



Pupils from the Year 8 Boys Football Team

14 January 2022 Launch Issue

THE WISEMAN REVIEW

Cardinal Wiseman Catholic School Newsletter

WHAT'S IN THIS WEEK'S ISSUE:

Year 11 Announcement	2
Enrichment	3/4
Chaplaincy	5
COVID-19 Update	6
Attendance	7
Curriculum	8
Wisemans Wise Ones	9
Romero News	10
Reminders	11
Safeguarding	12

Dear Parents and Carers

The start of a new year sees an updated look for our weekly newsletter, including a title change to reflect Cardinal Nicholas Wiseman's scholarly role, setting up a periodical to share news and views about the Catholic faith, especially with regard to science, history, and artistic interest. It seems appropriate to name our weekly 'review' celebrating this in honour of him. We want to continue to celebrate all of our students' achievements in our proudly Catholic school and are excited to do so over the course of 2022. If you have any feedback or suggestions, please let us know at admin.cw@romeromac.com

This has obviously been the first full week back for our pupils following the Christmas break and once again I offer my praise and thanks to the overwhelming majority who have attended every day, with exceptional focus and determination. This particularly applies to the ever-increasing number of students who are staying behind after school for the enrichment opportunities on offer, especially for Art, Drama, the vast number of sporting groups in PE, and many others. Uptake to these clubs and societies has been something that we have been working on for most of 2021, and we would love students to be able to participate in as many as possible, even if it is just once for each of them to have a little taster of what is on offer!

We are still awaiting the publication of the report from our recent Ofsted visit and will share it with students, parents, carers and the community as soon as we are able. This will come with a letter from the Lead Inspector and a guide to the inspection for parents and carers.

I wish you a very happy and restful weekend.

God Bless.

Mr Everett
Principal



024 7661 7231



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www.cardinalwiseman.coventry.sch.uk



@officialwisemancoventry



Cardinal Wiseman Catholic Secondary School



@officialwiseman



YEAR 11 ANNOUNCEMENT

I would like to share with you all, some bittersweet news for me personally. I have led this year group for nearly three and a half years and have had the pleasure and the privilege of supporting them through some very challenging times, but also seeing them develop into mature, respectful young people. My time in the position of Head of Year 11 has unfortunately come to an end, as I have taken up a new position in school as an Assistant Principal. This year group will always mean a lot to me and I am happy to have shared in their successes over their time at Cardinal Wiseman so far.

I am pleased to announce that Mrs Woods will now take up the position as the new Head of Year. Going forward, form tutors should still be the initial point of contact for Year 11 students, with Mrs Woods providing the next level of support where necessary. Of course, I will still be here in the background to support and encourage all of the year group as we head towards examinations.

Finally, may I thank each and every one of you. To all the students, to the parents and carers, I genuinely appreciate your support during my time as Head of Year 11.

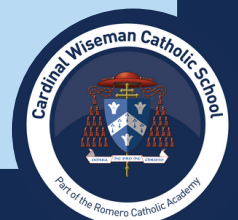


Mr M Lambert
Assistant Principal

It has been a wonderful start to this year having the privilege of being Head of Year 11. Getting to know them as individuals has been insightful, interesting and a great pleasure. Together we are working hard to ensure that all students are fully prepared for the next round of mock examinations in March. I look forward to watching everyone's face when they receive their results in August.



Mrs A Woods
Head of Year 11



ENRICHMENT CLUBS

CARDINAL WISEMAN SCHOOL

KEY STAGE 3 ART CLUB

EVERY TUESDAY

3.20-4.10PM

JOSEPH 1

WITH MRS HOPKINS

CONTACT MRS HOPKINS FOR
MORE INFORMATION:
C.HOPKINS@ROMEROMAC.COM

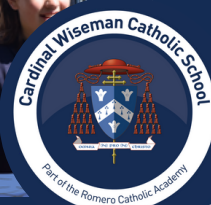


PE ENRICHMENT CLUBS

Guardian Ballers Basketball (**Years 8, 9 Girls**) Tuesday 3.30-4.30
Strength & Conditioning Fitness Club (**Key Stage 4**) Tuesday 3.30-4.30
Football Club (**Year 8**) 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 Club (**Years 7, 8**) Thursday 3.30-4.30



ENRICHMENT CLUBS

COMMUNITY HUB BASKETBALL

at Cardinal Wiseman Catholic School

CWCS X COVENTRY TORNADOES X GUARDIAN BALLERS

EVERY THURSDAY
THE SESSION TIMES ARE AS FOLLOWS:

🏀 YEARS 7, 8, 9 @ 5.30-6.30PM

🏀 YEARS 10, 11, 12, 13 @ 6.30-7.30PM

STUDENTS OF CARDINAL WISEMAN ARE FUNDED BY THE SCHOOL TO ATTEND

Please see Mr Page
or Kieran Joseph
from Guardian
Ballers if you have
any questions.



CHAPLAINCY UPDATE

CALLING ALL YEAR 9 PUPILS!



Cardinal Wiseman is organising a Year 9 retreat at Soli House in Stratford-upon-Avon between 30 March - 1 April 2022 .

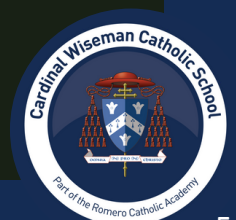
A Soli House retreat offers an opportunity for young people to grow in their own personal and spiritual well-being, through the balance of small group work, prayer, the sacraments, spiritual input, games and activities.

It also offers a unique and exciting range of activities as part of the programme such as biking, archery, bubble football, an escape room experience and beautiful walks in the Churnet Valley.

A retreat at Soli House is a great opportunity to take a break from our busy lives and develop friendships.

The retreat also includes a day at Alton Towers.

For more information students can collect a letter from the Chapel!



COVID-19 UPDATE



Following changes in Government guidance, there have been some amendments made to our school COVID-19 Risk Assessment. The changes are as follows:

Temporary suspension of confirmatory PCR test

Confirmatory PCR testing following a positive result of a Lateral Flow Device (LFD) test was temporarily suspended on Tuesday 11 January 2022.

This means that for all education and childcare settings, staff and students who have tested (either at home or through ATS) and reported a positive LFD result will no longer be advised to get a confirmatory PCR test.

This change is informed by public health advice. With high COVID-19 rates, the risk of a positive LFD result being false is very small. However, a confirmatory PCR is still required if individuals:

- have symptoms (in which case they need to follow the stay at home guidance, self-isolate and order/book a PCR test)
- have been advised to take a PCR test because they are clinically extremely vulnerable.

Students are strongly advised to continue to test at home twice weekly, reporting all results via the [NHS Test and Trace service](#) and positive results to school on 024 7617231 or admin.cw@romeromac.com. This not only helps the school keep track of cases, but also allows the NHS to conduct a thorough track and trace process.

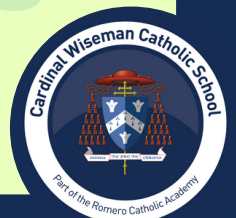
Clarification on the changes to self-isolation period for individuals who test positive for COVID-19

From Monday 17 January 2022, the 7 day self-isolation period for people who record a positive PCR test result for COVID-19 has been reduced to 5 days in most circumstances, unless you cannot test for any reason.

Individuals may now take LFD tests on day 5 and day 6 of their self-isolation period. Those who receive two negative test results are no longer required to complete 10 full days of self-isolation.

The first test must be taken no earlier than day 5 of self-isolation and tests must be taken a minimum of 24 hours apart. If both results are negative, and the individual does not have a high temperature, the self isolation ends after the second negative test result on day 6.

We hope the information provided is helpful, however if you have any questions or concerns, please visit our digital platforms (website or social media) or speak to a member of staff.



ATTENDANCE



School starts at

08:50



All students are expected to be on site promptly and ready for line up on the playground.
Detentions will be in place from Monday for students who arrive past 9.00am.

Good attendance and punctuality are important if your children are to get the most out of their education. Children who are late miss out on important work at the start of the school day. Children who miss a lot of school obviously miss lessons and therefore do not make the **progress** that they should.

There are two majorly important actions that you can take to give them the best chance at success:

- talk to your child about their day and about yours
- make sure they attend school between 95% and 100% of the time.

You have to get permission from the Principal if you want to take your child out of school during term time. You can only do this if:

- there are exceptional circumstances
- you make an application to the Principal in advance.

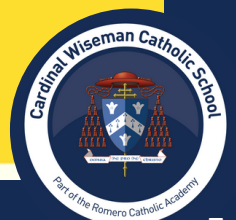
Holiday leave in term time is unlikely to be granted, as this has a negative impact on your child's future success.

You *can* be fined for taking your child on holiday during term time without the school's permission.

Further information can be found at:

<https://www.gov.uk/school-attendance-absence>

Every day in school makes a difference to your child's future.
Please ensure your child arrives through the school gate by 8.50am at the latest.



CURRICULUM

PHYSICAL EDUCATION



2022 has seen the return of the Guardian Ballers, in association with the Coventry Mind Charity, to Cardinal Wiseman. This term the basketball coaches are supporting the timetabled PE lessons for boys in Years 7, 8 and 9. This is really beneficial to the students as they not only learn new basketball skills but learn how exercise and teamwork can improve their mental health and wellbeing.

The coaches were delighted to return to Cardinal Wiseman School saying, "It's great to be back. We are looking forward to meeting some new basketball stars!"



WISEMAN'S WISE ONES

Miss Lindsay History Teacher, Head of Year 10

I started my school life at St Patrick's RC Primary School. I remember being very proud and excited that I was finally old enough to wear one of the bright green jumpers. When I see the jumpers on our Romero children now, it brings back the fond memories I had of making my First Holy Communion and my Confirmation. I had lots of great opportunities in primary school, including two trips to Plas Dol-y-Moch and one trip to the Catholic Youth Retreat Centre at Alton Castle, where I still have embarrassing photos of me doing karaoke in the evening.

I then moved to Cardinal Wiseman Secondary School and quickly made new friends, many of whom I am still very close with today, and I settled in to 7A with the best form tutor, Mrs Frost. I have many stories of my time as a pupil at Cardinal Wiseman and I had an amazing experience, both academically and socially.

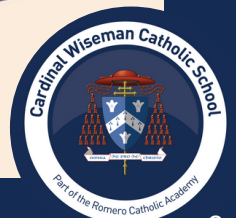
I also had the cultural experiences of going to Disneyland Paris and Berlin on school trips. These amazing opportunities saw me venture outside of the UK for the first time. Wiseman is also where I fostered my passion for History. I had three amazing History teachers who showed me how important the subject was to both our present and future.

They were extremely enthusiastic about the subject and this is something I try to promote within my own classroom now. I feel incredibly lucky to have had such great and supportive teachers, particularly our very own Mr Kingshott who was actually my favourite teacher and Mr Keane whose patience I must have regularly worn thin in Sixth-Form.

Without their dedication and fantastic teaching, I would not have gone on to complete my A-Levels, History Degree, or be the teacher I am today.

Returning to Wiseman did feel very strange when I first began, but now, as Head of Year 10, I see the value and impact of having a similar journey to many of our amazing students and want to promote the value of a Romero legacy. I will give one last message to all students out there as a Wiseman veteran, please just be grateful you never had to wear a bright red jumper for your uniform as I did!

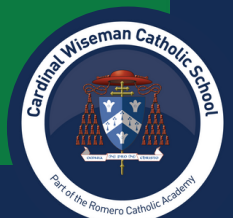
By Miss Lindsay
Attended
Saint Patricks:
1998- 2004
Attended
Cardinal Wiseman:
2004-2011



ROMERO THRIVES

★ On Thursday, we welcomed Year 6 students from Good Shepherd to participate in a retreat day in preparation for the Sacrament of Reconciliation.

★ The students enjoyed some team games, reflected on different styles of prayer and baked cookies to help them consider the gifts of the Holy Spirit. The students had a great day, and we look forward to welcoming more of the Romero Schools in the future.



REMINDERS

Date for your diary



We look forward to welcoming
parents / guardians to the
Year 11 Parents' Evening
Tuesday 25 January between
3.45-7.00pm

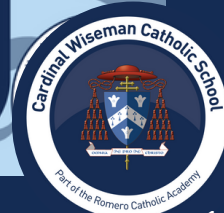


Year 9 Option Choices



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

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



SAFEGUARDING

BEATING THE WINTER BLUES

It's thought the winter blues, or Seasonal Affective Disorder (SAD), affects around 2 million people in the UK. It can affect people of any age, including children.

Keep active

Research has shown that a daily walk in the middle of the day could be helpful as it is the lightest part of the day.



Go outside

Go outdoors in natural daylight as much as possible, especially on brighter days. Inside your home, choose pale colours that reflect light and sit near windows whenever you can.



Keep warm

It has been shown that staying warm can reduce the winter blues by half. Keep warm with hot drinks and hot food. Wear warm clothes and shoes, and aim to keep your home between 18C and 21C.



Eat healthily

A healthy diet will boost your mood, give you more energy and stop you putting on weight over winter. Balance your craving for carbohydrates, such as pasta and potatoes, with plenty of fresh fruit and vegetables.



Take up a new hobby

Keeping your mind active with a new interest seems to ward off symptoms of SAD.



Seek help

If your symptoms are so bad that you can't live a normal life, see your GP for medical help.



Join a support group

Think about joining a support group. Sharing your experience with others who know what it's like to have SAD is very therapeutic and can make your symptoms more bearable.



See your friends and family

It's been shown that socialising is good for your mental health and helps ward off the winter blues. Make an effort to keep in touch with people you care about.



Key symptoms:

depression, sleep problems, lethargy, overeating, irritability, feeling down and unsociable

