



FAMILIES UPDATE WEEK 16

12th January 2024

Dear Parent/Carer

Happy New Year!

The beginning of the calendar year is always a great time for reflection – so many of us stop and think about the year past and start making New Year’s resolutions. For the church calendar, we are also at the beginning of the year. We have completed Advent and received the greatest gift of all time, our Saviour, Jesus Christ and this week Ordinary Time began. Amid the commercialisation of Christmas, we may have struggled to keep the focus of the celebration centered on Christ. It is far too easy to forget that Jesus is the Reason for the Season.

We have been given a Saviour, we are asked to believe, and we are asked to love one another. Perhaps this should be at the top of our New Year’s resolutions.

(based on a reflection by Nancy Shirley)

Wishing you and your families a restful and restorative weekend and every blessing in 2024.

Yours sincerely

Daniel P. Murray
Headmaster

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The week beginning Monday 15th January will be **Week A**

General Information

Home to School Communication: Next week all parents/carers will receive, via email, a link to a Class Charts Account. In order to improve home-school communication and give parents/carers more timely access to important information we have, this term, introduced Class Charts. As parent/carers you will receive access to information around attendance, punctuality, positive behaviour (House Points and Awards) as well as any information on poor behaviour and subsequent sanctions. You will also, in time, be able to see and track your son’s homework.

The introduction of this system will be gradual as it is a new system. However, we are confident that this will improve the quality of the information that you receive. A Class Charts Parents Guide is available [here](#).

The automated log-in email will be generated and sent next week. Please note that the automated email is sent by Class Charts not the school.

DTP/MenACWY School Based Vaccination Programme Year 9: Tuesday 30th January 2024: Teenage boosters are due in Year 9, Meningococcal ACWY (MenACWY) and Tetanus, Diphtheria and Poliomyelitis (Td/IPV) Vaccinations

The Health Security agency recommends that children aged 13 -14 years are given a vaccination against Meningitis ACWY, alongside the Td/IPV booster. Therefore, the NHS are offering the opportunity for your child to receive both vaccinations in school. MenACWY vaccination helps to protect against four different causes of meningitis and septicaemia: meningococcal groups A, C, W and Y. The Td/IPV 3-in-1 teenage booster completes the 5-dose course that provides long-term protection against tetanus, diphtheria, and polio.

The school-based immunisation team will be visiting St Cuthbert's on **Tuesday 30th January 2024**

The online consent can be accessed via any online device. Please click [here](#) which will direct you to the consent form for you to complete. Please complete if you consent or non-consent to these vaccinations. In the rare event that you do not have access to the internet, please contact the immunisation team on the number below, who will complete a consent form with you over the phone. Please complete the consent form in full using the following school code: **NB137900**

If a consent form is not completed by midday at least 48 working day hours before the day of the visit your child may not receive their immunisation at school.

If you require further information regarding the vaccines we offer please go to our Immunisation [website](#).

If you have any queries regarding the online consent form, please contact the Northumbria Healthcare School Aged Immunisation Team on (0191) 282 8977, 282 8978 or 282 8979

RSC Romeo and Juliet production at Sacred Heart Catholic High School: Sacred Heart are very proud to be the Royal Shakespeare Company Lead School in the North and look forward to presenting another RSC First Encounters Production at Sacred Heart in March. To find out more and book tickets 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	
Wednesday	Table Tennis (Year 7 & 8) Year 10 & 11 Fitness Club	Basketball Club (Year 9,10 and 11) with Newcastle Eagles Coach
Thursday	Dodgeball (Year 7 and 8) Year 10 & 11 Fitness Club	

Friday	Year 10 & 11 Exam PE Table Tennis	
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Fixtures this week				
Year Group	Vs	Day/Date	Venue	Kick Off Time
Year 8 Football County Cup	George Stephenson	Tuesday 16 th January	George Stephenson	2:45pm
Sixth Form Basketball League	Gateshead College	Wednesday 17 th January	Gateshead College	12:30pm
Sixth Form Football League	Excelsior Academy	Wednesday 17 th January	Excelsior Academy	1:45pm
Year 7 Football County Cup	Ponteland High School	Thursday 18 th January	Ponteland High School	2:45pm

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

Job of the fortnight: As part of our Job of the fortnight series, we are highlighting how to become a Computer Games tester, see the [linked information](#). Computer games testing is a form of quality assurance (QA) work. As a computer games tester you will undergo intensive playtesting of computer, console and mobile games in order to ensure that gameplay runs smoothly and to discover any programming faults and inconsistencies in the software before it goes into distribution.

My Big Career: We continue to work with My Big Career to offer insight and experiences to all of our pupils. [Here](#) is their January newsletter for their latest opportunities and information.

Sixth Form Information

Year 13 Mock Examinations: These examinations start on the 18th January. Students have been given timetables for these examinations. If students do not have examinations in this period they are expected to be in their normal timetabled lesson. This also applies to co-curricular lessons on Wednesday afternoon.

PSHE at Home

	Big Question	Sub-unit	Week 16 lesson title	PSHE at home Task
Year 7	How do I become a responsible British Citizen?	What are British Values?	What is a Democracy ?	<p>Watch this video about democracy with your son.</p> <p>https://www.youtube.com/watch?v=LX1UI0oX9DY&ab_channel=UKParliament</p> <p>What would it be like if Britain wasn't a democracy? Why is it important to vote when you're old enough? If you were old enough to vote- who would you vote for and why?</p>
Year 8		Why should I respect Emergency Services?	Why should I respect the Fire Service?	<p>This week your son has learnt about respect for the Fire Service. Our local service, Tyne and Wear Fire and Rescue Service, suffered one of the worst attacks on firefighters in UK history when a petrol bomb was thrown at them in West Denton January 2023.</p> <p>https://www.bbc.co.uk/news/uk-england-tyne-64282143</p> <p>Please discuss with your son a different issue that the fire service have had to contend with in recent months- young people getting stuck in toddler swings due to a 'TikTok craze'.</p> <p>https://www.twfire.gov.uk/news/firefighters-slam-irresponsible-tiktok-trend-after-spike-in-teenagers-rescued-from-toddler-swings/</p>
Year 9		How does the world of UK politics work?	How do elections work?	<p>Watch this clip with your son which looks at why Labour's 'Red Wall' turned 'Blue':</p> <p>https://www.youtube.com/watch?v=LsTylzPqfMo&ab_channel=SkyNews</p> <p>Why do you think many people turned away from the Labour Party? Do you think North East voters will vote for Labour in the next General Election? Why do major cities tend to vote for Labour?</p>
Year 10		What laws do I need to know about?	What do I need to know about the Education Act and other statutes?	<p>This week we will have hopefully cleared up some common misconceptions some pupils have with regards to the statutory powers schools have. The lesson will focus primarily on attendance, searching for prohibited items and behaviour outside of school. In the interest of transparency, the information given to pupils came from the following links below.</p> <p>Please read with your son and have a general discussion about what he learnt. We would like to make it clear that these 'powers' are only used when necessary, are used professionally and ideally we would like to use them in a</p>

				<p>spirit of cooperation with parents and pupils for the benefit of all.</p> <p>https://lawstuff.org.uk/education/school-attendance-and-absence/</p> <p>https://childlawadvice.org.uk/information-pages/school-powers-to-search-and-screen-pupils/</p> <p>These should be discussed in conjunction with our Attendance and Behaviour Policies:</p> <p>https://www.st-cuthbertshigh.newcastle.sch.uk/information/policies-procedures</p>
Year 11		What crimes should I be aware of?	<p>What is Drug Crime and what other crimes are related to it?</p>	<p>Please read through this drug crime information page from Northumbria Police's website with your son and discuss any questions or concerns he may have.</p> <p>https://beta.northumbria.police.uk/advice-and-info/personal-safety/drugs-and-the-law/</p> <p>For help and advice, please visit the link below:</p> <p>https://www.talktofrank.com/get-help/concerned-about-a-child</p>
Year 12		What makes a responsible British Citizen?	<p>Should the House of Lords be abolished?</p>	<p>This week your son has debated the question 'Should the House of Lords be abolished?' Watch this video with your son in which Labour leader, Sir Keir Starmer, announces his plans to abolish the House of Lords.</p> <p>https://www.youtube.com/watch?v=dlflrAXTbRo&t=12s&ab_channel=Channel4News</p> <p>Discuss the arguments for and against the House of Lords with your son (he should be able to tell you) and come to your decision!</p>
Year 13	How do I become a man fit for the 21 st Century?	How can I help others and myself?	<p>First Aid- How can I help someone suffering chest pains?</p>	<p>This week your son has learnt how to treat someone suffering chest pains having watched three separate videos on angina attacks, heart attacks and how to use a defibrillator (AED). These videos can be found below:</p> <p>Angina Attack- https://www.youtube.com/watch?v=Cq9dYe2ed5I&ab_channel=StJohnAmbulance</p> <p>Heart Attack- https://www.youtube.com/watch?v=gDwt7dD3awc&ab_channel=StJohnAmbulance</p> <p>Using an AED- https://www.youtube.com/watch?v=UFvL7wTFzI0&ab_channel=StJohnAmbulance</p> <p>The British Heart Foundation recommend that people aged 30 and above check their heart age. Perhaps you could do this with your son?</p>

				https://www.bhf.org.uk/information-support/risk-factors/check-your-heart-age
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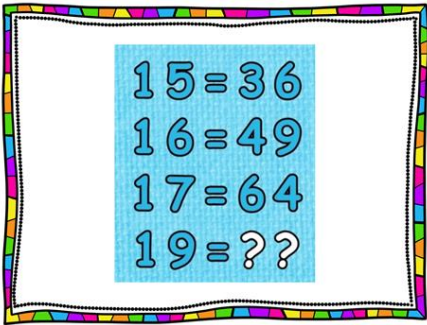
Words of the Week

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	approach
Year 8	whereas
Year 9	substitute
Year 10	interval

Numeracy Brainteaser

The first brainteaser of 2024 for you to have a go at. Answer will be shared in the next 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 was written by Brother John Charles SSF.

*For all the possibilities ahead in this new year,
make us thankful, O Lord.
Give us wisdom, courage and discernment
in the face of so much chaos, despair, and fear.
Help us to see how, in our circumstances,
we can contribute towards peace, faith and love
and give us the will to translate our desires into actions.
Amen.*

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

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