



FAMILIES UPDATE WEEK 31

17th May 2024

Dear Parent/Carer

Throughout Eastertide, we hear readings from the Book of Acts. The Acts of the Apostles is such an adventure. The book recounts how the first disciples travel from place to place, establishing and supporting Christian communities, and then moving on. As he leaves the Ephesians, Paul urges the leaders to keep watch over the flock as true, generous shepherds, and warns them against false leaders. And how should the community know who is a good leader? A good leader should be like Paul, who mentions not his words but the way he has served others without asking for any reward.

In his Spiritual Exercises, St Ignatius Loyola reminds us to reflect on God's love using the same image: "love ought to be put more in deeds than in words."

(based on an Ignatian reflection)

As we approach the great feast of Pentecost can we devote ourselves to sharing the love of God with others in all that we do?

Wishing you and your families a restful and restorative weekend.

Yours sincerely

Daniel P. Murray
Headmaster

The week beginning Monday 20th May will be **Week B**

General Information

Catholic Schools Inspection: As you know, the school was recently inspected by a team of inspectors from the Catholic Schools Inspectorate. The inspectors found that:

- Staff fully embrace and live out the mission statement of the school, faith underpins all that they do. They are exceptional witnesses to the gospel within a vibrant Catholic community.
- Pastoral care and inclusion are exemplary. Staff go the extra mile for the most vulnerable and those from disadvantaged backgrounds. Every decision is made in service to and in the best interests of the boys.
- Pupils can speak with confidence about what they have learned in religious education and demonstrate a good level of understanding of key concepts and subject specific vocabulary. Pupils enjoy religious education and recognise its value in their spiritual development.
- Pupils are able to reflect on their experience of prayer and liturgy with confidence and in detail. They can clearly articulate the positive impact the prayer life of the school has had on them.
- Leaders and governors place the highest priority on providing inspirational professional development for liturgical formation. This leads to a teaching staff who are confident and knowledgeable about delivering powerful experiences of prayer and liturgy.

The full report can be found [here](#).

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.

Scholastic Book fair May 15th – 21st: The school will be hosting a Scholastic Book Fair with new and popular books to browse and buy. There will be a large selection of titles for your child to choose from, with prices starting from only £2.99.

Choosing their own books empowers students and inspires them on their journey to becoming lifelong readers. Every purchase at the Fair benefits our school with FREE books for the school library.

To see which books are available and for more information on the book fair please go to:
www.bookfairs.scholastic.co.uk/parents

Only a few copies of each book will arrive with the fair, however, if we sell out, we will order books for students. These should be with us within 3 to 5 days (you will still need to pay for the book, beforehand).

Book Fair Information:

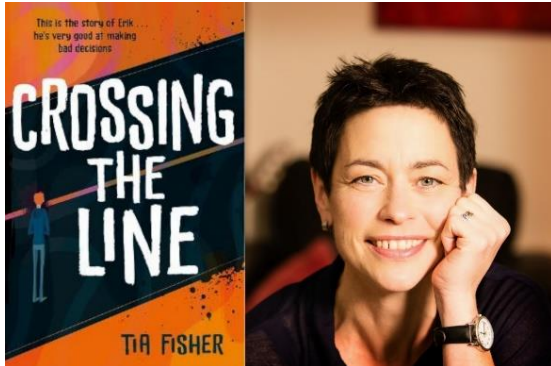
WHEN: May 15th-21st Students can shop the Book Fair at Break and Lunch time

WHERE: Canon Cassidy Centre (LIBRARY)

How to pay:

1. Cash will be accepted at the Fair
2. Purchase a printable Gift Voucher for your child to use at the Fair at the following link:
<https://bookfairs.scholastic.co.uk/gift-vouchers>

Author Visit: Tia Fisher



On Friday 24th May, author Tia Fisher will be visiting the school to discuss her new book *Crossing the Line* with Year 10 in a special assembly. *Crossing the Line* is a powerful verse novel based on the true story of a boy caught up in county lines exploitation.

Following the assembly, there will be a book sale and signing where pupils will have a chance to purchase a copy of the book and have it signed by Tia. The cost for books will be **£5.00**. Only cash will be accepted. Should your son wish to order a book in advance, prepayment can be made to Ms Black in the library. A copy of the book will be reserved for them on the day.

Knife Crime - Operation Sceptre: The Prevention through Education Team from Northumbria Police have created the attached e-leaflet to raise awareness of the national knife crime week. This can be viewed [here](#).

Sixth Form

Year 13 Leavers Celebration: This will take place during the afternoon of Friday 24th May. The celebration will include a year group Mass, presentation and street-food. We look forward to celebrating this event with the group. After this date, Year 13 students will only be required to attend school when they have examinations.

Of course, the students are welcome to revise and prepare for their remaining examinations in school where staff support is close at hand.

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) Rounders Club (Year 8 & 9) 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
U13 Cricket TSSSA	Parkview	Monday 20 th May	Lintz Cricket Club	1.00pm
U13 Cricket County Cup	Tweedmouth Middle School	Wednesday 23 rd May	Beamish & Stanley Cricket Club	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 31 lesson title	PSHE at home Task
Year 7	How can I keep my mind healthy ?	What is mindfulness and how do you practice it?	How can I 'do a .b'?	<p>This week your son will have learnt how to 'do a .b'. This is a simple mindfulness technique to help us concentrate on the present moment. It involves these 4 steps:</p> <p>STOP – whatever you are doing. FEEL YOUR FEET – on the ground (anchor). FEEL THE SENSATIONS OF BREATHING – nose, chest stomach as you breathe. BE – relax in that moment Perhaps he could teach you?</p> <p>Please ask your son to try this 'beditation' technique which will help him wind-down before going to sleep; the video gives instructions: https://www.youtube.com/watch?v=T5ut2NYdAEQ&ab_channel=dotb</p>
Year 8		How can I improve my mental health and emotional wellbeing?	Why do males battle with body image?	<p>This week your son has looked at why males battle with body image. Initially, body image was seen as a problem only for girls, but in recent years it's become clear that many young men face issues with negative views of their bodies.</p> <p>A sad statistic regarding body image is that one in eight adults experience suicidal thoughts or feelings because of concerns about their body image. In the video link below, BBC Sport gathered together five young men for an honest conversation about what it's like to be a modern man, and the impact that can have on their mental health- in this section of the show they discuss body image and surrounding issues. Please watch with your son and discuss any thoughts you have on the issues in the clip. https://www.youtube.com/watch?v=UN7F374dNM&ab_channel=BBCSport</p>
Year 9		How can I learn to control my feelings and emotions?	How can I manage my anger?	<p>This week your son has learnt a 4 step process to better deal with anger:</p> <ul style="list-style-type: none"> • Recognise Triggers • Pause (to reassess situation) • Change Course • Channel <p>Below is a leaflet from the NHS called 'Controlling Anger: An NHS guide to self help', which outlines causes of anger and practical ways to help control it. https://web.nth.uk/selfhelp/leaflets/Controlling%20Anger.pdf</p>
Year 10		How can I improve my mental health and emotional wellbeing?	How do I recognise mental ill health?	<p>This week your son has studied how to recognise depression, anxiety and stress.</p> <p>Below is a supportive link for parent/carers which will hopefully help you to identify if your son needs support with his mental health and what to do if he does.</p>

				https://www.nhs.uk/every-mind-matters/supporting-others/childrens-mental-health/
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?	What types of interview w might I face?	This week your son has debated the question 'What types of interview might I face?'. Watch the video to discuss the importance of having an online reputation and what benefits this could have in the workplace. Top Interview Tips: Common Questions, Nonverbal Communication & More - https://www.youtube.com/watch?v=HG68Ymazo18
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Words of the Week

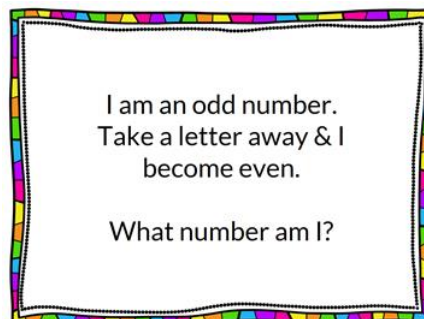
Please use and encourage your son to use their word of the week around the home. The more your son is exposed to this word, the quicker that word will become part of their vocabulary.

This week's words are:

Year 7	circumstance
Year 8	incentive
Year 9	infrastructure
Year 10	commodity

Numeracy Brainteaser

This week's brainteaser for you to have a go at. Answer will be shared 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 St Ignatius' Prayer for Generosity.

*Lord, teach us to be generous.
Teach us to serve you as you deserve;
to give and not to count the cost,
to fight and not to heed the wounds,
to toil and not to seek for rest,
to labour and not to ask for any reward,
save that of knowing we do your will.*

Amen.

Our Lady, Seat of Wisdom, pray for us.

St Cuthbert, pray for us.

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