



FAMILIES UPDATE WEEK 33

7th June 2024

Dear Parent/Carer

Today we celebrate the Solemnity of the Most Sacred Heart of Jesus. To celebrate a day of unconditional love, a sacred love, flowing forth from the heart of Jesus, is a devotion and a day of solemnity that brings hope to our world and a joy to our hearts.

Today's celebration has its origins in the life of a contemplative nun in the Visitation Convent at Paray-le-Monial France. Between 1673 and 1675, our Lord appeared three times to Sr Margaret Mary Alacoque. It is reported that in these appearances Our Lord showed Sr Margaret Mary his heart and asked her to spread the devotion to His Sacred Heart, to establish a Holy Hour and to establish a feast, a celebration in honour of the Sacred Heart. This devotion remains one that is defended and promoted across the world today, not least by the Society of Jesus and the Society of the Sacred Heart.

The heart of Christ, as well as our own hearts, symbolises something wonderful, something that is about the lifeblood flowing through our veins yes, but also, of what is and should be the heart of our faith, the heart of our very life, and this, this is love divine.

(adapted from an Ignatian reflection)

May the love of Christ transform our very lives, so that we may work to transform our world in radical and wonderful ways.

Wishing you a restful and restorative weekend and every blessing to the community of Sacred Heart High School on this their patronal feast.

Yours sincerely

Daniel P. Murray
Headmaster

The week beginning Monday 10th June will be **Week B**

General Information

Year 11 Medication: Medication stored in school for Year 11 pupils will need to be collected by parents/carers. Uncollected medication will be destroyed.

Years 7, 8 and 9 Internal Examinations: Examinations in Years 7, 8 and 9 take place week commencing Monday 10th June. The timetables can be found [here](#).

Year 11 Transition Week: Sixth Form Transition Days for Year 11 will be Monday 24th June to Wednesday 26th June. This will include: an introduction into the Climate and Culture of Sixth Form, lesson tasters, co-curricular sessions, apprenticeship/college workshops and the Year 11 Celebration Event. Pupils who are planning to attend should fill in the Form that is on the Year 11 IAG page on Teams, this Form has also been emailed to each pupil. Pupils should arrive at 8.40am and go to the

Sixth Form Common Room. They should wear their own clothes along with their 'Leavers' hoody. If they do not have a 'Leavers' hoody then they should attend in their own clothes and their school blazer.

Recycled Uniform: If your son's uniform is too small for him, but is in reasonable condition, can you please consider donating it to school, so that we have hold a stock of uniform here? This will help to support other families when blazers are damaged, or boys grow out of them during the year. For parents/carers of pupils in Year 11 please consider donating any items of school uniform that your son will no longer need. Thank you.

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 week commencing 10th June				
Year Group	Vs	Day/Date	Venue	Kick Off Time
U13 Cricket County Cup	Tweedmouth Middle School	Monday 10 th June	Tweedmouth Middle School	12:30pm

Year 10 Futsal	Multiple Teams	Wednesday 12 th June	Kenton	3:30pm
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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.



Sixth Form

Supporting Your Son: We will be hosting a 'Supporting your Son' event based on progression routes on Tuesday June 11th June, starting at 5.30pm

UCAS Discovery Event: This event takes place on Friday 21st June. There will be no Sixth Form lessons on this day. Our Year 12 students are encouraged to attend the event.

Head Boy: This week we have held our Hustings for the position of Head Boy. The quality of interview, husting and letter of application have been exceptionally high. Well done to all nine applicants.

PSHE at Home				
	Big Question	Sub-unit	Week 33 lesson title	PSHE at home Task
Year 7	How can I keep my mind healthy?	What is mindfulness and how do you practice it?	15 minutes of Mindfulness	This week your son spent a period of time practising mindfulness. Watch this video and practise with him: https://www.youtube.com/watch?v=LgXZW6Xqokw&ab_channel=dotb
Year 8		How can I improve my mental health and emotional wellbeing?	How might I recognise and deal with unhealthy coping strategies?	From PSHE Association Guidance* *The content of this lesson is not appropriate for home learning. Students should never be asked to research self-harm or eating disorders online as pro self-harm and eating disorders websites can be instructional, encouraging, or inspiring for students who are more vulnerable in this area.
Year 9		How can I learn to control my feelings and emotions?	How can I improve my self-esteem?	This week your son has learnt how he can improve his self esteem. One of the main things negatively affecting the self esteem of young men is body image. Watch the video below from Childline with your son which explores the link between body image and social media. https://www.youtube.com/watch?v=Yk5BnSwTmrk&ab_channel=Childline

Year 10		How can I improve my mental health and emotional wellbeing?	What might unhealthy coping strategies look like?	<p>This week your son has studied unhealthy coping strategies which could include: Oversharing on social media, working too hard/not getting enough rest, over-exercising, poor diet, relying on energy drinks/smoking/vaping, punching things/self harming.</p> <p>A simple starting point for coping with an issue could be using the 'worry tree' given in the link below.</p> <p>https://healthyschoolscp.org.uk/wp-content/uploads/2021/04/NHS-Every-Mind-Matters-KS34-Worry-Tree-Resource.pdf</p>
Year 12	How do I become a man fit for the 21st Century ?	How can I stand out from the crowd?	How can I practice and perfect my interview technique?	<p>This week your son has debated the question 'How can I practice and perfect my interview technique?'. Watch the video to discuss the importance of preparing for interviews and the key strategies on perfecting your interview technique.</p> <p>How to Prepare for An Interview - https://www.youtube.com/watch?v=qpkegRmPgis</p>

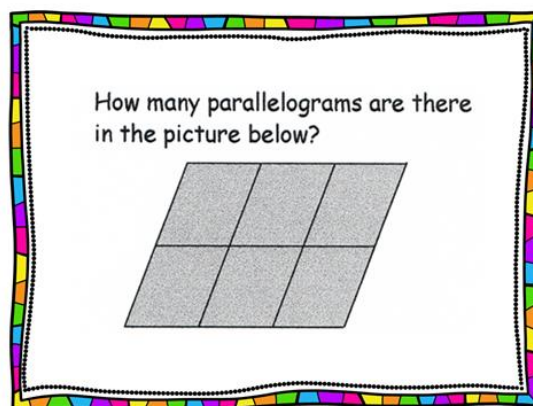
Words of the Week

There are no new words of the week this week, as this week the next vocabulary review will take place. For reference, here are the words from the last few weeks:

Year 7	parallel, technique, alternative, circumstance, environment
Year 8	nevertheless, neutral, ignorant, incentive, foundation
Year 9	sustain, occupy, subsequent, infrastructure, comprise
Year 10	intrinsic, eliminate, implicit/explicit, commodity, innovate

Numeracy Brainteaser

This week's brainteaser for you to have a go at. Answer will be shared in next week's update.



Parish News

All Saints Parish (St Bede's and St George's Churches): Click [here](#) for the latest parish newsletter.

St George's Nursery and Reception Classes- Places available in the Nursery and Reception classes at St George's Primary School. Free Nursery places for 15 and 30 hours. More information: email: office@stgcps.org Telephone: 0191 267 5677 or visit their website: www.stgcps.org

Little Dragons at St George's Catholic Primary School Free Baby and Toddler Group- Every Wednesday from 5th June until 10th July 2024. Drop in any time from 8:45am to 10:30am. More information: email: office@stgcps.org Telephone: 0191 267 5677 or visit their website: www.stgcps.org

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 Madeleine Sophie's Daily Prayer to the Sacred Heart of Jesus,

*Sacred Heart of Jesus,
Give me a heart that is one with your own;
A humble heart that knows and loves its nothingness;
A gentle heart that holds and calms its own anxiety;
A loving heart that has compassion for the suffering of others;
A pure heart that recoils even at the appearance of evil;
A detached heart that longs for nothing other than the goodness of heaven;
A heart detached from self-love and embraced by the love of God,
Its attention focused on God, Its goodness its only treasure in time and in eternity.
Amen.*

Most Sacred Heart of Jesus, pray for us.

Our Lady, Seat of Wisdom, pray for us.

St Cuthbert, pray for us.

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