

CARDINAL WISEMAN

Newsletter Issue 54 15 March 2019

CATHOLIC SCHOOL

LEADERSHIP UPDATE

This Sunday we will be celebrating St Patrick's Day. Across the world, hundreds of thousands of people will not doubt take part in festivities from New York to Dublin. Many of these celebrations will be colourful and a time when families can remember their Irish family connections. Of course, it is also a day when we remember the life of St Patrick (AD 385-461) as the day traditionally recognises his death.

St Patrick was an early Saint of the Church and most famously remembered for bringing Christianity to Ireland. The autobiographical account of St Patrick has survived since Medieval times and is known as 'Confessio'. It describes an amazing life during which he travelled as a missionary and at one point was captured by pirates. It is believed that he eventually settled in the west of Ireland and through preaching established the growth of the Christian tradition in Ireland to eventually becoming Bishop of Armagh and Primate of Ireland. It is amazing to think that 1700 years after his death his missionary work continues to thrive in communities across Ireland and that his community and influence has spread across the world.

This inspirational life should give us all hope that the work that we do through living the Gospel in our communities will live beyond our own lives. We ask that you join with us this weekend in the prayer most commonly associated with St Patrick:

*I arise today
Through the strength of heaven;
Light of the sun,
Splendor of fire,
Speed of lightning,
Swiftness of the wind,
Depth of the sea,
Stability of the earth,
Firmness of the rock.*

UPCOMING PARENTS' MEETINGS

Thursday 21 March	Year 9 Parents' Evening and Option Choices Information Evening	5-7pm
Thursday 28 March	Year 9 Parents' Options Coffee Morning	9-10am
Thursday 28 March	Year 11 Parents' Evening	5-7pm



Nostalgic visit for a couple that met at Cardinal Wiseman

In February 1979, two Cardinal Wiseman pupils, John Byrne and Susan Dark, met in the sixth form block. Two kids, two careers and forty years later, John and Sue returned to Cardinal Wiseman last week for a nostalgic wander around with Mr Rutherford as their guide.

“Thirty years after our wedding and forty after we met, we thought it was about time to go back to where it all started. Looking back, it seems like some bizarre social experiment to have two schools, boys and girls, side by side with 1000 pupils in each. The modern co-ed Wiseman seems to make more sense and it was great to have a guided tour. The Wiseman we remember was full of energy and talent, so perhaps not too much has changed after all. “

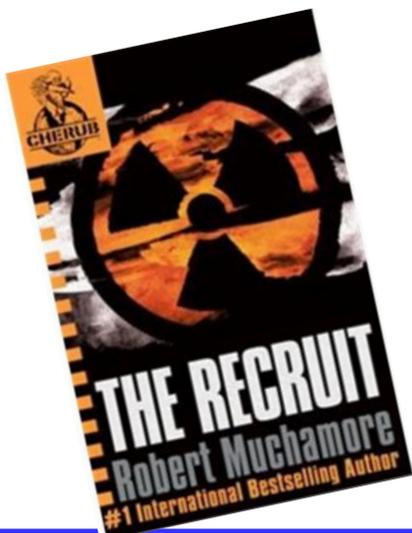


Well done to **7B/1** who have reached a record breaking ten and a half million words between them.

This is due, in no small way, to the first Accelerated Reader Double Millionaire of 2018/19!



Congratulations, also, to **Simon Hajok 7D**, who has become a millionaire by reading the ‘Cherub’ series of books by Robert Muchamore.



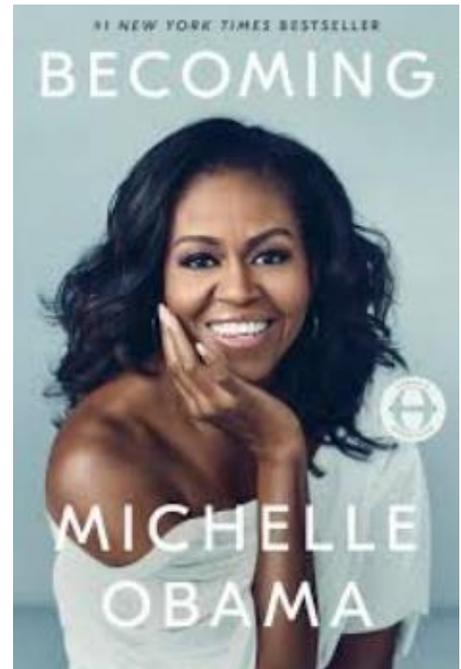


International Women's Day and Women's History Month

Ms Tipton and her form, 10B, presented an act of collective worship this week to mark International Women's Day and Women's History Month. They highlighted individual women and girls from around the world and showed how much work there is still to be done to help them.

Staff had been asked to nominate positive role models from Year 10 for a prize draw to win Michelle Obama's autobiography, "Becoming".

The worthy winner was Dara Sturgeon in 10F.



This week, Year 9 students acted as teachers, inspiring some enthusiastic Year 7 artists at an after school Applied Arts session.





The staff at Cardinal Wiseman are taking part in a 'Secret Saints' event during Lent.

All those involved have been given one person to look after over the Lenten period. Secret Saints helps us to do good for others during Lent. It's an opportunity to look after someone, to get to know them, and to let them know someone is thinking about them. This is done through random acts of kindness and prayer!

Secret Saints has got off to a great start, with some staff saying how great it feels to make someone else's day brighter with their acts of kindness. Could you be challenged to do random acts of kindness this Lent? Maybe for your family, friends, or even strangers!

 Chaplaincy Team

REMINDER

Year 9 Options — Key Dates

w/c Monday 4 March — Options information given to pupils in school via assemblies / tutor groups.

Thursday 14 March — Options Booklet sent home.

Thursday 21 March — Progress Report, Parents' Evening & Option Choices Information Evening, 5-7pm.

Thursday 28 March — Options Coffee Morning, 9-10am, Library.

Friday 29 March — Deadline for Options Choice Form to be returned to school.



Lenten Reflection and Prayer

During Lent we try to think of ways we can give to others through almsgiving. Almsgiving is to give to those less fortunate than ourselves, so we might know it as charity. But almsgiving is so much more than that because we do it for God. It's like prayer, fasting and giving all in one.

Why is it important that we give to others? Helping others is not only good for them and a good thing to do, it also makes us happier and healthier too.

Giving also connects us to others, creating stronger communities and helping to build a happier society for everyone. And it's not all about money - we can also give our time, ideas and energy.

Take some time out to reflect on how you can give to others this Lent, and spend some time in prayer to help you focus on what's important...

Lord God, our light and our
salvation,
We praise You for your gifts of
life and faith.

We thank You for the desire that
You have planted in our hearts,
Our yearning to see Your face.

Help us to meet You in prayer,
to walk in Your ways,
and to speak to others of our joy
and consolation in Your
presence.

Give us faithfulness in this
present life,
So that we may come to know
and praise Your beauty,
with all our brothers and sisters,
in the life to come.

We make this prayer through
Christ our Lord



Chaplaincy Team

YOUNG Mi MINDS

fighting for young people's mental health

The Young Minds Crisis Messenger Service provides 24/7 crisis support

If you are experiencing a mental health crisis and need support, you can text **YM to 85258** and they aim to connect every texter to a trained volunteer in less than 5 minutes to provide support in a crisis.

They will listen to you and help you think through how you're feeling, and will aim to help you take the next steps towards feeling better.

Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.

How does it work?

The trained volunteer will introduce themselves, reflect on what you've said, and invite you to share how you're feeling. You'll text each other, only sharing what you feel comfortable with.

By asking questions, listening to you and responding with support, they will help you think through your feelings until you both feel you are now in a calm, safe place. You might be signposted to other services, so that you can continue to get support.

Our crisis messenger service could help with urgent issues such as:

**suicidal thoughts, abuse or assault, self-harm, bullying
or relationship breakdown**

You can text us free and anonymously – although if the volunteer believes you are at immediate risk of harm, they may share your details with people who can provide support.

Safeguarding