

CARDINAL WISEMAN

Newsletter Issue 70 6 September 2019

CATHOLIC SCHOOL

LEADERSHIP UPDATE

As we reach the end of the first week back at school, we would like to extend a very warm welcome to all of the families who have joined us for the first time this September. It has been a week full of joy, wonder and happiness as we welcome our new Year 7 students into our school community, and fantastic to see all of our other children return rested and refreshed. Fittingly, this weekend marks Education Sunday, where we celebrate those who teach and those who learn, in the hope that we can continue to open doors to exciting prospects for the future.

During the summer, we were able to celebrate wonderful GCSE and A Level results, with two of our students, Daisy Meade and Franceska Tchapeu, leaving to read Economics and Medicine respectively at Oxford and many others going to their first choice university.

We look forward to updating you with all the exciting events as the term progresses but please feel free to follow us on Twitter and Instagram, where you can see regular updates of the day to day activities happening in the school.

Have a wonderful weekend.

The Leadership Team

PARENTAL MEETINGS

- ◆ **Year 11 Information Evening with guest speakers ELEVATE
Monday 16 September, 5.30pm-6.30pm**
- ◆ **Open Evening for Year 6 students and their parents/carers
Wednesday 18 September, 6.00pm-8.00pm**



Cardinal Wiseman welcomes you
Open Evening
Wednesday 18th September 2019 6pm-8pm

The Principal, Mr Leverage, will make an address in the hall at 6.30pm



Cardinal Wiseman
Catholic School
Part of The Romero Catholic Academy



Win £1,000 of books for a student of your choice

Do you know a post 16 student who would benefit from a National Book Tokens bursary?

Go to nationalbooktokens.com and nominate them to **win £1,000 of National Book Tokens** – enough to buy every book they'll need for university, whatever they've chosen to study.

If you win, not only will their reading list be sorted, you'll also get a **£50 National Book Tokens gift card for yourself** to say thank you (although we're sure they'll remember to do that too).

This is an offer from National Book Tokens and not organised by Cardinal Wiseman Catholic School. Please contact Nation Book Tokens directly with any queries.



Why a European Day of Languages?

There have never been more opportunities to work or study in a different European country - but lack of language competence prevents many people from taking advantage of them.

Globalisation and patterns of business ownership mean that citizens increasingly need foreign language skills to work effectively within their own countries. English alone is no longer enough.

Europe is rich in languages - there are over 200 European languages and many more spoken by citizens whose family origin is from other continents. This is an important resource to be recognised, used and cherished.

Language learning brings benefits to young and old - you are never too old to learn a language and to enjoy the opportunities it opens up. Even if you only know a few words of the language of the country that you visit (for example on holiday), this enables you to make new friends and contacts.

Learning other peoples' languages is a way of helping us to understand each other better and overcome our cultural differences.

Journée européenne des langues 26 septembre



European Day of Languages
www.coe.int/EDL

The Attendance Team were thrilled to welcome back our students this week and to meet all the new Year 7 pupils. We hope to have another great term in regards to attendance for all our students.

Please continue to support your child with attending school each day and being punctual. School starts at 8.50 am and finishes at 3.20 pm.

If you have any attendance queries please do not hesitate to contact us on 02476 617231 and ask for the Attendance Team.

attendance
MATTERS

5 Top Tips for Good Mental Health

An important part of keeping fit and healthy is to take care of your own mental health. There are plenty of things you can do to help make sure you keep yourself mentally healthy.

Get plenty of sleep

Sleep is really important for our physical and mental health. Sleep helps to regulate the chemicals in our brain that transmit information. These chemicals are important in managing our moods and emotions. If we don't get enough sleep, we can start to feel depressed or anxious.

The [Sleep Foundation](#) provides tips on how to sleep well, and to overcome problems with sleeping.

Eat well

Eating well isn't just important for our bodies, but it's also important for our minds. Certain mineral deficiencies, such as iron and vitamin B12 deficiencies, can give us a low mood. Try to eat a balanced diet. If you find you're a particularly stressed or anxious person, you should try limiting or cutting out caffeine as this can make you feel jittery and anxious.

Get plenty of sunlight

Sunlight is a great source of vitamin D. Vitamin D is a really important vitamin for our bodies and our brains. It helps our brains to release chemicals which improve our mood, like endorphins and serotonin. Try to go out in the sun when you can, but make sure you keep your skin and eyes safe. Thirty minutes to two hours a day of sunlight is ideal. During the winter, some people become depressed because they aren't getting enough sunlight - this is known as Seasonal Affective Disorder (SAD). Some people find using a special light-therapy lamp helps to alleviate the symptoms.

Activity and exercise

Activity and exercise are essential in maintaining good mental health. Being active not only gives you a sense of achievement, but it boosts the chemicals in your brain that help put you in a good mood. Exercising can help eliminate low mood, anxiety, stress and feeling tired and lazy.

You don't need to run a marathon or play ninety minutes of football; a short walk or some other gentle activity might do the trick.

Do things for others

Helping others isn't just good for the people you're helping; it's good for you too. Helping someone can help with your self-esteem and make you feel good about your place in the world. Feeling as though you're part of a community is a really important part of your mental health. You could try volunteering for a local charity, or just being neighbourly.

More ideas
next week...



Safeguarding

The Duke of Edinburgh's Award is starting again this academic year at Cardinal Wiseman School and is open to all students in Years 9 & 10 for the Bronze level, Year 11 for Direct Silver and Year 12 for Direct Gold. The Award is undertaken throughout the year and training will be run by Mr Palmer on Wednesday after school in the 6th Form Centre.

The Duke of Edinburgh's Award is a broadly based programme of activities voluntarily undertaken by students and for each Award young people have to complete the requirements of each of the four different sections:

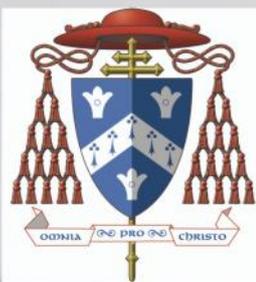
- **Volunteering:** undertaking service to individuals or the community.
- **Physical:** improving in an area of sport, dance or fitness activities.
- **Skills:** developing practical, social skills and personal interests.
- **Expedition:** planning, training and completion of an adventurous journey in the UK.
- At Gold level, an additional **Residential** section, which involves working and staying away from home.

Training for the Awards is starting next week and the first meeting is on Wednesday 11th September, when confirmation letters for parents will be given out to take home.

If you are interested in assisting with the leadership of the awards at school, after school and also on weekends later in the year for expeditions, please contact Mr Palmer:

spalmer@cardinalwiseman.coventry.sch.uk





Cardinal Wiseman Catholic School

Bus Passes

We are delighted to be able to announce that from September 2020 we will be supporting a greater number of our families in accessing bus passes to secondary school.

From September 2020, Year 7 pupils will be eligible for a FREE bus pass to Cardinal Wiseman Catholic Secondary School if they meet the following criteria:

- Pupils must be of statutory school age, ie, in Year 7
- Live within the Coventry Local Authority Area.
- Their home address must be 2 miles or more from the school measured by the nearest available walking route.
- They must have attended a Romero MAC partner school and Cardinal Wiseman must be their first choice as secondary school for Year 7 in September 2020.

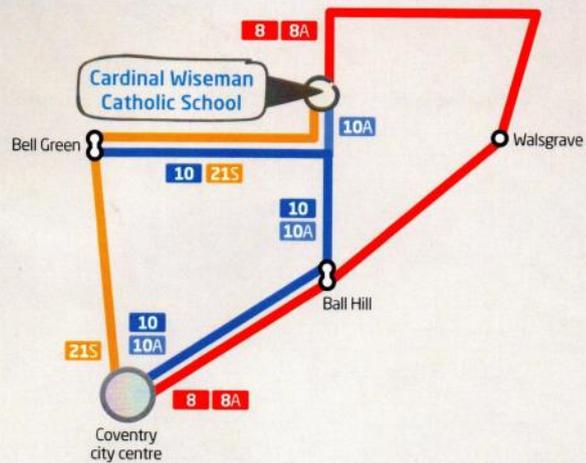
If you require any further information regarding the above please do not hesitate to contact admin@cardinalwiseman.coventry.sch.uk.





Cardinal Wiseman Catholic School

Cardinal Wiseman Catholic School by bus



Our services for pupils at Cardinal Wiseman Catholic School

8 8A buses up to every 15 minutes for pupils living in Coventry city centre | Ball Hill | Walsgrave

10 buses up to every 15 minutes for pupils living in Coventry city centre | Ball Hill | Bell Green

10A School service for pupils living in Coventry city centre | Ball Hill (runs on school days only)

21S School service for pupils living in Coventry city centre | Bell Green | Ward End (runs on school days only)

S11

Chase Avenue
Remembrance Road
Langbank Avenue
Princethorpe Way
Quorn Way
Bredon Avenue
Binley Road
Hipswell Highway
Ansty Road
Woodway Lane
Potters Green Road (Cardinal Wiseman)

S12

The Moorfield
Aldermoor Lane
Binley Road
Ansty Road
Woodway Lane
Potters Green Road (Cardinal Wiseman)





an **imagineer** project

Year 10 Take Part in a City Bridge-building Project

'Imagineer' is an Initiative that links schools with professionals in the arts and sciences.

Imagineer and ARUP are working with seven secondary schools around Coventry to introduce pupils to bridge-building.

With a focus on STEAM (science, technology, engineering, arts and maths), pupils are designing and making their own bridges, large and small, culminating in a bridge-building day at Coventry Cathedral in later this month.

The Applied Arts Faculty with Year 10 students have made bridge pictured the below and are looking forward to spending the day at Coventry Cathedral working further with Imagineer.



Cardinal Wiseman
Catholic School

Part of The Romero Catholic Academy

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