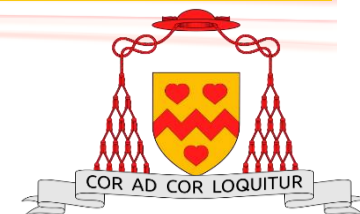


# Newman News

"I'm proud to work at Newman for several reasons. Firstly, as an ex-pupil of the school, it gives me a lot of pride to be now working for the school that shaped me. I'm also proud of the amazing staff we have working so hard each and every day to give our pupils the best chance of success. I'm also proud of our pupils who embrace the values of our school and remind me daily of why I got into teaching." Mr D McArdle – Deputy Headteacher



St John Henry Newman  
Catholic School

## We're proud of our pupils' achievements

Huge congratulations to John Paul in Year 9 who attended the **English Schoolboys National Boxing Championships** and beat last year's age group national champion in the semi-final. Unfortunately, he went down 4-1 via split decision to a London-based fighter. Number 2 boxer in his age group nationally is a fantastic achievement and John Paul has been invited to train as part of the England Development Pathway in August.

Our year 10 Geography group braved the wind and rain to complete their **GCSE Geography fieldwork** in Silloth. They completed some excellent work and behaved impeccably – a credit to the school.

Our **Coronation Quiz** saw 11LJS crowned victorious in the form group competition and Harvey in year 8 for the individual competition. It was great to see both pupils and staff getting into the coronation spirit. Our pupil librarians have done a fantastic job promoting our royal book selection. They've been encouraging everyone to dive into our right royal reads.

Congratulations to Charlie in year 8 for passing his Grade 2 **Guitar exam**.

A big 'well done' to all our pupils who represented the school in the **district athletics event** on 17<sup>th</sup> May. The junior boys' team finished in 3<sup>rd</sup> place and the girls finished in 4<sup>th</sup> place with a combined 3<sup>rd</sup> place for Newman overall. There were some brilliant individual success stories too:

Tinotenda (Yr10) – 2<sup>nd</sup> place in high jump; Vitalli (Yr10) – 3<sup>rd</sup> place in long jump and 3<sup>rd</sup> place in 200m; Jeeh (Yr10) – 3<sup>rd</sup> place in triple jump and 3<sup>rd</sup> place in hurdles; Max (Yr10) – 3<sup>rd</sup> place in 400m; Marcel (Yr9) – 1<sup>st</sup> place in discus; Jay (Yr9) – 2<sup>nd</sup> place in high jump; Harvie (Yr9) – 2<sup>nd</sup> place in 200m; Mark (Yr9) – 3<sup>rd</sup> place in 800m; Blaise (Yr9) – 3<sup>rd</sup> place in shot put; Kacper (Yr9) – 3<sup>rd</sup> place in 100m; Chloe (Yr8) – 1<sup>st</sup> place in 300m; Heidi (Yr9) – 1<sup>st</sup> place in high jump; Maisie (Yr8) – 3<sup>rd</sup> place in discus.

These pupils now have the chance to represent Carlisle in the County Championships at the Sheepmount on 10<sup>th</sup> June. We wish them luck.

On Sunday 13<sup>th</sup> May, two year 9 pupils – Lexi and Kasey – participated in a **regimental parade** from Carlisle Castle to the Cathedral with their cadets group. Kasey also sang with four other cadets at a service in the cathedral for the King's Coronation. We are incredibly proud of how these pupils represent the school, the cadets, the country and themselves.

We are immensely proud of the U13 and U14 **girls' football teams** who played in the **City School finals** on Tuesday 23<sup>rd</sup> May at Brunton Park. Although neither came away with a trophy, they played brilliantly and made the school proud. Goalkeeper Jorja performed particularly well and was given 'Player of the Game' by members of staff from other schools, pulling out some excellent saves. Thank you to all of the parents who came down to Brunton Park to support the teams.

Year 11 pupil Leah has been **scouted for the Lionesses**. She went to a talent pathway trial at the Manchester City training complex and had a very successful day. On that back of this, she was told that a scout would be encouraged to watch her play for her club side with the potential to be involved with the U19 Lionesses in the future. Well done to Leah!

**Year of Charity** – 9KAB have raised a fantastic £40 for Eden Valley Hospice with their 'Guess how many sweets are in the jar'. Congratulations to Mr Orton for his winning guess. 9SMO have raised a wonderful £37 also for Eden Valley Hospice with a 'Name the Giraffe' competition. Congratulations to Rosie for the winning name – 'Neon'. 9KAM and 9FMB have been running a very successful tombola which raised a total of £127 for Cancer Research.

On Sunday 4<sup>th</sup> June, the **Duke of Edinburgh** group walked over 9km on a circular route from Grasmere to Rydal Cave via Rydal Water. The group were fantastic and made great time especially in the summer heat. Well done from Mrs Johnston, Mrs Hoskins and Mr Johnstone.

Pupil librarians have been spotting pupils engrossed in their books and rewarding them with tickets for our **Get Caught Reading** prize draw. Lilla in year 7 was the lucky winner. Keep up the awesome reading! This half term, teachers are included too! If you're spotted by our eagle-eyed pupil librarians with a book in hand, you'll receive a special ticket to enter our prize draw. We have exciting rewards lined up for the winning pupil and for the winning teacher. So let's ignite our love of reading together. Stay immersed in captivating stories, explore new genres and let your passion for reading shine.

We've had an amazing time celebrating **Shakespeare's birthday** in the LRC. We created a special 'To be or not to be' reading recommendations list and display. Setting up a centre stage book display was great fun, with lots of information and books showcasing his best-known works. No matter if you're into tragedies or comedies, our display had something to capture every imagination. It was a great change to dive into the world of Shakespeare and explore his incredible stories. So let's keep embracing the magic of Shakespeare's words and let his timeless stories continue to inspire us all.

Please do get in touch if you would like us to feature your child's achievements outside of school. We are always looking for opportunities to celebrate the whole range of successes and talents of our pupils.



# Newman News

## LRC news continued...

We recently welcomed our new lay chaplain to the LRC who has written a short introduction: "Hi, I'm Rachel the new chaplain at your school. Some of you already know me from my time at Castlerigg where you went for school trips. A fun fact about me is that I used to work in the outdoors, helping people climb up and jump off high walls, towers and bridges. My hobbies include playing the guitar, windsurfing, paddleboarding, photography and spending time living in a converted van. At St John Henry Newman Catholic School, my job is to assist with your religious development and be a friendly face for you to talk to about anything. You can usually find me in the school chapel, the San Lorenzo Restaurant or the LRC."

Calling all St John Henry Newman Pupils! We want to hear from YOU! Our school library is looking to order some new books, and we want to make sure we're getting books that you would love to read. That's where YOU come in. We're inviting you to come down to the library and make a book recommendation. What's your favourite book? What's been on your reading list for ages? What book do you think every pupil should read? Let Mrs Jones or the pupil librarians know and we'll do our best to get it in the library for you and your fellow pupils to enjoy. So, come on down to the library and make your voice heard. We can't wait to hear your recommendations!

## Summer reading challenge

Are you ready for an epic summer reading challenge? Get ready to dive into incredible stories, embark on thrilling adventures, and explore new worlds through the magic of books! Here's the deal: during your summer break, we want you to read, read, read! Discover books that ignite your imagination and take you on unforgettable journeys. Then, when you come back to school, we have something special planned. You'll have the chance to share your favourite summer reads with fellow pupils on our amazing Reading Wall. It's a place where you can showcase the books that captured your hearts and inspired your minds. Let your recommendations shine bright and guide others to extraordinary experiences. So, grab those books from the library, lose yourself in their pages, and let your imagination soar. Then, return to school and join us in creating a colourful, inspiring Reading Wall filled with your incredible reading adventures. Get ready to read, share, and inspire one another. Together, let's make this the summer of unforgettable stories!

## Upcoming events/Dates for your diary

This half term: Year 7 reports and Year 10 reports

This half term: GCSE and A-level exams continue

This half term: Year 10 Year of Charity events

This half term: Year 9 Year of Charity SALAD day activity – date and details to be confirmed

This half term: Year 10 and 12 PPEs

This half term: Year 6 induction events

Tuesday 20<sup>th</sup> June: Year 7 Parents' Evening

3<sup>rd</sup>-7<sup>th</sup> July: Castlerigg Retreat

3<sup>rd</sup>-7<sup>th</sup> July: Year 10 Work Experience

Wednesday 19<sup>th</sup> July: End of term – have a restful summer break.

## Upcoming events

### Genre Sign Design Competition:

We've got a super exciting competition happening in our library, and we want every single one of you to be a part of it! Get ready to unleash your creativity and design a totally show stopping sign to help us organise our book collection by genre. So, what exactly is a genre? It's like a book category that sets the vibe, style, and theme of the books. We've got lots of genres for you to choose from, including sport, comedy, historical, scientific, fantasy, romance, crime, mystery, dystopia, horror, real life, friends and family, social issues, animal stories, adventure, wellbeing, graphic novels, dyslexia friendly, quick reads, hobbies, interests, and careers. Don't forget, you've got to submit your amazing creations by May 9th. Oh, and guess what? The winning designs will be displayed in the library, looking oh-so-professional! If you need more details about your chosen genre, don't hesitate to chat with Mrs. Jones or one of our super cool pupil librarians. Good luck - let the fun begin!

## Exam Season

Monday 15 May - GCSE and A Level Examinations begin and run through until the end of June 2023.

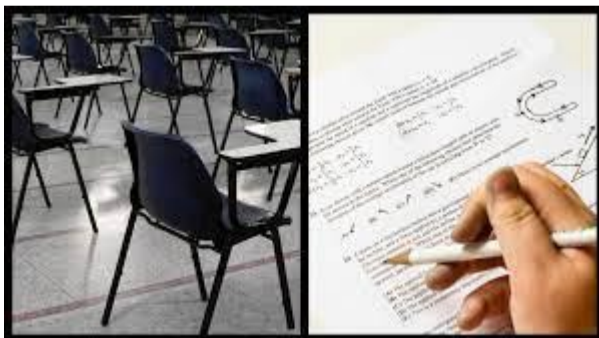
Pupils are encouraged to prepare for these exams by having somewhere quiet at home to work.

They should be spending time revising and completing online preparation.

BBC Bitesize, Oak National Academy and Seneca are really good resources.

The official examination results will be published on Thursday 17 August 2023

(A level and BTEC Level 3) and 24 August 2023 (GCSE; Level 2 qualifications).



## Community Connections

Bishop Paul will be visiting the parish on 24<sup>th</sup>/25<sup>th</sup> June and 1<sup>st</sup>/2<sup>nd</sup> July to meet the people and discuss pastoral and personal matters with the clergy. He will be present at 6 of our 8 weekend masses. Further details can be found on the parish newsletter linked below.

Use this link to see the Parish Newsletter:

<https://www.carlislecatholicchurch.org/newsletter>

Mass Times:

Saturday 4pm, Sunday 10am and 4.30pm Our Lady and St Joseph's

Saturday 6pm St Bede's

Sunday 9am Christ the King

Sunday 11am St Augustine's and St Margaret Mary

Sunday 1pm Our Lady and St Joseph's Mass in Polish

Sunday 9am St Cuthbert's Wigton

## Spotlight on...Mimi in year 9

"On 7<sup>th</sup> November 2022, I was diagnosed with 2 ultra-rare blood disorders – Severe Aplastic Anaemia (SAA) and PNH. SAA is a condition that affects your bone marrow and its ability to produce all the different blood cells that we all need to live. It means that your immune system can't function as it normally would, leaving you vulnerable to infections and illnesses. It also means you can't heal as well as a healthy person. Less than 2 in every 1 million people are diagnosed with SAA each year and, if not caught early and treated, it is fatal.

The reason I have decided to share this is to encourage people to sign up as bone marrow (stem cell) donors. In children and young people, the only cure for SAA is a bone marrow transplant. This involves the donor giving either blood or bone marrow which is then given to the patient via a transfusion. It is a really straightforward procedure.

What this has personally meant for me is that, since diagnosis, I have had to live in almost complete isolation. I haven't been able to attend school or see friends and family. I have missed most of year 9 and won't be back for the start of year 10. I have had 44 blood and platelet transfusions, more than 120 blood tests and scans and have spent a total of 2 months in hospital. I have been through chemotherapy and was lucky enough to have a complete stranger donate their cells for a transplant.

If you think you could become a donor, there are 2 organisations that sign people up to the register: [www.dkms.org.uk](http://www.dkms.org.uk) and [www.anthonynolan.org](http://www.anthonynolan.org). There is a huge need for young people to sign up, so please share this with friends and family and you could help save a life. Thank you."

## 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 students 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>Tobacco</b> <ul style="list-style-type: none"> <li>Why do some people choose to smoke?</li> <li>Dangers of smoking</li> <li>Laws surrounding tobacco</li> <li>Vaping</li> <li>Anti-smoking campaigns</li> </ul>	Whilst we do not aim to be judgemental of people's lifestyle choices, it is important that as parents and a school working together we stress to students that smoking and vaping are a serious health hazard and should be discouraged. If you smoke, perhaps you could discuss with your child the reasons why you chose to do so and why quitting is not as easy as it may sound to a young mind. If you do not smoke, you could ask your child what they learned in HRSE this week and use this as a basis for discussion. Be alert for signs of your child smoking or vaping.
8	<b>Understanding sex and relationships</b> <ul style="list-style-type: none"> <li>Being ready for sex in a relationship</li> <li>Choosing to delay sex</li> <li>Intimacy and consent</li> <li>Dangers of pornography</li> <li>Peer Pressure and the Media</li> </ul>	Whilst some of these topics may seem challenging for year 8, they are all required by the statutory guidance and will be delivered in an age-appropriate manner with guidance from the diocese to ensure that our delivery fits with our Catholic values. You can support us by having open and honest discussions with your child about what they have learned. You could also monitor their use of the internet to be aware of what they are accessing online as this may not be delivered in an age-appropriate manner like school lessons.  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.
9	<b>The Holocaust</b> <ul style="list-style-type: none"> <li>Pre-War Jewish Life</li> <li>Nazi Persecution of Jews and other groups in occupied Europe</li> <li>The Final Solution</li> <li>Moral dilemmas</li> <li>Perpetrators, collaborators and bystanders</li> <li>Jewish Resistance During the Holocaust</li> </ul>	This is a hard-hitting and sometimes upsetting topic but one that it is important that all students learn and think about. Therefore, we aim to address this topic in as sensitive a way as possible. A lot of this work is done through class discussion and group work as we believe that extended writing about the Holocaust is not always appropriate.  You could prepare your child for this topic by discussing some of the key themes that might arise. During the topic, you could discuss what they have learned in lessons. If you feel that your child will be particularly upset by anything in this topic, please do contact school.
10	<b>Abuse of illegal substances</b> <ul style="list-style-type: none"> <li>Types of drugs</li> <li>Effects of illegal drugs</li> <li>"Legal highs"</li> <li>Abuse of prescription drugs</li> <li>County Lines</li> </ul>	Again, we do not aim to be judgemental of anyone's choices but it is important that we all stress the illegality of drug use, including abuse of prescription drugs. Ask your child what they have learned and use this as a basis for discussion. Ensure that students are aware of the risks. If you have prescribed or over-the-counter medication in the house, ensure your child understands the difference between genuine medical use of such drugs and illegal, addictive, abusive use of such drugs. Be alert for signs of drug use or involvement in drug trafficking from your child.

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

- Our safeguarding team led by Mr Forrester and Mr Robinson
- Students can access support in schools through their tutors, head of year and 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.NHS.uk](http://www.NHS.uk)
- [www.addictionhelper.com](http://www.addictionhelper.com)
- [www.childline.org.uk](http://www.childline.org.uk) or 0800 1111
- [www.addictionhelper.com](http://www.addictionhelper.com)
- [www.al-anonuk.org.uk](http://www.al-anonuk.org.uk) support for teenage relatives and friends of alcoholics from people in a similar situation
- [www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk) or 0845 769 7555
- [www.nhs.uk/livewell/alcohol/pages/alcoholsupport.aspx](http://www.nhs.uk/livewell/alcohol/pages/alcoholsupport.aspx) or 0800 917 8282
- [www.famanon.org.uk](http://www.famanon.org.uk)
- [www.ukna.org](http://www.ukna.org) or 0300 999 1212 for Narcotics Anonymous
- [www.Samaritans.org](http://www.Samaritans.org) or 116 123
- [www.parentlineplus.org.uk](http://www.parentlineplus.org.uk)
- [www.supportline.org.uk](http://www.supportline.org.uk)
- [www.talktofrank.com](http://www.talktofrank.com) or call 0800 776600 or text 82111
- [www.het.org.uk](http://www.het.org.uk)