



**Cardinal Wiseman
Catholic School**
Part of The Romero Catholic Academy

Newsletter

Nativity of Saint John the Baptist

24 June

LEADERSHIP UPDATE

Newsletter Issue 100 19 June 2020

Dear Parents and Carers,

It has been fantastic to see so many of our Year 10 students back on site this week. There was a lot of emotion from staff and students alike and it was lovely to see so many come in ready to learn and begin to build on the work that they had done during lockdown. Their day began with a wellbeing session to talk about how lockdown had affected their lives and to answer some common questions that have been asked about their GCSE courses, before restarting where they left in various core subjects. This week has also seen the expansion of 'live lessons' where each subject has a teacher giving the lesson via Google Meet or being available live to discuss the uploaded content. The engagement and uptake from students has been phenomenal and we are delighted that so many are doing all that they can to pick up where they left off. Next week, as well as continuing the face-to-face teaching, we will also be looking at what the end of Year 10 would have looked like and what some of the steps into Year 11 will be.

Behind the scenes, our transition team have been working with our primary feeder schools in Coventry to ensure that we have a smooth transition for our upcoming Year 7. Virtual meetings and phone calls to over 38 different schools to support our future Cardinal Wiseman students are in progress. In addition to this we are now starting to see a return of the 'About You' booklets that were sent out last month to Year 6 students who are to join us in September. Mr Forinton and the team are busy reading and learning all about the achievements and aspirations of our future students. There is also the 'Go Awesome, Go Big' transition project, on our website, that has resources for parents and students to support them during this time, along with a pre recorded virtual tour that will help our new students familiarise themselves with key areas of our school.

We hope that you and your families are keeping well at this time as the lockdown measures seem to be somewhat easing, but if there is anything that we can do to support you, please use the 'Help' links on our homepage of the website to contact us and let us know.

Take care, and God bless.

The Leadership Team.



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www.cardinalwiseman.coventry.sch.uk



Year 6 to Year 7 Transition Update

Year 7 starting Cardinal Wiseman in September 2020

As Executive Principal of Cardinal Wiseman, I want to take the opportunity to reassure Parents and Carers of Year 6, and the pupils themselves, that we are greatly looking forward to meeting them in September. We understand that the transition from Primary to Secondary school is an anxious time ordinarily, however in the current climate we know that the present level of uncertainty may be adding additional worry.

I would like to assure you that we are working away behind the scenes to ensure that when the school reopens, the transition process is as smooth and straightforward as possible for all concerned. Our key staff have been in contact with ALL of the primary schools to ensure that we know as much about our new Year 7 pupils as possible. Our SENCo, Mrs Oliver, has also been working closely with primary staff, who work with those pupils who require specific support, to ensure your child's start in Year 7 is as smooth as possible.

We have planned two opportunities for Year 6 pupils (whether at home or at school) to engage in Live Events on Microsoft Teams on **Tuesday 30 June at 11am and Thursday 2 July at 11am**. This will enable our pupils joining us in September, to meet some of the staff and see some familiar faces. Further details will be sent very shortly.

If you do have any queries, please email our Transition Team, led by **Mrs Hirons, Assistant Vice Principal** directly on transition@cardinalwiseman.coventry.sch.uk.

If you have any specific queries regarding SEN support please could you contact Mrs Oliver, SENCO directly on foliver@cardinalwiseman.coventry.sch.uk

All our information can be found at this website <https://cardinalwiseman.coventry.sch.uk/year-6-to-7-transition/>

Please take the time to enjoy the virtual tour of our school, by [clicking here](#), so you can see our wonderful school site.

Mr T. Leverage

Executive Principal



**Supporting
School
Transitions**

Faith in Isolation

In this period when it is not possible to attend liturgies or Mass, the Archdiocese have provided us with some worship resources that we wish to share with all of our families, students and staff. Hopefully they will be of comfort to many of you and be of spiritual value to us all.

[If you wish to listen to Worship & Song Week 9,](#)
[please follow this link.](#)



IMPORTANT INFORMATION

The link below will take you to the latest information on coronavirus translated into 20 different languages:

<https://www.doctorsoftheworld.org.uk/coronavirus-information/>

Year 10 Timetable Week Beginning 22 June 2020

	Monday	Tuesday	Wednesday	Thursday	Friday
Pastoral 9.30 - 10.00	Wellbeing activity or Google Chat with form tutor	Wellbeing activity or Google Chat with form tutor		Wellbeing activity or Google Chat with form tutor	Wellbeing activity or Google Chat with form tutor
Lesson 1 10.00- 10.40	English	Maths	Options pre recorded lesson	Science	RE
BREAK 10:40-11am					
Lesson 2 11.00-11.40	English	Maths	Options pre recorded lesson	Science	RE
Lesson 3 12.00- 12.40	English	Maths	Options pre recorded lesson	Science	RE
COLLECT LUNCH / DEPART 1pm					
Remote Learning Tasks	MFL	Geography/ History		PE/H&S/ICT	Art/Photography/Tech



The most important symptoms of coronavirus (COVID-19)



new and continuous cough

or



high temperature

or



loss of, or change in, your normal sense of taste or smell (anosmia)

If **you have symptoms** of coronavirus, you need to **self-isolate for 7 days**

If **you live with someone who has symptoms**, you need to **self-isolate for 14 days** from the day their symptoms started

For most people coronavirus will be a mild illness. However if you have any of the symptoms you should self-isolate at home

Stop the spread of coronavirus



Wash your hands more often and for 20 seconds

Use soap and water or a hand sanitiser when you:

- Get home or into work
- Blow your nose, sneeze or cough
- Eat or handle food



Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze and throw the tissue away straight away



Supervise young children to ensure they wash their hands more often than usual



Posters and lesson plans on general hand hygiene can be found on the eBug website



Clean and disinfect regularly touched objects and surfaces more often than usual using your **standard cleaning products**



Staff, young people and children should stay at home if they are unwell with a new, continuous cough or a high temperature or loss of, or change in, normal sense of taste or smell **to avoid spreading infection to others**

If staff, young people or children become unwell with any of the coronavirus symptoms on site, **they should be sent home**

We are asking schools, colleges, nurseries, childminders and other registered childcare settings **to remain open for children of critical workers and vulnerable children** where they can

YOUNG MINDS

fighting for young people's mental health

The Young Minds website has tips and advice to help parents support their children during the coronavirus pandemic.

Visit their website:

<https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/>

Supporting your child if they're feeling worried

It's normal for children and young people to feel worried or anxious at the moment. We've all experienced sudden changes in our lives and routines – and we're living with lots of uncertainty about the coming weeks and months. For some young people, the coronavirus pandemic may also worsen or trigger anxieties they were already struggling with.

Here are five things you can do to support your child:

1. Talk to them about what's going on. Find out how they're feeling and what they're thinking about, let them know it's okay to feel scared or unsure, and try to answer their questions and reassure them in an age appropriate manner. Remember, you do not need to know all the answers, but talking things through can help them feel calmer.
2. Help them to reflect on how they're feeling and encourage them to think about the things they can do to make them feel safer and less worried.
3. Reassure them that this will pass, you're there for them, and you will get through this together.
4. Spend time doing a positive activity with your child (such as reading, playing, painting or cooking) to help reassure them and reduce their anxiety. This is also a great way of providing a space for them to talk through their concerns, without having a 'big chat'.
5. Keep as many regular routines as possible, so that your child feels safe and that things are stable.

[YoungMinds Parent Helpline](#)

The Young Minds parent helpline is available to offer advice to parents and carers worried about a child or young person under 25.

- Trained advisers are here to give you help and advice, whatever the question.
- Call for free on 0808 802 5544 from Monday-Friday, 9:30am - 4pm.
- You can also use the [email service](#) at any time.

Finding More Information and Support: Helplines and Services Available

Anxiety

[Anxiety UK](#)

Practical advice and information for anybody affected by anxiety, stress and/or anxiety based depression – as well as for their parents, family and friends.

- In response to coronavirus, they are extending their Infoline hours to support as many people as possible. Now open Monday-Friday 9.30am-5pm, and Saturdays and Sundays from 10am-8pm.
- Phone: 0344 477 5774
- Email: support@anxietyuk.org.uk
- Text: 07537 416 905
- Live Chat available during office hours via the website
- You can join #Coronanxiety webinars and support groups, including around topics such as OCD, uncertainty and claustrophobia, at www.anxietyuk.org.uk/coronanxiety-support-resources.

Autism

[National Autistic Society](#)

- You can find information about coronavirus on the website – and look out for ideas and suggestions for supporting someone with autism around routine change, anxiety and sensory issues such as hand washing over the coming weeks.
- You can also contact their helpline for information and advice. Open Monday-Thursday 10am-4pm and Fridays 9am-3pm. Phone: 0808 800 4104



Helplines and services available: continued

Bereavement

Cruse

- [Resources to support people around bereavement](#) as a result of coronavirus, including grieving and isolation, talking about death and dying and other issues

Young people with disabilities

- [Contact](#)
- [Information on benefits and tax credits](#) that parents and carers could be entitled to if caring for children during the coronavirus pandemic
- [Advice on what the Emergency Coronavirus Bill means](#) for disabled children and their families
- You can also call their helpline for information and advice: Monday-Friday 9.30am-5pm. Phone: 0808 808 3555

Domestic violence and abuse

Women's Aid

National charity supporting women and children experiencing, or at risk of, domestic violence

- Practical advice and support during the coronavirus pandemic: www.womensaid.org.uk/covid-19-resource-hub
- Live chat service open Monday to Friday 10am-2pm: <https://chat.womensaid.org.uk>
- Survivor's Forum open 24/7: <https://survivorsforum.womensaid.org.uk>

NSPCC

- [Information and advice for parents and carers](#) around coronavirus, including keeping children safe from abuse
- Helpline open Monday to Friday 8am-10pm, 9am-6pm at weekends: 0808 800 5000
- [Online contact form](#)



Helplines and services available: continued

Eating disorders

Beat Eating Disorders

- Information on coronavirus, your child's treatment and changes to food routines: www.beateatingdisorders.org.uk/coronavirus
- Helplines open 365 days a year from 12-8pm on weekdays, and from 4-8pm on weekends and bank holidays
- Adultline (for over 18s, including carers and professionals): 0808 801 0677
- Youthline (for under 18s): 0808 801 0711
- Studentline (for all students): 0808 801 0811
- [1:1 online chat](#) open on Mondays, Tuesdays, Wednesdays and Fridays from 12-8pm, and on Thursdays, Saturdays and Sundays from 4-8pm
- Email for adults: help@beateatingdisorders.org.uk
- Email for young people: fyp@beateatingdisorders.org.uk
- Email for students: studentline@beateatingdisorders.org.uk

Emotional support for young people

The Mix

You can find information on the Mix website about coronavirus and ideas for things to do while staying home.

Their emotional support services are open as normal – and if you're under 25 you can talk to them about anything that's troubling you over the phone, email or webchat. You can also use their phone or online counselling service.

- Helpline open daily 4-11pm: 0808 808 4994
- [Email service](#) [Webchat](#) open daily 4-11pm [Counselling service](#)

Housing

Shelter

Advice on coronavirus and housing, including evictions, mortgages, rent, benefits and landlords.



Helplines and services available: continued

Mental health and coronavirus

Mind

- [Coronavirus information hub](#). Includes advice on coping with work, looking after your wellbeing, rights to social care, loneliness and changes to sectioning.
- Infoline open 9am-6pm Monday to Friday: 0300 123 3393

Rethink

- [Coronavirus information page](#) including temporary changes to the Mental Health Act, advice for carers looking after those with severe mental health problems and information on self-care.

CarersUK

- Guidance on what support is available to carers during the coronavirus pandemic, with lots of relevant links.

Parenting support

Family Line

- Provides support with parenting and family issues via phone, text and email.
- Open Monday to Friday, 9am - 3pm and 6 - 9pm.
- Phone: 0808 802 6666
- Text: 07537 404 282
- Email: familyline@family-action.org.uk

Gingerbread

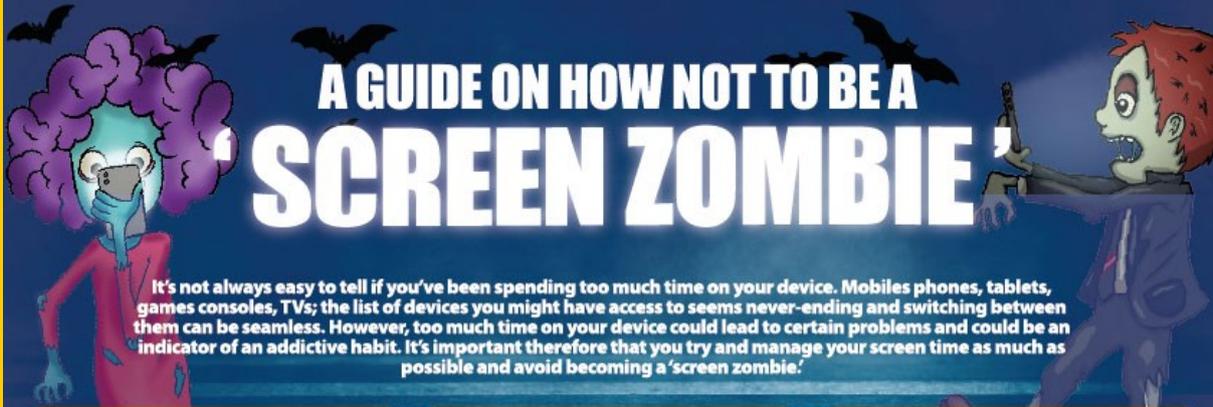
Support for single-parent families.

- [Coronavirus information page](#) providing advice on contact arrangements, employment issues, benefits and details of Gingerbread support groups
- Helpline open Monday: 10am-6pm,
Tuesday, Thursday & Friday: 10am-4pm
Wednesday: 10am-1pm and 5-7pm.





At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one platform of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.



It's not always easy to tell if you've been spending too much time on your device. Mobiles phones, tablets, games consoles, TVs; the list of devices you might have access to seems never-ending and switching between them can be seamless. However, too much time on your device could lead to certain problems and could be an indicator of an addictive habit. It's important therefore that you try and manage your screen time as much as possible and avoid becoming a 'screen zombie.'

TAKE CARE OF YOUR BRAIN

Spending too much time on social media, watching YouTube or playing games online can result in you becoming a screen zombie. This can affect your mood, how much sleep you get, how you perform at school and how you behave around others. Limiting your screen time will keep you alert, keep your mind focused and help to look after your own mental health and wellbeing.



BE PRESENT, NOT A ZOMBIE

Screen zombies often find that they spend a lot of time alone in front of their tablet or their mobile phone and reduce the time they spend with their friends or talk with their family. Zombies often lack communication skills. Always try to limit your screen time as much as possible - there's so much fun you can have with others!



SCREEN-FREE BEDROOMS

Keeping your phone in your bedroom means that it can be tempting to check every notification you get. Your phone could be the last thing you see at night and the first thing you see in the morning. This can contribute towards poor sleep and a lack of focus the next day. Try to keep your phone out of your bedroom or turn off all notifications before bedtime. This will mean you'll get a good night's rest and be ready for the next day.



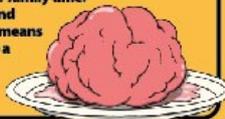
DON'T GET TRAPPED INSIDE

Screen zombies usually find that they spend a lot of time inside as they lose interest in other things that don't include their device. It might seem obvious, but meeting your friends outside or doing outdoor activities like playing sports, trampolining, camping or just going for a walk are all healthy replacements for screen time and can help keep your mind fresh and active.



ZOMBIE-FREE MEALTIMES

Mealtimes can be seen as a good time to sit down, relax and switch on your tablet or phone as you eat your food. But it can also mean that you're not interacting with others, sharing jokes at the dinner table or just talking about your day. Keep mealtimes for family time. Eating your food and staring at a screen means you're turning into a zombie.



BEWARE OF OTHER DANGERS

Spending too much time on your device and online can increase your chances of potentially encountering other online dangers. This could range from viewing inappropriate or harmful content to online bullying, grooming or fake news. Controlling how much time you spend online will reduce your risk of exposure. If you do see anything that makes you upset or if you're concerned about contact with others, always report it to a trusted adult.



BEWARE OF SNEAKY TRICKS

A lot of apps and games use certain ways of keeping you online and using their platform for long periods of time. This can include simple things like unlimited scrolling on a newsfeed, 'streaks' or uncovering hidden levels. Be mindful of how much time you're online and try to remember you're in control. You decide when you've had enough, not your device.



SAVE YOUR PARENTS!

Even though your parents will often be the ones telling you to limit your screen time, turn off your tablet or switch off your phone, sometimes they will forget to take their own advice. So it's up to you to make sure you remind them of the dangers of becoming a screen zombie!



UN-ZOMBIFY YOURSELF

If you think that you've already become a screen zombie, then don't worry, it's never too late to get help and support from your friends and family. Talk to your parents if you feel you've become addicted to your device, try to understand why and work with them to help you limit your screen time so that you can leave your zombie character behind.



Meet our expert

Pete Badh is content specialist with over 10+ years in research and analysis. He has written various expert pieces around online safety for children and parents and previously worked in a specialist role for the police, contributing work which was pivotal in successfully winning high profile court cases and writing as a subject matter expert for industry handbooks.



National Online Safety®

#WakeUpWednesday



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Nurturing the Talent of Tomorrow

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