



The Friday Letter

Dear Parents/Carers,

GCSE exams are now well under way and I am sure that all parents/carers will agree that it can a very stressful time for the child. As a school we have provided many things beyond the normal curriculum to enable our students to be as successful as possible. This includes mentoring sessions, after school and weekend revision sessions, an inspirational motivation day as well as providing a caring staff who have listened carefully to all of the concerns, worries and stresses of our students.

I felt that this was a good opportunity to share some effective ways in which parents can help to make a difference. Even though this information is particularly important for the parents of our current year 11, it is good advice for all parents who have children in education.

Helping your child through exams

Assisting with revision

The secret to doing well in exams lies in planning. You can help your child to create a clear revision plan and method of studying that will make them feel in control of their work.

Tips for revision planning:

- work out a revision timetable for each subject
- break revision time into small chunks: hour-long sessions with short breaks at the end of often work well
- make sure your child has all the essential books and materials
- condense notes onto postcards to act as revision prompts
- buy new stationery, highlighters and pens to make revision more interesting
- go through school notes with your child or listen while they revise a topic
- time your child's attempts at practice papers

Providing all-round support

The best way to support your child during the stress of revision and exams is to make home life as calm and pleasant as possible. It helps if other members of the household are aware that your child may be under pressure and that allowances should be made for this.

If your child is given study leave in the run-up to exams, try to be at home as much as possible so that you can share a break and a chat together.

Make sure there are plenty of healthy snacks in the fridge and try to provide good, nutritious food at regular intervals. Encourage your child to join family meals, even if it's a busy revision day - it's important to have a change of scene and get away from the books and computer for a while. Also encourage your child to take regular exercise. A brisk walk around the block can help clear the mind before the next revision session.

Try not to nag or make too many demands on your child during exam time. Arguments are counter-productive and will only add unnecessary stress.

It's important to get a good night's sleep before an exam, so discourage your child from staying up late

to 'cram'. Make sure he or she eats a good breakfast on the morning of the exam.

Bribes, treats and rewards

Some children are 'bribed' to do well in exams and are offered cash or gifts to achieve good grades. This is not a good idea as it implies that the only worthwhile reward for hard work is money and that you don't trust your child to work hard. Negative messages like these will affect your child's sense of self-worth.

Encourage your child to do well for his or her own sake rather than for money or to please you. Explain that exams aren't an end in themselves but a gateway to the next stage of life - to another Key Stage or to GCSEs, A levels, university, college or work. Good results are themselves the best reward for hard work and will make your child proud of his or her achievements.

Make sure your child knows you're interested in their work and that you'll be proud if they do well. Although bribery isn't advisable, it's fine to provide small treats by way of encouragement - perhaps a piece of cake or some biscuits after a chunk of revision has been completed. The end of exams can be celebrated with a treat that everyone can look forward to, such as a meal out or a trip to the cinema.

Sports Ambassadors

After a difficult choice from many applications, the Sports Ambassadors started their first training session with Mr. Matthews.



Induction took place over two sessions. This included signing contracts and filling in their job requirements as well as having a visit and talk by Mr Mulcrow.

The second session focused on team work and team bonding, finally bringing the team together as one cohesive unit.

The training sessions have been enjoyable and worthwhile with all students bringing different leadership qualities to the team. Look out for these Sporting Leaders of TOMORROW!

Dates for your diary

22nd May – Year 9 Parents' Evening

23rd May – Break for half term.



Have a good weekend,

Yours sincerely

Christina Stewardson



STAR OF THE WEEK!

Jade Masefield (8C) for her excellent attitude to learning and willingness to help others during science lessons.
Nominated by Miss Penn



Student	Class	Staff	Reason
Thomas Lafferty Lucy Burbridge Jordan Booker	9C 8C 8S	Hannah Clayton and Lucy Hurley	For leading assembly at St Margaret Mary Primary School. They led an outstanding assembly and were wonderful representatives of Cardinal Wiseman School.
Thomas McDondald Hayley Arkley Ilana Taylor Morgan Wiggins Corey Arnold	8F 8S 8S 8S 8S	Miss E Smith	Extremely hard work in Resistant Materials and setting an excellent example to the rest of the students.
Berket Mario Alisha McLynn Lukasz Kansik	9F	Mrs S Poxon	For consistently producing work of a very high standard.
Petra Farbarova	8S	Mr Beckett	Performing her '12 bar blues' on the keyboard in front of the class. Excellent and rapid progress.
Jake Billington	10S2	Mr Mulcrow	Continued sustained effort in RE.
All YR11 RE pupils	11	All RE staff	Well done to you all for your dedication and hard work in preparation for your exams. Continue to apply yourselves in all aspect of your lives.
Sadie Clark Jake Duffy Natalie Mieczynska Ellese Malone Demi Hodson Hubert Dabrowski Aimee Baillon	9F	Miss Kharod	Thank you for being so positive towards your learning. You have really helped me settle in at Cardinal Wiseman.
Kevin Igbinomwanhia Jordan McKenzie Tanaka Kutsonga Mary Dosumu Kwame Oteng-Aduse Thomas Lafferty Mary Swoffer Panashe Goremusandu	7W 7S 8W 9C 9W	Miss Kelly	Delivering a fantastic debate with just ten minutes of preparation
Kajal Patel	10c	Miss Mcinerney	Well done for retaking your test to gain a better grade.
Grace O'Hanlon Emmanuel Galloway	Yr 9	Mr Gardner	For getting through to the final of Birmingham Music Service's 'Battle of the Bands 2014'.

Matthew Jeffries Bethany Mallet Joshua Peralta	Yr10		It is the first time students from the school have done this and they will be performing at Queensbridge School on the evening of Monday 30th June - Good luck!
Georgia Williams	8C	Miss O'Connor	Well done on your excellent effort in maths this week and your improved attitude to learning!
Emily Hastings & Jordan Booker	Y8	Dr Beavan	For producing enthralling Home Learning Projects on Tourism in Kenya. Pongezi both!
Charlotte Pearsall, Shanelle Paul & Parmis Hashmezadeh	10 opt1 Geo	Dr Beavan	Superb performance on a challenging 'Population & Settlement' exam. Bravo!
Reece Henderson Lewis Carless	7a PE	Mr Matthews	The students have been superb when starting the athletics summer term, giving great support to peers, leading others and also providing top level question and answer skills! Superb!
Matthew Flemming Bereket Mario Cameron Smith	Sports Ambassadors	Mr Matthews	After a brilliant and exciting start, the students have really focused on the task at hand and excelled at the chances of leading team member! Well Done!
Jordan Booker Yonatan Tiruneh Yves-Moro Zahouo Jonathan Carless Morgan Wiggins Ilana Taylor Charvett Morgan Joshua Callan	8S	Miss Hennessy	For their excellent and interactive speaking and listening presentations in English this week!
Natalie Mieczynska Berket Mario Thembekile Mhlope Kelis Rowe Liam Poyner-Roberts Ellis Truman Jack Leigh Daniel Sahota	9F	Miss Hennessy	For working hard on their poetry assessments this week and producing excellent pieces of written work.
O'Neil Marner Kamel Mellis	11Y	Miss Hennessy	For showing a consistent and sustained maturity towards their GCSE exam preparation.
Clark Tsaty Connor Jeffries Bethany Hewson Jason Cullen Lucy Burbridge	8C	Miss Hennessy	For showing a mature and friendly attitude when working at Maryvale Primary School this week for the English writing project.