



BULLETIN FOR PARENTS AND PUPILS

9th May 2024



All: In the name of the Father, and of the Son, and of the Holy Spirit. Amen

We continue our special prayers this week to Mary the Mother of Jesus. As we say our two Hail Mary's this morning, we remember today how she willingly said 'yes' to serving God. Help us to be inspired by her actions and to pledge this week to willingly serve God in all we do.

Today we offer the prayer for peace in our world.

ALL TOGETHER: Hail Mary, full of grace, the Lord is with thee. Blessed are thou among women and blessed is the fruit of thy womb Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death.

Amen



CHCS Transition 2024



Summer School is a fantastic opportunity to meet new friends and have fun while learning about life at Cardinal Hume Catholic School.

The main focus of Summer School is to develop your confidence - in yourself and in your learning - just as you prepare to join us at CHCS.

You will work on developing your skills and knowledge in a variety of subjects, but also spend time each day on team-building and problem-solving activities which will help you to develop new friendships, to learn to work effectively with other people, and to make the most of your time at Cardinal Hume.

We will be spending as much time as possible outside, getting lots of fresh air and exercise too.

In our Assembly sessions we will be learning about life at CHCS, our values and expectations.

Our timetable each day will look something like this.

09:00	09:15	10:15	10:30	11:30	12:30	13:30	14:30-14:45
ASSEMBLY	LESSON 1	BREAK	LESSON 2	LESSON 3	LUNCH	LESSON 4	ASSEMBLY
	ACTIVITY 1		MATHS 1 DTE F5	ENG 1		PROGRESS 1 JHL	
	MATHS 1 DTE F5		ACTIVITY 1	PROGRESS1 NES		GEOG	
	ENG 1		PROGRESS1 SHY F9	ACTIVITY 1		MATHS 1 SHY F9	
	MATHS 1 SHY F9		ENG 1	PROGRESS1 DTE F5		ACTIVITY 1	

Anyone joining us in Y7 is encouraged to attend Summer School. It is, however, particularly valuable for anyone who is coming to CHCS with few friends from their primary school, or for anyone who is worried or anxious about Transition.

How to apply

Complete an electronic application form <https://forms.office.com/e/1XRsnDQSDK>

OR call school and request a paper application form from Mrs C Smith

Deadline: Friday June 21st

Cardinal Hume football results

After seventy-one games of football across twenty-two different competitions, the 2023-24 Cardinal Hume football season came to a close last Friday at Gateshead International Stadium. Two of our teams played in the Cup Final in front of a good number of our loyal supporters up in the Main Stand. It wasn't to be for our Year 10 team, who couldn't claim the Cup to go alongside their League title. They've still had a cracking season though. Our Year 9s fared a little better, steaming into a four-goal lead early in the first half, before comfortably seeing the game out to claim the League and Cup double. What a great achievement. So overall, that's three Gateshead Leagues, two Gateshead Cups and a Durham County Cup for our teams this year. Thank you to all the kids and staff involved in school football this season. We're all off for a lie-down before it all starts again in September.

Y8

Cardinal Hume 5 Whickham 4 (Matt Harvey(3), Harry Lynch, Mandili Kasumu)



Y9

GATESHEAD CUP FINAL: Cardinal Hume 4 St Thomas More 1 (Liam Craggs, Liam Rafferty, Devon Gilbert, Alex Vallely)

Y10

GATESHEAD CUP FINAL: Cardinal Hume 0 Lord Lawson 3

Mr Kiernan

Girls football results

U16's County Cup Final

Unfortunately it wasn't to be for the U16's girls team in the County Cup Final. The girls played St Bede's who are a football academy and despite being in the lead for the majority of the first half, they couldn't hold on. St Bede's equalised early on in the second half and then scored the winner not long after. The girls tried to get back into the game but really struggled playing into the wind, however their heads never dropped. Fingers crossed for next season. St Bede's have also just won the ESFA National Cup so the girls should hold their heads up high.



Final score 3-2. Goals scored by Lacey Walker and Lois Husband

Mrs Matthews

BEFORE SCHOOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Poetry Club – KS4 Social Club (F10)			Social Club (F10)

BREAKFAST HUB 8:10 TO 8:35 in D2

KS3 LUNCH CLUBS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HW club every day in F10 (invitation)				
Year 8/9 DEB club (F14 – 2 nd half term)	Chess Team – library	Year 9 Debate Club (LON)		Book club – library Junior choir
	Gothic Writing Club – Y8	KS3 Languages Club (T24)		Coding Club (Y7) – F13
		Junior Orchestra Drama Cube		Junior Choir

KS4 LUNCH CLUBS

HW club every day in F10 (invitation)				
		IT/Comp Science (F12)	Creative Writing Club (Starts October ESN)	Book club – library Senior choir
		Snr orchestra Drama cube	KS4 and 5 Humanities Culture Club	Poetry lectures – main hall
				Senior Choir

AFTERSCHOOLS CLUBS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sport – Y7+8 Netball	KS4 Gym Club	Sport – Y9, 10, 11 Netball	Sport – Girls Football	Sport – Y7 football
Sport – Y7 +8 Futsal		Sport – Y7 and 8 Rugby	Climbing Club	
Chess Club - library		Sport - Gymnastics	Sport – Y9-11 Rugby	
School Production 3:15-4:30		DT club – KS3	Craft Club (F10)	
Games Club (F10)		KS3 – Gifted Art Club	Y8 Food Champions	
Y7 Science Club (S4)		Activities Club (F10)		

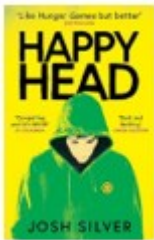


A reminder that all students wishing to access the library at lunchtime should line up at the bottom of the atrium stairs when directed to by the teacher on duty.

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

Year 7 and 8 classes have been busy taking Accelerated Reader quizzes in the library this week. Congratulations to **7E** who have passed the most quizzes with 352 and **7N** who have read the most words with over 7 million! Well done both groups. In Year 8, **8C1** are storming ahead with over 19million words read.

The KS4 Book Club recently read along with the **North-East Teen Book Awards**. The books are now on the KS4 shelf for other students to borrow. Here are some favourites:

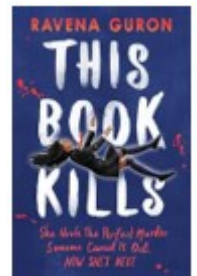


Happy Head by Josh Silver was a favourite for the book club and has also received other awards including Amazon Best YA Book of 2023.

'We are in an epidemic. An epidemic of unhappiness. Friends, here is the good news: HappyHead has the answer.'

When Seb is offered a place on a radical retreat designed to solve the national crisis of teenage unhappiness, he is determined to change how people see him and make his parents proud. But as he finds himself drawn to the enigmatic Finn, Seb starts to question the true nature of the challenges they must undergo. The deeper into the programme the boys get, the more disturbing the assessments become, until it's clear there may be no escape...

Also popular with the book club was *This Book Kills* by Ravena Guron. When Hugh Henry Van Boren, one of the most popular and richest kids in Jess Choudhary's school, is found dead, the student body is left reeling and wondering who the murderer could be. Jess, a student under strict instructions to keep her record clean or risk losing her scholarship, finds herself at the centre of the investigation when it's revealed that Hugh died in the exact same way as a character in a short story she wrote. And then Jess receives an anonymous text thanking her for the inspiration. With time running out, Jess knows if she doesn't solve this mystery she'll finally have something in common with Hugh Henry. She'll be dead too.



Definition:

- 1) To make (an action or process) easy or easier
- 2) To help (something) run more smoothly and effectively

Synonyms:

Ease, aid, assist

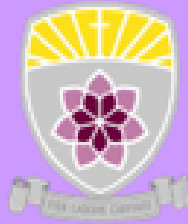
facilitate

Example:

- 1) Schools were located in the same campus to facilitate the sharing of resources
- 2) The moderator's role is to facilitate the discussion by asking appropriate questions.

Antonyms:

Hinder, obstruct, delay



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

ERASE

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!

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>

Year 8 Parents Online Consultation

Tuesday 14th May 3.30-6.30pm

Initial links and instructions for making SchoolCloud appointments were sent to parents on **Tuesday 7th May**. 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 on **Friday 10th May at 2.00pm**.

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 13th May** so do check as sometimes cancellations mean that appointments become available at short notice.


schoolcloud
Parents Evening

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

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