



Cardinal Wiseman helps me to be...

INCREDIBLE

21 January 2022 Issue 001

THE WISEMAN REVIEW

Cardinal Wiseman Catholic School Newsletter

WHAT'S IN THIS WEEK'S ISSUE:

Ofsted	2-3
Chaplaincy	4
COVID-19 Update	5
Curriculum	6
Enrichment Clubs	7-8
Reminders	9
Romero Thrives	10
Attendance	11
Wellbeing	12

Dear Parents and Carers

Cardinal Wiseman Ofsted Visit 30 November – 1 December 2021

We are delighted to share the Ofsted report from our recent visit led by Her Majesty's Inspector of schools, Jane Spilsbury. Ofsted judged our school to be 'Good' in all areas. Jane was accompanied by a team of four Ofsted inspectors including two serving Headteachers (Dr Peter Kent and Philip Hamilton OBE). The report is available online [here](#).

We feel that this report captures the true experience of our students who come to our school every day to learn, to achieve, to be happy, to be challenged, and to be supported in all areas of their lives. It reflects our school beautifully; it is 'a happy place to be' and a place where there is a commitment to 'inclusion for all'.

We have high aspirations. There are still areas where we want to become even better, so please be assured that we are ambitious to further improve as a 'beacon of excellence for Catholic education'. We will build on the success achieved at the primary schools in our MAC so our pupils make a smooth transition from Year 6 to Year 7 in their journey of learning and faith.

We offer our thanks to pupils, parents, carers, staff, governors and all associated with our school, both past and present, who have helped us to reach this wonderful milestone.

Mr M Everett, Principal, Cardinal Wiseman Catholic School
Mrs H Quinn, CSEL/CEO, The Romero Catholic Academy



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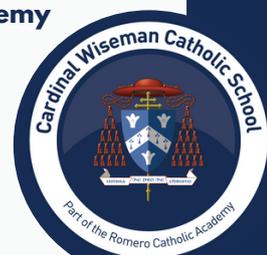
@officialwisemancoventry



Cardinal Wiseman Catholic Secondary School



@officialwiseman



OFSTED

Cardinal Wiseman's
overall effectiveness
in all areas is
GOOD

Ofsted 2022



#BelIncredible #WeAreWiseman

Inspection dates: 30 November and 1 December 2021

Overall effectiveness

The quality of education

Behaviour and attitudes

Personal development

Leadership and management

Sixth-form provision

Good

Good

Good

Good

Good

Good

Cardinal Wiseman Catholic School is a happy place to be, where pupils behave well, achieve well and enjoy learning. Pupils enjoy positive relationships with caring staff. Leaders set high expectations and pupils rise to them.

"Cardinal Wiseman
is a **happy**
place to be."

Ofsted 2022



#BelIncredible #WeAreWiseman

"Pupils are
safe and they
feel safe here."

Ofsted 2022



#BelIncredible #WeAreWiseman

Pupils are safe and they feel safe here. They know that there is always an adult they can speak to if they need help. They say that bullying does not happen often, but if it does, staff sort it out quickly. The school has achieved an award for its work to keep pupils safe online.

Leaders want pupils to experience the very best knowledge in each subject. Curriculum plans are well structured to support pupils' learning in most subjects. Subject leaders and teachers are passionate about their subject. This enthuses pupils. In lessons, teachers return to previous topics to check pupils' learning. Pupils say that this helps them to remember more. Pupils achieve well in these subjects.

"Subject leaders
and teachers are
passionate
about their subject.
This **enthuses** pupils."

Ofsted 2022



#BelIncredible #WeAreWiseman

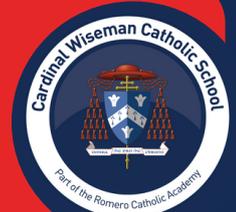
"The school
welcomes all
pupils. All faiths and
cultures are
celebrated."

Ofsted 2022



#BelIncredible #WeAreWiseman

The school welcomes all pupils. The Catholic life of the school ensures that pupils understand how to treat others with respect and fairness. All faiths and cultures are celebrated. Pupils play a key part in this. Members of the school council present assemblies about important themes in society, such as the 'Black Lives Matter' campaign.



OFSTED

"Pupils with SEND access the full curriculum with support from well-trained staff. As a result pupils with SEND make **strong progress.**"

Ofsted 2022



Pupils with special educational needs and/or disabilities (SEND) access the full curriculum with support from well-trained staff. Leaders have ensured that all staff receive the training they need to support pupils' individual needs, including targeted teaching to address gaps in pupils' reading and mathematics skills. As a result, pupils with SEND make strong progress.

Leaders prioritise support for pupils' mental health and well-being. This is because some pupils were anxious about returning to school following absences due to COVID-19. They took time to adjust to school routines. Leaders have put in place effective routines and clear expectations of behaviour. Pupils have responded well to these. They behave well around school and in lessons. They are respectful and polite to others. Knowledgeable staff provide comprehensive support to help pupils improve their behaviour or attendance. Staff support pupils well to make sure they come to school on time and work hard. Despite this, a small number of pupils are still absent from school too often.

"Leaders prioritise support for pupils' mental health and well-being... having put in place **effective routines** and clear expectations of behaviour."

Ofsted 2022



"Pupils succeed in gaining the **confidence** and qualifications that will take them onto their next destination."

Ofsted 2022



Students in the sixth form enjoy stimulating lessons in a range of subjects, including A level and vocational courses. Leaders revise the courses offered in response to students' interests and local employment opportunities. The sixth form is open and accessible to all. The foundation curriculum prepares students well for their next steps. Careers advice and guidance is comprehensive.

The Catholic faith underpins the school's support for pupils' personal development. Pupils can visit the chapel at breaks and lunchtimes to contemplate and reflect. The 'pupil passport' encourages all pupils to take part in enriching activities, such as sports clubs or performing arts. Staff run popular clubs, including Ye Olde History Club and Latin for Life. Activities like 'Guardian Ballers' teach pupils confidence and life skills alongside basketball skills. Staff encourage reluctant pupils to take part. Pupils who would most benefit do not always take up the opportunities offered to them.

"The **Catholic faith** underpins the school's support for pupils' personal development."

Ofsted 2022



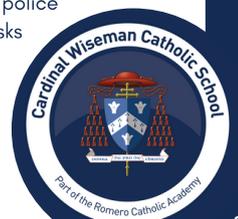
"Cardinal Wiseman Catholic School has been **transformed** since the last inspection."

Ofsted 2022



Members of the local academy committee (LAC) know the school well. They support leaders and hold them to account for their decisions. They challenge leaders to ensure that any new initiatives are in the best interests of pupils. Leaders from the Romero multi academy company (MAC) have provided effective support to help the school improve.

The arrangements for safeguarding are effective. Staff are well trained in all aspects of safeguarding, including any new risks in the area. Leaders work closely with the police and other agencies to ensure that pupils are safe in school, regardless of any risks pupils may face outside school. All staff know that safeguarding is everyone's responsibility. They report any concerns about pupils promptly. Safeguarding staff follow up on these concerns and address them quickly. Leaders are not afraid to challenge others, including those in authority and external partners, to keep pupils safe. Leaders ensure that recruitment checks are completed rigorously when they appoint new staff.



CHAPLAINCY



Saint of the Week

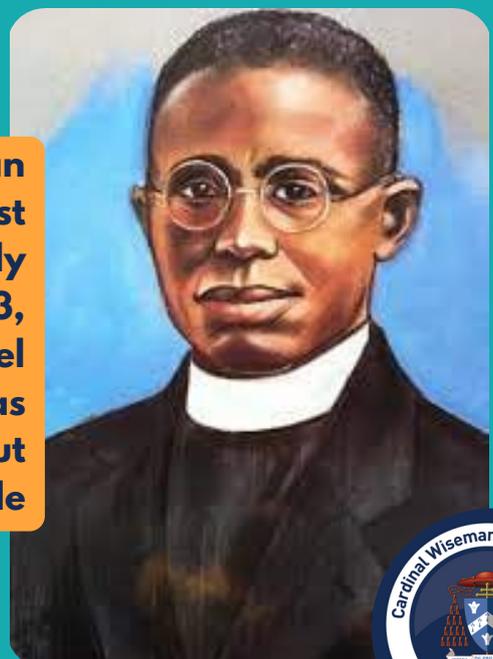


St Cyprian Michael Iweme Tansi



This week's Saint of the Week is St Cyprian Michael Iweme Tansi. He was the first West African to be made a saint and is a really inspirational character. Michelle, Year 13, was born not too far from where St Michael was born and speaks the same language as he did. She was keen to share five facts about his life and you can watch the video she made using the following link:

<https://youtu.be/s2IYtTC7All>



COVID-19 UPDATE

This week, the Prime Minister announced that all Plan B measures will be removed in England, with a full return to Plan A by Thursday 27 January.



In education and childcare settings, this means:

- Face coverings are no longer recommended in classrooms and teaching spaces for staff and students in Year 7 and above. They were introduced in classrooms at the start of the spring term as a temporary measure.
- From Thursday 27 January, face coverings are no longer recommended in communal areas for staff and students in Year 7 and above.

CURRICULUM

Art

Formal Elements

Year 7 explored the achromatic scale and have completed drawings of shells combining tone and mark-making. They are now exploring the abstract use of line inspired by artists, Georgia O'Keeffe and Harvey Taylor before moving onto colour theory.

Architecture

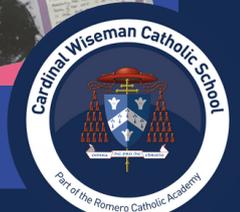
Year 8, inspired by the work of Steven Wilshire, an artist famous for drawing detailed cityscapes, have explored perspective drawing. After working on their tonal skills, they will be moving onto charcoal cathedral drawings inspired by Dennis Creffield.

Curious Beasts

Year 9 explored line and layering through the drawings of Henry Moore and the work of printmaker, Bridget Farmer.

Strange Folk

Year 10 explored "Chaos Painting". They studied abstract styles and contemporary artists such as Agnes Cecile, Janus Miralles and Marion Bolognesi. They are currently working on Greek Mythology, looking at Caravaggio's "Medusa" and creating their own fear and phobia portraits.



ENRICHMENT CLUBS



THE COUNTDOWN IS ON

ROCKET CLUB

Students from the Rocket Club launched the second set of solid fuel rockets that they have built. These consisted of two different stages, each with its own separate motor, launching to around 300m.

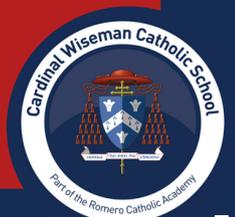


Basketball



This week the Key Stage 4 boys basketball team played a hard fought game at Blue Coat School. The boys were determined to win despite fierce opposition and emerged triumphant. Cardinal Wiseman won 40 – 33 and the whole team was a credit to the school.

Brilliant!



ENRICHMENT CLUBS



AFTER SCHOOL

ENRICHMENT

PE Faculty Activities

Badminton Club (**Year 7**) Monday 3.20-4.30

Guardian Ballers Basketball (**Years 8, 9 Girls**) Tuesday 3.30-4.30

Football Club (**Year 8 Boys**) Tuesday 3.30-4.30

Strength & Conditioning Fitness Club (**Key Stage 4**) Tuesday 3.30-4.30

Strength & Conditioning Fitness Club (**Years 8, 9**) Wednesday 3.30-4.15

Trampolining Club (**Key Stage 3**) Wednesday 3.30-4.15

Guardian Ballers Basketball (**Years 8, 9 Boys**) Thursday 3.30-4.30

Football Club (**Key Stage 3 Girls**) Thursday 3.30-4.30

Netball (**Years 7, 8**) Thursday 3.30-4.30

Performing Arts Activities

Glee Club (**All Years**) Tuesday 3.30-4.20 **Theatre**

Drama Club (**Key Stage 3**) Wednesday 3.30-4.20 **Theatre**

Choir Club (**All Years**) Thursday 3.30-4.20 **CC10**

English Faculty Activities

Harry Potter Club (**All Years**) Wednesday 3.30-4.00 **FR03**

Languages Faculty Activities

Latin For Life (**Years 8, 9, 10**) Thursday 3.30-4.20 **AQ06**

The Language Club (**All Years**) Thursday 3.30-4.30 **RM03**

History Faculty Activity

Ye-Olde History Club (**Key Stage 3**) Wednesday 3.30-4.00 **AQ09**

Science Faculty Activity

Rocket Club (**Years 7, 8, 9, 10**) Contact Mr Hermitage for more details.

Art Faculty Activity

Art Club (**Key Stage 3**) Tuesday 3.20-4.10 **JS01**

Maths Faculty Activity

Maths Club (**Year 7**) Tuesday 3.30-4.30 **FR09**



REMINDERS

Dates for your Diary

We look forward to welcoming parents / carers to the following parents' evenings:

Year 11 Parents' Evening
Tuesday 25 January between
3.45-7.00pm

Year 12 Parents' Evening
Tuesday 1 February between
3.45-7.00pm

Year 9 Option Choices

The Year 9 Options Booklet is available [here](#).

Click [here](#) to complete the Options Form, which needs to be submitted by 28 January 2022.

If you have any questions, please contact Mr Pearse before the deadline on: a.pearse@romeromac.com

ROMERO THRIVES

Winnie the Pooh Day

“Winnie the Pooh” stories have delighted children and adults alike for many years and on Tuesday, 18 January, the Reception Class at Ss Peter & Paul School celebrated ‘National Winnie the Pooh Day’ with fun filled teddy activities.

They started their morning learning how Winnie the Pooh came to be. Did you know, the author A.A. Milne was inspired by his son Christopher Robin’s toys for the characters in his story?

The children brought their favourite teddy bear into school, they made Pooh Bear headbands, bear paintings and made sandwiches for their teddy bears’ picnic.

The weather was a little bit chilly to have a picnic outside, so they didn’t venture down to the woods but made their own teddy bears’ picnic in the hall. Lots of singing and dancing was had, and the teddy bears thoroughly enjoyed their first time at school!



Ss Peter & Paul
Catholic Primary School
Part of The Romero Catholic Academy



At Cardinal Wiseman, 8C based their classroom form time assembly on Winnie the Pooh Day this week. They explored the lessons about wellbeing and friendship that the stories can teach us. [Click here for the recording of the assembly.](#)



ATTENDANCE

HOW DO I DEAL WITH SCHOOL REFUSAL?



If your child is refusing to go to school, this is known as 'school refusal' or 'school phobia'. This can be caused by anxious feelings. School refusal can be more common among children with additional or special educational needs (SEN). The way to support all children with this issue is very similar.

HELP YOUR CHILD TACKLE ANXIOUS FEELINGS

Remember that your child is probably struggling with feeling anxious. Talk about what's worrying them, making sure you listen to what they say. Try to help your child lessen their anxious feelings rather than fight against them.

- Try to spot their triggers. See if you can think of strategies that can support your child when they face things that make them resistant to school.
- Avoid arguing to get them into school and look at the core issue instead. This shows you are on their side, working towards the same goal.
- Try worry management techniques. For example, use 'worry time' or the 'worry tree' activity to help them gain control over their worries.
- Use positive praise and rewards with your child and make sure you notice any efforts they are making.
- Help your child practise breathing exercises and calming techniques. This can help them build the confidence they need to return to school.
- Be consistent with your approach. Make sure that you give your strategies time to work.



MAKE A PLAN TO HELP YOU COPE

- Ensure that the morning routine stays the same, even if your child isn't going to school. Get them to wake up at the same time and eat breakfast. Where possible, make the mornings feel normal.
- Avoid making staying home feel like a treat. With the help of your child's school, set home-learning tasks. No gaming or TV time during school hours, and avoid giving them 'fun' food and treats. This can encourage your child to stay home more often.
- Create a plan with your child to help them overcome their worries. At first, the goal might be to complete the morning routine. Next, it might be travelling to school, but not going in. Then, try a morning or afternoon in school. Talk to your child about any feelings or concerns they have during the process.



WELLBEING

EXAM STRESS

Working towards exams can create feelings of worry and being under pressure, especially when you are getting close to doing your GCSE's or 'A' levels but also for tests at any time in school.

Student Minds, the UK's student mental health charity, <https://www.studentminds.org.uk/>, recommends getting into good habits and getting organised sooner rather than later to help you to deal with the stress that you might be feeling...

So, what are you waiting for?

Get that organised feeling

- Exams are 15 weeks away. See it as a 15 week challenge!
- Find out the basics. Which exams do you have? When are they? How are marks allocated? What do you have to learn?
- Break your revision into small chunks and form a plan – then you won't waste time having to decide what to revise each day.
- Schedule in breaks and relaxation time. Nobody can work all day.
- Aim to stick to the plan...but if things don't go well – tomorrow is a brand new day.

Get into some good habits

- Revise for 35 – 40 minutes at a time.
- Take frequent breaks – get up from your desk – go for a walk or have a snack.
- Eat regularly and healthily – avoid sugar highs (and lows).
- Drink plenty of water – keep hydrated.
- Think about when and where you work best.
- Keep active and get outdoors. De-stress through exercise.
- Stick to a regular bedtime routine and aim to get 8 hours sleep every night.
- Find activities that help you relax – perhaps watching your favourite TV show, reading, having a bath or colouring.

If you're feeling worried...talk to someone straight away!

