



FAMILIES UPDATE WEEK 12

1st December 2023

Dear Parent/Carer

On Sunday, we enter in the season of Advent and the new liturgical year. In the Gospel for this first Sunday of Advent, Jesus warns his disciples at the beginning of the passage, "Be Watchful! Be alert!" and again at the end: "What I say to you, I say to all: "Watch!"

When many of us hear a command like this, our natural follow up question is: "What should be watching for?" The easy answer is that we should be waiting and watching for the birth of Christ on Christmas Day. But he was already born over two thousand years ago.

This question is important because we need to clarify what we are watching for so we do not miss the whole point of the Advent Season.

What are we watching for and waiting for? The answer is contained in the initial proclamation of Jesus in the Gospel of Mark: "The time is fulfilled and the kingdom of God has come near; repent and believe in the good news." What we are really waiting for is the deeper faith realisation that the birth of Jesus Christ in time is really Good News. It was good news for the shepherds and over two thousand years later it is the same for us. The Gospel is Good News. It is a message of joy.

(based upon a Jesuit reflection)

"The joy of the gospel fills the hearts and lives of all who encounter Jesus. Those who accept his offer of salvation are set free from sin, sorrow, inner emptiness and loneliness. With Christ joy is constantly born anew." (Evangelii Gaudium §1)

This Advent, let us wait with hope and joy!

Wishing you and your families a restful and restorative weekend.

Yours sincerely

Daniel P. Murray
Headmaster

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The week beginning Monday 4th December **Week A**

General Information



Our Advent Carol Service will take place on Wednesday 20th December 2023 at 7.00pm in The Cathedral Church of St Mary, Newcastle upon Tyne. All welcome.

'commitment – opening the doors to hope'

Our Advent Alms activities will begin on Monday 4th December. This year's activities are rooted in two of our aims for Catholic Life and Prayer and Liturgy: A faith that does justice (Catholic Life); and The life of the Church in the life of the School (Prayer and Liturgy).

Key Stage 3 form classes will be fundraising for [CAFOD World Gifts](#) where pupils will be able to choose from a variety of gifts and work towards achieving their goal.

Key Stage 4 will collect foodstuffs such as tins and pasta for the [People's Kitchen](#). The People's Kitchen is a homeless centre based on Bath Lane not far from St James' Park and near to the original site of St Cuthbert's.

Sixth Formers will be putting together homeless kits for the charity [Crisis](#)

Thank you for your generosity and for bringing joy to people at Christmas.

Sixth Form Open Evening: The Sixth Form Open Evening will be held on Thursday 14th December **5.30pm – 7:30pm** The evening will be an opportunity to find out more about life in Sixth Form, subject specific information for each course we offer and co-curricular opportunities. A separate communication will be sent to all parents/carers of boys in Year 11. Year 11 pupils are also invited to attend the Sixth Form Open Evening at Sacred Heart High School on Wednesday 13th December, 4.45pm.

Flu Immunisation Programme 15th December 2023: Years 7 – 11: This vaccination programme is in place to help protect your child against flu. The vaccine will help prevent them catching the flu. Vaccinating your child will also help protect vulnerable friends and family by reducing the spread of flu. The intra-nasal flu vaccine is the most effective protection for your child against flu. The online consent can be accessed via any online device. Please click on this [link](#) which will direct you to an online consent form for you to complete using the following school code **NB137900**

If you decide you do not want your child to receive the flu vaccination, please complete a non-consent form. If in the past you have refused the intra-nasal flu due to porcine gelatin content, please complete the online IM consent form. If you have any queries regarding the online consent form or the Flu vaccine please contact the Northumbria Healthcare School Aged Immunisation Service on 0191 2828977 or click [here](#).

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 training (5 aside)
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 11 Football City Cup	Walker	Wednesday 6th December	Walker School	4.00pm
6th Form Football County Cup	Dukes High School, Ashington	Wednesday 6th December	Dukes High School	3:15pm
6th form Basketball	Bede 6th form College, Billingham	Wednesday 6th December	Bede 6th form College	1:30pm
6th Form Basketball	Multiple teams	Thursday 7th December	Jesmond Park Academy	4.00pm
Year 10 TSSSA Basketball	Multiple teams	Friday 8th December	Emmanuel College	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.



Careers Development

Year 10 Financial Education Workshop: This week Year 10 have had a financial education workshop with The Money Charity. This workshop has explored different types of banking, finance and credit. The work uses real world examples and situations to get young people thinking about the kind of spending decisions that they might make in the future.

Careers Unwrapped: Introducing Careers Unwrapped, a new podcast where accomplished professionals share their career stories, reflections and advice to inform and inspire young people about their own futures. Listen to Bhushan Sethi discuss his over 20-year career in business consultancy and use this resource to explore how you can learn from other people's careers to build your own. Further details can be found [here](#).

Sixth Form Information

Movember: Our 'Movember' campaign came to an end with our 'Moustache of the Month' Competition. Well done to all winners and participants. Our next fundraising event will be supporting the homeless charity Crisis. The deadline for donations is 20th December.

PSHE at Home

	Big Question	Sub-unit	Week 12 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?	How can I protect myself from online grooming?	<p>The link below will take you to CEOP's parent help page which offers a range of guidance and advice on how to help keep your son safe online. https://www.thinkuknow.co.uk/parents/</p> <p>This link will take you to a resource called 'Asking the awkward'. We hope you find it contains some useful information to combat the awkwardness both parent and child might feel when discussing issues such as online grooming and internet safety. https://www.thinkuknow.co.uk/globalassets/asktheawkward-a-parent--carers-intro.pdf</p>
Year 8		What qualities and behaviours make a modern man?	What is the art of conversation ?	<p>Discuss with your son why being able to have a conversation with someone is an important life skill.</p> <p>Have a conversation with your son about a topic of your choice to see if he can apply what he has learnt in his PSHE lesson.</p>

Year 9		What are the global issues I need to know about?	Is there still a refugee crisis?	<p>A refugee is someone who flees their country because of risk of persecution and terror and has been given refugee status by another country. Discuss the following article from the British Red Cross with your son regarding the destitution facing refugees in the UK:</p> <p>https://www.redcross.org.uk/stories/migration-and-displacement/refugees-and-asylum-seekers/move-on-period-more-than-50000-refugees-could-be-homeless-by-end-of-year</p>
Year 10		How can I tell the difference between real and fake news?	How do I know that a news article is balanced?	<p>Discuss these questions with your son:</p> <p>What is a point of view? Why do people have different points of view? What would happen if a news report didn't include all sides of the story? How can a journalist make sure their report is balanced? Why is it important for journalists to report news in a balanced way? What could you do if you don't think you've been given all sides of the story in a news report?</p>
Year 11		How can I take care of myself financially?	What is tax and why will I pay it?	<p>Discuss the following with your son...</p> <p>The government collects taxes to pay for schools, hospitals, the police, the army and other public services. We pay VAT (Value Added Tax) on many things we buy. Workers pay income tax on any earnings over a certain amount. As well as petrol and car taxes, there's stamp duty, a tax on house sales. Everyone over the age of 18 pays council tax, to fund street cleaning, waste collection and the care of vulnerable people. Taxes on alcohol, smoking and sugary drinks aim to discourage what the government views as harmful behaviour. £750 billion is raised annually in tax, or around £11,000 per person. But in most years, this won't cover all the government's spending and it borrows money to make up the deficit.</p> <p>So should we raise taxes? Or lower them and have poorer public services?</p>
Year 12	How can I keep my mind healthy?	What do young men need to know about mental health?	How are societal expectations of men linked to suicide?	<p>This week your son's lesson title was 'How are societal expectations of men linked to suicide?' In her challenging TEDx talk, film producer Steph Slack shares her personal story of how losing her uncle to suicide caused her to question how we react to men who experience suicidal thoughts. Your Son watched this video in Week 10. Watch it for yourself and discuss the impact of societal expectations placed upon young men.</p> <p>https://www.youtube.com/watch?v=Q3WDw-DBKLA&ab_channel=TEDxTalks</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 and why should I drive responsibly?	<p>This week your son has learnt about why it is important to drive responsibly. One of the main reasons males aged 17-24 are three times more likely to be involved in a serious car crash is becoming distracted due to mobile phones. Read the following facts with your son and discuss the potential impacts of using a mobile phone when driving:</p> <ul style="list-style-type: none"> • It is illegal to hold a phone or sat nav while driving or riding a motorcycle. • Any handsfree device must not block your view of the road and traffic ahead. • You must stay in full control of your vehicle at all times. The police can stop you if they think you're not in control because you're distracted - and you can be prosecuted. • The law still applies to you if you're stopped at traffic lights or queuing in traffic. • You can get 6 penalty points and a £200 fine if you use a handheld phone when driving. • You'll also lose your licence if you passed your driving test in the previous 2 years. • You can get 3 penalty points if you don't have a full view of the road and traffic ahead, or proper control of the vehicle. • You can also be taken to court, where you can be banned from driving or riding and get a maximum fine of £1,000 (£2,500 if you're driving a lorry or bus).

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	acquire
Year 8	implement
Year 9	reinforce

Year 10	coincide
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Numeracy Brainteaser

The answer to last week's puzzle was that the dots appear in 12 circles. 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: This week's prayer is a prayer for the last week in Ordinary Time written by Andy Doyle.

*Shepherd of our souls and Father of all:
inspire us to be faithful in prayer,
diligent in mercy and generous in love
until that day when your Kingdom is revealed in its fullness
and you may be all in all.
Through Christ our Lord.
Amen.*

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

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