



FAMILIES UPDATE WEEK 6

13th October 2023

Dear Parent/Carer

“Martha, Martha, you are worried and distracted by many things; there is need of only one thing. Mary has chosen the better part, which will not be taken away from her.”

(Luke 18:42)

Tuesday’s Gospel is one that I have always found challenging. Surely the work that Martha does is important. Surely our work is important. Should we not be busy? Should we not work each day to build the Kingdom? The world tends to value accomplishments above all else. We encourage people to achieve. We want people to give of their best. In sports, coaches implore their players to train harder and to run faster. Parents keep their children busy with an endless stream of activities. Perhaps deep down we believe that to accomplish more is to be worth more.

In this Gospel passage, Jesus gives us an entirely different measuring stick for our worth. Mary’s role sitting at the feet of Jesus is “the better part”. The challenge that Jesus poses here is for us, in our busyness, to chose the better part. What would our world look like if we valued Mary’s role over Martha’s? Would we give more time to the pursuit of our passions? Would we find the resolve to fight climate change in a meaningful way? Would we take the time needed to see others through God’s eyes? Would we put our achievements and our gifts at the service of others?

This Gospel invites us to envision this world. Can we chose the better part?

Wishing you and your families a restful and restorative weekend.

Yours sincerely

Daniel P. Murray
Headmaster

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The week beginning Monday 16th October will be **Week A**

General Information

Year 7 Beamish Trip: Following on from our successful summer school, all of Year 7 will be attending Beamish with their Form Tutors. As part of their visit, they will be exploring the science and technology behind the development of the Miners’ Safety Lamp that involves explosions in a blast bottle and in glass tubes. They will also have the chance to experience a Victorian lesson in the Beamish Board School. The visit will be free of charge.

An email has been sent containing the letter. Please complete the online EV7 form by Friday 20th October which can be found in the letter, but also [here](#).

School Council and Year Council Elections: Congratulations to all pupils who were elected to represent form classes as part of the Year Councils. These elections took place in Week 4 during a 'Democracy in Action' lesson delivered across school.

Year Councils			
Aidan House	Bede House	Hild House	Oswald House
Year 7			
A1 Andy Moses Evan Killeen	B1 Conrad Amuji Ishaan Tadbeer	H1 Muhammad Sudais Thomas Foggan	O1 Abdul Tanveer Ifath Rahman
A2 Papa-Yaw Frimpong Elya Attayee	B2 Hayyan Khan Jayden Stoves	H2 Antoni Szymanski David Turnbull	O2 Leo Marshall Efosa Erhahon
Year 8			
A1 James Meldrum Jayden Robinson	B1 Musa Afsar Vincent Molton Edosa	H1 Alfie McEwan Chidalu Otaluka	O1 Sinor Younis Brian Obi
A2 Samuel Asiana Hadi Okasha	B2 Sajjad Ahmadi Noorul Zahoor	H2 Alexander O'Malley Lewis Richmond.	O2 Arham Ahmed Jamie O'Donnell
Year 9			
A1 Francis Ogbolu Louie Maulding	B1 Adam Quixindo Jerry Scuka	H1 Kenzie-Lee Parker Kelvin Bins	O1 Nosazee Erhahon Kalonda Mwati
A2 Michael Murray Guarav Singh	B2 Aidan Shibu Bradley Simba	H2 Mahad Mahad Zayed Miah	O2 Jack Marshall Emmanuel Matope
Year 10			
A1 Jesse Omosigho Isaac Olukanni	B1 Chindong Moses Ethan Ndiweni	H1 Connor O'Malley Alfie Dale	O1 Luke Thomson Daniel Lejwoda
A2 Cameron Lee Nicholas Pollak	B2 Alvin Jijo Elliott Riddle	H2 Messiah Ekpe Wencey Mginah	O2 Sam Errington Elyab Estifanos
Year 11			
A1 Byron Bradshaw Francis Akyereko	B1 Evan Tenniswood Jay Rajput	H1 Ryan Rossiter Greg Lee	O1 Muruf Ahmed Nathaniel Efrem
A2 Will Hoggins Joshua Bell	B2 Calvin Okike Reece Gilley	H2 Williams Iyiewuare- Olojor Owen Edwards	O2 Ben Morris Owen Scott

Further congratulations go to the 20 pupils who were elected to the School Council last week after each giving a short speech in front of their year group in assemblies. The School Council held their first meeting on Tuesday which was very successful, and the pupils all conducted themselves in an incredibly professional manner.

School Council

	Aidan House	Bede House	Hild House	Oswald House
Year 7	Evan Killeen A1	Conrad Amuji B1	Mohammed Sudais H1	Abdul Tanveer O1
Year 8	James Meldrum A1	Noorul Zahoor B2	Chidalu Otaluka H1	Brian Obi O1
Year 9	Francis Ogbolu A1	Adam Quixindo B1	Kenzie-Lee Parker H1	Jack Marshall O2
Year 10	Jesse Omosigho A1	Alvin Jijo B2	Connor O'Malley H1	Elyab Estifanos O2
Year 11	Byron Bradshaw A1	Calvin Okike B2	Williams Olojor H2	Maruf Ahmed O1

Very Impressive Pupil Awards

These awards are an opportunity to reflect on the 'ordinary' goodness and impressive characters of some of our pupils. This week, we made the following awards:

Year 10	Harry Banks	Cameron Lee	Wencey Mginah	Connor O'Malley
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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
Tuesday	Year 10 - 11 Exam PE Table Tennis and Badminton Year 10 & 11 Fitness Club Year 7& 8 Climbing Club	Year 10 Football Open Training
Wednesday	Basketball (Year 9, 10 and 11) Table Tennis (Year 7 & 8) Year 10 & 11 Fitness Club	Basketball Club (Year 9,10 and 11) with Newcastle Eagles Coach Year 11 Football Open Training

Thursday	Badminton (Year 9, 10 and 11) Dodgeball (Year 7 and 8) Year 10 & 11 Fitness Club	Year 7 Football Training
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 9 Football CVL	Multiple Teams	Tuesday 17 th October	Walbottle	4.00pm
Year 7 Football City Cup	Gosforth	Tuesday 17 th October	St Cuthbert's	4.00pm
Year 11 Football	St Aidan's	Wednesday 18 th October	St Aidan's	3.00pm
Year 8 Football County Cup	Bede Academy	Wednesday 18 th October	Bede Academy	4.00pm
6 th Form Football	Walbottle	Wednesday 18 th October	St Cuthbert's	2:30pm
6 th Form Basketball	East Durham College	Wednesday 18 th October	St Cuthbert's	1:15pm
Year 9 Football National Cup	Mortimer	Thursday 19 th October	Mortimer	4.00pm
Year 7 Football CVL	Multiple Teams	Thursday 19 th October	St Cuthbert's	4.00pm
Year 10 Football National Cup	English Martyrs (Hartlepool)	Thursday 19 th October	St Cuthbert's	3:15pm
Year 10 Football City Cup	Walbottle	Friday 20 th October	St Cuthbert's	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](https://twitter.com/StCuthbertsCC) on Twitter for updated results.



Sixth Form Information

Well done to our Year 13 students who completed their 'mini-mock' exams this week.

Year 13 Parents' Evening is on Thursday 16th November.

Year 12 have their first internal assessments starting Monday 20th November.

Year 12 Supporting your son: On Thursday 17th October parents of students in Year 12 are invited to a supporting your son session 5:15pm-6:15pm. An email has been sent to parents this week.

PSHE at Home

	Big Question	Sub-unit	Week 6 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 Dad?	Have a discussion with your son about what type of Dad he would like to be in the future? Imagine his children are grown up- what would they say about him as a dad? What does he see a Dad's role as? <i>(It is important to remember that 'Dad' in this sense doesn't necessarily mean his biological dad, it could be step-dad, an important male-figure in his life such as a granddad, older brother, or uncle, or he might have two dads.)</i>
Year 8		Why should I celebrate differences?	Why should I celebrate different religions?	Why should I celebrate different religions? Religion and stereotypes Explore how different religious groups can be labelled. What prejudiced attitudes and behaviour does this lead to? Are these true or fair? What can be the problem with these attitudes? How could these stereotypical and prejudicial views be tackled?
Year 9		What is Catholic Social Teaching?	Why should I care for God's creation?	Below are 3 quotes from Pope Francis regarding care for the environment. Discuss what he means by each of them. Which quote do you think is the most powerful? Why? Why do you think Pope Francis cares so much about the environment? Can your son explain anything to you about Laudato Si? <i>"God always forgives, we men forgive sometimes, but nature never forgives. If you give her a slap, she will give you one. I believe that we have exploited nature too much."</i> —Press conference, flight from Sri Lanka to the Philippines, January 15, 2015 <i>"The earth, our home, is beginning to look more and more like an immense pile of filth. In many parts of the planet, the elderly</i>

				<p><i>lament that once beautiful landscapes are now covered with rubbish.</i>"—Papal encyclical, Vatican City, May 24, 2015</p> <p><i>"We received this world as an inheritance from past generations, but also as a loan from future generations, to whom we will have to return it!"</i>—Remarks, meeting with political, business and community leaders, Quito, Ecuador, July 7, 2015</p>
Year 10		What is Laudato Si about?	How does Laudato Si offer a 'systematic' approach to environmental problems?	<p>Read this short article explain the goals that Laudato Si attempts to achieve: https://www.laudatosi.org/laudato-si/laudato-si-goals/</p> <p>Which of the 7 goals do you think is the most important? Why? Which goal do you think is the most difficult to achieve?</p>
Year 11		What is Fratelli Tutti about?	How can I promote peace?	<p>To promote peace, Pope Francis believes we should:</p> <p>Embrace other cultures, religions and beliefs. Support charity work by raising money or volunteering time. Take voting seriously, research policies and use your vote.</p> <p>Do you agree? Do you have any other suggestions?</p>
Year 12	Contextual Safeguarding	What do young men need to know about physical health?	Contextual Safeguarding: Racism in the West End of Newcastle	<p>Have a discussion with your son about racism in the local community</p> <p>The following newspaper headlines might prompt your discussion; City council promises new push to root out 'deeply embedded' racism in Newcastle (Chronicle Live, October 2022) Northumbria Police report rise in hate crime as more than 3,300 victims targeted in last 12 months (Chronicle Live, December 2022)</p> <p>Consider how and why a diverse neighbourhood is beneficial to society.</p>
Year 13	How can I keep my body healthy?	What do young men need to know about physical health?	How can I recognise and get help for anxiety?	<p>This week your son has been learning how to recognise anxiety and how to get help. Watch this video of 17 year old Rosie who has experienced anxiety. (Warning: The video does mention self harm). Discuss what might trigger anxiety and how it can be overcome. https://www.youtube.com/watch?v=NmikuGiqVbw&ab_channel=BBC</p> <p>Link to further information and support: https://www.nhs.uk/mental-health/conditions/generalised-anxiety-disorder/overview/</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	evaluate
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Year 8	relevant
Year 9	fluctuate
Year 10	accumulate

Numeracy Brainteaser

The answer to last week's puzzle was 45... $1/5$ of 45 = 9, $9 + 45 = 54$. Look out for the next one 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 reflects on Tuesday's Gospel and encourages us to 'choose the better part'.

God of grace and peace, give us perspective on our national problems in light of the gospel of the Kingdom of God.

Give us grace and peace.

Grant that we may have the heart of Martha, understanding our responsibility and calling to peace-making;
Willing to work hard to set things right.

Grant that we may have the heart of Mary, understanding that the presence of Jesus in our midst is the most important thing to seek;
Willing to seek first your kingdom.

Jesus, we invite you among us now, that we may sit at your feet. We say to the worried and distracted,
The Kingdom of God is at hand.

We say to the spiritually hungry,
The Kingdom of God is near.

May we know the treasure of the presence of Christ, the peace of the presence of God; God among us, God with us.

And may we set our distractions aside, making space to hear your voice, and only then setting about our work,

To be the hands and feet of Christ in a worried world.

Amen.

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

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