



Sixth form enrichment - gliding experience

08 July 2022 Issue 021

THE WISEMAN REVIEW

Cardinal Wiseman Catholic School Newsletter

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Dear Parents/Carers

This week we welcomed Year 11 and Year 13 students with their families to celebrate Mass in our Chapel and to reflect at this significant time upon their Cardinal Wiseman journey. Year 13 students continued their celebrations with a barbecue in the new Sixth Form Garden whilst Year 11 students turned out in their finery for the 'The Once Upon a Time' Prom. It was a joy to see our young people relaxing and letting off steam now that the examination season has ended.

As a school, we are very much aware that young people go through stressful, anxious times or periods of worry. For some this will be during GCSE or A level examinations but for others there could be a whole host of reasons. At Cardinal Wiseman we are immensely proud that 'Leaders prioritise support for pupils' mental health and well-being' (Ofsted, Nov 2021) but we know that we can do more and continue to develop our provision for pupils.

All students are taught about aspects of mental health and well-being via our PHSE programme. This includes specialist workshops delivered around self-esteem and anxiety, we have 1-to-1 counselling provision, as well as very experienced safeguarding and chaplaincy teams. We are incredibly happy to be working with the Mental Health in Schools Team, enabling pupils to quickly access specialist support.

Over the Summer holidays, we encourage all our pupils to exercise and eat healthily to boost their mood, get plenty of sleep, keep in touch with friends, do things they enjoy and speak to their parent/carer or other trusted adult if they are feeling 'low', stressed or worried.

Take care of yourself.

Mrs Marshment
Assistant Principal

Important Notice

**School closes 1.30pm on Thursday 21 July.
School busses have been arranged for 1.30pm.**



024 7661 7231



admin.cw@romeromac.com



www.cardinalwiseman.coventry.sch.uk



@officialwisemancoventry



Cardinal Wiseman Catholic Secondary School



@officialwiseman



CHAPLAINCY



Saint of the Week



This week is the Feast of Saint Maria Goretti.

Saint Maria Goretti died when she was only 11 years old having suffered at the hands of someone who should have cared for her. However, on her death bed she forgave her killer and prayed that he would join her in heaven. This remarkable example of mercy from someone so young is a true reflection of God's mercy towards us all. This impacted her killer so profoundly that upon his release from prison he became a monk.

**Find out more about her incredible story in this week's video:
https://www.youtube.com/watch?v=lnVz_MDVscl**



Saint of the week - St Maria Goretti - 4th July



July is a month devoted to the precious blood of Jesus. It is also a month during which Pope Francis has asked us to pray for the elderly in our communities.

**Find out more in this video about the month of July:
<https://www.youtube.com/watch?v=odLnx0Cleic>**



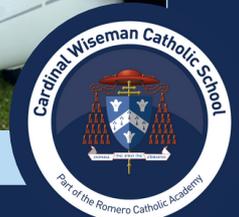
ENRICHMENT

Sixth Form gliding experience

On Monday 4 July, Mr Palmer took a group of sixth formers on a rewards trip for their exceptional behaviour and attitude this year.

The trip saw the students take to the skies for a gliding experience. The students went up with a pilot and had a go at flying the glider themselves, some even had the opportunity to experience some acrobatics! Mathew G managed to reach the greatest height of 3050ft and Andrew P stole the show performing 2 loops in the sky!

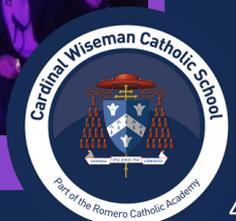
On behalf of the Sixth Form team thank you to all who attended and for your efforts this year. We look forward to doing it all again next year with another group of exceptional students!



ENRICHMENT

Cadbury World

On Tuesday 5 July, 43 students accompanied by Mrs Williams, Mrs Stasinska and Ms Pethullis took part in a trip to Cadbury World. This was a reward for attending the Languages afterschool club. They had a wonderful time, ate lots of chocolate and enjoyed the 4D cinema experience. We hope to repeat this successful trip in the next academic year, so keep your eyes peeled for more information on the Languages after school Club from September.



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](#)

YEAR 13 LEAVERS

YEAR 13 LEAVERS' SPEECH - 07 JULY 2022

Mr Kingshott, Assistant Head

As I sat down to write my leavers' speech to you, reflecting on your sixth form experience, I had a great realisation.

Two years ago, you were our new Year 12, excited with the prospects of starting sixth form. You were about to begin new courses, new opportunities lay ahead and then well, we all know what happened. Many of the enrichment opportunities that we had planned couldn't happen, trips, visits and social events were cancelled.

But, it wasn't this that I realised. It was this ...

Whilst our time has been relatively brief, it has also been rich, mad and significant. I will miss you. You are an amazing bunch of young people. Thank you for letting me share the wonder of a little bit of your journey, for I too have learned so much along the way.

I have learned that you are an amazingly kind year group. The support that I have seen you give each other and other members of our school community has been heart-warming. Always cherish the friendship you have been given when you remember your time at Cardinal Wiseman.

I have learned you are a fun and a funny year group. I laugh every day in your company. Your humour has helped us all get through the difficult moments - try not to lose this ability to put a smile on the faces of people around you. It is a gift.

I have learned that you are stronger and braver than you realise; confronted by so much that none of us could have predicted, you have not sought excuses but refused to be beaten or held back. Whilst some rites of passage may have been taken away from you, you have navigated the storms with fortitude and resilience. It is this that will define you as you move on to the next part of your journey. You do not yet know the power in this.

So, in tribute to you, I will not spend time reflecting on the 'could nots' or the 'did nots'. Instead, I want to look to the future; a future that can only benefit from young people like you going out into it. Be confident that you are equipped to make a difference in your world; so, go out there, achieve your God-given potential and be the best you can be.

To finish, some advice to help you on your way

Do It Anyway By Mother Teresa

**"People are often unreasonable, illogical and self centered;
Forgive them anyway.**

**If you are kind, people may accuse you of selfish, ulterior motives;
Be kind anyway.**

**If you are successful, you will win some false friends and some true enemies;
Succeed anyway.**

**If you are honest and frank, people may cheat you;
Be honest and frank anyway.**

**What you spend years building, someone could destroy overnight;
Build anyway.**

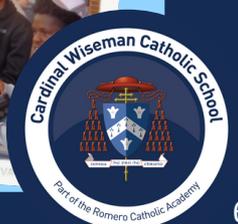
**If you find serenity and happiness, they may be jealous;
Be happy anyway.**

**The good you do today, people will often forget tomorrow;
Do good anyway.**

**Give the world the best you have, and it may never be enough;
Give the world the best you've got anyway.**

**You see, in the final analysis, it is between you and your God;
It was never between you and them anyway."**

GOOD LUCK, YEAR 13 - OUR CLASS OF 2022!!!



NOTICES

Cardinal Wiseman Parent Teacher Association

Dear Parents and Carers

We would like to invite you to join our newly launched Cardinal Wiseman PTA . The role of the PTA is to raise money for projects, charities and one off events for the enrichment of the students' experiences.

This may involve organizing school discos, Summer and Winter fayres, and manning the uniform shop during Progress Meetings

If you are interested in becoming involved or have any additional questions, please contact Ms Burtonwood (Vice Principal) on l.burtonwood@romeromac.com



STAY SAFE IN THE SUN



Refill water bottles during break and lunch time in the canteen



Use sun cream and reapply regularly throughout the day

Keep hydrated and drink plenty of water

Spend time in the shade, especially when the sun is at its strongest



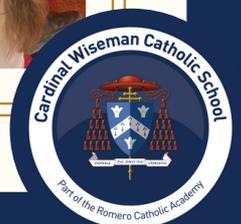
Do not forget your refillable water bottles!



ROMERO THRIVES

Confirmation Retreat

On Monday 4 July, Year 5 from SS Peter and Paul Primary School visited Cardinal Wiseman for their Confirmation retreat. They learnt about the 9 fruits of the Holy Spirit and how they fit in to our daily life by making cookies. Each ingredient of the cookie represented a gift of the Holy Spirit. By combining them all together, it reminds us that the Holy Spirit is given to each of us in a special way. They also explored different types of prayer through prayer stations.



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 the link below

<https://forms.office.com/r/ZdDn6nNrRK>



WELLBEING



Mental Health in Schools Team (MHST)

Tips For Wellness:

Friendship

Friendship means to have trust and support with other people. As we approach the summer holidays and move on to a new school year group you may want to let your friends know how much they mean to you and that you support them.

Activities to try:

1. **Tell one of your friends why you trust them and why you like being friends.**
2. **Schedule time in your week to check in on your important friends. This is a very good way to keep connected and make sure you and your friends stay connected when life gets busy.**
3. **If you want to make friends take a look at this link - <https://www.childline.org.uk/info-advice/friends-relationships-sex/friends/top-tips-making-friends/>**

Key Dates this month:

Pride Month

Tourette's Awareness
Month

#ThanksKids recognises the super efforts and kindness of young people and thanks them via personalised #NHSSStars 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



Conversation starters for parents and carers: ONLINE CONTENT



Trying to start a conversation about online safety with children can be a daunting task. There are many reasons why children may not want to talk to adults about it. One might be that they don't think you'll understand or that you won't know how to help if they came to you with an online problem. It can also be hard to start a conversation about something that you might have limited knowledge about. However, with screen time increasing during the lockdown, it's important now more than ever, to be talking to children about what they are accessing online.

1 ASK THEIR MOTIVATION

Sometimes it's easy to assume we know why children choose certain games or apps. It can seem obvious, like the child interested in football will be enthusiastic about the new FIFA game. But sometimes it can be more subtle than that. It could be that it's an outlet for their creativity or it might be that they like the look of the main character. Learning their motivation and knowing why they like it can help advising them on how to use it safely and help you discuss the pros and cons.



6 MAKE TIME TO LISTEN

When your child can't wait to tell you about their new game, always try and listen to what they say. We always have a lot on our minds, so it's easy for us to drift off onto other things which may be more important. However, try to stay involved and ask them more details about aspects of the game/app. Children will appreciate your interest and the more questions you ask, the more you can find out. If you act uninterested, then they are less likely to tell you about it again in the future.



2 CULTIVATE A BLAME FREE CULTURE

Children can often blame themselves if they come across something that scares them or makes them feel uncomfortable. There will be times when your child has gone against something that you have forbidden, however, most children do not intend to put themselves at risk. Therefore, it's important that your child is able to come to you with a problem and won't be blamed for it. Try to understand what happened and why and warn them of the dangers once more. Engaging in a 'told you so' dialogue or suggesting they are in trouble for not listening may deter them from reporting any future concerns.



7 ASK THEM TO BE THE TEACHER

Showing an interest in what children are accessing online is a great opportunity for you to learn something new as well. Children on the whole love sharing their experiences so by asking them to teach you how to use an app or play a game is not only a great way to bond, but you will also feel more empowered to talk about it. It is easy to shy away from conversations when the child perhaps knows more about the subject content than you do. This can help to turn this around.



3 SHARE PERSONAL EXPERIENCE

Starting a conversation by sharing something that you've seen or that has made you feel uncomfortable can be a great opener. Talking about your own feelings can help children realise that it isn't just them – adults can be affected too. You can then go into how you coped with it therefore indirectly giving children advice on how they can also cope in uncomfortable situations. You can also explain that the reason that you've chosen to talk to them about it is because talking helps. Children will hopefully be able to see the parallels in the experiences and mimic your behaviour in future.



8 USE SCHOOL MESSAGING

It might be that your child's school has sent out a message about the Childline number or to remind children to use the CEOP button to report content. Ask the children what they learned about these at school. When would they use the Childline number? When would they need to use the CEOP button? What does it look like? Asking the children why the school thought that the information was so important that they sent out a message about it reinforces what they learnt whilst at school.



4 TALK ABOUT THE NEWS

Asking children what their response is to news stories around online safety can be revealing. For example, there has been a recent survey conducted by the BBFC who are currently campaigning for the application of age ratings and content warnings on video sharing platforms. What do they think about this? Can they think of a time when this would have helped themselves or someone they know? Are they against the idea? If so, why? Could they be accessing something they shouldn't be?



9 ASK ABOUT THE RISKS

Many children may know what online risks are and will happily explain the potential dangers. Listen and try not to be overly shocked if they tell you something that disturbs you. This can then lead nicely into you asking the question about what steps they are taking to look after themselves or what help they could seek if something goes wrong. Sometimes it's just nice to know that your children know the dangers and have taken steps to help reduce the risk for themselves – this is the ultimate goal.



5 ASK FOR ADVICE

It could be that you really do have a friend at work who is debating whether or not to let their child do something online, or it could be that you're bending the truth slightly, but hopefully the outcome would be the same. Don't be afraid to ask others for advice. Not only why they should let the child use it, but also what would they tell the child to be aware of. What are the risks? This will help you understand the risks yourself and what to look out for in future.



10 ASK ABOUT RESPONSIBILITIES

Try asking open ended questions about roles and responsibilities online. Who is in control of the internet? Who is looking after you whilst you are online? Who decides what is appropriate for children to see? This can reveal a lot about a child's perception about who is responsible for their online safety. If they believe that it is up to everyone else to keep them safe, then you know you need to have a conversation about how they can reduce their own risk.



11 ASK ABOUT SCHOOL ADVICE

Sometimes it's hard to know what to warn children about. If there is a new app or game that your child has come across recently, ask them what they think their teacher would say about it. What advice would school give them? What have they been told about trusting people online or about fake news? Finding this out would be a good way to hear what advice they were given at school and help you reiterate the same message. Quick reminders about what to do if something makes them feel uncomfortable or who their trusted adults are can make all the difference.



Meet our expert

Heather Cardwell is a practising Online Safety Lead and senior school leader who is passionate about safeguarding children online and educating them around online risks. She has over 10+ years as a Computing Lead and has successfully developed and implemented a whole school approach to online safety in schools, delivering online safety training to both school staff and parents and helping to roll-out a bespoke online safety policy across her local network of education settings.

