



Students watching Hamilton at the Victoria Palace Theatre, London

11 March 2022 Issue 007

# THE WISEMAN REVIEW

Cardinal Wiseman Catholic School Newsletter

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Dear Parents and Carers

Quite rightly, the world is watching the awful invasion of Ukraine and looking at what can be done to help those who have had their homes, lives, and family ripped away from them. We will all have seen the images of Ukrainian people fleeing their homes and hiding in subways, with many trying to escape to the borders of other countries. It is clear that the world has to help these innocent people and at Cardinal Wiseman, and across the Romero MAC, we will be doing what we can.

The Feast of Saint Oscar Romero is on 24 March and, as part of the #RomeroServes campaign, we would like to invite students to make a donation, no matter how small, to support those in need of our help. It could be pennies, a pound coin, or something of the following that we will keep in the Chapel and donate. Of course, if families wanted to donate something sooner then our Chapel will be open to receive them immediately:

- Nappies
- Baby food
- Dummies
- Calpol (or similar)
- Wet Wipes
- Bandages
- Body wash
- Toothpaste
- Tooth brushes
- New hats
- New socks
- New gloves
- New sleeping bags
- Long life food items/breakfast bars

The responsorial psalm in this Sunday's gospel is 'The Lord is my light and my salvation.' As a Catholic community, it is more important than ever that we do what we can for those who are in the most need and for those who are the victims of Vladimir Putin's invasion of Ukraine, we are their light and salvation.

Thank you and God bless.

Mr Everett  
Principal



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www.cardinalwiseman.coventry.sch.uk



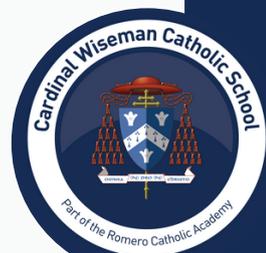
@officialwisemancoventry



Cardinal Wiseman Catholic Secondary School



@officialwiseman



# INTERNATIONAL WOMEN'S DAY

## International Women's Day

Tuesday 8 March was International Women's Day 2022. The theme for this year is #BreakTheBias and our Sixth Form students marked the day in a special morning briefing.

In particular, the students recognised that individually we are all responsible for our own thoughts and actions - all day, every day. We all strive for a world free of bias, stereotypes and discrimination; a world that is diverse, equitable and inclusive; a world where difference is valued and celebrated. By their actions today and in the future, the Sixth Form students pledged to break the bias in school, our community and beyond.



# CHAPLAINCY



## Saint of the Week

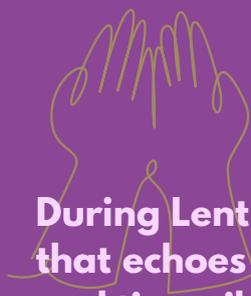
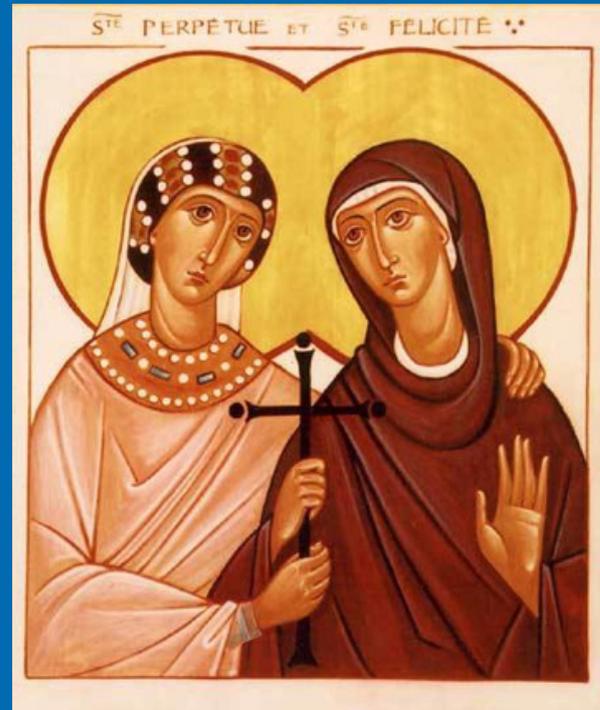


There are two Saints of the Week this week!

The saints we are celebrating are St Perpetua and St Felicity. These two brave women were martyred for their faith in the year 203AD.

St Perpetua kept a diary which details their imprisonment and this is one of the earliest records we have of Christianity in Africa.

Find out more using the following link: <https://youtu.be/JAthnC1lrFE>

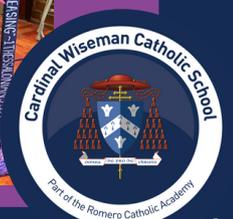


## Lenten Reflections



During Lent we are all called to pray more. The link below is a video that echoes this call and encourages students to come to the Chapel and tie a ribbon onto our prayer wall for their own intentions.

<https://youtu.be/aLN5nusRwng>



# CURRICULUM SPOTLIGHT

On Tuesday 8 March, students from Key Stage 4 and 5 had the lovely opportunity of seeing "Hamilton the Musical" at the Victoria Palace Theatre in London.

The school had been invited especially for an exclusive performance, supported by the Hamilton Education Programme. It was a very exciting and eye-opening experience for many students, as it was the very first show they had seen.

"Hamilton the Musical" is based on the life of the American Statesman, Alexander Hamilton. He was an American Founding Father who was born on the Caribbean island of Nevis and was born out of wedlock.

What makes "Hamilton" so different from other musicals is that it's a story based on white people but portrayed by non-white actors; for example, George Washington was portrayed by Trevor Nicholas, a Black actor. This allowed many students to see that theatre is for everyone!

After the show, the students were able to ask questions, and most were intrigued by how the actors had worked towards being part of such a popular musical. Many of the cast stated the importance of hard work and respect, which is one of our school values. The students felt they could use this as inspiration later in life.



# CURRICULUM SPOTLIGHT

On 4 March, fourteen Year 8 girls went to a Cyber Taster Day at Aston University in Birmingham.

They learned about jobs using cyber technology and participated in a "Gadget Guru" challenge. Kiera L, 8B, gained second place and Emily S, 8B, gained first place - brilliant!

Well done to Maa O as well, who came second in a quiz.



# ENRICHMENT CLUBS

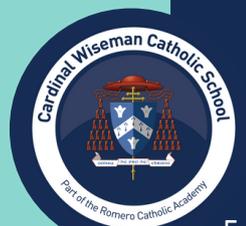
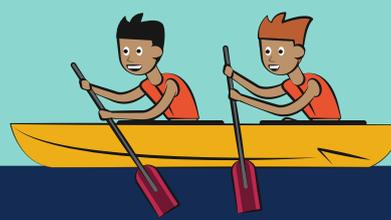
This week, Year 9 & 10 boys competed in the Warwickshire finals of a rowing competition. They represented East Coventry after winning their heat in a previous event. These events are hosted by Great Britain Rowing and the boys competed very well showing great team work and resilience.

On Thursday, the Key Stage 4 boys' and girls' basketball teams travelled to Barr's Hill School to take part in Coventry Schools Basketball League games.

The girls' basketball team got off to a slow start allowing Barr's Hill to score 3 unanswered baskets, but soon rallied to bring themselves back into the game in the second quarter. Wiseman traded points throughout the game with Messie, Helena, and Aurora getting on the scoresheet. However, Barr's Hill were eventual winners with the score 28-18.

The boys' game was very tight until the last quarter when Cardinal Wiseman showed their ability and racked up some great points to edge the game and become winners by 28-20 .

Go Wiseman!



# ENRICHMENT CLUBS

## FIND YOUR BEAT

Learn to play new percussion instruments and create your own rhythms



WEDNESDAY  
3.30PM-4.15PM  
CC01

SAMBA  
BAND

BODY  
PERCUSSION

AFRICAN  
DRUMMING

DRUM  
KIT

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

SOUNDLAB



ROYAL  
BIRMINGHAM  
CONSERVATOIRE

SoundLab-COV is a **FREE** creative music making programme for young musicians and creatives in Coventry. The programme is part of Royal Birmingham Conservatoire's Learning and Participation programme and helps young people make the music that they want to make, in the way they want to make it.

We have a team of industry professionals who work with our SoundLabbers to guide them on their musical journeys. Supporting our participants is at the core of all our work and we are proud of the impact the programme has on social and emotional wellbeing. The programme is open to all young creatives across Coventry, and we'd like you to join!

Sessions takes place every Saturday during term time in the Coventry Caribbean Association Centre (CV1 3BB) from 10am - 2pm and is **FREE** to attend.

To join SoundLab-COV, please email [soundlab@bcu.ac.uk](mailto:soundlab@bcu.ac.uk) with your name and musical interests. You don't need to play an instrument or have previous playing experience, there are lots of opportunities within SoundLab and we love meeting new people. You will meet good friends through this programme.

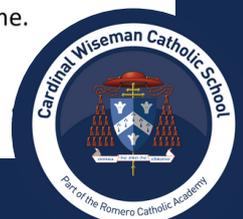
[soundlab.org.uk](http://soundlab.org.uk) | [soundlabonline.org.uk](http://soundlabonline.org.uk)

   @RBCSoundlab









# ROMERO THRIVES



## FIRST AID



At Ss Peter and Paul Primary School, Year 4 took part in Mini First Aid training this week led by the wonderful Emily.

The children were taught what to do in a medical emergency. They learnt CPR (cardiopulmonary resuscitation) and what to do if someone is choking. They were also taught how to treat burns and bleeds.

The children loved learning these important life skills.

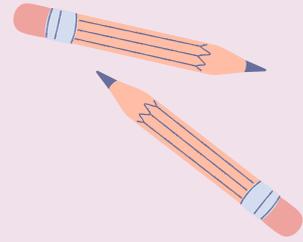


Ss Peter & Paul  
Catholic Primary School  
Part of The Romero Catholic Academy



# WELLBEING

## Revision Tips



Try breaking it up into chunks and creating a daily timetable

This can make revision feel less overwhelming and much more manageable.

Be realistic about what you can achieve in a day

An unrealistic revision plan won't help you and will put you under unnecessary stress.

Make sure you take regular breaks from studying

Your brain cannot concentrate for hours at a time.



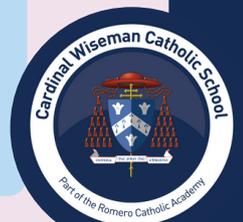
Not everyone studies the same way

Some people prefer to read, others find it helpful to make notes or draw diagrams, while others prefer to talk things through. Do what works for you.



Focus on you and don't compare yourself with others

It can be really stressful when you think everyone is doing better than you, spending more time on revision than you, or just not stressing out as much as you. But we're all different and that's ok. Remember, your friends don't have their results guaranteed – life is unpredictable – and they might well be feeling just as worried as you are.



# EXAM TIMETABLE

## Year 10, Year 11, Year 12 & Year 13 MOCK EXAMS – WEEK COMMENCING MONDAY 21 MARCH 2022

### WEEK 1

Monday 21 March	Tuesday 22 March	Wednesday 23 March	Thursday 24 March	Friday 25 March
9.15 pm	9.15 pm	9.15 pm	9.15 pm	9.15 pm
English Language 1 hr 45 mins Sports Hall	Science Biology Triple 1 hr 45 mins	Science Chemistry Triple 1 hr 45 mins	Maths GCSE Paper 1 F&H 1 hr 30 mins Sports Hall	English Language Paper 2 1 hr 45 mins Sports Hall
GCE Further Maths (Core Pure 1) Paper 1 1 hr 30 mins Gym	Biology Combined H&F 1 hr 15 mins Sports Hall	Chemistry Combined H&F 1 hr 15 mins Sports Hall	Year 12 GCSE Maths Paper 1 Foundation 1 hr 30 mins Gym	Chemistry GCE Paper 1 2 hrs - Gym
Psychology 7182 Paper 2 2 hrs - Gym	Economics GCE Paper 1 Micro Economics 2 hrs - Gym	Biology GCE 7402 Paper 1 2 hrs Gym	Cambridge Tech H &S Care 583104 Unit 4 Anatomy & Physiology 2 hrs Gym	History GCE Paper 1C The Tudors 2 hrs 30 mins Gym
RE Paper 1 Theology of Religion 2 hrs Gym	English Literature GCE Paper 1 2 hrs 30 mins Gym	Polish GCE Paper 2 7687 2 hrs Gym	Maths GCE Paper 2 (Pure 2) 2 hrs Gym	Geography GCE 7037/1 Paper 1 2 hrs 30 mins Gym
French 7652 Paper 2 GCE 2 hrs - Gym	Physics GCE Paper 1 2 hrs - Gym	German GCE 7662 Paper 2 2 hrs Gym		Year 12 GCSE English Language Paper 2 1 hr 45 mins Gym
Italian GCE 91N0 Paper 2 2 hrs - Gym	Year 12 GCSE Biology Triple 1 hr 45 mins Gym			
Spanish GCE 7692 Paper 2 2 hrs - Gym				

# EXAM TIMETABLE

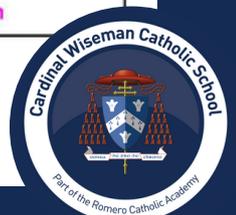
1.30 pm	1.30 pm	1.30 pm	1.30 pm	1.30 pm
<p>RE Component 1 Foundational Catholic Theology 1 hr 30 mins Sports Hall</p> <p>Pure Maths GCE A Level Paper 1 2 hrs - Gym</p> <p>Sociology GCE Paper 1 2 hrs - Gym</p> <p>Core Maths Year 12 Paper 1 1 hr 30 mins Gym</p>	<p>History Weimar &amp; Nazi Germany 1918-1939 1 hr 20 mins Sports Hall</p> <p>Year 12 GCSE History Weimar &amp; Nazi Germany 1918-1939 1 hr 20 mins Gym</p>	<p>Geography Paper 1 Physical 1 hr 30 mins</p> <p>Computer Science Paper 1 1 hr 30 mins</p> <p>GCE Further Maths Paper (Core Maths 2) 1 hr 30 mins Gym</p> <p>RE GCE Paper 2 Religion &amp; Ethics 2 hrs Gym</p>	<p>RE Component 3 Judaism 1 hr Sports Hall</p> <p>Physics GCE Paper 2 2 hrs - Gym</p>	<p>R041 Sport Reducing the Risk of Injury 1 hr Year 10 &amp; 1 Year 11 student Sports Hall</p> <p>Biology 7402/2 GCE Paper 2 2 hrs - Gym</p> <p>Cambridge Tech in Sport Unit 1 1 hr 30 mins Gym (1 student)</p>



# EXAM TIMETABLE

## WEEK 2

Monday 28 March	Tuesday 29 March	Wednesday 30 March	Thursday 31 March	Friday 1 April
9.15 am	9.15 am	9.15 am	9.15 am	9.15 am
<p>Science Physics Triple 1 hr 45 mins</p> <p>Physics Combined F&amp;H 1 hr 15 mins Sports Hall</p> <p>Further Maths GCE Paper 3 (Further Mechanics 1) 1 hr 30 mins Gym</p> <p>RE GCE Paper 3 Developments in Christian Thought 2 hrs - Gym</p> <p>Psychology GCE Paper 3 2 hrs - Gym</p> <p>Science Physics Triple 1 hr 45 mins 1 student YR12 Gym</p> <p>French GCE 7652/2 Paper 2 2 hrs</p> <p>Spanish GCE 7692/2 Paper 2 2 hrs</p>	<p>Maths Paper 2 1 hr 30 mins Sports Hall</p> <p>Year 12 GCSE Maths Paper 2 Foundation 1 hr 30 mins Gym</p> <p>Economics GCE Paper 2 Macro 2 hrs Gym</p> <p>English Literature Paper 2-3 hrs Gym</p> <p>Physics GCE 7408 Paper 3A 1 hr 30 mins Gym</p>	<p>Drama RSL 2 Hrs CC03</p> <p>Languages Reading &amp; Writing GCSE <i>Polish/Italian Spanish/German Portuguese R&amp;W</i> H - 2 hr 20 mins F - 1 hr 55 mins</p> <p>Turkish/Arabic Persian R&amp;W H - 2 hr 20 mins</p> <p><i>Polish - 7687 GCE Paper 2 2 hrs - Gym</i></p> <p><i>German 7662/2 Paper 2 2 hrs - Gym Arabic GCSE Paper 2 Year 12 Higher &amp; Foundation 2 hrs 20 mins Gym Arabic GCE 9AA0 Gym 2 hrs 20 mins</i></p> <p>Further Maths GCE Paper 4 (Further statistics) 1 hr 30 mins Gym <i>Portuguese GCSE - R&amp;W Higher 2 hrs 20 mins</i></p>	<p>English Literature Paper 1 Pearson 1 hr 45 mins Sports Hall</p> <p>English Literature Paper 1 - AQA 11a1 1 hr 40 mins</p> <p>Year 12 IT Unit 2 Global Information 5840 Gym</p> <p>R012/01 IT – Year 10 10c1 Class 1 hr 45 mins Gym</p>	<p>Design &amp; Technology 8552 GCSE 2 hrs Sports Hall</p> <p>French GCSE Foundation 1 hr 55 French GCSE Higher 2 hrs</p> <p>GCE Language LRW 2 hrs 30 mins French - GCE Spanish - GCE German -GCE Polish - GCE CC03 2hrs 15 mins Arabic -GCE CC03 2hrs Italian - GCE CC03</p> <p>Bengali GCSE R&amp;W 2hr 20 mins Gym</p> <p>History GCE Paper 2N Russia Revolution and Dictatorship 2 hrs 30 mins Gym</p> <p>Geography GCE Paper 2 2 hrs 30 mins Gym</p> <p>Chemistry GCE 7405/2 Paper 2 2hrs - Gym</p>



# EXAM TIMETABLE

1.30 pm	1.30 pm	1.30 pm	1.30 pm	1.20 pm
<p>Geography Paper 2 Human 1 hr</p>	<p>R021 Health &amp; Social Care 1 hr YR 11 (4)</p>	<p>Global Information Unit 2 Year 12 Camb Nat 1 hr 30 mins Gym</p>	<p>Media Unit 1 Media Products &amp; Audiences Year 12 1 Hr Gym</p>	<p><u>SPORTS HALL</u></p> <p>R012/01 - IT Year 11 (5 students) 1 hr 45 mins</p>
<p>Computer Science Paper 2 Computational Thinking, algorithms &amp; programming 1 hr 30 mins</p>	<p><b>Listening GCSEs</b> <b>1.20 pm</b> French - F 35 mins CC01</p> <p>French - H 45 mins CC03</p>	<p>English Literature Paper 2 Pearson 1 hr 45 mins</p>	<p>Maths GCSE Paper 3 1 hr 30 mins Sports Hall</p>	<p>Fund of IT Camb Tech Diversity 5838 Year 12 1 h 30 mins (8 students)</p>
<p>Year 12 Core Maths Paper 2 Statistical Techniques 1 hr 30 mins Gym</p>	<p>Polish - H 45 mins CC02</p> <p><b>P5 - 2.20 pm</b> Spanish - H 45 mins CC03</p>	<p>English Literature Paper 2 - AQA 11a1 1 hr 45 mins Sports Hall</p>	<p>Year 12 GCSE Maths Paper 3 1 hr 30 mins Foundation Gym</p>	<p>Media Cam Unit 2 Production &amp; Planning 2 hrs (1 student)</p>
<p>Sociology GCE 7192/2 Paper 2 - 2 hrs Gym</p>	<p>Italian - H 45 mins CC01</p> <p>Portuguese - H 45 mins CC02</p>			<p>H&amp;S Care 5833 Unit 6 1 hr 30 mins (2 students)</p>



# SAFEGUARDING

AT NATIONAL ONLINE SAFETY WE BELIEVE IN EMPOWERING PARENTS, CAREERS AND TRUSTED ADULTS WITH THE INFORMATION THEY NEED TO HOLD AN INFORMED CONVERSATION ABOUT ONLINE SAFETY WITH THEIR CHILDREN. SHOULD THEY FEEL IT IS NEEDED THIS GUIDE FOCUSES ON THE PLATFORMS OF WHAT WE BELIEVE TRUSTED ADULTS SHOULD BE AWARE OF. PLEASE VISIT [WWW.NATIONALONLINE SAFETY.COM](http://WWW.NATIONALONLINE SAFETY.COM) FOR FURTHER GUIDES, HINTS AND TIPS FOR ADULTS.

## LITTLE REMINDERS OF HOW TO BE KIND ONLINE

ONLINE ABUSE CAN HAVE A SEVERE IMPACT ON PEOPLE'S LIVES AND IS OFTEN TARGETED AT THE MOST VULNERABLE. CYBERBULLYING HAS BEEN SHOWN TO HAVE PSYCHOLOGICAL AND EMOTIONAL IMPACT. IN ORDER FOR US TO DEVELOP EMPATHY FOR OTHERS WE SOMETIMES NEED TO MOVE AWAY FROM FULFILLING OUR OWN NEEDS AND THINK ABOUT THE NEEDS OF OTHERS. THIS IS SOMETIMES MORE CHALLENGING ONLINE BECAUSE WE CANNOT SEE THE PERSON, CONNECT WITH HOW THEY FEEL NOR INTERACT FACE TO FACE.

THIS GUIDE WILL HELP YOU TO BE MORE CAREFUL ONLINE AND IS SUITABLE FOR ANY ENVIRONMENT I.E. GAMING, MESSAGING AND SOCIAL MEDIA. IT WILL HELP YOU TO UNDERSTAND THE IMPORTANCE OF SHOWING KINDNESS AND HOW TO DEVELOP EMPATHY ONLINE.

### TOP TIPS FOR EVERYBODY

### #WAKEUPWEDNESDAY

#### UNDERSTAND WHAT 'EMPATHY' IS

**EMPATHY** IS THE SKILL OF RECOGNISING, UNDERSTANDING AND CARING ABOUT ANOTHER PERSON'S FEELINGS AND TAKING ACTION TO HELP. THIS IS TRICKIER ONLINE BECAUSE RECOGNISING AND IMAGINING HOW ANOTHER PERSON FEELS IS HARD WHEN WE ARE NOT WITH THEM FACE TO FACE. WHEN WE TRY AND UNDERSTAND HOW SOMEONE FEELS THROUGH WORDS ALONE, IT CAN LEAD TO CONFUSION OR A MISUNDERSTANDING.



#### FEEL, SEE AND UNDERSTAND

IF WE IMAGINE OURSELVES IN THE SITUATION OF ANOTHER PERSON, WE TAKE ANOTHER STEP DOWN THE PATH OF EMPATHY. IT DOESN'T MEAN AGREEING WITH THE OTHER PERSON, BUT IT MEANS **UNDERSTANDING** HOW THEY FEEL. IF YOU FEEL YOURSELF BECOMING DETACHED AND UNCARING PERHAPS DEVELOP A MENTAL PICTURE OF THEM, SO YOU CAN IMAGINE THEM AS REAL PERSON AND NOT JUST A BUNCH OF WORDS. IF YOU KNOW THE PERSON, CONSIDER A VIDEO CHAT OR VIDEO CALL.

#### # DEVELOP SELF EMPATHY

ALTHOUGH WE TEND TO SHOW THE BEST OF OUR LIVES THROUGH SOCIAL MEDIA, THE REALITY IS WE ARE NOT ALL PERFECT. HAVING **EMPATHY** FOR OTHERS MEANS WE NEED TO ALSO HAVE SELF EMPATHY. IF WE UNDERSTAND THAT WE ARE NOT ALL PERFECT, INCLUDING OURSELVES, WE CAN FIND KINDNESS.

#### ★ OFFER HELP ★

ACCORDING TO DR DAN SEIGEL, A CLINICAL PROFESSOR OF PSYCHIATRY, BEING KIND IS REALLY ABOUT RESPECTING EACH OTHER'S VULNERABILITY AND WANTING TO HELP. SO, WHEN SOMEONE IS SHARING THAT THEY ARE STRUGGLING OR FINDING LIFE HARD, OFFER HELP, EVEN IF THE HELP IS A **LISTENING** EAR OR SAYING, 'I CAN UNDERSTAND YOU WOULD FEEL THAT WAY. I'M HERE FOR YOU'.

#### TRY TO ADD VALUE

CONSIDER, BEFORE YOU COMMENT ON A POST OR IMAGE, HOW CAN I HELP THIS PERSON TO LOWER THEIR SADNESS? HOW CAN I ADD SOMETHING TO **IMPROVE** THEIR DISTRESS AND HAPPINESS? SHOWING OTHER PEOPLE'S PAIN AS ENTERTAINMENT AS A WAY TO GET NOTICED OR MORE LIKES DOES NOT ADD VALUE.



#### BE RESPONSIBLE

THINK TWICE BEFORE YOU ACT. CONSIDER, ARE YOU ACTING ON ANGER, FRUSTRATION OR IN A MOMENT OF JUDGING A SITUATION WITHOUT KNOWING THE **TRUTH**? ONLINE, IT IS EASY NOT TO HAVE ALL THE FACTS AND REACT TO A SITUATION WHICH IS BEING PORTRAYED.



#### UNDERSTAND THE **IMPACT** OF YOUR **ACTIONS WORDS**

COMMENTING ONLINE SOMETIMES MEANS THAT WE DON'T ACTUALLY 'SEE' THE IMPACT OF OUR COMMENTS AND WORDS. THIS MEANS IT CAN BE **EASIER** TO DETACH FROM THE CONSEQUENCES OF OUR ACTIONS. UNKIND COMMENTS DO HAVE CONSEQUENCES AND CAN ADD TO SOMEONE'S DISTRESS AND FEELING ABOUT THEMSELVES.

#### DISASSOCIATE FROM PACK MENTALITY

ONLINE, IT IS EASY TO GET CAUGHT UP WITH POSTING **NEGATIVE** COMMENTS BECAUSE EVERYONE ELSE SEEMS TO BE. GET COMFORTABLE WITH STANDING OUT, AND NOT GETTING CAUGHT UP POSTING NEGATIVELY BECAUSE EVERYONE ELSE IS. EVEN IF THIS MEANS STANDING ALONE AND REMINDING OTHER PEOPLE THAT THEIR BEHAVIOUR IS UNKIND, YOUR COURAGE COULD SAVE A LIFE.

## #BEKIND



**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 FOR EDUCATION, ADVISING THEM ON THEIR MENTAL HEALTH GREEN PAPER.



For further info, check out these online resources too

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

<https://youngminds.org/>

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

[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) Twitter - @natonlinesafety Facebook - /NationalOnlineSafety Instagram - @nationalon

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