Student Leadership Board presenting a sustainability assembly to our Year 7 pupils

18 March 2022 Issue 008

THE WISEMAN REVIEW

Cardinal Wiseman Catholic School Newsletter

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Dear Parents and Carers

This week marks a new page in the future of the Cardinal Wiseman community. As time moves on and exam preparation is in full swing, the Student Principals, Gugu P and Malachy F, will be stepping down from their roles to focus on their studies. During their time as principals, they have set the groundwork for the future of the Student Leadership Board, enabling new and exciting opportunities for the next generation of the SLB. Here are a few words from both of them.

Gugu P (Student Principal Partner) said, "Cardinal Wiseman Catholic School has shaped me in more ways than one and has helped me grow as an individual. I have obtained many skills whilst being Student Principal, for example, being able to speak comfortably to a large audience and also the importance of respect. I have learnt that Cardinal Wiseman's values and attitudes towards school life are there for a reason, to set us up for the future and to be outstanding people."

"Being Student Principal for me has meant being a voice for those that feel unheard, it has meant allowing students to express themselves in ways that they weren't able to before and it has also meant celebrating the individual differences of others."

"We have managed to achieve a lot of things and hope this continues so that our school can fully become the best it can be. "

Malachy F (Student Principal Partner) also said, "As a member of the Student Leadership Board, I have had an amazing experience working as part of a team, not only with the staff but with my peers as well. We have taken the first steps to achieving our goals, from supporting the environment to inclusivity, and I hope that the next iteration of the SLB will strive to make even greater progress towards creating a better school for everyone."

"The experience I've gained from being a member of the SLB and part of the wider school community has been invaluable in guiding my choices, and I'm certain it will continue to support me as I move forward with my education."

"Also, we would like to take this opportunity to thank everyone for our time as Student Principals and say that it truly has been a joy to work together with everyone. In particular, Miss Seth and Mr Bench deserve additional thanks and praise for their dedication to supporting the SLB; it simply would not have been possible to accomplish half of our goals without them."

Could parents and carers of students in Years 11, 12 & 13 click here for an important letter outlining the rules governing public examinations. Thank you.

CHAPLAINCY

St. Patrick's Day

Lá Fhéile Pádraig sona duit!

This week's Saint of the Week is St Patrick - the patron saint of Ireland!

St Patrick is a person of huge importance to millions of Catholics around the world. In the following link Jimmy B from Year 7 has 5 facts about his life:

https://youtu.be/GmjqHyxcBgA

Lenten Reflections

During Lent we think about fasting. Why do we fast and how does it draw us closer to God?

The following video helps explain:

https://youtu.be/Rg8iiiykXfE

COMMONWEALTH GAMES

The Birmingham 2022 Commonwealth Games is staging the 16th official Queen's Baton Relay – an epic journey across the Commonwealth, with the Queen's Baton visiting all 72 nations and territories.

The relay began on 7 October 2021, with Her Majesty the Queen placing her message to the Commonwealth into the baton. The baton is now on its 294-day long journey to every corner of the Commonwealth, spending between two and four days in each nation or territory. It will be covering approximately 90,000 miles (140,000 kilometres), with over 7,500 baton bearers trusted with the once-in-a-lifetime opportunity to carry the baton in their community.

The global journey will conclude at the Birmingham 2022 Opening Ceremony of the Commonwealth Games where the final baton bearer will return the baton to Her Majesty the Queen.

Cardinal Wiseman Catholic School is proud to announce that Madison S (Year 12) has been selected by the national committee to represent Coventry as part of the Queen's Baton Relay in July.

Madison is delighted to be part of such a historic event during the Queen's Platinum Jubilee Year.

BIRMINGHAM 2022 commonwealth games

COVENTRY SCOUTS GANG SHOW

The Coventry Gang Show is celebrating 60 years, with just two weeks before we return to the stage of the Belgrade Theatre, Coventry.

There are many scouting members from Coventry aged 6 upwards joining together to stage a brilliant mix of music, comedy and dance - such amazing talent!

Bring the family or come along with your friends for an evening of entertainments suitable for all.

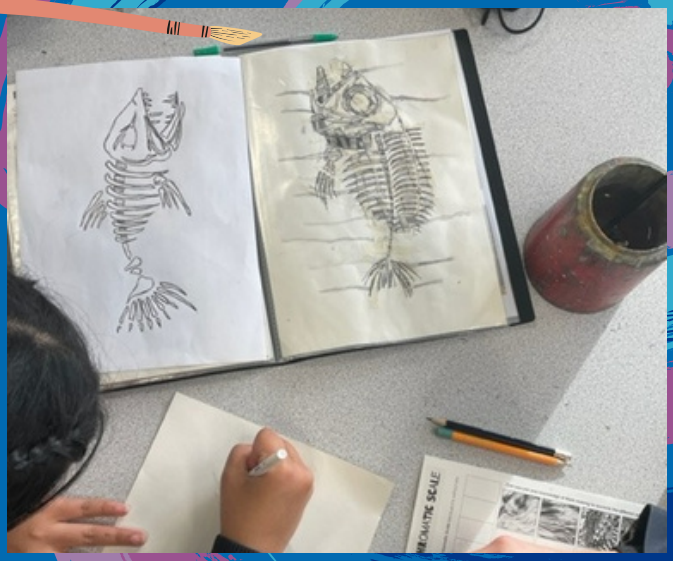
The cast have been hard at work for many months rehearsing and want to see you in the audience. Louise (Year 10) and Ms Jo Luckett (staff) from Cardinal Wiseman are proudly taking part in the Main Gang of this year's show.

Tickets available online or from the Belgrade box office: https://www.belgrade.co.uk/events/coventry-gang-show/

Louise (Year 10)

ENRICHMENT CLUBS

Art Club



Key Stage 3 students, who want to get creative, are able to join an Art Club after school on Tuesdays.

Students are given a choice of what to do in Art Club.

The Year 7 & 8 students tend to explore their own art and are often inspired by Anime. One of the students is completing her design for a mosaic competition taking place in school.

Some of the Year 9 students are developing a mixed media fish for their Curious Beasts curriculum project. Other students are developing painting skills, focusing on landscapes.

See Mrs Hopkins for more details.

ENRICHMENT CLUBS

On Tuesday 15 March, a group of Year 7 students competed in the East Coventry Sports Hall Athletics Tournament.

The event was held at the AT7 Centre and the students competed in field events, like shot put and long jump, as well as running events.

The girls placed second and the boys placed third. Well done!

The Year 7 football team played a fixture against Grace Academy on Monday. The match started at a rapid pace with Wiseman getting two very early goals from Delaney.

The first half continued in this manner with Wiseman scoring another five goals, the scorers being Curtis, substitute Jason (scoring two), Finley (scoring a penalty on his debut for the side) and Delaney completing a first half hattrick. Grace did manage to put one past our goalkeeper and the half finished 7-1.

The second half was a lot kinder to Grace Academy with them scoring again making it 7-2. It remained like this for most of the second half until 5 minutes before the end when Delaney scored his fourth and the match finished 8-2.

A group of boys and girls from Year 8 attended the School Games Sports Hall Athletics event on Wednesday at the AT7 Centre.

It was a very successful morning with the group getting first place finishes in eight of the track events. They also did well in the field events which included speed bounce, standing triple jump, standing long jump and vertical jump.

Both the boys' team and girls' team finished the competition joint first with Stoke Park School. However, unfortunately the girls' team did not make it through to the finals due to a "count back", used when teams tie. When the count back was conducted both Wiseman and Stoke Park had the same amount of first places so it went to the most second places and Stoke Park won.

The boys' team will take part in the finals, also after a count back, having had more first place finishes than Stoke Park.

ATTENDANCE

School starts at 8.50am

STUDENTS NEED TO BE IN SCHOOL ON TIME EVERY DAY!

One of the biggest issues Cardinal Wiseman Catholic School faces this year ... is attendance.

Parents can help us by having their child in school on time, every day!

One of the most important things your child can do to achieve academic success is also one of the most basic: going to school every day!

Research has shown that a child's attendance record may be the biggest factor influencing their academic success. Students who have good attendance are more likely to achieve high marks in English and Maths exams than students who do not attend school regularly.

Your commitment to school attendance will also send a message to your child that education is a priority for your family, that going to school every day is a critical part of educational success, and that it is important to take your responsibilities seriously, including going to school.

All students should be through the school gate before 8.50am.

Cardinal Wiseman Catholic School
Part of the Romero Catholic Academy

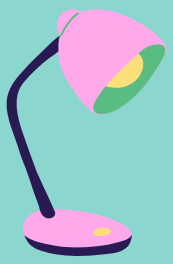
ROMERO THRIVES

On Wednesday 16 March, students from across the Romero Academy gathered to learn and record a song especially for the Romero Feast Day celebrations.

St Oscar Romero is remembered on 24 March and we will be having a special assembly featuring the song they recorded!

St Patrick's Primary School had a fantastic day celebrating their Feast Day on 17 March. They were joined by lots of parents and parishioners.

WELLBEING



DEALING WITH EXAM STRESS

It is normal to feel a bit worried about exams, especially if you're under pressure from school or family.

Exam stress can cause you to feel anxious or depressed, and this might affect your sleeping or eating habits.

If you recognise any of these feelings, or are worried that exam pressure is taking over your life, you are not alone, and there are things you can do:

Try finding a study group, or start your own.

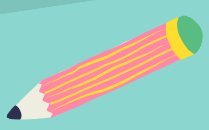
Working through problems with other students can be a nice way to keep your social life going and boost your morale.

Ask for help. Think about all the practical support you need

and be honest with yourself about it. You are allowed to ask for help. Talk through your concerns with your teacher/tutor who can let you know what support your school, college or university can offer you. They will have spoken to lots of students before who are going through similar things.

Let your trusted friends and family know if you are struggling

so they can be there to support you, encourage you and offer a listening ear. You don't have to go through this alone. Keeping it all in will only make things worse in the long run, so don't be afraid to open up.



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

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
Science Physics Triple 1 hr 45 mins	Maths Paper 2 1 hr 30 mins Sports Hall	Drama RSL 2 Hrs CC03	English Literature Paper 1 Pearson 1 hr 45 mins Sports Hall	Design & Technology 8552 GCSE 2 hrs Sports Hall
Physics Combined F&H 1 hr 15 mins Sports Hall	Year 12 GCSE Maths Paper 2 Foundation 1 hr 30 mins Gym	Languages Reading & Writing GCSE *Polish/Italian* *Spanish/German* *Portuguese* R&W H - 2 hr 20 mins F - 1 hr 55 mins	English Literature Paper 1 - AQA 11a1 1 hr 40 mins	French GCSE Foundation 1 hr 55 French GCSE Higher 2 hrs
Further Maths GCE Paper 3 (Further Mechanics 1) 1 hr 30 mins Gym	Economics GCE Paper 2 Macro 2 hrs Gym	Turkish/Arabic Persian R&W H - 2 hr 20 mins	Year 12 IT Unit 2 Global Information 5840 Gym	GCE Language LRW 2 hrs 30 mins *French* - GCE *Spanish* - GCE *German* -GCE *Polish* - GCE *CCO3* *2hrs 15 mins* *Arabic -GCE* *CC03* *2hrs* *Italian - GCE* *CC03*
RE GCE Paper 3 Developments in Christian Thought 2 hrs - Gym	English Literature Paper 2-3 hrs Gym	*Polish* - 7687 GCE Paper 2 2 hrs - Gym	R012/01 IT – Year 10 10c1 Class 1 hr 45 mins Gym	*Bengali* GCSE R&W 2hr 20 mins Gym
Psychology GCE Paper 3 2 hrs - Gym	Physics GCE 7408 Paper 3A 1 hr 30 mins Gym	*German* 7662/2 Paper 2 2 hrs - Gym		History GCE Paper 2N Russia Revolution and Dictatorship 2 hrs 30 mins Gym
Science Physics Triple 1 hr 45 mins 1 student YR12 Gym		*Arabic* GCSE Paper 2 Year 12 Higher & Foundation 2 hrs 20 mins Gym		Geography GCE Paper 2 2 hrs 30 mins Gym
French GCE 7652/2 Paper 2 2 hrs		*Arabic* GCE 9AA0 Gym 2 hrs 20 mins		Chemistry GCE 7405/2 Paper 2 2hrs - Gym
Spanish GCE 7692/2 Paper 2 2 hrs		Further Maths GCE Paper 4 (Further statistics) 1 hr 30 mins Gym		
		Portuguese GCSE - R&W Higher 2 hrs 20 mins		

EXAM TIMETABLE

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

SAFEGUARDING

At National Online Safety we believe in empowering parents, carers 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 one platform of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

National Online Safety®
#WakeUpWednesday

14 WAYS TO BE KIND ONLINE

Showing kindness online can mean so much to someone else. It is a choice we can all make that helps others, puts people's needs before our own and which can generate feelings of empathy and compassion. Small gestures can have a large impact and often one act of kindness can lead to more, making the world a happier and more positive place. That's why we've created this guide to suggest a few simple 'acts of kindness online' that can benefit people's mental health, support their wellbeing and encourage a more positive approach to engaging online.

1. BE POSITIVE

Post about things that make you happy and that you're thankful for. It could brighten up someone else's day.

2. OFFER TO HELP

Sometimes a friend or family member might post a question online or ask for help with something they can't do themselves. If you know the answer or are able to offer help, provide support and send a response. Something that may be easy for you might be difficult for someone else.

3. SHOW APPRECIATION TO OTHERS

If somebody you know has done something good or shown kindness themselves, thank them for it. It costs nothing and showing them that you appreciate it means so much.

4. SHARE FUNNY VIDEOS OR IMAGES WITH FRIENDS & FAMILY

We often come across funny videos or images online that make us laugh and then we move on. If you found it funny, your friends and family might too. It could help someone smile who may be having a bad day.

5. LIKE, LOVE & CELEBRATE

If somebody posts something that you like on social media, like it, love it or celebrate it! It's a small gesture but could mean a lot.

6. VIDEO CALL YOUR FRIENDS & FAMILY

It can be easy to be consumed by daily routine. Using apps like Zoom, FaceTime or WhatsApp are great for connecting with others far away and shows you're thinking of them even though you can't physically meet them in person.

7. TELL SOMEONE YOU'RE THINKING OF THEM

We can't always tell how people are feeling online and just dropping somebody a message to ask if they're ok or that you're thinking of them could literally make their day.

8. SHARE POSITIVE POSTS

If you see something online that inspires you, share it with people you know. An inspirational quote, a beautiful photo or a motivational video can lift spirits, improve self-esteem and help make people feel better about themselves.

9. HOST AN ONLINE QUIZ

Video conferencing apps are a great way to get friends and family together. If you know someone who is feeling lonely, host an online quiz and invite them to join in. It could really cheer them up.

10. THINK BEFORE YOU COMMENT

Sometimes thinking before you act can be just as significant as acting in the first place. Showing thought before you comment could stop you posting something hurtful, offensive or negative. It's always better to post positively or post nothing at all.

11. BE COMPASSIONATE & UNDERSTANDING

Being empathetic towards others and their situation is often an act of kindness and selflessness that gets overlooked. If you notice someone who is upset, drop them a message and offer to listen.

12. CONNECT FRIENDS & FAMILY WITH SIMILAR INTERESTS

You may know two people amongst your friends and family who you trust and know well who have similar interests and likes. Introducing them can be a great way for them to make new friends but remember to always ask their permission first.

13. RECOMMEND SOMETHING YOU ENJOY DOING TO OTHERS

If you enjoy doing something online, such as playing a game, or if you've found a great learning resource, share it with others. Even if you've watched a good film, letting others know can be an act of generosity that brings them excitement or pleasure at a time when they might need it the most.

14. PRAISE OTHERS FOR THEIR ACHIEVEMENTS

Sometimes your friends or family might post something online that they're proud to have done. It might be an exam they've passed, learning a new skill or just completing a task. Either way, it's always kind to recognise hard work and effort through praise and celebration.

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.

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