



## FAMILIES UPDATE WEEK 7

20<sup>th</sup> October 2023

Dear Parent/Carer

*“After this the Lord appointed seventy-two others and sent them on ahead of him in pairs to every town and place where he himself intended to go. He said to them, “The harvest is plentiful, but the laborers are few; therefore ask the Lord of the harvest to send out laborers into his harvest.” (Luke 10:1-2)*

Jesus sends folks out into the world in pairs. They are completely dependent on their hosts. He does not provide a lot of training; his instructions are few and it is up to the pair to figure things out in their context. The disciples must be adaptable in their situations. He sends them to cure the sick and tell that God’s kingdom has come near. If we read on, we see that if they are not welcomed, walk on. No rebuke. No condemnation.

The disciples got a little instruction and then had to listen, learn, and adapt. We find ourselves in that place as well. We must take the values we have developed over our lives and experiences and adapt them to meet the needs of our present day. We must listen, learn, and adapt. A day where we have not learned or experienced something new is a day wasted. It is hard for some of us to let go when we are rejected, but nothing done in love is wasted, not a second, not a fraction of a second. For God was with the 72 on their way, and God is with us as well.

*(based on a reflection by Jim Bozik)*

Can we pray that the Lord of the harvest will send out labourers who are prepared to labour for the Kingdom in love?

Wishing you and your families a restful and restorative half-term holiday.

Yours sincerely

Daniel P. Murray  
Headmaster

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The week beginning Monday 30<sup>th</sup> October will be **Week B**

### General Information

**Scholastic Book Fair 1<sup>st</sup> -8<sup>th</sup> November:** The school will be hosting a Scholastic Book Fair with new and popular books to browse and buy. There will be a large selection of titles for your child to choose from, and with prices starting from only £2.99.

Choosing their own books empowers students and inspires them on their journey to becoming lifelong readers. Every purchase at the Fair benefits our school with FREE books for the school library. To see which books are available and for more information on the book fair please go to: [www.bookfairs.scholastic.co.uk/parents](http://www.bookfairs.scholastic.co.uk/parents)

Only a few copies of each book will arrive with the fair, however, if we sell out, we will order books for students. These should be with us within 3 to 5 days (you will still need to pay for the book, beforehand).

**Book Fair Information:**

WHEN: November 1<sup>st</sup>-8<sup>th</sup> Students can shop the Book Fair at Break and Lunch time

WHERE: Canon Cassidy Centre (LIBRARY)

**How to pay:**

1. Cash will be accepted at the Fair  
OR:
2. Purchase a printable Gift Voucher for your child to use at the Fair at the following link:  
<https://bookfairs.scholastic.co.uk/gift-vouchers>

**Reading Newsletter:** Please see [here](#) our half termly reading newsletter. Please discuss with your son the reading recommendations within and ask questions about the book he is reading during form time Drop Everything and Read.

**Internal Examinations week beginning 20<sup>th</sup> November:** Internal examinations will take place the week beginning 20<sup>th</sup> November for Years 7 –10. To support your son in his revision preparation you can find information about what will be examined and revision support by following the relevant link below:

[Year 7](#)

[Year 8](#)

[Year 9](#)

[Year 10](#)

**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 Monday 30<sup>th</sup> October which can be found in the letter, but also [here](#).

**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:

<b>Year 7</b>	Gabriel Iyanda	Syed Rahman	Antini Szymanski	Mason Todd
<b>Year 8</b>	Samuel Langan	Harry Longstaff	Jivra Singh	John-James Wilson
<b>Year 9</b>	Luis Semedo Gomes	Charlie Kingswell	Emmanuel Matope	Abdur Raheem Shehzad

**Co-Curricular PE Clubs**

Day	Lunch Time	After School
	12.20pm - 12.55pm	3.15pm - 4.15pm
<b>Monday</b>	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  Year 10 & 11 Fitness Club  Year 7& 8 Climbing Club	Year 10 Football Open Training
<b>Wednesday</b>	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
<b>Thursday</b>	Badminton (Year 9, 10 and 11)  Dodgeball (Year 7 and 8) Year 10 & 11 Fitness Club	Year 7 Football Training
<b>Friday</b>	Year 10 & 11 Exam PE Table Tennis  Year 8 Football Training	Sixth Form Volleyball Club

### Fixtures week commencing 30<sup>th</sup> October

Year Group	Vs	Day/Date	Venue	Kick Off Time
Year 9 Football City Cup	St Mary's	Wednesday 1 <sup>st</sup> November	St Mary's	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](https://twitter.com/StCuthbertsCC) on Twitter for updated results.



### Sixth Form Information

**Supporting Your Son:** It was lovely to see so many parents and students at our event on Tuesday.

We are planning to host another event in summer looking specifically at progression routes and destinations 'Beyond St Cuthbert's'.

A reminder that Year 12 Internal assessment starts on Monday 20th November.

### PSHE at Home

	Big Question	Sub-unit	Week 7 lesson title	PSHE at home Task
Year s 7- 11	Contextual Safeguarding Lesson 1		Racism in the West End of Newcastl e	<p>Have a discussion with your son about racism in the local community? The following newspaper headlines might prompt your discussion;</p> <ul style="list-style-type: none"> <li>City council promises new push to root out 'deeply embedded' racism in Newcastle (Chronicle Live, October 2022)</li> <li>Northumbria Police report rise in hate crime as more than 3,300 victims targeted in last 12 months (Chronicle Live, December 2022)</li> </ul> <p>Consider how and why a diverse neighbourhood is beneficial to society.</p>
Year 12	How can I keep my mind healthy ?	What do young men need to know	Why don't ment talk?	<p>Watch this video with your son where the F2 Freestylers are interviewed about men's mental health.</p> <p><a href="https://www.youtube.com/watch?v=1GrN-E0axL4&amp;t=173s&amp;ab_channel=Childline" style="color: blue; text-decoration: underline;">https://www.youtube.com/watch?v=1GrN-E0axL4&amp;t=173s&amp;ab_channel=Childline</a></p> <p>Why are young men not likely to talk about mental health problems?</p>

		about Mental health ?		Support can be found here: <b>CALM (Campaign Against Living Miserably)-</b> <a href="https://www.thecalmzone.net/">https://www.thecalmzone.net/</a> <b>Mind-</b> <a href="https://www.mind.org.uk/">https://www.mind.org.uk/</a> <b>Papyrus-</b> <a href="https://www.papyrus-uk.org/">https://www.papyrus-uk.org/</a> <b>Samaritans-</b> Call 116 123
Year 13	How can I keep my mind healthy ?	What do young men need to know about mental health ?	How can I recognise and get help for depression?	This week your son has been learning how to recognise depression and how to get help. In this video, the Heavyweight World Champion boxer, Tyson Fury, discusses his recent mental health issues which centred around depression.  <a href="https://www.youtube.com/watch?v=hynXwOIMnr8&amp;ab_channel=TNTSportsBoxing">https://www.youtube.com/watch?v=hynXwOIMnr8&amp;ab_channel=TNTSportsBoxing</a>  How did Tyson manage to overcome his depression? Could he have done it alone?  Further support can be found here: <b>Young Minds</b> - <a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a> <b>Childline</b> - <a href="http://www.childline.org.uk">www.childline.org.uk</a> Phone: 0800 1111 <b>CALM-</b> <a href="https://www.thecalmzone.net/">https://www.thecalmzone.net/</a> <b>Samaritans</b> - <a href="http://www.samaritans.org">www.samaritans.org</a> Phone: 116 123 <b>Shout</b> - a 24-hour text service for someone experiencing a crisis and needing immediate help: 85258

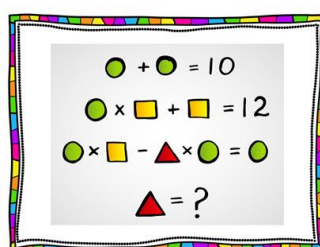
### Words of the Week

In the first week back, pupils - as part of their vocabulary work in form time - will have their first review. Pupils will complete activities relating to this half term's words. The purpose of this is to ensure that these words become part of your son's vocabulary span. Over half term, please use the words in the home and encourage your son to use them too. For reference, this half term's words have been:

<b>Year 7</b>	analyse, assess, identify, define, interpret, evaluate
<b>Year 8</b>	potential, benefit, theory, structure, participate, relevant
<b>Year 9</b>	abandon, ambiguous, crucial, vital, manipulate, fluctuate
<b>Year 10</b>	transgress, nonetheless, whereby, qualitative, quantitative, accumulate

### Numeracy Brainteaser

This week's brainteaser for you to have a go at. Answer will be shared after half term.



## 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 taken from Wisdom 9:10-11.

Send her forth from your holy heavens  
and from your glorious throne dispatch her  
that she may be with me and work with me,  
that I may know what is pleasing to you.

For she knows and understands all things,  
and will guide me discreetly in my affairs  
and safeguard me by her glory.

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

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