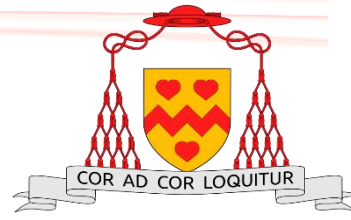


Newman News

"I am proud to work at SJHN Catholic School because I think our pupils are overall well mannered, well behaved and engaging. Equally, I think we have a supportive, welcoming team who are keen to look out for one another and go the extra mile for our pupils. This is my longest serving school and put simply, it is the best I have ever worked at."

Mr S Forrester – Senior Assistant Headteacher



St John Henry Newman
Catholic School

We are proud of our pupils' achievements

After the success of our Year of Hope and Year of Charity, this year will be the Year of Joyous Celebration. We are anxious to hear about the successes of our pupils outside of school. If you have any news we need to celebrate in our next newsletter, please contact school to let us know.

Congratulations to our Year 7, 8 and 9 **Students of the Month** for September. The theme was making an all round excellent start in a subject.

Year 7: Leon M (Art), Faith H (Design and Technology), Ayla H (English), Torran M (History), Joyce K (Geography), Mary P (ICT), Riley B (Maths), Lola E (Music), Esme L (PE), Maya G (RE), Indiana E (Science) and Sian C (Spanish).

Year 8: Nakesha C (Art), Bianca T (Design and Technology), Shane S (English), Isobel M (History), Martin M (Geography), Dylan C (ICT), Zaidyn T (Maths), Oliwia H (Music), Sam S-B (PE), Olivier J (RE), Lilly L (Science) and Lilla L (Spanish).

Year 9: Ruby L (Art), Callum B (Design and Technology), Kieran S (English), Lindon B (History), Luke L (Geography), Lauren C (ICT), Cian G (Maths), Charlie B (Music), Ethan D (PE), Olivia P (RE), Nathan B (Science) and Paige G (Spanish).

The whole school celebrated **National Poetry Day** with our interactive poetry wall where pupils could use note paper featuring random words to create their own poems and celebrate the occasion. We also had a poetry open mic during lunchtime where pupils and teachers were invited to choose one or more poems from the competition entries. A big congratulations to Joyce (Y7), Evelyn (Y11), Natalia (Y8), Maya (Y7) and Jack (Y8).

Congratulations to Witek, Josie, Ayden, Clark and Ben who successfully completed their Silver **Duke of Edinburgh Award** expedition. Year 10 recently heard an assembly about this award and should see Mrs Johnston if they are interested in taking part.

Carlisle Rugby Under 13s were at the Kirkby Lonsdale festival a few weeks ago. Fantastic success for Zaidyn, Toby, Eddie and Lewis who beat Kirkby Lonsdale 6 tries to 2.

Some of our pupils are particularly interested in **fishing**. Lewis E caught a huge pike at Lochfoot in the south of Scotland. What a challenge it must have been and certainly something to be proud of. Eduard and Lewis R were also able to catch some very impressive fish and showed real resilience and commitment to reel them in.

In Year 9, William B and Jayden C both achieved their **Gold Scout Award** through hard work, dedication and resilience. It takes a huge amount of commitment to succeed and earn these awards so their success is thoroughly deserved.

Chloe B in Year 9 and Amie E in Year 10 has excelled at trials in August and earned a place in the **Carlisle United Community Sports Trust Emerging Talent Centre** for young girls in the area. She will have weekly training sessions with FA and UEFA qualified coaches and will play fixtures against other top professional football clubs. A great talent and we hope this is the start of a pathway that will take Chloe all the way to playing professional football.

Some of our pupils recently enjoyed a trip to Ten Pin Bowling. They represented the school excellently with their behaviour and attitude. Callum even won an extra certificate and medal for the highest amount of strikes of any player there. All our pupils got a real confidence boost and made the staff smile. We are incredibly proud of them.

Congratulations to our newly elected Student Parliament Representatives and Deputies:

7KAN – Oliver and Molly-Mai

7HHE – Torran, Lola and Indiana

7ELL – Lucy and Holly-Jane

7LJS – Freddy and Jamie

8KLW – Francesca and Erin

8SJG – Angela and Isobel

8AJR – Lewis and Izabela

8LCC – Tristan and Tianna

8RAR – Leo and Lily-Mae

9SMH – Malcolm

9API – Ellie and Ashley

9RLH – Lily and Autumn

9SVB – Jayden and Alfie

9RAH – Tyler and Lara

10KAM – Ruby and Tristan

10SMO – Oliwia and Sarah

10KAB – Chelsea and Leah

10FMB – Blaise and Milena

11CMM – Alex and Emily

12ACM – Andy, Angel and Ade

13AOM – Abi, Candice, Jess and William

13JSH – Ayden and Luke



Newman News

Congratulations to our Year 10 pupils who have already secured their **work experience** placements at a range of businesses. We hope the rest will follow suit shortly.

Well done to Jay who represented Cumbria in the **high jump** at Gateshead International Stadium over the summer holidays. He competed against the best athletes across the north of England. Such a fantastic achievement.

Year 10 **footballers** produced an excellent performance to earn a 3-3 draw with Trinity, coming from behind to lead 3-2 before conceding in the last minute. The skill and effort shown by the team was excellent with exceptional performances by Luke, Mark and Ethan in defence; Amiee, Heidi, Alfie and Tommy controlled the game in midfield. Harvey and Blaise provided a constant threat in attack supported well by Giovanni and Phoebe. Hayden made an impressive debut and Amiee was awarded Player of the Match for an outstanding display.

In Year 11, Jessica, Bethan and Emily showcased their **theatrical** talents in a production of Chitty Chitty Bang Bang and Anaia continues to hone her skills in **rock-climbing**.

Some of our Year 11 pupils sat their **GCSE Polish exams** in the summer – Julia achieved a well-earned grade 8! She has also been working through the Polish National Exams through attendance at a virtual Polish School.

Year 7 were tasked with completing a **maths treasure hunt** in school. There were 10 clues to solve to do with different types of numbers. The pupils had to 'collect' numbers from a variety of staff around school and then match the numbers against the quiz questions. Pi club members from year 8 were on hand in the Library to answer questions and collect entries. 35 pupils entered the treasure hunt with 5 winners announced in assembly. Trevor from 7LJS was super keen and the first to complete his entry. There were also four form group winners: Reuben (7KAN), Cerys (7HHE), Millie (7LJS) and Lucas (7ELL). 7ELL also won the prize for the most form group entries. Thank you also to Pi club members Eddie, Jaymes, Zaidyn and Natalia for their support in running the competition.

Good luck to Ashleigh, Amelia and Miriam in Year 7 and Hrisimira, Emily and Lyla in Year 11 who will represent the school at the **Youth Speaks** competition on 15 November!

And finally, see the end of this newsletter for an example of the fantastic work produced by our pupils!

Upcoming events/Dates for your diary

Wednesday 1 November – All Saints Day – Mass held in school

Tuesday 14 November – Sixth Form Information Evening for Year 11 Pupils and Parents

Monday 20 November to Friday 1 December – Year 11 and 13 Pre-Public Exams Sunday

3 December – First Sunday in Advent

Monday 4 December – Nasal Flu Vaccinations

Monday 11 December – Year 7-9 Student of the Month trip to the Cinema

Tuesday 12 December – Year 9 Parents' Evening 4.30 pm-7.00 pm

Tuesday 19 December – End of Term

Our extra-curricular timetable can be found here:

<https://www.newman.cumbria.sch.uk/students/activities>

Reminder for Year 11 and 13 Parents

A reminder that PPEs begin on 20 November for a fortnight. Please encourage your child to get organised and begin thorough and structured revision for the upcoming PPEs. In school, Year 11 have been receiving weekly assemblies with revision tips and ideas to help them learn how to effectively revise. Please use this link for further tips on how to help your child with their revision: <https://www.theparentsguideto.co.uk/post/helping-your-child-with-their-revision#:~:text=Act%20as%20the%20student&text=By%20taking%20on%20the%20role,revise%20is%20by%20teaching%20others>.

Community Connections

Use this link to see the Parish Newsletter: <https://www.carlislecatholicchurch.org/newsletter>

Mass Times:

Saturday 4.00 pm, Sunday 10.00 am and 4.30 pm Our Lady and St Joseph's

Saturday 6.00 pm St Bede's

Sunday 9.00 am Christ the King

Sunday 11.00 am St Augustine's and St Margaret Mary

Sunday 1.00 pm Our Lady and St Joseph's Mass in Polish

Sunday 9.00 am St Cuthbert's Wigton

The parish carol service will take place on 17 December in St Augustine's Church.

The Knights of St Columba are hosting a Race Night on 18 November at 7.00 pm in St Margaret Mary's Community Centre. Tickets are £5 and include a pie and pea supper. Tickets can be purchased from Blessed Christopher Robinson House.

Castlerigg Manor are hosting an open retreat for anyone in Year 7 upwards. The dates are 8-10 December and the cost is £65 but Castlerigg are clear that they do not want the cost to be an obstacle for anyone so please do get in touch with Castlerigg Manor if you wish to attend.

Attendance

Time lost by children and young people due to family holidays taken in term time can be disruptive to their education.

Schools are now required to refuse requests for holiday absence in term time. Headteachers may grant a leave of absence in exceptional circumstances. All requests for leave must be put in writing, detailing the time of the leave and the reason for the request. In considering a request, the school will take into account the child's age; the time of year of the absence; academic progress; and whether the holiday is due to exceptional circumstances. Headteachers will **not** authorise absence unless they believe that the circumstances are exceptional. A reply via letter with the decision will be sent to parents/carers.

Parents who take their children on an unauthorised holiday in term time could be issued with a Fixed Penalty Notice. The amount of the fine is £60 if paid within 21 days and £120 if paid between 21 and 28 days.

It is vital that no requests coincide with examinations or other important tests that the child has to take. No leave will be granted where the child is scheduled for an exam.

Any holiday, whether authorised or unauthorised, will have a detrimental effect on a child's attendance and therefore their progress.

It is important to note that **only** the headteacher can authorise absence from the school. Parents/carers cannot authorise the absence themselves.

Spotlight on...the History Department

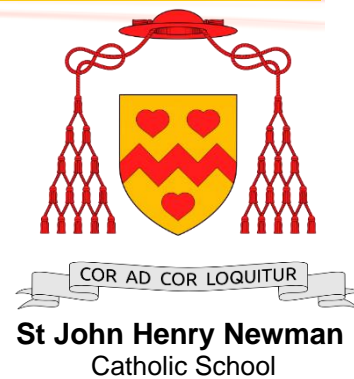
This half term, Year 7 will continue to study the impact of the Norman Conquest in 1066. Pupils have been really enthusiastic about learning the story of what happened and will continue with this enthusiasm as we move on to study castles and medieval life. A visit to Carlisle Castle would be a fantastic way for parents to supplement their child's learning. In year 8, we move on to studying the Industrial Revolution, again with a very local element – Carlisle train station, Carr's biscuit factory and Dixon's chimney all date back to this time period. Year 9 will dig into the complicated causes of the First World War – if they enjoy this, then GCSE history would be a good choice. Year 10 will finish the end of the Norman Conquest topic and then start our Health and the People unit. Year 11 only have two small parts of the curriculum to complete – the end of the First World War and the Norman England site study. Our Sixth Formers are currently completing their NEA (coursework) and will be studying the final sections of their courses – Elizabeth I for the Tudors topic and the Nazi Regime for the Germany topic.

Welcome to our HRSE Newsletter: 'Heart Speaks to Heart'

"Parents are the first educators of their children. It is their right and responsibility to inform and educate their children in matter relating to human growth and development". Our mission at St John Henry Newman Catholic School is to educate our students in the wholeness of mind, body and spirit through the teachings of Jesus Christ. We aim to work with parents, carers and the wider Catholic community to provide pupils with a comprehensive education that prepares them for life. HRSE is an important part of this.

Parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory HRSE up to three terms before the child turns 16. If you have any concerns or would simply like to discuss the HRSE provision with a member of staff, please contact

Miss Lowrey Assistant Headteacher and Lead for HRSE: emilylowrey@newman.cumbria.sch.uk.



Year	Topic outline for this half term	How can you support your child with this?
7	<p>Topic: Healthy Relationships</p> <ul style="list-style-type: none"> • What makes a good friendship? • How to deal with toxic friendships • What makes a good romantic relationship? • Why are committed, stable relationships important? • Different types of families • Roles and responsibilities within a family 	<ul style="list-style-type: none"> • Discuss some of the key questions shown here with your child. You could ask them about their friendships and discuss whether they are healthy or toxic and what they can do about it. • In terms of families and stable relationships, it is not our aim to judge and we aim to teach students to value all kinds of families. You could discuss this with your child and ask them what they have learned about the importance of families. • Discuss roles and responsibilities within the family and how they can be fulfilled
8	<p>Topic: Different types of abuse</p> <ul style="list-style-type: none"> • Relationship abuse • Domestic abuse • Self-Harm • Eating disorders • Emotional, physical, psychological abuse • Neglect 	<ul style="list-style-type: none"> • Discuss some of these key areas with your child. • Create an atmosphere for open and honest conversation about their reactions to some of these topics. • Please alert school if any of these areas may be a particular concern for your child
9	<p>Topic: Risks within close relationships</p> <ul style="list-style-type: none"> • This is a challenging unit with some difficult and emotional concepts but it is a requirement that we teach these issues. We aim to do so in a compassionate and understanding way. • What is consent? • Domestic abuse • Why is female genital mutilation (FGM) illegal? • 'Honour' based violence 	<ul style="list-style-type: none"> • You could introduce these topics to your child before we study them in order to prepare them mentally. You could also talk to them after the lesson to clearly up any questions or to reassure them. • Support your child in understanding concepts like consent and how important that is in relationships.
10	<p>Topic: Stalking and Harassment</p> <ul style="list-style-type: none"> • Definitions of stalking and harassment • The law surrounding stalking and harassment • The physical and psychological impacts • Street harassment • Sexual harassment • That stalking and harassment are not just things that happen to celebrities 	<ul style="list-style-type: none"> • Discuss some of these key issues with your child • Encourage open and honest communication • Be aware of what your child is doing online • Please alert school if any of these areas may be a particular concern for your child
11	<p>Topic: Pregnancy</p> <ul style="list-style-type: none"> • Challenges surrounding teenage pregnancy • When is the right time to have a baby? • Arguments for and against abortion • Reasons why people choose adoption or fostering • Fertility issues 	<ul style="list-style-type: none"> • Discuss some of these key issues with your child. • If you feel comfortable, discuss your own experiences with pregnancy (your own or a partner's or a relative's) • Provide a safe atmosphere for open and honest conversation. • Please alert school if any of these areas may be difficult for your child to discuss in lessons.

Where can you or your child get additional support with issues covered this term?

- Our safeguarding lead, Mr S Forrester
- Pupils can access support in schools through their tutors, Head of Year, or any member of our pastoral team
- Kooth – a counselling service accessible through the school website
- Your GP for issues surrounding health
- Your local parish priest
- Call the police immediately if you believe you are dealing with issues where a crime may have been committed.
- www.lifecharity.org.uk
- www.anxietyuk.org.uk
- www.b-eat.co.uk or 0845 634 1414 – a charity which offers information and support surrounding eating disorders
- www.bacp.co.uk or 01455 883316 – the British Association for Counselling and Psychotherapy
- www.careforthefamily.org.uk
- www.cedar.uk.net – Catholics Experiencing Domestic Abuse
- www.centreformentalhealth.org.uk
- www.childline.org.uk or 0800 1111
- www.nationaldomesticviolencehelpline.org.uk or 0808 200 0247
- www.getconnected.org.uk – free confidential help for young people under 25 years old
- www.harmless.org.uk – support for those who self-harm
- www.marriagecare.org.uk
- www.mensadviceline.org.uk
- www.mind.org.uk
- www.nspcc.org.uk
- www.parentlineplus.org.uk or 0808 800 2222
- www.samaritans.org or 116 123
- www.supportline.org.uk
- www.victimsupport.org.uk or 0845 30 30 900
- www.youngminds.org.uk

Boris the Horse – A Little Red Riding Hood remake

There once was a horse named Boris,
Who went on a trot through a forest,
Although he was shan – he kept on gan – to see his grandma Doris.
He galloped and gathered a racket,
All the animals just couldn't hack it,
The birds were annoyed, they tried to avoid, any sign of a big red jacket.
Boris was eager to see,
His grandma to fill her with glee,
He trotted along, singing a song, and laughing like 'tee hee hee'.
He arrived at her house with a knock,
All he heard was a clock tick tock,
He opened the door, then dropped to the floor; what he saw had startled a shock.
Oh what big ears she had,
Oh what big eyes she hand,
Better to hear, better to see, the feeling he had was bad.
Grandma didn't have such fur,
This beast didn't look like her,
Boris felt sick, he had to be quick, his vision was starting to blur.
The wolf sprung out of the bed,
But he stumbled and hit his head,
He lay on the floor, Boris in awe, maybe – the wolf is dead.
He searched all around the room,
Under the bed and the broom,
He scanned and looked, but had no luck, maybe she met her doom.
BANG! Went the clang of a tin,
Boris jumped out of his skin,
He turned around and look who he found: Doris with a great big grin.
Grandma was finally safe,
She suddenly started to shake,
She was relieved, she yelled 'yippee', and baked sweet Boris a cake.

By Jake, Year 12