



FAMILIES UPDATE WEEK 11

24th November 2023

Dear Parent/Carer

On Sunday we will celebrate the Solemnity of Christ the King, the last Sunday in the liturgical year. In the Church's calendar, Christ the King is the parallel of the FA Cup Final or the Wimbledon Final, or the Final of the World Cup. The Church's liturgical year concludes with this feast of Christ the King, instituted by Pope Pius XI in 1925 to celebrate the Jubilee Year and the 16th centenary of the Council of Nicaea. Instituting this feast, Pope Pius XI proclaimed: "*Pax Christi in regno Christi*" ("The peace of Christ in the reign of Christ"). This feast was established and proclaimed by the Pope to reassert the sovereignty of Christ and the Church over all forms of government and to remind Christians that they are citizens of the Kingdom of God.

Citizens of Christ's kingdom are expected to observe only one major law--the law of love. "Love God with your whole heart and love your neighbor as yourself." "If you love Me, you will keep My commandments." Jesus expects a higher degree of love from His followers: "Love one another as I have loved you."

(adapted from a reflection by Fr Antony Kadavil)

On this great Feast of Christ, the King, let us resolve to give him the central place in our lives and promise to obey his commandment of love by sharing what we have with all those in need.

Wishing you and your families a restful and restorative weekend.

Yours sincerely

Daniel P. Murray
Headmaster

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The week beginning Monday 27th November will be **Week B**

General Information

A message from Youth Ministry Team/Trip to Lourdes: The Youth Ministry Team, in collaboration with Bishop Stephen and the Diocese of Hexham and Newcastle, invites young people aged 16 to 25 years to join a transformative journey: the Diocesan Pilgrimage to Lourdes. This is more than a trip; it's an opportunity to respond to the call of St. Bernadette and offer service to those who need it most, supporting a tradition of healing and spirituality.

Lourdes is a place of hope and renewal for countless individuals. By offering your time and energy, you become a crucial part of our Pilgrimage, enhancing the experience of so many of our Assisted Pilgrims. Your role while in Lourdes consists of assisting in the Lourdes Accueil (respite care centre), enabling pilgrims to join in with the enriching events that take place, as well as deepening your own spiritual

journey by participating in all that Lourdes has to offer. Whether it's sharing meals, aiding with mobility, or simply being a companion, your efforts make a profound difference.

Helpers that join the pilgrimage to Lourdes often express how deeply impactful it is, enhancing both personal and professional skills, particularly in service to others. This pilgrimage is an exceptional chance, especially for those contemplating a future in healthcare or the care sector, to gain invaluable insight and experience.

Join us for a pilgrimage that promises not only to aid others but also to inspire and shape your path forward. Your participation is vital, and we look forward to welcoming you to an unforgettable experience in Lourdes.

The dates of the Diocesan Pilgrimage are from Friday 26th July to Friday 2nd August 2024. Our Youth Section will travel together from Wednesday 24th July to Saturday 3rd August 2024. Please save the dates! More information about how to book will be available mid-December. Please look out for further details to follow.

[Promo video](#)

Lost Property: There are a large number of items in lost property with no names on. These can be reclaimed from pupil reception. Any items not claimed by Friday 1st December will be recycled.

Geography Christmas Competition: In the geography department Ms Elliott is hosting a Christmas competition. This will involve a picture being posted of 'Elliott the Elf' in a new location from around the world for every school day from the 4th to the 15th of December. Pupils will receive 1 point for guessing the correct country he is in and another point for his specific location (city). Pupils will find the pictures of Elliott the Elf on the display board outside GG1 and on the geography department twitter (@stcuthbertsgeog).

The competition is open to all year groups. If pupils are interested, please collect a form from either Miss Elliott in GG1 or their own geography teacher. Once completed, pupils must return forms to Miss Elliott to by the end of the day on Monday the 18th December. Pupils who receive 20/20 points will receive house points and be entered into a prize draw.

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	
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
Thursday	Badminton (Year 9, 10 and 11) Dodgeball (Year 7 and 8) Year 10 & 11 Fitness Club	
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 8 Football National Cup	Cramlington	Monday 27 th November	Cramlington Learning Village	4.00pm
Sixth Form Basketball AOC League	Tyne Met	Wednesday 29 th November	Tyne Metropolitan College	1:15pm
Year 10 Football CVL	Multiple Teams	Thursday 30 th November	Kenton	4.00pm
Sixth Form Basketball Newcastle Schools League	Multiple Teams	Thursday 30 th November	Jesmond Park Academy (may move to St Cuthbert's)	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.



Careers Development

My Big Career: My Big Career connects, inspires and make change for young people from the UK's most disadvantaged communities. They offer career coaching, insight days and working world workshops for our pupils and Sixth form students. Click [here](#) for a copy of their monthly newsletter.

ASK: The Apprenticeship Support & Knowledge for schools and colleges programme (ASK programme) is funded by the Department for Education and aims to support schools and colleges in England to increase awareness of apprenticeships, traineeships and T Levels amongst students, parents, carers, teachers and careers advisers. Please click [here](#) for further details

Sixth Form Information

Movember: Our 'Movember' campaign continues - there will be a 'Moustache of the Month' Competition on Thursday 30th November in the Common Room. If you want to donate, please follow this [link](#).

PSHE at Home

	Big Question	Sub-unit	Week 11 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 do I need to know about Live Streaming and what should I do if I've seen something online that's upset me?	<p>Read the advice given in the website below with your son so that he is clear on what to do if he sees something that upsets him online.</p> <p>https://www.saferinternet.org.uk/blog/advice-parents-what-do-if-your-child-sees-something-upsetting-online</p>
Year 8		What qualities and behaviours make a modern man?	What does it mean to be chivalrous?	<p>Is chivalry dead?</p> <p>Ask your son what chivalry means- he should be able to explain it to you.</p> <p>Watch this video clip together. It is a modern-day experiment conducted in Australia to see if chivalry is dead.</p> <p>https://www.youtube.com/watch?v=BevDoRsL_M4&ab_channel=ACurrentAffair</p>

				<p>After watching the clip, would you answer the original question any differently?</p> <p>Is there a need for traditional chivalry in society? Why, why not?</p>
Year 9		What are the global issues I need to know about?	How might Brexit impact my life?	<p>Watch the following video and discuss whether you think Brexit has had a positive or negative impact on the UK and the North East.</p> <p>https://www.youtube.com/watch?v=KloM9uVcIOY</p>
Year 10		How can I tell the difference between real and fake news?	How do I know the difference between fact and opinion?	<p>Watch this video of Guardian columnist Gary Younge. https://www.theguardian.com/newswise/video/2019/jan/18/whats-the-difference-between-news-and-opinion-gary-younge-tells-us-about-his-role-video</p> <p>Is his role important? Why, why not?</p> <p>Should there be a clear distinction between facts and opinions in the news?</p> <p>Why can opinion pieces be valid and very important in portraying the news to us?</p> <p>At what point do opinion pieces overstep the mark and veer into fake news?</p>
Year 11		How can I take care of myself financially?	Should I rent or get a mortgage?	<p>Read this case study with your son and discuss the questions together:</p> <p>Alex is 23 and Jacqui has just turned 24, and they have been married for two years and have decided that they want to move in together. They need help to prepare for this move as they have no previous experience of what accommodation would be available or how they can finance it. They think their main option is renting a whole flat or house; however, they are also looking into whether they might be able to buy a small flat or house. They have done a lot of research into renting a property near Newcastle where they currently live and work.</p> <ul style="list-style-type: none"> • One of the first things that Jacqui and Alex need to consider are the running costs in living independently. What might these be? • What do Alex and Jacqui need to consider when deciding to rent a property? • What might be the advantages of Jacqui and Alex renting a property, and what would they need to consider in doing so? • What about the disadvantages? • What would you do in Alex and Jacqui's situation? Give reasons for your answer.
Year 12	How can I keep my mind healthy?	What do young men need to	Suicide Prevention-Let's Talk	<p>This week your son's lesson title was 'Suicide Prevention: Let's Talk'. Sunday 19th November was International Men's Day. In 2016, the Movember Charity made the video below to highlight men's suicide around the world.</p>

		know about mental health?		<p>Your son will also have heard that 74% of suicides are male and that the UK region with the highest suicide rate is the North East. Discuss why you think these stats exist and what can be done about them.</p> <p>https://www.youtube.com/watch?v=TJqMvmj6tpl&ab_channel=Movember</p> <p>Many staff and students have been growing their moustaches. If you would like to donate to Movember, you can do so by clicking here.</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 stay safe when travelling abroad?	<p>This week your son has learnt about how to stay safe when travelling abroad. Many Year 13 students around the UK travel abroad for the first time when they reach 18. This usually takes place following exams and before starting university, further education or employment. Whilst travelling alone or with friends can be incredibly exciting, it come with potential dangers. Please ask your son to tell you how he can remain safe when travelling.</p> <p>If your son is planning to travel abroad this academic year, please share and explore this information website with him.</p> <p>https://travelaware.campaign.gov.uk/#more_information</p>

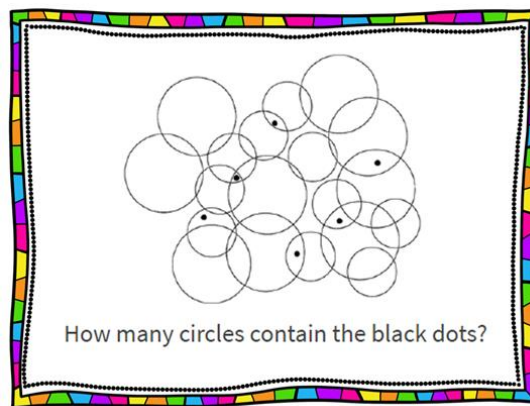
Words of the Week

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	conclude
Year 8	transfer
Year 9	arbitrary
Year 10	preliminary

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 a set of intercessions for Christ the King written by Katherine Smith.

*Eternal Father, we pray for your church, of which your Son is King.
We pray that you will draw us together and unite us in the love of Christ
that we may proclaim with one voice your justice and righteousness in a broken world.*

*Eternal Father, we pray for your world, of which your Son is King.
We pray for peace, reconciliation and healing in the places of war, hatred and crucifixion.
We pray that the nations of this world may be united and subject to the rule of Christ the King,
through whom and for whom all things were created.*

*Eternal Father, we give thanks to you for all that you do in our lives.
We commend to you all those for whom we have prayed and ask that you use us and our prayers
to make a difference in their lives for we ask this in the name of Jesus Christ, our Saviour and King.
Amen.*

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

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