



Cardinal Wiseman pupils with the Bishop of Coventry and Deputy Lord Lieutenant

15 July 2022 Issue 022

THE WISEMAN REVIEW

Cardinal Wiseman Catholic School Newsletter

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Dear Parents/Carers

Important News Regarding Met Office Red Extreme Heat Warning:

Following today's Red alert from the Meteorological Office, students will be given the option of wearing their school PE kit on Monday and Tuesday if they wish. A letter regarding this is attached [here](#). Please ensure that you child has plenty of water, and that you apply sun cream (ideally Factor 50) before they come to school. We are not able to apply sun cream for students. A hat or cap would also be appropriate for when students are outside during break and lunch.

This week has been a wonderful week to be principal of this school. There are many things that I have forgotten about since before the pandemic but seeing the Year 10 Geographers arriving at school early to get aboard the bus to Bristol, and the excitement that it generated for going somewhere different was a real reminder of how things should be. We have also had representation at Coventry Cathedral this week with many of our students attending as part of the Guardian Ballers programme, who I am delighted to announce will be working with the school far more next year to support students with mental health initiatives and professional-level coaching for some of our elite athletes.

I also had the pleasure of being in attendance at our Creative Arts Showcase on Thursday evening, which was the first time we have held such an event in the time I have been here and it was an evening full of incredibly talented individuals and groups showing off their God-given talent, and who brought so much joy with them. We saw students playing guitars, violin, piano and drums, drama performances and monologues, our choir, and our rappers and dancers, as well as the Art showcase in the Sixth Form Centre. We were delighted to have John Bernard with us for the evening, former Cardinal Wiseman student and nationally acclaimed poet and writer, who has worked with a group of our students in developing their confidence and being able to talk about issues that can often be difficult or taboo. Both myself and CEO Mrs Quinn were in awe of the confidence and talent, and we cannot wait to do it all again at Christmas.

In terms of students getting home, we still recommend that students should go home straight away, rather than gathering at Potters Green shops or Moat House Park, particularly in extreme heat. We also recommend that if students are getting public buses in the local area, that they stay at the bus stop and be respectful of all our neighbours and local residents. If your child takes a public bus that does not arrive until later, for example the number 20 at 15:50, they are welcome to stay in the school library so that they do not have to stand in the heat for half an hour or near busy roads.

Have a wonderful weekend.

God bless.

Mr Everett
Principal

Important Notice

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



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www.cardinalwiseman.coventry.sch.uk



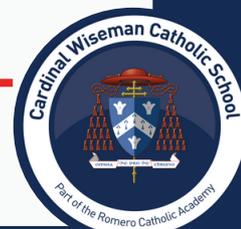
@officialwisemancoventry



Cardinal Wiseman Catholic Secondary School



@officialwiseman



WISEMAN SPORTS DAY

GAUDETE
GAUDETE
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GAUDETE
GAUDETE
GAUDETE
GAUDETE

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WISEMAN SPORTS DAY

WEDNESDAY 20 JULY 2022

ALL students are expected to arrive in school wearing full PE kit, House t-shirt and trainers/suitable sports shoes (anyone not wearing appropriate clothing will not be able to take part).

There will be an ice cream van present all day.

Please see prices below:

Small 99 Flake with Cone - £1.50

Knickerbocker Glory - £2.50



Please ensure that students have a hat, sun cream and a water bottle where possible.

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NOTICES

Dear Parents and Carers

Following feedback from the consultation regarding an adjustment to the timings of the school day, we will not be making any changes for this September.

This takes into account feedback from parents, carers, staff and students.

We will look at adjusting the timings of the day in a different way to meet government expectations for September 2023.

Thank you to all who responded to the consultation.

Yours faithfully



Mr M Everett
Principal

Dear Parent and Carers

Please be advised that from Tuesday 6 September 2022 there will be a small price increase to the cost of the main school meal. The current price is £2.35 for a meal from the Meal Deal menu. This will increase to £2.50.

The school has deliberately not implemented a price rise for the last 2 years. However, due to a change in funding from the Department of Education, as well as huge increases in the cost of wholesale food, we cannot avoid this price increase any longer. For our students in receipt of Free School Meals, the increase will be applied to the daily allowance and will ensure they continue to get a meal.

If you have any questions, please do not hesitate to ask me and I will do my best to answer them.

Yours faithfully



Mr M Everett
Principal



PROM

Prom 2022

On the evening of Friday 8 July, Cardinal Wiseman welcomed back Year 11 students for their “in house” prom. The event saw 150 pupils and 40 members of staff arrive, looking very glamorous, for an evening of celebration, reward and, of course, lots and lots of dancing. The event came together thanks to the hard work, passion and dedication of Cardinal Wiseman staff, including Miss Seth (Operations Manager) and Ms Greenway (Head of Key Stage) – but also members of the local community.

The John Paul II Sports Hall received its own makeover with the installation of a drapes system, which transformed the space into a marquee, giving a ‘wow factor’ that left students and staff astounded as they arrived for the evening. Guests were treated to a splendid two course menu, which had been designed in collaboration with the prom committee, and served by the school’s in-house catering team.

Mrs Woods said, “It was truly wonderful to see the smiles of happiness on the students’ faces. As their Head of Year, it was fantastic to be able to give them something that they will remember for years to come and to celebrate their successes at Cardinal Wiseman School”.

Farewell



Mrs Woods
Head of Year



Miss Greenway
Head of Key Stage 4



Mr Lambert
Assistant Principal
(previously Head of Year 2018-2021)

Year 11 - watching you learn and develop over the last year has been a pleasure. I have loved seeing you grow into young, mature adults and I have cherished the relationships that have been built between many of you and I. To be told that I can take a break when I appear at your lesson door, will always make me laugh! Wishing you all the best for the future, please keep me updated on how your journeys continue!

Year 11, I can not believe that this time has come already. I have had the privilege of watching you grow through each year of your time at Cardinal Wiseman and today I am a very proud Head of Key Stage to witness you finishing this part of your journey. You have blossomed into young men and women and you will all be successful in whatever direction your next path takes you. I look forward to seeing familiar faces back with us in the sixth form but if I don't please don't be a stranger. Wishing you all the very best of luck with your GCSE results and your future.

It is with mixed emotions that I bid you farewell Year 11. Naturally, I am sad to see you leave as I have thoroughly enjoyed being a part of your journey over the past 5 years. However, witnessing your growth has made me incredibly proud as you take the next steps in your journey. Cardinal Wiseman will not feel the same without you. Goodbye and Good Luck!



PROM



Awards

from Mrs Woods



Most Respectful – Ciaran F

This student is one of the most respectful members of our school. Constantly going above and beyond in terms of showing respect to all members of the school community. Regularly participating in team events and leading others in the process. Always aspiring to be the best that they can be in our core values of respect, knowledge, ambition and resilience.

Community Champion – Nour F

This student has been nominated for volunteering at the local food bank during their holiday time. Not many students or staff were aware of this. This showed real empathy with others who are struggling to feed their families due to the rise in cost of the most basic items of food. We are very proud and pleased to recognise this student, who goes above and beyond for others in their community.

Most Ambitious – Bisola T

This student has been put forward by various members of staff for their hard work, not only during this academic year but also during the pandemic and several lockdowns. Their ambition and determination have been recognised by many teachers and staff. This student will continue to strive to be the best that they can be.

Talent Icon – Olivia U

This student has shown extraordinary talent in the choir, actively taking part in whole year group and whole school Masses. Their ability to take to the stage to perform and then have the confidence to speak in front of students at whole school level is astounding for their age. I would not have had the confidence that this student has at their age.

Ray of Sunshine – King M

This is one of the happiest students I know. Always has a smile on their face, always looking at the positive side of life, I have never seen this student sad. This student has been nominated by several staff members, for making them smile and laugh. Whenever I appeared at their lessons, they always made me smile, even when I was being told to "take a day off".

Most Knowledgeable – Daniella H

This student goes above and beyond in terms of their learning, constantly striving to be the best that they can be. We have all been impressed by their attitude to their studies, seeking out support when required, asking for additional material to learn to develop their knowledge for all subjects.

Ultimate Friend – Patrycia B

This student goes about school very quietly, often going under the radar. This student was nominated by several members of staff for their support, guidance, comfort and understanding the needs of others. On several occasions this student has gone out of their way when one of their friends is upset, angry, panicked about something. They know just what to say, do and how to act to calm their friends down. They show truly what it is to be the ultimate friend.

Drama Queen – Chloe M

This award could go to several of you. However, this student is all about the drama. Wherever they go, whoever they are with, in whatever context, this student is involved. Don't get me wrong, this is not a bad award. They very much get involved in situations to support others and stand up for them, even when it has sometimes got them into trouble. Their intentions were to be a good and supportive friend.

Best Duo – Shenai D & Cedy E

This pair are inseparable. We very rarely see one without the other. Side by side they have made it to the end of Year 11, side by side they go on a new chapter in their lives, side by side we have watched them grow, mature into very polite, ambitious, resilient, respectful, knowledgeable individuals, who both deserve the very best in life.

School Spirit – Karene D

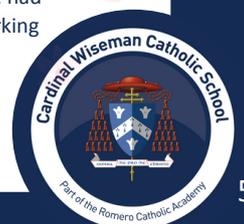
This student embodies school spirit and the Wiseman values. They are hard working, dedicated and committed to everything they do! They will help anybody and everybody, whenever they need it and whatever they need. They are the very best of what makes us Wiseman!

Endeavour – Korey F

This student has shown all the Cardinal Wiseman values during their time here. They worked relentlessly to achieve their very best. They are the politest young individual, very caring towards others and always says hello and asks how we are. We wish them the very best of luck in their future endeavours.

Most Resilient – Kara S

There were various nominations for this student. I have had the pleasure of watching them grow in confidence, working hard, particularly in maths with a determination to succeed in all subjects. I believe that this student's resilience will come to fruition in August.



PROM

Farewell message from Mr Lambert

It is with mixed emotions that I address you today, at the end of your secondary school journey with Cardinal Wiseman Catholic School.

On the one hand, I am sad to see you move on. On a personal level, I have never known Cardinal Wiseman without you and your year group. You are synonymous with this school in my eyes, and the place won't feel quite the same once you've moved on.

On the other hand... I am very happy to see you go! I mean this of course in the sense of feeling pleased for you all, that following a turbulent and challenging number of years you are reaching this key milestone in your lives. I feel privileged to have shared this time with you all and deeply proud of each and every one of you for completing this part of your lives.

I'd like to share some words of advice for the next steps in your lives.

- Give the next step in your education your all - don't waste opportunities. Life is about to step up a couple of gears and you have to grasp every chance and experience you can.
- Work hard. It really can be as simple as that. It's how I got to where I am today. It shows commitment, dedication and determination and can help you progress wherever you go.
- Be kind to all. We try to instil this in all of our students, in line with our ethos and values. It really does pay to be kind in life. Show kindness to others, and kindness will be shown to you.

Finally, I will look back on the past 5 years with fondness and will carry many memories with me through my own life.

I'll remember your first days when you arrived with nervousness, excitement and fear. I'll remember 7C and getting through the first year. I'll remember the laughter, the achievements, the arguments and the tears when you leave. I'll remember Armel's hat, and big man Cleave. I'll remember taking your footballs and reminding you how to lineup after 300 times before. I'll remember Ameena, Arash, Yousuf and Nour. I'll remember Nana's recorder and Aydrian's books. I'll remember Imanuela and Kirsty: the girls named Appiah. I'll remember Alicia, Faith, Ciera and Mia. I'll remember new starters who joined us more recent, Michael, Francisca, Jethro, you've all been quite decent. I'll remember Destiny's blazer, 3 Niamh's and Karene. I'll remember Caritas, and Camino and Gaudete in green. I'll remember Daniella's Art, the Hartshorn twins and Mirela. I'll remember Lord Dekon, what a wonderful fella. I'll remember Jack and his Star Wars based greetings. I'll remember the hundreds of parental meetings. I'll remember Cameron and his love for GTA. I'll remember Aleena, Namaskaram and Namaste. Dorian, Franky, Erika and John. I'll miss you all deeply when you are gone. I'll remember the trainers, red-slips, Abu and Sajeeny. I'll remember the Reginald's, 3 Cameron's and Daniel. I'll remember Shan-ody and Finn-obel who are each great as a pair. I'll remember Martyna, Louie, Charles and Mystere. I'll remember slow-walking Maba, Sienna, Taku. I'll remember you all, the class of 22.



ENRICHMENT

On Wednesday 13 July, students who are part of the Guardian Ballers programme visited Coventry Cathedral to participate in a Faith Alliance Conference. The conference saw people from across different religious communities in Coventry come together to discuss how we can work for a more peace filled world!

The students enjoyed the day, met lots of interesting people and are excited for the opportunities to come!



OPEN EVENING



JOIN US AND SEE WHAT OPPORTUNITIES AWAIT YOU AT
CARDINAL WISEMAN CATHOLIC SCHOOL.

WE CAN'T WAIT TO MEET YOU!

#BelIncredible #WeAreWiseman

ROMERO THRIVES



The Great Big Dance Off



On Monday 4 July, the Sacred Heart Dance team took to the iconic stage in Cheltenham Town Hall to compete in the National Finals of The Great Big Dance Off. The competition saw the best 24 schools from across England showcase their dance they've been working on all year to impress the judges.

The team had been preparing for months for this competition and felt confident and stage ready after their amazing summer showcase held in Cardinal Wiseman's theatre the week before. The girls aced their routine titled 'Check This Out' and were congratulated by a cheering audience and standing ovation.

The team were awarded an incredible 4th place, only one point behind 3rd place. We're extremely proud of the girls and the incredible progress they've made this year!



ENRICHMENT

FRIDAYS FRIDAY NITES @Central Hall

july
15th & 22nd

aug
5th & 19th

sept
9th & 30th

FREE YOUTH NIGHT

5pm til 8pm

12 to 18yrs

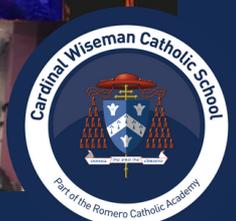
LIVE FREE MUSIC

FREE

BARBER, MANICURES
and FOOD & DRINK

LEARN

To become an Influencer,
To get that Summer Job,
How to be a Radio DJ.



SEND

COMPLEX COMMUNICATION TEAM



Coventry Complex Communication Team will be delivering a series of 6 free workshop sessions aimed at parents and carers of children and young people on the Autism spectrum and with complex communication needs.

Each session will be delivered virtually through Microsoft Teams and presented by a specialist practitioner in the field of Autism. There will be a series of sessions focusing on a range of topics, which include:

- Week 1 - Thursday 15th September: Understanding your child and their Autism
- Week 2 - Thursday 22nd September: Supporting your child with self-care and independence
- Week 3 - Thursday 29th September: Supporting your child and their sensory processing differences
- Week 4 - Thursday 6th October: Supporting your child and their behaviours
- Week 5 - Thursday 13th October: Supporting your child with their learning
- Week 6 - Thursday 20th October: Supporting your child with transitions

The aim of each session will be to:

- To raise an awareness of how Autism/CCN affect your child
- To develop a shared understanding of some of the challenges that our children face, and the strengths they can bring
- To increase your confidence in understanding and supporting your child
- To build up a bank of ideas and strategies that can be used to support your child

All sessions are 4.30pm-5.45pm. Whilst we appreciate you may not be able to attend every session due to work/family commitments; the expectation is that you do attend week 1 as this provides the foundation for the remaining sessions, and that you are able to commit to at least three of the following sessions. There are weekly advice clinics that accompany each session, where you have an allocated slot to ask specific questions relating to your child.

Please email BSCLimbrickWoodCentre@coventry.gov.uk if you wish to attend any of these sessions. You will receive MS Teams invitations for each individual session.



WELLBEING



**Infection.
Prevention.
Control.**
You're in safe hands



Preventing dehydration

Dehydration occurs when the body loses more fluid than it takes in. It is particularly common in older people due to:

- Medications - some medications have a diuretic effect while others can cause increased sweating
- Decreased thirst - a person's thirst can lessen with age
- Mobility problems - or reliance on others to provide drinks can result in insufficient fluid intake
- Memory problems - without prompting some people forget to drink enough fluids
- Reluctance to drink - many older people are reluctant to drink to avoid the need to go to the toilet
- Decreased kidney function - as our bodies age they lose kidney function and we are less able to conserve fluid

Diarrhoea and vomiting (D&V) can quickly cause dehydration in the elderly!

Recognising the signs can help prevent serious illness and admission to hospital!

Mild to moderate symptoms

- Feeling thirsty and lightheaded
- Dry mouth
- Tiredness
- Dark coloured, strong smelling urine
- Passing urine less often than usual
- Dry skin
- Headache
- Constipation

Severe symptoms

- Irritability/confusion
- Little or no urine
- Weak rapid pulse
- Low blood pressure
- Fast breathing
- Dry mouth and tongue
- No sweat or tears

To prevent dehydration, particularly if you have an outbreak of D&V, ensure all service users have regular drinks as they often do not feel thirsty and may not ask!

<https://www.nhs.uk/conditions/heat-exhaustion-heatstroke/>
<https://www.nhs.uk/conditions/dehydration/>



WELLBEING



MHST tips for wellness

Self-Care

This week's theme is Self-Care.

Self-care is another way of saying that we are looking after ourselves. This might look different for different people. Research suggests that self-care can help to increase resilience and improve our ability to manage stress.

Try one, or both, of the below activities throughout this week.

- 1) Draw around your hand on a piece of paper, and write one activity on each finger. Label each finger with a day of the week to remind you which activity you will be doing on which day.
- 2) Make self-care part of your everyday routine. Write 3 things you will do each morning and evening on your phone or on post-its. These can be placed around your room. For example, listening to your favourite song while you brush your teeth, or reading a book you enjoy before bed.

The Mental Health in Schools Team provides support to students and schools. We are available during term time and school holidays. Please contact your school's Mental Health Lead, or your Education Mental Health Practitioner for information and advice.

Useful dates for March:

National Bed Month
26th Purple Day (Epilepsy Awareness)



SAFEGUARDING

SOCIAL MEDIA &

Mental Health

What trusted adults need to know

Social Media is often scrutinised as having a negative impact on children's mental health. Whilst currently there is not enough evidence or research to say whether this is true or not, there are certain 'modern pressures' connected with social media which trusted adults need to be aware of. Children and young people are constantly connected and whilst this comes with some benefits, it also comes with a feeling that you are constantly visible. This guide is designed to encourage trusted adults to think about their children's mental health and their social media activities, providing them with some useful tips on improving and supporting mental health among young people.

Five potential signs & symptoms of mental health difficulties

1. Have you noticed a change in your child's personality? They may not be acting or feeling like themselves.
2. Any recent uncharacteristic anxiety, anger, or moodiness?
3. Is your child experiencing social withdrawal and isolation?
4. Is there a sudden lack of self-care or risky behaviours?
5. Does your child have a sense of hopelessness or feel overwhelmed?

NOS National Online Safety®
#WakeUpWednesday

Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.



1. EDUCATE YOURSELF

Educate yourself about social media sites your child is using so you can really understand what they are experiencing and how this may be making them feel.

2. DISCUSS REAL-LIFE CONNECTIONS

Talk about the importance of face-to-face time with friends and family, and what enjoyment this can bring. Encourage your child to focus on their relationships with people who make them feel good about themselves.

3. SUGGEST REGULAR BREAKS FROM SOCIAL MEDIA

Encourage your child to take regular breaks from checking their social media platforms. You could suggest that they turn off their app notifications during certain times of the day so they can focus on other things.

4. ENCOURAGE OTHER HOBBIES OR INTERESTS

Spending time away from their phone and devices will offer them an opportunity to discover other interests and activities they may enjoy. This could be sports, playing a musical instrument or creative interests such as arts and crafts.

5. OFFER YOUR SUPPORT

Inappropriate and harmful content can be accessed on the internet which may impact your child's mental health. Explain to your child that not everything online is real and ensure they know that you are there to support and advise them about any worries or anxieties they may have.

HELPFUL APPS:

- Hub of Hope
- Mindshift
- Smiling Mind

OTHER SERVICES:

- Childline (0800 1111)
- Bullying UK (0808 8002222)
- Young Minds (0808 802 5544)

Sources: <https://www.centreformentalhealth.org.uk/publications/social-media-young-people-and-mental-health>, <https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/articles/measuringnationalwellbeing/2015-10-20>, <https://www.rspn.org.uk/uploads/assets/uploaded/62be270a-a55f-4719-ad668c2ec7a74c2a.pdf>, <https://www.psychologytoday.com/us/blog/cutting-edge-leadership/201505/5-warning-signs-mental-health-risk>