Cardinal Wiseman Catholic School
Part of The Romero Catholic Academy

Newsletter

Interfaith Week — 14-21 November

Newsletter Issue 153 **19 November 2021**

Dear Parents and Carers

What does happiness mean to you? Happiness can be a feeling that we experience for a time and it can also be something closer to a lasting state of contentment. It can be wildly exciting or more low-key. The truth is that people have been debating the meaning of happiness for centuries and we're still working on it today.

We know that no one can be happy all of the time. That's just not how we are made. There are going to be times when we will feel down, worried, upset and angry. It's part of being human.

At Cardinal Wiseman we encourage all of our students to participate fully in their lessons and to take advantage of all of the extra-curricular activities that are on offer, as well as nurturing their personal development. The aim of all of this is for each child to grow into a happy and successful adult.

We support all our students in getting to know themselves better and to acknowledge their own experiences so they can make more room for happiness in their lives - whether that's the euphoric, joyful kind, the more stable, peaceful kind, or a bit of both.

Go, eat your bread with joy and drink your wine with a merry heart; for God has already accepted your works. **Ecclesiastes 9:7**

Wishing you a joyful weekend.

Mrs Marshment
Assistant Principal

024 7661 7231 admin@cardinalwiseman.coventry.sch.uk www.cardinalwiseman.coventry.sch.uk
Instagram: @officialwisemancoventry @officialwiseman Facebook: Cardinal Wiseman Catholic Secondary School

CHAPLAINCY

Interfaith week took place in school this week with competitions to design greetings cards and posters, a virtual bake off and quizzes.

The link below is a short prayer/reflection on the interfaith theme:
https://youtu.be/PsArFg3rQPI

Year 8 Retreat

During the October half term a small group of Year 8 students, with Mr Hingley and Ms Mitchell, attended a four day retreat to Alton Castle supported by the Andrew Robinson Young People's Trust.

This retreat, alongside two other schools from Coventry, was a well deserved change of scenery for the group. The students spent their days mountain biking, raft building, connecting with their faith and enjoying an exciting day at Alton Towers!

Mr Forinton, Head of Year 8, said, "This amazing group of students have represented our school and its values during this retreat and the team couldn't be prouder."

After School Activities — PE

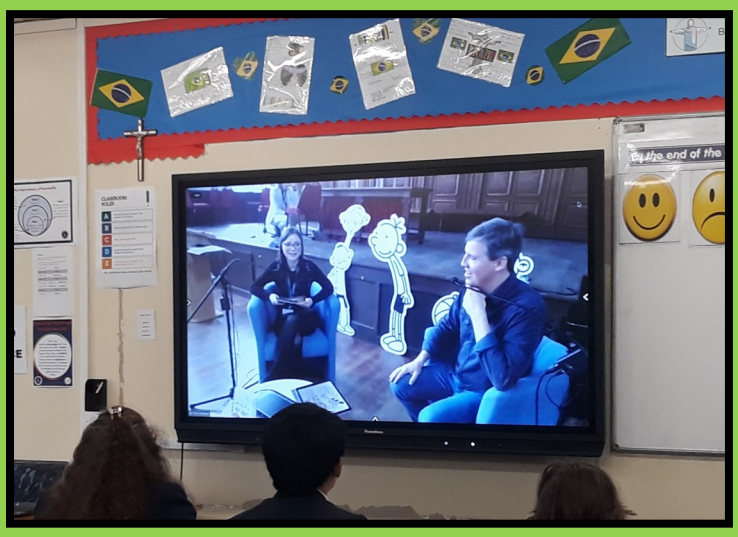
Monday	Tuesday	Wednesday	Thursday
Year 7 Badminton Miss Holmes	**Years 8 & 9 Girls Basketball** Guardian Ballers Coaches	**Years 8 & 9 Boys and Girls Fitness Club** Mr Forinton	**Years 8 & 9 Boys Basketball** Guardian Ballers Coaches
	Year 8 Boys Football Club Mr Montague/Mr Alton	**Year 11 Football Club** Mr Blair/Mr Robinson	**Year 7 Boys Football Club** Mr Blair/Mr Robinson
	Year 9 Boys Football Club Mr Page	**Year 7 Rugby Club** Mr Alcott	**Key Stage 3 Girls Football** Mrs North
	Key Stage 4 Fitness Club Miss Holmes	**Years 9 & 10 Netball** Wasps Netball/Mrs North	**Years 7 & 8 Netball** Ms Jefferson

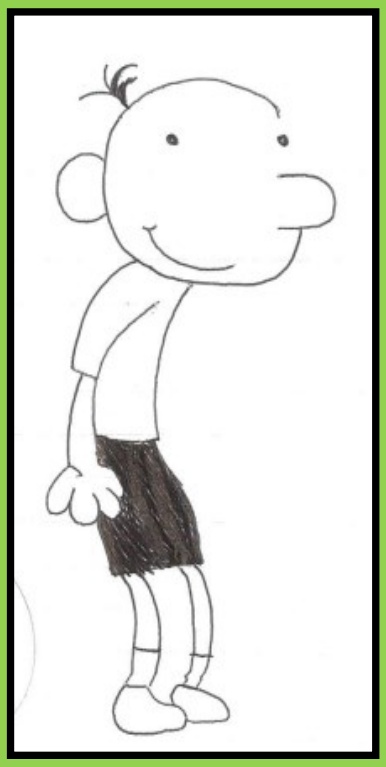
ENRICHMENT

DIARY of a Wimpy Kid

Year 8 "Zoom" with Author, Jeff Kinney

On Thursday, members of the Year 8 Book Club had the opportunity to join a live Zoom meeting with Jeff Kinney, author of the famous "Diary of a Wimpy Kid" series.



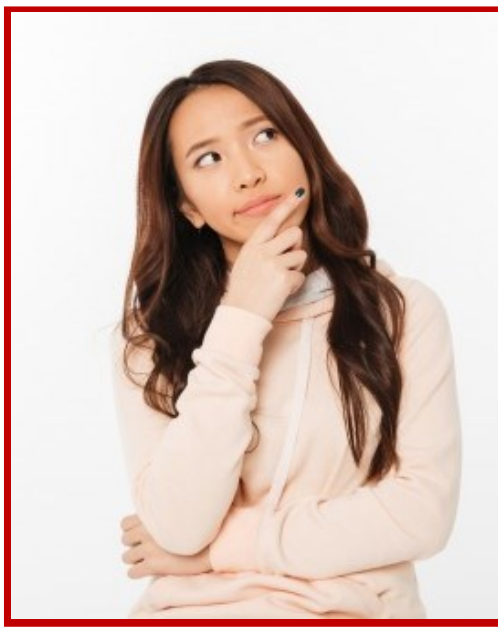


Kinney was in the West Midlands during a rare visit from America, promoting a his new book, "Big Shot".

Cardinal Wiseman was one of hundreds of schools taking part but Tullia H was lucky enough to have her submitted question (about his least favourite character) answered by the author.

Kinney also did a masterclass on how to draw his iconic character, Greg Heffley, and Ryan N did a really good job with his attempt shown here.

OPEN LIBRARY



Important Date

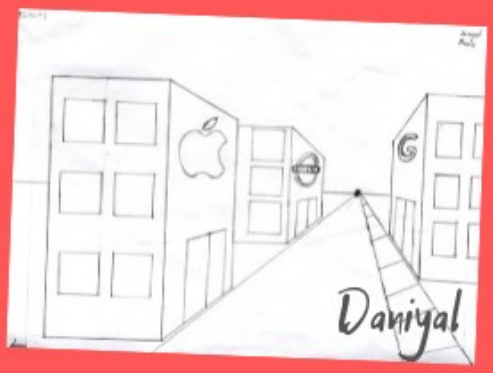
The Year 9 Parents' Evening is scheduled to take place on Tuesday 7 December 3.45—7.00pm.

There will be a chance to make appointments to speak to staff, and information about GCSE options will be available.

Class ~~Artist~~ of the Week

It's a class effort this week!

8A/Art1 have produced some fantastic homework on one-point perspective architectural drawings. There were too many to choose from so here are a some of our favourites.



Well done, 8A/Art1!

Why Use GCSE Pod?

What is it?

- One **website, 3 apps** and over **6000 Pods.**
- Content produced specifically for **mobile devices, tablets and PCs.**
- Designed to **squeeze exactly the right knowledge needed** for exam success into short 3-5 minute chunks.
- Helps with **learning, homework and revision.**

It will help you get organised

Create personal playlists to listen to in the run-up to an exam, to help with homework or on the go to help consolidate learning.

Use the viewing history feature to return to Pods you found useful or access your favourite playlist to go over topic areas you find difficult.

Download exam specific playlists, with everything you need to know for the exam all neatly organised for you so you can manage revision quickly and easily.

It's convenient and effective

Pods can be downloaded on any device so you can watch them online or offline. Wherever you go, GCSEPod goes with you. It's like you're carrying an **entire world of knowledge and revision in your pocket.**

An **expert reads and explains** everything clearly and precisely with all the **right facts, quotes, keyword and annotated diagrams** on screen.

You won't need to use GCSEPod for long before you feel the impact. Consistent use in just **10 minute chunks is proven to support achievement right up to a grade**

It can be as discreet (or loud) as you want

Listen to Pods anywhere with nobody knowing what you are doing. Listen privately on the school bus, when you're walking the dog or shopping in town.

For help logging on for the first time, please select the following link:

https://drive.google.com/file/d/1NI1ZHnhEckAI4AjXL8z_AXedl7HfhnY4/view?usp=sharing

YEAR 11 MOCK EXAMS –

WEEK COMMENCING MONDAY 29 NOVEMBER TO FRIDAY 10 DECEMBER

Monday 29 November	Tuesday 30 November	Wednesday 1 December	Thursday 2 December	Friday 3 December
9.15am	**9.15am**	**9.15am**	**9.15am**	**9.15am**
English Language Paper 1 1 hr 45mins	Science Biology Triple 1hr 45mins Biology Combined 1hr 15mins	Science Chemistry Triple 1hr 45mins Chemistry Combined 1hr 15mins	Maths Paper 1 1hr 30mins	English Language Paper 2 1hr 45mins
1.30pm	**1.30pm**	**1.30pm**	**1.30pm**	**1.30pm**
RE Component 2 Applied Catholic Theology 1hr 30mins	History Medicine in Britain 1hr 15mins Spanish Reading (1 student) 1hr Persian Reading (1 student) 1hr	Geography Paper 1 Physical 1hr 30mins Computer Science Paper 1 1hr 30mins	RE Component 3 Judaism 1hr	RO41 Sport Reducing the Risk of Injury 1hr Design Technology 1hr 30mins Languages Reading Polish/Italian/ German/Spanish 1hr French Reading F - 45mins H - 1hr Turkish/Arabic/ Persian Reading H - 1hr 5mins

YEAR 11 MOCK EXAMS –

WEEK COMMENCING MONDAY 29 NOVEMBER TO FRIDAY 10 DECEMBER

Monday 6 December	Tuesday 7 December	Wednesday 8 December	Thursday 9 December	Friday 10 December
9.15am	**9.15am**	**9.15am**	**9.15am**	**9.15am**
Science Physics Triple 1hr 45mins Physics Combined 1hr 15mins	Maths Paper 2 1hr 30mins	Drama RSL Practical 2hrs Main Hall Language Writing Polish/Italian/ Spanish/German 1hr 15mins French Writing H - 1hr 20mins F - 1hr 10mins Turkish/Arabic/ Persian Writing H—1hr 25mins	Functional Skills English Level 1 2hrs Functional Skills English Level 2 2hrs 15mins	Functional Skills Maths Level 1 2hrs Functional Skills Maths Level 2 2hrs 15mins
1.30pm	**1.30pm**	**1.30pm**	**1.30pm**	**1.30pm**
Geography Paper 2 Human 1hr 30mins Computer Science Paper 2 1hr	R021 Health & Social Care 1hr Italian WH (1 student) 1hr 15mins German WH (1 student) 1hr 15mins			

COVID-19 VACCINATION CLINICS AVAILABLE FOR CHILDREN AGED 12-15

NHS
Coventry and Warwickshire Partnership
NHS Trust

COVID-19 vaccination clinics are now available for children aged 12-15 who have not had their first dose.

Please note, if your young person has had a positive COVID-19 test, they need to wait 12 weeks before attending a vaccination clinic. The 12 weeks start from the date they had their PCR test. Please pre-book their vaccination via the links below at your preferred location. They will be given one dose of the Pfizer/BioNTech vaccine.

COVID-19 vaccination resources for children and young people are available on the government website in a variety of languages, Braille and Easy Read. These resources are to help children, young people and their parents or guardians make an informed decision about whether to take up the offer of the COVID-19 vaccination.

Vaccinating children can help stop the spread of COVID-19 to other people, including within schools. COVID-19 is usually mild in most children, but it can make some children unwell. One dose of a COVID-19 vaccine gives good protection against your child getting seriously ill.

COVID-19 Vaccination clinics

Northgate House - Warwick

When: Every Saturday and Sunday
Location: Cape Rd, Northgate South Side, Warwick CV34 4JH
Times: First Appointment: 10:00, Last Appointment: 15:55
How to Book: Swiftqueue - Northgate House

Coventry Central Library

When: Every Wednesday & Saturday
Location: Smithford Way, Coventry, CV1 1FY
Times: Wednesday: 15:30 to 17:55, Saturday: 10:00 to 15:55
How to Book: Swiftqueue - Coventry Central Library

Bedworth Civic Hall

When: Daily
Location: Civic Hall High Street, Bedworth, CV12 8N
Times: Monday to Friday 16:00 to 19:30,
Saturday and Sunday 08:30 to 19:30
How to Book: National Booking - Covid Vaccinations

ATTENDANCE

Attendance & Punctuality

Good attendance means being in school at least 97% of the time.

Employers are looking for reliable employees with good attendance and punctuality. Turning up to school every day and on time shows employers that you are organised and have a strong work ethic.

190	184	171	161	152	143
school days in each academic year	days of education	days of education	days of education	days of education	days of education
0 days absence	7 days absence	19 days absence	29 days absence	38 days absence	47 days absence
100% attendance	97% attendance	90% attendance	85% attendance	80% attendance	75% attendance

Well Done	I'm Concerned	Seriously Worried
A good attendance gives you the best chance for success	A poor attendance gives you the less chance for success	Very poor attendance has a serious impact and reduces life chances

Did you know? Students who have good attendance can achieve their full potential and have better career prospects.

Did you know? A two week holiday in term time means that the highest attendance a student can achieve is 94.7%.

Did you know? Being late by 15 minutes each day is the same as missing two weeks of school.

There are **365** days in a calendar year

175 days are NOT spent at school

**So there's plenty of time for holidays and appointments!*

#BeIncredible

MENTAL HEALTH AND WELLBEING

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one issue of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

10 Ways You Can

SHARE KINDNESS ONLINE

Last year, around one in five young people aged 10–15 in England and Wales admitted experiencing online bullying: most commonly being insulted or sworn at, or having hurtful messages sent about them. To someone who's being bullied, the world can seem like a bleak, negative place – but just one kind word can be a ray of hope: a turning point that brightens their day and refreshes their perspective. That's why 'One Kind Word' is the theme of Anti-Bullying Week 2021. We're supporting this year's event by bringing you ten top tips for beating online bullying by replacing it with kindness.

1 PRAISE WHERE IT'S DUE

Sometimes a friend or relative might post online about something they're proud to have achieved: maybe an exam they've passed, a new skill they've learned or a task they've completed. Celebrate their hard work and determination by being kind enough to praise them for it publicly.

2 REACH OUT

It's not always easy to tell what kind of mood someone is in just from what they post online. Simply dropping somebody a message to say 'hi', to ask if they're OK or to tell them that you're thinking of them could totally make their day.

3 RECOMMEND FUN THINGS

If there's something you enjoy doing online – perhaps you play a particular game, or you've found a really cool site – share it with someone you think will enjoy it. Even recommending a film or TV show you think they'll like can bring a little happiness to someone who really needs it.

4 OFFER TO HELP

Sometimes you might see a friend or family member posting a question online or asking for help with something they can't do themselves. Don't just ignore it – if you can help, get in touch. Something that's difficult for them might be no trouble for you!

5 POST POSITIVELY

Lots of people seem to go online purely to complain about things or be negative. Just because you're communicating online (and not face to face) doesn't mean you can't be positive, though! Post about things that make you happy and that you're thankful for. It could brighten someone else's day.

6 SHOW YOUR APPRECIATION

If somebody that you know has done something positive or shown kindness themselves, go online and thank them with a message or a post. Expressing your gratitude costs nothing and showing someone that you appreciate them will really make them feel good.

7 BE UNDERSTANDING

Showing empathy towards others is an act of online kindness which often gets overlooked. If you notice that someone you know is upset, drop them a message. Sometimes people just need someone else to listen to them and understand their situation.

8 SHARE INSPIRATIONAL POSTS

When you see something online that inspires you or makes you feel happy, share it with people you know. A spot-on quotation, a beautiful photo or an uplifting video can lift someone's spirits and help them to feel better about life.

9 THINK BEFORE COMMENTING

Thinking before we act can be just as important as acting in the first place. Taking a second to consider what you're saying in advance could stop you from posting something negative, hurtful or offensive – even if you don't mean to. It's better to post positively or not post at all.

10 LIKE, LOVE AND ENGAGE

If somebody posts something that you like on social media, don't just scroll past – take the time to like it, love it or leave an appreciative comment! Reacting positively to other people's posts might seem like a small gesture but could mean a lot to them.

Meet Our Expert

Carly Page is an experienced technology journalist with more than 10 years of experience in the industry. Previously the editor of tech tabloid The Inquirer, Carly is now a freelance technology journalist, editor and consultant.

National Online Safety

#WakeUpWednesday

www.nationalonlinesafety.com @natonlinesafety /NationalOnlineSafety @nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 17.11.2021

An Important Message About Vaping

Dear Parents and Carers

It has come to our attention, and through communication with other schools, that the use of Vapes is becoming more widespread amongst young people outside of the supervision of their parents, carers, teachers or any other responsible adult. These Vapes are commonly named Geek Bars or Elf Bars. Often they can be bought easily and are relatively cheap. We would like to stress that they have a health risk and we are aware of these items causing severe reactions in students who belong to other schools.

Please can I ask that you be vigilant with regard to these Vapes, often they are difficult to distinguish from stationery highlighters or make-up.

I would like to stress that Vapes are a prohibited item at Cardinal Wiseman School and students found to be in possession of them or using them on school site are likely to have a fixed term exclusion sanction.

Ms Burtonwood

Cardinal Wiseman Catholic School
Potters Green Road,Coventry, CV2 2AJ
t: 02476 617 231
e: admin.cw@romeromac.com
w: www.cardinalwiseman.coventry.sch.uk
Principal: Mr M Everett