



## FAMILIES UPDATE WEEK 25

22<sup>nd</sup> March 2024

Dear Parent/Carer

This Sunday is Palm Sunday, the beginning of Holy Week. As we remember Jesus' triumphant entry into Jerusalem, we prepare to enter the most holy and deeply moving week of the Liturgical Year.

As we journey towards Good Friday, we remember the passion, death and resurrection of the Lord Jesus.

Who else but God could take a cross that represented defeat and turn it into a symbol of victory?

Who else but God could take a cross that represented guilt and turn into a symbol for grace?

Who else but God could take a cross that represented condemnation and turn it into a symbol of freedom?

Who else but God could take a cross that represented pain and suffering and turn it into a symbol of healing and hope?

Who else but God could take a cross that represented death and turn it into a symbol of life?

Wishing you and your families a restful and restorative weekend and every blessing this Holy Week.

Yours sincerely

Daniel P. Murray  
Headmaster

The week beginning Monday 25<sup>th</sup> March will be **Week B**

### General Information

**Last Day of the Epiphany Term:** Thursday 28<sup>th</sup> March 2024 is Holy Thursday, and the last day of the Epiphany Term.

**First Day of the Easter Term:** The Easter Term begins on Monday 15<sup>th</sup> April 2024.

**GCSE Language Oral Examinations:** The GCSE Language Oral Examinations take place in the week beginning Monday 22<sup>nd</sup> April 2024.

**County Lines:** As we approach school holidays, Northumbria Police have sent all primary and secondary schools in the area information to share with staff, parents and carers on the topic of **County Lines**. The **e-leaflet** for parents and carers from Northumbria Police can be viewed [here](#). The leaflet explains county lines, it explores how criminals exploit children, it highlights the signs that a child is being criminally exploited, it includes videos describing the grooming process and more.

**Mobile Phones:** Please take the opportunity to discuss the information which can be found [here](#) on keeping safe while using your mobile phone with your son.

**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> 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	Sixth Form Volleyball Club

	Table Tennis Year 8 Football Training	
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Fixtures this week				
Year Group	Vs	Day/Date	Venue	Kick Off Time
Sixth Form Basketball Varsity Game	Y12 vs Y13	Wednesday 27 <sup>th</sup> March	St Cuthbert's	1.00pm

**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

**Apprenticeship awareness:** Is your son considering an apprenticeship? It is a great way to earn while you learn. Please click [here](#) to find out more.

**Job of the fortnight;** This time we are focussing on becoming a journalist - click [here](#) to find out more.

### Sixth Form

**Year 12 Parents' Evening:** It was lovely to catch up with parents on Thursday. Feedback received should now be put into action as the students look ahead to their exams in June.

**St Cuthbert's Mile:** Our Sixth Form took part in the St Cuthbert's Mile on Thursday. Fancy Dress outfits included a range of Ken's, Hulk Hogan, Mario and a Dinosaur. It was a great success and raised over £200 for our CAFOD Lent charity.

### PSHE at Home

Big Question	Sub-unit	Week 25 lesson title	PSHE at home Task

Year 7	How can I keep my body healthy?	How do I administer First Aid?	What should I do if someone fractures a bone or has a soft tissue injury?	<p>These are the videos your son will have watched during his PSHE lesson this week. Ask him to explain how you should treat fractures and sprains and then check his understanding by watching the videos together:</p> <p><a href="https://www.youtube.com/watch?v=2v8vIXgGXwE&amp;ab_channel=StJohnAmbulance">https://www.youtube.com/watch?v=2v8vIXgGXwE&amp;ab_channel=StJohnAmbulance</a></p> <p><a href="https://www.youtube.com/watch?v=3gOtKC_QDeW&amp;ab_channel=JilindePlatformLtd">https://www.youtube.com/watch?v=3gOtKC_QDeW&amp;ab_channel=JilindePlatformLtd</a></p>
Year 8		What are the most common addictions facing young men and how to avoid them?	What is binge drinking and how can it be dangerous?	<p>Watch this 13 minute dramatized clip about the issues faced by some young people. Joe has started to binge drink. He causes chaos at a party and alienate his close friends. WARNING: Contains behaviour which could be imitated (but should not be).</p> <p><a href="https://www.youtube.com/watch?v=X8D3QM_ktqk&amp;ab_channel=BBCTeach">https://www.youtube.com/watch?v=X8D3QM_ktqk&amp;ab_channel=BBCTeach</a></p> <p>This clip could be used as a scenario based problem-solving activity. The clip could be paused where Joe asks his brother to buy him alcohol and a class discussion and vote could take place as to what he should do and what the consequences would be. This could be repeated when Joe tells his friends to leave him at the party, and when Joe's Mum finds the alcohol under his brother's bed.</p>
Year 9		What are illegal drugs and why are they dangerous?	What is cocaine and why is it dangerous?	<p>Read through this information page on the Class A drug Cocaine. Cocaine was the third most used drug by young people 2019-2020.</p> <p><a href="https://www.talktofrank.com/drug/cocaine">https://www.talktofrank.com/drug/cocaine</a></p>
Year 10		What is the NHS and how does it keep me healthy?	What should I do if I need help?	<p>Discuss the following options for NHS support with your son:</p> <p>Your local GP service.  <a href="https://www.nhs.uk/">https://www.nhs.uk/</a>  Pharmacy  NHS 111 – a telephone triage service  Local walk in centres.  999 in emergencies, ask for ambulance.  Accident and emergency – in emergencies</p> <p>Please remind your son that we have NHS School Nurse drop-ins every Monday lunchtime in the Gonzaga room (next to Maths 4) and if he would like an appointment with a school nurse during periods 1-3 on Mondays he should speak to his Head of Year.</p>

Year 11		What can I do to take care of my body?	Why is personal hygiene important?	Please read through the information BBC website <a href="https://www.bbc.co.uk/bitesize/articles/zrckscw">https://www.bbc.co.uk/bitesize/articles/zrckscw</a> Healthline Website <a href="https://www.healthline.com/health/personal-hygiene">https://www.healthline.com/health/personal-hygiene</a>
Year 12	How do I become a man fit for the 21st Century?	How can I stay safe online?	How can I ensure my cyber security?	This week your son has debated the question 'How can I ensure my cyber security?'. Watch the video to discuss what cyber security is and how you can protect yourself against cyber-attacks.  What Is Cyber Security: How It Works? - <a href="https://www.youtube.com/watch?v=inWWhr5tnEA&amp;t=190s">https://www.youtube.com/watch?v=inWWhr5tnEA&amp;t=190s</a>
Year 13	How do I become a man for others?	How do I become a better man?	What is a good man?	This week your son has learnt about 'what is a good man?'  Please discuss what personal qualities they perceive to be linked with a good man and how they can develop these.

### 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	approximate
Year 8	ideology
Year 9	complex
Year 10	tolerate

### 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 Linda Jones of CAFOD.

*Jesus, you know what it's like  
to feel abandoned  
lost and afraid.*

*Walk with us*

*And show us how to walk with others,  
who live in fear,  
who face death  
through hunger or war.*

*Show us how to pray  
for those we do not know  
and will not meet,  
but who are always loved by you.*

*Walk with us Jesus,  
Amen.*

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

*-ooOoo-*