



## FAMILIES UPDATE WEEK 24

15<sup>th</sup> March 2024

Dear Parent/Carer

This Sunday's readings are a precursor to Palm Sunday. Jesus knows the time is coming. He knows it is necessary. He knows this is the purpose. "Unless a grain of wheat falls to the ground and dies, it remains just a grain of wheat; but if it dies, it produces much fruit." There is no resurrection, without Jesus' crucifixion and death. There has to be a Palm Sunday for there to be an Easter. Jesus' death and resurrection opens the possibility of eternal life to all. "Whoever serves me must follow me, and where I am, there also will my servant be."

*(based on an Ignatian reflection)*

As well as the fifth Sunday of Lent, Sunday is also St Patrick's Day. St Patrick is a good role model for the message, "whoever serves me must follow me." His prayer, preaching, and spirituality put Christ at the very centre of all things. Are we able say with St Patrick, 'Christ in the heart of every man who thinks of me, Christ in the mouth of everyone who speaks of me, Christ in every eye that sees me, Christ in every ear that hears me.?'

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> March will be **Week A**

### General Information

Ofsted Inspection: all parents/carers should have received a copy of the school's latest Ofsted Report earlier this week. The report is also available on our [website](#).

**Year 11 Reminder:** In preparation for the GCSE examinations, your son should be attending a revision session (Period 6) each night. A timetable of revision sessions can be found [here](#). We encourage your son to attend as many as possible.

Teachers are also placing revision support on your son's Teams pages, please encourage him to access Teams via his school account. If there are any issues, please contact the Year team.

There are approximately four teaching weeks before the first formal written examinations. It is essential that your son makes the most of every available opportunity.

**National Child Exploitation Awareness Day:** March 18<sup>th</sup> is National Child Exploitation Awareness Day. Please click [here](#) for resources from the NSPCC and Ivison Trust. The resources are aimed to raise awareness of the sensitive topic of Child Exploitation.

**Timetables Rock Stars:** We are running a competition for this half term; the pupil who receives the most coins by midnight on Wednesday 27<sup>th</sup> March will receive a prize. There's one for each year group. There is also an extra prize for the highest coins in the school; staff have been asked to join in too! Good Luck!

**Lenten Alms:** Sixth Formers and Staff are going to walk 1455KM during Lent. (The distance between St Cuthberts and the Lourdes). That is roughly 5km per person! We are doing it to raise money for CAFOD and we would like people to sponsor us via our JustGiving page (QR code below)! Please help us raise as much money as we can this Lent for CAFOD.



Please support our almsgiving during Lent. Thank you.

<b>Co-Curricular PE Clubs</b>		
<b>Day</b>	<b>Lunch Time</b>	<b>After School</b>
	<b>12.20pm – 12.55pm</b>	<b>3.15pm – 4.15pm</b>
<b>Monday</b>	Table Tennis (Year 9, 10 and 11)	Basketball Club (Year 7 and 8) with Newcastle Eagles Coach
<b>Tuesday</b>	Year 10 – 11 Exam PE Table Tennis Year 10 & 11 Fitness Club Year 7 & 8 Climbing Club	Year 10 Football Training (outside)
<b>Wednesday</b>	Table Tennis (Year 7 & 8) Year 10 & 11 Fitness Club	Basketball Club (Year 9, 10 and 11) with Newcastle Eagles Coach
<b>Thursday</b>	Dodgeball (Year 7 and 8) Year 10 & 11 Fitness Club	Year 7 Football Training (Indoors)

<b>Friday</b>	Year 10 & 11 Exam PE Table Tennis Year 8 Football Training	Sixth Form Volleyball Club
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Fixtures this week				
Year Group	Vs	Day/Date	Venue	Kick Off Time
Year 9 Football CVL	Multiple Teams	Tuesday 19 <sup>th</sup> March	St Cuthbert's	3:45pm
Year 8 Football CVL	Multiple Teams	Thursday 21 <sup>st</sup> March	St Cuthbert's	3:45pm
Year 9 Basketball Leagues Final	Dame Allans	Friday 22 <sup>nd</sup> March	Eagles Arena	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

**My Big Career newsletter:** take a look at the latest newsletter from my Big Career celebrating National careers week and highlights some great opportunities Click [here](#) for further information.

**Careers podcast:** Listen to the latest in the podcast series about a career in Music. Click [here](#) for further information.

### Sixth Form

**The St Cuthbert Mile:** Our Sixth Form students will be taking part in the St Cuthbert on Thursday 21<sup>st</sup> March. This is to raise money for Cafod and their 'Walk Against Hunger' campaign.

**Year 12 Parents Evening:** Just a reminder that our Parents' Evening is on 21<sup>st</sup> March and will run from 3.30pm to 6.00pm. Your son has an appointment sheet and will make appointments with his subject staff.

**PSHE at Home**

	Big Question	Sub-unit	Week 24 lesson title	PSHE at home Task
Year 7	How can I keep my body healthy?	How do I administer First Aid?	How can I treat bleeding and burns?	<p>These are the videos your son will have watched during his PSHE lesson this week. Ask him to explain how you should treat bleeding and burns and then check his understanding by watching the videos together:</p> <p><a href="https://www.youtube.com/watch?v=NxO5LvqgZe0&amp;ab_channel=StJohnAmbulance">https://www.youtube.com/watch?v=NxO5LvqgZe0&amp;ab_channel=StJohnAmbulance</a></p> <p><a href="https://www.youtube.com/watch?v=8Dxk23zzU4Y&amp;ab_channel=prestonmwiinga">https://www.youtube.com/watch?v=8Dxk23zzU4Y&amp;ab_channel=prestonmwiinga</a></p>
Year 8		What are the most common addictions facing young men and how to avoid them?	What are the negative effects of alcohol and how to handle peer pressure?	<p>Read this page and watch these two short videos with your son before discussing the negative physical effects of drinking alcohol.</p> <p><a href="https://www.talktofrank.com/drug/alcohol#the-risks">https://www.talktofrank.com/drug/alcohol#the-risks</a></p> <p><a href="https://www.youtube.com/watch?v=g1lh02SrCmE">https://www.youtube.com/watch?v=g1lh02SrCmE</a></p> <p><a href="https://www.youtube.com/watch?v=zJsvXNBOfFU">https://www.youtube.com/watch?v=zJsvXNBOfFU</a></p>
Year 9		What are illegal drugs and why are they dangerous?	What is ecstasy and why is it dangerous?	<p>Read through this information page on the Class A drug Ecstasy. Ecstasy was the second most used drug by young people 2019-2020.</p> <p><a href="https://www.talktofrank.com/drug/ecstasy">https://www.talktofrank.com/drug/ecstasy</a></p>
Year 10		What is the NHS and how does it keep me healthy?	How does our healthcare system work?	<p>Please watch and discuss this video with your son.</p> <p><a href="https://www.youtube.com/watch?v=DEARD4I3xtE">https://www.youtube.com/watch?v=DEARD4I3xtE</a></p>
Year 11		What can I do to take care of my body?	How can daily exercise keep me healthy?	<p>Please read through the information with your son.</p> <p><a href="https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-and-young-people/">https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-and-young-people/</a></p> <p><a href="https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1054282/physical-activity-for-children-and-young-people-5-to-18-years.pdf">https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1054282/physical-activity-for-children-and-young-people-5-to-18-years.pdf</a></p>
Year 12	How do I become a man fit for the 21st Century?	How can I stay safe online?	What are the implications of ChatGPT?	<p>This week your son has debated the question 'What are the implications of ChatGPT on education?' Watch the video to discuss what ChatGPT is and what impact it can have in education.</p> <p>Chat GPT Explained in 5 Minutes</p> <p><a href="https://www.youtube.com/watch?v=3ao7Z8duDXc">https://www.youtube.com/watch?v=3ao7Z8duDXc</a></p>

			on education?	What is ChatGPT, and why does it have educators worried? <a href="https://www.youtube.com/watch?v=Fn8jDanbf0c">https://www.youtube.com/watch?v=Fn8jDanbf0c</a>
Year 13	How do I become a man for others?	How do I become a better man?	Where does toxic masculinity come from and how can it be damaging?	This week your son has learnt about toxic masculinity and how it can be damaging. Please discuss the term 'toxic masculinity' with them and the impact it can have on men in society and society as a whole.. The videos below will direct you to the two video your son has watched this week on the topic.  How mixed messages about masculinity impacts mental health: <a href="https://www.youtube.com/watch?v=DzjnTzmuUpM">https://www.youtube.com/watch?v=DzjnTzmuUpM</a>

### 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	demonstrate
Year 8	incorporate
Year 9	vary
Year 10	prohibit

### 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 attributed to St Patrick.

*Christ with me,  
 Christ before me,  
 Christ behind me,  
 Christ in me,  
 Christ beneath me,  
 Christ above me,  
 Christ on my right,  
 Christ on my left,  
 Christ when I lie down,  
 Christ when I sit down,  
 Christ when I arise,  
 Christ in the heart of every man who thinks of me,  
 Christ in the mouth of everyone who speaks of me,  
 Christ in every eye that sees me,  
 Christ in every ear that hears me*

*St Patrick, pray for us.*

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

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