

Newsletter



Cardinal Wiseman
Catholic School
Part of The Romero Catholic Academy



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Newsletter Issue 122

29 January 2021

Dear Parents and Carers

The Board of Directors and Academy Committee are delighted to announce the appointment of Mr Everett to the substantive post of Principal at Cardinal Wiseman following a rigorous process earlier this week.

Mr Everett will offer the school stability, ensuring that the improvements made to date are sustained and built on. The strong ethos which places children at the heart of all that we do will be safe in Mr Everett's hands. He is ambitious for our pupils and furthermore, he will also bring his own ideas and flair to a role I know he is excited about undertaking.

With Mr Everett's appointment, we can be very optimistic about a strong, stable and successful future for the school and I know that he looks forward to meeting with parents and pupils to share his vision for the future.

I look forward to working with Mr Everett in his new role as Principal; I know he will be ably supported by Ms Burtonwood, Miss Wale and Mrs Hiron along with the wider leadership and staff team in realising his vision for the school to enable all pupils to reach their God-given potential.

We are very hopeful about the future of our school and I trust you will feel reassured by the carefully considered decisions being made in the very best interests of your children at Cardinal Wiseman.

Mrs Quinn
Catholic Senior Executive Leader



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www.cardinalwiseman.coventry.sch.uk

Instagram: [officialwisemancoventry](#) Twitter: [OfficialWiseman](#) FaceBook: [Cardinal Wiseman Catholic Secondary School](#)

Remote Learning Update



We are delighted with the response from the parental survey and have adjusted some provision based on your feedback. Please use the link below to access a short guide to using Google Classroom:

<https://drive.google.com/file/d/10N2a2QYVjpkqnBdAro3aBS02KnQTxYfW/view?>

Returning work completed on paper for marking

There is now a post box now available for work to be returned to school from students who, for whatever reason, cannot upload work to Google Classroom. Please be mindful when dropping these off at school and bring work in only once a week or every two weeks once your son/daughter has completed multiple work to be marked. Make sure your son/daughter's work is clearly labelled with their name and their teacher's name at the top of the work so we can ensure it is passed on quickly for marking.

The post box is located outside reception. Please do not enter the building to drop work off. Please use it as a way to get out of the house and go for a walk for some fresh air. Thank you and please remember to stay safe and ensure a 2m distance between you and other people.

Ms Burtonwood & Ms Jefferson





Photo of the school playing fields in the snow by Miss Tipton

Please enjoy this poem, written by a Year 8 student, Maja, during lockdown. We are incredibly proud of her and we welcome any further submissions to celebrate.

Life

Life is like a firework,
You try to keep it together,
Until you explode.

Life is like a lion,
Waiting to roar,
And once it roars,
It becomes something amazing.

Life is like a star,
Shining brightly,
Yet you can only see it in the dark.

Life is like a glow stick,
It needs to break,
Before it can glow.

Library Book Draw — win a copy of “Esio Trot” by Roald Dahl

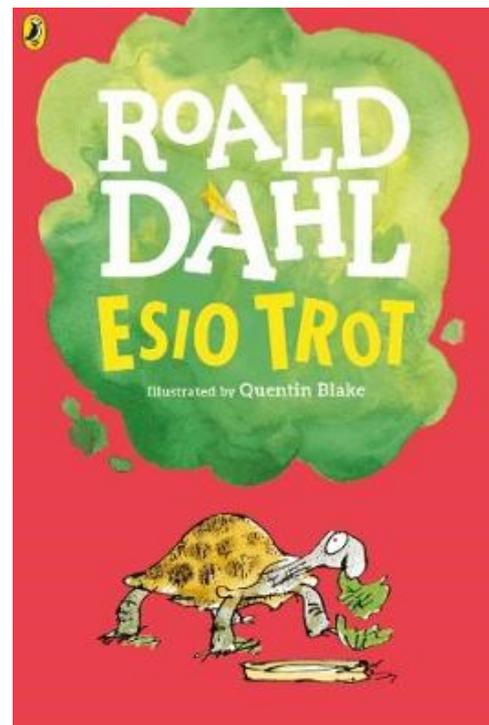
Mr Hoppy really loves his neighbour Mrs Silver, and Mrs Silver really loves her tortoise, Alfie. One day Mrs Silver asks Mr Hoppy how to make Alfie grow, and suddenly Mr Hoppy knows the way to win her heart. With the help of a magical spell and some cabbage leaves, can Mr Hoppy be happy at last?

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 by

12.30pm on Monday 1 February.

The winner will be picked at random and notified on Monday afternoon. The book will be posted as soon as possible. If you don't hear by Monday—try again next week.

Good luck and happy reading!



Home Learning Star Students

We are delighted to be able to celebrate more amazing students making the most of home learning. Well done to everyone!

Year 8

Harryson B, Aaron E, Freya S, Esha V P and Katie W have all demonstrated hard and consistent work in languages.

Year 9

Erin D has produced a highly accurate piece of writing in French incorporating the three tenses and justified opinions.

Awad M has done good revision work in French and has a very positive attitude towards his language studies.

Arjun S produced a highly accurate piece of writing in French in the present and future tenses, with opinions and good grammatical features.

Ellie E is producing very high calibre revision notes and work in French.

Christabel A A produced a highly accurate extended written piece in French, incorporating the three tenses and justified and qualified opinions.

Emerson E, Erica M T, Ruby R, Jahnavi Y, Julian Z, Nicolle A, Maame E B, Messie D, Faith S, Christabel A A, Angel A, Dorcas D, Precious F, Alfie E, Benita H, Kadie-Mia J, Thomas S have all achieved amazing results in the online French reading assessment which contained GCSE type questions incorporating negatives and the three tenses.

Tayba C, Inaaya H, Niamh S, Teigan W, Nikita G, Bartosz B and Janice A have all progressed in their Key Stage 3 French, recognising key vocabulary and tenses. Fantastique!

Home Learning Star Students: continued

Year 11

Abi O, Abdoulay N, Venice N, Finlay M, Lacey C, Lael K, Stephanie K, Bailey L all completed an excellent EDEXCEL reading assessment for French GCSE with progress made in vocabulary learning and understanding the exam question.

Joanna M has demonstrated hard and consistent work in languages.

Interest in Philosophy and Ethics at A Level has been fantastic! It was amazing to see over 70 Year 11 students join the Philosophy and Ethics A Level taster sessions last week. We debated Lord Sumption's controversial views on lock down ethics and the philosophical contributions from our students was incredible. We definitely have some philosophers in the making!

Well done Year 11!

Lacey C, Tom P and Mitchell-Lee R consistently demonstrate knowledge, resilience and ambition in RE live lessons and have completed exam practice questions. Well done and keep up the hard work!

Year 12 & 13

Osamah G successfully completed his work in Maths and English using new equipment.



Mollie D
Year 11 Art
'Strange Folk'

Mollie D in Year 11 is experimenting with creating different textures in portraits by using acrylic paint and impasto painting. Combining traditional painting techniques with contemporary finishes



**DOES YOUR CHILD OR
YOUNG PERSON HAVE
SPECIAL NEEDS?
HOW ARE YOU DOING?**

Get in touch with us if you would like an invite to our Virtual Coffee Morning using Microsoft Teams App (we can help you with this). Meet other parents in a similar situation. Share with others in a friendly, non-judgemental environment, together with a member of staff from SENDIASS and Carers Trust Heart of England.

VIDEO LINK

COFFEE MORNING

**THURSDAY 4TH FEBRUARY 2021
(10:00AM -11:30AM)**

To request an invite and for further information contact:
SEND Information Advice and Support Service
Tel: 024 7669 4307 or email: iass@coventry.gov.uk

FRENCH POP

VIDEO COMPETITION 2021

INSTITUT
FRANÇAIS
ROYAUME-UNI



If you would like to enter this competition to produce a short music video in French, you can find all the details by selecting the link below:

[Competition Details](#)

Please note that this competition has not been organised by Cardinal Wiseman School. Any enquires must be directed to:
education@institut-francais.org.uk

ARE YOU STRUGGLING TO PAY YOUR WATER CHARGES?

If you are a Severn Trent Water customer and require assistance, apply for help today via:

THE BIG DIFFERENCE SCHEME

- You could receive up to 90% off the average Severn Trent water bill through the Big Difference Scheme
- Eligibility for the scheme is based on all household income (excluding housing entitlements)
- If you are eligible for income based free school meals it's likely that you will qualify for the Big Difference Scheme

HOW TO APPLY:



APPLY ONLINE AT
WWW.BIGDIFF.CO.UK



COMPLETE THE ONLINE
APPLICATION FORM



SUBMIT YOUR
APPLICATION

The Big Difference Scheme is funded by Severn Trent Water, which offers significantly reduced water charges to some households on a low income.

Apply now: www.bigdiff.co.uk



EXPRESS YOURSELF

#ChildrensMentalHealthWeek



www.childrensmentalhealthweek.org.uk

DEAR PARENTS AND CARERS,

1-7 February 2021 is Children's Mental Health Week. The week is run by children's mental health charity Place2Be to focus on the importance of children and young people's mental health. This year's theme is **EXPRESS YOURSELF**.

WHAT'S IT ALL ABOUT?

When children are able to find creative ways to share their feelings, thoughts or ideas it can help them feel good about themselves and who they are. Children can do this through art, music, writing and poetry, dance and drama, photography and film, and doing activities that they enjoy.

It's really important to remember that being able to express yourself is not about being the best at something or putting on a performance for others. It is about finding a way to show who you are, and how you see the world, that can help you feel good about yourself.

Given that the past year will have left many of us feeling out of control and helpless, supporting children and young people to express themselves is arguably more important than ever.

WHAT CAN YOU DO?

Here are a few simple ways you can encourage your child to express themselves.

1. Could you build on existing interests or passions? Think about what has helped them get through the past year. A love of dancing? Baking? Drawing? Fashion? Encourage your child by noticing their unique interests and praising their efforts.
2. Trying new things can be a great way to find a new creative outlet. There are lots of online tutorials and video demos that you and your child could be inspired by... could you try out something new together? Or perhaps ask someone you know to share their creative hobbies and give them a go.
3. Some children may not think of themselves as being creative. Try to focus on the importance of the process and the way it can make them feel, rather than the end result. Try not to judge their efforts and remember to give encouragement for trying rather than for doing something well.
4. Listening carefully can help children feel more comfortable and confident when expressing themselves. Try to minimise distractions and give your child your full attention when you're spending time together, being aware of your own body language and eye contact. You might want to try summarising what they've shared and acknowledging their feelings.
5. Children are expressing themselves all the time but not necessarily with words. 'Listen' to everything they are trying to tell you with their behaviour, or with their play and creativity or with their silence. It's all self-expression.
6. Remember – you don't need a lot of expensive equipment to get creative at home. Recyclable materials or older items you no longer have a use for can provide amazing inspiration, and of course there's no limit to your imagination!

Let your child know that if they are worried about something, they should always talk to an adult they trust. It could be you, someone in your family, a teacher or someone else in their school.

If you're worried about your child's mental health you can talk to your GP or someone at your child's school.

You can also find a list of organisations that provide support and advice on our website: place2be.org.uk/help



www.childrensmentalhealthweek.org.uk



Take Care of Yourself

It is important to look after your wellbeing as well as focusing on your studies. Your body and mind will only perform well for you if you are taking care of yourself. There are a number of things that you can do to help improve your wellbeing and keep you in good shape:

- Make sure you are getting plenty of sleep! This might seem like an obvious one, but the average teenager is only getting seven hours sleep a night. According to guidelines, published by the NHS, five year olds should be getting about eleven hours of sleep a night whilst teenagers should be getting at least nine hours a night.

Make sure you are limiting your screen use before bedtime. Try and make sure you are not looking at a screen at least thirty minutes before bedtime. If your screen has a night mode, make sure it is on. Blue light from a screen stimulates your brain and can keep you awake at night or disturb your sleep patterns.

- Try and get some exercise. This will not only help you sleep better, but it will also improve your overall wellbeing. Exercise produces chemicals in our brains that contribute to our mood and help to lessen anxiety. Children and teenagers should be aiming for at least sixty minutes' exercise every day, including aerobic activities such as fast walking and running. If intense exercise is not your thing, you can still get exercise by going for a walk or taking the stairs instead of a lift. Exercise can also help tone your body and keep you at a healthy weight. One of the biggest reasons people don't stick to exercise regimes is because they get bored of it. Pick something that you enjoy! Do you like to work out alone, or with others? There are a ton of different activities and sports that you could do. Think about what you might enjoy the most and what is practical for you to be able to do.
- Relax and have fun! Spend time with the people you care about, do the things you love, and focus on what's good. That helps you feel good about yourself, just as you are. Make sure you are building opportunities for rest and relaxation along with your studies –both are important to our wellbeing.
- Remember what we put in our bodies also affects our mood and wellbeing. By eating a varied and balanced diet you should be able to get all the energy and nutrients you need from the food and drink you consume, allowing your body to grow and develop properly.

Have a look at this Eat Well Guide: <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>