



Newsletter

The First Sunday of Advent-28 November

A Nativity scene from Ethiopia

Newsletter Issue 154

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Dear Parents and Carers

This weekend marks the first Sunday of Advent, the start of our journey towards Christmas. In Advent, we are asked to wait, to be patient, and to look forward. This should hold extra significance for us after waiting, being patient, and finally being able to spend Christmas with loved ones. I think most of us are experts in being patient, or having it pushed to the limit! Nonetheless, the wait for Christmas during Advent is a relatively short one. Media tells us that we cannot wait for deals, sales, and offers; Advent tells us to do the very opposite. It tells us to be still, and silent, and calm, and to wait for the hope that comes to us on Christmas Day.

It might sound like a cliché but Christmas is a time of giving. At Cardinal Wiseman Catholic School we take this to heart. Every year we endeavour to hold a campaign where our students and their families can contribute to those within our community that may not be looking forward to Christmas, in fact, just the opposite because of a scarcity of food and the basic essentials. This year we are holding our 12 days of Christmas Giving which will span the season of Advent. Our tutor groups will be encouraged to bring in and donate necessary items that will go into hampers and there are more details on the scheme inside the newsletter on page 5.

This year on 16 December we will be hosting our Carols by Candlelight service here in school. It will be a wonderful event for many reasons but I would cite two: firstly, just the opportunity of being able to assemble and sing again together after all of the restrictions during the pandemic will be a joyous occasion. Secondly, we are blessed with many students that have fantastic talents including some great singers; as with the Parable of the Talents we believe that we should provide every opportunity for our young people to display their gifts, especially in celebration of the birth of Jesus Christ.

Although there are only four weeks of this half term to go, it will go very quickly for some, and it will be a long wait for others. However, the reward of Christmas at the end should hold some light for us to keep our spirits high.

God bless.

Mr Everett



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“Stickz & Stonz” Unveil New Basketball Kit for Cardinal Wiseman



On Tuesday 23 November we were excited to welcome back Alex Begyinah from Stickz & Stonez, to deliver an array of exciting merchandise to our students.

Over the course of the summer months, Alex worked with a number of students within our current Year 7 and Year 9 cohorts to create one-of-a-kind pieces in collaboration with Cardinal Wiseman and our partners, Guardian Ballers & Coventry and Warwickshire Mind.

One of the projects centred around creating clothing that students would wear to represent their approach to mental health, which has been driven by the Guardian Ballers experiences.

The other encompassed our school values which became the centrepiece of our new official school basketball kits, which will be worn with pride by our Key Stage 3 and 4 basketball teams, as they head into the new competition season.



During his visit on Tuesday, Alex also spent time working with our Year 11 and Sixth Form students, reflecting on the importance of mental health and of remaining committed when starting a business.

We very much look forward to welcoming Alex back for future projects.



 mind | Coventry and
for better mental health Warwickshire



After the formal unveiling of Cardinal Wiseman's new kit, the players put it to good use with some basketball training in the Sports Hall.



Keep an eye out for more information about where you can get your very own hoodie soon!



ENRICHMENT

Netball Report

On Thursday 18 November, Cardinal Wiseman U13 and U15 netball teams played against President Kennedy School.

Both teams played well and improved their game play as the quarters progressed. The U15 team was playing a friendly game which was their first game of the year. After an early lead the girls stayed ahead to win 9-3, with the player of the match being Messie D.

The U13 team played well and had possession for long periods during the game. However, shots on goal didn't lead to points and they ended up losing 5-9 with the player of the match going to Leola K.

Well played everyone!

Ms Jefferson



If a student is off school, isolating due to COVID but well enough to complete work, please ensure they are completing tasks set on the Home Learning page of Google Classroom. There they will find work for all subjects, mirroring work being done in school, so they do not fall behind in their learning.

If they don't have the Home Learning page listed on their Google Classroom, please email their name and year group to:

virtualearninghelp@cwcscoventry.co.uk



Google Classroom

Ms Jefferson
Remote Learning Lead

The Cardinal Wiseman 12 Days of Giving

'In my life at different times, I've had £5 to feed myself and I've had £500 to go out and eat. I've asked for lifts and given lifts. I've had a house full of food and I've been without food. We all have highs and lows in life but we're all just trying to make it'.
(Facebook quote)

This year we are asking each form group to collect items for 12 school days to make a food hamper for someone in our community who might not be looking forward to a Christmas of plenty.

It would be wonderful if each form group could donate...

- on the 1st day of advent (29 November) one bag of rice,**
- on the 2nd day of advent (30 November) two bags of pasta,**
- on the 3rd day of advent (1 December) three packets of tea bags,**
- on the 4th day of advent (2 December) four boxes of cereal,**
- on the 5th day of advent (3 December) five tins of soup.**

Continuing with 6 December - six tins of beans, 7 December - seven tubes of toothpaste, 8 December - eight shower gels, 9 December - nine tins of vegetables, 10 December - ten bars of chocolate...

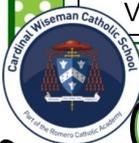
...and into the last week, 13 December - eleven packets of biscuits and finally 14 December - twelve toilet rolls.

House points will be awarded for all donations.

Please give, if you can. Thank you.

The Cardinal Wiseman 12 Days of Giving
On the Twelve Days of December the children gave willingly...

1 Bag of Rice	2 Bags of Pasta	3 Packets of Tea Bags	4 Boxes of Cereal
5 Tins of Soup	6 Tins of Beans	7 Tubes of Toothpaste	8 Shower Gels
9 Tins of Vegetables	10 Bars of Chocolate	11 Packets of Biscuits	12 Toilet Rolls



Blessing of the Crib in Coventry

Every year the Catholic Parishes of the city provide the crib for the city centre.

The Crib will be in Broadgate and will be blessed at 4.00pm on
Sunday 28 November (the First Sunday of Advent).

The music will be led by Mrs Quinn of the Romero Academy.



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





Coventry and Warwickshire Partnership Trust Covid Vaccination Clinics for 12-15 year olds

The below Covid-19 clinics are provided by Coventry and Warwickshire NHS Partnership Trust. These clinics can be accessed by anyone between the age of 12-15 for their Covid Vaccination. If a young person has had a positive COVID-19 test, they need to wait 12 weeks before booking. This starts from the date they had their test.

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

COVID-19 VACCINATION CLINICS ARE NOW AVAILABLE FOR CHILDREN AGED 12-15 WHO HAVE NOT HAD THEIR FIRST DOSE.

Coventry Central Library
When: Wednesday & Saturdays
Location: Smithford Way, Coventry CV1 1FY
Times: Wednesday: 15:30 to 17:55, Saturday: 10:00 to 15:55
How to Book: appointment available via: [Coventry Central Library](#)

Bedworth Civic Hall
When: Daily
Location: Civic Hall High Street, Bedworth CV12 8NF
Times: Monday to Friday 16:00 to 19:30, Saturday and Sunday 08:30 to 19:30
How to Book: appointment available via: [National Booking - Covid Vaccination Link](#)

Vaccinations for 16 –17 year olds

The Joint Committee on Vaccination and Immunisation (JCVI) has advised that all healthy 16 to 17 year olds should be offered a second dose of the Pfizer vaccine. The decision is based on a review of the latest evidence and has been accepted by the Government.

16 and 17 year olds will not be vaccinated through the schools programme, but through vaccination centres, community pharmacies and GP led primary care network sites. The national booking service is now available for 16 and 17 year olds to book their vaccine.

For further information please select the following link:

[16 to 17 year olds offered a second dose of the Pfizer vaccine](#)



Cardinal Wiseman has been Recognised for Our Commitment to Helping Pupils Stay Safe Online

***Cardinal Wiseman Catholic School is now a
National Online Safety Certified School***

Cardinal Wiseman Catholic School has successfully completed a comprehensive online safety training programme demonstrating its commitment to keeping children and young people safe online. The school has, therefore, received a National Online Safety Certified School Accreditation for its whole school community approach to protecting children in the online world.

It can be increasingly difficult for schools and parents to stay ahead of online threats and ensure both children and staff are safeguarded from potentially harmful and inappropriate online material. The training programme arms schools with the knowledge they need to understand online dangers and react in the best way possible to any problems.

Principal Mr Everett said, "We are delighted that this has been recognised and we are proud of the engagement from staff and the rising number of parents who are involved. We have worked relentlessly throughout the pandemic to ensure that our children are safe and that we, as staff, are fully trained and knowledgeable about the ever-changing risks to young people".

Important



The police and school have are still receiving complaints from residents, regarding parents parking on double yellow lines in Potters Green Road when collecting students after school.

It is imperative that we are able to keep the community, our students and their families safe. To do so everyone must abide by road markings and signs. This includes speed limits and parking restrictions.

Thank you.

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 and 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			





Want to know more about sleep?

ASK US THE QUESTIONS YOU WANT ANSWERS TO

CALL US

03303 530 541



SPEAK TO TRAINED SLEEP ADVISORS
Available Sunday - Thursday
7pm - 9pm

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Punctuality Matters

Thank you to all our parents and carers for your fantastic support with student punctuality to school. Members of the attendance team have been telephoning home when students have been late, alongside the daily texts that you receive when your child arrives late at school.

The expectations are that all students arrive through the school gates by 8.50am at the latest. Students then have time to walk down to the playground for line up at 8.55am where any important messages for the day will be shared by their tutor, Head of Year and Senior Leaders. Students are released from the playground so that they can be in their first lesson of the day and start learning at 9.00am. Break time detentions are set on the same day for lateness to school.

For children who are repeatedly late, we will be asking for the support of the Local Authority attendance team who may issue fines.



Part of our Online Bullying Series



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www.nationalonlinesafety.com

What you need to know about... TROLLING & ONLINE ABUSE



What is it?

'Trolling & Online Abuse'

Trolling is a form of cyberaggression. It involves the sending of malicious, abusive or derogatory messages by one user (a 'troll') to another user online with the intention of upsetting or harassing them or damaging their reputation. It is often anonymous and does not meet the definition of bullying yet might develop into online bullying. Trolls will often goad others until they react. They enjoy putting people down and causing discord, starting arguments or being inflammatory - stirring things up for their own entertainment. Trolling may take the form of a one-off offensive comment, hate speech or even threats made online.



Know the Risks

May cause distress

Children can be particularly vulnerable to online trolling and online abuse. Receiving offensive comments for no reason can cause young people distress and increase feelings of anxiety and worry.

Impact on wellbeing

Trolling which is targeted and persistent can have a huge impact on children's mental health and wellbeing. It can lead to low self-esteem and create feelings of worthlessness and dissatisfaction, potentially affecting how children see and feel about themselves.

Could damage reputation

Online trolling can be humiliating for the victim and can negatively impact on how they are perceived online or on social media. Trolls might goad children into reacting or saying something they might regret and then sharing those comments widely to purposely paint them in a negative light.

May affect home and school life

Children who constantly receive hateful and spiteful messages online can become isolated and withdraw from daily life. They may become depressed, angry or unable to sleep at night. Their school performance may suffer and it may impact on their behaviour at home.

Safety Tips

Have open dialogue

It is vital to have conversations with young people about the hate speech, anger and prejudice that are all around them and explore what resilience they may have. Keep the dialogue always open so that young people have trusted adults to turn to.

Discuss online behaviour

Discuss what is acceptable behaviour online and what is inappropriate, unacceptable or against the law. Warn against reacting even more aggressively towards online trolls, reminding them that their digital footprint will outlast the current problem.

Implement privacy settings

Make sure that children are only using age-appropriate apps. Make their profiles private so that only friends and family can interact with them online and turn off comments if you're concerned about what other people might say.

Teach critical thinking

Help young people to spot trolls or when people are 'stirring it' on social media. Talk to them about people who might dare them to do risky things or encourage them to post negative comments online so that they recognise them and don't become an online troll themselves.

Further Support

Report to platform

Understand the tools available on the platform where trolling is taking place and whether or not it is moderated. Check out the community guidelines to see if the behaviour contravenes them and then if so, report it, block, unfriend or unfollow the sender where possible.

Collect evidence

Always try to screenshot or take a photo of the negative posts or comments made online. Report the incident to your child's school, police or local authority who will be able to investigate further.

Seek professional advice

If your child has experienced negative effects on their mental health and wellbeing due to trolling online, ask for additional support from your school's local safeguarding officer or seek professional help from charities who will be able to offer further advice and guidance.

Seek support from friends

Friends can be supportive to one another and can be encouraged to flock to post positive messages when someone is targeted. Ask your child's friends for support - like-minded people can act together positively and they may help to build their confidence and self-esteem.

Our Expert Adrienne Katz



Adrienne Katz is an award-winning cyberbullying expert with extensive experience of working with schools and education providers to deliver training in online safety. She is the founder and leader of the annual national Cybersurvey, providing one of the richest databases of young people's views on digital life in the UK and has previously worked on government level projects funded by the Home Office and The Princess Diana Memorial Fund.