



## FAMILIES UPDATE WEEK 8

3<sup>rd</sup> November 2023

Dear Parent/Carer

On Wednesday this week, we celebrated the Solemnity of All Saints, when the Church recalls the example, witness, and prayer of the holy women and men who have been identified by the Church as Saints. These saints are more than just role models; they are family members with whom we continue to share relation, in a bond of prayer, called the Communion of Saints. Every year when we celebrate this day, the Gospel we proclaim recalls for us Jesus' teaching about happiness, the Beatitudes. We quickly note in this reading that not one of those Jesus names as "blessed" or "happy" is expected . . . the poor in spirit, the meek, the persecuted. Jesus' blueprint for happiness reflects little of what the world might call happiness.

What does Jesus mean when he uses the word "blessed?" This word is sometimes translated as "happy" or "fortunate" or "favoured." In other words, Jesus is saying that divine favour is upon those who are poor, who mourn, who are persecuted. This might have been welcome and surprising news to the crowds who heard Jesus that day.

The Beatitudes can be understood as a framework for Christian living. Because of this, it is natural that we proclaim this Gospel on the Feast of All Saints. Saints are people who lived the spirit of the Beatitudes as Jesus lived.

We too are challenged to model our lives on the spirit and promises of the Beatitudes. Can we rise to this challenge?

Wishing you and your families a restful and restorative weekend.

Yours sincerely

Daniel P. Murray  
Headmaster

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The week beginning Monday 6<sup>th</sup> November will be **Week A**

### 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 pupils/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>

**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 11 Period 6:** Period 6 revision sessions will begin on Monday. A timetable of sessions can be found [here](#).

**Scholars' Buses:** Go North East has informed Nexus that they expect contract school bus services will operate during the industrial action and they will keep in close contact with schools throughout. Ensuring these vital bus services run remains their priority and they will continue to do all they can to keep schools updated and secure any available buses for these routes.

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

<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

<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 9 Football City Cup	St Mary's	Tuesday 7 <sup>th</sup> November	Walker (to access 4G pitch)	4.00pm
Year 10 Football City Cup	Walbottle	Tuesday 7 <sup>th</sup> November	Walbottle	2:30pm
Year 11 Football	English Martyrs	Tuesday 7 <sup>th</sup> November	St Cuthbert's	2:45pm
Year 7 5 aside Tournament	Multiple teams	Wednesday 8 <sup>th</sup> November	Soccer World	1.00pm
U14 Basketball	Multiple Teams	Thursday 9 <sup>th</sup> November	Jesmond Park Academy (venue may change)	4.00pm
Year 7 Football National Cup	Monkwearmouth	Friday 10 <sup>th</sup> November	St Cuthbert's	4.00pm
Year 9 Football National Cup	Monkwearmouth	Friday 10 <sup>th</sup> November	Monkwearmouth	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

**Year 13 Parents' Evening:** The event will be based in the Sixth Form on Thursday 16<sup>th</sup> November, 3.30-6.00pm. Your son will be given an appointment sheet on Tuesday morning.

For those students who attend Sacred Heart, their Parents' Evening is on Wednesday 8<sup>th</sup> November-appointments need to be made online however, this will be a face-to-face evening. All log-on details/letters have been emailed/posted directly to parents.

**Attendance reminders:** Sixth Form Pupils should be in school at 8.40am every morning. If Sixth Form students are going to miss school for any reason, could parents please encourage them to pick up an absence request form from the Sixth Form office.

**Year 12 internal assessment:** Year 12 assessments will take the week beginning 20<sup>th</sup> November. Results information will be sent home following this process.

**Movember:** Our Sixth Form assembly focused on Movember, specifically male mental health issues. As a Sixth Form we will be raising funds for the Movember appeal through the growing of moustaches. It is hoped these 'tashes' spark conversation about male health. For more information, please have a look on the Movember website <https://uk.movember.com> Further information can also be found on your son's IAG Teams page and our Sixth Form Twitter page @StCuthberts6th

### PSHE at Home

	Big Question	Sub-unit	Week 8 lesson title	PSHE at home Task
Year 7	How do I become a man fit for the 21 <sup>st</sup> Century?	How can I keep myself and others safe online?	What is cyber bullying and what effect can it have on people?	<p>The definition of cyber bullying your son will have studied is... Cyber bullying is the use of digital technologies with an intent to offend, humiliate, threaten, harass or abuse somebody.</p> <p>Discuss with your son how easy it could be to post something which falls into the above category.</p> <p>Discuss with your son what social media he uses and how he uses them- as a general rule you could agree to 'not post anything you wouldn't show me.'</p> <p>Watch this video made by a teenage girl who's mother was the target of online abuse:  <a href="https://www.youtube.com/watch?v=d3gAWFuab90&amp;ab_channel=TEDxTalks">https://www.youtube.com/watch?v=d3gAWFuab90&amp;ab_channel=TEDxTalks</a></p>

				<p>Discuss with your son about how cyberbullying can have a wider impact- it doesn't just affect the intended recipient.</p> <p>Why do people tend to be crueler online than they are in real life? What could be done to stop people cyber bullying others?</p>
Year 8		What qualities and behaviours make a modern man?	How can I live with honour?	<p>Nelson Mandela once said: "Honour belongs to those who never forsake the truth even when things seem dark and grim, who try over and over again, who are never discouraged by insults, humiliation and even defeat."</p> <p>Discuss with your son who Nelson Mandela was, what happened to him when he was younger and how this impacted on his later life as President.</p> <p>What do you think he meant by this quote? What can we learn from his example?</p>
Year 9		What are the global issues I need to know about?	What are the issues around climate change?	<p>Do you think the Government's plan for Climate change lacks ambition?</p> <p><a href="https://www.youtube.com/watch?v=bjYnTQi-5oQ">https://www.youtube.com/watch?v=bjYnTQi-5oQ</a></p>
Year 10		How can I tell the difference between real and fake news?	What is fake news and why is it an issue?	<p>A definition of fake news could be, 'Completely made up stories disguised as news and made to go viral for political and/or commercial gain.' Discuss with your son whether you agree with this definition?</p> <p>Donald Trump made the idea of 'fake news' famous. Watch this short video <a href="https://www.youtube.com/watch?v=uROu8Vyr3gw&amp;ab_channel=ITVNews">https://www.youtube.com/watch?v=uROu8Vyr3gw&amp;ab_channel=ITVNews</a></p> <p>Do you think fake news helped Donald Trump to win the presidential election in 2016? Should fake news be illegal? What are the general problems with fake news?</p>
Year 11		How can I take care of myself financially?	How do I budget effectively?	<p>Read this article with your son (section 'aged 14-18'): <a href="https://www.thetimes.co.uk/money-mentor/article/home-schooling-teach-kids-money/">https://www.thetimes.co.uk/money-mentor/article/home-schooling-teach-kids-money/</a></p> <p>Perhaps you could talk through how you budget with your son- can you show him your income and expenditure and give him tips on budgeting effectively?</p>
Year 12	How can I keep my mind healthy?	What do young men need to know about mental health?	Movember: How can I spot a brother who's feeling low?	<p>Read and discuss this article with your son regarding the stigma attached to men's mental health: <a href="https://conversations.movember.com/en/resources/stigma-and-mens-mental-health/">https://conversations.movember.com/en/resources/stigma-and-mens-mental-health/</a></p> <p>Do you think the 3 pressures mentioned in the article come from external or internal sources?</p> <p>Support can be found here:</p>

				<p>CALM (Campaign Against Living Miserably)-  <a href="https://www.thecalmzone.net/">https://www.thecalmzone.net/</a>  Mind- <a href="https://www.mind.org.uk/">https://www.mind.org.uk/</a>  Papyrus- <a href="https://www.papyrus-uk.org/">https://www.papyrus-uk.org/</a>  Samaritans- Call 116 123</p>
Year 13	How can I keep my mind healthy?	What do young men need to know about mental health?	<p>November Conversations: How can ALEC help me to help a friend?</p>	<p>This week your son has learnt how to use the 'ALEC' technique which will enable him to give support to someone who he thinks is struggling with their mental health. ALEC stands for:</p> <p>ASK  LISTEN  ENCOURAGE ACTION  CHECK IN</p> <p>Explore this interactive tool with your son from the charity November. It may save a loved one's life.  <a href="https://conversations.november.com/en/?_ga=2.83998745.1497702129.1624425222-1576784912.1565569137">https://conversations.november.com/en/?_ga=2.83998745.1497702129.1624425222-1576784912.1565569137</a>  Support can be found here:  CALM (Campaign Against Living Miserably)-  <a href="https://www.thecalmzone.net/">https://www.thecalmzone.net/</a>  Mind- <a href="https://www.mind.org.uk/">https://www.mind.org.uk/</a>  Papyrus- <a href="https://www.papyrus-uk.org/">https://www.papyrus-uk.org/</a>  Samaritans- Call 116 123</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	perceive
Year 8	regulate
Year 9	conform
Year 10	surplus

### Numeracy Brainteaser

The answer to last week's puzzle was that the triangle was worth 1. 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:** The month of November is, in the Catholic Tradition, dedicated to the Holy Souls, the souls of the faithful departed and all those whose faith is known to God alone.

Loving God, we remember now in prayer our dearly departed.  
May they rest in peace with you  
and experience the eternal joy of heaven.  
Heal our grief, merciful Lord, strengthen our hope  
that we, too, will one day share in the resurrection of your Son  
who lives and reigns with you and the Holy Spirit,  
God, forever and ever.  
Amen

May the souls of the faithful departed,  
through the mercy of God, rest in peace  
Amen.

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

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