



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



# Newsletter

**Newsletter Issue 120**

**15 January 2021**

Dear Parents and Carers

We have now been 'back' for a week and a half, and it has been incredibly different to how we envisaged it and certainly not how I had planned my first two weeks in my adjusted role! I felt that in all the tumult, it was poignant that we celebrated the feast of St Hilary this week, who was brought up as a Pagan, and evolved over time to embrace Christianity, all whilst standing up for his beliefs and attempting to end the persecution of other groups. Not only are we as a school adjusting what we do and having to change our way of working more than we have ever done before but we acknowledge that you as families are as well. Many of our teachers are home schooling their own children, including myself, and know how difficult it can be to find a balance that is right.

I would like to thank all parents and carers for their feedback, both positive and negative, regarding the Home Learning provision. We have had responses at both ends of the spectrum; some saying too much work, some saying too little, some saying too easy, some saying too hard. I would ask that in the first instance, if the work has been completed quickly and easily, please have your child email the teacher directly as some extension work should be available on Google Classroom. We have a more formal survey to fill in which is available [here](#).

We have had isolated incidents where some students have not met my, or the school's, expectations. In response to this, we will limit access to some lessons, and require that certain students only complete work uploaded to the Google Classroom area, or watch the recording of the lesson at a different time. Can you please make sure that your child is aware of this and the impact that disruption may have.

Our attendance at tutor time has been high and received very positively, so we are delighted that so many students are able to keep in touch with others in their class and their tutor to keep a level of normality. If you do have any concerns regarding mental health, or general wellbeing, please get in touch and a member of our team will reach out to support however they can.

Following last week's upsetting news about Sue Mulryan, her son has been in touch to share a Just Giving link in her memory. Some contact has been made about cards and flowers and Sue's family would like to see donations go to something that Sue was very passionate about - nature. At the moment over 200 trees will be planted in her memory and if you would like to contribute further, please click [here](#).

Thank you all once again for your patience and understanding. Like St Hilary, we are undergoing the process of converting, but in a more technological way...

Have a lovely weekend and God bless

Mr Everett



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[www.cardinalwiseman.coventry.sch.uk](http://www.cardinalwiseman.coventry.sch.uk)

# Remote Learning Update

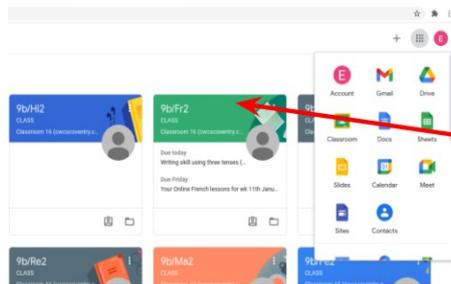


## Uploading Your Completed Work onto Google Classroom

### How to Upload a Document onto Google Classroom



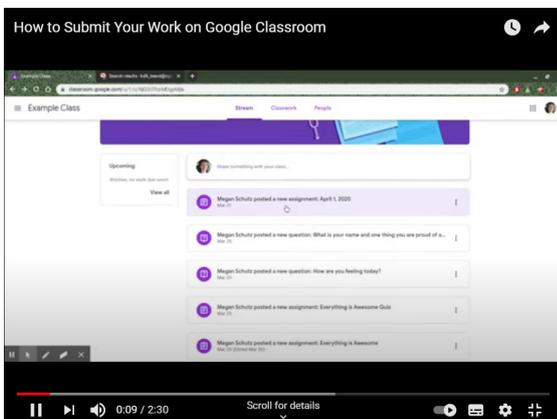
Once logged onto Google - click on the dots next to your initial in the top right corner



Once you've gone into google classroom you will see your classes listed and select a class to see work - also click on 'to do'



In order to upload work select 'Add or create' and select the files needed or photos to upload from your Drive area. Mark work as done once it's complete and you've added files needed for the teacher to see.



Parents and students may also find the link below useful. It is a video showing a step by step guides on how to upload your homework onto Google Classroom so that teachers can access it.

[https://www.youtube.com/watch?v=f\\_eQbtFRhNw](https://www.youtube.com/watch?v=f_eQbtFRhNw)

# Remote Learning Update



This DfE are running a scheme that temporarily increases data allowances for mobile phone users on certain networks. This is so that children and young people can access remote education if their face-to-face education is disrupted.

## Who can get help?

As a Multi-academy Company, each school can request mobile data increases for children and young people who meet all 3 of these criteria:

- Do not have fixed broadband at home
- Cannot afford additional data for their devices
- Are experiencing disruption to their face-to-face education

Children with access to a mobile phone on one of the following networks might be able to benefit:

- EE
- O2
- Sky Mobile
- SMARTY
- Tesco Mobile
- Three
- Virgin Mobile
- Vodafone

Other providers may join the scheme at a later stage.

Full details are available here:

<https://get-help-with-tech.education.gov.uk/about-increasing-mobile-data>

**Disclaimer - the school has no responsibility for any applications that are refused. We will apply and complete applications using the information you provide - the decision to increase data resides with the DfE Scheme.**

If parents/carers would like to apply, please complete the form on the link below and we will apply on your behalf.

[Increased Mobile Data Allowance](#)



# FEATURED ARTIST GALLERY



Artist of the week, this week, is

**Nikola Kasprzyk 8H**

Nikola worked extremely hard showing how following the instructions of taking her time and looking closely at the object, produces amazing results like this - Well done Nikola!!



**Bryce Grant**



**Inesha Pavanasingam**

Here are some more examples of work achieved by Year 8 during lockdown.

Thank you for the excellent effort and high standard, you have all shown great detail and understanding of accuracy and proportions.



**Latifa Leond Roskey Rajan**



### A Message from Mrs Taylor - Head of Year 11

Happy New Year to you all. A new year brings new hope and whilst I know that this is not the way in which we wanted 2021 to start, I do believe we have fresh hope and light at the end of the tunnel with the vaccine being slowly rolled out across the country.

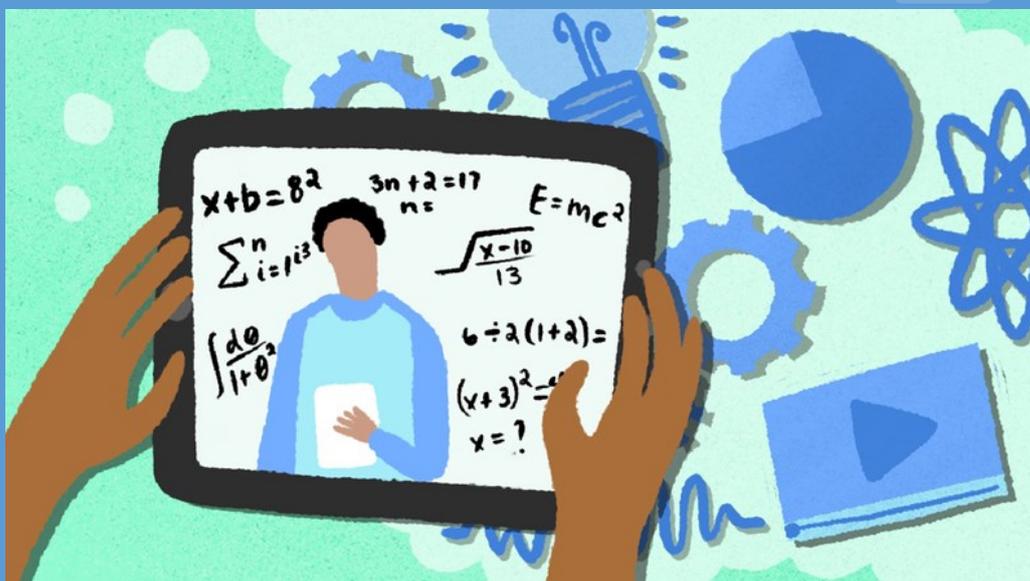
Year 11 have become accustomed over the last few months to new ways of learning and, for the most part, have handled the situation with great maturity. As their Head of Year, I am extremely proud of their resilience and determination to build upon the knowledge they already have in order to succeed.

Students should be following their normal school timetables for live lessons with their teachers, the links for which are located in their individual subjects on Google Classrooms. All lessons are compulsory and should be attended each day. Can I please also remind you, that all students should be logging in to live registration with their form tutors from 9:00am - 9:20am. If for any reason your child is unable to access the live provision, please let their form tutors or myself know so that we can assist with work for your child.

May I also take this opportunity to congratulate all Year 11 who sat their Sport and Health & Social Care exams this week. It was wonderful to see the students in school. I was particularly happy when all students came out of the exams and told me that it wasn't as bad as they thought it was going to be. They all seemed relaxed and happy with their achievements and tried their best and as I told them before the exam, that is all anyone can ask of them.

God bless

Mrs Taylor



# Home Learning Star Students



The following two pages celebrate the amazing effort our students are making during their home learning experience.

Some students have also been nominated by their teachers for how they are demonstrating Gospel Values for example, showing kindness to others or being respectful of others' feelings or opinions. Well done everyone!

## Year 7

**Lacey-Mai O'Neil** has been producing some outstanding creative writing in English and is really going above and beyond the tasks set.

## Year 8

**Ishaal Aleem** has been a star, so helpful to all the students in form time, putting on Google Classroom plans for the day and answering any queries they have. So helpful!

## Year 9

**Ermias Tesfaslasie and Regan-Reece Chapman** have been writing formal letters of complaint in English - I was particularly impressed with their logical reasoning and how they put this forward in a respectful manner.

**Nicole Anderson** has been producing some really excellent work in History. The detail of her responses and also her source analysis is particularly strong.

**Oluwasemilore Awosokanre** has submitted an excellent piece of work in English and showed thorough understanding of concepts, in particular how 20th century issues around inequality can be applied to present day society - especially around the pandemic and Black Lives Matter movement. Well done!

## Year 10

**Kahlen Bendle** has been working above and beyond in her French GCSE by achieving an excellent percentage on Active Learn.

**Aleena Varughese** has also been working hard, using Active Learn and completing extra revision tasks.

## Home Learning Star Students: continued

### Year 11

**Rio Arnold** went above and beyond, completing extra Science work.

**Izack Ayres** completed the extra work set in Science to a high standard.

**John Roe** has been putting in a brilliant amount of effort in English with online work and continuing to push himself to make progress.

**Brandon Haywood** is making effort in all his English work, submitting it on time and communicating with his teacher about all aspects of his work.

**Gradie Djembo Muhala** has consistent attendance to all her live lessons.

**Jessica Meehan** has shown resilience in spite of technology sometimes letting her down. Her submitted English work was of a high standard and improved upon in her own time.

**Cory Catlow's** English work has all been submitted on time, he asks relevant questions and is fully engaged.

**Bailey Loughran** has been completing French GCSE written tasks to an exceptional standard.

**Yohance Mislant** has demonstrated persistent hard work and focus with writing tasks in French.

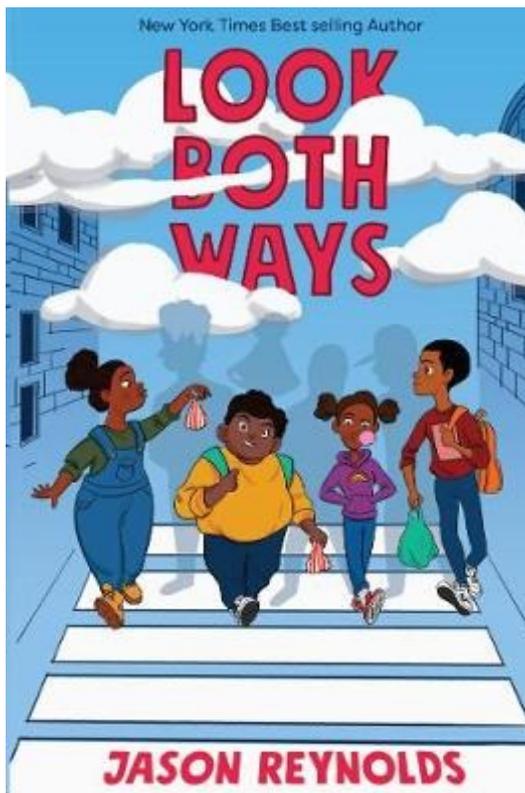
**James Gregory, Anne-Marie Herbert, Stephanie Kumi, Scarlett Donnelly-Crawford, Roisin Hurley and Sylwia Bozkiewicz** have all shown positive participation in all live Maths lessons and have achieved amazing marks in all of the work set.

### Year 12 & 13

**Vlada Pinzari** has demonstrated excellent translation skills and a super work ethic in French.

**Thelio Hostein- Bloch** has shown excellent 'gapfilling' skills and a super work ethic in French.

## Library Book Draw — win a copy of “Look Both Ways” by Jason Reynolds



*Ten funny and touching stories about ten walks home. As the school bell rings signalling the end of the day, the students in Latimer Middle School stream out of their classrooms and begin their journeys home, leaving the busy school and splitting off toward their separate lives.*

*Can Satchmo escape Mr Jerry’s new dog? Will Gregory find the courage to ask Sandra for her number? Did a school bus really fall from the sky?*

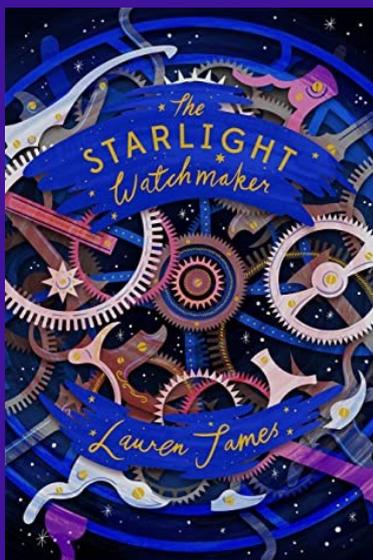
This draw is open to all pupils so, if you would like a chance of winning, just email your name and full postal address to [cgould@cardinalwiseman.coventry.sch.uk](mailto:cgould@cardinalwiseman.coventry.sch.uk) by

**12.30pm on Monday 18 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!

## Year 8 Students Recommend ‘Feel Good’ Books



This amazing book is about an elite academy where the wealthiest students from across the galaxy come to be educated. Hugo works as a watchmaker — he is one of the lucky ones as many androids like him are jobless and homeless. Hugo meets a boy called Dorian and, together, they help sad, unwanted androids to become happy and have a job after they discover a secret about them...read the book to find out the secret.

This book really made me happy and I would totally recommend it to you.

Inesha Pavanasingam 8B

There is still time to enter this Year 8 competition. Just email your recommendation , with a brief review, to [cgould@cardinalwiseman.coventry.sch.uk](mailto:cgould@cardinalwiseman.coventry.sch.uk)

The best entries will be awarded a Romero Shines Credit and the overall winner will receive a £10 Amazon voucher in the post!

# Duke of Edinburgh Award Update



All students undertaking the Bronze, Silver and Gold Duke of Edinburgh Awards should continue completing sections at home. If you have changed activities due to lockdown, please submit an activity request through the online system. The following link provides plenty of ideas for sections to be completed at home.

<https://www.dofe.org/dofewithadifference/activities>

There will be online meetings for groups on the following days, please see the Google Classroom for DofE for the links.

Wednesday 20 January - Year 9 BRONZE ONLY

Wednesday 27 January - Year 10 SILVER ONLY

Wednesday 3 February - Year 10 BRONZE ONLY

Wednesday 10 February - First Aid Test - complete online ALL GROUPS

Please also look at the training schedule listed on the classroom and each Wednesday you should be doing the training task on the link listed next to your group - Bronze, Silver or Gold. It is important you have looked at, and covered, all of these areas before your expedition. There will be quizzes set for all topic areas - menus, food / navigation / packing / walking safety / country code and first aid before you go on expedition.

If you have any issues please send me a message at: [sjefferson@cardinalwiseman.coventry.sch.uk](mailto:sjefferson@cardinalwiseman.coventry.sch.uk)

Ms Jefferson



# **Community Autism Support Service (CCASS) for children and young people with Autistic Spectrum Disorder (ASD) in Coventry and Warwickshire**

This service is for children and young people (up until their 18th birthday) who are on the neuro-developmental waiting list for an autism diagnosis, or who have previously received a diagnosis but require support to manage their needs, and their families.

The service can help children, young people and families with setting goals related to management of the young person's neurodevelopmental needs, and achieving them thereby improving the experience of the child. This can be around:

- Understanding what a diagnosis of autism means to the child
- Maintaining & improving engagement with education
- Strengthening family relationships
- Preventing escalation of mental health issues & reducing behaviours of concern
- Increasing resilience & improving health and wellbeing
- Developing independent living skills & managing life transitions
- Accessing the community and socialising

The service can offer low level support only, focused around understanding and communicating feelings, sensory integration and processing, behaviour, boundaries and routines, eating and sleeping.

The service is not currently open to receiving referrals for 1-1 support. This is due to the large waiting list and current limitations on session delivery.

**Support includes online social support, online sibling support, online training for parents and free online resources.**

**Please contact:**

Children's Community Autism Support Service  
Coventry and Warwickshire MIND  
The Junction, 141 Far Gosford Street, Coventry, CV1 5DY  
T: 024 76 631835  
e: [vibes@cwmind.org.uk](mailto:vibes@cwmind.org.uk)  
w: [www.cwmind.org.uk](http://www.cwmind.org.uk)





## Five Mindfulness Activities for Teens

In the age of coronavirus, it's very common for teenagers to feel stressed or anxious. With many of the events that they were looking forward to cancelled, feelings of disappointment and uncertainty are running high. As parents, it is our responsibility to help our children through this difficult period of time so that they can not only survive it but grow to be more resilient because of it. So how can we do that?

Mindfulness activities are one of the most effective ways for people of all ages to develop better self-awareness and patience. Being mindful simply means being aware and present in the moment, without allowing ourselves to get caught up in fears about the past or future. In times like this, having a powerful set of strategies to give to your children can be completely life-changing. Even taking a couple of minutes to reset when they feel out of control is incredibly beneficial, and children will develop valuable life-long skills as a result.

**Five Things:** Taking time to observe the world around you and notice things you would normally overlook helps the brain sort through stressful thoughts. This quickly focuses our minds on the present moment. Try teaching your child this strategy as a game: sit down together and tell them five things you see, feel, smell, or hear. Then give them a turn. They can use this little game when they start to feel overwhelmed or anxious.

**Music Appreciation:** Put on a calm piece of music, and see how many different instruments you can hear. This is another easy way to focus your thoughts on one task in the present, rather than the anxiety associated with being stuck inside. Naming the instruments can take this activity even further. Many kids will love this activity since they can listen to music they enjoy and improve their coping skills.

**Heartbeat Counting:** For one minute, hold a hand to your chest and observe how your heartbeat and breathing feel. This helps you notice the rhythm of your own body and set aside stress. Smaller children may have fun counting their heartbeats to see how many times their heart beats in a minute.

**Good Things:** Often when we go through a challenging period of time, our brains begin to focus only on the things in life that aren't going our way. Focusing on good things is a great way to help us realize that the situation is not as bad as we think. You can use this activity as a way to talk with your child, too. Try taking turns sharing one good thing that happened to you today and see how many you can come up with!

**Give Yourself a Hug:** Believe it or not, your neurons can't tell the difference between someone else hugging you and when you hug yourself. This means that just stopping for a moment to give yourself a hug is the perfect way to tell your brain that everything will be okay. Your brain will even produce hormones like oxytocin that make you feel better.

**Start today by doing one of these activities together and see what benefits you notice!**