



FAMILIES UPDATE WEEK 30

10th May 2024

Dear Parent/Carer

Yesterday, we celebrated the Solemnity of the Ascension. The readings of the Ascension remind us that it is good to be a follower of Christ. We are included in a great tradition and lineage. Through the accounts of these first witnesses, we have become aware of tremendous realities: Jesus's teaching, his suffering, and the "convincing proofs" of his resurrected life. It's no wonder that the apostles stood, "gazing up towards heaven," as Jesus was taken upon a cloud and lifted out of their sight. As described later, "awe came upon everyone" (Acts 2:43).

And yet, the apostles did not even have time to naturally break their heavenward gaze before the men-in-robos immediately called their attention back to the mission that Jesus shared with them moments before: Go, and be my witnesses.

(based on an Ignatian reflection)

We too are called to be 'witness', 'contemplatives in action'. We are called to take the Good News of the Gospel to the ends of the earth.

How might you witness to Christ in your daily life? How might you take the Good News to the ends of the earth?

Wishing you and your families a restful and restorative weekend.

Yours sincerely

Daniel P. Murray
Headmaster

The week beginning Monday 13th May will be **Week A**

General Information

Year 11 GCSE Examinations: Year 11 have had an excellent start to their GCSE examinations. Booster sessions are taking place each morning and lunchtime before examinations and timetable can be found [here](#). Highly focused revision sessions are also taking place during lesson time.

Year 10: Formal mock examinations for Year 10 will begin on Monday 24th June and further details will follow in due course.

Thank you to all parents who attend Supporting your son event on Thursday. The presentation can be found [here](#).

Co-Curricular PE Clubs		
Day	Lunch Time	After School
	12.20pm – 12.55pm	3.15pm – 4.15pm
Monday	Cricket Club (All Years)	
Tuesday	Year 10 – 11 Exam PE Table Tennis Year 10 & 11 Fitness Club Year 7 & 8 Climbing Club	Tennis Club (Year 7, 8 & 9)
Wednesday	Table Tennis (Year 7 & 8) Year 10 & 11 Fitness Club Running Club (Year 7, 8 & 9)	Tennis Club (Year 9 & 10) Golf Club (Close House)
Thursday	Dodgeball (Year 7 and 8) Year 10 & 11 Fitness Club	Cricket Club (All Years)
Friday	Year 10 & 11 Exam PE Table Tennis	

Fixtures this week				
Year Group	Vs	Day/Date	Venue	Kick Off Time
Year 7 Football League Finals	Multiple Teams	Tuesday 14 th May	Benfield	4.00pm
U15 Cricket County Cup	Ponteland	Wednesday 15 th May	Ponteland	2:30pm
Year 7/8 Dodgeball	Multiple Teams	Wednesday 15 th May	Walker Dome	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](https://twitter.com/StCuthbertsCC) on Twitter for updated results.



PSHE at Home				
	Big Question	Sub-unit	Week 30 lesson title	PSHE at home Task
Year 7		What is mindfulness and how do you practice it?	How can I live in the present?	<p>This week, your son learnt the importance of living in the present moment. He watched this clip from the film 'Kung Fu Panda'.</p> <p>https://www.youtube.com/watch?v=Csga4tg5Pq0&ab_channel=YiHyeongNam</p> <p>The advice given in the clip was 'Yesterday is history, tomorrow is a mystery, but today is a gift. That is why its called the present.'</p> <p>What does this advice mean? Do you think it is good advice? How could you try to live in the present? How could living in the present help you to succeed?</p>
Year 8	How can I keep my mind healthy?	How can I improve my mental health and emotional wellbeing?	Why is it important for males to talk about their mental health?	<p>This week your son has been learning why it's important for men to talk about their mental health. Watch the video below with your son which shows ex footballer, now pundit, Micah Richards explaining how talking is a strength, not a weakness.</p> <p>https://www.youtube.com/watch?v=FUbl2XhIK-M&t=35s&ab_channel=BBC</p>
Year 9		How can I learn to control my feelings and emotions?	Is it OK to feel sad?	<p>This week your son has been learning how to express sadness in a healthy way, for example, crying, talking to someone, being creative, or, listening to sad music.</p> <p>Humans brains are wired to look for the negatives in life, but we can retrain our brains to be more positive.</p> <p>Discuss with your son, three things that you are each grateful for, explaining why for each one.</p>

Year 10		How can I improve my mental health and emotional wellbeing ?	How do I reframe setbacks so I become more resilient ?	<p>This week your son has explored the importance of being resilient. Perhaps he could talk through some strategies that help to build resilience?</p> <ol style="list-style-type: none"> Sleep: Having the right amount of sleep is essential to building resilience. You should have 9 hours of sleep each day. Sharing: Talking and staying connected with your friends and family, can help your mood and help build resilience. Learning and Achieving: Learning new things and achieving goals helps your attitude. You should set goals and always try your best to achieve them. Emotions: Don't suppress your emotions, instead, express them through arts, music, or anything else. Relaxation: When things get overwhelming you should take some time to relax and shut off the distractions. <p>In the video below, British gold medal-winning sprinter and former gymnast Asha Philip tells the story of her success - and her tough journey along the way.</p> <p>https://www.youtube.com/watch?v=iuPewWbp2U&ab_channel=BBCIdeas</p> <p>What can you learn about resilience from her story?</p>
Year 11	Year 11 have now finished their PSHE lessons and will focus on revision.			
Year 12	How do I become a man fit for the 21st Century?	How can I stand out from the crowd?	How do I build my online reputation in the workplace?	<p>This week your son has debated the question 'How do I build my online reputation in the workplace?'. Watch the video to discuss the importance of having an online reputation and what benefits this could have in the workplace.</p> <p>5 Steps to Building a Personal Brand You Feel Good About - https://www.youtube.com/watch?v=ozMCb0wOnMU</p>
Year 13	Year 13 have now finished their PSHE lessons and will focus on revision.			

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	alternative
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Year 8	ignorant
Year 9	subsequent
Year 10	implicit/explicit

Numeracy Brainteaser

The answer to last week's puzzle was 252. 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 was written by Laura Gilmartin Hancock

Spirit of Christ,
You draw our attention to you.
We experience your movement in the world and in our hearts
and are struck with awe in the midst of our long, loving look at the Real.

Spirit of Christ,
You draw our attention outward.
We experience your movement in the world and in our hearts
and desire to carry this awe into all that we do.

Spirit of Christ,
Empower us to be your witnesses.
May we be *contemplativus simul in actione*,
contemplatives at the same time as action,
participating in your dream to the very ends of the earth.
Amen.

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

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