



Key Stage 3 pupils during their Duke of Edinburgh Bronze and Silver expedition

6 May 2022 Issue 013

# THE WISEMAN REVIEW

Cardinal Wiseman Catholic School Newsletter

## WHAT'S IN THIS WEEK'S ISSUE:

Student Leadership Board	2
Bedrock Vocabulary	3
Chaplaincy	4
Curriculum Spotlight	5
Enrichment Clubs	6-7
Wellbeing	8
Romero Thrives	9
Revision	10
Chaplaincy	11
Safeguarding	12

Dear Parents/Carers

I hope that you and your families had a lovely bank holiday weekend. Despite this week being condensed, it has nonetheless been busy with lots to celebrate as a school community. Well done to the students who have shown great resilience and dedication in completing their Duke of Edinburgh expeditions. Congratulations must also be extended to our basketball teams who have gone from strength to strength. I'd also like to extend my thanks to the staff who routinely go above and beyond in supporting our students often in their own time.

This week we also welcomed into school colleagues from "Stand Against Violence", an organisation which aims to educate and provide skills to young people, helping protect them from the dangers present in society at large such as knife crime. Later on in the term, we also look forward to welcoming back into school West Midlands Police to support on topics such as anti-social behaviour, knife crime and drugs.

As May is the month dedicated to Our Lady, we pray to her for peace around the world, especially in countries such as Ukraine. As a school community we keep in our prayers all those who have been affected by conflict. We also pray for our students in Years 11 and 13 who are very close to beginning their examinations.

Mr Everett  
Principal



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www.cardinalwiseman.coventry.sch.uk



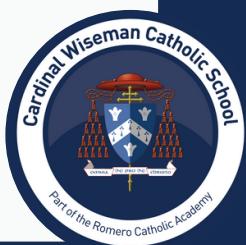
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Cardinal Wiseman Catholic Secondary School



@officialwiseman



# STUDENT LEADERSHIP BOARD

## STUDENT LEADERSHIP BOARD



"My name is Aisha K from Year 11 and I am the school's new 'Social Responsibility' representative on the Student Leadership Board. Having this new position means I will be working towards improving school life for students.

My biggest aim is to make school more fun, educating and safe by working closely with both students and teachers. I will be doing this by voicing students' ideas to make improvements. I am willing to take your ideas and shape them into projects which help us all.

I cannot wait to learn more!"

## MEET THE REST OF THE TEAM



**Madison S**  
Student Principal



**Kahlen B**  
Vice Principal



**Kimberly R**  
Student Wellbeing



**Adjoa B**  
Student Voice



**Amber G**  
Enrichment



**Olivia U**  
Social Responsibility



**Ciaran F**  
Chaplaincy



**Karene D**  
Student Voice

# BEDROCK VOCABULARY



Currently Year 10 students have been trialling Bedrock Vocabulary. This is an additional literacy tool that we have adopted to support and stretch our students' reading and vocabulary skills. The programme that students follow is tailored to them specifically.

In order for Bedrock to have the most impact, it is recommended that at least two, 20-minute sessions are completed per week.

Log in details have been shared with all Year 10 students with a view to them completing the learning at home.

Congratulations to the following students for being Year 10's highest performers on Bedrock Learning so far:

Jahnavi Y  
Jaden H  
Kadie-Mia J  
D'Ahree B  
Aminata S

Sophia P  
Jathushan U  
Benita H  
Amodya I

A special mention to Aminata who is the highest performer so far! Please remember to log onto the site and aim to complete at least two sessions per week for it to positively impact on your learning. If you are having log in problems, contact your English teacher who will help you.

Well done.

Ms Burtonwood  
Vice Principal



# CHAPLAINCY



## Mary our Mother

The Catholic Church sets aside the month of May to honour Mary, Mother of God. Not just a day in May but the entire month.

The link below is a video about May - the month the Church dedicates to Mary and the month the Pope has asked us to pray for "faith filled young people":

<https://www.youtube.com/watch?v=xCqAsBo3gFs>



## Saint of the Week



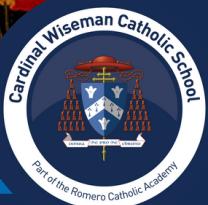
This week's Saints of the Week are the English Martyrs!

For hundreds of years being a Catholic in Britain was illegal and those found to be celebrating Mass or assisting in arranging Masses were brutally tortured and murdered.

This week, the Church celebrates the lives of forty of those martyrs and in this video we have chosen five to tell you about!

Learn more with the following link:

[https://youtu.be/gppdf\\_il1\\_8](https://youtu.be/gppdf_il1_8)



# CURRICULUM SPOTLIGHT

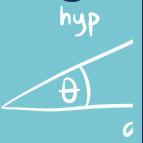
$$M = \left( \frac{x_1 + x_2}{2}, \frac{y_1 + y_2}{2} \right)$$

## Number Heroes Competition

When you grow up, how will you use numbers in your life? Maybe you would love to do a cool job like a vet, teacher, engineer or footballer? Or do you dream of spending your days dancing, baking or saving the planet?

$$a = \frac{\sqrt{f} - \sqrt{i}}{+}$$

Create a picture of you doing your dream job or hobby and tell us how it uses numbers. Let your imagination run wild and win a fantastic prize for yourself and a prize bundle the school.



$$E = mc^2$$

You can find the Number Heroes Competition entry form here:

<https://www.nationalnumeracy.org.uk/number-heroes-competition>

$$ax + by = c$$

$$\frac{b \pm \sqrt{b^2 - 4ac}}{2a}$$

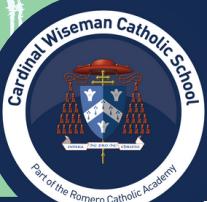
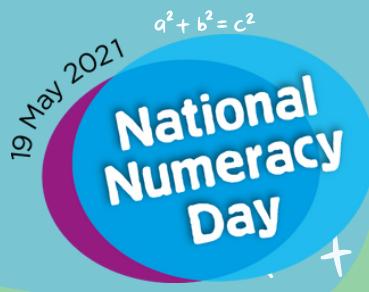
Make sure you email your photos to [admin.cw@romeromac.com](mailto:admin.cw@romeromac.com) so we can share them!



Good luck!



$$+ bx + c = 0$$



# ENRICHMENT

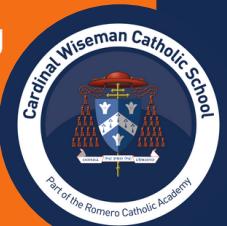
## TRIPLE BASKETBALL TRIUMPH

The Key Stage 3 girls' basketball team played Barr's Hill in the final of the Coventry Schools Basketball Tournament on Thursday at Cardinal Wiseman. Cardinal Wiseman came away with a fantastic victory of 38 points to 4. Our girls battled right from the start and held Barr's Hill scoreless until the third quarter. Most valuable baller was Deanna S who was nominated by the opposition. Olivia A, Bernessa A and Angel W all put in notable performances. Well done girls!



The Key Stage 4 girls' basketball team made their way into the Coventry Schools Basketball Final with a comprehensive victory over President Kennedy School on Wednesday. The final score was 21-12. Deanna S from Year 9 showed maturity beyond her years by putting in a fantastic performance, ensuring that the top scorer from President Kennedy was kept on a tight rein at all times. Helena S, Messie D and Aurora O all contributed to the scoring with several baskets each. The girls will play Barr's Hill School next Thursday (12 May) in the final.

The Key Stage 4 boys' basketball team also made their way into the Coventry Schools Basketball Final on Wednesday by beating Bablake School by 56 points to 34. Player of the match was Jaffar H. They will play in the final at Barr's Hill next Tuesday, 10 May.



# ENRICHMENT

## Duke of Edinburgh Expeditions

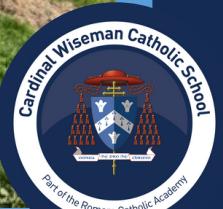
Over the bank holiday weekend, five girls undertaking their Bronze Duke of Edinburgh's Award and one Year 10 completing her Silver, took part in their practice walk from Kenilworth Castle to the Rough Close campsite.

The first day was a bit slow, with a few mistakes being made with navigation, but as they improved and became more confident, in relation to viewing landmarks and field boundaries, they finished Saturday's walk well and with plenty of time to relax and get sorted at the campsite. Mr Angus joined us in the early evening to camp with us and, as always, he had a frisbee to provide some entertainment.

After a cold and, for some, not so comfortable night's sleep, the students set off walking at 9.30am. They showed no confusion with their navigating ability and so completed the walk back to Kenilworth Castle in no time. Hopefully, they all learnt new skills to take away, both in relation to trekking and camping and what supplies need to be brought, and not brought, along.

The Silver final expedition is taking place over three days next weekend and the Bronze final is in mid-June. Good luck to all involved.

Ms Jefferson



# 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.



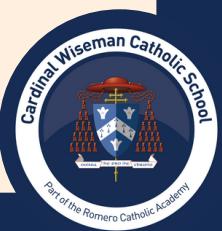
### What you can do to reduce stress

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.



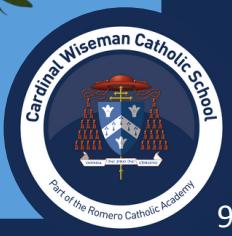
# ROMERO THRIVES

To celebrate the month of Mary, Saint Gregory's Primary School took part in rolling worship with all year groups. The children were reverent and showed their gratitude towards Mary our Mother.



St Gregory's  
Catholic Primary School

Part of The Romero Catholic Academy



# REVISION

WHERE SHOULD YOU  
**REVISE**

- STUDY
- BEDROOM
- LIBRARY

KITCHEN  
OUTSIDE  
EVERWHERE  
AFTER SCHOOL CLUBS

**UNSURE!**  
ASK FOR HELP  
TO ANSWER  
QUESTIONS



**LISTEN**  
MATHSWATCH  
TEACHER  
REVISION SESSIONS  
GROUPWORK

**READ**

**COVER**  
PAST PAPERS  
REVISION GUIDES  
DO HOMEWORK



**VISUAL LEARNERS**  
=  
**POSTIT NOTES**

**WRITE**

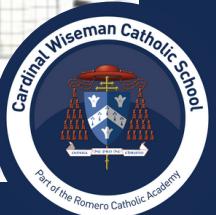
30 MINUTES IS 1/48 OF A DAY.  
GIVE IT UP FOR A WHILE AND IN  
SUMMER YOU WILL SMILE!

REVISION TIMETABLE

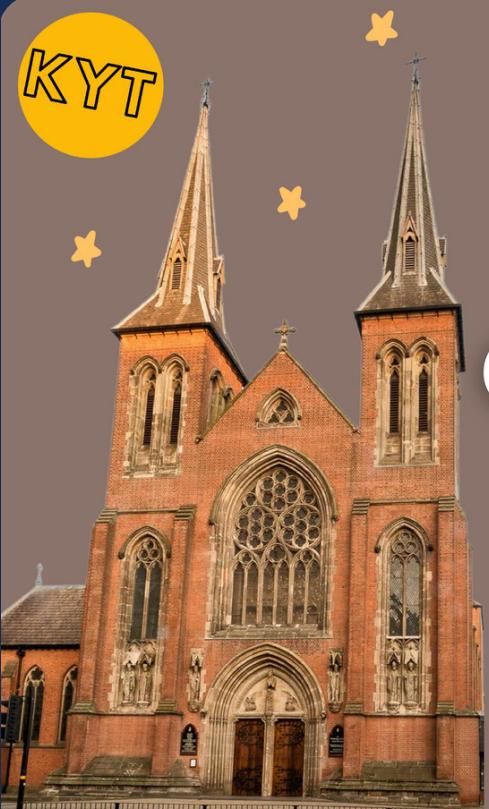
MONDAY	Maths
TUESDAY	Maths
WEDNESDAY	Maths
THURSDAY	Maths
FRIDAYS	Evening Opt
WEEKEND	Maths

**HANDY WEBSITES**

MATHSWATCH  
YOUTUBE  
BBCBITESIZE  
MYMATHS  
EDEXCEL (PAST PAPERS)  
AQA (PAST PAPERS)



# CHAPLAINCY



PRAISE AND WORSHIP  
AND ADORATION  
WITH SARAH KROGER



FREE  
EVENT

OR ALTERNATIVELY HEAD TO  
[WWW.KENELMYOUTHTRUST.ORG.UK/EVENING-AT-ST-CHADS](http://WWW.KENELMYOUTHTRUST.ORG.UK/EVENING-AT-ST-CHADS)

## AN EVENING AT SAINT CHADS CATHEDRAL

MAY 12TH  
7:00 - 8:30PM



TALK FROM WORLD  
RENOWNED SPEAKER  
DOM QUAGLIA

SCAN THIS QR  
CODE WITH  
YOUR PHONE  
TO RSVP



# SAFEGUARDING

**Free, safe and  
anonymous  
mental health  
support.**



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