

# Newman News

"I am proud to work at St John Henry Newman Catholic School because it is where I fell in love with teaching again. I am proud to work at Newman because every person we meet matters to God and people who work here treat each other like that's true. I am proud to work at Newman because of Mrs Tickell bringing a Lego set to a student who is in pain so that he can taste success, because Mrs Jones makes reading cool again, and because one mass with Father Luiz on Friday morning brings so much light even the hardest hearts soften." Ms Braschko, English Department.



## 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 excited 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.

We had a resoundingly successful **SALAD day** in January. Year 11 took part in some intensive Maths Revision sessions; Year 10 learned all about First Aid; Year 9 gained an introduction to the Holocaust which they will continue to study in their history lessons this half term; Year 8 got to grips with Genetics in Science and Year 7 had an insightful session on careers. In the Sixth Form, Year 13 learned all about budgeting and cooking at university with Mrs Hoskins and Mrs Hurst's Ready Steady Cook session and Year 12 explored economics and morality with Mrs McAree.

A huge well done to Jamie in Year 8 and Heidi in Year 10 who took part in the County Schools **Cross Country** event at the Sheepmount. Both pupils did very well to reach this level of the competition, running against the best athletes in the county.

**Year 5 pupils** from Inglewood school came for a visit to take part in a carousel of workshops. Year 10 pupils Imogen, Ruby and Ella were a fantastic help to the staff in leading the sessions and showing these pupils excellent examples of our pupils.

As part of Shakespeare's **Romeo and Juliet** unit, pupils in Mrs Johnston's and Ms Braschko's Year 10 English classes re-enacted the lines of the prologue and Act 1 of the play. Well done Year 10!

A group of Newman pupils took part in the Secondary County **Gymnastics** competition at Ullswater College. The pupils competed on floor and vault after weeks of after school practice and were a real credit to the school at the event. Special congratulations go to Ava and Bethan for receiving the highest scores for St John Henry Newman Catholic School for under 14s and under 19s respectively and to Daniel for winning the gold medal for under 19 males. It was a great team effort from all our pupils.

We also celebrate the achievements of our staff: Miss Blackwood, who leads the school Gymnastics and Cheerleading club, competed in her first **cheerleading competition** recently and had a fantastic time. It's never too late to try something new!

Our Sixth Formers celebrated the **Feast of the Presentation of the Lord**, also known as Candlemass. At the end of the mass, each pupil held up their own candle to be blessed and then processed to the statue of Our Lady and placed their candles before her. The atmosphere in mass was lovely, as usual and the readers were a credit to the school.

The Pupil Librarians celebrated Children's Mental Health Week by organising a series of well-being activities to help all pupils express their thoughts, feelings, and ideas. Here are a few pictures of the week's activities. A big thank you to all those who got involved, and special thanks to the stars of this week's celebrations, the Pupil Librarians! Additionally, we welcomed **Barnardo's** to the school to deliver an assembly to our Year 11 pupils about the importance of mental health.

A group of our pupils took part in the latest multi-Skills **Panathlon** event at Harraby Community Centre. They had a fantastic morning taking part in a wide range of sporting activities.

Our **Sixth Form open day** proved incredibly popular. Our Year 11 pupils had a taste of Sixth Form life with taster sessions for all subjects and a team building event where teams had to work together to make the tallest paper tower that could support the weight of a golf ball. There was also a successful visit to Carlisle College.

The Year 10 and 12 **Duke of Edinburgh** group had a fantastic walk out at Dalston and Rose Castle. The group is coming together well ready for their official expedition. Thank you to Mrs Johnston, Mrs Hoskins and Mr Johnstone for accompanying them.

Welcome to our two **new members of staff** who have joined us recently – Mr M Barker as our IT Network Manager and Miss N Griffiths as a Business Admin Apprentice.

## Newman Alumni – Lauren Hewitt

Lauren was a pupil at Newman School from September 2011 to 2018. Following two years in our Sixth Form she then studied at Liverpool John Moores University for 4 years in the Master of Pharmacy Programme. During this time the course moved online and exams were online due to Covid-19. Pharmacy was always Lauren's first choice degree as she wanted to do something science and maths based.

Lauren undertook work experience in a Pharmacy aged 16 and was then offered a job in the Pharmacy as a Saturday girl which she did for two years before her course began. As part of her degree Lauren gained experience in a community pharmacy and hospital pharmacy.

At the end of the degree course she studied on a foundation training year in which she worked in a pharmacy and a GP Practice, gaining valuable experience. Lauren then sat her final exam to join the GPhC register to practice as a pharmacist. Along the way Lauren was faced with some hurdles, studying during the pandemic and having to retake her exam to join the GPhC register.

Lauren secured a job as the Pharmacy Manager of a branch of Well Pharmacy in January of this year.

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## Upcoming events/Dates for your diary

Our extra-curricular timetable can be found here:

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

Tuesday 12 March – Year 8 Online Parents' Evening  
Friday 15 March – Year 11 Geography field trip  
Wednesday 20 March – Year 8 Visit to Glasgow Science Centre  
Monday 25 March – Year 10 Dukes Theatre Trip, Lancaster  
Tuesday 26 March – Year 10 Online Parents' Evening  
Wednesday 27 March – KS3 Student of the Month Trip to Fusion  
Thursday 29 March – Chrism Mass at Lancaster Cathedral  
Thursday 29 March – End of Term  
Wednesday 24 April – Sixth Form Lancaster University Trip  
Tuesday 16 and Tuesday 30 April – Year 7 day trips to Castlerigg Manor

## Continuing Library Events

### Library Science Club

The Library Science Club, run by our Sixth formers Ayden, Witek, Abigail, Joseph, Josie, has been a hit this past year. But, as the exams draw near, they've decided to bring it to an end. We had a blast celebrating the last session at the end of the term. The club's got quite the following now, and they've touched on everything from marine biology to space exploration, with some seriously cool experiments each week. Plus, they've been encouraging everyone to read widely on scientific topics. Big shoutout to the Sixth form gang for being such amazing mentors and thank you for inspiring our future scientists!

### Get Caught Reading

Our "Get Caught Reading" initiative is your chance to win exciting prizes! If you're spotted reading by one of our pupil librarians, you'll receive a ticket to enter a prize draw at the end of the term. Imagine winning an amazing prize, all because you're caught enjoying a good book!

### Accelerated Reader Treasure Box

For Years 7 and 8 who are enrolled in the Accelerated Reader program, there's an extra opportunity awaiting you. Score 75% or higher on a book quiz, and you'll have the chance to crack the treasure box code in the library. Guess the three digits correctly, and you'll win a fantastic reward - a £10 book token, delicious chocolate, and a mystery book! But don't worry if you're not on Accelerated Reader; you can still participate by writing a book review to display in the library. Each book review you submit gives you a chance at cracking the code and winning big.

### Pupil Librarian recommendation of the term:

The Final Year by Matt Goodfellow

Life can be tough in your last year of primary school. Tests to take, preparing for the change to high school. Nate is ready for it all, knowing his best friend PS is at his side - they've been inseparable since Nursery. But when they are put in two different classes and PS finds a new friend in Turner, the school bully, Nate's world turns upside down. As he struggles to make sense of this and forge new friendships, he's dealt another blow when his youngest brother, Dylan is rushed into hospital. His new teacher, Mr. Joshua, sees a spark inside of Nate that's lit by his love of reading and writing and shows him how to use this to process what's going on. But with so much working against him, and anger rising inside him, will this be enough?

## 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

Following the sell-out performance in May, the parish are delighted to announce that Father Norman will open the annual parish concert on 1 and 2 March 2024. Tickets are on sale at Sunday Mass.

Castlerigg Manor is hosting its annual Easter Retreat from 28 March to 31 March: Maundy Thursday to Easter Sunday. It is a great chance to journey together through Easter, to have some fun, and to make some friends along the way. The retreat costs £85.00 but Castlerigg do not want cost to be an obstacle for anybody so if you want to come but cannot afford it, get in touch and they can probably help you out.

Castlerigg are also looking for interns to join the team. Get in touch if interested: [jack@castleriggmanor.co.uk](mailto:jack@castleriggmanor.co.uk)

## Spotlight on...our new IT Network Manager!

"I am delighted to become a part of the St John Henry Newman Catholic School community as the new IT Network Manager. Building on my experience from other schools across Cumbria, I am eager to upgrade our IT infrastructure to ensure the safety and security of our systems, provide support to our hard-working staff, and empower the rising talent that is clearly abundant throughout the school." Mr M Barker.

## 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 pupils 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](mailto:emilylowrey@newman.cumbria.sch.uk).



Year	Topic outline for this half term	How can you support your child with this?
7	<b>Body Image</b> <ul style="list-style-type: none"> <li>• Self-esteem</li> <li>• Body Image</li> <li>• Consequences of positive and negative body image</li> <li>• How the media influences body image</li> <li>• Making positive changes</li> </ul>	Open and honest discussion about thoughts and feelings. Help your child to critically evaluate media sources and identify unrealistic or unhealthy messages about body image. Promote a healthy diet and exercise regime. Notice when things don't seem right and seek help if necessary.
8	<b>Prejudice and Discrimination</b> <ul style="list-style-type: none"> <li>• Defining prejudice and discrimination</li> <li>• Multicultural and multifaith Britain</li> <li>• Immigration to Britain</li> <li>• Empire Windrush</li> <li>• Racism in Britain</li> </ul>	Encourage your child to engage with the news in a critical way – working out what is fake news or sensationalist media. Discussing the benefits of multiculturalism and the serious reasons why people may choose to immigrate to Britain. Discuss racism that your child might see or experience. Don't dismiss it. Challenge ideas such as "they're stealing our jobs/benefits" and encourage your child to be compassionate and understanding. Or simply ask your child what they have learned this week.
9	<b>Understanding Sex and Relationships</b> <ul style="list-style-type: none"> <li>• Purpose of sex</li> <li>• How sex changes a person and a couple</li> <li>• Understanding contraception – the science of natural and artificial contraception; religious views on contraception</li> <li>• The ethics of contraception</li> <li>• Sexually Transmitted Infections</li> </ul>	These are topics that are required in KS3 by the statutory guidance. They are delivered in year 9 as we feel it is important to wait until pupils are mature enough to address them seriously. They will be delivered in an age-appropriate manner and in keeping with the Catholic beliefs of the school. A scientific approach will be taken to understanding contraception and STIs. You could support us by having open and honest conversations with your child and encouraging them to ask questions to an adult rather than the internet where information is less controlled.  It is important that you contact school if you have any concerns or questions or simply wish to discuss the teaching of this topic further.
10	<b>Stress, Depression and Anxiety</b> <ul style="list-style-type: none"> <li>• What is stress?</li> <li>• What is depression?</li> <li>• What is anxiety?</li> <li>• Identifying normal emotions compared to mental health issues</li> <li>• Impact on individuals and families</li> <li>• Dealing with mental health concerns</li> </ul>	Open and honest discussion about thoughts and feelings. Put names to feelings and discuss why they are feeling this way and whether that is normal and natural or whether they are struggling with mental health. Seek professional support if necessary.
11	<b>Physical Health</b> <ul style="list-style-type: none"> <li>• Why is sleep important?</li> <li>• Why is diet important?</li> <li>• Why is exercise important?</li> <li>• Destressing techniques</li> </ul>	Encourage your child to spend a reasonable amount of time away from the screen and away from school work. Go for a walk with your child. Ensure your child has a healthy amount of sleep. Cook dinner together and discuss a healthy diet. Talk to your child about how they are feeling. Spend quality family time together – a board game, a film, exercise, meditation.

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

- Our safeguarding lead, Mr J Robinson
- Pupils can access support in schools through their form tutors, Head of Year, or Mrs Anderson, our school counsellor.
- 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.NHS.uk](http://www.NHS.uk)
- [www.taize.fr/en\\_rubrique2603](http://www.taize.fr/en_rubrique2603)
- [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)
- [www.bacp.co.uk](http://www.bacp.co.uk)
- [www.centreformentalhealth.org.uk](http://www.centreformentalhealth.org.uk)
- [www.depressionalliance.org](http://www.depressionalliance.org)
- [www.mind.org.uk](http://www.mind.org.uk)
- [www.samaritans.org](http://www.samaritans.org)
- [www.sane.org.uk](http://www.sane.org.uk)
- <https://www.idealflatmate.co.uk/pupils-mental-health-guide>
- [www.careforthefamily.org.uk](http://www.careforthefamily.org.uk)
- [www.parentlineplus.org.uk](http://www.parentlineplus.org.uk)