



# Newsletter

A Nativity from Guatemala

Newsletter Issue 155

3 December 2021

Dear Parents and Carers

The second Sunday of Advent is usually devoted to Faith as we light the second purple candle.

I have said many times before that I have relentless faith in our staff and children and always look forward to seeing them succeed. As a collective, we have always had faith in the school and the opportunities that we provide for our young people and we sincerely hope that in 2022, as we ease out of the pandemic, our young people and the school at large have a chance to celebrate and showcase their achievements since the start of this academic year.

Last week we welcomed the world-renowned stage magician, Jester Styles, to Cardinal Wiseman who has performed for Hollywood A-listers, Premier League footballers, and recently toured with Stormzy. He is from Coventry originally and came back to perform a run of shows at the Assembly Festival Garden for the Coventry City of Culture celebrations. It was inspiring to hear him speak about his career and how he only discovered his true calling and vocation at 27 years old, and that to be exceptional at something requires hours, days, weeks and months of preparation and practice. A number of students commented that it was reassuring that they don't have to know what they want to be at such a young age, and that as long as they work hard, they have so many options open to them. Careers, Options, and Further Education can be a source of worry, anxiety and confusion, although most of us are still very confused about how he did some of the things he did!

We continue to prepare for our inaugural "Carols by Candlelight" concert on 16 December and are excited to welcome so many of you into our new theatre to see our wonderful students in the coming weeks.

God bless.

Mr Everett  
Principal

## On 30 November and 1 December an Ofsted team visited Cardinal Wiseman Catholic School

The Ofsted team of five Inspectors visited lots of lessons, spoke with pupils, staff, governors and leaders. The Inspectors challenged, probed and questioned all aspects of school life to gather the evidence required to make the judgements. We are unable to share the outcome at this stage due to Quality Assurance that must take place.

We are looking forward to sharing the report as soon as it is finalised. We anticipate the report will be released on our return after Christmas and we will circulate to all families so you can see the recent findings by Ofsted. Watch this space!

Mrs Quinn  
CSEL/ CEO



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



## Important

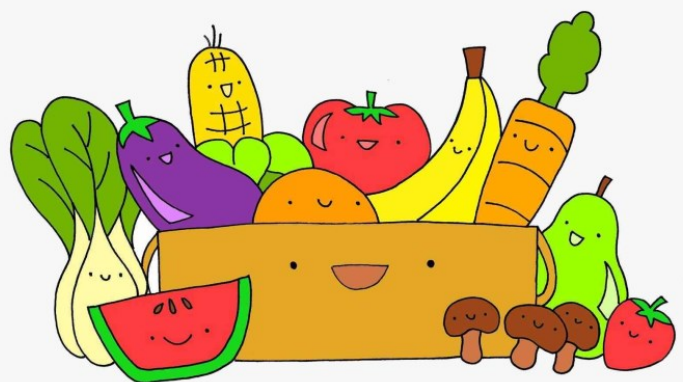
### Electronic Consent for Your Child's Flu Vaccination Years 7—11

- The link below gives you access to an important letter from the NHS concerning the flu vaccination available for children in Years 7—11.
- The vaccinations will take place on 6 January 2022 **but the link included in the letter will close on 15 December.**
- Please note that if you have more than one child at school you will need to complete a separate form for each child.
- If you do not wish to give consent, you must indicate this on your form.
- If you have previously completed a form, you will need to submit a new form for this vaccination.

[https://drive.google.com/file/d/11ks\\_b1vMdwlfFXgCXy3D52A\\_6r6sv-gV/view?usp=sharing](https://drive.google.com/file/d/11ks_b1vMdwlfFXgCXy3D52A_6r6sv-gV/view?usp=sharing)

Well done to 8A/Fod1 and 8B/Fod2  
for doing exceptionally well in their  
Food Assessments this week.

Every single pupil did very well!



Mrs Hopkins, Head of Creative Arts

## Welcome to Advent!

The next four weeks of the church's year are devoted to preparing for Christmas. This means remembering the preparations of Mary and Joseph but also reflecting on how we can prepare ourselves for the second coming of Christ!

Every Wednesday we will have adoration in the Chapel at lunchtime. This is a wonderful time to pray and reflect as we build up to Christmas. All students and staff are welcome.

Each week we will focus on a different theme for prayer; this week's focus is Hope and we have a video prepared which hopefully will allow you to reflect on that theme.



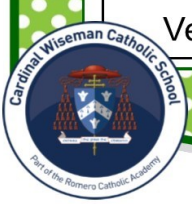


<https://www.youtube.com/watch?v=hmgJ06po2fU>

On Monday 6 December, we will have reached the 6th day of giving so we would love it if you could donate tinned beans and vegetables, toothpaste, toiletries or chocolate. Thank you for your generosity!

### The Cardinal Wiseman 12 Days of Giving

On the Twelve Days of December the children gave willingly...

<b>1</b> ✓ Bag of Rice	<b>2</b> ✓ Bags of Pasta	<b>3</b> ✓ Packets of Tea Bags	<b>4</b> ✓ Boxes of Cereal
<b>5</b> ✓ Tins of Soup	<b>6</b> Tins of Beans	<b>7</b> Tubes of Toothpaste	<b>8</b> Shower Gels
<b>9</b> Tins of Vegetables	<b>10</b> Bars of Chocolate	<b>11</b> Packets of Biscuits	<b>12</b> Toilet Rolls



# CHRISTMAS ACTIVITIES SESSIONS- LANGUAGE CLUB

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WORD SEARCHES, CHRISTMAS MUSIC,  
FORTUNE TELLERS, DRAWINGS, CHRISTMAS  
CARDS ETC

SP05 AND RM03 **WEDNESDAY 8TH AND 15TH +  
THURSDAY 9TH AND 16TH DECEMBER**



# Artist of the Week

Daya  
Year 9



Year 9 student Daya has created a wonderful artist research page for her Curious Beasts project. As homework she was asked to research English artist Henry Moore. She has included some beautiful drawings inspired by the work of Moore.

Well Done, Daya!



# Help Coventry Reach One Million Reads with Book Bingo!



As part of the City of Culture and launched by Her Royal Highness the Duchess of Cornwall, "One Million Reads Coventry" is aiming to reach 1,000,000 reads by May 2022!

Cardinal Wiseman is inviting students to take part by playing "Book Bingo". Fill your bingo card with books you've read and ask your form tutor or Miss Gould to verify with a sticker. Prizes will be given for a line or a full house!

Miss Gould will then log your reads on the "One Million Reads" website or you can visit the site yourself at:

<https://www.coventry.gov.uk/onemillionreads>

See Miss Gould for details. Happy reading!



OPEN  
LIBRARY



## Important Date

The Year 9 Parents' Evening will take place on  
Tuesday 7 December 3.45pm - 7.00pm.

This is an opportunity to speak with staff and  
gather information about GCSE Options.

Year 9 students have been given appointment  
sheets for parents to complete.



## An Important Message About Vaping

Dear Parents and Carers

It has come to our attention, and through communication with other schools, that the use of Vapes is becoming more widespread amongst young people outside of the supervision of their parents, carers, teachers or any other responsible adult. These Vapes are commonly named Geek Bars or Elf Bars. Often they can be bought easily and are relatively cheap. We would like to stress that they have a health risk and we are aware of these items causing severe reactions in students who belong to other schools.

Please can I ask that you be vigilant with regard to these Vapes, often they are difficult to distinguish from stationery highlighters or make-up.

I would like to stress that Vapes are a prohibited item at Cardinal Wiseman School and students found to be in possession of them or using them on school site are likely to have a fixed term exclusion sanction.



Ms Burtonwood  
Vice Principal

Dear Parents and Carers

We have had a small number of students arriving at school with hot water bottles this week.

We know that the temperature has dropped and there is a definite chill in the air but hot water bottles are not appropriate items to be brought into school. A coat, hat and gloves are a much better alternative and safer too!

From Monday 6 December hot water bottles will not be allowed. Please explain this to your child so that we are not in a position of having to confiscate any items. Thank you.

Mrs Marshment



**Please note that Art Club has been cancelled on Tuesday  
7 December due to the Year 9 Parents' Evening taking place.**

**Thank you**



# Supporting Your Child with School Anxiety and Refusal

If your child is refusing to go to school, or is feeling anxious, here is our information and advice to help you support your child and work with the school.

## How can I help my child with school anxiety?

1. **Ask your child what's worrying them.** Focus on listening and providing emotional support, and reassure them that you can work together to make things better.
2. **Think with them about changes that could be made** at school, at home or in their daily routine to help them feel less worried.
3. **Reach out to school as early as you can** to avoid things building up. Work with their class teacher or form tutor, the pastoral team and other key staff to improve the situation.
4. **Talk with your child about strategies that help them to express and manage their anxiety.** This could be spending time with particular friends, listening to music, reading, playing sport, drawing, cooking or watching a favourite film.
5. **Plan a regular morning routine that can be followed each day** – from getting up to having breakfast, getting dressed, leaving the house and arriving at school. This will help to create a sense of security.
6. **Consider using a worry journal** if your child feels particularly anxious while they're at school. They can carry this with them and write down a worry when it comes into their head, helping to keep anxious thoughts from becoming overwhelming.
7. **Teenagers might find it helpful to make their own self soothe box**, which they can fill with all the things that help them when they're feeling worried.

## How can I help my child with school refusal?

1. **Ask them what it is about school that makes them not want to go**, and validate their experience of finding these things difficult. Stay as calm as you can, taking your child's worries seriously and listening to how they're feeling.
2. Even though the situation may feel stressful, **don't shout, tell them off or physically force them to go to school.** This is likely to increase their anxiety.
3. **Speak to your child's teacher or form tutor as soon as possible.** Have they noticed any changes in their behaviour, or in their friendship group or class? Tackling the problem early can be really helpful, as the longer your child is out of school, the harder it can be to go back.



## WHAT TRUSTED ADULTS NEED TO KNOW ABOUT: SOCIAL MEDIA & MENTAL HEALTH

Social Media is often scrutinised as having a negative impact on children's mental health. Children and young people are now growing up in a technology dominated world, and social media plays a major role in their social lives. This balanced guide focuses on both the positive and negative impacts that social media can bring to young people and their mental health.



### POSITIVE IMPACTS

#### EASY ACCESS TO SUPPORT AND HELP

Due to delays in young people getting help for their mental health, such as experiencing low mood, or suffering from anxiety, they may sometimes reach out to access support from others online. Sharing problems or issues with friends, peers and broader social networks can be met with positive reaction, with nearly 7 in 10 teens reporting to receive support on social media during tough or challenging times. Where there are moderated communities which offer support and guidance, children can be provided with a great source of support.



### SUSTAINING FRIENDSHIPS AND MAKING CONNECTIONS

There is evidence to suggest that strong adolescent friendships can be enhanced by social media interaction, allowing children to create stronger bonds with people they already know. Online relationships can actually make children more relationship-oriented, thoughtful, and empathic. By sharing comments on pictures, videos and posts, it can create long-term friendships as they can continually keep in touch, even with a distance between them.



### A SENSE OF BELONGING

Support can be found in various places online; sometimes this is known as "finding your tribe". Online platforms and groups can provide a wonderful sense of belonging for children. They can find peers with similar interests and circumstances which can sometimes be difficult to find in real-life. As a result, this can create stronger connections and help to build confidence.



### NEGATIVE IMPACTS

#### SELF-ESTEEM & BODY IMAGE

There are 10 million new photographs uploaded to Facebook alone every hour, providing an almost endless potential for young people to be drawn into appearance-based comparisons whilst online. No one is the same as how they portray themselves online as we tend to only show the best part of ourselves. The pressure to fit-in and conform is huge, which can become a driving force for children to replicate what they see from friends, celebrities and sponsored adverts. This pressure may contribute to anxiety, low mood and a feeling of inadequacy. As a result, it can lead to a feeling of low satisfaction with their own lives.



### HARMFUL ADVICE

The online world provides the opportunity for anybody to upload and share photoshopped pictures, edited video, fake news and even unvetted advice. Children may stumble upon this, which could potentially encourage them make wrong decisions and not get the help that they need. It's important that you teach your child to differentiate between what is true and useful information and what is fake.

#### FAKE NEWS



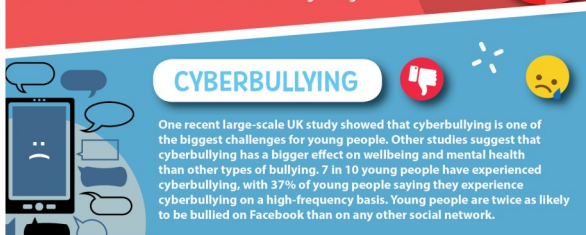
### ADDICTION AND COMPULSIVE CHECKING

Social media addiction is thought to affect around 5% of teenagers. The Office for National Statistics found that children who spend more than 3 hours a day on social media are more than twice as likely to support poor mental health. Furthermore, compulsive checking due to 'Fear Of Missing Out' has been linked to poor and disturbed sleep, as well as difficulty to relax during evenings. One in five young people say they wake up during the night to check messages on social media, leading them to be three times as more likely to feel constantly tired at school than their classmates who don't use social media during the night.



### CYBERBULLYING

One recent large-scale UK study showed that cyberbullying is one of the biggest challenges for young people. Other studies suggest that cyberbullying has a bigger effect on wellbeing and mental health than other types of bullying. 7 in 10 young people have experienced cyberbullying, with 37% of young people saying they experience cyberbullying on a high-frequency basis. Young people are twice as likely to be bullied on Facebook than on any other social network.




### 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 of Education, advising them on their mental health green paper.



### HELPFUL APPS:

- Hub of Hope - <https://hubofhope.co.uk/>
- Mindshift
- Smiling Mind

### SOURCES OF HELP:

- Childline, 0800 1111 or visit their website
- Bullying UK, 0800 800222
- Young Minds Parents line, 0800 802 5544

SOURCES: <https://www.centreformentalhealth.org.uk/publications/social-media-young-people-and-mental-health>, <https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/articles/measuringnationalwellbeing/2015-10-20>, <https://www.rph.org.uk/uploads/assets/upload-ed/62ba27ba5584719-ad68c2c7a762a.pdf>, <https://www.psychologytoday.com/us/blog/cutting-edge-leadership/201505/cutting-edge-leadership-mental-health-risk>