



FAMILIES UPDATE WEEK 5

6th October 2023

Dear Parent/Carer

Every session of the Second Vatican Council began with the prayer *Adsumus Sancte Spiritus*, the first word of the Latin original meaning, “We stand before You, Holy Spirit,” which has been historically used at Councils, Synods, and other Church gatherings for hundreds of years, being attributed to Saint Isidore of Seville (c. 560 - 4 April 636).

On Wednesday, the Church celebrated the Feast of St Francis of Assisi, and in Rome, Pope Francis opened the Synod, an important meeting of Bishops from across the world, but also for the first time a meeting to include members of religious orders and the laity.

What is Synodality?

“Precisely what that the Lord expects for the Church in the Third Millennium”

Pope Francis, letter on the 50th anniversary of the Synod of Bishops, October 17, 2015.

Synodality is about “Journeying together – laity, priests, religious, Bishops and the Bishop of Rome”, the greatest example of which we find in the Acts of the Apostles (Chapter 15). It involves the prayerful discernment of the entire People of God and the ancient principle of listening as a community to “what to the Spirit is saying to the Church” (Rev 2:7). It is the task of the Pope in union with his brother bishops after prayer and consultation with the entire People of God, to discern a path forward guided by the Holy Spirit.

As a Church, we are called to embrace this synodal path. Our prayer this week, invites the Holy Spirit to operate within us so that we may be a community and a people of grace. We are called to listen to one another and to the promptings of the Holy Spirit.

Wishing you and your families a restful and restorative weekend.

Yours sincerely

Daniel P. Murray
Headmaster

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The week beginning Monday 9th October will be **Week B**

General Information

Year 11 Supporting your son: Mini mocks will take place 9th October –20th October. These assessments will take place in class and your son has been made aware of when he is being assessed in each subject. Grade cards will be sent out after half term.

National Poetry Day: 5th October 2023: Pupils in Year 7 celebrated National Poetry Day with the start of a poetry recital challenge. All pupils have been set the challenge of choosing (from a selection of

fifteen poems) and learning a poem over a two-week period for recital in their English lesson during Week 7. We very much look forward to hearing poems from the likes of Roger McGough, WB Yeats, Maya Angelou, and Lewis Carroll.

Year 9 Supporting your son: On Thursday 2nd November parents of pupils in Year 9 are invited to a supporting your son session 5:30pm-6:15pm. Further communication will be sent to parents next week.

Very Impressive Student Awards		
These awards are an opportunity to reflect on the 'ordinary' goodness and impressive characters of some of our students. This week, we made the following awards:		
Year 13	Samuel Kester	Gbefa Oyintari
Year 12	George Atkinson	Orren Finlayson

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 11	Sebastian Hrdy	Jake Newbury	Gibson Rowell	Connor Toye

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	Sixth Form Volleyball Club

Fixtures this week				
Year Group	Vs	Day/Date	Venue	Kick Off Time
Year 8 Football National Cup	Monkwearmouth	Monday 9 th October	Monkwearmouth	4.00pm
Year 9 Football CVL	Multiple Teams	Tuesday 10 th October	Kenton	4.00pm
Year 7 Football National Cup	Valley Gardens Middle School	Wednesday 11 th October	St Cuthbert's	4.00pm
Year 8 Football CVL	Multiple Teams	Thursday 12 th October	Walbottle	4.00pm
Year 7 Football County Cup	John Spence	Thursday 12 th October	John Spence	4.00pm
Year 11 Football County Cup	St Benet Biscop	Thursday 12 th October	St Cuthbert'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

Year 13 - Our next assessment process starts on 9th October. Your son has been given a timetable for these assessments and has been made aware by his teaching staff of the content that is being assessed. These tests offer your son the opportunity to improve his UCAS predicted grade. Progress sheets highlighting progress and achievement for these assessments will be posted out in due course. Formal 'Mock' exams begin on 18th January 2024.

Year 12 - 'Supporting your Son' evening is on 17th October. This will keep parents up to speed with the working practices in Sixth Form and give parents an opportunity to meet the Sixth Form Team.

Lecture Series - We have been invited to a lecture series by Dame Allan's, this is a fantastic free opportunity to listen to some exceptional guest speakers. Book your tickets for this special event [here](#). This information has been shared with the students on their IAG Teams page.

PSHE at Home

	Big Question	Sub-unit	Week 4 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 husband?	<p>Watch this YouTube clip with your son entitled, 'Qualities of a good husband'. https://www.youtube.com/watch?v=lzqW1p2Wm9s&ab_channel=HealthApta</p> <p>You might want to pause the video at certain points to discuss the 'qualities' presented. Are there some you/he disagree with? Are there any missing? Can you share some examples from your own life?</p>
Year 8		Why should I celebrate differences ?	Why should I celebrate people from the LGBTQ+ community?	<p>Provide your son with the love poem written by W H Auden, Stop all the clocks: https://medium.com/poem-of-the-day/w-h-auden-funeral-blues-8771e2868595</p> <p>The author is a man talking about his love for another man. After your son has read the article, question him to reveal that they assume it is about a man and woman and then reveal it is two men. Explore his reactions and attitudes.</p>

Year 9		What is Catholic Social Teaching?	What does CST teach us about work and participation ?	<p>Watch this trailer for the film 'I, Daniel Blake' https://www.youtube.com/watch?v=ahWgwx9E_h4&ab_channel=eOneUK</p> <p>Here is a link from the Citizen's Advice Bureau with regards to the UK's benefits system. https://www.citizensadvice.org.uk/benefits/</p> <p>Discuss with your son whether you think the benefits system in the UK is fair? Does it treat people with dignity? Is it effective at getting people back to work?</p>
Year 10		What is Laudato Si about?	How does indifference and selfishness worsen environmental problems	<p>Read these 5 shocking facts about the unequal distribution of global wealth: https://www.oxfam.org/en/5-shocking-facts-about-extreme-global-inequality-and-how-even-it</p> <p>What were your initial reactions to this information? How can we take action to solve this problem?</p>
Year 11		What is Fratelli Tutti about?	How can I create a 'better type of politics'?	<p>Watch this video called 'An introduction to parliament' https://www.youtube.com/watch?v=RAMblz3Y2JA</p> <p>2</p> <p>Discuss its contents with your son. Do we have a good parliamentary system? Would he change anything?</p>
Year 12	How can I keep my body healthy?	What do young men need to know about physical health?	Testicular Cancer recap 'know thy nuts'	<p>It may be the case that your son doesn't want to discuss this topic at home (hopefully he will). In any case, please follow this link to the Movember charity website which contains age-appropriate advice for young men. https://us.movember.com/men-s-health/testicular-cancer</p>
Year 13		What do young men need to know about physical health?	How can I cope with exam stress?	<p>This week your son has been learning about how to cope with exam stress. Discuss with him what tips for coping with exam stress he has learnt and see if they match to what 'Mind' suggests. https://www.mind.org.uk/for-young-people/feelings-and-experiences/tips-for-coping-with-exam-stress/</p> <p>Ahead of his exams it might be worth discussing with your son what triggers his exam stress and discuss preventative measures.</p>

Words of the Week

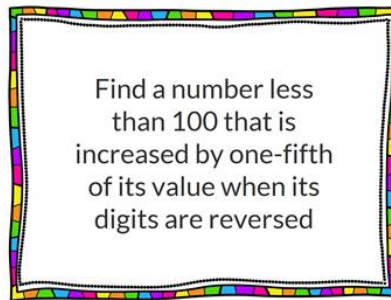
Please use and encourage your son to use their word of the week around the home. The more your son is exposed to this word, the quicker that word will become part of their vocabulary.
This week's words are:

Year 7	interpret
Year 8	participate

Year 9	manipulate
Year 10	quantitative

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: Our prayer this week, invites the Holy Spirit to operate within us so that we may be a community and a people of grace. We are called to listen to one another and to the promptings of the Holy Spirit.

*We stand before You, Holy Spirit, as we gather together in Your name.
 With You alone to guide us, make Yourself at home in our hearts;
 Teach us the way we must go and how we are to pursue it.
 We are weak and sinful; do not let us promote disorder.
 Do not let ignorance lead us down the wrong path nor partiality influence our actions.
 Let us find in You our unity so that we may journey together to eternal life
 and not stray from the way of truth and what is right.
 All this we ask of You, who are at work in every place and time,
 in the communion of the Father and the Son, forever and ever.
 Amen.*

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

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