



FAMILIES UPDATE WEEK 34

14th June 2024

Dear Parent/Carer

On Tuesday we celebrated the Feast of St Barnabas. In the Gospel for the Feast, (Mt 5: 13-16) Jesus reminds us that we are the salt of the earth and light of the world, meant to share our gifts and talents with others for the greater glory of God. The apostle Barnabas exemplifies someone who shined his light before others. We can learn from him that a recipe for salting the earth with our very selves includes being joyful, encouraging, faithful, filled with the Holy Spirit, and able to recognise the grace of God.

The name Barnabas translates from the Hebrew as Son of the Prophet. St Luke writes that the apostles gave him a nickname and explains it to mean 'Son of Encouragement'. Can we learn from the example of Barnabas and encourage others? Can we truly show that the Gospel is Good News for all by the example of our lives?

Wishing you a restful and restorative weekend.

Yours sincerely

Daniel P. Murray
Headmaster

The week beginning Monday 17th June will be **Week A**

General Information

Head Boy for the Academic Year 2024-2025: We are delighted to announce that Felipe Boada Unger is our Head Boy for the next Academic Year and Mathew Dela Pena and Charlie Nottingham are our Deputy Head Boys.

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. Lunch for each day will operate as normal, pupils can either bring in a packed lunch or purchase food from the Sixth form café.

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.

SVP Vinnie Camps: Places are still available on weeks 3, 5 and 6 at the SVP Holy Island Camps open to children from school years 5 – 7 inclusive. The cost for a week at camp is a donation of £150. Details from www.svp.org.uk Dates currently available:

Week 3: Saturday 3rd August – Saturday 10th August 2024

Week 5: Saturday 17th August – Saturday 24th August 2024

Week 6: Saturday 24th August – Saturday 31st August 2024

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 17th June				
Year Group	Vs	Day/Date	Venue	Kick Off Time

U15 Cricket County Cup	Dame Allans	Wednesday 19 th June	Saltwell Cricket Club	1:00pm
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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: It was lovely to catch up with our Year 12 parents on Tuesday evening at our 'Supporting your Son' event. Following a brief outline of what information had been given to students about progression routes, parents then attended a carousel of workshops organised by Northumbria University, ASK Apprenticeship Support and Knowledge and our City Council Careers and Guidance Team.

Thanks to those external agencies for supporting our event.

Careers Development

My Big Career newsletter: take a look at the latest [newsletter](#) and a report from my Big Career celebrating some great opportunities.

Job of the fortnight: this week we are focusing on becoming an intelligence analyst - watch [here](#) to find out more.

PSHE at Home

	Big Question	Sub-unit	Week 34 lesson title	PSHE at home Task
Year 7	How can I keep my mind healthy?	What is mindfulness and how do you practice it?	What is the Examen and how can I do it at home?	<p>This week your son learnt 'Catholic Mindfulness' in the form of the Examen prayer which was first developed by one of the founders of the Jesuits, St Ignatius of Loyola. The Examen is a spiritual exercise designed to allow you to focus on your daily relationship with God. There are many different forms the Examen can take, one such example you can do with your son is below. Simply watch the clip and follow the instructions:</p> <p>https://www.youtube.com/watch?v=VQyvnXtTsuE&ab_c hannel=CampDouglas</p>

Year 8		How can I improve my mental health and emotional wellbeing?	What are some healthy coping strategies I could develop?	<p>This week your son will have learnt about healthy coping strategies he could use if he ever felt like he was struggling to cope. The charity 'Mind' have created a web page with some practical solutions. Please explore them with your son.</p> <p>https://www.mind.org.uk/need-urgent-help/what-can-i-do-to-help-myself-cope/</p>
Year 9		How can I learn to control my feelings and emotions?	What is a mental health condition? (Research Task)	<p>This week your son has been given a HWK task to research one of the following mental health conditions: Anxiety, depression, anorexia, bipolar disorder, schizophrenia and OCD. We have spent the last 6 PSHE lessons learning about mental health and we must remember how important it is to talk about it and not see it as a 'taboo' subject.</p> <p>The Prince of Wales has spent the past year campaigning to change attitudes to mental health in Britain. Spurred on by the fact that suicide is the biggest killer of young men in this country, he wants to use football as a way to get men talking and to break the taboo that surrounds mental health. As a real fan of the sport, William has seen the way men express their feelings at football games. Now he wants to help men show the same passion and openness away from the game. Watch the clip below and discuss how important it is to talk if he has any worries.</p> <p>https://www.youtube.com/watch?v=IRpYotYLIbk&ab_channel=BBC</p>
Year 10		How can I improve my mental health and emotional wellbeing?	What can I do to promote my mental/emotional wellbeing?	<p>This week your son has been studying how he could improve his mental/emotional wellbeing. To finish this unit of work it might be prudent to discuss the reliability of certain websites when looking for mental health support. The PSHE Association recommend this activity to avoid coming across harmful websites.</p> <p>You could discuss the following features:</p> <ul style="list-style-type: none"> • Reputation of the organisation • Presence of medical research links • Whether a mainly positive or negative approach is taken • Is there filtering of harmful material? • Is there encouragement of unhealthy coping strategies? <p>You may wish to show the MIND website as an example to highlight key messages https://www.mind.org.uk/</p> <ul style="list-style-type: none"> • They are a registered charity (webpage footer) • They have an 'about us' section that features clear policy and strategy sections • Their helpline details explain that they have been awarded the Helplines Partnership Quality Standard for Helplines • Their information pages display the Information Standard quality mark and references for research are available on request, along with dates when the page

			<p>content was updated so we know how recently the research details have been checked</p> <ul style="list-style-type: none"> • The section on news and campaigns means there is scope to check authenticity and reputation via other media sources • The content is balanced and does not inspire people to use unhealthy coping strategies.
Year 12	Contextual Safeguarding: Gangs in Newcastle	Gangs: Carly's Story	<p>Carly was beaten up and bullied at school before she made friends with an older boy. He was in a gang, had money and said he could protect her. But Carly became in danger and had to find a way to get help.</p> <p>Visit Carly's story at: https://www.childline.org.uk/get-involved/real-life-stories/gangs-carlys-story/</p> <p>Discuss Carly's story and other resources on the topic of gangs at: https://www.childline.org.uk/info-advice/bullying-abuse-safety/crime-law/gangs/</p>

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	compensate
Year 8	contrary
Year 9	enhance
Year 10	finite

Numeracy Brainteaser

The answer to last week's puzzle was 18 parallelograms. Look out for the next one in next week's update.

Parish News

Newcastle City Centre (St Mary's Cathedral, St Dominic's, St Michael's and St Andrews): Click [here](#) for the latest parish newsletter.

Confirmations 2024- The confirmation course for those between 14 and 18 years of age will begin at St Mary's Cathedral on Tuesday 3rd September at 7pm and each Tuesday thereafter at 7.00pm with the Confirmation itself with Bishop Stephen on Tuesday 8th October. Application forms are available at the back of church and when completed should be handed to one of the clergy.

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

St John Vianney's, St Cuthbert's Throckley and St Marks: Click [here](#) for the latest parish newsletter.
Lourdes Bake Sale – We will be holding a bake sale again after 11.00am Mass at St John Vianney on Sunday 30th June to raise funds for our young people going to Lourdes with the diocesan pilgrimage in July. Please come along and enjoy the refreshments.
First Holy Communion – The children at St Cuthbert's will make their First Holy Communion on Saturday 22nd June at 10.00am and at St Mark's on Saturday 29th June at 11.00am. Let us keep the children and their families in our prayers.

English Martyrs, St Robert's and St Cuthbert's Kenton: Click [here](#) for the latest parish newsletter.
Angels of the North: Baroness Joyce Quin, former Labour MP & co-author introduces us to some more remarkable women of the Northeast in her latest collaboration : Angels of the North 2024. Following Angels of the North 2018, Joyce explains a fresh look at her choice of women & their special links to our region. Join us to hear about some of these amazing women & their achievements. Monday 1st July 2024 at 7.00pm. St Robert's Church Hall Bolbec Rd Fenham NE4 9EP Entry £5—cash only—refreshments included.

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 for the Feast of St Barnabas was written by Carl Caceres SJ

*We pray to You, O Lord,
Inspired by the example of your faithful apostle, St Barnabas
Help us to joyfully shine our light to all those we encounter
Give us Your grace to remain faithful to you in firmness of heart,
Especially when we experience struggle
and our light is shrouded in darkness
Sustain us on our faith journeys
So we can do the work you have uniquely called us to
Amen*

Our Lady, Seat of Wisdom, pray for us.

St Cuthbert, pray for us.

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