	How can I keep my body healthy?	What do young men need to know about physical health?	How do men battle with body image?	<p>This week your son has studied male body image. Please read the following statistics together and discuss them:</p> <p>394 British men were surveyed by Central YMCA and the Succeed Foundation, an eating disorders charity. The survey revealed that men have high levels of anxiety about their bodies and that some resort to compulsive exercise, strict diets, laxatives or making themselves sick in an attempt to lose weight or achieve a more toned physique.</p> <ul style="list-style-type: none"> <li>• 80.7% talked about their own or others' appearance in ways that draw attention to weight, lack of hair or slim frame.</li> <li>• 30% have heard someone refer to their "beer belly", 19% have been described as "chubby" and 19% have overheard talk about their "man boobs (moobs)".</li> <li>• 23% said concerns about their appearance had deterred them from going to the gym.</li> <li>• 63% thought their arms or chests were not muscular enough.</li> </ul>

			<ul style="list-style-type: none"> <li>• 29% thought about their appearance at least five times a day.</li> <li>• 18% were on a high-protein diet to increase muscle mass, and 16% on a calorie-controlled diet to slim down.</li> <li>• More than four in five men (80.7%) talk in ways that promote anxiety about their body image by referring to perceived flaws and imperfections, compared with 75% of women. Similarly, 38% of men would sacrifice at least a year of their life in exchange for a perfect body – again, a higher proportion than women.</li> </ul> <p>SUPPORT: Young Minds - <a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a>  Childline - <a href="http://www.childline.org.uk">www.childline.org.uk</a> Phone: 0800 1111.  CALM- <a href="https://www.thecalmzone.net/">https://www.thecalmzone.net/</a> Shout - a 24-hour text service for someone experiencing a crisis and needing immediate help: 85258</p>
Year 13	What do young men need to know about physical health?	Alcohol and drugs- How do I make independent and responsible decisions about alcohol and drugs?	<p>This week your son has looked at how to make independent and responsible decisions about alcohol and drugs.</p> <p>Have a look at this recently published report on substance abuse and treatment.</p> <p><a href="https://www.gov.uk/government/statistics/substance-misuse-treatment-for-young-people-statistics-2021-to-2022/young-peoples-substance-misuse-treatment-statistics-2021-to-2022-report">https://www.gov.uk/government/statistics/substance-misuse-treatment-for-young-people-statistics-2021-to-2022/young-peoples-substance-misuse-treatment-statistics-2021-to-2022-report</a></p>

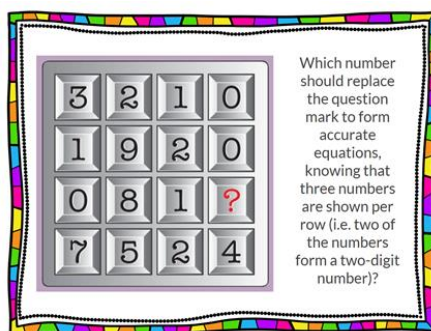
### Words of the Week

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	identify
Year 8	theory
Year 9	crucial
Year 10	whereby

### 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 adapted from St Ignatius of Loyola by John Veltri, SJ

*Teach me to listen, O God,  
To those nearest me,  
My family, my friends my co-workers,  
Help me to be aware that  
No matter what words I hear,  
The message is  
"Accept the person I am. Listen to me."*

*Teach me to listen, my caring God,  
To those far from me –  
The whisper of the hopeless,  
The plea of the forgotten,  
The cry of the anguished.*

*Teach me to listen, O God my Mother,  
To myself.  
Help me to be less afraid  
To trust the voice inside –  
In the deepest part of me*

*Teach me to listen, Holy Spirit,  
For your voice-  
In busyness and in boredom,  
In certainty and in doubt,  
In noise and in silence.*

*Teach me, Lord, to listen. Amen*

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

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