



FAMILIES UPDATE WEEK 1

8th September 2023

Dear Parent/Carer

Duc in Altum! These three Latin words mean, “Put out into the deep.” They have come to mean “Go deeper into your inner spiritual life,” or “Take the risk and plunge into a personal relationship with Jesus Christ,” or “Trust the Word of God as a guide for your daily life.” *Duc in Altum* was a favourite expression of St John Paul II. He used it often, especially in his Apostolic Letter, *Novo Millennio Ineunte* (At the beginning of the new millennium) in which the Pope outlined priorities for the Catholic Church for the third millennium. He said, “*Duc in altum!* Let us put out into the deep!”

At the start of this new academic year, these words ring out for us, and they invite us to remember the past with gratitude, to live the present with enthusiasm and to look forward to the future with confidence.

In yesterday’s Gospel Jesus invited the disciples to *Duc in Altum!* Put out into the deep! The concluding sentence reveals the whole point of this unusual story. “Do not be afraid, Simon, from now on you, James and John will be fishers of men, then you will be catching people!” The men left everything and followed Jesus!

Once again, we too, are called to *Duc in Altum*, to put out in the deep! To begin this new year with hope, to look forward to the future with confidence.

Wishing you and your families a restful and restorative weekend.

Yours sincerely

Daniel P. Murray
Headmaster

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The week beginning Monday 11th September will be **Week B**

Welcome to all new pupils/students: Welcome to our new Year 7 pupils who joined us this week. We also welcomed several pupils into different Year Groups and several new Year 12 students. You are all very welcome and we hope that you have had a wonderful first week.

Co-curricular PE Clubs: We offer a vast range of activities at lunchtimes and after school hours. All PE co-curricular activities are open to all year groups, and we have coaches in some sports to assist with the programme. There are both competitive and non-competitive activities such as fixtures against other schools which we take part in regularly and have a great deal of success with.

The PE co-curricular programme will start week commencing 2nd October to allow for football teams and basketball teams to be established. There will be a PE co-curricular timetable added to the parents update on 29th September which will then be a permanent fixture in the update.

Training/Trials this week			
Year Group	Training/Trials	Day/Date	Time

Year 8 Basketball	Training	Monday 11 th September	3.00pm – 4:15pm
Year 8 Football Trials	Trials	Tuesday 12 th September	3.00pm – 4pm
Year 7 Football Trials	Trials	Wednesday 13 th September	3.00pm – 4:30pm
Year 9 – 11 Basketball	Training	Wednesday 13 th September	3.00pm – 4:15pm
Year 9 Football Trials	Trials	Thursday 14 th September	3.00pm – 4pm

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 6 Open Evening: On Thursday 21st September 2023 parents/carers of boys in Year 6 are invited to our Open Evening. Further details will be available on our website next week.

Year 7 Mass of Welcome, Thursday 28th 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 28th 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.

School Meals: Our school menu can be viewed on our website. Please click [here](#) to view this.

Bus Timetable: The scholars bus timetable can be viewed on our website. Please click [here](#) to view this.

Pupil Medical Appointments: If your son has a medical appointment which must take place during school hours, please write details in his planner. Your son must have this signed by his Year Office and can show this to his class teacher when he needs to leave for his appointment. Please ensure your son is aware of the time and date of his appointment as it his responsibility to leave his lesson and go to pupil reception to be collected.

Year 11 Supporting your son: Mini mocks will take place 9th October –20th October. In preparation we are holding a supporting your son evening on Tuesday 19th September 5.30pm - 6.30pm. Further communication will be sent to the Year 11 parents next week.

Medication: Boys who require epipens, inhalers etc. should have spare equipment and/or medical supplies in school. Please send your son to Mrs Simpson by **Friday 15th September** with their spare medication which will be stored securely for use if and when needed.

Words of the Week

Last academic year we launched word of the week. This year we are introducing a word of the week for Years 7-10. In form time, pupils will learn a new word and complete a series of activities that will develop their confidence and proficiency in using this word in their own speech and writing.

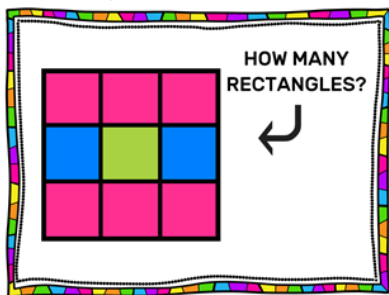
This week's words are:

Year 7	analyse
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Year 8	potential
Year 9	abandon
Year 10	transgression

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.

Numeracy Brainteaser: There will be a numeracy brainteaser running every fortnight for you to have a go at. See below for this week's brainteaser for you to have a go at. Answer will be shared in next week's update.



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 a prayer for the start of the new academic year, based upon a prayer from the Marquette Community in the United States.

*Gracious God, we come to you at the beginning of this academic year
with our many feelings, expectations, fears and hopes.
Help us to remember, however, we have the comforting
assurance from you: "I will always be with you."*

*Loving God, for all of us this is a time of transition.
It is transition from the work and leisure of summer back to the classroom.
It is transition from time spent with family and friends.
Give us patience with ourselves as we transition as well as patience with one another.*

*Faithful God, this beginning is totally new for some among us.
Turn the sadness of leaving families to openness to new friends and opportunities.
Turn the anxiety about academics to a quiet confidence in the way you have blessed us in the past.
Give us a new perspective to see persons, events, and academic work as an
invitation to develop the many gifts you have given us to be used in service for others.*

*Creator God, some in our community are moving into their last year at St Cuthbert's.
Bless them with your gifts of awe and wonder at the friends they have made,
the way their minds and hearts have been changed, and the many opportunities that lie ahead.
Give them the gift of discernment to make the right choices about the future.*

*Finally, God, give to each member of the St Cuthbert's Community the seven
gifts of the Spirit: wisdom, understanding, right judgment, courage, knowledge,
reverence, and awe and wonder.*

Amen.

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

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