



## FAMILIES UPDATE WEEK 2

15<sup>th</sup> September 2023

Dear Parent/Carer

Yesterday, in union with the whole Church we celebrated the Feast of the Exaltation of the Cross. The cross is central to our faith as followers of Jesus. It is through the life, death and resurrection of Jesus that that we are saved and forgiven. It is through his suffering, death on the cross and his rising to new life that we ourselves are given the gift and promise of everlasting life. There is no Easter Sunday without Good Friday; there is no Resurrection without Jesus dying on the cross.

The love, compassion and tenderness of the cross is also offered to each of us today and every day. Through the cross of Jesus, God says to each of us, *'I love you with an everlasting love, I call you by your name you are mine, do not be afraid'*. Through the cross, God looks at each of us with unconditional love. All we are asked to do is to stand before the cross, so that we too can feel the outstretched hand of God touch and heal us.

*(based on a reflection by Br Michael Moore OMI)*

Perhaps, this week, as we make the sign of the cross in prayer, we might take the time to do so slowly and prayerfully.

*Save us, Saviour of the world, for by your Cross and Resurrection, you have set us free.*

Wishing you and your families a restful and restorative weekend.

Yours sincerely

Daniel P. Murray  
Headmaster

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The week beginning Monday 18<sup>th</sup> September will be **Week A**

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

	Basketball (Year 7 & 8)	
<b>Tuesday</b>	Year 10 - 11 Exam PE Table Tennis and Badminton	Year 10 Football Open Training
<b>Wednesday</b>	Basketball (Year 9, 10 and 11) Table Tennis (Year 7 & 8)	Basketball Club (Year 9,10 and 11) with Newcastle Eagles Coach
<b>Thursday</b>	Badminton (Year 9, 10 and 11) Dodgeball (Year 7 and 8)	Year 11 Football Open Training
<b>Friday</b>		Sixth Form Volleyball Club

Fixtures this week				
Year Group	Vs	Day/Date	Venue	Kick Off Time
Year 8 Second Football Trials	Trials	Tuesday 19 <sup>th</sup> September	St Cuthbert's	3.00pm - 4.00pm
Sixth Form Football 7 aside Tournament	Multiple Teams	Wednesday 20 <sup>th</sup> September	Walbottle	2:30pm
Year 8 Football	Benfield	Thursday 21 <sup>st</sup> September	St Cuthbert's	4.00pm
U14 Basketball	Multiple Teams	Thursday 21 <sup>st</sup> September	Jesmond Park Academy	4.00pm

**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.



**Year 6 Open Evening:** On Thursday 21<sup>st</sup> September 2023 parents/carers of boys in Year 6 are invited to our Open Evening. Further details are available on our website.

**Year 7 Mass of Welcome, Thursday 28<sup>th</sup> September 2023 at 4.30pm:** Year 7 boys, parents/carers and other family members are warmly invited to our Year 7 Mass of Welcome. On Thursday 28<sup>th</sup> September 2023, Canon Simon Lerche, Episcopal Vicar for Education and Dean of St Mary's Cathedral, will celebrate Holy Mass for and with our Year 7 pupils and their families. Our Year 7 pupils will help with the music, readings, and other ministries. After Mass, we will gather for tea and cake in the Dining Room.

**Year 11 Supporting your son:** Mini mocks will take place 9<sup>th</sup> October –20<sup>th</sup> October. In preparation we are holding a supporting your son evening on Tuesday 19<sup>th</sup> September 5.30pm - 6.30pm. Further communication has been sent to Year 11 parents this week.

**Medication:** Boys who require epipens, inhalers etc. should have spare equipment and/or medical supplies in school. Please send your son to Mrs Simpson by **Friday 15<sup>th</sup> September** with their spare medication which will be stored securely for use if and when needed.

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	assess
Year 8	benefit
Year 9	ambiguous
Year 10	nonetheless

**Parking Around School:** According to Highway Code Rule 243, you should not park near a school entrance – as well as anywhere that would prevent access for emergency services. Please do not park on the yellow markings outside the school gates. Please do not block access to our neighbours' property. Unfortunately, this week we have received a number of complaints about adult behaviour outside of school and a lack of consideration for our neighbours. Please park sensibly and with consideration for others. Drivers in breach of the Highway Code may be subject to legal action. When picking up your son at the end of the school day from the Turning Circle and Car Park area of school (Fox and Hounds exit) please do not park on the pavement. This is a highly congested area and restricting pavement space is creating a risk to all pedestrians using this route. Thank you for your cooperation with this matter.

**Attendance:** When your son is late to school due to a medical appointment or misses a morning or afternoon session due to this appointment, please update Year Teams and send a copy of the medical appointment slip into school for the attention of the appropriate Year Team. Where possible please make medical appointments as late in the school day as possible so your son does not miss lessons and curriculum time and he therefore will receive his session mark.

**Pupil Medical Appointments:** If your son has a medical appointment which must take place during school hours, please write details in his planner. Your son must have this signed by his Year Office and can show this to his class teacher when he needs to leave for his appointment. Please ensure your son is aware of the time and date of his appointment as it his responsibility to leave his lesson and go to pupil reception to be collected.

**Punctuality to School:** Punctuality to school is important and due to lateness, some pupils are missing learning time. Any pupil late to school will receive a 30-minute detention to be served the following school day. The school day starts promptly at 8.40am. All pupils are expected to be on the school site by 8.30am and in their Form Rooms by 8.40am. The Gretna Road Gate closes at 8.35am and the Fox & Hounds Gate closes at 8.30am.

**Sixth Form:** Students are expected to be in school every day at 8.40am when form time starts. Our target attendance is 95%. If your son is absent or late for Form Class a text message will be sent home

Students have been asked to sign up to **three** study periods per week. These study periods will be based in the Study Room in the Sixth Form block.

All Sixth Form students are part of a Teams 'Information and Guidance' (IAG) group. This keeps the students up to date with opportunities, experiences and information about future pathways.

### **Year 12 Key Dates:**

Tuesday 17<sup>th</sup> October - Supporting Your Son - Welcome to Sixth Form Evening

Monday 20<sup>th</sup> November - Internal Assessment

Thursday 21<sup>st</sup> March - Parents' Evening

Monday 24<sup>th</sup> June - Mock Exams

Monday 1<sup>st</sup> July - Work Experience week

### **Year 13 Key Dates:**

Monday 9<sup>th</sup> October - Mini Mocks, Internal assessment

Thursday 16<sup>th</sup> November - Parents' Evening

Thursday 18<sup>th</sup> January - Mock Exams begin

**PSHE at St Cuthbert's:** Our Personal, Social, Health and Economic (PSHE) programme is a key part of daily life at St Cuthbert's, enabling us to form the whole person. We are proud to have shared our successful PSHE model and original ideas with other schools.

All of our pupils, from Year 7 to Year 13, have a lesson of PSHE during Form Time once a week and a lesson of RSE during Form Time. These lessons are delivered by trained Form Tutors because we believe they are best placed to form positive working relationships with the boys where mature, in-depth discussions about topics can be held. All pupils in Years 7-11 will have five assessment checkpoints throughout the academic year.

Our PSHE curriculum is completely bespoke to the boys of St Cuthbert's. The programme is implemented through a spiral curriculum of 6 units which are built upon each academic year. Each Unit has a 'Big Question'. The 6 Big Questions are:

1. How do I become a 'man for others?'
2. How do I become a man fit for the 21st Century?
3. How do I become a responsible British Citizen?
4. How can I keep my body healthy?
5. How can I keep my mind healthy?
6. How do I become ready for work?

Our full PSHE curriculum can be viewed [here](#) and further information about PSHE at St Cuthbert's can be viewed on our [website](#).

**PSHE at Home:** A unique aspect of our PSHE programme, is our PSHE at home offer. We believe that parents are the first educators of their children and we feel it is key to involve them in the learning process for PSHE, so we have made our 'curriculum fit for families.' Each week in the Families Update, parents are told of the topic of their son's lesson and are provided with questions/links to initiate a discussion about what he has been taught.

	Big Question	Sub-unit	Week 2 lesson title	PSHE at home Task
Year 7	How do I become a 'man for others?'	Why should I care for others?	What are the benefits of being kind to others?	<p>Watch this clip from the film 'Pay it Forward'.</p> <p><a href="https://www.youtube.com/watch?v=KxB43PzasGA">https://www.youtube.com/watch?v=KxB43PzasGA</a></p> <p>What are the strengths and limitations of this idea?</p> <p>Could you and your son come up with an idea to change the world and think of how it could be put into action?</p> <p>Could he share it with his tutor or RE teacher?</p>
Year 8		Why should I celebrate differences?	Why should I avoid stereotypes?	<p>Discuss what the word gay means.</p> <p>When do boys use it? How do you think that makes a gay person feel? Imagine if someone was acting in a negative way, and your name or identity was used to call them a name. How would you feel? Students could pledge to not use the word in inappropriate ways.</p>
Year 9		What is Catholic Social Teaching?	What is CST?	<p>Ask your son to explain to you what Catholic Social Teaching is.</p> <p>Here is the video he will have watched in the lesson:</p> <p><a href="https://www.youtube.com/watch?v=0z52jyAcjhg&amp;ab_channel=St.Bede%27sBlackburnRE">https://www.youtube.com/watch?v=0z52jyAcjhg&amp;ab_channel=St.Bede%27sBlackburnRE</a></p> <p>You could discuss with your son which of the 7 principles he thinks is the most important and why.</p>
Year 10		What is Laudato Si about?	What is climate change and what is Laudato Si?	<p>Read these quotes from Pope Francis' encyclical 'Laudato Si'.</p> <p>Discuss with your son what you think each one means.</p> <p><i>"We have to realize that a true ecological approach always becomes a social approach; it must integrate questions of justice in debates on the environment, so as to hear both the cry of the earth and the cry of the poor."</i></p> <p><i>"We are faced not with two separate crises, one environmental and the other social, but rather with one complex crisis which is both social and environmental. Strategies for a solution demand an integrated approach to combating poverty, restoring dignity to the excluded, and at the same time protecting nature."</i></p>

				<p><i>"What kind of world do we want to leave to those who come after us, to children who are now growing up?"</i></p>
Year 11		What is Fratelli Tutti about?	What is Fratelli Tutti?	<p>Pope Francis' latest encyclical Fratelli Tutti teaches us to be a single family living in a common home. He 'calls for a love that transcends the barriers of geography and distance, and declares blessed all those who love their brother 'as much when he is far away from him as when he is with him'. Pope Francis uses the Parable of the Good Samaritan to demonstrate this worldview.</p> <p>Watch this video of a 'Good Samaritan' social experiment:</p> <p><a href="https://www.youtube.com/watch?v=iPehw67L91w&amp;ab_channel=ShirleyParishChurch">https://www.youtube.com/watch?v=iPehw67L91w&amp;ab_channel=ShirleyParishChurch</a></p> <p>What does it teach us about prejudices we may have against those less fortunate or different than us?</p>
Year 12		What do young men need to know about physical health?	Why is dental hygiene important?	<p>This week your son has studied how to make an appointment at an NHS Dentist, how to find an NHS Dentist in our local area and what to do if he has a dental emergency or needs out of hours treatment</p> <p>The BBC has reported that there is a 'National Crisis' – please read the article:</p> <p><a href="https://www.bbc.co.uk/news/health-62253893">https://www.bbc.co.uk/news/health-62253893</a></p>
Year 13	How can I keep my body healthy?	What do young men need to know about physical health?		<p>This week your son has studied the risks and consequences of substance abuse. Substance abuse is defined as: the use of drugs or alcohol to the point where it causes problems in your life.</p> <p>Substance abuse was looked at in scenarios that might affect our Sixth Form students, including Drink Driving, substance abuse at work and the impact on friendships and relationships.</p> <p>Viewing these BBC Learning videos showing young people whose lives have been dramatically affected by drinking too much alcohol will be a good starting point to build understanding</p> <p><a href="https://youtu.be/S4Q9ztHyo68">https://youtu.be/S4Q9ztHyo68</a></p> <p><a href="https://youtu.be/HiSOXz4hhZQ">https://youtu.be/HiSOXz4hhZQ</a></p> <p><a href="https://youtu.be/3sN8_gfYpj4?list=PLC9ilyN1q1epK7X90dhyRML7lpQ4uqo36">https://youtu.be/3sN8_gfYpj4?list=PLC9ilyN1q1epK7X90dhyRML7lpQ4uqo36</a></p> <p><a href="https://youtu.be/VefxsHa3YZY">https://youtu.be/VefxsHa3YZY</a></p>

**Numeracy Brainteaser:** The answer to the first brainteaser for this academic year was 36 rectangles, as a square is a special type of rectangle. Look out for the next one in next week's update.

**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:**

*God of Glory,  
the Cross shines as a sign of obedience to your will  
and a symbol of your love for the world.  
Bless us who find salvation in the cross of Christ;  
May we always recognise his glory in the weak, suffering and condemned of the world.  
We ask this through Christ, crucified and exalted, who is Lord forever and ever.  
Amen*

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

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