



# Newsletter

Newsletter Issue 119

8 January 2021

Dear Parents and Carers

It is with great sadness that I begin the first newsletter of 2021 with the news that **Mrs Sue Mulryan** passed away this week. She lost her battle with cancer and passed with her most loved ones around her, having spent Christmas with her family.

Sue worked with many thousands of students across her many years working in this school, often some of the most challenging, disadvantaged and vulnerable. She was fiercely passionate about making sure that every child who she worked with was first and foremost able to read and understand the world around them. This gave many students the building blocks to succeed later on in life. Sue covered many lessons at short notice to help out colleagues and allow students to continue learning. She told her son Liam, over Christmas, that working at Cardinal Wiseman was her favourite of all the jobs she had ever had. Her friends, colleagues, team and the students that she worked with will miss her immensely.

On many occasions where we have staff training sessions dedicated to supporting our most at-risk students, we begin with the Prayer for Inclusion and her close colleagues agree that Sue embraced these aims through her life at Cardinal Wiseman. Please join us in praying for Sue with this and Eternal Rest.

God bless

## Prayer for Inclusion

Father of *all* that is good and holy,  
We ask that You bless us with Your infinite love and mercy  
as we work with *all* students made in your image.

Those students that read with grace,  
and those that need grace to read.  
Those that lift others up,  
and those that need to be lifted up.  
Those that embrace learning,  
and those that need to be embraced to learn.  
Those that make us smile,  
and those that need a smile.

Grant us the knowledge, patience, and compassion to serve  
*all* students in our care for they have Your gifts to celebrate.  
We ask this in the name of Your son, Jesus Christ. Amen.

Sue Mulryan - 1960 - 2021



Eternal rest grant unto her O Lord  
And let perpetual light shine upon her  
May she rest in peace  
Amen



## **STOP PRESS**

Vocational examinations that were scheduled for week commencing Monday 11 January will take place. The parents/guardians of all students that have been entered for these examinations have already been notified with details and timings as appropriate.

We must stress that these examinations are **ONLY** for students studying certain vocational qualifications and they will have already received a personal timetable.

## Remote Learning Update



As we move to the second week of term, we begin the expansion of our remote learning provision. There have, of course, been teething problems but these have been limited and we hope to iron these out as we move through the week. Most communication from teachers takes place in the subject area of Google Classroom, and this gives the link to the lesson. Teachers also use class email so please encourage students to check that regularly.

Please note a few points:

- With an increase in testing provision and the rise in asymptomatic cases being spotted, coupled with the local rise, we will no doubt have lessons sometimes covered by alternative staff. We will always endeavour to communicate this quickly to students, but on the rare occasions that this is not possible or where a teacher is unavailable, work will be uploaded as a file to the subject area in Google Classroom.
- It will be very rare that an hour lesson will require students to sit still and listen to a teacher present content for the whole time. We expect a range of different approaches depending on the subject, topic, task, and group. We understand the difficulty that working from home can present and we hope that the content will be appropriate and then followed up by work set by the teacher for students to complete independently.
- Students can only log into lessons with their CWCS email. Any other email will not be able to join.

It has been a very different, challenging, and quite upsetting start to the year when we were hoping for a lurch towards what we think of as normality, and instead we find ourselves in another lockdown. I thank you all for the support that has come pouring in for our staff in various forms, and cannot tell you how much that positivity helps us.

As always, if you need to make us aware of support that you or your children need, please email or use the website to log concerns pertaining to food, safety, mental wellbeing, and general help.

Mr Everett and Ms Burtonwood

# The following guides may help families access Google Classroom through other available devices



## Using a PlayStation to access Google Classroom



Go to the library



Plug a Keyboard into the USB slot of the Playstation



Find and select the internet browser



Type in classroom.google.com & login as normal.



To navigate around use the Playstation controller or plug in a mouse



You can now access your Classroom, Google Docs, & Google Sheets



## Using an Xbox to access Google Classroom



Go to Games and Apps



Plug a Keyboard into the USB slot of the Xbox



Find and select Microsoft Edge



Type in classroom.google.com & login as normal.



To navigate around use the Xbox controller or plug in a mouse



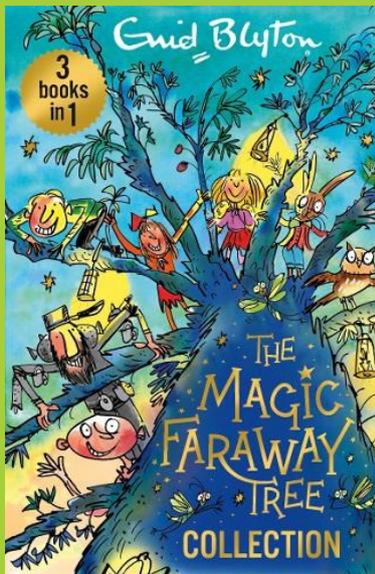
You can now access your Classroom, Google Docs, & Google Sheets



## Year 8 'Feel Good' Book Recommendations

Before Christmas, Year 8 were asked for recommendations of 'feel good' books to cheer us all up. Here is an entry from Ishaal reminding us how reading can help us to escape our worries.

There is still time to take part - there will be a prize of a £10 Amazon voucher given at the end of January.



'The Faraway Tree Collection' by Enid Blyton has been a great book to read, it is a lovely classic and I enjoyed it a lot.

While people have been stuck at home isolating, I have been going on many adventures to different lands, making new friends, saving the world and meeting strange creatures. It is family-friendly and I assure you, once you start reading, it is very hard to put this book down!

## Enter This Week's Library Book Draw!

Fancy a bit of escapism while you're stuck indoors? Enter the library book draw and you could win your very own copy of "Where the World Turns Wild" by Nicola Penfold.

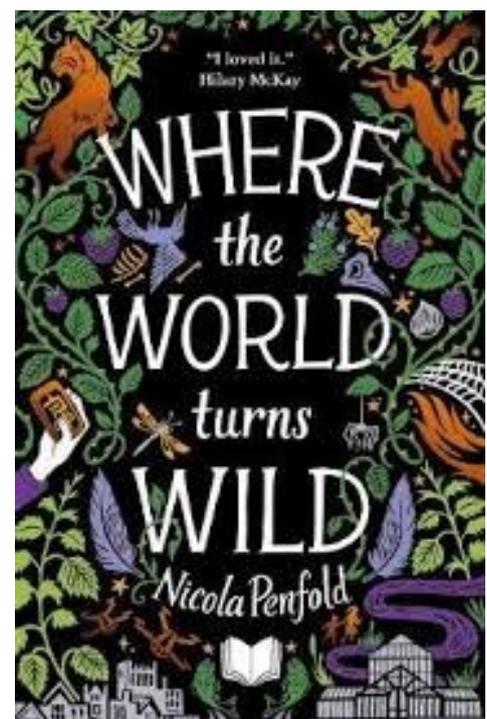
A gripping adventure with an ecological message, Penfold's novel pits a pair of resourceful siblings against ruthless human forces and the awesome dangers of an unknowable wilderness.

This draw is open to all pupils so, if you would like a chance of winning, just email your name and full postal address to [cgould@cardinalwiseman.coventry.sch.uk](mailto:cgould@cardinalwiseman.coventry.sch.uk)

by **12.00pm on Monday 11 January.**

The winner will be picked at random and notified on Monday afternoon. The book will be posted as soon as possible.

Good luck and happy reading!



# 7 Top Tips to Support Reading at Home

Shared reading is a great way to develop children's language and communication and to boost their reading skills. Regular reading routines can offer lots of opportunities for learning during school closures.

- 1** Concentrate on reading quality (it isn't all about reading lots!)



Don't worry too much about the 'what' and 'how' of reading each day. Books are great—but leaflets, comics, recipes and instructions on a webpage can all be great too. Following a recipe to make some cupcakes is valuable reading. Be on the lookout for reading, wherever it is!

- 2** Ask your child lots of questions



All reading matters. Shared reading is about 'reading with', not just 'reading to' (even for older children). So, ask lots of 'Wh' questions, such as Who? What? When? Where? Why? Try them when talking about books: for example, 'what do you think Harry is feeling?'

- 3** Ask your child to make predictions about what they have read



If it is a book, look at the front cover—or the last chapter—and talk about what might happen next. Look for clues in the book and be a reading detective! For example, 'can you see the bear on the front cover? Where do you think he will go?'

- 4** Ask your child to summarise what they have read



When you've finished reading, talk about what happened. Acting out the things that happened in the story or describing the big idea of a chapter is really fun and maximises learning. For example, 'can you remember all the things that happened on the bear hunt?'

- 5** Ask your child to write about what they have read



Write, or draw pictures, from anything you've read! Big writing and pictures are even more fun. For example, use an old roll of wallpaper to make a treasure map with clues from the stories you've read together.

- 6** Read and discuss reading with friends or family



Make books a part of the family. Encourage your child to share them with a relative or friend, over a video call. Laugh about them when you are making meals together. For example, 'I hope the tiger doesn't come to tea today!'

- 7** Maintain the motivation to read



Talk about the joy of reading whenever you can. Your child is on an amazing journey to becoming a reader. Put them in the driving seat and have fun on the way! For example, 'choose your favourite story for bedtime tonight.'

Education Endowment Foundation (2018)

Preparing for Literacy: Improving Communication, Language and Literacy in the Early Years. Education Endowment Foundation: London.

Available online: [eef.org.uk/literacy-early-years](http://eef.org.uk/literacy-early-years)

Education Endowment Foundation (2019).

Improving Literacy in Secondary Schools. Education Endowment Foundation: London.

Available online: [eef.org.uk/literacy-ks2-ks4](http://eef.org.uk/literacy-ks2-ks4)

Broadmore, H.L., Vardy, E.J., Cunningham, A.J., Kwok, R.K.W., & Carroll, J.M. (2019).

Literacy Development: Evidence Review. Education Endowment Foundation: London.

Available online: [educationendowmentfoundation.org.uk/public/files/Literacy\\_Development\\_Evidence\\_Review.pdf](http://educationendowmentfoundation.org.uk/public/files/Literacy_Development_Evidence_Review.pdf)

Coventry Complex Communication Team will be delivering a series of 5 free workshop sessions aimed at parents and carers of children and young people on the Autism Spectrum.

Each session will be delivered virtually through Microsoft Teams and presented by a specialist practitioner in the field of Autism. There will be a series of sessions focusing on a range of topics, which include:

- **Week 1 - 13<sup>th</sup> January:** Supporting your child by understanding their Autism; your child and their Autism
- **Week 2 - 20<sup>th</sup> January:** Supporting your child with self-help and independence
- **Week 3 - 27<sup>th</sup> January:** Supporting your child and their sensory processing differences
- **Week 4 - 3<sup>rd</sup> February:** Supporting your child and their behaviours
- **Week 5 - 10<sup>th</sup> February:** Supporting your child with their learning

The aim of each session will be to:

- To raise an awareness of how Autism affects your child
- To develop a shared understanding of some of the challenges that our children face, and the strengths they can bring
- To increase your confidence in understanding and supporting your child
- To build up a bank of ideas and strategies that can be used to support your child

All sessions are 11am-12. Whilst we appreciate you may not be able to attend every session due to work/family commitments, we do ask that you do your best to attend week 1 as this provides the foundation for the remaining sessions.

Please email [BSCLimbrickWoodCentre@coventry.gov.uk](mailto:BSCLimbrickWoodCentre@coventry.gov.uk) if you wish to attend any of these sessions. You will receive MS Teams invitations for each individual session.



### 5 Virtual Zoom Sessions, All FREE!

A special programme to help children become more confident in school and life.

[Book your place](#)

The multi-school's council has developed an online course which will be run by two young people. The course will cover planning for the future, speaking out, making your own decisions and tips on coping in the current climate.

Ages 8 – 12

February  
6th • 13th  
20th • 27th

March  
6th

[Book your places](#)

Ages 13 – 16

February  
3rd • 10th  
17th • 24th

March  
3rd

[Book your places](#)

Places are limited, and we would advise booking early to avoid disappointment  
Closing date Saturday 16 January



We may all be different but  
we have the same smile



### Top tips to stay both physically and mentally healthy during lockdown

These include sleep, exercise, social connections, eating well and balancing time between activities that give a sense of achievement and activities that are for fun or relaxation.



#### Sleep

Good quality sleep makes a big difference to how we feel, and NHS guidelines encourage getting enough sleep each night to stay healthy. Most of us need around eight hours of good quality sleep a night to function properly.

#### Exercise

People are free to leave their homes to exercise only once a day, so make the most of this opportunity to get outdoors. If you are staying at home, you could try exercising indoors, as there's lots of free online classes - or try an easy 10-minute home workout. Research suggests that half an hour of cardio can be as powerful as a prescription of an antidepressant for managing symptoms of depression.

#### Social connections

There are ways to keep connected while abiding by the rules thanks to technology. We can stay social in virtual ways via video calls, virtual classes or quizzes.

#### Eating well

Healthy eating goes hand in hand with exercise as one of the key parts of looking after yourself during this time. A varied, nutritious diet is not only a good way to stay healthy physically and mentally, but preparing a meal can become a meaningful part of your daily routine.

#### Balancing time

NHS mental health guidance encourages people to focus on the things you can control, such as how you act, who you speak to and where you get information from. This can include trying to limit the time you spend watching, reading or listening to coverage of the Covid outbreak too - including on social media. As a part of balancing time spent at home you could focus on your favourite hobby, or start a new one. Read, write, do crosswords or jigsaws, or try drawing and painting. Whatever it is, find something that works for you.