



# Newsletter

Cardinal Wiseman School Chapel

**Newsletter Issue 149**

**15 October 2021**

Dear Parents and Carers

I would like to begin by thanking the vast majority of parents and carers for their support of our children, staff and wider school this week. We have received so many messages of care and thanks at the front gate, via email and social media and we have shared this with our staff.

I want to continue to reassure our families that we continue to work with numerous outside agencies, as we always have, and have regular meetings and strategies to support our young people who can often be influenced by others outside of school.

In case you were not aware, the police released this statement regarding Monday afternoon:

*"Safeguarding pupils at the school is our primary concern and we therefore advised the school to close following this report.*

*We know that people who live in the area, especially parents, will be concerned and want to reassure them that we have increased patrols and our local neighbourhood team are available to answer any questions you have."*

I am looking forward to our first reward assemblies of the year next week and some of our badges being handed out for those who have gone above and beyond to live out our values of knowledge, ambition, resilience and respect.

Finally, I feel that the Responsorial Psalm from this Sunday's Gospel is prescient for us all:

**Lord, let your mercy be on us, as we place our trust in you.**

I can think of no greater need for trust and support for one another as we move towards half term.

God bless

Mr Everett  
Principal

**Please note that the school will be closed on  
Friday 22 October for staff training. Thank you.**



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[www.cardinalwiseman.coventry.sch.uk](http://www.cardinalwiseman.coventry.sch.uk)

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

# Artist of the Week



Drawings by  
Henry Moore



## Raim K Year 9

Raim in Year 9 is this week's Artist of the Week, after handing in this beautiful 3D artist research page for his Art homework.

Year 9 have looked at the drawings of English artist, Henry Moore. With his use of various materials, Raim has given a lot of thought to this standout and unique piece of work. The cotton wool he has used is in reference to the texture created by Moore particularly in his animal drawings.

Keep up the great work, Raim!





## CHAPLAINCY



This week our focus for Black History Month was Sister Thea Bowman. Sister Thea is not a saint yet but her life is a real inspiration in the way that she challenged racism and championed black people within the Church.

Thank you to Kim from Year 11 for filming some facts about Sister Thea which you can watch using this link:

<https://youtu.be/LDRUkBuU5-w>



In September, staff at  
Cardinal Wiseman gathered together  
to enjoy a coffee and cake and to  
raise money for  
**Macmillan Cancer Support.**

We are delighted to report that the sum

**£173.73**

has now been donated to this  
wonderful charity.



# COMMUNITY HUB BASKETBALL

at Cardinal Wiseman Catholic School

CWCS X COVENTRY TORNADOES X GUARDIAN BALLERS

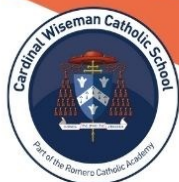
**EVERY THURSDAY  
THE SESSION TIMES ARE AS FOLLOWS:**

 YEARS 7, 8, 9 @ 5.30-6.30PM

 YEARS 10, 11, 12, 13 @ 6.30-7.30PM

**STUDENTS OF CARDINAL WISEMAN ARE FUNDED BY THE SCHOOL TO ATTEND**

**Please see Mr Page  
or Kieran Joseph  
from Guardian  
Ballers if you have  
any questions.**







*Have you recently moved house  
or changed your phone number  
or email address?*

Please ensure that we have your up to date contact details.

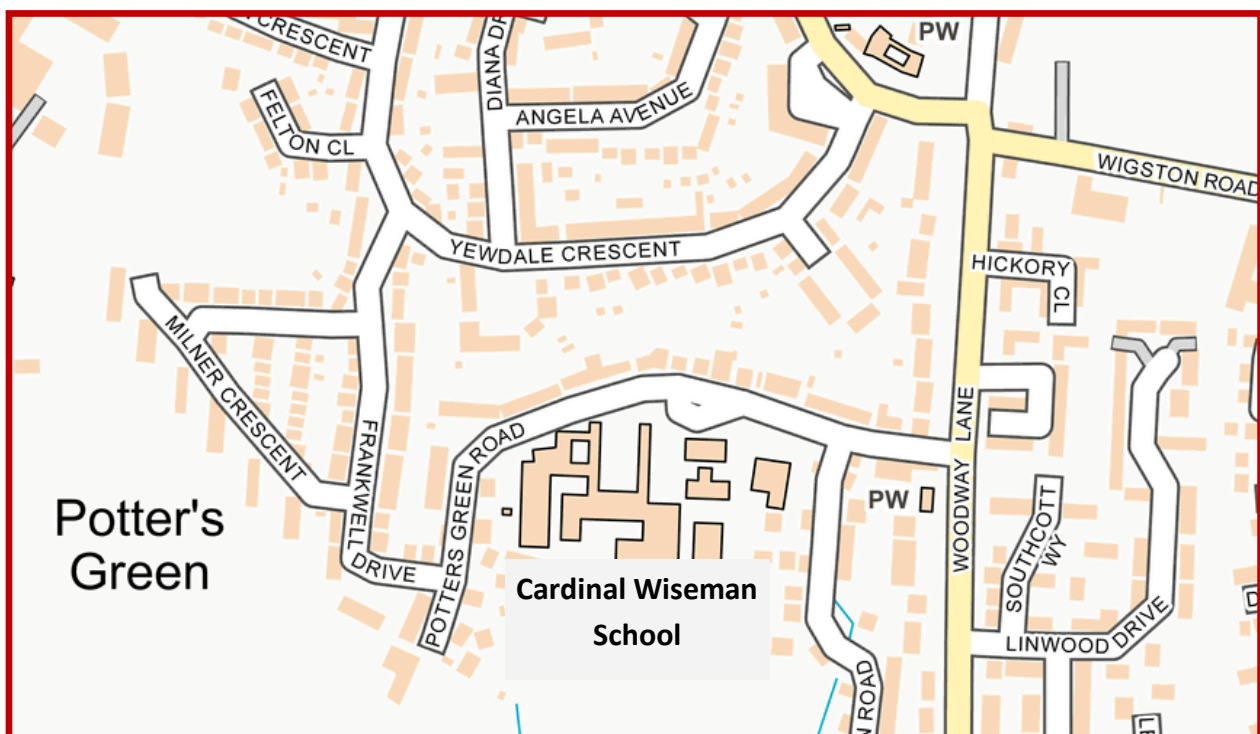
It is important that the school can keep in touch!

## **Important—Students and Residents at Risk from Traffic Congestion at 3.20pm**

Residents and staff have recently witnessed parents trying to turn around in the road immediately in front of school while picking up their children. This has led to several students being in near misses with vehicles and we are extremely concerned that an accident could easily happen.

We therefore request parents not to attempt a U-turn in Potters Green Road but to continue onto Frankwell Drive and then into Yewdale Crescent, which will bring you out at Ringwood Highway allowing access back onto Woodway Lane—see map below.

Please take care, we all want to keep our children safe.



# Final Call for Autumn Career Experiences



This is the final call for students wanting to register for this term's weekend career experiences for ages 12-18 at University College London and other sites around the UK. **Registration will close next Sunday, 24 October, for all in-person programmes, so interested students should register immediately.**

Select the following link to see details of all 28 careers covered, including medical sciences, technology, media, creative arts, engineering, law, politics, sport, business and finance:

[Course Details](#)



Department  
for Education



Test and Trace

Please use the links below to see a letter to parents, carers or guardians to remind them of contact tracing arrangements and self-isolation requirements in education and childcare settings. There also a document addressing frequently asked questions which may be useful:

[Contact tracing and self-isolation letter](#)

[Frequently asked questions](#)



# Mindful Activities for Teens

Being a teenager can be very tough. As the responsibilities start to build up and with the constant use of technology through social media, the connection to the present fades and the need to have a clear mind escalates. Mindfulness activities for teens help them experience the present, reduce stress and overcome anxiety.

## What is Mindfulness for Teens?

Mindfulness is the state of mind that allows you to be present. It allows you to realize and recognize life as it is. Mindfulness exercises for teens help them achieve just that.

### Mindfulness for teenagers:

- \*Promotes happiness
- \*Reduces stress
- \*Helps overcome anxiety
- \*Helps deal with ADHD
- \*Enhances learning ability
- \*Grows patience
- \*Helps defeat depression
- \*Increases focus and attention
- \*Helps manage emotions
- \*Supports mental health

### Mindful Dancing

Our bodies have a natural inner rhythm. From the beat of our hearts to the pulse in our veins, when we follow the rhythm, we can find some peace in our mind. This type of fun mindfulness activity for teens provides higher levels of emotional and spiritual well-being, increased acceptance of one's self, and promotes positive feelings

### Mindful Cooking

Cooking has been a mindfulness technique for anxiety for many years now. But mindful cooking is a step even further. Mindful cooking allows you to be present, recognize change, grow acceptance and have gratitude. You might even pick up a skill or two.

### Mindful Walking

As we learn how to walk as a child, we start to not care about it. It comes very naturally to us and we don't give it a second thought. However, when we just spare a moment to focus on our steps, walking becomes a relaxation activity for teens and may make a huge difference. Mindful walking allows us to clear our mind, reduces stress and anxiety, allows us to be present, appreciate health and have gratitude.



# *Primary Mental Health Team Parent Information Sessions*

**Are you a parent or carer of a child/young person living in Coventry?**

Would you like to take part in one of our Parent Information Sessions run by our Primary Mental Health Practitioners?



For more information, please use the link below:

[Parent Information sessions](#)





### Congratulations!

Contratulations to Camino for the best attendance in school last week.

Your attendance points could make all the difference to who wins the House Cup in 2021-22.

### House Points

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

#### Year 7:

7C-97.9% attendance -12 points  
7F-96.1% attendance-10 points  
7A-94.6% attendance- 8 points  
7H-93.9% attendance-6 points

#### Year 8:

8A-97.0% attendance-12 points  
8D-94.8% attendance-10 points  
8H-92.3% attendance-8 points  
8E-90.7% attendance-6 points

#### Year 9:

9E-97.9% attendance-12 points  
9F-96.1% attendance-10 points  
9G-94.8% attendance-8 points  
9D-93.9% attendance-6 points

#### Year 10:

10H-94.1% attendance-12 points  
10D-92.7% attendance-10 points  
10G-91.8% attendance-8 points  
10A-89.8% attendance-6 points

#### Year 11:

11E-96.2% attendance-12 points  
11C-94.7% attendance-10 points  
11B-93.6% attendance-8 points  
11D-92.8% attendance-6 points

**1st Place = Caritas 54 points**

**2nd Place = Gaudete 50 points**

**3rd Place = Veritas 42points**

**4th Place = Camino 34 point**

### Achievement House Points

Congratulations to Gaudete for the most Achievement points in school last week.

Your Achievement points could make all the difference to who wins the House Cup in 2021-22.

**1st Place = Gaudete 50 points**

**2nd Place = Veritas 42 points**

**3rd Place = Camino 34 point**

**4th Place = Caritas 54 points**



Part of our Online Mental Health & Wellbeing Series



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**NOS** National  
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www.nationalonlinesafety.com

## What you need to know about...

# AGE RATINGS



## What are they?

### 'Age Ratings'

A game's age rating can be used by adults to make an informed choice as to whether or not a game is suitable for their child. The PEGI (Pan European Game Information) system rates games and, instead of indicating the level of ability required to physically play a game, it indicates the suitability of content for that age group. 3, 7, 12, 16 and 18 are the labels that can be awarded to games and a variety of content descriptors such as violence, bad language and fear are used to further clarify why the label was assigned.

**16 & UP ONLY**



**12-15**

## Know the Risks

**18+**

### Inappropriate content

The biggest and most obvious risk of not following the age rating system is that children may view or hear age-inappropriate content. Many games now include scenes of a violent or graphic nature which could be upsetting or considered too intense for younger players.

### Peer pressure

Peer pressure has a large role to play in age ratings. Children don't want to be the ones left behind and can put their parents under pressure to allow them to play a game beyond the recommended suitability, especially when all of their friends are playing it already.

### Level of 'Kudos'

Playing a game with a label that is higher than their age can be viewed by some children as a challenge and to gain a good reputation amongst friends. 'Kudos' is attributed to the child playing the age inappropriate game resulting in more children wanting to follow suit.

### Free Platforms

In order for a game to be released on popular platforms, such as Playstation and Xbox, game developers must pay for a PEGI rating. However, smaller development teams are sometimes reluctant to pay these fees and games are often released on other platforms, such as Steam, without any age restrictions.

**FREE**

## Spot the Signs

### Being vague

Be aware of children being vague around the content of what they want to play. If they are unwilling to supply you with information about what the game is about, this can be an indicator that you wouldn't allow them to purchase it if you knew.

### Unofficial sites

There are plenty of indie games that can be bought using online stores that don't necessarily have age restrictions. If you notice your child using sites such as GOG or itch.io rather than official channels such as the Google Play Store, they might be accessing games that aren't officially rated but still aren't age appropriate.

### Unfamiliar terminology

Your child might start using phrases or terminology that is new to them or mimicking actions that they have learnt from a game without realising their inappropriateness.

### Wanting to be secluded

Be aware if suddenly your child wants the move the device that they play their games on into a more secluded area of the house away from adults. It is a good idea for your child to play online games in shared area where you can see the screen.

### Be aware of spending

Setting up accounts with online stores require bank account details. Keeping an eye on your bank balance means that you will be able to tell if there has been a new purchase and can provide you with an opportunity to ask about what new game they've purchased.

## Safety Tips

### Do your research

If you've noticed a new game that your child has downloaded then use quality resources to make sure that your knowledge is up to date. Online websites, such as National Online Safety, can provide you with the information you need.

### Review parental controls

Review your parental controls on the stores where you buy games from. Most sites allow parents to set passwords to block games with certain age restrictions from being downloaded.

### Encourage open dialogue

Encourage open dialogue with your child. You don't want to be in position where they won't talk to you if something has made them feel uncomfortable in a game because they are worried they will get in trouble for playing the game in the first place.

### Discuss ratings

Talk to your child about why the game has been awarded a certain label. Debate the positives and negatives of playing a game and decide on some ground rules together.

## Our Expert

**Heather Cardwell**



Heather Cardwell is a practising Online Safety Lead and senior school leader who is passionate about safeguarding online and educating children around online risks. She has over 10+ years as a Computing Lead and has successfully developed and implemented a whole school approach to online safety in schools, delivering online safety training to both school staff and parents and helping to roll-out a bespoke online safety policy across her local network of education settings.



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