



FAMILIES UPDATE WEEK 9

10th November 2023

Dear Parent/Carer

Yesterday the Church celebrated the Feast of Dedication of the Lateran Basilica. The conversion of the Lateran palace into a church in 324 AD marks a major turning point in the history of Christianity: no longer is the Church living in the shadows, under constant persecution. It is now an accepted religion of the Roman Empire, under the patronage of the emperor himself.

Today we are witness to a reverse process, the closure and desacralisation of churches in much of the “Western” world. While this may cause sadness, we recall that the Church, the Temple of God, is not so much buildings as it is us, Christians, the People of God.

We are living stones, a spiritual house, a holy priesthood offering spiritual sacrifices to God (1 Peter 2:5). It is in faithfully living this vocation that we may hope to renew and increase the Church.

(based on an Ignatian reflection by Fr Paul Kalenzi SJ)

How can we bear witness to Christ in our daily lives?

Wishing you and your families a restful and restorative weekend.

Yours sincerely

Daniel P. Murray
Headmaster

-ooOoo-

The week beginning Monday 13th November will be **Week B**

General Information

Internal Examinations week beginning 20th November: Internal examinations will take place the week beginning 20th 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 Grade Cards and Period 6: Year 11 received their grade cards and a reflection booklet in registration. Please use this opportunity to talk to your son about how he can use this information to plan his revision. Period 6 revision sessions began on Monday 6th November 2023. A timetable of sessions can be found [here](#).

Maths Week: Next week we will be celebrating Maths week across the school. The pupils in years 7-9 will be completing a “Treasure Hunt” across all of their subject area.

Times Tables Rock Stars / Numbots: All pupils from Year 7 through to Year 11 have been set up on times tables, rock stars & numbots this week. They should have received their log in details from their Maths teacher during one of their lessons.

As part of our commitment to make maths exciting and high profile in our school, we are taking part in a friendly competition involving schools in England during Maths Week. The competition runs from 07:30 GMT Tuesday 14th November 2023 to 19:30 GMT Thursday 16th November 2023. It's all done online via play.ttrockstars.com.

Pupils can play in any game mode with every correct answer to a multiplication or division question, earning themselves, their class and the school a point. The Times Tables Rock Stars platform will calculate the class average (the number of correct answers per pupil in the class who play during the competition hours, subject to a daily 60-minute limit (see below)). Winning classes in the school and in the competition as a whole will be the ones with the highest average.

To support player wellbeing, there is a daily time limit of 60-minutes per player. In other words, each player can earn competition points for up to 60-minutes between 07:30 GMT and 19:30 GMT from 07:30 GMT Tuesday 14th November 2023 to 19:30 GMT Thursday 16th November 2023. Once the player goes beyond 60-minutes of play on that day, they will still earn coins but will no longer earn points towards the competition.

In the spirit of the competition, please do not play on their behalf but encourage and support them to the extent that it doesn't cause high stress levels or impact on family plans.

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 10 Football Open Training

	Year 7& 8 Climbing Club	
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 10 Football National Cup	English Martyrs	Monday 13 th November	Druid Park (access to 3G pitch)	2:30pm
Year 8 Football National Cup	Southmoor	Tuesday 14 th November	Southmoor	4.00pm
Sixth Form Football	Walbottle	Wednesday 15 th November	Walbottle	2:30pm
Sixth Form Basketball	Gateshead College	Wednesday 15 th November	St Cuthbert's	1:15pm
Year 8 Basketball	Multiple teams	Wednesday 15 th November	Durham Johnston	4.00pm

Year 10 Football County Cup	Ponteland	Thursday 16 th November	Ponteland	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](#) on Twitter for updated results.



Sixth Form Information

Year 13 Parents' Evening: The event will be based in the Sixth Form on Thursday 16th November, 3.30-6.00pm. Your son has been given an appointment sheet.

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 20th 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 9 lesson title	PSHE at home Task
Year 7	How do I become a man fit for the 21 st Century?	How can I keep myself and others safe online?	What kind of digital citizen am I and how can I deal with cyber bullying?	Read these 'Online Commandments' with your son: Thou shalt never share another person's photos or private information online without their permission. Thou shalt not abuse or threaten anyone online, even if you think it is most banterous. Thou shalt only say things online that you would say to that person's face. Thou shalt not use the internet to embarrass or exclude someone. If thou accidentally upset someone, thou shalt delete thy post and apologise.

				<p>Do you think the world would be a better place if everyone who went online lived by these rules? Does more need to be done by big tech companies to stop cyber bullying? Should any other commandments be added to the list?</p> <p>Your son will watch this video about what to do if he is the victim of cyber bullying- it contains practical advice on how to deal with it.</p> <p>https://www.youtube.com/watch?v=5izudStJO0&ab_channel=DitchtheLabel</p>
Year 8		What qualities and behaviours make a modern man?	How can I be my own man?	<p>Ask/Discuss the following questions with your son:</p> <p>Have you ever felt that you had to change part of yourself in order to fit in?</p> <p>If so, why do you think you felt like that?</p> <p>Do you think you've ever made someone feel like they had to change a part of themselves to fit in?</p> <p>How do you think we can create a world where everyone feels comfortable enough to be themselves?</p> <p>What did you learn from the example of Gareth Thomas about becoming your own man?</p>
Year 9		What are the global issues I need to know about?	What was COP26?	<p>Read this page from COP26's website:</p> <p>https://ukcop26.org/uk-presidency/uk-climate-leadership/</p> <p>Are you surprised at the UK's climate leadership?</p> <p>Do you think some of the goals listed are unachievable?</p> <p>Is COP26 a worthwhile event without Russia and China's attendance?</p>
Year 10		How can I tell the difference between real and fake news?	How do I spot fake news?	<p>In this era of incredible news stories how do we know which ones are true?</p> <p>Watch this TedTalk given by a 14 year-old girl from America.</p> <p>https://www.youtube.com/watch?v=YDxGZIW8Z74&ab_channel=TEDxTalks</p> <p>Do you think the points she raises are valid? Why does the CRAAP method not work?</p> <p>Have you spotted any fake news stories lately?</p>
Year 11		How can I take care of myself financially?	Credit and debt- what happens when I borrow money?	<p>Watch this video with your son about a girl who's debt quickly spiralled out of control:</p> <p>https://www.youtube.com/watch?v=sNbUHan2-5M&ab_channel=BBCTeach</p> <p>Discuss with your son how he should respond to a situation like Karen faced when at the till.</p> <p>What mistakes did Karen make? When should she have asked for help? Was the situation completely Karen's fault?</p>

Year 12	How can I keep my mind healthy?	What do young men need to know about mental health?	<p>Movember 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: ASK LISTEN ENCOURAGE ACTION CHECK IN Explore this interactive tool with your son from the charity Movember. It may save a loved one's life. https://conversations.movember.com/en/?_ga=2.83998745.1497702129.1624425222-1576784912.1565569137</p> <p>Support can be found here: CALM (Campaign Against Living Miserably)- https://www.thecalmzone.net/ Mind- https://www.mind.org.uk/ Papyrus- https://www.papyrus-uk.org/ Samaritans- Call 116 123</p>
Year 13	How can I keep my mind healthy?	What do young men need to know about mental health?	How can I cope with loss and grief?	<p>This week your son has learnt about how to cope with loss and grief. Watch this video and discuss its contents with your son. https://www.youtube.com/watch?v=X_XVBDhYuR0</p> <p>Support can be found here: CALM (Campaign Against Living Miserably)- https://www.thecalmzone.net/ Mind- https://www.mind.org.uk/ Papyrus- https://www.papyrus-uk.org/ Samaritans- Call 116 123</p>

Words of the Week

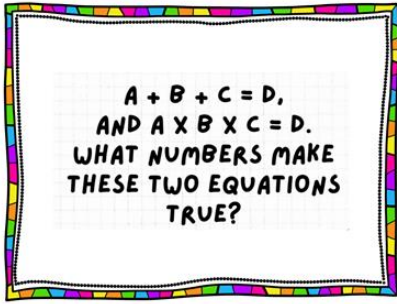
Please use and encourage your son to use their word of the week around the home. The more your son is exposed to this word, the quicker that word will become part of their vocabulary.

This week's words are:

Year 7	select
Year 8	regulate
Year 9	inhibit
Year 10	diminish

Numeracy Brainteaser

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 written by Fr Paul Kalenzi SJ, a Jesuit from East Africa, currently based in Chicago.

*Loving God,
Unless you build the church, in vain do we labour (Psalms 127:1).
Build us then to be temples of your Spirit, living stones,
signs of your presence here on earth.
May our worship lead us to your saving love,
and may we in turn reveal your love to a world in great need of your mercy.
Grant this through Jesus Christ,
the cornerstone of the Church,
who lives and reigns with you and the Holy Spirit,
God forever and ever.
Amen.*

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

-oo0oo-