



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

Newsletter

LEADERSHIP UPDATE

Newsletter Issue 103 10 July 2020

Dear Parents and Carers,

As the term comes to a close, we are having a lot of parental contact about what September will look like in light of the government advice given last week. We have followed the guidance and have plans to adhere to the 'whole year group' bubbles for September, but we will finalise these and give further information in the first week of school. This is largely due to the daily and weekly updates that we get, and because we don't know how September will look; the risk level may have been reduced to Level 2, or even 1, or we may be in a local lockdown ourselves. The Local Authority will be giving further guidance next week and we will circulate that to you when we have it.

In terms of our current provision, our Year 10 face to face contact will end next week, and we will ensure that work is set over the summer holiday for students to continue to catch up and work through. Our provision for key workers will end on Tuesday 21 July in accordance with the end of term.

God bless.

Mr Everett
Head of School



Important Information

Please note that on Wednesday 15 and Thursday 16 July the school will be closing at 2:45pm for key worker children. This will only be in place for these two days. Thank you.



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www.cardinalwiseman.coventry.sch.uk

Parent/ Carer Survey – Your Voice Matters

At Cardinal Wiseman School, we strive to provide a high-quality of education in which all our pupils reach their God-given potential; your view is important in providing feedback on how *well* we are achieving our vision.

To this end, we are delighted to share our third annual survey to parents/carers across all eight schools within The Romero Catholic Academy until the end of term.



Through this survey, we would like to know what you think is working well and what you would like us to improve. We have added some additional aspects in light of the current climate and we thank you for your patience as we have navigated the last four months.

The survey takes approximately 6 minutes to complete and comments are optional. You can provide your details or you may answer the questionnaire anonymously if you would prefer. As always, if you wish to raise a concern, there is a process to follow and we appreciate you bring it directly to the attention to staff at the school so we can resolve the matter in a speedy manner.

We would like to take this opportunity to ‘thank you’ in advance for completing our survey. The survey will be analysed at school level and across Romero as the results will be collated and viewed by the Board of Directors. We will share the responses and the key themes emerging in autumn with a ‘You said, we did’ update in our newsletter.

The link is <https://www.surveymonkey.co.uk/r/Romero2020>



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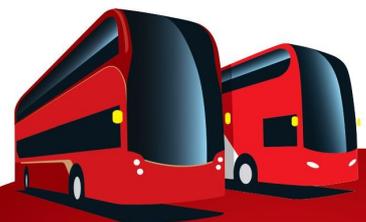
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- 3 Onboard:**
Find a seat, sit back and relax.
If you're on a Platinum bus then you can also enjoy free wi-fi and USB chargers!



- 4 Getting off the bus:**
Simply press the 'stop' button on the bus when you are near your destination. Remain seated until the bus comes to a stop and remember to take all of your belongings with you!



Stay safe when travelling with us

In line with government guidance we have enhanced our **extensive cleaning regimes** to ensure we maintain high levels of hygiene for both customers and employees and reduce the risk of contact with Coronavirus (COVID-19). This includes extra cleaning of shared surface areas, cleaners jumping on buses at bus stations and we have also started to regularly use aerosol based disinfection containing a high performance antiviral solution (fogging) on the bus fleet.

We've put together some advice to help inform and reassure about the extra measures we are currently taking due to COVID-19. Visit [nxbus.co.uk/staysafe](https://www.nxbus.co.uk/staysafe) for more information.

[nxbus.co.uk](https://www.nxbus.co.uk)

national express **West Midlands**



Google Classroom

The key points for parents!



Please use the link below to access a guide to Google Classroom aimed at parents and carers dealing with home schooling.

[Google-Classroom-Quick-Parents-Guide.pdf](#)



Calendar Update

Date Change for Training Day

Each year, across the eight schools we set one of our training days for our annual Professional Development Day for the Romero Academy. Due to the current guidance, we are very mindful that it will be difficult to meet the requirements as we have approximately 500 staff.

Therefore, please be advised that we are moving the training day from Friday 23 October to Friday 12 February.

Our term dates are published on the website and we will republish these with this revised date.



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/>



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



SUPPORTING CHILDREN'S MENTAL HEALTH

10 Conversation Starters for Parents

Talking about mental health to children is sometimes hard. To the point that we can put off raising the subject, not wanting to unearth problems or raise overwhelming subjects that we perceive our child is too young or not ready for. But rather than keeping children in the dark, this guide is designed to help you confidently talk about mental health, so they feel comfortable talking about their own worries and end any stigma before it begins.

NOS National Online Safety®
#WakeUpWednesday



1 LISTEN

This sounds obvious, but it is not something we are always great at. Active listening is where we listen without interrupting or making judgements and shows interest in what is being said. If your child feels listened to in the 'smallest of problems' they will become confident that you will listen when the 'biggest of problems' arise.

2 ASK TWICE

The campaign from time to change is great. <https://www.time-to-change.org.uk/support-ask-twice-campaign>. Be tenacious about your child's wellbeing. Children instinctively know when your questions and support come from a place of wanting to help and care.



Are you sure?

6 TALK ABOUT MENTAL HEALTH NATURALLY

Speak about mental health as part of everyday life, so that talking about our feelings and those of others is normalised. If the usual 'are you ok?' is not creating an opportunity for dialogue then say something like 'I know when something like that has happened to me I felt like this... is that how you are feeling or are you feeling something else?'

3 THERE IS NO SUCH THING AS A STUPID QUESTION

This advice also relates to the first point. If your child can ask you any questions about the smallest of things and you listen and answer without shaming or belittling, then they will have more confidence to ask the biggest of questions.



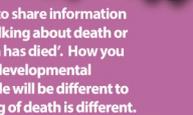
7 EMPATHISE

'It makes sense that you would feel this way, it is understandable'. Children often worry about things that we, as adults, might see as trivial or silly. However, for them at their age and stage it is a big concern and they need our kindness and care when they show their vulnerability and share their worries.



4 BE OPEN AND HONEST

Children appreciate honesty, particularly if you are having to share information or talk about a difficult subject. For example, you may be talking about death or loss; 'It's very sad that Nana has died' or 'I feel sad that Nana has died'. How you talk about a subject will differ depending on their age and developmental maturity. Talking about death to a younger child for example will be different to that of an older teen, as their experience and understanding of death is different.



9 MIND YOUR LANGUAGE

Be mindful of the language you use at home to describe and talk about mental health. Stigma often arises from misconceptions and a choice of language which is harmful. Using the word 'mental', 'man-up' or other such words in a derogatory way won't encourage your child to talk about their mental health for fear of being belittled.



5 KNOW WHEN TO SEEK HELP

Assess the severity of the mental health difficulty you are noticing. Is the difficulty making it hard for your child to function regularly throughout everyday life? How frequently is your child affected, how long does it last and how persistent is it? Are they having problems controlling the difficulty? Talk to your child about your concerns and that it is likely they will need further support beyond family and friends.



10 IT IS OK TO SAY 'I DON'T KNOW WHAT TO DO NEXT'

Adults do not have all the answers but often children think they do. It is ok to acknowledge that what your child is experiencing is not something you have come across before or know anything about, but that you will work it out together and seek help together.

