



The Key Stage 5 Football team celebrating their 3-1 victory during the football finals

01 July 2022 Issue 020

THE WISEMAN REVIEW

Cardinal Wiseman Catholic School Newsletter

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Dear Parents / Carers,

As we edge closer to the summer, we have more and more going on in the school, and I'd like to begin this week by celebrating a trophy win! Our Key Stage 5 Boys' Football team won the Coventry Schools Football Finals against Blue Coat CofE School, winning 3-1, with a stunning overhead kick from Josh A opening the scoring - the first of his three goals. The whole team was superb and the standard was excellent to watch. I speak as a Blackburn Rovers fan, but I've seen Coventry City play and our team wasn't far off the Sky Blues' standard! Hopefully this success will continue further down the school in other upcoming finals.

A further nod of congratulations to the huge numbers of Year 10 students who have now completed their first set of mock examinations. They have been excellent throughout and we look forward to their results in the coming weeks.

Next week brings another week of celebration with the Year 11 Prom, leavers' Masses and the Sixth Form leavers' BBQ. In addition, we look forward to hosting the students from Saint John Fisher Catholic Primary School as they celebrate the Arts with their end of year production. We also have students who have demonstrated commitment to our Community Language enrichment offerings over the last year, being rewarded for their fantastic work by a visit to Cadbury's World - organised by our MFL team.

We are always keen to improve our rewards offer so if you or your child have any ideas then please get in touch or ask your child to speak to a member of the Student Leadership Board. We are planning some international trips for the next two academic years so watch this space as there will be plenty of opportunities coming up to be part of some wonderful experiences.

God bless,

Mr Everett
Principal



024 7661 7231



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www.cardinalwiseman.coventry.sch.uk



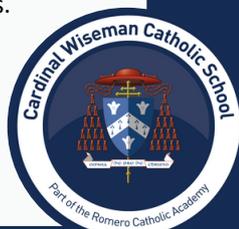
@officialwisemancoventry



Cardinal Wiseman Catholic Secondary School



@officialwiseman



CHAPLAINCY



Saint of the Week



This week is the Feast of Saint Peter and Saint Paul.

Saint Peter and Paul are two of the most important Saints in the Church. They were incredibly influential in establishing the early Church and their importance is still true today. Peter was the first Pope and St Paul one of the greatest missionaries - he wrote most of the new testament!

We asked students from Ss Peter and Paul Primary School to tell us about their remarkable story in this week's video:

<https://www.youtube.com/watch?v=P1eiOqMc7cA>



On Wednesday 29 June we celebrated their feast with a whole school mass joined together virtually. A huge thank you to Mrs Taylor and our Year 7 cohort who took part in the celebration and delivered beautiful readings and reflections throughout.



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



CURRICULUM SPOTLIGHT

Computing

Year 9 students have been introduced to text-based programming using a language called Python. The lessons form a journey that starts with simple programs involving input and output, and gradually moves on through arithmetic operations, randomness, selection, and iteration. Emphasis is placed on tackling common misconceptions and elucidating the mechanics of program execution. A range of pedagogical tools is employed throughout the unit, with the most prominent being pair programming, live coding, and worked examples.



Data Science

This year we have introduced learners to Data Science which empowers by knowing how to use data to investigate problems and make changes to the world around them. Learners will be exposed to both global and local data sets and gain an understanding of how visualising data can help with the process of identifying patterns and trends.

Advances in technology have made it more feasible to collect, store, and analyse data on a much larger scale. Students in Year 9 computing have been using analytical tools to consider how a company such as Netflix collects data.

They also used Google Teachable Machine which is a web-based tool that makes creating machine learning models fast, easy, and accessible to everyone to train the computer to recognise their movements which was great fun for them.

Example of python from Bernessa A (Year 9)

```
1 lucky = 13
2 print("Guess my lucky number between 1 and 20")
3 guess = int(input())
4 if guess==13:
5     print("Amazing that's right!")
6 else:
7     print("Sorry that's not right, my lucky number is",
8         lucky)
9     print("Nice playing with you!")
10
11
12
13
```

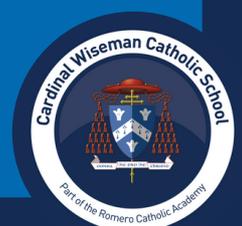
Console Shell

```
Guess my lucky number between 1 and 20
3
Sorry that's not right, my lucky number is 13
Nice playing with you!
```

```
1 print("Best film ever?")
2 film = input()
3 if film == "Bee movie":
4     print(film, "is not too bad")
5 else:
6     print(film, "is my favourite too!")
7
```

Console Shell

```
Best film ever?
Harry Potter
Harry Potter is my favourite too!
```



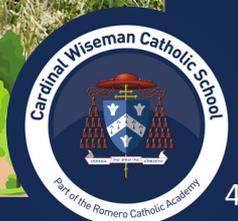
DUKE OF EDINBURGH

Bronze Final Expedition 2022

On the 18 and 19 June, Scarlett, Hannah, Favour and Navpreet from Year 9, undertook their final expedition for the Duke of Edinburgh's Award. On both Saturday and Sunday they started at Cardinal Wiseman School and walked a 9 mile loop of between the school heading into the countryside.

Saturday was quite a wet day with drizzle on and off throughout the day, luckily tents were put up at school during a dry spell between showers and Mr Everett made it onto site just in time for the heaviest downpour of the day. Sunday started with all girls getting up and sorted quickly and they were off site by 8.45am. Scarlett and Favour suffered the most with sore feet and blisters, but all walked well and navigated consistently over both days. All girls should be proud of completing the hardest section for the award and I look forward to signing off all sections for them shortly. Hopefully they will all continue to do the Silver award next academic year.

Ms Jefferson



ENRICHMENT



KS5 Football Cup Final
Victory for CWCS!



On Thursday 30 June 2022 the students of the Key Stage 5 Football Team took on Bluecoat C of E School during the Football cup final - hosted at Cardinal Wiseman.

Storming to victory with a 3-1 win, the boys battled through the rain to clinch the cup, much to the delight of the large number of spectators made up of family, friends, peers and staff who all braved the weather to cheer on the team.

Congratulations once again to the team and thank you to everyone who came out to support them! We are very proud of each and every single player!



ENRICHMENT

Coventry Summer School Holidays 26 July to 4 September 2022

Summer Fun



Book up now so you don't miss out, places will fill up quickly
Google **Coventry HAF** or visit **coventry.gov.uk/haf**

Delivered with partners by Coventry City Council and funded by the Department for Education



Learn more [HERE](#)



SUMMER SHOWCASE



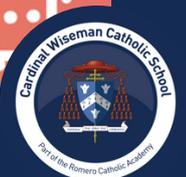
CREATIVE ARTS SUMMER SHOWCASE



A CELEBRATION OF ART, DANCE,
DRAMA, MUSIC & PHOTOGRAPHY

THURSDAY 14 JULY 2022 @ 6PM
SAINT CHARLES LWANGA THEATRE

Reserve your tickets for free via Parent Mail



STUDENT LEADERSHIP BOARD

STUDENT LEADERSHIP BOARD



"I am Karene and I am currently in Year 11, moving into sixth form.

My favourite food is chicken and I like playing basketball.

I am a 'Student Voice Leader' and my goal for this school is simply to speak up for those students who cannot speak up for themselves and make the school a better place for everyone - staff and students alike."

MEET THE REST OF THE TEAM



Madison S
Student Principal



Kahlen B
Vice Principal



Ciaran F
Chaplaincy Lead



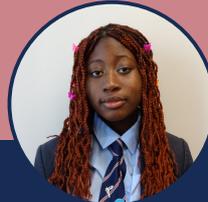
Kimberly R
Student Wellbeing



Olivia U
Social Responsibility



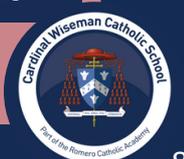
Ajoa B
Social Voice



Aisha K
Social Responsibility



Amber G
Enrichment Lead



WELLBEING



Mental Health in Schools Team (MHST) Tips For Wellness:

Rest

The pace of life and demands of work can place rest at the bottom of our priority list. Holistic rest focuses on refreshing our whole self, both physically and psychologically. It encourages us to regularly top up our energy tank in different areas of our lives. There are many different types of rest. Body, heart, mind, soul, connectivity, senses. Daily rest can help you to; improve mood, decrease blood pressure, provide chronic pain relief, improve immune health increase strength of the cardiovascular system, improve critical thinking, increase empathy and compassion, improve the ability to dream for the future, improve problem-solving skills, provide space for fresh creativity.

Try the tips below:

- Create and maintain a consistent bedtime routine
- Eat dinner at a similar time every night
- Stay away from caffeine such as fizzy drinks at least 4 hours before bed
- Avoid screen time or blue lights at least an hour before sleep

Useful links:

<https://www.mentalhealth.org.uk/sites/default/files/ENGLISH.%20Rethinking%20Rest.pdf>

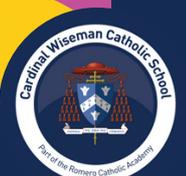
Sleep Problems | Signs of Sleep Problems | YoungMinds

Key Dates this month:

- Pride Month
- Tourette's Awareness Month
- 20th – 26th World Wellbeing Week
- 20th-24th National School Sport Week

#ThanksKids recognises the super efforts and kindness of young people and thanks them via personalised #NHSStars certificates and pin badges. Please spread this message amongst your school community, all you need to do is let us know by nominating the young person using this email address: cwp-tr.thankskids@nhs.net and we'll do the rest!!

MHST are available to support you and your school throughout the school year including term time and school holidays. Please contact your school's Mental Health Lead for information and advice.



SAFEGUARDING

**AGED 13-25 AND LIVING
IN ENGLAND OR WALES?**

**HAVE YOUR SAY ON
POLICING NATIONALLY**

This new youth-led survey across
England & Wales aims to:

- Examine young people's experiences of policing
- Look at trust levels among young people in different communities
- Explore local differences across England & Wales
- Involve young people in developing solutions

We are asking 13-25 year olds to tell us
what they think by taking the survey now:
tinyurl.com/2t4jdmb2



Deadline 24 July 2022.

Responses will be used to produce national
recommendations for change for police forces,
PCCs and partner agencies.



Y-STOP?



North Yorkshire
Police, Fire & Crime
Commissioner



NOTTINGHAMSHIRE
POLICE & CRIME
COMMISSIONER



@LeadersUnlocked

IOPC Independent
Office for
Police Conduct

**LEADERS
UNLOCKED**



SAFEGUARDING

Coventry School Nursing Team



07507331949

Who are we?

If you are 11-19 years and would like support around your health and wellbeing the school nursing team is here to help. We can help with; Emotional health, relationships, self-harm, bullying, healthy eating, alcohol, drug, smoking and sexual health.

You can contact us via our free, confidential chat health text line or visit our website for information on all areas of your health and wellbeing.

HEALTH FOR TEENS

Love your body, love yourself, #lovehealth

<https://www.healthforteens.co.uk/?location=Coventry>

With the summer holidays coming up it is important to keep yourself safe. Your sexual health is just as important as your physical health. Understanding healthy relationships and not feeling pressure to do things is also important. There are lots of services here to help. Your GP or Integrated Sexual Health Services can provide free, confidential advice which does not need to be shared with your parents unless there was a concern for your safety. But, it is always good to have an open, honest relationship with a trusted adult so they can also support you and help keep you safe.

You can book an appointment online at: <https://www.ishs.org.uk/> or call 0300 020 0027 (free of charge)



<https://fb.watch/8Oq9Pt6tyw/>

Click here to watch a TikTok on consent!



Facts about sexting

- Images sent on sites like Snapchat can be saved and screenshotted
- It is not okay for someone to pressure you into sending nudes
- Sending or receiving nudes when you are under 18 is against the law
- If something goes wrong there is support to help. Follow the link below for support and help, even help removing nude pictures.

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/remove-nude-image-shared-online/> or call 0800 1111 free of charge 24/7



SAFEGUARDING

2

YOUR
MENTAL
HEALTH
IS A
PRIORITY

childline

ONLINE, ON THE PHONE, ANYTIME

childline.org.uk | 0800 1111

<https://www.childline.org.uk/>



<https://www.papyrus-uk.org/>



Click this video link or copy and paste it to a Google Chrome browser to see how Kooth can support you:

<https://vimeo.com/452161021>



YOUNGmINDS

fighting for young people's mental health

<https://www.youngminds.org.uk/>



Feeling different from usual or noticed a change in your behaviour? Find out about some common feelings and mental health symptoms, how to cope, and where to go to get help.

If you are struggling with your feelings you are not alone!

Below is one of the techniques we encourage to help you when you are feeling stressed and overwhelmed. However, there are many places to get free, confidential help and tips. We have included some of the best places to get support from.

1. **Sit in a comfortable upright position** with your feet planted flat on the ground. Rest your hands on your thighs or on your desk.
2. **Notice your breath.** No need to breathe in any particular way. Just bring attention to each part of the breath- the inhale, exhale, and space in between.
3. **Bring awareness to each of your 5 senses.** One at a time, for about one minute each. Focus on the present moment and how each sense is being activated in that moment. The order in which you pay attention to each sense does not matter.

Hear: Begin to notice all of the sounds around you. Try not to judge the sounds. They are not good or bad, they just are. Sounds might be internal, like breathing or digestion or external like traffic or birds.

Smell: Now shift your attention to notice the smells of your environment. Sometimes closing your eyes can help sharpen your attention.

See: Observe your surrounding and notice the colours, shapes and textures. If you really look, you may notice things that have gone unnoticed.

Taste: You can do this one even if you have food in your mouth.

Touch: Last one. Bring your attention to the sensations of skin contact with your chair, clothing, and feet on the floor. You can notice the pressure between your feet and the floor or your body and the chair.

All the links on this page should open when you click on them however if they don't please copy them and paste them in a Google browser.



Reminder!

Don't forget, if you have any concerns or queries, you can get in touch with your school nursing team by texting us on **07507 331 949**



HEALTH & TEENS

South Warwickshire

