



BULLETIN FOR PARENTS AND PUPILS

25th April 2024



Lord, we thank you for blessing us with the land we walk on and the homes we live in.

We thank you for this beautiful world and we ask for your guidance to help us protect your gift of creation and be good stewards to the earth.

Amen

Year 7 Parents Online Consultation

Tuesday 30th April 3.30-6.30pm



Initial links and instructions for making SchoolCloud appointments were sent to parents earlier this week. Some appointments are always held back for release nearer to the event to allow for fairer access to parents and carers with varied commitments. These additional appointments will be released tomorrow (Friday) at around 3.00pm.

If you need to cancel a booking, please call school reception who will then make that slot available to another family. Booking will remain open until 6.00pm on Monday 29th April so do check as sometimes cancellations mean that appointments become available at short notice.

[Video: Parents - How to attend appointments over video call](#)

Cardinal Hume football results

Another week, another semi-final. This time our Year 9 team. And they were made to work for their place in this season's Gateshead Cup final. In a game that swayed to and fro, it wasn't until the final few minutes that Devon's goal came along to clinch the tie and send our lads through to their third consecutive Gateshead Cup final. Hopefully they can repeat last season's success when the final comes around next week. Well done lads.

Y9

Cardinal Hume 4 Grace 3 (Chris Dodds(2), Alex Vallely, Devon Gilbert)

Mr Kiernan



Girls Football Results

Just one game for the girls this week and it was a good one. An outstanding victory against St. Joseph's means that the team have reached the County Cup final for the second year running. The girls played the best football with some outstanding individual performances. St .Joseph's are part of a football academy team that train at least 4 times a week which makes this result even more special. I thought it would be a tough match. However due to strong team work and a real desire to win the girls definitely outshone them and deserved to win. Many thanks to Rosie Richardson's dad who refereed the game.

Cardinal Hume 3 St. Joseph's 1

Goals scored by Ava Bell, Eva Mullen and Lacey Walker

Mrs Matthews





Year 11



Revision Shop

Are you missing vital equipment for your exams?

Look no further than our revision shop!



Pens 20p



Highlighters 50p



Pencil Case 50p



Protractors 20p



Compasses 50p

ERASER

Rubbers 10p



Calculators £13



Index Stickers £1



Revision Packs £3



Post it notes Pack £2



Rulers 30p



Pencils 20p

Located in the
Atrium during
Lunch times!

Navigating exam season

Supporting your child to beat exam stress

Exams can be a challenging time for young people, and many young people can feel worried and stressed in the lead up to exams. As parents and carers, it can be difficult to know what we can do to support them. We've shared some tips on supporting your child if they're feeling stressed about exams.



Look for signs of stress

Stress can present differently in everyone. Signs of stress could include not sleeping or sleeping more than usual, losing interest in food or eating more than usual, being irritable, having headaches or stomach aches, being negative, feeling hopeless, or not enjoying activities they previously enjoyed.


If you notice your child is struggling, ask them what you can do to help them.



Talk about stress and nerves

Remind your child that it's perfectly normal to feel worried or stressed about their exams. The key is to put these nerves to positive use.

Talk openly about how you cope with your own stressful situations, so your child has a positive role model for managing their emotions and time.

Practice relaxation techniques with your child, we love [these ideas from from NHS Scotland](#). 



Support your child to create a routine

Routines and rituals can help your child keep healthy habits, and can help you ensure your child is getting enough sleep and eating well.

If they haven't already, encourage your child to create a revision plan or timetable, splitting their day up into chunks. Encourage them to take regular breaks - which they could use to have a meal, get some exercise or unwind - and try to discourage them from staying up late revising.

Navigating exam season

Supporting your child to beat exam stress



Try not to add to the pressure

Many young people feel pressure to do well in their exams to make their teachers, or families proud. Try not to add to this pressure. Be reassuring, positive, and help put things into perspective. Remind them that there is more to life than their grades, and their results don't define who they are. Reassure them you will be proud of them 'no matter what'.



Make yourself available to listen

Sometimes your child may not want to talk, and it's important we don't force them to have a conversation they don't want to have. Make yourself available but don't pressure them to talk.

You may find that your child opens up in situations where they feel less pressure – for example when you're in the car on the way home from school, or during a walk





Help them unwind after exams

Find ways to help your child unwind after each exam, so they don't dwell on things they could have done better or differently. After each exam, you and your child could watch a film or enjoy your favourite meal together, before they start revising for the next test.



Seek additional support

If you're concerned about your child's stress, or find they don't want to talk to you, encourage them to seek support elsewhere. This could be someone at their school, or an organisation such as Shout or Childline.

- Text CONNECT to 85258 for free to speak to Shout
- Call 0800 1111 to speak to Childline, or visit [childline.org.uk](https://www.childline.org.uk)  for their free online chat
- Visit [place2be.org.uk/help](https://www.place2be.org.uk/help)  for more advice



New KS3 library days have been in effect this week. A reminder that all students wishing to access the library at lunchtime should line up at the bottom of the atrium stairs when directed to by the teacher on duty.

Monday	Tuesday	Wednesday	Thursday	Friday
Year 8	Year 9	Reading Plus and Intervention groups only	Year 7	KS3 Book Club
Year 11	Year 10	Year 11	Yr10	KS4 Book Club

▶ ClickView

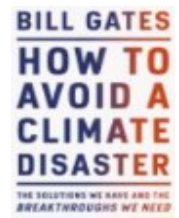
When students are researching in the library, they cannot always find that they need on the shelves. Luckily, they also have access to some excellent online resources. The school subscribes to ClickView which is a digital video library that pupils can access through the library page or via their student hub, both in school and at home. This digital resource has a wide range of videos and clips which are linked to all areas of the curriculum and have been assessed quality and are age appropriate. [Click here to find out more](#)

Earth Day was on Tuesday 22nd April. This is a day to think about the planet and how we can protect it. Here are some books which may appeal to students interested in this topic:



Climate Rebels is a collection of twenty-five hopeful stories from around the globe which feature a series of heroes in the fight for the planet. Stories include the guardians of the Amazon, turtle-protectors and famous names such as David Attenborough and Greta Thunberg. (All ages)

In How to Avoid a Climate Disaster, Bill Gates, founder of Microsoft, shares what he has learnt in over a decade of studying climate change and investing in innovations to address climate problems. He explains how the world can work to build the tools it needs to overcome the challenges. Gates is optimistic about preventing the worst impacts of climate change. (KS4 and 5)



Definition: Take in or contain (something) as part of a whole; include	Synonyms: Integrate, absorb
Example: This aircraft incorporates several new safety features.	Antonyms: Exclude, omit

incorporate

Wellbeing Resources For Parents and Children



Improving
children's
mental health

[Improving children's mental health in](#)



[Home - Kooth](#)

NSPCC

[Signs That a child is Suffering](#)



[YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#)

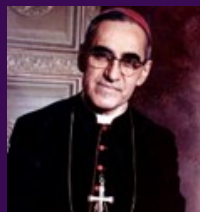


Prince's Trust

**START
SOMETHING**

<https://tinyurl.com/44pyw673>

CHCS Transition 2024



Aspire not to have
more, but to be more.

Bishop Oscar Romero

A warm welcome to Y6 and their families! We are looking forward to you joining us for our busy Transition programme in the coming weeks.

We run our main Transition days over two separate weeks as we are aware that there will be clashes with primary school or family plans. A number of students may not be able to attend one or more of the Transition days, but should not worry about this.

Y6 students should feel confident and relaxed about attending Transition days—they will be welcomed at the school entrance by our wonderful Student Ambassadors who will support them during the days, ensuring that no-one is lost or unsure of themselves. Students who are unable to attend on any given day will be provided with all the information and support they need and should not worry about missing out or catching up.

Details of events, including our Family Learning schedule, can be found on the school website, and further details regarding school uniform and PE kit orders will be posted there.

[Transition - Cardinal Hume Catholic School](#)