



The Friday Letter

Dear Parents/Carers,

Health

You may have seen in the news recently that energy drinks have quite rightly received a lot of negative publicity. As a school, we are very much aware that some of our students drink energy drinks throughout the day. Some schools have recently banned these drinks from school. Currently we do not have a ban on these drinks but I want to stress that they are not suitable for students to drink. This week, Mr Dance (Head of Year 10) led an assembly about the dangers of energy drinks with video footage from last weeks 'The One Show'. Below is part of a report taken from the press.

'ANOTHER FORM OF DRUGS'

Government adviser and restaurateur John Vincent recently called for the drinks to be banned in schools - saying the beverages were as harmful as drugs.

He said drinks such as Monster, Red Bull and Relentless - many of which combine up to 13 teaspoons of sugar and 160mg of caffeine (about four times the amount as a can of coke) - make children difficult to control.

Mr Vincent said: 'Energy drinks are effectively another form of drugs. The amount of sugar and caffeine in these drinks is in our view effectively allowing drugs into schools.

'We don't do that and neither do we think that should be part of school life. It has a hugely damaging effect on their ability to concentrate, how they feel and it is having health effects

Currently, manufacturers and retailers have a voluntary ban on the sale of the drinks to under-16s, but there is no law to stop children buying them.

The Food Standards Agency advises that children limit their intake of drinks that are high in caffeine - saying the drinks 'could potentially lead to short-term effects such as increased excitability, irritability, nervousness or anxiety'.



I would also like to mention that it is not suitable for students to come to school with packets of biscuits and eat these throughout the day, especially as an alternative to eating a proper breakfast and lunch.

Please encourage your children to make sensible choices with their food and drink.

Uniform Reminder

Two areas of school uniform which I would like to remind you about are as follows:

- Plain black or white socks OR tights – no patterns or other colours
- No extreme hairdos – e.g. mohicans, buzz cuts, tramlines (including eyebrows, unnatural colours (pinks, blue green!))

STEM Event at Cardinal Wiseman

On Thursday 20th March Cardinal Wiseman played host to the Birmingham Catholic Partnership STEM event, which creates opportunities to engage and inspire young people to pursue careers in Science, Technology, Engineering and Maths fields. Year 8 pupils from Cardinal Wiseman, Archbishop Ilsley, Bishop Walsh, Cardinal Newman, Holy Trinity and St Thomas Aquinas were represented with teams taking part in 3 STEM activities; "Beat the Flood", "Cargo Drop" and "Clever Copters" which challenged the students (and their teachers!) to work together and draw on their subject knowledge.



The pupils were supported by two STEM Ambassadors from the STEMNET programme - the only well-established role model programme in the UK, run by The University of Birmingham. STEM Ambassadors volunteer their time and support to promote STEM subjects to young learners.

Sarah Lay who organises the Catholic Partnership Events said that "We really must say a huge thank you to Miss Garside (Assistant Head Teacher at Cardinal Wiseman) who planned, prepared and pulled together a fantastic event, all of her efforts were greatly appreciated"

"I enjoyed being able to work as a team to create amazing contraptions from different materials. It was a great experience because it taught us how we could work as a team to make cool, amazing things." Lee Bond

"I learnt about how I could use different materials to produce an auto-piloted plane which was a real challenge. Al also learnt how working with other people can lead to many advantages such as working with people from other backgrounds, which helps me to respect them more".

Priscilla Owusu.

Dates for your diary
Week beginning 7 th April - Year 9 Exam Week
14 th – 26 th April. Easter Holidays
27 th April – Summer term starts



Have a good weekend,

Yours sincerely

Christina Stewardson



STAR OF THE WEEK!

Thomas Sullivan (11F)

Working well and achieving a grade C on his current tracking task which is above his target grade in Science.

Nominated by Mrs Garewal



STARS OF THE WEEK!



Pupil	Class	Teacher	Reason
Priscilla Owusu Lee Bond	8w	Mrs Garewal	For general achievement in Year 8 testing and participation in the STEM event.
Liam Poyner Brenna Summerton Arron Harris	9	Mr Poole	Excellent Julian Opie portrait work in Art lessons. Well done.
Ellie Russell	7	Mrs Jenks	Excellent attitude whilst taking part in the resilience group.
Daisy Aigbe Jack Atherley Areej Bibi Petra Chinyere Jake Fumarola Connor Greaney Millie Grigg Emily Howes Thomas Lafferty Maurice Nesbeth Hieu Nguyen Kwame Oteng- Adusei Kane Prigg Jack Steele	9C	Miss Monk	Achieved A* on end of unit Chemistry test. A fantastic effort.
Cameron Smith Luke Hayward Megan Pearsall Tia Barrett	10	Miss E Edwards	Helping me to deliver Year 8 GCSE taster lessons, and conducting themselves in a superb manner. Thank-you!
Panashe Goremusandu Mary-Ann Swoffer	9W	Hannah Clayton	For being wonderfully kind and welcoming to another pupil in their year.
Josh Peralta	10W	Mr Crawford	An excellent response to the character of Romeo in act 1 scene 5.

Sinead Brennan Mollie Cowley Paige Bennett Mary Delaney Sophie Parkes Sam Conway	11S	Mr Crawford	Really hard work this week on the poetry element of the exam.
Casey Prosser Mudaser Latifi Shane Slattery	8Y	Mr Crawford	For supporting their peers really well this week in lessons.
Niamh Desmond	9W	Mr Toms	For a fantastic piece of Spanish homework on “mi casa”. It was artistic, original and most importantly consisted of a comprehensive and accurate description all in Spanish!
Lewis Somers Kieran Clyne	11W	Mr Mulcrow	For maintaining consistently good outcomes in recent assessments, keeping them on track to meet their target grade in RE
Owens Rehbaum Mason Hughes	10S2	Mr Mulcrow	For making incisive and thoughtful contributions to classroom activities and discussion in RE
Grace O’Hanlon	9W	Mr Mulcrow	For contributing incisive observations on the media and community cohesion in RE.
Ramell Talbot	7Y	Mr Kearns	Always trying his best and never giving up in reading. Well done!
Abigail Whyke Amy Bennett Chloe-Louise Hinchley Matthew Fleming Chad Bushell Suraj Kandel Kerry Bowen Chloe Dixon Connie Luong Joshua Macmillan	7C	Miss Hennessy	For working consistently hard in English and showing an enthusiasm towards the subject.
Ellie Crockett Kamel Mellis O’Neil Marner Shannon Smith Jordan Swain Thomas Sullivan Jack Sheppard	11Y	Miss Hennessy	For always working to the best of their ability and for working extremely hard during exam preparation.
Rhonan Crotty	9	Mr Poole	Excellent home work in Art this week!

Caitlin Carpenter Mary Delaney Sam Conway Callum Nally Joseph Hunter Kyle Shepherd	11S	Miss Hennessy	For always being on task and making the most out of their reading time.
Hubertas Varauskas Gaspar Kockanski Jade Taylor Esosa Ilevba Dontay Maragh Ben Stroud Kayleigh Blair Catherine Lillie Ariann Rose Kevin Dyksinski Chris Mokanda	7b DT	Miss E Smith	Excellent work during first Resistant Materials lesson
Billie Macauley Richard Uwagboe Thomas Mcdonald Tylone Nzolani Courtney Harris	8F	Mr Allen	For improving their writing levels in English.
Jake Duffy	9	Mr Crawford	Excellent responses to persuasive adverts in Media studies.
Emily Hastings Ethan Smith Georgia Williams	8C	Mr Gardner	Composing and performing an impressive group rhythm piece in Music
Hanok Tesfay-Gaym	8	Mr Poole	Excellent Mehndi art work.
Billie Macauley	8	Miss Nuttall	Excellent attitude in her circuits lesson this week, showing great progress and all with a massive smile!
10 C/W Reading	10	Miss Nuttall	Great attitude to the DEAR programme, each individual have been very respectful of others in the group!
Joshua Callan	7S	Mr Vince	For achieving 100% in his reading quiz! Superb Josh!
Jade Masefield	8C	Mr Vince	For an outstanding 1 person 4 characters drama!
Hubertas Varanauskas Francine Brennan	7Y	Mrs Ager	For working really hard in English. For using creative language well in English.

Xtavia Howe	11F	Mrs Ager	Excellent attitude to learning in English throughout the week.
Brandon Beeching	11F	Mrs Ager	Focusing on a target area in English and ensuring that it is being addressed successfully.