



Roots to Fruits programme - See page 4

11 February 2022 Issue 004

# THE WISEMAN REVIEW

Cardinal Wiseman Catholic School Newsletter

## WHAT'S IN THIS WEEK'S ISSUE:

Apprenticeship Week	2
Curriculum Spotlight	2
Curriculum Spotlight	3
Children's MH Week	4
Chaplaincy	5
Canteen Questionnaire	6
Enrichment Clubs	7
Governor Update	8
Reminders	9
Romero Thrives	10
World Book Day	11
Attendance	12
Safeguarding	12
Safeguarding	13

This week has been National Apprenticeship Week and our Sixth Form students were able to join a virtual webinar from UCAS about the options available in this field and what life as an apprentice can be like and where it can lead. These interactive workshops have been followed up by a visit from Tayla O'Sullivan, a former Cardinal Wiseman student, who is now the Marketing Director at Juice, the UK's number one mobile phone accessory provider. She described how her time at Cardinal Wiseman sparked her ambition to forge a career in business. After completing a Marketing Degree at Coventry University, Tayla started up her own business in Leamington before progressing to her current career but was keen to impress that success is about making, not just taking, opportunities. It was an inspiring talk which we hope will help motivate our Sixth Form students to succeed as they enter the exam season and embark on their future pathways.

In the past two weeks I have spoken to all of our students in assemblies about their futures and vocations; making sure that we look to make the world a better place through doing something that we love. Ephesians 4 asks us to live a life worthy of our vocation, that it is not just enough to do something good but that our actions, and the way in which we do it matter as well. This includes acting with humility and gentleness, and this being a strength of character.

I'd like to end this week by sharing with you a few words on happiness from Pope Francis about the future for young people and managing the emotions that can often be mixed on the journey to success.

**"You can have flaws, be anxious, and even be angry, but do not forget that your life is the greatest enterprise in the world. Only you can stop it from going bust. Many appreciate you, admire you and love you. Remember that to be happy is not to have a sky without a storm, a road without accidents, work without fatigue, relationships without disappointments. To be happy is to find strength in forgiveness, hope in battles, security in the stage of fear, love in discord. It is not only to enjoy the smile, but also to reflect on the sadness. It is not only to celebrate the successes, but to learn lessons from the failures. It is not only to feel happy with the applause, but to be happy in anonymity. To be happy is to stop feeling like a victim and become your destiny's author. It is to cross deserts, yet to be able to find an oasis in the depths of our soul. It is to thank God for every morning, for the miracle of life."**

God Bless,

Mr Everett



024 7661 7231



admin.cw@romeromac.com



www.cardinalwiseman.coventry.sch.uk



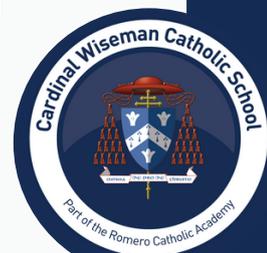
@officialwisemancoventry



Cardinal Wiseman Catholic Secondary School



@officialwiseman



# APPRENTICESHIP WEEK

My journey as a Site Team Apprentice at Cardinal Wiseman began last September. I joined the team straight after leaving secondary school as I wanted to learn new skills and broaden my horizons. I knew this would be a role I would enjoy as everyday is different and it is a very hands on job. The staff at Cardinal Wiseman encourage me to be the best I can be and have given me a great foundation for my future career aspirations.

The thing I love most about working at Cardinal Wiseman is the variety of jobs I have. My knowledge of the role is constantly evolving; I feel that these are skills I can use for life.



MR PARKES  
SITE TEAM APPRENTICE

## CURRICULUM SPOTLIGHT

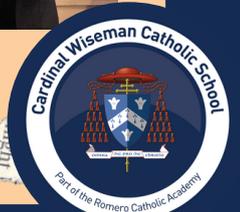
### Happy Birthday Charles Dickens

On 7 February the English dept. recognised this inspirational writer and social critic.

Years 7 and 8 looked at some of his lesser known writing about schools in the Victorian era and how they could be improved to help young people reach their goals - we think he would have loved to visit Cardinal Wiseman!

Alongside the more serious business of social justice, we looked at the most eccentric naming of characters in the British canon - Mr Pumblechook and Bayham Badger were two of our favourites.

Students are writing to Mr Dickens to let him know how education has changed since his writing, and how his work has been influential in the way society views education and social justice. We can't wait to read these letters in the English Department!



# CURRICULUM SPOTLIGHT

## BELGRADE THEATRE TRIP

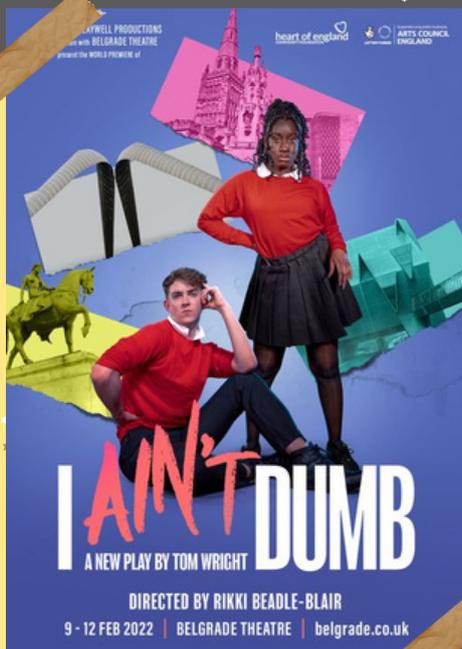
On Thursday 10 February students across Years 12 and 13 had the opportunity to attend the premiere of "I Ain't Dumb" at the Belgrade Theatre, Coventry.

Written by local playwright, Tom Wright, the story focused on a diverse group of students who found themselves caught up in a rapidly escalating culture war. Set at a tough inner-city school – proud of its inclusivity – the play followed Natasha, a grieving student and Black Lives Matter activist, alongside streetwise gay-bestie Cieren, as they desperately tried to hold their classmates together.

Following the performance, our students were invited to take part in an exclusive Q&A session with Tom, the cast, and the production team, allowing them the chance to understand more about the writing process and the inspiration behind the plot. Tom talked openly about his experiences as a teen growing up in Coventry and how the themes presented in the show translated to challenges still faced by young people today.

**Gugu P, Student Principal said "The performance was very eye opening and the students were able to relate to many parts of the show. "**

A huge thank you to Tom and the cast for allowing our students the opportunity to speak with such a talented team.



# CHILDREN'S MENTAL HEALTH WEEK

## GROWING TOGETHER

The theme of this year's Children's Mental Health Week is 'Growing Together'.

'Growing Together' is about growing emotionally and finding ways to help each other grow. Challenges and setbacks can help us to grow and adapt, and trying new things can help us to move beyond our comfort zone allowing for new possibilities. However, emotional growth is often a gradual process, and sometimes we might feel a bit 'stuck'. Cardinal Wiseman offers a range of different activities to improve mental health and confidence including Guardian Ballers, Art, Drama, Fitness Club and also 'Roots to Fruits'.

Jonathan Ensell, founding Company Director and Secretary of Roots to Fruit Midlands Ltd, explained, "In the 'Roots to Fruits' programme, students are studying an industry recognised practical qualification and gain the skills needed for the world of work, including a good work ethic and commitment.

Perhaps just as importantly, however, students are having access to fresh air and gentle exercise by taking part in projects around the school. These include restoring gardens to their former glory. By clearing overgrown borders and planting bulbs to bloom in the spring, they are learning team work, problem solving, resilience and a sense of achievement."

Roots to Fruits have also commissioned Cardinal Wiseman to create a design for a mosaic tile installation that will be on display in Birmingham. The design must be inspired by South American/ Aztec influences.



Learn more about Children's Mental Health week: <https://www.childrensmentalhealthweek.org.uk/>



# CHAPLAINCY



## Saint of the Week



This week's Saint of the Week is St Josephine Bakhita. Josephine was a young girl when she was kidnapped from Sudan in 1877 and sold into slavery.

For 12 years she knew nothing but torture and suffering, she was poorly treated and rarely cared for. When she was released from slavery, she was taken in by a convent of nuns who showed her the love of God. This love changed her life and she devoted herself to sharing that love with everyone she met.

Hers is a story of love conquering hate and of proof that, even in the darkest of days, God's love can still shine through. In 2000 Josephine was made a saint - the first black woman of the modern era to receive that recognition.

Find out more using the following link: <https://www.youtube.com/watch?v=gduKXNuiw84>



## Compass for Life

Cardinal Wiseman has created a Compass For Life highlighting our four school values, Knowledge, Ambition, Respect and Resilience.

Each half term, the Chaplaincy Team will share a video about a different point on the compass to help our young people instil those values into their lives. Beth helped students create the following video about "Knowledge":

<https://youtu.be/bkRXpxlZOYw>



# CANTEEN QUESTIONNAIRE

HAVE YOUR SAY ABOUT  
THE SCHOOL CANTEEN  
AND YOU COULD WIN A  
**£5** CREDIT TOWARDS  
YOUR SCHOOL ACCOUNT!

We would love to know if you use the school catering service and if you have any ideas or feedback.

Select the link below and fill out the following questions. There are several prizes up for grabs, but only when 25% of students have completed the questionnaire!

It takes less than a minute and your ideas could really help the school improve!

Questionnaire:

<https://forms.office.com/r/5Td0s05gVC>

# ENRICHMENT CLUBS

## PE ENRICHMENT CLUBS

Guardian Ballers Basketball (**Years 8, 9, 10, 11 Girls**) Tuesday 3.30pm-4.30pm  
Football Club (**Year 8 Boys**) Tuesday 3.30pm-4.30pm  
Strength & Conditioning Fitness Club (**Key Stage 4**) Tuesday 3.30pm-4.30pm

Strength & Conditioning Fitness Club (**Years 8, 9**) Wednesday 3.30pm-4.15pm  
Trampolining Club (**Key Stage 3**) Wednesday 3.30pm-4.15pm

Guardian Ballers Basketball (**Years 8, 9 Boys**) Thursday 3.30pm-4.30pm  
Football Club (**Key Stage 3 Girls**) Thursday 3.30pm-4.30pm  
Netball (**Years 7, 8**) Thursday 3.30pm-4.30pm  
Football Club (**Year 7 Boys**) Thursday 3.30pm-4.30pm



# Harmonise

## LOVE SINGING?

Join us to sing a range of genres including pop, musical theatre, classical and folk music.  
Band musicians welcome!



Thursday



CC01



3.30pm-4.20pm

Contact Miss Myers for more details:  
[c.myers@romeromac.com](mailto:c.myers@romeromac.com)



# GOVERNOR UPDATE

## Are you interested in becoming a governor?

We are extremely grateful to the ninety volunteers who give freely of their time to either be a director on the board, or governor on one of our local governing bodies.

Governors bring expertise from their work (whether currently employed or retired), experience, life skills and their faith. You do not need to come from an educational background as we need a breadth of skills and experience on the governing body.

The role is particularly worth considering for anyone who does work in a school outside the MAC, who wishes to add to their professional development through serving on a governing body. You may work in a VA or maintained school and have an interest to see what it is like to be in a MAC; come and find out as a governor! You may work in a non Catholic school but have an interest to find a role in a Catholic school in the future. This is a great way to strengthen your experience. In particular, we are seeking to fill vacancies on the local governing body of Cardinal Wiseman, SS Peter & Paul and Corpus Christi.

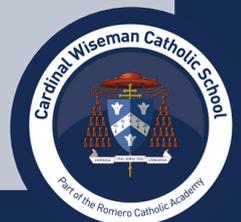
The role is rewarding. Being a part of the school community to ensure that pupils and staff reach their God-given potential is fulfilling. We give full support for the role and training is provided.

Following our recent positive Ofsted inspection at Cardinal Wiseman, Saint Patrick's and Good Shepherd, this is a good time to join a governing body and grow in confidence in the role.

For further details see our website <https://romeromac.com/recruitment/> or see contact details on the booklet below.

## Booklet

<https://heyzine.com/flip-book/879d322636.html>



# REMINDERS

## Important Information for Parents of Year 9 Students



The NHS will be in school on 10 and 16 March to administer the routine Year 9 double vaccinations for Tetanus/Diphtheria/Polio, and Meningitis ACWY.

[Click here to access the e-consent letter.](#)

Please note that the closing date for consent is 20 February 2022.

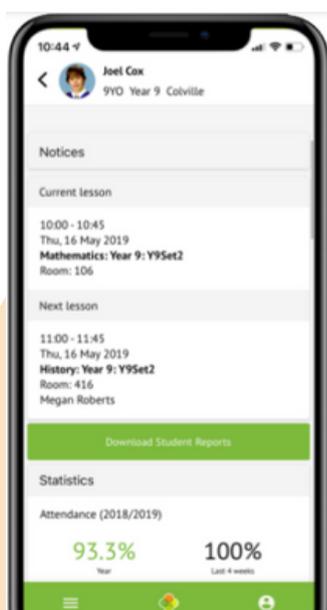
## Date for your Diary

We look forward to welcoming  
parents / carers to

Year 8 Parents' Evening  
Tuesday 1 March between  
3.45pm-7.00pm



## Arbor app launching soon!



### What is Arbor?

Arbor is a management information system (MIS) that helps schools collect, store, manage and use all the information they need. Arbor is a simple, smart and cloud-based MIS, which means you can log into Arbor to see and update your child's information or make payments and bookings yourself!

### How can parents use Arbor?

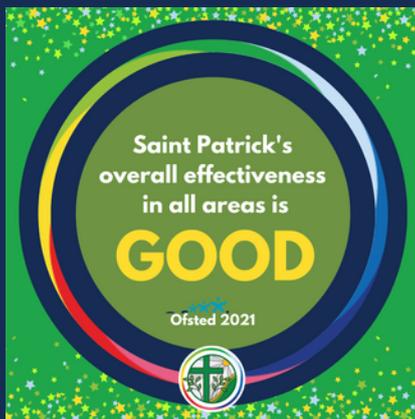
Here's how you can use Arbor:

- Log into Parent Portal for Google Chrome on computers or laptops
- Download the Arbor App from the App Store or Google Play
- Log in on your phone
- Your school can then send you In-app messages.

**More information to follow soon!**



# ROMERO THRIVES

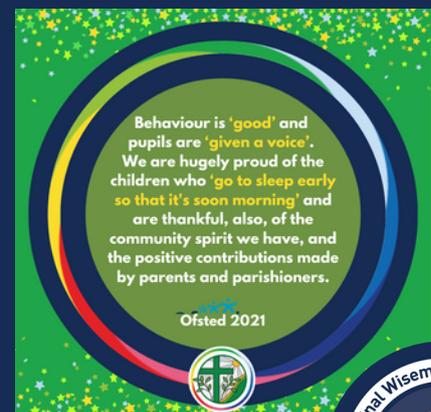
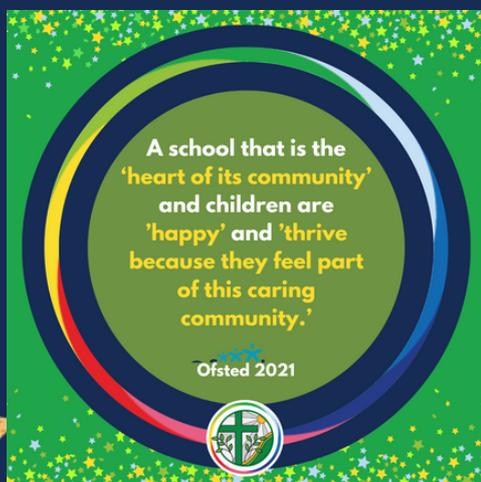


## Saint Patrick's is a 'Good' school!

It gives us great pleasure to share the Ofsted report from Saint Patrick's Primary School's recent inspection in November 2021.

Congratulations to everyone who learns, works and governs in the school.

We sincerely thank all those associated with Saint Patrick's, both past and present, who have allowed us to reach this milestone on our journey. We look forward to the next chapter.



Please click on the link below for the full report:  
<https://www.st-patricks.coventry.sch.uk/.../ofsted.../>



# WORLD BOOK DAY

WORLD  
BOOK  
DAY

3 MARCH 2022

25 YEARS

## World Book Day is coming!

Between 17 February—27 March the special World Book Day books will be available from your local bookseller. These books are free in exchange for one World Book Day token. The tokens can also be used to take £1 off any other book of your choice—including revision guides!

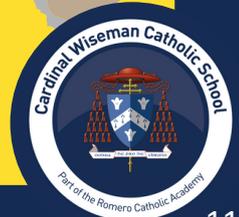
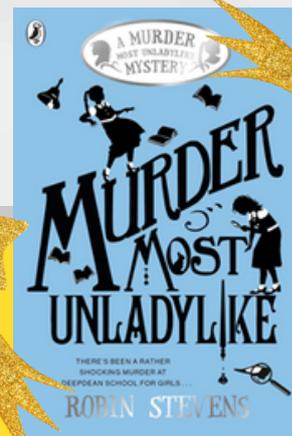
Students can collect a token from the school library. See Miss Gould for details or visit [www.worldbookday.com](http://www.worldbookday.com)

To help celebrate World Book Day, Charley Y, 7B, recommends a great read for you to try:

“Even though “Murder Most Unladylike” by Robin Stevens is set in the 1930’ s, it is a crime story for today’ s readers. The main characters, Daisy Wells and Hazel Wong, are always getting into trouble! They are two girls at a boarding school who decide to set up a detective society after their science teacher is murdered...find out more by reading the book!

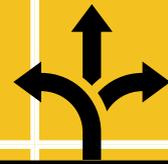
This fun and intriguing story will keep you gripped until the end and then you will probably want to read the whole series!”

“Murder Most Unladylike” is available to borrow from the school library.



# SAFEGUARDING

## ST GILES TRUST



Next week we will be welcoming St Giles Trust to Cardinal Wiseman to speak with our Key Stage 3 students.

St. Giles are a charity that works within diverse communities across the UK, and with staff teams to support inclusion and positive community relations.

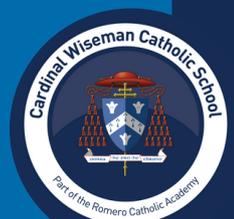
We will be covering topics that will help inform, educate, and support our young people to debunk myths and stereotypes around crime, weapons, gangs, county lines and related issues, including de-glamorising the lifestyle and exposing the realities of negative choices.

**FOR MORE INFORMATION  
PLEASE VISIT:  
[STGILESTRUST.ORG.UK](http://STGILESTRUST.ORG.UK)**

# ATTENDANCE

## 100% ATTENDANCE PRIZE DRAW

ALL STUDENTS WHO ATTEND EVERYDAY NEXT WEEK, 14 - 18 FEBRUARY, WILL BE ENTERED INTO A PRIZE DRAW - LOTS OF PRIZES TO BE WON!



# 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](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

## 10 Top Tips for Respect Online: INSPIRING CHILDREN TO BUILD A BETTER DIGITAL WORLD

Our ability to communicate with anyone in the world, at any time, via the internet has grown at breakneck speed. For teachers and parents, it can feel impossible to keep up. Worrying about our young people is understandable, and not unjustified: in 2020, for example, one in five 10- to 15-year-olds experienced bullying online. Our tips highlighting ways that adults can support young people's positive online behaviours: by adopting and following 'netiquette', we can show them how to avoid getting into difficulty as they learn to negotiate the continually evolving digital landscape.

### WHAT IS NETIQUETTE?

Just like etiquette is a set of rules which guides and governs our interactions with others in everyday life, netiquette – etiquette on the net – is the framework which helps inform how we communicate with people online. The rules of engagement often aren't the same as a face-to-face meeting, so it's important that we can accurately 'read' situations in the digital world and know how to act appropriately.

#### 1 ACCEPT DIFFERENT RULES

A lot of our interaction with others is helped by non-verbal signals like body language and facial expressions. Online, of course, many of these clues are missing. Talk to your child about why this makes misunderstandings more likely to occur in the digital world and why keeping in mind that online communication is a very different process can help to prevent difficulties from arising.

#### 2 PRESS 'PAUSE'

It's so easy to do things quickly online that most people (adults included) habitually send or respond to messages without considering the consequences. Pushing 'the pause button' buys a young person some time while they ponder the golden rule: "Would I still say this if the other person was right front of me?" You could practise this with your child on some made-up tricky situations.

#### 3 THE INTERNET IS ADDICTIVE

Apps and sites use sophisticated algorithms and clever marketing to keep us engaged, while notifications to our devices are designed to draw us back in. It's no wonder that people continually return to the digital world, sometimes spending long periods of time there. You and your child could trial turning off notifications on certain apps and instead agree a time to check for updates manually.

#### 4 BEWARE THE DARK SIDE

Getting a hurtful or unhelpful comment on social media or in a group chat can make the recipient feel publicly shamed. That's painful for anyone – but especially for a young person whose status in a group is integral to their sense of identity. Encourage your child to think about the best and safest way to send a message: for example, doing it as a private message rather than a public post.

#### 5 HARMFUL INTERACTIONS

Unfortunately, it's very easy to send a hurtful message or to spread gossip and rumours online. We all know this happens regularly. Not having to deal with actually seeing the other person's distress usually doesn't help people to make a positive decision in the moment. It's important that trusted adults help children to visualise the potential consequences and have empathy for others.

#### 6 APPRECIATE DIFFERENCES

We're all built differently; some people are simply more emotionally sensitive than others. Young people can be particularly affected by negative online communication, such as group shaming. Even a single message (which might seem trivial at face value) can cause deep anguish. Trusted adults should be prepared to be patient and listen to any difficulties their child might have had online.

#### 7 ACCENTUATED ANXIETY

Young people's online lives create a lot of anxiety. Messages go into a 'black hole' until someone responds, there are more reasons to compare ourselves negatively, and social media can make us feel like we're missing out. Encourage activities such as sports and hobbies to balance this out, and remember that merely blocking out thoughts (by gaming, for instance) isn't the same as relaxation.

#### 8 PRO-SOCIAL BEHAVIOUR

A huge positive for the internet is how it helps people to feel connected and makes being kind and helpful easy to spread. When young people get involved in pro-social behaviours online, it creates a positive feedback loop which makes them feel good. Show your child examples of when you've done or said something positive online, and praise and encourage them when they do the same.

#### 9 BE A GOOD ROLE MODEL

One of the best things we can do as trusted adults is to role model positive online behaviour. Just letting your child see that you know when it's time to put your phone away and do something more productive can set a strong example. Some families set aside particular times of the week (such as mealtimes or a family walk) where digital devices aren't allowed and conversation takes precedence.

#### 10 SHOW COMPASSION

Mistakes can feel much bigger online, because they're so public. If a young person does or says something regrettable on the internet, it's important to support them to forgive themselves, learn any lessons and move forward positively. Even as adults, we can often stumble when learning how things work in the fast-moving digital world, so it's important to have compassion for ourselves, too.

### Meet Our Expert

Dr Carole Francis-Smith is an experienced counselling psychologist who, through her research, specialises in promoting safe and ethical online communications. She consults with businesses and organisations to support positive and effective communication online, often by considering some of the more hidden aspects of the mediums.



Source: [https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/845643/nos-10-top-tips-for-respect-online.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/845643/nos-10-top-tips-for-respect-online.pdf)  
<https://www.equipublishing.com/author/blackboard/> | [https://www.wednesday.com/publication/645643\\_the-online\\_dish-10-top-tips](https://www.wednesday.com/publication/645643_the-online_dish-10-top-tips)



[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesa

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 02.02.2022

NOS  
National  
Online  
Safety®  
#WakeUpWednes

