

Newsletter Issue No. 2

December 2024



CARDINAL  
NEWMAN  
CATHOLIC SCHOOL

# Cardinal Newman Catholic School

Holy Cross Catholic Multi Academy Company

## NEWSLETTER



*Behold, a virgin shall be with child, and shall bring forth a son, and they shall call his name Emmanuel, which being interpreted is, God with us. Matthew 1:23*



Dear parents and carers,

We hope you and your families are well at this time.

It has been an incredibly busy time at school. Students have enjoyed partaking in the Christmas Carol for year 7, Christmas dinners, working with the elderly in the community and much more which you will see showcased in this newsletter.

There have been many celebrations in our awards assemblies over the last two weeks where we recognise the hard work and achievements of our students and of course the lucky winners who went into a prize draw to win a new bike just in time for Christmas!

There has been a fantastic charity drive this season, and we would like to thank our families who have helped support the vulnerable and those in need in our community.

The work on the new school continues, and we thank you for your patience whilst the temporary traffic lights were in place on the Tamworth Road.

We say goodbye to Mrs. Ruddy, Mrs. Balaire and Mr. Davis (Maths Teacher) at the end of term and wish them the very best in their future.

We wish you all a Happy Christmas and a peaceful New Year.

Ms. E. O'Connor  
Headteacher





# CARDINAL NEWMAN CATHOLIC SCHOOL

## TERMS AND HOLIDAYS 2024-25

TERM	TERM DATES	TEACHER TRAINING DAYS
<b>Autumn 2024</b> <i>(Pupil Days 73)</i> (Total Days 75)	<b>Monday 2 September 2024 to Friday 20 December</b>  <b><u>Half Term Break</u></b> Saturday 26 October to Sunday 3 November  <b><u>Christmas Holiday</u></b> Saturday 21 December to Sunday 5 January 2025	<b>Monday 2 September 2024 Friday 15 November 2024</b>
<b>Spring 2025</b> <i>(Pupil Days 64)</i> Total Days 65	<b>Monday 6 January 2025 to Friday 11 April</b>  <b><u>Half Term Break</u></b> Saturday 15 February to Sunday 23 February  <b><u>Easter Holiday</u></b> Saturday 12 April to Sunday 27 April	<b>Monday 6 January 2025</b>
<b>Summer 2024</b> <i>(Pupil Days 53)</i> (Total Days 54)	<b>Monday 28 April to Friday 18 July</b>  <b><u>May Day Holiday</u></b> Monday 5 May  <b><u>Half Term Break</u></b> Saturday 24 May to Sunday 1 June  <b><u>Summer Holiday</u></b> Saturday 19 July	<b>Monday 23 June 2025</b>
<i>(Pupil Days 190)</i> (Total Days 194)		





## Staff Leavers December 2024

We were very sorry to say farewell to some of our colleague's this week who will be beginning a new adventure in the New Year, we wish them all the best for the future.

- Mr. Davis – Maths
- Mrs. Balaire – MFL
- Mrs. Ruddy – SENCO



## New appointment December 2024

We are delighted to share with you the appointment of Mr. McDonnell as Deputy Headteacher.



# Christmas Card Competition Winners

Thank you to all students who entered our annual school Christmas Card competition.

There were many fantastic entries which made it especially difficult to make the final decision of our 1st, 2nd and 3rd place students.

Congratulations to the students on their winning designs below:

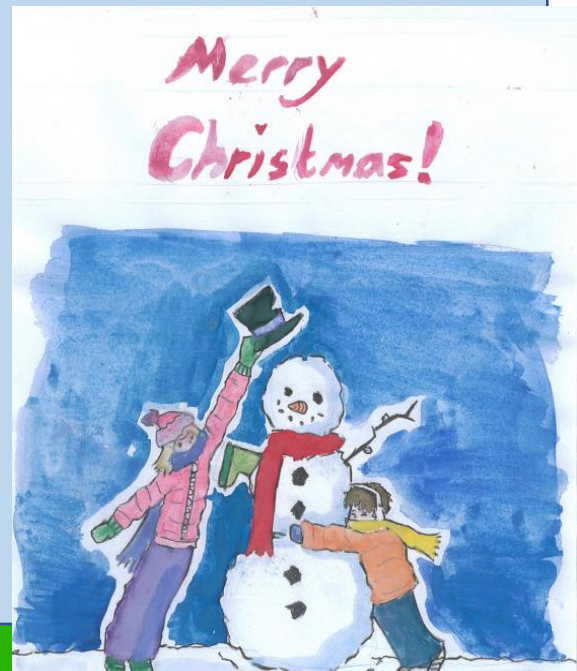


1st place  
Julia Rogozinska – Year 7

2nd place  
Maja Urbanska – Year 8



3rd place  
Gracie Watts – Year 9



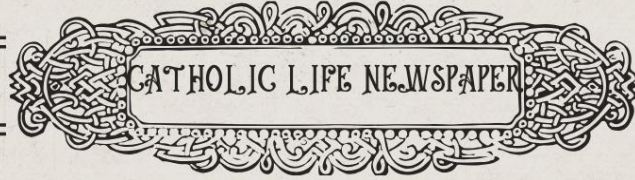
# Community

Our work in the local community and with local organisations continues this term. Our eco group has been working hard on improving the peace orchard and litter picking in the local area. Our Year 7's have been working well with Creative Kindness and our students have made positive contributions at Ashfield Residential Home, working with the residents on crafts. We also have a group working on Operation Stirling with our army instructor.



# Community



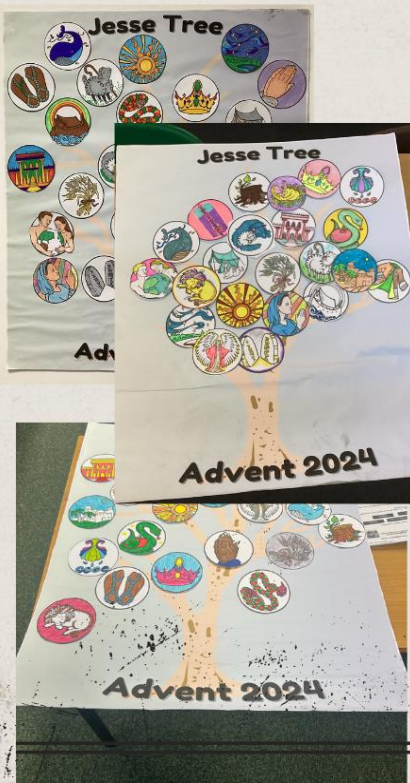


December 2024

# ADVENT

## SACRED TIME - JESSE TREE FOCUS

During Advent the Tutor Groups have been using their prayer to focus on the Jesse Tree. This is an opportunity for students to reflect on the ancestry of Jesus and the Catholic Faith. The Jesse tree focusses on 25 pieces of scripture that outline the history of Jesus' family and the foretelling of the birth of our Saviour. Each tutor has had the opportunity to make a Jesse tree by reflecting on the scripture and decorating the ornaments.



## CHRISTMAS MASSES

Celebrating Christmas at school is always a joyous occasion filled with festive activities and a sense of community. The highlight of the celebration is the whole school taking a walk to Holy Family Church to celebrate mass with Fr. Pat. The mass is the perfect opportunity to give thanks to God for the Term just gone and to really focus on and pray for the events of 2024.



## NON UNIFORM DAY

On the 13th of December our school celebrated non uniform day to help raise money for our school charities.

## FOOD BANK COLLECTION

Every day during Advent, we have been collecting items for the Food Bank. Christmas tunes have blasted the playground to bring real joy to our giving as students helped to fill out donation bins to the brim with food and toiletries.

## CAFOD WORLD GIFTS

In addition to our other charity initiatives tutor groups have challenged themselves to raise money to purchase CAFOD World Gifts. The World Gifts project allows people to donate to developing countries but instead of it being an aimless donation with little clear understanding on the infrastructure being provided it allows you to buy a specific gift such as a well, or a goat, or a beehive. All of these are important pieces of infrastructure needed to support these communities.

WE WOULD LIKE TO WISH OUR WHOLE COMMUNITY A VERY HAPPY AND BLESSED CHRISTMAS. FOR CHRISTMAS MASS TIMES PLEASE FOLLOW THE LINK [HTTPS://COVENTRY-CATHOLICDEANERY.ORG.UK/NEW/ARCHIVE/CHRISTMAS-MASS-AND-PENANCE-SERVICE-TIMES/](https://coventry-catholicdeanery.org.uk/new/archive/christmas-mass-and-penance-service-times/)



# Year 7 – Ms Oakman

What a fantastic first term Year 7 has had! Their exceptional behaviour and positive attitude have been truly commendable. To celebrate their achievements, we held a special rewards assembly last week, where we recognised the hard work and good behaviour of all our Year 7 students. The festivities continued with a wonderful Christmas Carol Concert, where students not only performed beautifully but were also a real credit to the school with their impressive conduct and festive spirit. To wrap up the celebrations, everyone enjoyed a delicious Christmas dinner, complete with all the festive trimmings. As a special treat, all Year 7 students were gifted a selection box to enjoy over the holidays. Well done to all of Year 7 for making such a great start to their time at secondary school!

## Year 7 Excellent Elfs

Xavier	Murdzek	7ECM
Karis-Marie	Docherty	7ECM
Maja	Kisiel	7SBE
Artur	Buinovskyi	7SBE
Omotayo	Fowode	7IVY
Sean	Balais	7IVY
Darcey	Tutchener	7SWN
Johan	Boamanu	7SWN
Kailarni-Ivy	Baker	7OCO

Jacob	Chan	7OCO
Euan	Nowell	7SPR
Jessica	Lee	7SPR
Katie	Needham	7LOR
Jason	Amofah-Badu	7LOR
Iwo	Stolarski	7ABK
Emmanuella	Bello	7ABK
Chidinma	Nnatube	7SLN
Brody	York-Kelly	7SLN

## STAR OF THE HALF TERM

Benicia Godspower-Owhorelu	7ECM
Vanya Chikopa	7ECM



# Year 7 – Ms Oakman





# Year 7 – Ms Oakman

## Year 7 Success



# Year 7 – Christmas Carol

On Wednesday the 11<sup>th</sup> December Year 7 performed in a Christmas spectacle that shall be remembered for some time. Our Christmas Carol Service returned, based on the story of 'The Promise', and our students did themselves proud.

Parents and guests were welcomed into the 'Christmas Courtyard' adorned with twinkly lights; an array of festive refreshments; brass band music and even snow! Nearly 600 visitors settled into their seats for a beautiful interpretation filled with drama, readings, singing and prayer. The year 7s, supported by our school choir, sang the 6 songs angelically filling the Sports Hall with the most beautiful acoustic treat.

A huge thank you to so many of our amazing staff for pulling this event together as well as the attendance and charitable contributions made on the night by parents and wider family members. However, most of all to our amazing students for their superb performance.

Merry Christmas one and all.



# Year 7 – Ms Oakman



# Year 7 – Ms Oakman

## Year 7 Success

Congratulations to the lucky winners of our Mountain Bike Raffle! These students were entered into the draw after achieving an impressive 100% attendance throughout the term. Their commitment and dedication to being present every day were truly outstanding. We're excited to announce that Britney Okorie and Euan Myatt were the fortunate winners and will each be taking home a brand-new mountain bike! A huge well done to all those who worked so hard to maintain perfect attendance – your efforts have certainly paid off. Keep up the great work in the next term!



**100% ATTENDANCE**



# Year 8 – Mr Poole

Welcome everyone, let me be the first to say well done for making it the end of the longest term of the academic year.

This first term of the year has shown all of us as staff, the true greatness of our Year 8. Exceptional behaviour and attitudes have been displayed across the school in all subject areas, which is truly commendable. Year 8 have displayed that they are made for greatness through our tutor led assemblies, high number of ASPIRE points, and all of the incredible talent that is being displayed outside of school; from World Championship level Irish Dancing and Cheerleading, to National writing competitions.

Year 8, we are so proud of you, and we wish you and your families a safe and peaceful Christmas. Our pastoral team are always here to support you if you need anything over the festive period. See you in January!

## Year 8 Successes

### Highest ASPIRE Points

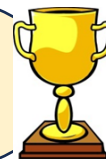
8ANS	566 - Theo Rubin-Staikos
8APP	525 – Carissa Donker
8APT	568 - Noemi Abe
8EHS	1175 - Kanish Uthayasankar
8NSD	607 – Oliver Baugh
8OLT	734 - Wiktoria Tymora
8RAB	532 – Archie McPheators
8SDS	521 - Eden Druse
8SSD	527 – Alexis Mvogo

### MR POOLE'S Top Tutees

8ANS	Hanna Zelazko
8APP	Keith Muigai
8APT	Florence Palmer
8EHS	Callum Tully
8NSD	Elise Tetteh
8OLT	Fariha Ahmed
8RAB	Ella Waterhouse
8SDS	Paula Wegrzyn
8SSD	Nicholas Bujur

## STAR OF THE HALF TERM

Leah Atkins  
and  
Ella Waterhouse





# Year 8 – Mr Poole

## Year 8 Successes



Huge congratulations to Aryan and Alexis for winning this term's 100% attendance competition. Enjoy your new mountain bikes over the Christmas Break.

Well done to Ella and Leah for winning this terms head of year awards. Both of these young ladies have worked incredibly hard both inside and outside of the classroom – fully deserved. We all appreciate your amazing efforts and talents.



Well done Oscar!

Oscar was our STAR reader for the Autumn Term, congratulations again.



# Year 8 – Mr Poole

## Year 8 Successes



Well done to each of you for winning the tutee award for the Autumn term. Fantastic achievement for all of our winners.

Well done to everyone in Year 8 who won a subject award this term! This is an incredible achievement to be nominated and selected out of everyone in the year group.



Congratulations to everyone who has joined the Gold ASPIRE award club! To have attained this achievement in the first term of the academic year is immense. Well done.



# Year 8 – Mr Poole

## Year 8 Successes



Well done to Senan and Maresha for achieving their Bronze ASPIRE awards, you should both be so proud of yourselves.

Huge congratulations to everyone in Year 8 who achieved their headteacher ASPIRE award this term! This is an incredible achievement, well done.



Well done to everyone who achieved their Silver ASPIRE award this term. You're all amazing, well done.



# Year 9 – Mr McLintock

As the festive season approaches, our year group has been bustling with excitement and creativity! We have had a number of extra-curricular and subject based successes. Students have been working hard on their charities to support local families in need, and we encourage everyone to participate in our drives. Let's come together to spread joy and kindness this Christmas. We are so proud of our Year group as always and we wish you and your families a safe and peaceful Christmas. Our pastoral team are always here to support you.



## Year 9 Awards Assembly



CARDINAL  
NEWMAN  
CATHOLIC SCHOOL

*'Occasiones non factum te creare eos'*  
Opportunities do not happen, you create them

# Year 10 – Mrs Eggison

What a start to KS4 for year 10!! This year pupils have started their chosen subjects for 4 GCSE and working towards their qualifications, completing coursework, doing mocks and much more. Hopefully some have started to look at revision timetables, which we will work on with them in the new year. On Friday 13th December, we started the day with our rewards assembly where lots of students picked up many accolades for their ASPIRE points, zero negatives and attendance. All students that had 100% were entered into a prize draw to win a Mountain Bike. A huge well done to Stanley Agyapong & Jesscia Labbett who were this term's winners. This week year 10s have also left the school site to complete school Mass it was a fantastic afternoon to see so many students having fun, with smiles on their faces and taking time out from the busy nature of their GCSE studies. We hope you have a wonderful rest and look forward to seeing you all in the new year.



**Remember P6 attendance for English is fortnightly- 14/11/24 Next session**



Tutor group	ASPIRE Points
10AHR	4905
10AMW	3836
10CHN	4149
10JGD	4515
10LHN	3769
10NML	4413
10NOE	4408
10RCY	4778
10RDS	4743

**Year 10 Attendance and ASPIRE this term**

# Year 11– Mr Abbott

It's been a very busy end to the Autumn term for our Year 11 students. On Monday 9th December, we started the day with our rewards assembly where lots of students picked up many accolades for their ASPIRE points, zero negatives and attendance. All students that had 100% were entered into a prize draw to win a Mountain Bike. A huge well done to Serena Mbaegu & Liam Dunne who were this term's winners. Once the presentations concluded, the Year 11's left the school site on Monday morning to enjoy their Christmas Rewards Trip to either the Cinema or Ice Skating at the Skydome. It was a fantastic morning to see so many students having fun, with smiles on their faces and taking time out from the busy nature of their GCSE studies. Please see the next page for some highlights from the day.



Year 11 In-class assessments for English Lit, Maths, Science & either Geography/History will begin week commencing 6th January 2025.

## Year 11 – 100% Attendance Bike Winners



# Year 11- Christmas Rewards Trip



# Post 16– Miss L Mohan

Futurum incipit hodie non cras- 'The future starts today not tomorrow'

## A special message from our Head Boy and Head Girl.

As we approach the Christmas break, it's the perfect time to reflect on the incredible successes we've already achieved this year. We kicked off the year with a bang at our Sixth Form mixer party, warmly welcoming the new Year 12 students into the Sixth Form family. We also came together to support Macmillan Cancer Support during our Sixth Form coffee morning, where everyone's generosity was truly inspiring.

Recently, our Year 13 students have been jetting off to interviews for Medicine, Dentistry, Veterinary, Physiotherapy, Pharmacology, Oxbridge, and more – a testament to the dedication and hard work they've put in over the past two years.

While we've already had much to celebrate, the academic year is far from over. Let's take this break to rest and recharge, ready to give our best when we return.

Merry Christmas and a Happy New Year!

**Our Sixth form leadership hosted their own MacMillan coffee morning and managed to raise a total of £182.35, which has been sent this afternoon to the charity.**

Year 13 In-class assessments will begin week commencing 6th January 2025.

Futurum incipit hodie non cras- 'The future starts today not tomorrow'





# Post 16 Rewards Assembly

Futurum incipit hodie non cras- 'The future starts today not tomorrow'



Futurum incipit hodie non cras- 'The future starts today not tomorrow'

# Coventry Cup Champions 23-24



You may remember that last year's Y7, Y8 & Y9 Football teams were all Coventry Cup Champions!

As a reward for their great success, they were asked which treat they would like, and the majority vote was a McDonald's. The students were able to come together to celebrate their success and hard work! Well done all!



# Passport to Greatness

Students in Year 7-9 have been working extremely hard on their Passport to Greatness award, which celebrates the contributions that students make outside the classroom. Students' complete activities such as student leadership, extracurricular, inter tutor competitions, choir, reading mentors, community activities, eco group and when they reach 10, 20, 30 activities they are rewarded with a badge and certificate to recognise their efforts. Our winners this term are outlined below. A huge well done! The next set of awards will be given out in February.

	Bronze award	Silver award
Year 7	Ivy Adams 7SPR Emmanuella Bello 7ABK Johan Boamanu 7SWN Isla Bogusz 7OCO Savannah-Rose Burgess 7ABK Emma Carlin 7ECM Marcelina Chabowska 7ECM Lariah Coleman 7OCO Honor-Marie Deanie 7SPR Arjun Gill 7ABK Benicia Godspower-Owhorelu 7ECM Jaden Isaac 7ABK Jamiah Kabongo 7OCO Aoife Kenny 7SPR Carmelita Lokko 7ABK Megan Milbourne 7SPR Xavier Murdzek 7ECM Karolina Poreda 7ABK Precious Sitima 7ABK Iwo Stolarski 7ABK Darcey Tutchener 7SWN	Emmanuella Bello 7ABK Savannah-Rose Burgess 7ABK Meagbn Milbourne 7SPR Karolina Poreda 7ABK Darcey Tutchener 7SWN



# Passport to Greatness

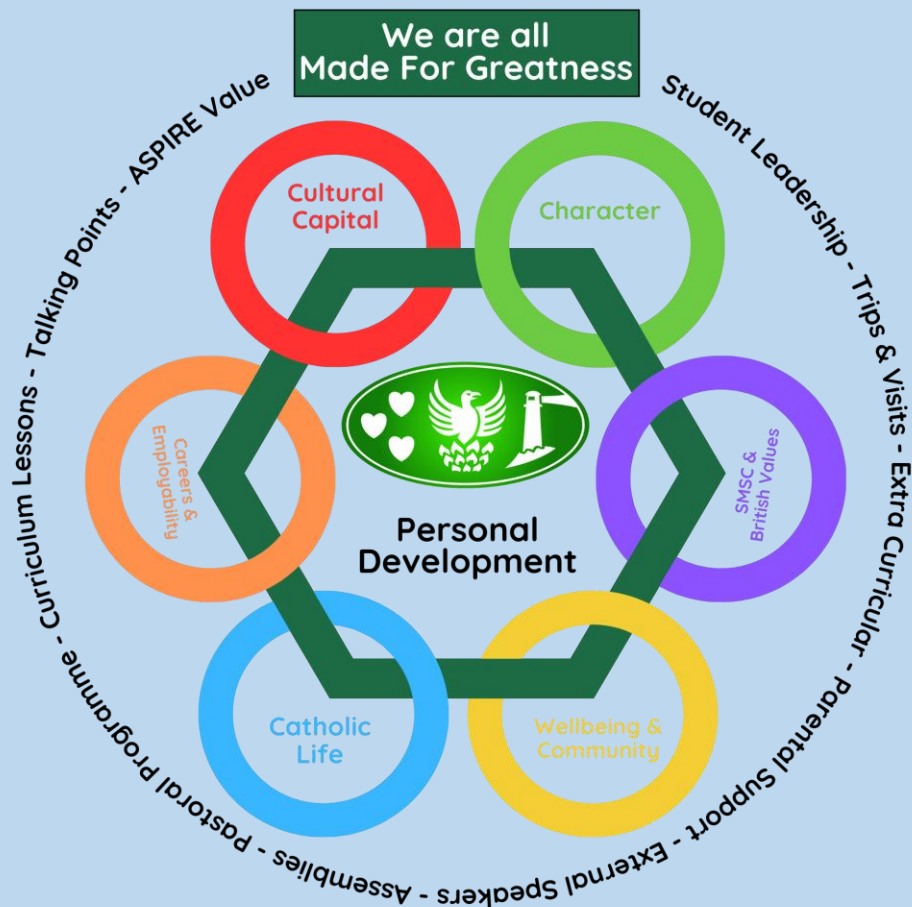
	Bronze award	Silver award	Gold award
Year 8	Felicity Odunsi 8SDS	Lloyd Afrakoma 8OLT Leila Clarke 8OLT Muireann Houston 8APT Nicole Kucharski 8SDS	George Taplin 8RAB
Year 9	Erin Butler 9RKR Sophie Juchniewicz 9SNL Joshua Kapongo 9RKR Jayden Mugabo 9RKR Freddie Wilkes-Spellman 9SNL	Harrison Acton 9SNL Emmanuel Ahaneku-Chinenyeze 9RKR Isabella Aluko 9HSE Geovanny Atiemo 9RKR Bobbie Broughton-Smith 9HSE Alyvia Collins 9HSE Matthan Dervin Fernandes 9LNN Connor Grantham 9RKR Jenson Jones 9RKR Ketan Ketan 9ETN Anabelle McIntosh 9RKR Daniel Mpobi 9RKR Finan O'Brien 9HSE Kamran Palmer 9LNN Caoimhe Skeffington 9RKR Isala Stace 9HSE Arwaa Tahzeem 9LNN Shanel Whent 9LNN	Grace Deavy 9LNN Kitty Sullivan 9SNL



# Passport to Greatness

A huge congratulations to our students who have completed the Passport to Greatness award and will receive a £10 Amazon voucher for their positive contribution to school and their Personal Development:

- Isla Coleman 8APT
- Ava Poole 8SDS
- Wiktoria Tymora 8OLT
- Ella Waterhouse 8RAB
- Roy Zheng 8SDS
- Laviru Jayamanne 9LNN



# ENGLISH

## The Wonderful World of English

### Word of the month:

**Reflection (noun)** - serious and careful thought

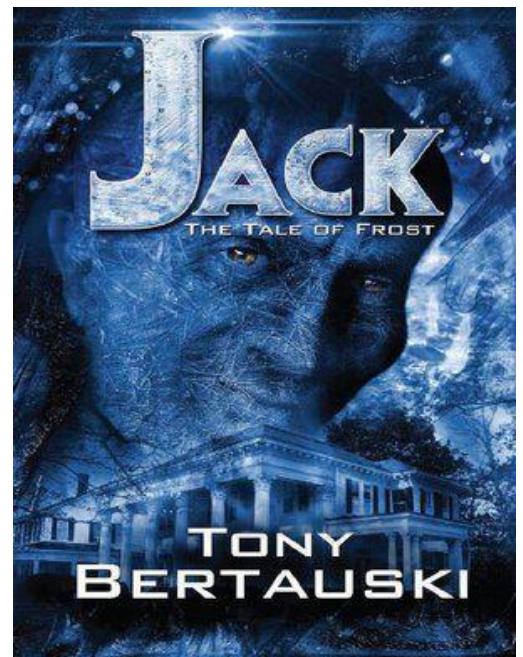
*"Life is only a reflection of what we allow ourselves to see."*

### Book Recommendation

## Jack – The Tale of Frost

By Tony Bertauski

\*available on Sora



### Books worth reading:

KS3: A Wrinkle in Time by Madeleine L'Engle

KS4: The Trial by Franz Kafka

KS5: Labyrinth by Kate Moss

### Quotation of the Week

"Rather than focusing on what is urgent, learn to focus on what is important"

- Stephen Covey



# ENGLISH

## The Wonderful World of English

### Competitions:

**Fight or Flight** | Creative Writing Competition | **Ideal for 11-18**  
**Winter Wonderland 2025** | Poetry Competition | **Ideal for all ages**

**A huge well done to all our students that have won past competitions – names to be announced in the next newsletter!**

### YOUNG WRITERS' CLUB



### Trips to look forward to:

- Wed 5th March (PM) - Y11 – An Inspector Calls – Wolverhampton
- Thurs 27th March (PM) – Catenian Public Speaking Competition (check with your English teacher for details and ClassCharts)
- Thurs 8th May – Y7 – Harry Potter Studios Tour and Creative Writing Lesson
- Tues 1st July – Y8 Shakespeare in Action (R&J)

### Enrichment!

We have lots of exciting opportunities in English this year. So far, our students have been able to do the following:

- Take part in Warwick Transformations Creative Writing Club (Year 7)
  - Watch Aladdin on Ice (Year 9)
- Aim High Writing Event at Sidney Stringer (Year 9)



# ENGLISH

## The Wonderful World of English

Congratulations Arunan who came second place in the Benjamin Zephaniah Future Writers competition!

We are so proud of you!





# MEDIA STUDIES

## KS5 Media – BFI Revision Day 06.12.24

Written by Erin H (Yr13)

With the BFI's analytical and publicity position, A-Level Media students were able to effectively understand the impact of political ideologies, contextual knowledge and relevant theoretical studies on large corporate newspapers. The day was defined as 'impeccably helpful' and 'extremely informative' as we gained further insight into the newspaper/ journalism industry and the power of media representation, covering newspapers outside the curriculum and gaining attentive awareness of potential future exam questions through collective analysis. The interactivity of the event and welcoming atmosphere allowed students to openly explain their interpretations of certain aspects of newspaper articles and images, linking to contextual factors and theoretical implications in the process. Substantially, the active Q&A experience with Guardian columnist and senior editor of diversity and development, Joseph Harker, allowed students to comprehend aspects of newspaper journalism that are underrepresented or isolated from general publication. Overall, the inspiring experience proved significantly beneficial with exam practice and newspaper analysis, making the BFI lecture a 'must-do' event for any aspirational media students.



## Year 10 Media – BBFC Virtual Talk – November 2024

Year 10 Media Studies students had the excellent opportunity of a virtual talk with the BBFC (UK Film Regulators) back in November. Students thoroughly enjoyed learning about the history of the BBFC and why one of their set texts, No Time to Die, received the age rating it did. Students commented on the "great interactivity" of the session, as well as the "depth of examples" that were used to help with their understanding of film regulation.

Students were absolutely brilliant and are now experts of regulation in the film industry!

## Key Dates 2025

Monday 20th January – Yr12/13 BBFC Virtual Talk

Friday 14th March – Year 11 BFI Revision Day (London)

# MEDIA STUDIES

## Stars of the Term

**A huge well done to all of the stars of the term  
for their hard work, dedication and enthusiasm  
in Media!**

**Ruby  
Wainwright  
10b Media**

**Isaac  
Sitima  
10b Media**

**Emilia  
Ciecka  
11a Media**

**Mason  
Druse  
11b Media**

**Lola  
McCabe  
12a Media**

**Kieron  
Hancocks  
12a Media**

**Zach  
McDermott  
13d Media**

**Ange-Oceane  
Doua  
13d Media**



# HISTORY CHALLENGE

## History Challenges



### Quiz

1. Canada has been colonized by which two countries?
2. What year did the Costa Concordia sink?
3. The Isle of Man belonged to which two countries before it came under UK administration in 1765?
4. When did the Japanese military attack the American naval base at Pearl Harbor?
5. What was the date of the Boston Tea Party?
6. What play was Abraham Lincoln watching when he was assassinated?
7. Who was the first US President to appear on television?
8. What became of Marie Antoinette on 17 October 1793?
9. In which year did Adolf Hitler commit suicide?
10. Which British Monarch is said to have been an avid Shakespeare fan?

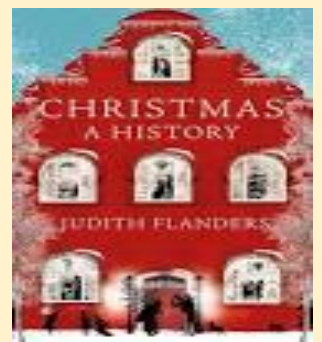
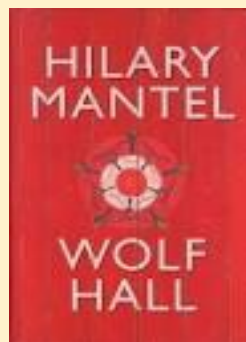
### Who is in the image?



### History Film/TV Programme to watch



### History Book to read



Send all entries to [rhus.davies@cncs.school](mailto:rhus.davies@cncs.school)



# HISTORY STARS



## Mrs Good

Yr7 – Dearbhla Akinyemi  
Yr8 – Lily Thompson  
Yr9 – Josh Nakum  
Y10 – Aleksander Jeszka  
Yr11 – Anmol Qazi  
Yr12 – Niamh Cotterill  
Yr13 – Zach McDermott



## Mr Davies

Yr7 – Vencel Rodrigues  
Yr8 – Scarlett Funnell  
Yr9 – Archie Pearman



## Mr Canning

Yr7 – Maelys Pahile  
Yr8 – Eden Druse  
Yr9 – Alvin Brown  
Y10 – Matti Milner  
Yr11 – Jessica Hearne  
Yr12 – Zuzanna Bodziony  
Yr13 – Erin Healy



## Mrs Norman

Yr7 – Jamie Shaw  
Yr8 – Noemmi Abe  
Yr 9 – AJay MJuhammed



# ART DEPARTMENT

## Year 7 - Drawing Skills



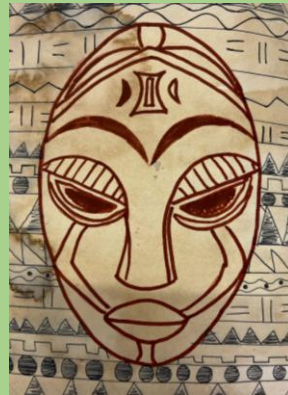
Year 7 have been developing sketching techniques and learning how to apply tonal shading to drawings.

## Year 8 - Cultural Art



The students have been working hard developing drawing, painting and printing skills using colour.

Year 8 have been exploring cultural imagery and masks in Art this term.



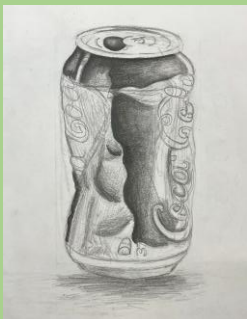
## ANTI-BULLYING WEEK



KS3 students celebrated Anti-Bullying Week in Art lessons creating bunting flags which have been joined and displayed in school.

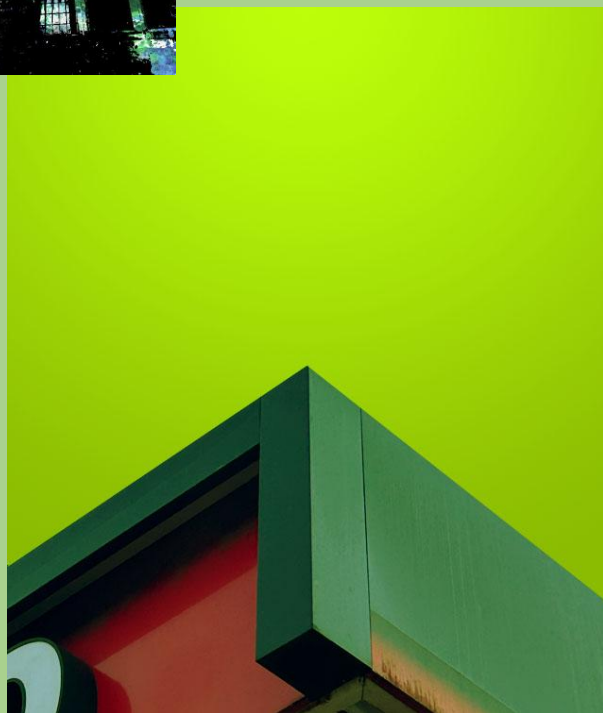
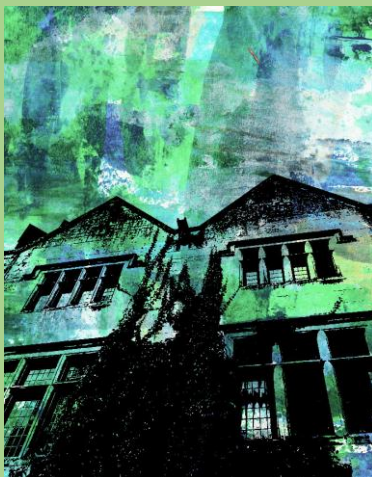
# ART DEPARTMENT

## Year 9 - Junk Food



Year 9 have been exploring drawing, printing and painting skills in their Junk Food project this term. Artists such as Tom Hovey and Andy Warhol have inspired their outcomes.

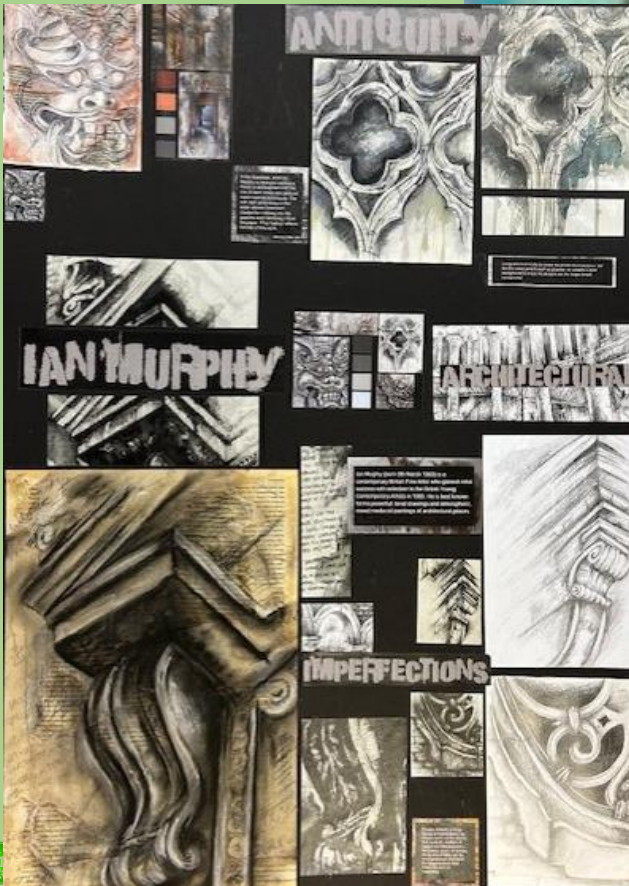
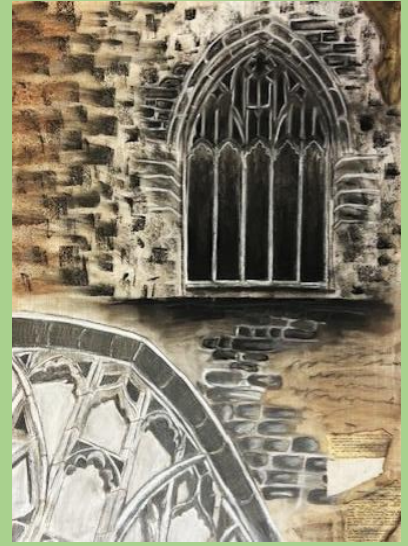
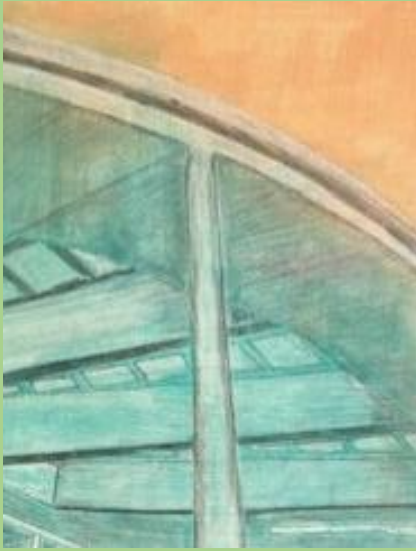
## GCSE Photography



Year 11 Photography students have been exploring a CITY theme and creating some excellent outcomes in response to the artists researched.

# ART DEPARTMENT

## A Level Art Architecture project

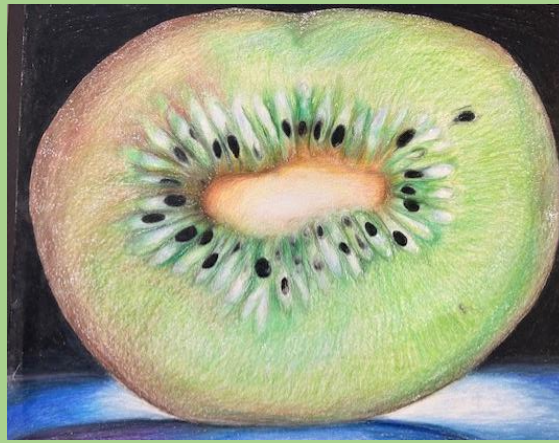


# ART DEPARTMENT

## A-Level Art Still Life project



Year 12 artists have been incredibly busy this term working on an Architecture and Still Life project developing drawing, photography, painting and presentation skills.



## A-Level Photography

### Still Life project

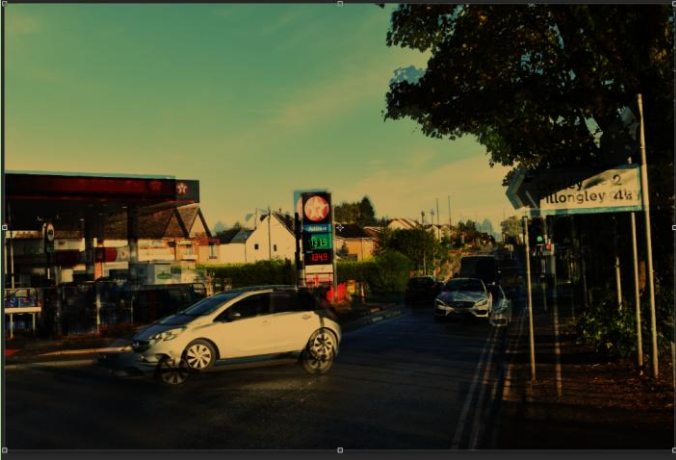
Year 12 Photography students have been developing lighting and camera skills by photographing products in an editorial style.



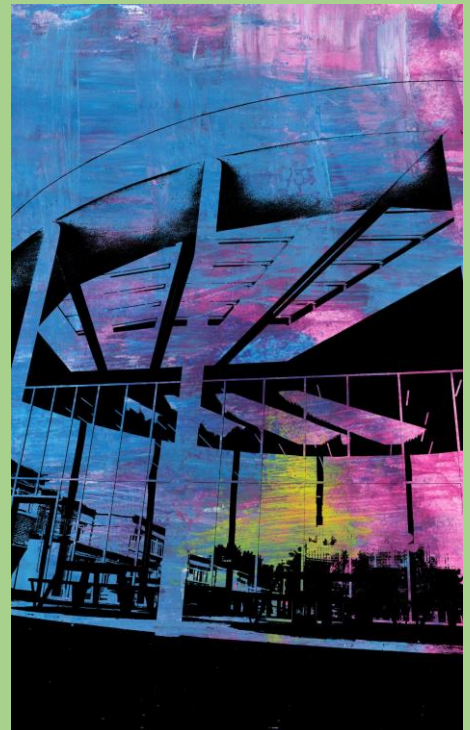


# ART DEPARTMENT

## A-Level Photography Architecture project



Year 12 Photography students have been developing a range of digital editing techniques to explore their Architecture theme. Artists Sven Pfrommer and Stephanie Jung have inspired much of their work.



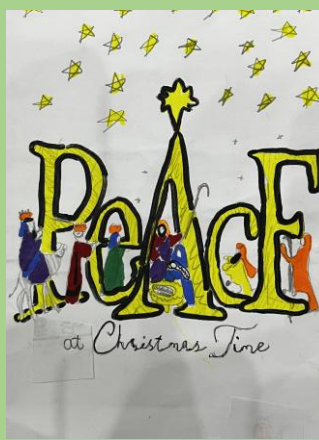
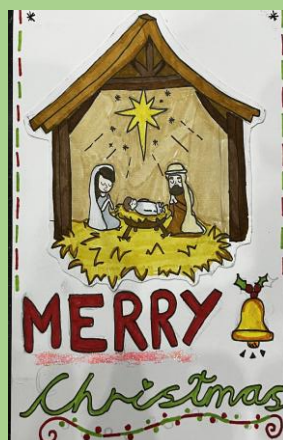
# ART DEPARTMENT

## Christmas Card Competition

Winning Design by Julia Rogozińska 7SBE



### Other Great Entries



# GEOGRAPHY DEPT

## Geography Students Of The Month!



LMR
Nicola Kocanda
Reuben Weir

LEN
Aron Moghos
Dexter Cosby

**Special Nomination:**  
**Isla Shanley** –  
Producing some  
phenomenal extra  
research on  
**Superpowers & The  
BRICS.**



JAT
Franek N
Ruby M

TRD
Hellen Frimpong
Rhys Manning

JGD
Wiktor Pogodzinski
Joe-Tom Nyama

RDS
Jamail Muhammed
Erin Reardon

SSN
Jack Kirby
Grace Hill

JCN
Alexis Mvogo
Mufaro Maharagwe

LNN
Kylan Cruise
Euan Myatt



Year 7 Top 5
1. Nikola P
2. Rithithika S
3. Vanya C
4. Orla B
5. Tilly O'K

Year 8 Top 5
1. Mahamed A
2. Sienna B
3. Declan R
4. Aryan C-K
5. Archie M

Year 9 Top 5
1. Isla S
2. Cameron B
3. Vincent C
4. Jenson J
5. Bruno L

Year 10 Top 5
1. Nicola K
2. Laila M
3. Sharuga U
4. Jacob S
5. Akshika I

Year 11 Top 5
1. Taylor D
2. Maddie P
3. Tiana-Louise W
4. Patrick R
5. Jasmine L

**Year Group Quota – Educake: Sept-Dec (355,000 Completed)**

**Y7:** 38,000

**Y8:** 35,000

**Y9:** 73,000

**Y10:**  
119,000

**Y11:**  
82,000



# CARDINAL NEWMAN CATHOLIC SCHOOL

## PE & Sport Bulletin



### Year 7 Boys Rugby report

Coundon 45 C. Newman 35

Year 7 Boys took on local Rugby rivals Coundon court. Lots of great performances, including some outstanding rugby from Jaden Salotra, Jack Cunningham, Connor Brennan and Cole Russell. This was the first time some of the team had ever played a competitive game of rugby. All the players represented the school perfectly, being great sportsmen and working hard for each other. Lots of lessons learned for the next game against P. Kennedy. Mr Minshull - Head of PE



**Upcoming fixtures:**

P. Kennedy v Cardinal Newman (January 2025 - TBC)



# CARDINAL NEWMAN CATHOLIC SCHOOL

## PE & Sport Bulletin



### Year 7's bow out of ESFA National Cup

Year 7 Boys travelled to Lutterworth, to play Lutterworth Grammar School. Both teams were unbeaten up to that point, so it was a great contest. Unfortunately, injuries and players being un-available really effected the Newman team. Lutterworth took their chances well and punished any mistakes by the Newman defence.

Great effort by all the boys who played, we look forward to the next West Midlands Cup game against local rivals B.Ullathorne, and Grace Academy on 9th Jan 2025 in the Coventry Schools Cup.

### Mr Minshull Head of PE



### Upcoming fixtures:

#### West Midlands cup:

- Bishop Ullathorne v Cardinal Newman (TBC January 2025)

#### Coventry Schools cup:

- Grace Academy (9th January (Thurs) 2025) Confirmed





# CARDINAL NEWMAN CATHOLIC SCHOOL

## Physical Education

### Extra-Curricular Activities

Winter 2024/25

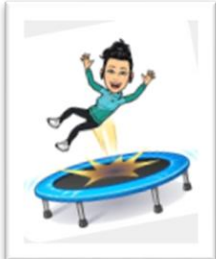


<b>MONDAY</b>	Staff meeting night
<b>TUESDAY</b>	Girls Football (After school - 4.30pm) Badminton (Lunch) KS3 Basketball after school Year 9/10 Rugby after school
<b>WEDNESDAY</b>	Fitness Suite (After school - 4.30pm) Boys Football (After school - 4.30pm) Netball (After school - 4.30pm) Basketball (Lunch)
<b>THURSDAY</b>	Fitness Suite (After school - 4.30pm) Hockey (After school - 4.30pm) Rugby (After school - 4.30pm) Volleyball (Lunch) Basketball KS4
<b>FRIDAY</b>	Weight Training KS4—(Lunch) Trampolining/ Gymnastics (After school) Academic Intervention B013 (3:10-4:30)





# CARDINAL NEWMAN CATHOLIC SCHOOL



## PE & Sport Bulletin



### NETBALL Year 7 & 8



Congratulations to the **Year 7 Netball Team**. We have enjoyed a term to build our team, practise with our All England Coach Millie & advance towards the start of our Coventry Schools League matches.

**We now have a TEAM of 16 regular, committed Netballers.**

**We WON our first match against Caludon Castle – 8 – 2**

**We WON our second match against Stoke Park – 20 – 2**

**We WON our third match against Ernesford, who were unbeaten – 8 – 3.**

I am so proud of this great Year 7 Team – long may it continue.

We hope to win the **U12 League** and the infamous **Year 7 Coventry Schools Netball Tournament**, against all Coventry Schools on our selected day in the New Year.

We'll be ready!

Watch this space!

**Mrs Minshull – PE Teacher**

#### Upcoming fixtures:

December – 18th Year 9 Netball V PK (A)

January - 13th Year 7 & 8 Coundon (A)

February – 3rd U15 Tournament (H)  
27th U13 Tournament (A)

Finham)

March – 14th U12 Netball Tournament (H)

League nights to be arranged

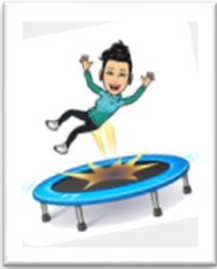


The year 8 Netball team have been seriously depleted with injuries at the start of the season, with key players out. However they managed the first game with a huge win against Caludon (15-1) They continued their unbeaten run with a huge victory of 15-0 against Ernesford grange only playing 3 quarters.

**Miss Laight – HOGirls PE**



# CARDINAL NEWMAN CATHOLIC SCHOOL



## PE & Sport Bulletin



### Year 9 & 11 Netball (and some Dance news)

The year 9 Netball team are also unbeaten currently winning two games and drawing one. With scores of 8-3 against Ernesford Grange, 7-2 against Bishop Ullathorne and 3-3 against Caludon

**Miss Laight**  
**HOGirls PE**



I'm super proud of the **Year 11 Girls** who, despite the pressures of this final year of GCSE studies, they committed to the last Netball Tournament of their years here at CNCS. I took 7 girls and that left no subs and an added pressure to work hard as a team.

We were unbelievable, beating teams we never had in the past. They suddenly saw what was possible...

The **WON!**

They are now Coventry Schools U16 Netball Champions 2024.

**Mrs Minshull – PE Teacher**



**Congratulations to Year 7SBE**

**Thea Klimaite**

TWO medals in her Dance Competition at the weekend. So proud of your success!

#### Upcoming fixtures:

December – 18th Year 9 Netball V PK (A)

January - 13th Year 7 & 8 Coundon (A)

February – 3rd U15 Tournament (H)

27th U13 Tournament (A Finham)

March – 14th U12 Netball Tournament (H)

League nights to be arranged





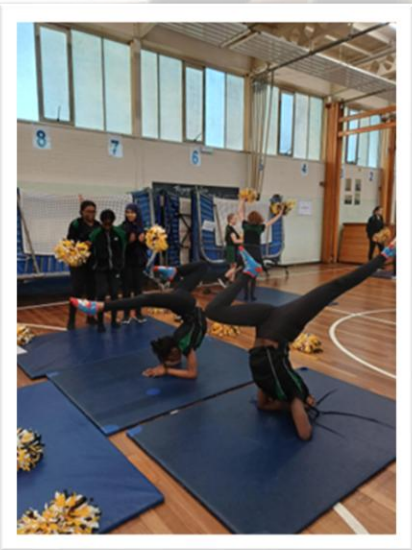
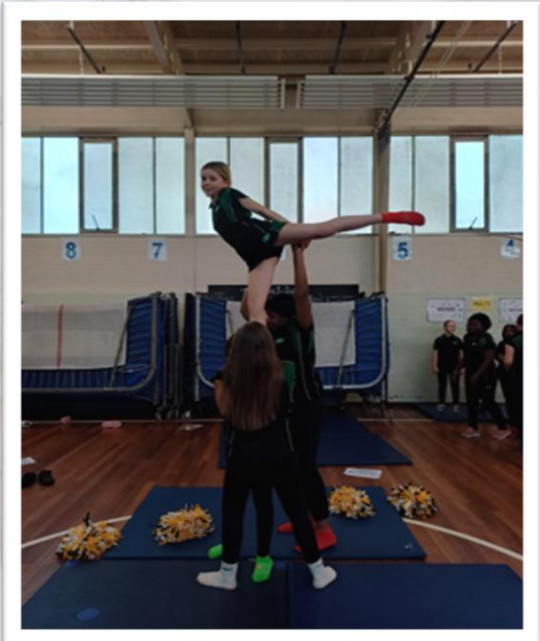
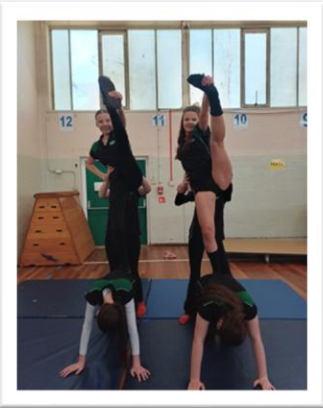
# CARDINAL NEWMAN CATHOLIC SCHOOL



## PE & Sport Bulletin

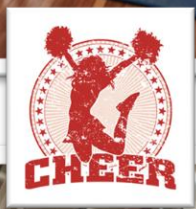


### DANCE SCHEME OF WORK - Cheerleading





# CARDINAL NEWMAN CATHOLIC SCHOOL





# CARDINAL NEWMAN CATHOLIC SCHOOL

PE Department Initiative

## Guest Speaker from .... Warwick Institute of Sport

How do we let our young people know that there is more to PE than learning the complex skills & rules of a game or perfecting the finer details of a specific routine? We are here to EDUCATE. Sport is loved by many to varying degrees & not everyone can be a Champion in their chosen passion.

But are you aware of the multiple careers that exist so that YOU can have a job that links, in some way, to sport?

What educational pathway can YOU choose to further a career of your dreams, using SPORT as a tool to get you there?

Who knew???

So, the PE Department are inviting SPEAKERS into CNCS to talk to YOU about opportunities to use SPORT to get you where you want to be in the future.

Watch this space!!!





# CARDINAL NEWMAN CATHOLIC SCHOOL

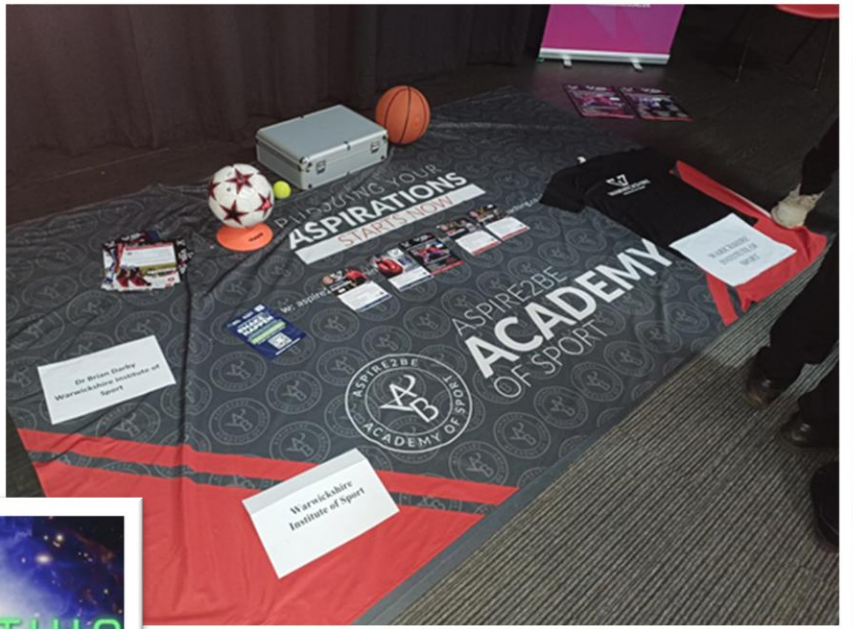
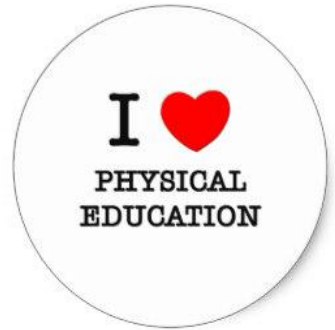
PE Department Initiative

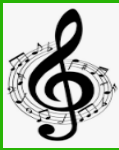
## Guest Speaker from .... Warwick Institute of Sport





# CARDINAL NEWMAN CATHOLIC SCHOOL





# MUSIC



## 'Notes' from the Music Department

### KS3 - What have we learnt in Music this term?

Year 7 – pupils have explored their voices and learnt to play chords and basslines at the Keyboard. Please ask them to play Jingle Bells for you if you have a keyboard or piano at home and sing along.



Year 8 – pupils have been learning about Duets and have explored music from the musicals (Hamilton & Grease), Opera (Carmen) and finally some festive music to see us into the Christmas Holiday.



Year 9 – pupils have selected pathways to create winter and festive raps, soundtracks for Christmas films and have played festive duets.

### Instrumental Lessons @ CNS

We have had a phenomenal response to take up lessons and some pupils are lucky enough to already be receiving tuition.

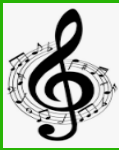
The next round of piano lessons start after Christmas; we had to secure another teacher due to demand.



Drums and Electric Guitar are to follow soon. Watch this space.



All Musical Queries to [Isabel.Veasey@hccmac.co.uk](mailto:Isabel.Veasey@hccmac.co.uk)



# MUSIC



Music we have learnt in class.  
Why not try these at home.

### Chorus

 G E C	 G E C	 G E C	 G E C
 C A F	 G E C	 D B G	 D B G

Yr 7  
Jingle  
Bells

 G E C	 G E C	 G E C	 G E C
 C A F	 G E C	 D B G	 G E C



Yr 8  
'Dat's  
Love'

Musical notation for 'Dat's Love' in 4/4 time. The notation includes a treble clef, a key signature of one flat (Bb), and a common time signature. The notes are: N.C. (No Chords), Dm (D minor), and Gm (G minor). The melody consists of quarter and eighth notes.



# PSHE

## Year 7-13 PSHE Overview – Spring 2.1

Please see below the overview for what students in each year group will be learning about in their PSHE lessons next half-term. Year 7-11 will be learning about topics linked to the theme of 'living in the wider world'. Post-16 students will be learning about RSE (Relationships and Sex Education).

Weekly/Half termly Overview			PSHE Programme 2023-24 (Spring Term)					
Wk Beginning	Term	Calendar week	Year 7 - PSHE (Developing skills and aspirations)	Year 8 - PSHE (Community and Carers)	Year 9 - PSHE (Setting goals)	Year 10 - PSHE (Financial decision making)	Year 11 - PSHE (Next steps)	Year 12/13 - PSHE (Intimate Relationships)
Theme			Living in the Wider World	Living in the Wider World	Living in the Wider World	Living in the Wider World	Living in the Wider World	Relationships (RSE)
06 January 2024	Spring Term 1	16	Understanding Myself - What career might suit you	Have you thought about a career yet?	Showcasing personal strengths online to improve our career choices	What makes a great team player?	What career is best for me?	RSE - Self-Worth
13 January 2024		17	Exploring careers related to your unique interests	Different types of employment, including full-time, part-time	To explore different competencies that are required for the place of work	Risks, consequences and safety of gambling		RSE - Self-Worth
20 January 2024		18	What's your dream job?	Patterns of work - shifts, day/night work	Setting personal targets (SMART)	Skills and attributes for careers and enterprise	Challenges and rewards of the workplace	RSE - Birth Control
27 January 2024		19	What choices do I need to make at the end of Year 9?	How to set aspirational goals for the future?	What are my career pathways beyond Year 11?	Budgeting, savings and debt		RSE - Birth Control
03 February 2024		20	Challenging stereotypes when choosing your career aspirations.	Discrimination within the workplace	What are my GCSE & Post-16 choices?	How to effectively manage a budget?	Preparing for Interviews	RSE - Coercive Control
10 February 2024		21	Working and earning - Managing your money	Developing your leadership skills	How can we manage impulses and influences to gamble?	Protecting your finances		RSE - Coercive Control

## Useful websites & parental support with keeping children safe online:

- [Keeping children safe online | NSPCC](#)
- [learning.nspcc.org.uk/media/1195/positive-parenting.pdf](https://learning.nspcc.org.uk/media/1195/positive-parenting.pdf)
- [Phones - UK Safer Internet Centre](#)





# LIBRARY



## COMPETITIONS



Well done and congratulations goes to our Star Readers from last half term – Vanya (Y7), Vincent (Y8), Bobbie (Y9) and Mati (Y10), Linsey (Y11) and from this half term Ava (Y7), Oscar (Y8), Blanka (Y9), Aysha(Y10) and Sulayman(Y11).

All of these students demonstrated extraordinary perseverance and commitment to their reading. We are incredibly proud of all of them!

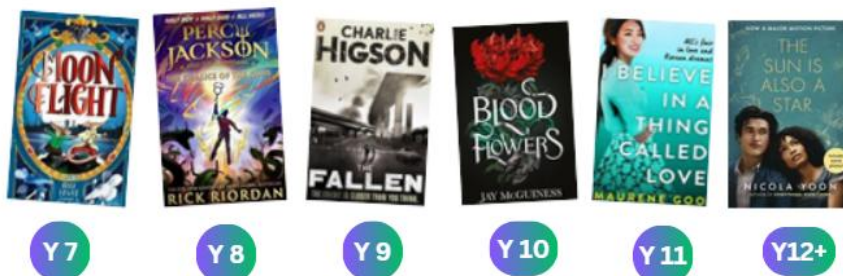
Congratulations to last half term's winner Ellie I in Year 7 and to this half term's winner Logan in Year 7. Both had their raffle tickets pulled out by Mrs. McLachlan -

## BOOK RAFFLE

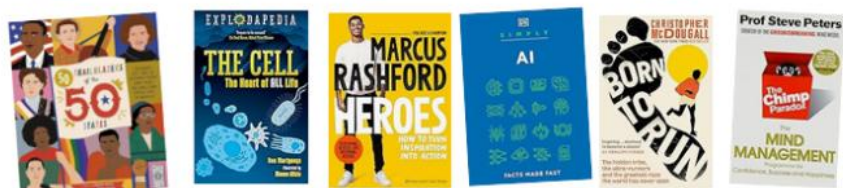
### Year 7 Bookmark Competition

The Library's annual Year 7 Bookmark Competition took place the first half of the Autumn term. During their library lessons students were asked to design a bookmark of their own creation. There were some incredible and imaginative entries which made deciding upon winners very difficult.

We are very happy and proud to announce the winners and runners up and we wish them many congratulations and well done on their amazing designs.



## Recommended Reading



"I will honour Christmas in my heart and try to keep it all the year."— Charles Dickens, *A Christmas Carol*



# LIBRARY – Events

## Welcome to CNCs' new Student Librarians



The library is pleased to welcome the new Student Librarians for this academic year. There was an amazing response, and the library received so many applications that it made the selection process extremely difficult. We are happy to announce that Carmelita, Dian, Megan, Freddie, Cody, Precious, Vanya, Chidinma, Arjun, Emmanuella, Morireoluwa and Sienna have all been successful and have joined the library family. They will volunteer some of their social time and be supported by our Senior Student Librarians, Krzysztof, Ketan and Cole who in turn will be supported by our new Head Student Librarian Lucie. Congratulations everyone and welcome to the CNCs library team!



## Harry Potter Day - 17th October 2024

*Harry Potter Day* was celebrated in the Library on Thursday 17th October. To mark the occasion the Library was decorated with *Harry Potter* themed items including a sorting hat, character posters, spiders sitting on their webs, candles, broomsticks, flying letters and much more. Students were invited to take part in some *Harry Potter* activities such as *Harry Potter* games, puzzles, word searches, code breakers as well as competitions 'Where's Hedwig in the Library?' and a *Harry Potter* quiz for fans of the stories. Copies of the books, including some in French, Spanish and Italian and supporting *Harry Potter* themed books, were on display for students to borrow. In addition, there were prizes for the competition winners and slug sweets, jellybeans and chocolate eggs to enjoy! It was an amazing day, enjoyed by students from all staff!



Matt 'Poetry with Punch' Windle made his annual visit to CNCs and spent the day with Year 7 in the library. During an assembly Matt spoke to the students about his passion for poetry and boxing describing how fortunate he is to do the two things he loves most. He demonstrated his style of poetry, 'spoken word', by creating an on-the-spot poem incorporating some of the students' names.

Workshops were then held throughout the day where some Year 7s were able to explore rhyme and rhythm, with an anti-bullying theme, using their own chosen words to create some amazing poetry – well done Year 7!



# Social Time Activities – Mr Wilson

It has been an excellent term at Cardinal Newman with lots of social time activities. Students have been enjoying the many different provisions we provide as a school which truly shows the many opportunities we provide for our students.

This term students from tutors across all year groups have been enjoying the inter-tutor basketball competition. It has been great to see so many students enjoying a bit of friendly competition and they have been a credit to themselves and their tutors.

Currently leading the way are:



# Social Time Activities – Mr Wilson



## CNCS EAFC 25 Competition

A group of dedicated sixth former volunteers has taken the initiative to run an exciting EAFC 25 program for the entire school. This student-led project brings together players of all ages and skill levels, creating a vibrant and inclusive gaming community. The sixth formers have been organising the tournament, manage the schedule, and ensuring the program is both competitive and fun. Their leadership fosters collaboration, teamwork, and a shared passion for gaming, proving that extracurricular activities can bridge age groups and inspire student engagement. This initiative highlights the creativity and responsibility of our senior students while promoting school-wide camaraderie and how our students go above and beyond

# Social Time Activities – Mr Wilson



# Duke of Edinburgh – Mr Wilson

This term we have been thrilled to launch our Bronze Duke of Edinburgh Award program for our Year 10 students! With 42 students signed up this year, we are incredibly proud of the enthusiasm and commitment shown by our pupils. This is a fantastic opportunity for them to develop valuable skills, take on new challenges, and grow as individuals. We look forward to supporting them on their journey towards achieving this prestigious award!



# Student Leadership

At Cardinal Newman we take Student Leadership seriously. Over the course of this academic year, we have developed the Newman Cabinet with the aim to reflect the democracy of the U.K. within our own school.

The Newman Cabinet is made up of the Prime Minister, Head boy and Head Girl and Deputy Head boy and Deputy Head Girl. The students within the Newman Cabinet work tirelessly to support the school, it's staff and students and have even began engaging in a campaign to increase student attendance!



**Head Girl**

"Voter turnout is very low at the minute, if we can embellish a culture within school that improves this, think about what we can do for society"



**Deputy Head Girl**

"Developing the accessibility of student voice regarding leadership is important"



**Newman Prime Minister**

"We have the momentum now, to change the culture of the school. Encouraging students to take an active part in student leadership"



**Head Boy**

"Utilising the prefects to help operate the lunchtime EC's is a great example of how we can embed a better culture at Newman"



**Deputy Head Boy**

"This is exciting as it is giving students a reason outside of education to come to school"



# Student Leadership

As part of the Student Leadership at Cardinal Newman we have assigned each tutor group their own student council representatives and within each tutor group students have specific leadership roles that support the daily goings on in the classroom. Each Year group were then invited to our first student council meeting, led by Head Boy Sonny Mcgovern. The students discussed the potential problems and benefits of the changes to the earring policy, as well as other means of improving the school environment. As a response to this, we have developed the Newman Eco Team which supports the school's ability to meet the Christian duty of stewardship both within the walls of the school and outside them in the local environment.



# CAREERS

jobcentreplus

Apprenticeships

unifrog

It has been a busy time for Careers with Trips out to the NEC for the School & College Leaver Festival; a trip to MGTS and also CWCT. As well as holding our annual Apprenticeship and College Provider Fair. This is now a key time for Y11 to be applying for their Post 16 destinations. Holding the aforementioned opportunities allowed the students to gain an insight / be inspired / be excited about the future that's now just around the corner. ....



Y11 – utilize the holidays and apply! Refer back to action plans that were sent after your main appointments with Miss Brennan. For further support please email Miss Brennan on [marie.brennan@hccmac.co.uk](mailto:marie.brennan@hccmac.co.uk)

# CAREERS

Miss Brennan took 45 students from Year 11 to The School & College Leaver Festival at the NEC. This was informative and insightful – an ideal platform to focus and apply to Post 16 pathways.



This week a number of our Year 11 visited MGTS in Coventry. Our students were shown around the various elements of learning that take place in MGTS in order to become qualified within their specialized field. The students were able to form a real insight into machinery used in engineering, whilst also learning the process of becoming an Apprentice through them. The feedback I have had had been very positive with some of the students applying straight away to joining MGTS. Striking while the iron whilst is hot is key, as now is the time for Year 11 to be applying for those post 16 pathways.

Miss Brennan took some of our Year 11 out to Coventry & Warwickshire Chamber Training on Wednesday 11th December. Miss Brennan brought the students that had expressed an interest in Early Years Care and Hair & Beauty.

Session 1 -they were getting stuck into crafts and making dough, whilst learning how children learn through play.

The next session was Hairdressing in the live salon they have at CWCT - the students were in pairs at a mirrored station, with a model head and learning how to curl hair and create up-do's. The students found the trip inspiring and are keen to focus on their next steps.



# CNCS – STANDARDS

## NEW TERM – JANUARY 7 2024

As you are aware, we are very proud of our school community and our school uniform. Our expectations are that all students wear full school uniform with pride, every day.

Please ensure that your child is ready for the new academic year on January 7 2024. We will conduct a standards check at tutor time on the first day back and will be in contact with you immediately, if your child is not in full school uniform.

If you require support, please do contact your child's Head of Year or email [cn\\_welfare@hccmac.co.uk](mailto:cn_welfare@hccmac.co.uk) so we can support you.

## STUDENT REQUIREMENTS:

### Uniform:

- Black school shoes. **Trainers**, boots or canvas shoes are not acceptable. School shoes are not made by sports brands.
- Black **tailored** trousers. Jeans, **skinny-fitting trousers** or leggings are not permitted.
- School blazers are compulsory.
- School jumper and tie.
- Black school skirt – must be of an appropriate length for school and pleated.
- Socks should be plain black, white or grey with no branding or adornments e.g. bows.
- Students must wear a black or blue coat, hoodies are not permitted.

### Students must not wear:

- Jewellery – only a watch and a small pair of studs in ears are permitted. Clear retainers must be worn for all other piercings.
- Nail varnish or acrylic nails.
- Bright, unnatural hair colours.

# SEND Parent Information



In Partnership with Coventry SENDIASS  
Coventry Education Psychology Team will be running a FREE session for parents/carers on

## Emotion Coaching

Emotion Coaching is an approach that parents/carers can use with children and young people to support their emotional development.

Research suggests that Emotion Coached children and young people:

- Are more emotionally stable
- Are more resilient
- Achieve more academically in school
- Have fewer behavioural problems

This session will introduce the steps of Emotion Coaching and its scientific basis and will involve practical activities and resource sharing so that parents can begin to use this increasingly popular approach straight after the session.

### 'Live' Virtual Session

(This session will be delivered via Microsoft Teams)

**Thursday 19<sup>th</sup> December 2024**  
**9.30am - 11.30am**

To book a place (and get your link) please contact SENDIASS  
Tel: 024 7669 4307 or email: [iass@coventry.gov.uk](mailto:iass@coventry.gov.uk)

\*Please QUOTE: 'EPS' when booking



## Information Sessions for Warwickshire Parents and Carers

### Courses available online – via Zoom

**Understanding and Supporting Children and Young People with Emotionally Based School Avoidance**  
Thursday 26th September 2024, 9:30 am to 11:30 am

**Understanding Emotion Regulation in School Aged Children**  
Thursday 10th October 2024, 9:30 am to 11:30 am

**Understanding and Supporting Children aged 3-11 Years with Anxiety**  
Thursday 24th October 2024, 9:30 am to 11:30 am

**Understanding and Supporting Children Aged 12+ Years Anxiety**  
Thursday 7th November 2024, 9:30 am to 11:30 am

**Understanding and Supporting School Aged Children Who Self-harm**  
Thursday 21st November 2024, 9:30 am to 11:30 am

**Understanding Sensory Needs in School Aged Children**  
Thursday 5th December 2024, 9:30 am to 11:30 am

**Understanding Low Mood in Children and Young People**  
Thursday 9th January 2025, 9:30 am to 11:30 am

**Understanding Self-esteem in Children and Young People**  
Thursday 10th April 2025, 9:30 am to 11:30 am

Places on our sessions are subject to availability. To book your place please email [risecommunityoffer@covwarkpt.nhs.uk](mailto:risecommunityoffer@covwarkpt.nhs.uk)

Please note: the sessions are available for **Warwickshire residents only.**

Version 2: August 2024  
RISE/PMHS-002



## CASS (Community Autism Support Service)

CASS run a range of sessions for parents and carers including a 'toolbox' workshop series. These sessions are short, 1hr topic-based online sessions for parents, carers and family members of autistic, or undiagnosed autistic, children in Coventry and Warwickshire. The toolbox sessions cover 25+ topics including 'anger and meltdowns', 'school', 'food' and 'friendships'.

Visit the [CASS Eventbrite page](#) for more information and 'what's on!'

# SEND Parent Information

## Useful Links

[Coventry SEND Local Offer](#)

[Independent Provider of Special Education Advice](#)

[CNCS SEN report](#)

[CNCS Curriculum Information](#)

[CASS - Parent Toolboxes](#)

[A 2.5 hr workshop for parents of children with Autism](#)



## School Related Anxiety (after the holidays)

The beginning of a new term, half-term or even a regular Monday morning can be particularly challenging for those struggling with EBSA.

1. Do the walk-throughs and talk-throughs which help to prepare a young person for an upcoming stressful situation. For example, you might talk to them about who is going to be teaching them, look at their new timetable, make sure they know where to put their things, who to go to if they are feeling anxious.
2. Try to create a daily routine. Getting organised the night before gives the message that we expect to be in school. Getting up, dressed, breakfasted, out of the door, arriving at school, and knowing exactly what to do once on site, and then doing it all in the same order, at the same time, creates habits which, over time, reduce anxiety.
3. Wherever possible give your child or young person a sense of power and control – for example you could ask them what they need to help them get into school, or how they would like to be treated if they are late. Working with them to come up with a plan helps them feel more in control which allays anxiety and builds confidence.
4. Does your child have strategies to calm themselves when they are starting to feel overwhelmed, and are these strategies practiced regularly? For example, you could teach them the rectangle technique:
  - o Put both feet on the floor
  - o Spend 20 seconds counting how many rectangles you can see around you
  - o Choose one of the rectangles and start to breathe around it always breathing in on the short sides and out on the long sides.
  - o Keep tracking around the rectangle for as long as you need to.



# WELFARE SUPPORT

## **Cardinal Newman Catholic School Welfare - New Email Address!!!**

We have now updated our welfare email address to reflect that welfare part of the Holy Cross MAC.

If you need any welfare support re school uniform or school shoes, please contact us at the below email address or call.

[cn\\_welfare@hccmac.co.uk](mailto:cn_welfare@hccmac.co.uk)      02476 332382 x 1155

## **Are you in need of support?**

<https://www.coventry.gov.uk/benefits-1/free-school-meals>

If you think that your child might be entitled to receive a free school meal, but you are not currently in receipt of one, please contact us on **our new email address above** and we will see what we can do to support you during this challenging period. Equally, if you are struggling financially and need help with resources, please contact us on [cn\\_welfare@hccmac.co.uk](mailto:cn_welfare@hccmac.co.uk)

## **Coventry City Council**

General Phone enquiries 08085 834333

## **Some Useful Websites**

<https://www.gov.uk/browse/benefits>

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

[Home - Coventry Citizens Advice](#)

## **Unwanted School Uniform – Donations Needed**

We are always grateful for any donations of old school uniform. There are three big recycle bins by the main reception where you can drop off any unwanted school uniform which can then be recycled. These three bins all have brightly coloured lids.

Mrs Tabram manages our school uniform and will arrange for any uniform donations to be cleaned and reused. She will then distribute these items as and when required amongst the school community

# ALUMNI



## CALLING ALL FORMER STUDENTS

**If you are a former student of Cardinal Newman, we want to hear from you!**

Your experiences since leaving school could help to motivate and inspire our current students to feel more confident in making decisions about their future. We'd love you to join our Alumni network and stay connected with the school.

You can choose when and how to help, such as through attending careers events, support with work experience placements, mock interviews, careers assemblies and many more.

We are also looking for past students to join a smaller steering group to support in planning future events.

It doesn't matter when you left us, whether you are in further education or employment, whether you live nearby or have moved further away, there are still ways that you can help!

If you would like further information, then please get in touch. If you would like to join our alumni, please scan the QR code to be added to our database and receive information as to how you can get involved.





# SPOTLIGHT ON SAFEGUARDING

Working together to keep our young people safe  
Secondary | December 2024



In this issue:

- Instagram Teen Accounts
- Gaming streaming sites

## Instagram Teen Accounts

Earlier this year, Instagram introduced a new feature designed specifically for teenagers: the Teen Account. This new account type aims to create a safer, more controlled environment for teens on Instagram, offering parents greater peace of mind about their children's safety while using the platform.

The Teen Account comes with additional privacy protections and safeguards tailored for younger users. These features include limitations on who can interact with teens and enhanced controls over the content that teens can access.

Parents will also have access to specific tools that help them oversee their child's Instagram experience, allowing them to guide and support safe and healthy social media use.

Currently, the Teen Account is available to some users in the United States and the United Kingdom. Instagram plans to expand this feature globally, making it available to all eligible users by early 2025.

## How will Teen Accounts work?

**Private accounts:** Teen Accounts are automatically set to private, meaning only approved followers can see and interact with your teen's posts. Follow requests must be accepted by your teen, ensuring they have control over their connections.

**Message restrictions:** Only those who follow the teen can message them.

**Sensitive content restrictions:** Teen Accounts are automatically set to the highest level of protection against sensitive content. This means your teen will have the most restricted view, helping to ensure they only see age-appropriate content while using Instagram.

**Limited interactions:** Teens can only be tagged or mentioned in posts originating from those who they follow.

**Time limits:** Users are sent notifications after 60 minutes of use each day.

**Sleep mode:** Sleep mode is turned on between 10pm-7am which mutes notifications and sends auto-replies to direct messages.

The supervision feature gives parents more insight and control over their child's account. With this tool, parents can:

- view who their child is chatting with
- set daily time limits
- block Instagram access
- see the topics their child is exploring.

Teen Accounts provide an added layer of protection to help safeguard children online but they are not a guarantee against all online risks. They work best when combined with the active involvement and monitoring of parents. Think of them as a helpful tool to support, not replace, your role in keeping your child safe online.

**3 ways parents can protect their child whilst using Instagram**

- Maintain open communication**  
Regularly discuss online activities with your child. Encourage sharing experiences and asking questions.
- Maintain open access to the account**  
Have access to passwords, regularly view who they are connecting with and the content in their feed.
- Maintain boundaries**  
Encourage balance by setting daily screen time limits and promoting screen-free activities, such as going outdoors, reading, or family games.

**TOP TIP**

Teen Accounts will only be applicable to your child's Instagram profile if they have indicated their age as 13 to 16 years old.

@THE\_ENLIGHTENED\_PARENT

# SPOTLIGHT ON SAFEGUARDING

## Gaming streaming sites

Gaming streaming sites are online platforms that enable users to watch others play video games in real time or view recorded gameplay sessions. Much like tuning into a sports channel to catch a football match, these sites offer the chance to witness games unfold live. This experience can be both entertaining and informative for computer game enthusiasts, as well as for those seeking to gain insights into a game before diving in themselves. It is thought that over 83% of 12-15 year olds play online games, many of them through gaming streaming sites.

Gaming streaming sites are also used to:

**Watch others play:** Viewers can watch players play popular video games in real-time for entertainment purposes.

**Live interaction:** Viewers can chat with the streamer (the person playing the game) and other viewers.

**Learn new games and techniques:** Many viewers watch streams to learn tips and strategies.

Some popular gaming streaming sites are:

**Twitch:** One of the most popular platforms for watching live video game streams. Streamers play games and interact with their viewers. Twitch has channels (separate groups) for nearly every type of game and is popular among younger audiences.

**YouTube Gaming:** A part of YouTube dedicated to gaming content, where viewers can watch live streams or recorded videos. It's similar to Twitch but integrated into the YouTube platform.

**Discord:** Though not a dedicated streaming site, Discord allows communities to stream games privately, often as a social activity among friends.

## RISKS ASSOCIATED WITH GAMING STREAMING SITES

### 1 Inappropriate content:

- bad language
- themes of violence, aggression, or crude humour
- adult discussions and images
- references to drugs and alcohol.

### 2 Unmonitored interactions and cyberbullying:

- chat features allow viewers to interact with streamers and users, risking exposure to inappropriate messages
- the prevalence of negative comments and trolling during streams.

### 3 Potential for grooming:

- predators use platforms to connect with and manipulate children
- some users may pose as friendly, asking personal questions that can lead to children inadvertently sharing private information.

## 4 THINGS PARENTS CAN DO TO PROTECT CHILDREN WHO USE GAMING STREAMING SITES.



# SAFEGUARDING

Mental Health: Young Minds



KEEPING SAFE OVER CHRISTMAS

Kooth: [contact@kooth.com](mailto:contact@kooth.com)



– online support service

NSPCC: 08001111 - childline



Shout: 24/7 text: 85258 (for crisis and emergencies)



Christmas is not always the happiest time for everyone and if you are struggling with:

- Mental Health
- Financial struggles
- Crisis/Emergencies

Over the festive period, there is help available

The police: 999



CARDINAL NEWMAN CATHOLIC SCHOOL



Our school website is very good for links to support with mental health and safeguarding

<https://www.cncs.school/page/?title=Safeguarding&pid=54>



## SIGN POSTING BOOKLET

If you need advice or support regarding any Mental Health worries or other concerns, please click on our Sign Posting Booklet.

- Sign Posting Booklet

## USEFUL LINKS

- NSPCC - <https://www.nspcc.org.uk/keeping-children-safe/>
- Health for Teens - <https://www.healthforteens.co.uk/?location=Coventry>
- Horizon - <https://www.coventry.gov.uk/horizonbeam>
- Positive Youth - <https://positiveyouthfoundation.org/>
- Parent Info - <https://parentinfo.org/>
- West Midlands Police - <https://www.west-midlands.police.uk/>

The school website is very helpful for any links:

Go to main website – [www.cncs.school](http://www.cncs.school)

Click on menu

Then - STUDENT

Then - SAFEGUARDING



CARDINAL NEWMAN CATHOLIC SCHOOL



# SAFEGUARDING

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# 12 Smartphone Online Safety Tips FOR CHILDREN WITH NEW DEVICES

The Christmas season has finally arrived and soon many of you will be opening your presents in the hope that Santa has listened to your request for the latest mobile phone or smart device. Owning a mobile phone can be fun, but it's important to use it safely and responsibly. By following our safety tips below, you can make sure that you set up your phone securely, keep your personal information private and enjoy using your phone in the healthiest way possible.

## 1 ALWAYS SECURE YOUR PHONE WITH A PASSWORD

This will help to keep your private information safe and won't allow others to access your phone without your permission. Make sure your password is memorable and personal to you but something which other people can't guess, and always share it with your parents just in case you forget it.

## 2 DISABLE LOCATION SETTINGS

This can usually be done from the device's privacy control settings. Disabling location settings means that your phone can't be tracked by others and strangers can't tell where you are when you're using it. It also helps to save battery.

## 3 ALWAYS USE A SECURE WIFI NETWORK

When you use your WiFi at home usually it is a secure network that only you and your family know the password to. Public networks, like those in coffee shops, can be accessed by anyone which means that people could potentially hack into your device and access your personal information without you realising.

## 4 ONLY PAIR WITH BLUETOOTH DEVICES YOU KNOW

A Bluetooth connection with another device means that you can send and receive data wirelessly. For example, you could listen to music wirelessly or receive pictures and videos from your friends. However, pairing your phone with a device you don't know means that you could be sharing personal information with a stranger or could leave your device open to receiving viruses.

## 5 ONLY USE APPS WHICH YOU ARE OLD ENOUGH TO USE

Before downloading any new apps, always check the age-rating of the app. If you need help, ask your parent or carer to make sure that the app is safe for you to use and never download anything which you are too young for as it may contain things that aren't safe for you to see.

## 6 BEWARE OF BECOMING ADDICTED TO YOUR PHONE

Your phone can be fun to use and it's easy to become too attached, whether it's keeping in touch with friends, discovering new features or downloading the latest apps. Remember it's always good to talk in person, go out and have fun and get regular exercise. This will keep you fit and healthy and make you appreciate there's more to life than just your mobile phone.

## 7 LIMIT YOUR SCREEN TIME

Using your phone for too long, particularly in the evenings, can make you feel tired at school, affect your concentration and make you lose interest in other things in life. Only use your phone at certain times of the day and don't use it close to bedtime. You can set a 'screen time limit' via the settings on your phone. This will help you stay fit and healthy and means that you will still be able to focus and perform well at school.

## 8 THINK OF OTHERS WHEN TAKING PHOTOS

Don't take embarrassing photos of other people on your phone. If other people get access to the photo and share it with more people, it could make that person really upset and treated as a form of bullying. Always be mindful of the photos you take using your camera and who you share them with.

## 9 MAKE SURE YOUR PARENTS SET UP 'PARENTAL CONTROLS'

This means that you will be able to use your phone safely and securely and won't accidentally do things you shouldn't do. The best time to do this is when you get a new phone or device so that you're protected from the very beginning.

## 10 ALWAYS TALK TO YOUR PARENTS IF YOU DON'T FEEL SAFE

Sometimes, even though your phone is really secure, you might see something you don't like, or someone might contact you who you don't know. If this happens, always tell your trusted adult like your parents, carers, other adult family members or a teacher, all of whom will be able to support you and advise you on what you should do next.

## 11 DON'T TEXT AND WALK

This might seem like a strange thing to say but it can be dangerous to stare at your mobile phone whilst walking outside alongside busy roads or bicycle paths. In some cases, children have been knocked over by cars or cyclists because they haven't been aware of their surroundings whilst texting or playing games on their mobile devices.

## 12 DON'T SHARE YOUR NUMBER OR YOUR DEVICE WITH PEOPLE YOU DON'T KNOW

Never feel pressured into sharing your phone number with people you don't know and don't lend your phone to strangers or keep it where others could get hold of it. Look after your device and always keep it hidden from sight to avoid it being stolen or broken into.

# STAY SAFE ON NEW DEVICES

Whether you're an internet newbie or a pro at surfing the web, it's always important to keep online safety in mind. We've pulled together a list of top tips to make it easier for you to protect yourself and your devices in the digital world - helping you steer clear of hazards like misleading information and vicious viruses. There's never a bad time to refresh your internet safety knowledge, but it's an especially smart thing to do before you start using any shiny new devices!

Be suspicious of new information

SHOW  
RESPECT  
TO OTHERS

TELL A TRUSTED ADULT  
IF SOMETHING UPSETS YOU

DON'T  
CHAT WITH  
STRANGERS

BE HONEST  
WITH PARENTS  
& CARERS

TAKE BREAKS FROM BEING ONLINE

ASK PERMISSION  
before  
downloading  
anything

AVOID SHARING  
PRIVATE PHOTOS

Stick to  
trusted  
apps

TAKE NOTICE  
OF AGE  
RESTRICTIONS

DOUBLE CHECK  
YOUR NEWS  
SOURCES

Don't give away  
personal  
information

NOS  
National  
Online  
Safety®  
#WakeUpWednesday

# SAFEGUARDING

You may be getting a new device over Christmas

Keep yourself safe when you are online:

CONTENT  
CONTACT  
CONDUCT  
COMMERSE

Children can be targeted by criminals

#besafe



## Parents of teenagers – be aware of the dangers of vaping

Socialising over Christmas

When we get together with friends, we sometimes make bad choices.

We have had notification from the police, regarding young people collapsing due to the use illegal vapes

Recently, several children have fainted/collapsed after using illegally bought vapes.

In one case the vape was sent off for testing by Public Health and found to contain Methyl 3, 3-dimethyl-2-1(1-(pent-4-en-1-yl)-1H-indazole-3-carboxamido) butanoate (MDMB-4en-PINACA).

The results show the vape does not contain THC but contained a synthetic cannabinoid, which are used as Spice and Mamba.

The vape that was tested was refillable and the liquid tested was bright yellow.

This has been reported in national newspapers and is happening Country wide.

PC Matt Meade  
Young Persons Officer Education Coordinator



CARDINAL NEWMAN  
CATHOLIC SCHOOL



# SAFEGUARDING

Child Friendly Cov is a commitment that as a whole city to make Coventry the best place in the UK for children and young people to live and grow up. One of the Child Friendly Cov pledges is that all children and young people in Coventry should **'be and feel safe'**. Findings from the One Big Voice Survey which was completed earlier this year with children and young people from across Coventry, identified many primary and secondary aged children and young people, do not feel safe when travelling and walking around the city. As a result, Coventry City Council and West Midlands Police collaborated to create the 'Safe Spaces' initiative.

Safe Spaces are places, spaces, and venues across the city where young people can go if they feel they need support, if their phone needs to be charged, or if their parent/ carer needs to be contacted. All Safe Spaces have completed training and received a Safe Spaces pack, which includes a window sticker to ensure the Safe Space is identifiable.

To raise awareness about Safe Spaces the two videos have been developed, one aimed at young people, and one aimed at parents, carers and professionals. Please help to get the word out about Safe Spaces by sharing these videos far and wide, with the young people you work with, their parents/ carers, with any of your own family or friends who live in Coventry, and with other professionals.

- Young Person Video: [Safe Spaces Video for Young People](#)
- Parent/ Carer and Professional Video: [Safe Spaces Video for Parents, Carers and Professionals](#)
- More information about Safe Spaces can be found on the website: [Safe Spaces — Child Friendly Cov](#)

Finally, if you know of any organisations or venues in Coventry who have not yet signed up to be a Safe Space, please let them know about this initiative, and how they could contribute to supporting young people to feel safe in our city. The Child Friendly Cov Team would be happy to discuss this further with them: [ChildFriendlyCov@coventry.gov.uk](mailto:ChildFriendlyCov@coventry.gov.uk)





# SAFEGUARDING

## Coventry Early Help and Family Hubs



### Here to Help

Early Help is a range of services working together to help children, young people (0 – 19) and their families. We can provide this support through the Family Hubs and within the local community.

We aim to reach children, young people and families when the need first emerges; and to help and support when we can have the greatest impact.



Early Help

0800 8870545

Emergency Duty Team

024 7683 2222

between 5pm – 8.30am and during weekends

Multi-agency Safeguarding Hub MASH

024 7678 8555



[Earlyhelp@coventry.gov.uk](mailto:Earlyhelp@coventry.gov.uk)



[www.coventry.gov.uk/familyhubs](http://www.coventry.gov.uk/familyhubs)

[www.coventry.gov.uk/applyearlyhelp](http://www.coventry.gov.uk/applyearlyhelp)



Find Family Hubs on facebook

The logo for "ONE COVENTRY" features the word "ONE" in large, bold, multi-colored letters (red, green, blue) above the word "COVENTRY" in smaller, blue, capital letters. The logo is set against a white background with a yellow swoosh.

