



Year 3 students from Sacred Heart Primary School preparing for their First Holy Communion

13 May 2022 Issue 014

THE WISEMAN REVIEW

Cardinal Wiseman Catholic School Newsletter

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Dear Parents/Carers

This week has been one of preparation for matters both spiritual and academic. As far as spiritual readiness is concerned, members of the Senior Leadership Team have visited four of our primary schools within the Romero Catholic Academy, St. Gregory's, SS Peter and Paul, St. John Fisher and St. Patrick's. This has coincided with our Year 3 pupils being deeply involved in sacramental preparation for their First Holy Communion. Obviously, this sacrament has deep significance for us as Catholics, when we first enter into communion with Jesus Christ. However, it is also a joyous occasion when we can partake of the body and blood of Christ at the recreation of the Last Supper, and be obedient to his command. For many people, this sacrament, and Holy Mass itself, were celebrated virtually during the pandemic through necessity. It is another example of how normality has gradually been established once again in our Church communities.

The second kind of preparation is for the first public examinations in two years. On Monday our Year 11 students will be sitting the first examination of the season, Religious Education. Most of our students have been exemplary in the manner in which they have prepared, revised and readied themselves for their assessments.

I would also like to recognise the efforts and support of our staff across the school in helping our students get ready for this important part of their lives. We tend to think of their class teachers, first and foremost, being instrumental in getting our students in good shape but, in fact, there is an entire team of people that enable examinations to happen. These include the examinations office that are responsible for the secure storage and distribution of thousands of examination papers; the site team that set up our halls and rooms enabling over 300 students to sit their examinations at the appropriate time; our catering staff that feed our students ensuring that they meet examinations nourished and refreshed and our cleaners that ensure that our environment is safe and clean and appropriate for our whole school family. I can assure you that we could not have made greater efforts preparing our Year 11 and Year 13 students for their examinations.

I think this season is about the preparation of two aspects of our lives that sets Catholic schools apart. All schools prepare their students for examinations, but we also prepare our student for their spiritual lives thereafter that serve to shape them into responsible and valuable members of our communities.

May God Bless all of those students in our care and all of their families.

Mr Beesley
Vice Principal



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Cardinal Wiseman Catholic Secondary School



@officialwiseman



STUDENT LEADERSHIP BOARD

STUDENT LEADERSHIP BOARD



"I am Kahlen and I'm a Year 11 student who has recently become a part of the Student Leadership Board.

As the new 'Student Vice Principal', I hope to encourage students to be positive and proactive additions to the school community.

This means I'll be working towards creating a safe environment for the student body to express their opinions and giving them the freedom to be outspoken about what they are passionate about!"

MEET THE REST OF THE TEAM



Madison S
Student Principal



Aisha K
Social Responsibility



Kimberly R
Student Wellbeing



Adjoa B
Student Voice



Amber G
Enrichment



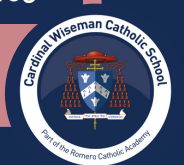
Olivia U
Social Responsibility



Ciaran F
Chaplaincy



Karene D
Student Voice



STAR STUDENTS

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:

Beric A
Karene D
Paul N



REVISION TIPS

TOP REVISION TIPS

Don't let the stress of revision overwhelm you. Stay in control with these top tips.



gcsepod
education on demand

- 1 START AS EARLY AS YOU CAN**
Cramming at the last minute is stressful and has limited success.
- 2 MAKE A PLAN**
Work out how much time you have and how long you can spend on each subject.
- 3 CREATE A STUDY SPACE**
Find a quiet spot away from distractions and keep your things all in one place.
- 4 MIX IT UP**
Use a mixture of revision for best results. See our metacognition pods for more info.
- 5 TAKE REGULAR BREAKS**
It is possible to work too hard, make sure to take regular breaks.
- 6 REVISE WITH A FRIEND**
Talking through what you've learned can help information stick.
- 7 USE PAST PAPERS**
These are a great way to get used to exam format and testing what you have learnt.
- 8 EAT HEALTHY**
Certain foods boost your brainpower and will help you remember more.

CHAPLAINCY



This week was Mental Health Awareness Week. Resilience, part of our school's Compass of Life and one of our core values, is the ability to adapt to difficult situations and can help our mental health.

We asked some of our pupils to reflect on what resilience means to them and what the Bible tells us about it.



Learn more with the following link:
<https://youtu.be/CeN5rxSNk3s>



Saint of the Week



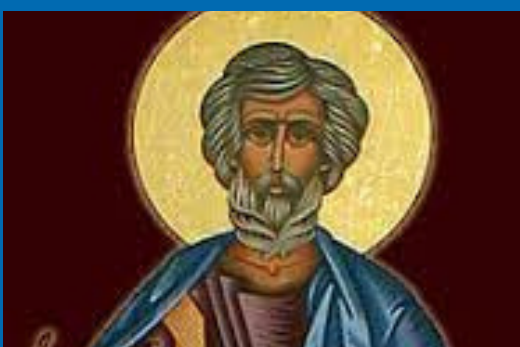
This week's "Saint of the Week" is St Matthias.



The name Matthias means 'Gift of God'. As a faithful follower of Christ, St Matthias was an advocate for looking after both mental and physical health.

Michelle, Year 7, tells us five facts about his life in the following video:

<https://www.youtube.com/watch?v=R9Gk7jjW7w0>

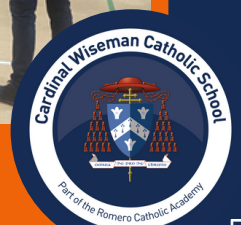


CURRICULUM SPOTLIGHT

BBC "Midlands Today" explores the impact of Guardian Ballers and Cov2021 on our students

On Tuesday 10 May, BBC "Midlands Today" filmed and interviewed a small group of our students. They were interested in how being a part of the Guardian Ballers Programme and the film has shaped the students' personal lives and experience of the Coventry City of Culture year.

The videographer commented on how "eloquent" the students were and, "how well they were able to articulate their wellbeing and growth".



CURRICULUM SPOTLIGHT

HISTORY

YEAR 7

Year 7 have just begun an exciting new topic looking at the Renaissance period. After studying how the progress of society slowed during the Medieval period, students will now see how our key themes of medicine, science, culture, government and monarchy, transformed in this period.

YEAR 8

Year 8 have been studying different forms of protest and oppression this year. They are now looking at the Holocaust to reflect on how different groups can be systematically discriminated against by their governments.



YEAR 9

Year 9 continue their study into 'The Making of the Modern World' through an in depth study of the Cold War. Here students are learning how the different ideologies of communism and capitalism almost led to nuclear war.



YEAR 10

Year 10 are now studying the themes of 'Crime and Punishment' and charting how these two elements changed over 1,000 years of history. Most recently, they have been learning about witch trials in the 1600's and the Gunpowder Plot.

YEAR 11

Year 11 are now in the final stages of revision for their GCSE examination. We are preparing for Paper 1 'Medicine in Britain' which takes place next week. Good luck Year 11 and our Foundation students who will sit this exam also!

YEAR 12/13

In the Sixth Form, Year 12 are continuing their studies into the Tudors and 20th Century Russia, recently looking at Henry VIII's Reformation and Stalin's rise to power. We also wish best of luck to Year 13 who are revising for their A-Level examinations.



Useful websites:

<https://senecalearning.com/en-GB/>

<https://www.bbc.co.uk/bitesize/subjects/z7svr82>

<https://www.gcsepod.com/>

<http://>



ENRICHMENT

Duke of Edinburgh Expeditions

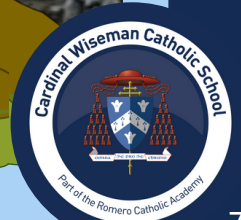
From Friday 6 May to Sunday 8 May, a group of students were taking part in Duke of Edinburgh's Award expeditions. Louise H undertook her Silver final and there was a Gold practice expedition for some Sixth Form students.

All the students worked together well over the three days. They even managed to complete two of the days in the minimum time of seven hours, as they didn't make any navigational errors. They enjoyed the beautiful scenery of the Peak District and even managed to stop off and explore Thor's Cave, a natural cavern in the Manifold Valley.

Well done to Louise who has now completed the hardest section for her Silver award. The Sixth Form students now have their four-day final expedition in July to prepare for.

Thank you to Mrs Holmes and Tom Machin who joined me on the trip to help supervise the students.

Ms Jefferson
Duke of Edinburgh Coordinator



ENRICHMENT



Cardinal Wiseman athletes have been selected for the International Children's Games 2022.

This week Helena, Year 10, and Deanna, Year 9, were informed by their coaches that they have made the final squad for the International Children's Games basketball 3x3 competition. This means that they have been selected as being among the top four athletes, in their age group, in the city!

They will continue training regularly, leading up to the Summer Festival held in Coventry from 11-16 August.

PE ENRICHMENT CLUBS

Guardian Ballers Basketball (**Years 10, 11, 12, 13 Boys**) Monday 3.30pm-4.30pm

Guardian Ballers Basketball (**All Years Girls**) Tuesday 3.30pm-4.30pm
Football Club (**Year 8**) Tuesday 3.30pm-4.30pm

Athletics Club (**All Years**) Wednesday 3.30pm-4.15pm

Rounders (**Key Stage 3 & 4 Girls**) Thursday 3.30pm-4.30pm
Basketball (**Years 8 & 9 Boys**) Thursday 3.30pm-4.30pm
Cricket (**Key Stage 3 Boys**) Thursday 3.30pm-4.30pm



ENRICHMENT

The Key Stage 4 girls' basketball team travelled to Barr's Hill School on Thursday to compete in the Coventry Schools Final.

In the first quarter Barr's Hill took a 10 point lead. In the next two quarters our girls matched them in terms of offence and defence. They scored some good baskets with Deanna scoring the pick of them. In the final quarter our girls showed tremendous spirit and resilience and managed to end the game with an 11 point loss. The final score was 25-14 to Barr's Hill.



Olivia was voted "Most Valuable Baller" and was awarded a custom designed basketball jersey. Well done girls, an excellent result!



CARDINAL WISEMAN SCHOOL

KEY STAGE 3 ART CLUB

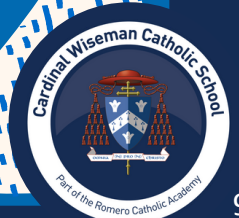
EVERY TUESDAY

3.20-4.10PM

JOSEPH I

WITH MRS HOPKINS

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



WELLBEING



MENTAL HEALTH * AWARENESS WEEK *

For Mental Health Awareness Week this year, we're raising awareness of the impact of loneliness on our mental health and the practical steps we can take to address it.

Dealing with loneliness can be difficult. But there are things we can all do to cope with loneliness and prevent some of the negative feelings and mental health problems that can come with it. Here are some coping strategies that you might find useful.

1 Try to do some enjoyable things that will keep you busy



2 Try to do things that stimulate your mind



3 Think about doing a Physical activity

4 Try to engage with the People you meet in your daily life



5 Find People that 'get you'

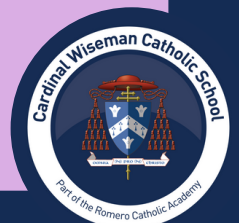


6 Spend time with Pets

7 Try to use social media in a Positive way



8 Talking therapies can help



ROMERO THRIVES

On Thursday 12 May and Friday 13 May, Cardinal Wiseman welcomed Year 3 students from Sacred Heart Primary School to prepare for their First Holy Communion.

The students spent the day preparing for their First Holy Communion which they will be receiving over the next two weekends. The students spent time reflecting on how God wants them to be Superheroes for the Church. They thought about what connects them as a community, spent time in adoration and had lots of fun!

The students said it was the best day ever!!



**Sacred Heart
Catholic Primary School**
Part of The Romero Catholic Academy



SAFEGUARDING

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

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What Parents & Carers Need to Know about

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GROUP CHATS

Occurring through messaging apps, on social media and in online games, group chats are among the most popular ways that young people engage with their peers online. Involving, by definition, three or more individuals, these groups allow users to send messages, images and videos to everyone in one place. While they are useful for helping friends, people with shared interests or members of a club to communicate and coordinate activities, they can also leave young people feeling excluded and bullied – as well as providing opportunities for inappropriate content to be shared and viewed.

WHAT ARE THE RISKS?

BULLYING

Unkind comments or images which are purposely aimed at an individual can be shared freely in a group chat – allowing and often encouraging others to join in the bullying behaviour. If this content is shared in a group of their peers (especially a larger group), it serves to amplify the hurt, embarrassment, anxiety and isolation that the victim feels.

SHARING GROUP CONTENT

It's important to remember that – while the content of the chat is private between those in the group – individual users can easily share a message, photo or video with others outside of the group or screenshot what's been posted. The risk of something your child intended as private becoming public (and potentially going viral) is higher if there are people they don't know well in the group.

EXCLUSION AND ISOLATION

This common issue with group chats can happen in several ways: starting a new group, for instance, but deliberately excluding a certain child. Likewise, the chat may take place on an app which one child doesn't have access to, meaning they can't be involved. A child can also feel isolated when a group chat is used to discuss or share images from an event that everyone else but them attended.

UNKNOWN MEMBERS

Within larger group chats, it's more likely your child will be communicating with people they don't really know. These strangers may be friends of the host, but not necessarily friendly toward your child. It's wise for young people not to share personal details and stay aware that they have no control over the messages and images they share after they've put them online.

INAPPROPRIATE CONTENT

Some discussions in group chats may include inappropriate words, swearing and unsuitable images or videos. These could be viewed by your child if they are part of that group, whether they actively engage in it or not. Some chat apps have a disappearing message function, so your child may be unable to report something they've seen because it can only be viewed once or for a short time.

NOTIFICATIONS AND FOMO

A drawback of large group chats is the sheer number of notifications. Every time someone in the group messages, your child's device will be 'pinged' with an alert: potentially, this could mean hundreds of notifications a day. Not only is this highly distracting, but young people's fear of missing out on the latest conversation results in increased screen time as they try to keep up with the chat.

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Advice for Parents & Carers

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CONSIDER OTHERS' FEELINGS

Group chats are often an arena for young people to gain social status. This could cause them to do or say things on impulse, which could upset others in the group. Encourage your child to consider how other people might feel if they engaged in this behaviour. If your child does upset a member of their group chat, support them to reach out, show empathy and apologise for their mistake.

GIVE SUPPORT, NOT JUDGEMENT

Remind your child that they can confide in you if they feel bullied or excluded in a group chat, instead of responding to the person who's upset them. Validate their hurt feelings and help to put them back in control by discussing how they'd like to handle the situation. On a related note, you could also empower your child to speak up if they're in a chat where others are being picked on.

BLOCK, REPORT AND LEAVE

If your child is in a chat where inappropriate content is being shared, advise them to block the users sending the material, report them to the host app or platform and exit the group. If any of this content could be putting a minor at risk, contact the police. Emphasise to your child that it's OK for them to simply leave any group chat that they don't feel comfortable being a part of.

PRACTISE SAFE SHARING

In any online communication, it's vital for young people to be aware of what they're sharing and who might potentially see it. Discuss the importance of not revealing identifiable details like their address, their school or photos that they wouldn't like to be seen widely. Remind them that once something is shared in a group, they lose control of where it may end up and how it might be used.

AVOID INVITING STRANGERS

Sadly, many individuals online hide their true identity to gain a child's trust – for example, to gather information on them, to exchange inappropriate content or to coax them into doing things they aren't comfortable with. Ensure your child understands why they shouldn't add people they don't know to a group chat – and, especially, to never accept a group chat invitation from a stranger.

SILENCE NOTIFICATIONS

Having a phone or tablet bombarded with notifications from a group chat can be a massive irritation and distraction – especially if it's happening late in the evening. Explain to your child that they can still be part of the group chat, but that it would be healthier for them to turn off or mute the notifications and catch up with the conversation at a time which better suits them.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



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