



FAMILIES UPDATE WEEK 17

19th January 2024

Dear Parent/Carer

On Wednesday, the Church celebrated the feast St Anthony the Abbot, an Egyptian man (251-356 A.D.) who drastically changed his life and went off to be alone with God because of words he heard in the New Testament. He is considered the father of Christian monasticism, although he never established a monastery. He lived a life of faith and prayer in the desert.

Wednesday's readings speak of God's attention and love for each of us. Can we put our trust in God when we are facing a difficult situation? Can we draw near to Jesus and sit quietly, confident that he knows our needs and will help us?

Radical asceticism and the call to the monastic way of life is not for everyone. However, St Anthony the Abbot reminds us of the importance of listening to God's voice and following that voice to the best of our abilities - leaving the outcome to God.

(adapted from an Ignatian reflection)

Wishing you and your families a restful and restorative weekend.

Yours sincerely

Daniel P. Murray
Headmaster

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The week beginning Monday 22nd January will be **Week B**

General Information

Class Charts: Parents/carers should have received an email giving them access to their Class Charts account. As with access to any new system thank you for your patience while we deal with any emerging questions and queries.

REMINDER - 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

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	Thomas Killeen	Daniel McCaffery	Ryan McLoughlin	Daniel Tong
Year 10	Michael Aleke	William Gregory	Isaac Lancaster	Mansel Oviasuyi

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 Club (Year 7 and 8) with Newcastle Eagles Coach (In SH2 due to exams)
Tuesday	Year 10 - 11 Exam PE Table Tennis 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 (In SH2 due to exams)
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 7 Basketball Junior NBA	Multiple Teams	Monday 22nd January	Gosforth Central	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](#) on Twitter for updated results.



Careers Development

Podcast of the fortnight: Listen to Marvin Rees talk about his career in politics and use this resource to explore how you can learn from other people's careers to build your own. Further details [here](#).

PSHE at Home

	Big Question	Sub-unit	Week 17 lesson title	PSHE at home Task
Year 7	How do I become a responsible British Citizen?	What are British Values ?	What is the rule of law?	<p>Teenagers Rights in the UK- Read the information with your son and discuss the questions below.</p> <p>In the UK, you are legally an adult at the age of 18, which means you can drink, you can get married without your parents' permission, and you can vote. But do you know what age teenagers are allowed to work in the UK? Or learn to drive? Or open a bank account? Most teenagers are still children in the eyes of the law, but that does not mean that they don't have certain rights and responsibilities...</p> <p>At 10: You can be convicted of a criminal offence, if you knew what you were doing wrong. At 12: You can buy a pet. At 13: You can open your own bank account. At 14: You reach the age of criminal responsibility – you can be arrested, have fingerprints taken, and be convicted. You can go</p>

				<p>into a pub with an adult. You can work part-time (with the consent of your school).</p> <p>At 16 you can: Claim Social Security benefits in your own right. Get married. (with your parents' permission) Work full-time. Leave home & live independently (again, only with parents' permission). Drink alcohol with a meal in a pub. Have sex. Learn to drive (if disabled). Buy petrol. Play the lottery. Leave full-time education.</p> <p>At 17 you can: Drive a car. Enter a betting shop (but not place a bet). Be tried before an adult court.</p> <p>At 18 you can: Vote. Purchase & consume alcohol. Purchase tobacco, knives, fireworks & adult magazines. Leave home or get married without parental consent. Own a house. Donate blood. Do jury service. Apply for a loan or credit card. Place a bet. Get a tattoo.</p> <p>Why is it important for a young person to know the law? Choose some of the laws above- why do you think they have been made?</p>
Year 8		Why should I respect Emergency Services?	Why should I respect the Ambulance Service?	<p>This week your son has learnt about respect for the Ambulance Service. The Ambulance Service have had to deal with a number of incidents of anti-social behaviour within the North East post lockdown. Please discuss the impact anti-social behaviour towards the Ambulance Service can have when attending emergencies.</p> <p>https://www.neas.nhs.uk/news/2020/march/12/patient-sentenced-after-assault-on-staff.aspx</p> <p>https://www.bbc.co.uk/news/uk-england-tyne-60557815</p>
Year 9		How does the world of UK politics work?	Why and how should I vote?	<p>Should 16 year olds be allowed to vote?</p> <p>Watch this radio debate from 2019 in the lead up to the previous General Election and discuss whether the voting age should be lowered to include 16 year olds.</p> <p>https://www.youtube.com/watch?v=uJn1B3TvCys&ab_channel=LBC</p>
Year 10		What laws do I need to know about?	What is the Data Protection Act 2018?	<p>This week your son will learn about GDPR and how companies should/shouldn't use our data. The link below gives information to parents on privacy and internet safety. Please read through with your son and ensure he continues to be safe when online.</p> <p>https://www.common sense media.org/privacy-and-internet-safety/age/teens</p>
Year 11		What crimes should I be aware of?	What is County Lines Crime?	<p>Please watch 'Alfie's Story-Part 4' with your son. He will have watched parts 1-2 earlier in the year in RSE and he will watch part 3 next week in PSHE. Alfie's Story is a series of films produced using the insights of a boy who was groomed and exploited by a County Lines gang. It is a true story.</p> <p>https://www.youtube.com/watch?v=5FU8nm8zRTs&list=PLHQ6K3_1FVtQKACIOLxYgZh5In6r38nNr&index=9&ab_channel=NotInOurCommunity</p>

				<p>If you would like to know more about County Lines crime and the dangers some children face because of it, please follow the link below.</p> <p>https://www.childrenssociety.org.uk/what-we-do/our-work/child-criminal-exploitation-and-county-lines</p>
Year 12		What makes a responsible British Citizen?	Is Britain better off after Brexit?	<p>This week your son has debated the question 'Is Britain better off after Brexit?'. Watch this video with your son in which BBC Newsnight discuss both positive and negative impacts of Brexit.</p> <p>https://www.youtube.com/watch?v=KloM9uVcIOY</p> <p>Discuss the arguments both for and against if Britain is better off after Brexit (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?	What does it mean to have a growth mindset and how can it help me in employment?	<p>This week your son has learnt about a growth mindset and how it can be helpful in employment. These videos can be found below:</p> <p>Growth mindset vs Fixed mindset - https://www.youtube.com/watch?v=KUWnTJTrnU</p> <p>How to have a growth mindset in the workplace - https://www.youtube.com/watch?v=K5WHmGF68Yc</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	justify
Year 8	compound
Year 9	maximise
Year 10	predominant

Numeracy Brainteaser

The answer to last week's puzzle was 100; if you add the two digits (1+9); then square your answer (10²). 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 the prayer of Thomas Merton, a renowned Trappist Monk, theologian, mystic, poet and writer.

*My Lord God, I have no idea where I am going.
I do not see the road ahead of me, nor do I really know myself.
And the fact that I think that I am following your will,
does not mean that I am actually doing so.
But I believe that the desire to please you,
does in fact please you.
And I hope that I will never do anything apart from that desire.
And I know that if I do this, you will lead me by the right road, though I may know nothing about it.
Therefore, I will trust you always, though I seem to be lost and in the shadow of death.
I will not fear for you are ever with me, and you will never leave me to face my struggles alone.
Amen.*

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

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