

Wellbeing Week 11-15 October  
Mental Health Day 10 October

# Newsletter



Newsletter Issue 148

8 October 2021

Dear Parents and Carers

It is coming up to the first big House update of the year. This is always a great moment in assemblies seeing the students' reactions to being a part of the wider whole-school community. The first update is always based upon rewards, positive points, attendance and punctuality.

Over the last eighteen months during COVID, we instigated changes to keep our community safe. A major part of this was staggered arrival and end times. Since returning to school this term, we have been in a period of transition, returning to our 'normal' school day.

We would like to take this opportunity to outline the beginning of the school day:

- The main gate closes at 8.50am.
- Students begin the day on our playground for our community line –up, with tutors welcoming children to school and ensuring they are ready to learn for the day ahead. Uniform will be checked at this point, key notices given and any pastoral issues addressed.
- If students arrive after the gate has closed, they will be kept by the swimming pool so that notices can be given and uniform checked. This is to ensure that all students receive the same checks and notices .
- The whistle/bell will sound at 8.55am on the playground for the line up.
- Students will be dismissed from the playground and from the outside of the swimming pool ready to begin learning by 9.00am in Lesson 1 .
- Registers open at 9.00am. The window for morning registers closes at 9.20am promptly and must be completed accurately.
- Any students arriving in school after this will be marked as late and will receive a breaktime detention. If a child is late more than ten times within a five week period, then, in line with Local Authority policy, a penalty notice may be issued. We hope that by working with our families and students proactively, we can avoid this situation.
- Recurring latecomers to school will be interviewed by the Attendance Team.

I am excited by the opportunities for House competitions to really pick up again and for all students to participate as much as possible. One big event will be our Christmas concert and students will achieve significantly more points for participation and performing in some way, either on stage, behind the scenes, or helping the running of the show. It is an exciting time of year and, as always, I am keen for as many students as possible to participate in the enrichment activities that we offer. Do check the schedule and if there is anything that you want that isn't there, please ask. We are always happy to hear your suggestions!

God bless

Mr Everett  
Principal



Mrs Rosie Dunsmore's family have announced the details of her funeral.  
It will be on Wednesday 20 October at St John Fisher Catholic Church at 9.15am.  
After the funeral Mass there will be refreshments in the Parish Hall.  
Family flowers only please.



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Instagram: @officialwisemancoventry  @officialwiseman Facebook: Cardinal Wiseman Catholic Secondary School



Students at Cardinal Wiseman are now eligible for a COVID-19 vaccination, in school, if they are aged between 12 – 15 years. The vaccinations are to take place on Wednesday 20 October.

The Coventry and Warwickshire Partnership NHS Trust has provided the updated information which can be accessed via the link below and have also updated their “Frequently Asked Questions”:

<https://cardinalwiseman.coventry.sch.uk/wp-content/uploads/sites/2/2021/10/CWPT-School-Covid-Vaccinations-message-4.10.21.pdf>

Updated FAQs:

[https://cardinalwiseman.coventry.sch.uk/wp-content/uploads/sites/2/2021/10/Covid-19-Vaccination-FAQ-for-Parents\\_Guardians-updated-5-October-2021.pdf](https://cardinalwiseman.coventry.sch.uk/wp-content/uploads/sites/2/2021/10/Covid-19-Vaccination-FAQ-for-Parents_Guardians-updated-5-October-2021.pdf)

- **The link below gives access to a letter from the NHS which includes an electronic consent form. This is submitted directly to the NHS and not to school.**
- **It is crucial that a form is completed for every child.**
- **If you do not wish to give consent you must declare this on the form and return it.**
- **The closing date for submitting the consent form is: Thursday 14 October at 12 noon.**

## Electronic Consent Form



# Guardian Ballers Film gets Rave Reviews



Last week, Cardinal Wiseman was honoured to host the premiere of the Guardian Ballers documentary “Rebound” in the presence of our students, their families, representatives from the Local Authority and the Deputy Lord Mayor, Kevin Maton.

Guardian Ballers seek to improve the mental health of young people through basketball. The documentary was filmed predominately at Cardinal Wiseman and showed the impact the scheme has had on our students.

This week, the whole school had the opportunity to see the film and the reaction has been overwhelmingly positive.

Kieran Joseph, founder of Guardian Ballers, also took time to work with Years 11, 12 and 13 during their showings on Friday.

Students are welcome to attend the new Community Hub Basketball sessions free of charge. See Mr Page for details.





The Duke of Edinburgh's Award training sessions have started in AQ01 on Wednesdays after school from 3.30-4.15pm. Please come along if you are interested in undertaking the awards and are in Years 9 - 13.

### WHAT IS THE DUKE OF EDINBURGH'S AWARD?

There are four sections to complete at Bronze and Silver level and five at Gold. They involve helping the community/environment, becoming fitter, developing new skills, planning, training for and completing an expedition and, for Gold only, working with a team on a residential activity.

Any young person can do their DofE – regardless of ability, gender, background or location. Achieving an award isn't a competition or about being first. It's all about setting personal challenges and pushing personal boundaries.

Through a DofE programme young people have fun, make friends, improve their self-esteem and build confidence. They gain essential skills and attributes for work and life such as resilience, problem-solving, team-work, communication and drive, enhancing CV's and university and job applications.

**Top employers recognise the work-ready skills award holders bring to their business.**



The police have received complaints from residents of Collier Place on Woodway Lane, regarding parents using the parking area when collecting students after school.

This area belongs to a home for the elderly and it is important that it is kept clear for ambulances and visiting care workers.

Could parents please be considerate and avoid parking there even for a short time.

Thank you.



CHAPLAINCY

**BLACK HISTORY MONTH**



As it is Black History Month, Saints of the Week will focus on the many inspiring black people in the Catholic Church.

The first of these is Saint Charles Lwanga of Uganda. Not only is St Charles the Patron Saint of young people in Africa, he is also the Patron of our new school theatre!

Charles was martyred along with 21 others young Christians. Pope Saint Paul VI said of them, "They have performed the most heroic, and therefore the greatest and most beautiful of all actions; they have, as I said, laid down their lives for their Faith, that is, for their religion and for the freedom of their conscience. Therefore, they are our champions, our heroes, our teachers. They teach us how real Christians should be."

A link to a video about St Charles, filmed in the theatre with Gugu, our Student Principal, is below:  
<https://www.youtube.com/watch?v=I6ZBvspT-10>

## The 'Romero Serves' Annual Mass

The 'Romero Serves' Annual Mass will be taking place on Friday 15 October at 10.00am.



The service will be streamed live on Youtube from St John Fisher Church but student and staff representatives from each of the Romero schools will be present to worship together.

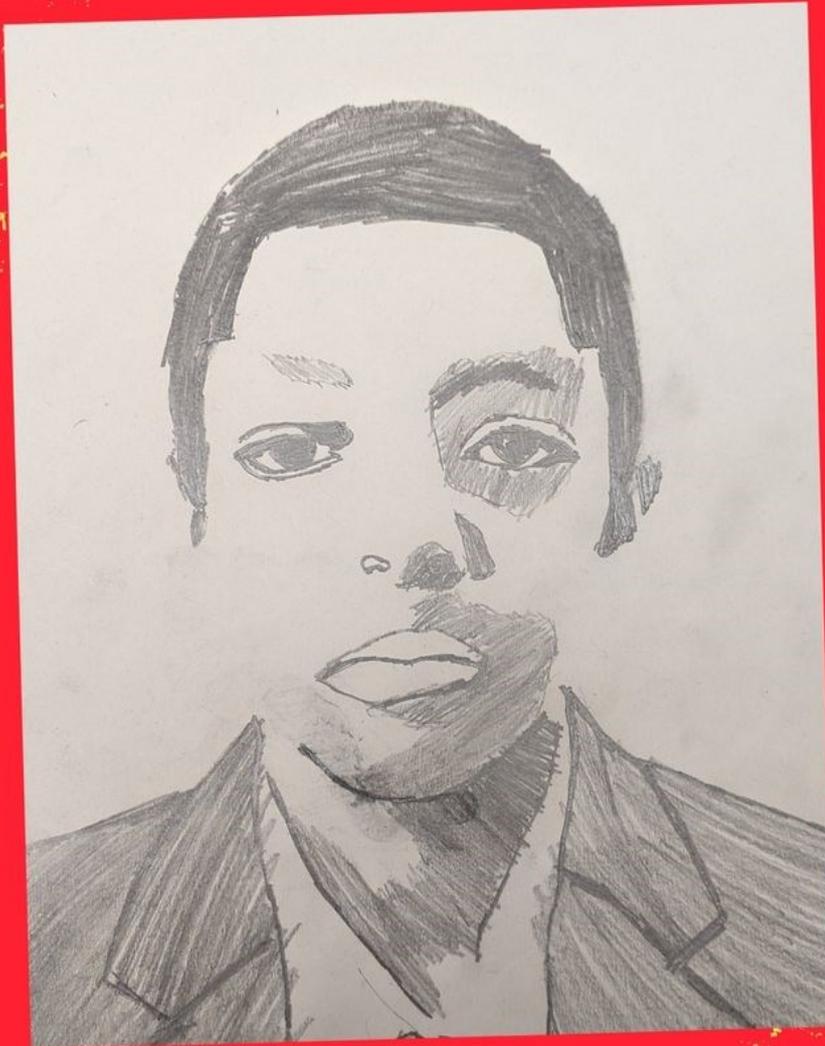
This year the Mass will be celebrating the Feast day of Saint Teresa of Ávila and the seventh year of operation for the Romero Academy.

[https://www.youtube.com/channel/UC-3M8fA3iW\\_yGloeeMqn2Kw](https://www.youtube.com/channel/UC-3M8fA3iW_yGloeeMqn2Kw)



# ARTIST OF THE WEEK

ERMAIS T - YEAR 10



This week Ermais has been working on various pieces of work for his Year 10 GCSE project "Strange Folk". For this particular piece of work he had his photograph taken in the studio and then created this drawing based on his self portrait.

**Keep up the good work, Ermais!**

## Calling all members of our Cardinal Wiseman Alumni!

We have started our Alumni presentations again to our Sixth Form pupils on Fridays from 12:30 to 12:50 in our new Saint Charles Lwanga Theatre.

We are looking for individuals to support us this academic year. All speakers are welcome and we would love to diversify our programme as much as possible, featuring people of all different backgrounds, cultures, professions and sectors.

If you would like to support us in inspiring our students with your stories and experiences of your careers / successes since leaving the school, please contact our Academy Director, Patrick Taggart at [p.taggart@romeromac.com](mailto:p.taggart@romeromac.com)

Thank you in advance.



## The Wiseman Connection

Part of The Romero Catholic Academy



Cardinal Wiseman  
Catholic School

Part of The Romero Catholic Academy

# Twice weekly rapid Covid-19 testing

**Test at home**

**Report online**

**Keep life moving**





# Cardinal Wiseman Christmas Concert

## Open Auditions

We are holding open auditions on  
**Wednesday 13 and Thursday 14 October**  
from **3.30pm** in the  
**Saint Charles Lwanga Theatre.**

We are looking for singers, dancers, musicians,  
poets and performers.

If you are interested email  
**[admin@cwcscoventry.co.uk](mailto:admin@cwcscoventry.co.uk)** or on our  
Social Media with your full name and year group.

**We look forward to seeing you there.**



AFTER SCHOOL



# ENRICHMENT

## PE Faculty Activities

Guardian Ballers Basketball (**Years 8, 9 Girls**) Tuesday 3.30-4.30  
Football Club (**Year 8 Boys**) Tuesday 3.30-4.30  
Football Club (**Year 9 Boys**) Tuesday 3.30-4.30  
Fitness Club (**Years 8, 9**) Wednesday 3.30-4.15  
Football Club (**Years 10, 11**) Wednesday 3.30-4.30  
Rugby Club (**Year 7**) Wednesday 3.30-4.30  
Wasps Netball (**Years 9, 10**) Wednesday 3.30-4.30  
Guardian Ballers Basketball (**Years 8, 9 Boys**) Thursday 3.30-4.30  
Football Club (**Year 7 Boys**) Thursday 3.30-4.30  
Football Club (**Key Stage 3 Girls**) Thursday 3.30-4.30  
Netball (**Years 7, 8**) Thursday 3.30-4.30

## Performing Arts Activities

Glee Club (**All Years**) Tuesday 3.30-4.20 **Theatre**  
Drama Club (**Key Stage 3**) Wednesday 3.30-4.20 **Theatre**  
Choir Club (**All Years**) Thursday 3.30-4.20 **CC10**  
DJ Club (**Years 8, 9**) Thursday 3.30-4.30 **Theatre**

## English Faculty Activities

Rising Writers (**Years 7, 8, 9, 10**) Tuesday 3.30-4.20 **FR05**  
Harry Potter Club (**All Years**) Tuesday 3.30-4.15 **FR03**

## Languages Faculty Activities

Latin For Life (**Years 8, 9, 10**) Thursday 3.30-4.20 **AQ06**  
The Language Club (**All Years**) Thursday 3.30-4.30 **RM03**

## History Faculty Activity

Ye-Olde History Club (**Key Stage 3**) Wednesday 3.30-4.00 **AQ09**

## Science Faculty Activity

Rocket Club (**Years 7, 8, 9, 10**) Contact Mr Hermitage for more details.

## Art Faculty Activity

Art Club (**Key Stage 3**) Tuesday 3.20-4.10 **JS01**



### How do they feel about being back?

We have been back at school for four weeks and it's easy to think we know how the young people we look after feel about any challenges they are facing, but this might be an assumption based on how we feel about those challenges.

Every family's experience of COVID-19 has been different and the lifting of restrictions may mean different challenges for some.

Try to ask your child if there is anything in particular they're enjoying, looking forward to or worried about. They may have concerns about school work they have missed or be upset about changes in friendship groups.

If they're anxious, let them know this is nothing they need to hide or be ashamed of and that others will be feeling the same. Listening to their thoughts will be really helpful. Reassure them that whatever they're feeling is understandable and reasonable.

### Get support

If you're concerned about a child or young person's mental health, you can get free, confidential advice via phone or email from [Young Minds' parents helpline](#).

[Action for Children](#) has lots of tips to help you spot signs of mental health issues in children and advice on the action you can take to help.

There is also plenty of information on the NHS website for parents and carers about [children and young people's mental health services](#), including when to get help.

If you look after a child or young person who has additional needs, [Scope](#) , [Mencap](#), the [Mental Health Foundation](#) and [Autistica](#) all have excellent resources and support for parents.

**Please let school know if you are concerned about your child. We are here to help.**





# What is anxiety?

Anxiety is our body's way of protecting us from threats. This reaction evolved out of the survival needs from our early ancestors, who needed to protect themselves from more immediate, physical dangers. Even though we face fewer physical dangers in the modern world, our body still reacts in a similar way.

## Psychological signs

- Feeling worried
- Nervousness
- Overthinking
- Unwanted thoughts
- Problems concentrating

## Physical signs

- Restlessness
- Feeling nauseous
- Racing heart
- Muscle pains
- Breathing heavily
- Frequent toilet visits
- Problems sleeping
- Panic attacks

## How can I make myself feel better?

- Breathing techniques
- Do some stretches
- Exercise
- Eat a healthy balanced diet
- Get enough sleep

## Causes of anxiety?

- Stressful situations
- Exams or deadlines
- Problems with family
- Financial difficulties
- Being overtired
- Coping with trauma

## When does anxiety become a problem?

- Feelings of anxiety are hard to manage
- You continuously worry about things out of your control
- You struggle to fall asleep or stay asleep
- You avoid certain social situations

## What if I can't make myself feel better?

Experiencing frequent symptoms of anxiety? Speak to an adult you trust in or outside of school about how you feel. Alternatively contact **YoungMinds** ([youngminds.co.uk](https://www.youngminds.co.uk)/text YM to 85258) or **Childline** ([childline.org.uk](https://www.childline.org.uk)/call 0800 1111).

For more on supporting pupil wellbeing, go to [oego.co/pupil-mental-health](https://oego.co/pupil-mental-health)



## HOUSE ATTENDANCE

### Congratulations!

Congratulations and thank you to all our students and parents/carers who have made our full return to school this September so successful.

We appreciate that you have had to get used to busy mornings again, galvanising the family back into “business as usual” after such a long time out of a routine. We are so proud of all those students who have achieved 100% attendance for the first month of school and of those who have excellent punctuality everyday.

### House Points

House points are being awarded to the tutor groups with the best attendance each week.

#### Year 7:

7H-97.5% attendance -12 points  
7G-97.1% attendance-10 points  
7C-96.7% attendance- 8 points  
7A-95.7% attendance-6 points

#### Year 10:

10F-95.2%attendance-12 points  
10B-94.4% attendance-10 points  
10C-93.3% attendance-8 points  
10A-91.1% attendance-6 points

#### Year 8:

8H-96.5% attendance-12 points  
8A-96.0% attendance-10 points  
8E-95.4% attendance-8 points  
8G-94.7% attendance-6 points

#### Year 11:

11B-96.4% attendance-12 points  
11C-95.5% attendance-10 points  
11D-95.5% attendance-8 points  
11E-94.1% attendance-6 points

#### Year 9:

9C-97.3% attendance-12 points  
9B-96.4% attendance-10 points  
9F-95.1% attendance-8 points  
9G-94.5% attendance-6 points

**1st Place = Camino 54 point**

**2nd Place = Caritas 48 points**

**3rd Place = Veritas 46 points**

**4th Place = Gaudete 36 points**

## Inter House Sports



**coming soon...**

## 10 Top Tips for ...

# KEEPING CHILDREN SAFE FROM CYBER CRIME

We all want to continue being informed and inspired by the ever-expanding capabilities of the internet. But we also need to be able to safeguard ourselves against the growing amount of online hazards. Knowing what is fact, understanding what dangers exist and taking appropriate steps can go a long way towards protecting yourself and your family. National Online Safety has collaborated with the Yorkshire and Humber Regional Cyber Crime Unit to compile 10 pointers to help you keep your children safe from cyber crime.

### 1. Spot Phishing Bait

Phishing messages are untargeted mass emails asking for sensitive information (e.g. usernames, passwords, bank details) or encouraging recipients to visit a fake website. It's safest to learn the warning signs of phishing and increase your child's awareness. Too good to be true? Spelling or punctuation errors? Odd sense of urgency? These are all red flags. Don't click on links or follow demands: if you're unsure, contact the official company directly online to enquire further.

### 3. Encourage Strong Passwords

Weak passwords make it faster and easier for someone to gain access to your online accounts or get control of your device - giving them a route to your personal information. For a strong password, national guidance recommends using three random words (e.g. bottlegara peplions). Consider paying for your child to access a password manager. Encourage them to have a separate password for their email account. Ensure the whole family uses two-factor authentication where possible.

### 5. Back up Your Data

Some cyber attacks can lead to the theft or deletion of important (and possibly sensitive) data or loss of files (like photos and videos) that can't be replaced. Backing up your data to the cloud - or to another device - will help prevent data loss if you ever become the victim of a cyber attack. Where possible, set your child's devices to back up automatically. Also encourage them to back up their data prior to installing any updates.

### 7. Take Care When Chatting

Criminals may look to manipulate others online and coerce them into using their talents or cyber skills for unethical means. Try to get your child to be open about who they are talking to online. Communication tools such as Discord are popular among gamers - but be cautious of the other people using them, and ensure you know who your child is chatting with.

### 9. Understand Their Motivations

Those being influenced online to use their skills unethically may display certain key warning signs. Sudden evidence of new-found wealth (unexplained new clothes or devices, for example), secrecy around their online behaviour or boasting of new online friendships are all causes for concern. If in doubt, refer through to your regional cyber crime team.

### 2. Don't Over-Share

Is your child sharing too much on social media? Do they post things about their private life, upload images of your home, or discuss their friendships and relationships online? Criminals will gather this information and may try to use it for identity theft or other offences such as fraud. To combat this, ensure your child's privacy settings mean they are only sharing information with family and close friends. Use parental controls where appropriate.

### 4. Stay Updated

People often put off installing updates to apps or software because they don't feel it's necessary, it can be time consuming, or could cause problems with programmes they rely on. But updates help protect users from recently discovered vulnerabilities to malware. You can usually set them to run automatically - encourage your child to select this option. Ensure updates are installed as soon as possible after you're notified they're available.

### 6. Be Wary of Public WiFi

Free public WiFi is commonplace - but it's often not secure and sends unencrypted data via the network. A hacker on the same network could access personal data (like financial information) without you even realising they'd done so. To avoid this, suggest to your child that they use their 3G or 4G mobile data when they're out and about, rather than free WiFi. Consider purchasing a VPN (Virtual Private Network) where possible.

### 8. Recognise Warning Signs

Often, budding cyber experts will relish the challenge of testing themselves or earning recognition from peers for their exploits. Even principled 'white-hat' hackers will look to test their skills online. If you think your child is interested in hacking, try to understand what their motivation is. You could encourage their participation in ethical competitions such as bug bounties.

### 10. Know the Consequences

Many young people may feel that hacking is essentially a light-hearted prank, and not especially serious. So make sure your child is aware of the implications of a conviction under the Computer Misuse Act - not only the possibility of a criminal record, but also lifelong travel restrictions and damage to their future career or educational prospects.

Produced in Partnership with

The Yorkshire & Humber Regional Cyber Crime Unit (YHRCU) works with the National Crime Agency (NCA) and other partners, in the UK and abroad, to investigate and prevent the most serious cyber crime offences.



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REGIONAL CYBER CRIME UNIT



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National  
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#WakeUpWednesday