



BULLETIN FOR PARENTS AND PUPILS

6th June 2024



Loving Father, we pray for the school community of Cardinal Hume.
We give thanks for those, past and present who have helped to make this school what it is today, a place of learning and of worship. May we continue to be inspired by their courage and dedication to be the Body of Christ in our world so that we may be:

- a school that is welcoming and accepting of others
- a school that encourages and empowers others
- a school that nurtures and cares for one another

A school that serves and shines the light of Christ in our world.
Amen

CHCS Transition 2024



Congratulations to all the fine young mathematicians and their families who joined us for this week's Maths Family Learning Event. With well over one hundred participants, this was approaching a record crowd for Family Learning—we hope to beat the record at the English session next Tuesday June 11th. There are still places available, so do call school to book on 0191 4877638.

Thank you to those families who have completed Summer School applications—we will be in touch with further details later this month, but please be assured that your Summer School places are secure.

[Transition - Cardinal Hume Catholic School](#)

Summer School application form: <https://forms.office.com/e/1XRsnDQSDK>



SCHOLASTIC

The Scholastic book fair continues on Monday and Tuesday next week. If your son or daughter hasn't bought a book yet, please consider buying one for them. Studies have shown that book ownership is linked to improved reading ability and academic success. In addition, the more sales we make at the book fair, the more new books we will be able to add to the school library for all to enjoy. Parents can make payment here:

bookfairs.scholastic.co.uk/payfairs.scholastic.co.uk/pay and students then collect their purchases from the trolley. (If any titles, sell out, they will be delivered the week after the fair.)

Here are a few more of the brilliant options available at the fair:



The latest creepy mystery from Cynthia Murphy, *Signed Sealed Dead*, is full of twists and turns. True-Crime obsessed Paige, and her family, move across the Atlantic to her father's eerie hometown, and it's not long before she uncovers the town's dark history - a string of unsolved murders and disappearances in the 90s. When notes begin appearing, Paige wonders if these are the clues she needs or if she is in danger.

Blood Flowers by Jay McGuinness is a dystopian fantasy with love, betrayal, witchcraft and murder. Seventeen-year-old Bear lives in the walled town of Calleston – a place of stark divide between the rich and poor. Living down in Cobleside, Bear is painfully conscious of the inequalities between him and residents of Roofside. However, Bear's unprecedented abilities are soon noticed, and he's hurtled into the upper echelons of society with everything he's ever wanted is within his grasp. But it soon becomes apparent, that it's not all he expected it to be.



Definition: Forming a necessary base or core; of central importance.	Synonyms: major, elemental, foundational
Example: The revolution brought about a fundamental change in the country.	Antonyms: insignificant, minor

Fundamental

Published Poets



We recently invited students to participate in the Mother Tongue Other Tongue poetry celebration as part of the North-East Festival of Languages. Across the region, over 37,633 children from 414 schools participated in various events and activities celebrating diverse languages and cultures. Our talented bilingual and multilingual students were asked to produce an original poem either in their home or second language and we were thrilled to see so many superb entries in a range of languages!

I am delighted that seven outstanding entries have been chosen for publication in a digital anthology that will be shared with the local community. You can access a copy of the anthology and these wonderful poems below:

[Book Creator/MTOT Digital Anthology 2024](#)

Congratulations to all the students who participated! Your creativity and multilingual talents are truly impressive.

Miss Power

EAL Coordinator



Cardinal Hume School Walk

On Friday 14th June we will be doing our annual school walk. This year we are doing our walk in support of Show Racism The Red Card. With that in mind we are asking for a £1 donation from every member of our school community. This can be paid on ParentPay form Monday or handed in during tutor time.

Thank you for your continued support.

Book Creator | MTO | Digital Anthology 2024 | MTO | Digital Anthology 2024 | MTO | Digital Anthology 2024

Year 10 Cardinal Hume Sixth Form Information Evening

We would like to invite Year 10 students and parents/guardians to a Sixth Form Information Evening on Thursday 20th June, 5.30pm-7pm. There will be an opportunity to find out what Cardinal Hume Sixth Form can offer your son/daughter and a chance to speak to current Year 12 students. Letters with further information have been distributed to Year 10 students. Reply slips for the event should be returned to your son/daughter's tutor.

SIXTH FORM INDUCTION DAYS - Monday 1st and Tuesday 2nd July

Year 11 students wishing to apply for Cardinal Hume Sixth Form must attend these Induction Days to find out more about the Sixth Form. There will be a range of different activities including a chance to sample lessons, complete activities and independent study work in the subjects students have already expressed an interest in. These days are also open to students who are unsure about whether to return to the Sixth Form and want to find out what it can offer them.

Wellbeing Resources For Parents and Children



Improving
children's
mental health



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



Parent Bulletin 23.5.24.pub

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



[Home - Kooth](#)

NSPCC

[Signs That a child is Suffering](#)



Prince's Trust

**START
SOMETHING**

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

County Lines

Information for parents and carers of children aged 11+



**NORTHUMBRIA
POLICE**

What is County Lines?

County Lines is a form of criminal exploitation involving the transport and sale of drugs. It can involve moving drugs and money from one street to the next, or from one end of the country to the other, and the people who do the 'running' are often children who have been targeted and groomed into doing so by criminal gangs. Drugs are advertised by text message on dedicated 'deal lines' and on social media. Some of the platforms used are lesser known: Signal and Kick are two examples.

Parents and carers (ages 11+) - County Lines e-leaflet

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