



Year 9 pupils enjoying the Soli House trip

8 April 2022 Issue 011

THE WISEMAN REVIEW

Cardinal Wiseman Catholic School Newsletter

WHAT'S IN THIS WEEK'S ISSUE:

Important Message	2
Celebrations	2
Chaplaincy	3
Curriculum Spotlight	4-5
Enrichment Clubs	5-6
The Big Movie Project	7-8
Notices	9
Romero Thrives	10-11
Wellbeing	12
Revision	13
Safeguarding	14

Dear Parents/Carers

As the Spring Term draws to a close and we head into Summer Term and the exam season, I would like to thank parents and carers for their continued support. It has been a term filled with great joy and success across the school, particularly for our sports teams who have returned with some incredibly impressive results from events locally and across the Midlands. As the weather continues to warm up, we look forward to more sporting events being hosted at Cardinal Wiseman and more success at the "business end" of the season!

I also wish to congratulate all our students who represent sports teams and organisations in the community. These include a number of our students who train and perform for a local wrestling organisation and will be putting on shows soon. We also have had students who have performed in the recent Scout Gangshow and others who will be performing in Peter Pan in the coming months. Our students really are incredibly talented and we are so proud of them.

We were delighted to welcome students from Sacred Heart and St. Gregory's Primary Schools this week, as they practised their Lenten reflections before families came to watch in our new theatre. Just watching the rehearsals was a joy and I know that the families who came to the evening performances were equally as delighted.

Although this is the end of term, there is still Holy Week before we make it to Easter Sunday, and so I wish you the best with whatever you have given up for Lent.

Have a happy and holy Easter.

Mr Everett
Principal



024 7661 7231



admin.cw@romeromac.com



www.cardinalwiseman.coventry.sch.uk



@officialwisemancoventry



Cardinal Wiseman Catholic Secondary School



@officialwiseman



IMPORTANT MESSAGE

Dear Parents/Carers

It is with sadness that we have witnessed a rise in incidents where members of staff have been sworn at and verbally abused by members of the public, including some parents and carers, both on the phone and within school.

This is something that we do not accept or tolerate. In the short term, should such abuse occur, members of staff will terminate the telephone call or ask visitors to leave the school site. Under certain circumstances, this may lead to being barred from the school site and the incident being reported to the police.

Where your expectations are not met, I give full assurance that they will be taken on board and looked at as a matter of urgency, but we cannot tolerate verbal or physical intimidation of our staff. We wish to maintain respectful and productive relationships with everyone in our school community, for the good of the students in our care, and I hope that you stand in solidarity with us on this matter.

Mr Everett
Principal

CELEBRATIONS

Year 11 pupils have been rewarded for their hard work and use of our two revision platforms, "GCSE Pod" and "Tassomai". Each pupil won a brand new Chromebook which was presented in an assembly by Mr Everett. ★

We are all so incredibly proud of how hard our pupils have been working and utilising all the support on offer to them. ★

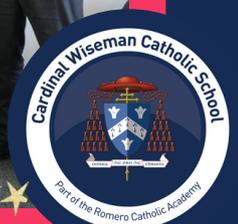
Huge congratulations to our three winners: ★

Aleena V - highest usage of GCSE Pod ★

Vanessa KB - highest number of revision questions answered on Tassomai ★

Bisola T - second highest number of revision questions answered on Tassomai ★

Miss Greenway ★



CHAPLAINCY

On the Friday 8 April, Cardinal Wiseman held a service focusing on Jesus as King. On Palm Sunday we hear Jesus praised as the King he is. He arrives into Jerusalem exalted as the Messiah but, by the end of the week, he is crowned with thorns, tortured and killed.



Through all of this Jesus is King. No matter where we are in life Jesus is King. When things are good, we should praise him as King. When things are rubbish, we turn to Jesus as King and ask for his love and support.

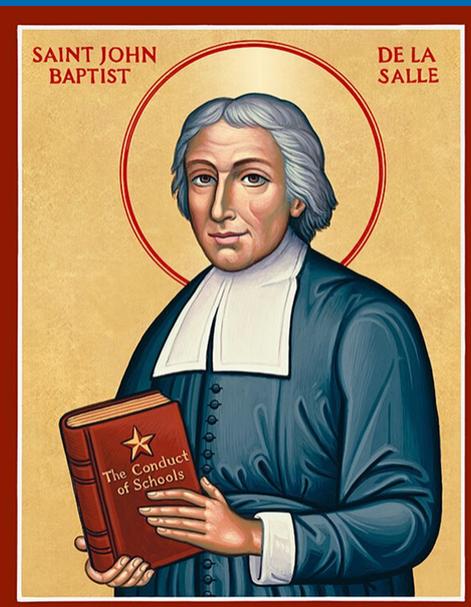
This Easter remember - Jesus is King!



Saint of the Week



This week's Saint of the Week is St John Baptiste de la Salle!

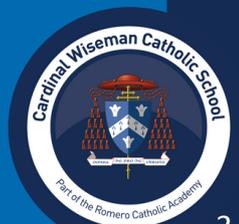


St John Baptiste de la Salle is a patron saint of teachers and used his wealth to establish schools for poor students. He wrote,

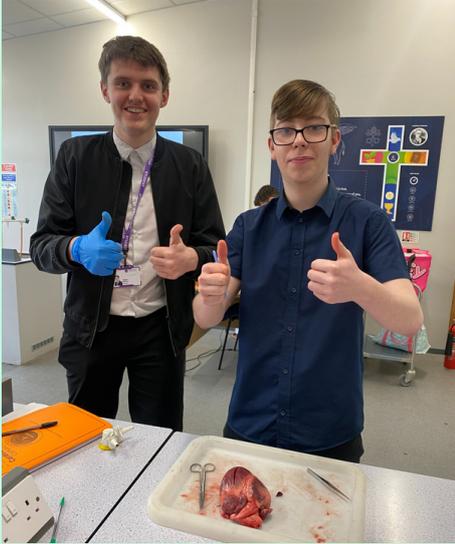
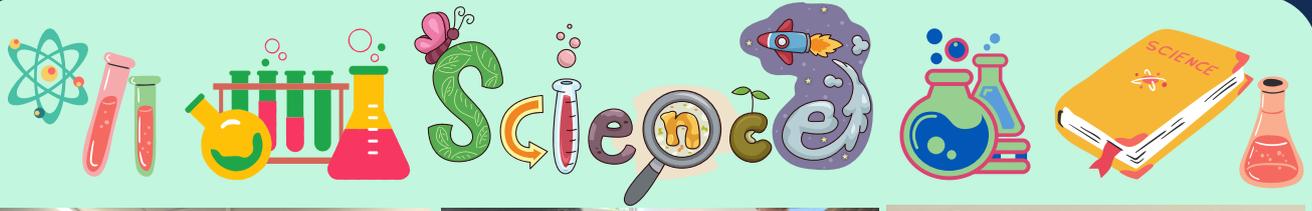
"God, who guides all things with wisdom and serenity, whose way it is not to force the inclinations of persons, willed to commit me entirely to the development of the schools."

Learn more with the following link:

<https://youtu.be/qWHR3XqUreo>



CURRICULUM SPOTLIGHT

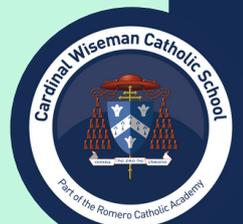


On Wednesday 6 March, Declan B and Sam H, part of the Cardinal Wiseman Sixth Form, taught a Year 9 Science class alongside Miss Wale.

Declan said, 'As Sixth Formers, we have the chance to help in Year 9 Science lessons and develop their knowledge and experience. We also can discuss future careers in Science and the path the students can take.'

Being able to teach in lessons has also helped develop our confidence and personal journeys and prepare us in our next step to university.

This week we modelled a heart dissection for the Year 9 pupils, who also were able to have a go themselves.'



CURRICULUM SPOTLIGHT

On Friday 8 April, Trish Adudu, a freelance journalist and television presenter, visited Cardinal Wiseman to speak to Year 12 and Year 13 Media Studies students.

She has appeared on a number of television shows, usually contributing to discussion on sport. Trish was an original member of the "Loose Women" panel appearing from 1999 to 2002. She currently presents a weekday afternoon programme on BBC CWR, the BBC local radio service for Coventry and Warwickshire.

Trish has also worked as a Media teacher at Henley College in Coventry, so was perfect as a guest speaker for the students.



ENRICHMENT

A group of boys and girls from Year 8 attended the School Games Sports Hall Athletics event in March at the AT7 Centre and the boys' team qualified for the finals, which took place this week.

The boys, pictured here, came an amazing 7th out of all the secondary schools in Coventry, Warwickshire and Solihull. Brilliant!



ENRICHMENT

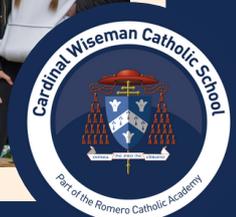
Soli House

On Wednesday 30 March, over thirty Year 9 students travelled to Soli House, in the village of Alton, for their residential retreat.

The students were led by the team at Soli House through a series of activities based around the theme “Anchored”. This helped the students reflect on who they are and who God is to them.

The students were led in collective worship, completed a walk through the Churnet Valley and enjoyed teamwork and self reflection activities. Students had time to build and strengthen friendships and also to pray and celebrate Mass as a community.

The students were excellent ambassadors for the school and had a great time!



THE BIG MOVIE PROJECT



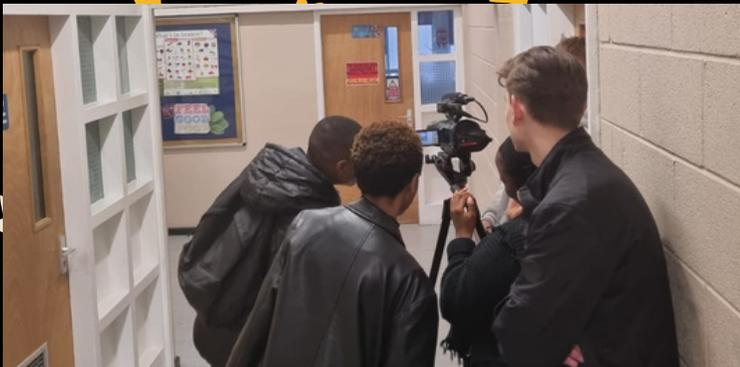
FRIDAYS



We are absolutely delighted to be working closely with Fridays Coventry, a local youth initiative, to support in their mission to unlock youth potential across the city.

"The Big Movie Project", commissioned by the City of Culture, was set up to allow young people to express their creativity, through writing, performance and media. Over 70 stories, which were later developed into scripts, were submitted from the public and students from local schools (including Cardinal Wiseman). Auditions took place throughout February to allow students the chance to take on roles both in and behind the scenes of the movie.

Throughout this week, the film crew have been on location here at Cardinal Wiseman and across the city, shooting the three short films.



THE BIG MOVIE PROJECT



FRIDAYS



Kim R, Year 11, said the following about her experience:

"A few weeks ago, the team from Fridays came to Cardinal Wiseman and gave us the opportunity to audition for their new "Big Movie Project".

From the very start I was super excited for the opportunity and the whole experience has been so much fun.

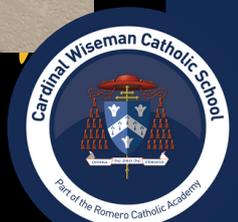
The team was very encouraging at the audition and made us all feel very relaxed. We had a great time with the "improv" tasks they gave us.

Then, in the online Zoom rehearsals, I really enjoyed getting to know all the different story lines and how they would let us have freedom with our characters, making them our own.

When we started filming this week, everyone there was really welcoming and I made a bunch of new friends with the students from Caludon Castle School. Throughout the filming, they taught us how to use the different camera equipment and they had professional actors there giving us advice and preparation tips before scenes.

The whole project was a lot of fun and I really enjoyed working on it. I cannot wait to see it when it comes out!!!!"

We are incredibly proud of all the students involved and look forward to seeing the finished movies at the exclusive Premiere on Friday 6 May 2022 at the Warwick Arts Centre. All students involved will be formally invited to attend the red carpet event over the coming weeks.



NOTICES

CARDINAL WISEMAN CATHOLIC SCHOOL SCHOOL UNIFORM POLICY

BLAZER, SHIRT AND TIE



- Blazer - navy with school badge.
- Years 7, 8 and 9 white school shirt.
- Year 10 and 11 blue school shirt.
- The collar should be buttoned and the shirt tucked in (NO fashion or sports shirts).
- Official school jumper — navy blue with the school logo.
- School tie.
- Blazers should be worn to and from school.

TROUSERS AND SKIRT

- Black trousers of acceptable width and style (NO jeans, cords, chinos or leggings/jeggings, NO skinny trousers).
- Black knee length pleated skirt (no tube, mini, split, wrap around, divided, tight or Lycra skirts).
- Plain black tights (40 denier) or plain black/white ankle socks. NO knee-high, over the knee or thigh length socks allowed.



SHOES AND COAT



- Black lace up or slip on shoes/ankle/shoe boots. (NO logos, heavy boots, training shoes, canvas pumps/plimsolls or Velcro).
- Plain black shoes — heels no higher than 1.5"/4cms. (NO fashion shoes/boots, training shoes, canvas pumps/plimsolls, stiletto heels, sandals, platform shoes or sling back shoes).
- A plain dark coloured coat without emblems or badges. (NO hoodies and no denim jackets).
- Students are not allowed to have their coat hoods up at any time in the school buildings.

JEWELLERY AND MAKE-UP

- Students may wear one pair of small stud earrings (in ear lobes only – no body or facial piercings).
- Watch permitted.
- One flat ring permitted.
- One chain – must be worn under school shirt.
- No make-up or nail varnish to be worn.
- No acrylic nails and false eyelashes.
- No tattoos.



Where students arrive at school wearing uniform that does not meet Cardinal Wiseman Catholic School uniform regulations, parents will be contacted with an expectation that the uniform is changed.

Please visit the website for the full uniform policy:
shorturl.at/mxEQ6

Please be reminded that school will close on **8 April 2022** for the Easter holidays.

All students will return to school on **Monday 25 April 2022**. We wish you a very happy Easter.



Date for your Diary

We look forward to welcoming
parents / carers to
Year 10 Parents' Evening
Tuesday 3 May
3.45pm-7.00pm



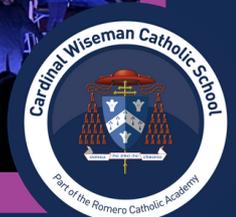
ROMERO THRIVES

Year 3 and Year 4 students from Sacred Heart Primary School spent the day rehearsing their Holy Week Reflection in Cardinal Wiseman Catholic School's newly refurbished theatre.

Their wonderful reflection was then performed on 6 April to the community. They worked so incredibly hard and were amazing on stage!



#RomeroReflects



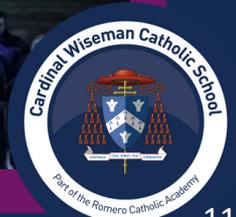
ROMERO THRIVES

The staff from St Gregory's School were also incredibly proud of their children in Years 3 and 4 who amazed everyone on 7 April with their portrayal of the Holy Week Reflection at Cardinal Wiseman.

Each one of them gave it their all and produced a spectacular reflection that really made us all think a little more deeply about our relationship with Jesus. Their singing, dancing and acting brought their portrayal to life and it really was amazing to watch.



#RomeroReflects



WELLBEING

Managing Stress when Waiting for Exam Results

Waiting for, and receiving, results can be stressful. It's important to recognise the signs and take proactive steps to maintain good mental health.

Each of us responds differently to important life events, like waiting for and receiving results. At certain times we may feel relaxed and calm, whilst at others we may feel stress.



Why waiting for results can be stressful

Results days are important to us because they can influence future education and employment. This can cause stress.

Also, we often feel stressed when we don't know what to expect, or when we can't take any action to change matters. Both of these at the same time can be particularly difficult. For example, after completing an exam, we can't tell how well we've done, and we can't go back and change answers we think are wrong. This may also leave us feeling extra stressed.



What you can do to reduce stress



There are many simple and free ways you can reduce stress, such as:

- look after your physical health – do some exercise and sleep well
- be social – make plans to see friends and family
- check in with yourself about how you're feeling
- write a list of things you are grateful for
- do something that helps you feel connected to others
- find an enjoyable activity that you can be completely absorbed in, like playing a video game or drawing
- work on goals where you can chart your progress like on the NHS Couch to 5k running plan.

Keep in mind that each of us have different needs, and will respond differently. What may work well for you may not work for others.

Find what's right for you, try new things, and support others like you taking positive steps towards good mental health.



REVISION



Watching GCSEPod video combines **SEEING**, **LISTENING** and **DOING**

You can make your learning even more effective by combining the extra activities to get you **THINKING** and **DOING** as well

GIVE IT A GO

Watch a GCSEPod video and try out one of these active tasks

WRITE A MEMORY STORY

Write down all the key words, dates and names in the GCSEPod you've watched.

Now, turn them into a very short story. For example:

Words to remember
Bird, Hazel, Grandfather, 1925

Short Story: I count 19 birds sitting in a tree. My friend Hazel arrives and counts them again and says "there are 25." But my grandfather says im right!

WRITE A MEMORY STORY

Draw one of the labelled diagrams you saw in the GCSEPod video.

Next to each label, write down everything you can remember about that thing.



CREATE A MNEMONIC

If you are really struggling to remember something, a mnemonic can help!

Want to remember the colours of the visible spectrum?

Red, Orange, Yellow, Green, Blue, Indigo and Violet

You might find it easier to remember...

Richard Of York Gave Battle In Vain

GCSEPod videos are perfect for reviewing your knowledge.
They're short, fun and can be watched anywhere.

SAFEGUARDING

Free, safe and anonymous mental health support.



SCAN ME!



Chat to our team



Helpful articles



Community Support



Self-help activities

Whatever is going on in your life, the anonymous community on Kooth and our team of friendly professionals are here to help support you.

Or if you'd rather not talk to anyone, we've also got a huge library of helpful content, plus self-help tools and fun activities.

Sign up today at
[kooth.com](https://www.kooth.com)

kooth

