

February 2024

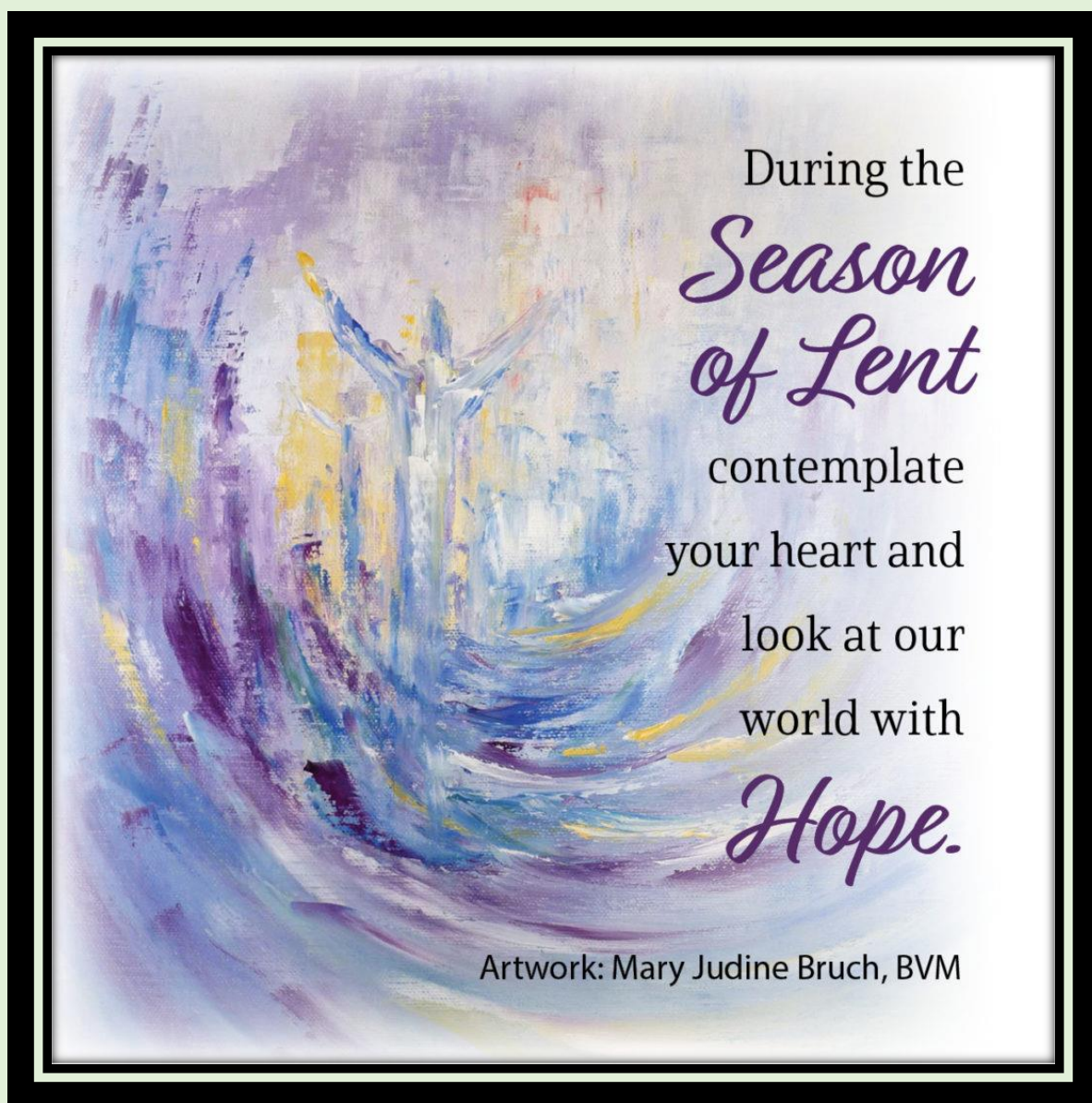


# Cardinal Newman Catholic School



Holy Cross Catholic Multi Academy Company

## NEWSLETTER



During the  
*Season  
of Lent*  
contemplate  
your heart and  
look at our  
world with  
*Hope.*

Artwork: Mary Judine Bruch, BVM

# HEADTEACHER'S MESSAGE

Dear Parent/Carers

We hope you are all well and looking forward to the half term break.

It has been a short half term (5 weeks), however, we have managed to have a full enrichment calendar and students have benefitted from a wide variety of opportunities including:

- Loudmouth Theatre
  - Creative Kindness
- Holocaust witness speakers
- Fantastic Mental Health Week with Positive Young Minds

We are very proud of our student council who have requested consideration for a change in uniform. They have requested permission to wear small single studs in their ears. We are trialing this for the next few weeks. Overall, the students have been very good and have been working within the guidance. The Local Governing Body will make a final decision on 5th March 2024. We will update you of the outcome.

Students return to school on the 20th February and we will launch our charity drives during lent.

Our Parent Council meeting is scheduled for 28th February, if you would be interested in joining please email: [carmel.keane@cncs.school](mailto:carmel.keane@cncs.school)

We wish all our families a safe and happy half term.

# TERM DATES

<u>Term</u>	<u>Term Dates</u>	<u>Teacher Training Days</u>
Autumn 2023	Monday 4 September 2023 to Friday 22 December	Monday 4 September 2023 Friday 29 September 2023 Friday 17 November 2023
(Pupil Days 72) (Total Days 75)	<u>Half Term Break</u> Saturday 28 October to Sunday 5 November  <u>Christmas Holiday</u> Saturday 23 December to Sunday 7 January 2024	
Spring 2024	Monday 8 January 2024 to Friday 22 March	
(Pupil Days 50) (Total Days 50)	<u>Half Term Break</u> Saturday 10 February to Sunday 18 February  <u>Easter Holiday</u> Saturday 23 March to Sunday 7 April	Monday 19 <sup>th</sup> February 2024
Summer 2024	Monday 8 April to Friday 19 July	Friday 28 June 2024
(Pupil Days 68) (Total Days 69)	<u>May Day Holiday</u> Monday 6 May  <u>Half Term Break</u> Saturday 25 May to Sunday 2 June  <u>Summer Holiday</u> Saturday 20 July	
(Pupil Days 190) (Total Days 194)		

# STUDENT LEADERSHIP

Our student leaders have been working hard to make changes within our school.

Our student council representatives recently voted on whether students should be able to wear small studded earrings. They met with Ms O'Connor on Friday 26th January and discussed the rules surrounding it. It was unanimously carried over, meaning that we will trial this rule change for the next five weeks. If students can successfully follow the new expectations, then it will be discussed further at the next Governors meeting and decided upon whether the rule change can be permanently implemented.



Our new form representatives have been recently decided upon for the Spring term. They have begun their roles, such as talking points leaders, pastoral book monitors and sports reps.

Our cultural diversity representatives are busy planning for our upcoming Culture Day in March. More to follow.





# 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.

Newman Alumni Sign up form



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. Email:

[alumni@cncs.school](mailto:alumni@cncs.school)

To sign up and join our Alumni, please scan the QR code above and complete our sign up form. Or click here: <https://forms.office.com/e/wnbU7ceBMD>



# Year 7 – Mr Poole

Happy new year!

We are all very proud of Year 7 and their attitude to school and learning since their return from the Christmas break. Students have been working hard in lessons, and are now preparing for their Spring assessments, which are due to start in the second week back after the February half term. Booklets have been handed out to all students, which should have made their way home to use as a revision tool, to fully prepare for these assessments.

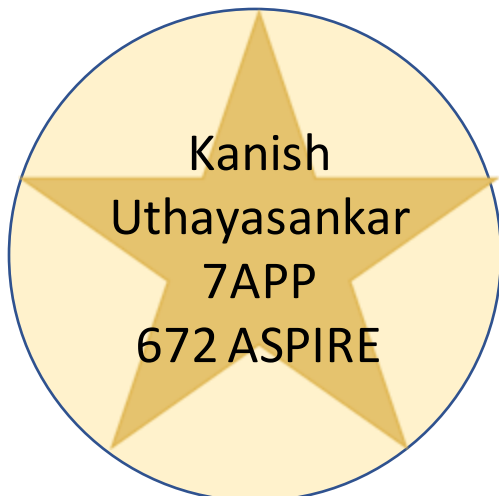
Please remember, if you have any questions or concerns, then please contact your child's tutor or myself and Mrs Perkins, have a great half term break, and remember Year 7 – you are all made for greatness!

## ***Year 7 – Celebrating Success***

Ella Waterhouse – Qualified for the Irish Dancing World Championships

We wish you all the best Ella!

### **Year 7 Top ASPIRE Scorer**



### **Year 7 ASPIRE and Rewards**

7APP	8979
7APT	9224
7CBE	10319
7CTN	7645
7EHS	6240
7HCL	11375
7NSD	7954
7OLT	11916
7RAB	9137



**Top Tutor  
Attendance**



# Year 8 – Mr McLintock

A Happy New Year to all families of Year 8. We are in the middle of a very busy half-term and with the February break approaching, this is a reminder that the Spring Assessments are very close! You will be given booklets to support you with your revision, along with guidance from class teachers. It is important to strive to achieve the very best that you can!

If you have any questions or need any support, please speak to your tutors or Head of Year.

*'Occasiones non factum te creare eos'*

Opportunities do not happen, you create them

## Inter Tutor Standings

### Attendance

8SDS  
97%

### ASPIRE

8SDS  
203

## Year 8 Notice

**Valentines Roses**

Then Year 11's are here to help:

They will be selling single roses outside WA Block Friday 2<sup>nd</sup>, Monday 6<sup>th</sup>, Tuesday 7<sup>th</sup>, Wednesday 8<sup>th</sup> February at break/lunch time for £1.

You can add a message with the rose or just send a rose with no message, you can either add your name or make it anonymous.

These then will get delivered the following week at Tutor Time.

Would you like to gift someone a Rose for valentines day?

- To make someone smile.
- Show them kindness, appreciation.
- Friendship.
- Make someone feel special.
- Random act of kindness.

All profit from the sale of the roses will go towards this years prom.

## Year 8 Stars of the Week

### Tutor group

### Students

8SNL	Alex Burns and Niamh Hogan
8HSE	Finan O'Brien and Lucy Carter
8JMH	Harleen Dehal and Padraig Gallagher
8LNN	Israel Tekle and Gracie Watts
8KJB	Cole Cooper and Jenna Thaker
8SDS	Esme Rochester and Dexter Cosby
8EMY	Niamh Rynne and Briton Dyer
8EWB	Rose Colgan and Jack Kirby
8CRN	Poppy Pittaway and Ashley Ezzati



# Year 9 – Mrs Eggison

Happy new year! We have lots happening this term as we start to approach our options. You will have received a letter home and an information booklet. Please ensure you are reading through this carefully. It is vital we are showing our best selves and adhering to all our school behavior and expectations. Remember if you have any concerns or suggestions, please contact your tutors, myself or Mrs Scanlon. Have an excellent term and be the best you can be, Miss Eggison.



## Tutor attendance (Since September)



## Tutor Aspire (Since September)

9AHR	94%
9ABI	89%
9JGD	92%
9AKY	93%
9LHN	93%
9LMR	93%
9RDS	94%
9MUD	94%
9TGN	95%

Don't forget the tutor group with least negative points wins the top notch tutor trophy and a box of sweets.

9AHR	7310
9ABI	6595
9JGD	8275
9AKY	8882
9LHN	8377
9LMR	9006
9RDS	8283
9MUD	5305
9TGN	6330

'Ex Nihilo nihil fit'



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# Year 10 – Mr Abbott

Welcome back and Happy New Year!

During this half-term, students have already been very busy completing their speaking English assessments. The feedback from Miss Aston (Head of English) has been very positive, and the students done extremely well on topics that interest them. Well Done!

The next round of English mocks are just around the corner. This will take place in the morning of Thursday 8th February. Students have received their revision booklets already in assembly and are expected to revise. Students are advised to be revising a minimum of 2/3 hours per day. Please support your child in ensuring they are revising at home. Attendance over the mock exam season will be vital.



## **Best Tutor Attendance** **10AMY – 95.55%**



### **Tutor Attendance –** **since 5th Sept**

<b>10AMY</b>	<b>95.55</b>
10CML	89.64
10EBG	89.2
10CPE	88.96
10CHT	88.34
10NSI	87.92
10SWN	86.65
10NOE	86.35
10ABK	83.84

### **Total Tutor ASPIRE** **points – since 5th Sept**

<b>10CML</b>	<b>7705</b>
10EBG	7043
10CHT	6226
10CPE	4906
10SWN	4904
10NSI	4771
10ABK	4746
10NOE	4723
10AMY	4334



# CATHOLIC LIFE

## Chaplaincy @CNCS

### Chaplaincy Reps

Alfie the Lay chaplain has been doing some training with our Tutor Chaplaincy reps. We are teaching them how to maintaining their own prayer spaces in their tutor rooms and taking a lead on prayer during tutor time. We are doing this to prepare for Lent and the focus that Pope Francis has called upon the worldwide Church to make this the 'Year of Prayer'.

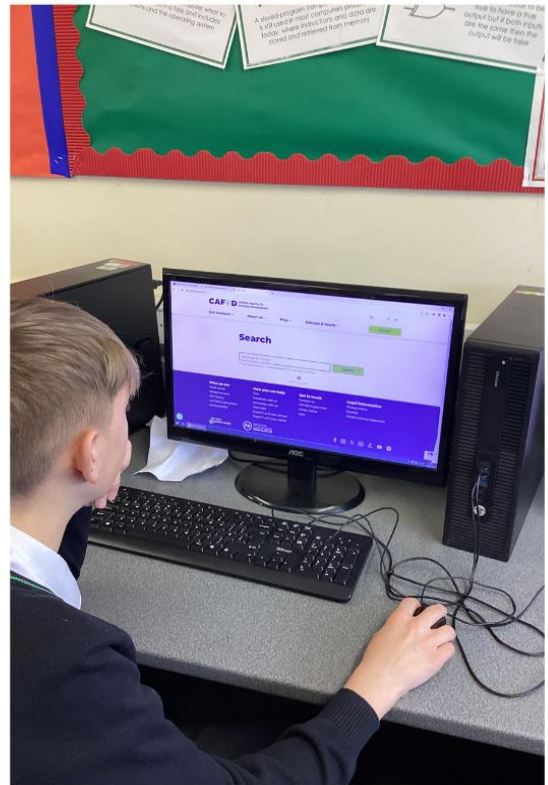


A photo of a prayer space made by one of the students.

### Year 8 Masses

We are working with our Priest Chaplain Fr Pat to have masses with year 8 classes as they are currently focusing on the mass in their RE lessons. We are hoping that they will be able to use this special mass to deepen their understanding of the mass.

Photos of students taking action against the refugee crisis



### Refugee Action

As part of our Live Simply award CNCS has ran a series of sessions with various classes getting them involved in campaign action. Focusing on the Refugee crisis we have been educating about the problems with the Refugee crisis within the UK asking students to take action in writing letters to the government to show their opinions.

### Lourdes Group

We have 20 students and 5 staff attending the Diocesan Pilgrimage to Lourdes this year! We will be out and about trying to fundraise as much as possible to help get us to the Grotto! If you can help in anyway please let us know.



# Year 11– Duke of Edinburgh

Congratulations to our Year 11 students who recently passed their Bronze Duke of Edinburgh award. Students have worked hard over the past 9 months, completing their skills, physical and volunteering sections. On the weekend of the 7th July 2023, students also participated in the expedition element of the award, walking from Warwick University to Hatton, camping and cooking their own food, students then walked back the next day.

**CONGRATULATIONS to those students who passed!**



# Year 11– Miss H Oakman

## Mock Exams

Mock exams are due to start 5th February 2024. The students will receive their revision booklets in Assembly this coming Friday. Students are advised to be revising a minimum of 2/3 hours per day. All homework during the mock season will be tailored towards revision. The students have been instructed during lessons this week on how to revise for each subject. Please support your child in ensuring they are revising at home. Attendance over the mock exam season will be vital.

Cardinal Newman  
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Year 11  
Mock Examinations 2024



	Year 11 Mock Exam Timetable					
	Period 1	Period 2	Period 3		Period 4	Period 5
<b>Monday</b> 5 <sup>th</sup> February B	<b>English Literature</b> – Macbeth and Poetry Anthology (2 hours)			<b>Lunch</b>	<b>Maths Paper 1</b> (1 hour 30 mins)	
Y11 Normal Lesson	A/B - English	A – English   B - RE	A – RE   B - Maths		A – Maths   B - Humanities	A/B – Block B
<b>Tuesday</b> 6 <sup>th</sup> February B	<b>Chemistry Paper 1</b> (1 hour 45 mins)			<b>Lunch</b>	<b>Business Paper 1</b> (1 hour 30 mins)	
Y11 Normal Lesson	A – Maths   B - Humanities	A – RE   B - Maths	A – Science   B - English		A – Science   B – English	A – PE   B – Science
<b>Wednesday</b> 7 <sup>th</sup> February B	<b>History Paper 1</b> (2 hours) <b>Geography Paper 2</b> (1 hour 30 mins)			<b>Lunch</b>	<b>Media Component 1</b> (1 hour 30 mins) <b>Comp Sci Paper 1</b> (1 hour 30 mins) <b>Music</b> (1 hour and 20 mins) <b>GCSE PE</b> (1 hour and 15 mins)	
Y11 Normal Lesson	A – Science   B – Maths	A – Maths   B - Science	A/B - English		A – Humanities   B - PE	A/B – Block A
<b>Thursday</b> 8 <sup>th</sup> February B	<b>Resit English Language</b> – Component 1 (1 hour 45 mins)			<b>Lunch</b>	<b>Maths Paper 2</b> (1 hour 30 mins)	
Y11 Normal Lesson	A – Humanities   B - Maths	A/B – Block B	A/B – Block A		A – English   B - Science	A – English   B - RE
<b>Friday</b> 9 <sup>th</sup> February B	<b>Spanish Writing</b> (F 1 hour/H 1 hour 15 mins) <b>French Writing</b> (F 1 hour/H 1 hour 15 mins)			<b>Lunch</b>	<b>RE Paper 3 - Judaism</b> (1 hour)	
Y11 Normal Lesson	A – Maths   B - Humanities	A – PE   B - Science	A – Humanities   B - Science		A – Science   B - RE	A – RE   B - PE



# Year 11– Miss H Oakman

	Year 11 Mock Exam Timetable					
	Period 1	Period 2	Period 3		Period 4	Period 5
Tuesday 20 <sup>th</sup> February A	Physics Paper 1 (1 hour 45 mins)			Lunch	Timbers (1 hour 45 mins) Media Component 2 (50 mins) Computer Science Paper 2 (1 hour 30 mins)	
Y11 Normal Lesson	A – Maths   B - RE	A – Science   B - Maths	A/B – Block B		A – PE   B - English	A – English   B - Science
Wednesday 21 <sup>st</sup> February A	Business Paper 2 (1 hour) Drama 1h 40 Food Technology (1 hour 45 mins) BTEC Sport (1 hour)			Lunch	Geography Paper 3 (1 hour 30 mins)	
Y11 Normal Lesson	A – Science   B - Maths	A – Maths   B - Science	A – English   B - Science		A – Humanities   B - PE	A/B – Block A
Thursday 22 <sup>nd</sup> February A	Spanish Reading and Listening (in class – p1, p2, break and p3) French Reading and Listening (in class – p1, p2, break and p3)			Lunch	Maths Paper 3 (1 hour 30 mins)	
Y11 Normal Lesson	A – Humanities   B - Maths	A/B – Block A	A/B – Block A		A – English   B - Science	A – Science   B - PE
Friday 23 <sup>rd</sup> February A	Science Practical Morning (3 hours in labs)			Lunch	7 students – Business Paper 2 3 students – BTEC Sport 5 students – Timbers 6 students – Computer Science <i>Those with an exam clash on Tues PM/Weds AM will sit their second option examination in this session</i>	
Y11 Normal Lesson	A – Maths   B - Science	A – Science   B - Humanities	A – Science   B - Humanities		A – PE   B - RE	A – RE   B - English

## Cardinal Newman Catholic School

Holy Cross Catholic Multi Academy Company

## Year 11 Mock Examinations 2024



For a guide on how and what to revise please refer to the revision booklet. This has been posted home, handed out and is on classcharts.



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# Post 16– Miss L Mohan

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

Welcome back and Happy New Year!

This term has been an extremely busy one already with the Y13 Assessments, more excellent offers being received from UCAS and students participating in a PSHE workshop.

For Y13, the next lot of mocks are round the corner. Students have been given a mock preparation booklet in order to prepare for this and these will be taking place from Monday 5th- Friday 23rd February. Y12 Assessments will also be held from Monday 26th February- 8th March. Please support in ensuring revision is taking place at home. Attendance over the mock season will be vital.

	Year 13 Mock Examinations					
	Period 1	Period 2	Period 3		Period 4	Period 5
Monday 5 <sup>th</sup> February B	Media Paper 1 (2 hours 15 minutes) Sociology Paper 2 (2 hours)			Lunch	English Lang and Lit Paper 1 (2 hours 30 minutes) English Literature Paper 1 (2 hours 15 minutes) Chemistry Paper 1 (2 hours) Product Design Paper 1 (1 hour 30 minutes)	
Y13 Normal Lesson	Block A	Block A	Block A		Block B	Block B
Tuesday 6 <sup>th</sup> February B				Lunch	Physics Paper 1 (2 hours) Religious Studies Paper 1 (2 hours) Business Paper 1 (2 hours)	
Y13 Normal Lesson	Block E	Block E	Block E		Block C	Block C
Wednesday 7 <sup>th</sup> February B	Psychology Paper 1 (2 hours)			Lunch	Biology Paper 1 (2 hours)	
Y13 Normal Lesson	Block D	Block D	Block D		Block E	Block E
Thursday 8 <sup>th</sup> February B	English Literature Paper 2 (1 hour 15 minutes)			Lunch	Maths Paper 1 (2 hours) Law Paper 1 (2 hours 15 minutes)	
Y13 Normal Lesson	Block B	Block B	Block B		Block A	Block A
Friday 9 <sup>th</sup> February B	Religious Studies Paper 2 (2 hours)			Lunch	Further Maths Paper 1 (2 hours) History Paper 1 (2 hours 30 minutes)	
Y13 Normal Lesson	Block C	Block C	Block C		Block D	Block D

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

# Post 16– Miss L Mohan

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

	Year 13 Mock Examinations					
	Period 1	Period 2	Period 3		Period 4	Period 5
<b>Tuesday</b> 20 <sup>th</sup> February A	<b>Biology</b> Paper 2 (2 hours)			<b>Lunch</b>	<b>Physics</b> Paper 2 (2 hours) <b>Business</b> Paper 2 (2 hours)	
Y13 Normal Lesson	Block E	Block E	Block E		Block C	Block C
<b>Wednesday</b> 21 <sup>st</sup> February A	<b>Psychology</b> Paper 2 (2 hours) <b>History</b> Paper 2 (2 hours 30 minutes)			<b>Lunch</b>	<b>Biology</b> Paper 3 (2 hours)	
Y13 Normal Lesson	Block D	Block D	Block D		Block E	Block E
<b>Thursday</b> 22 <sup>nd</sup> February A	<b>English Literature</b> Paper 3 (2 hour 15 minutes) <b>English Language and Literature</b> Paper 2 (2 hours 30 minutes) <b>Chemistry</b> Paper 2 (2 hours) <b>Product Design</b> Paper 2 (1 hour 45 minutes)			<b>Lunch</b>	<b>Maths</b> Paper 2 (2 hours) <b>Law</b> Paper 2 (1 hour 30 minutes) <b>Media</b> Paper 2 (2 hours 30 minutes) <b>Sociology</b> Paper 3 (2 hours)	
Y13 Normal Lesson	Block B	Block B	Block B		Block A	Block A
<b>Friday</b> 23 <sup>rd</sup> February A				<b>Lunch</b>	<b>Further Maths</b> Paper 2 (2 hours) <b>Psychology</b> Paper 3 (1 hour)	
Y13 Normal Lesson	Block C	Block C	Block C		Block D	Block D

## Important Dates

31st January- UCAS deadline

5th February- National Apprenticeship Week

5th February- 23rd February- Y13 Mocks

9th February- Spring Half Term

26th February- 8th March- Y12 Assessments

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

# Post 16– Miss L Mohan

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

On Monday 22nd January, The Loudmouth Theatre company visited school. Students observed an hour dramatic performance that focused on severe key issues such as abuse. Each student then participated in a 30-minute workshop where they discussed the issues raised in the play. All students were fantastic and there was powerful discussions that we will continue to build on in our pastoral programme. Students discussed concepts surrounding misogyny and control in relationships.



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

# Social Time – Mr Wilson

## Extra Curricular Spring Timetable



### CNCS – Extracurricular Opportunities – Spring Term



Monday	Where	When?	Who?
<b>Library Club – All Years</b>	Library	8:00-8:30am	Library Staff
Games Club	AYo8	Lunch	Anti-bullying Ambassadors
Chapel Relaxation	Chapel	Lunch	AMN
Library Study, Games and Activities	Library	Break/Lunch	Library Staff
Drama Club (Week A only)	CD04	Lunch	LHN
SSC Club	SSC	Lunch	TAs
Inter tutor competition – Year 7	Sports Hall	Lunch	SWN/6th Formers
Book/Film Club	LF10	Lunch	NAN
Y11 Revision	Library	After school	Library Staff
Fitness suite	Fitness suite	After school	PE staff/6th Formers

Tuesday	Where	When?	Who?
<b>Library – All Years</b>	Library	8:00-8:30am	Library Staff
Games Club	AYo8	Lunch	Anti-bullying Ambassadors
Library Study, Games and Activities	Library	Break/Lunch	Library Staff
Trampoline Club	Gym	Lunch	PE staff
Rudminton	Sports Hall	Lunch	PE staff
Careers Session (Y7/8/9)	WA23	Lunch	MBN
Chapel Relaxation	Chapel	Lunch	AMN
SSC Club	SSC	Lunch	TAs
Book/Film Club	LF10	Lunch	NAN
Fitness suite	Fitness suite	After School	PE Staff/6th Formers
Girls football	PE	After school	PE staff
Y11 Revision	Library	After school	TAs

Wednesday	Where	When?	Who?
<b>Library Club – All Years</b>	Library	8:00-8:30am	Library Staff
Games Club	AYo8	Lunch	Anti-bullying Ambassadors
Warwick Transformations Creative Writing Club	LF11	Lunch	English Staff
Library Study, Games and Activities	Library	Break/Lunch	Library Staff
Basketball	Sports hall	Lunch	PE staff
Origami Mania	AYo5	Lunch	AMY
Vibezzz	CD	Lunch	Rae
Study Area	Library	Lunch	Library Staff
Inter tutor competition – Year 9	Sports Hall	Lunch	SWN/6th Formers
SSC Club	SSC	Lunch	TAs
Chapel Relaxation	Chapel	Lunch	AMN
Book/Film Club	LF04	Lunch	NAN
Football	PE	After School	PE Staff
STEM Club	DV46	After School	MUD
Lego Robotics/Computing Club	LM11	After School	ASW
Netball	PE	After School	PE Staff
Y11 Revision	Library	After school	TAs

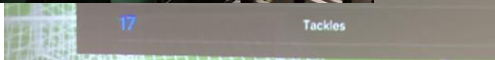
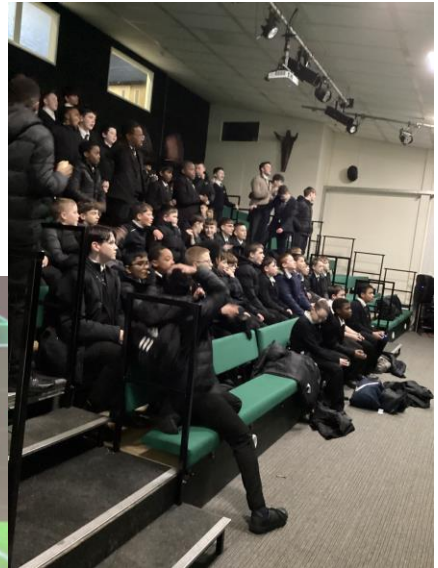
Thursday	Where	When?	Who?
<b>Library Club – All Years</b>	Library	8:00-8:30am	Library Staff
Lego Robotics/Computing Club	LM11	Lunch	ASW
Games Club	AYo8	Lunch	Anti-bullying Ambassadors
Careers Session	WA23	Lunch	MEN
Library Study, Games and Activities	Library	Break/Lunch	Library Staff
SSC Club	SSC	Lunch	TAs
Choir	CD14	Lunch	SES
Inter tutor competition – Year 10	Sports Hall	Lunch	SWN/6th Formers
Book/Film Club	LF10	Lunch	NAN
Chapel Relaxation	Chapel	Lunch	AMN
Hockey	PE	After School	OLT
Lego Robotics/Computing Club	LM11	After School	ASW
Rugby	PE	After School	PE Staff
Y11 Revision	Library	After school	Library Staff

Friday	Where	When?	Who?
<b>Library Club – All Years</b>	Library	8:00-8:30am	Library Staff
Games Club	AYo8	Lunch	Anti-bullying Ambassadors
Library Study, Games and Activities	Library	Break/Lunch	Library Staff
Drama Club (Week B only)	CD04	Lunch	LHN
Mindfulness	Chapel	Lunch	AMN
Inter tutor competition – Year 8	Sports Hall	Lunch	SWN/6th Formers
SSC Club	SSC	Lunch	TAs
Weight training (KS4)	Fitness suite	Lunch	PE staff
Book/Film Club	LF04	Lunch	NAN
GCSE/BTEC/PE catch up club	BO13	After school	PE staff



# Social Time – Mr Wilson

Over the past term, the sixth form volunteer team have been doing an excellent job in running a whole school FIFA tournament. The final which was held in the CDT theatre saw Y7s Kai B and Joshua M take on the Y8 pair of Calvin D and Briton D. It was a thrilling encounter and all students who came to support enjoyed the game. A big well done goes to Calvin D and Briton D who can now crown themselves champions of CNCS.





# PSHE



Children's Mental Health Week is a mental health awareness week that empowers, equips and gives a voice to all children and young people in the UK. As a school, we will be taking part to raise awareness of children's mental health and around this year's theme of 'My Voice Matters'.

During this week, students will have assemblies, PSHE lessons and an external talk on a range of different topics around children's mental health such internet safety, National Day of Zero Tolerance of FGM and Safeguarding.

Check out some 'TOP TIPS' below to support parents/carers who want to talk to their child about mental health.

<https://www.childrensmen talhealthweek.org.uk/families/>

## Are you a parent or carer who wants to talk to your child about mental health?

### Here's what children and young people told us they need from you:

- ① We don't need to have 'one-off conversations about our mental health' – sometimes a chat on a journey or at bedtime is enough.
- ② I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say, without interrupting me.
- ③ Please listen to me carefully and acknowledge how I am feeling – it might seem silly to you but what I am going through is important to me.
- ④ Playing with pets can make me feel better. Same with playing football, basketball or whatever type of sport I am into.
- ⑤ Don't compare my experiences to your own when you were a child.
- ⑥ Sometimes I just need you to listen and hear what I'm saying – I don't always need answers (or lectures)
- ⑦ Please don't worry about trying to fix things for me – I often just need to know you are there for me and understand what I am going through.
- ⑧ If you are open with me about your feelings, this can help me to be more open about mine.
- ⑨ Sometimes I don't want to talk. Please trust that I will come to you (or another grown-up or someone my own age) when I'm ready. Sometimes it's easier for me to talk to someone nearer my own age – my siblings, cousins, friends, younger teachers at school - because they 'get it'.
- ⑩ Sometimes a hug is all it takes to make me feel supported.



### WHAT MATTERS TO YOU? CREATIVE VIDEO ACTIVITIES FOR FAMILIES

These wellbeing activities can help children and young people think about and share what matters to them.

🔗 For primary children: [bit.ly/3PzCGi8](https://bit.ly/3PzCGi8)

🔗 For secondary children: [bit.ly/3LBD2wk](https://bit.ly/3LBD2wk)

# TALKING POINTS

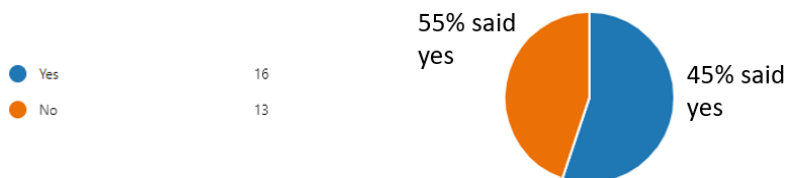
Each fortnight, during tutor time, students are given a current topic to debate and discuss. At the end of the session students also vote on the topic. The most recent talking point was: **Should Primary Schools teach students to brush their teeth?**

Students discussed the topic as a group and looked at the evidence for both sides of the argument. The results can be found below.

It also gave students time to consider their own oral health and the impacts of not having good oral hygiene.

More help and guidance is detailed below.

## The results:



	Yes	No
Year 7-9 results	40%	60%
Year 10 to Post 16 results	71%	29%



## Help and guidance on oral hygiene:

If you require any further support on oral hygiene, please visit

<https://www.nhs.uk/live-well/healthy-teeth-and-gums/taking-care-of-childrens-teeth/>



# Community events



## Litter picking

## Creative Kindness



## Cultural Diversity event planning



## Residential home letters





# ENGLISH

## The Wonderful World of English

### Word of the month: Intentional

*adjective*

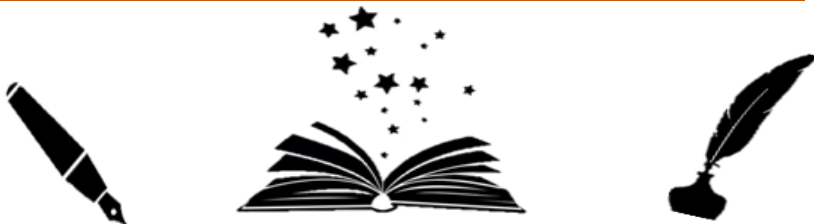
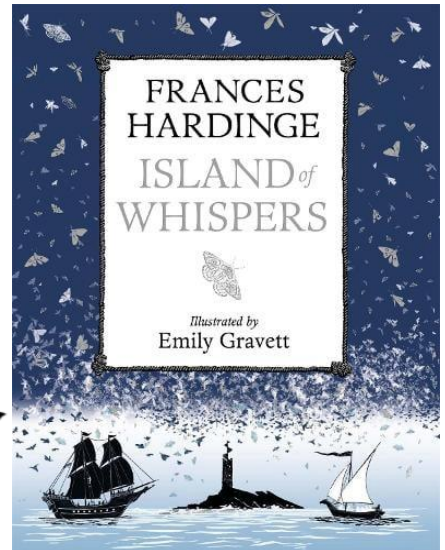
done on purpose; deliberate.

To be **Intentional** means making deliberate choices to reflect what is most important to us. Becoming intentional can help us maintain a positive mindset, reach goals, experience more clarity, and be more present. It can also increase our focus and commitment and bring more purpose and meaning to our lives.

### Book Recommendation

#### Island of Whispers By Frances Hardinge

"A fabulously eerie tale that boldly confronts mortality.. the stunning illustrations by Emily Gravett cleverly capture the narrative's haunting mood.. the book is deceptively multi-layered" - *The Telegraph*



### **Books worth reading:**

#### The Mindfulness Journal for Teens: Prompts and Practices to Help You Stay Cool, Calm, and Present

by Jennie Marie Battistin

### Quotation of the Week

*The mind is everything.*

*What you think you*  
*become.*

**Buddha**



# ENGLISH

## Congratulations Year 10!

A huge well done to our Year 10 students for completing their **Speaking and Listening Language GCSE** endorsement! We appreciated your preparation and research, variety of topics and interests, as well as presentation!

Topics ranged from: space, social media impacts on teenagers' lives, global warming, society's implied bias on living environment, stereotyping, so on, proving the engagement and hard work that went into preparing for this!



## English GCSE Exam dates reminder:

Exam	Date
<b><u>English Literature (Eduqas) Component 1</u></b> Macbeth and Poetry Anthology 2 h	Monday 13 May
<b><u>English Literature (Eduqas) Component 2</u></b> An Inspector Calls, A Christmas Carol and Unseen Poetry 2h 30m	Monday 20 May
<b><u>English Language (Eduqas) Component 1</u></b> 20th Century Fiction and Narrative Writing 1h 45m	Thursday 23 May
<b><u>English Language (Eduqas) Component 2</u></b> 19th and 21st Century Non-Fiction and Transactional writing 2h	Thursday 6 June







# Science

## STEM Club



Ever wished your science class was all about fun experiments? If your answer is “yes” Join the STEM Club!

STEM covers Science, Technology, Engineering, and Maths—all of those skills you can get/ improve in there.

So far, the club has done: Bath bombs, flame tests, building bridges, dissection and so much more is to come!

Everyone is welcome there, and you should join the club as you will have a brilliant time.

*Reviews from the students*

“Run by the students for the students”

“You can study science beyond the curriculum”

“It’s very scientific”

“Fun place to hung out with friends”



**Follow us on Twitter @ScienceCncs**



# HISTORY CHALLENGE

History Challenge: who is the person from the past?

Quote from the person

*If we open a quarrel  
between the past and the  
present, we shall find that  
we have lost the future.*

Key event the person was  
involved in

World War Two, 1939-1945

Key words connected to the person

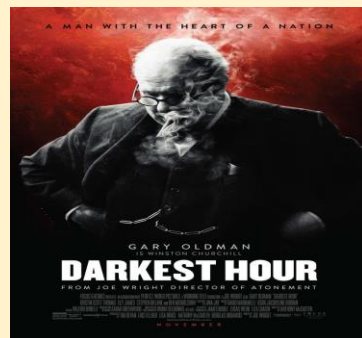
Never Give up



Place connected to the  
person



History to watch connected  
to the person



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



# HISTORY STARS



## **Mrs Good**

Yr7 – Chris Mwangi  
Yr8 – Yuvraj Garchay  
Yr9 – Kriya Bakhshi  
Yr10 – Nishi Nakum  
Yr11 – Enya Browne  
Yr12 – Zach McDermott  
Yr13 – Edwin Barry



## **Mr Davies**

Yr7 – Lucia Andrade  
Yr8 – Alexa Carey  
Yr9 – Emilia Kocur  
Yr10 – Alfie Lenton  
Yr11 – Keegan Hunter



## **Mr Canning**

Y7: Duke Mbah  
Y8: Alvin Brown  
Y9: Rose Magee  
Y10: Nella Zima  
Y11: Margarita Nasibova  
Y12: Tyrese Walsh  
Y13: Liberty Smith



## **Mrs Norman**

Y7 - Rylie Mulligan  
Y8 - Connor Grantham  
Y9 - Divina Kasham



# GEOGRAPHY DEPT



## Geography Geniuses



## Of The Fortnight!



### Special Nomination:

Amelia Phillips –  
Showing fantastic  
resilience in GCSE  
Geography.

## TOP EDUCAKE SCORES – HOME LEARNING

YEAR 7 – Cole  
Ledwidge!

YEAR 8 - Daniel  
Jackson!

YEAR 9 –  
Kaiden  
Ledwidge.

YEAR 10 –  
Mary Grace  
Berry.

YEAR 11 – Ayva  
Ledwidge!

## Geography - Take Your Learning Further

**Y7** – Begin to create a cross comparison of the desert, tropical rainforest and coral reef biomes.

**Y9** – Create flash cards to contrast the impacts and preparation of Hurricane Katrina & Typhoon Haiyan.

**Y11** - Y11 Mock Revision – Complete assigned 4/8 markers preparing for case studies.

**Y8** – Look into the worst natural disasters in history, such as Chile, Japan, Indonesia and USA.

**Y10** - Begin to research in preparation for your Birmingham fieldtrip about the differences across the city.

Any completed pieces, please bring to Mr Miller in WA12. Aspire points and potentially prizes can be acquired depending on the efforts placed into your task!



## Extra-Curricular Activities

Team Minshull



Well done to the year 11 football team for reaching the quarter final of the midland cup- beating Willenhall Academy, Wasall on penalties (4-3) They are also through to the quarter final of the Telegraph cup against Kenilworth on Tuesday 6th February and through to the Coventry Cup quarter finals against Cardinal Wiseman at Cardinal Newman on Tuesday 27th February.



# PHYSICAL EDUCATION DEPT

## Extra-Curricular Activities

Team Laight



### Year 7 Netball

The year 7 netball team have braved some very bad weather this term!

The year 7's are flying in their netball league. Unbeaten so far, and most recent results are a 2-0 win against Finham man of the match Hannie and a massive 8-0 win against Foxford man of the match Coragh.

These were huge results without our shooting duo Konnie and Kyla, Hannie and Coragh stepped up to shoot!

Final matches before the tournament coming up!

Year 8 have league matches starting this week and flowing into next term! We wish them all the best!

### Key dates:

5th February – Year 10 Tournament at Bablake

7th February – Year 7&8 league night at home

29th February – Year 8 Tournament at Finham

7th March – Year 7 Tournament at CNCS

The KS3 girl football team played very well narrowly losing to a strong Wood Green team in the last 16 of the Coventry Cup. This team have come on from strength to strength and look forward to seeing their progression next year!

# SEND INFORMATION



**If your child is on our SEND register, they have an updated Learning Plan for this academic year.**

You should have received a code to access Edukey, this system enables staff to have plans that are live. The code provides parents with the opportunity to review plans at any time. Other opportunities to review these plans are provided via appointments with the SENCO or Provisions manager at parents evening and at designated year group coffee mornings and twilight sessions. The Year 7 Twilight session was held on January 24th. Once your child's plan is reviewed and updated it is shared with your child's subject teachers.



## **Who do you contact if you have concerns?**

Remember your first contact is with your child's tutor, this is the best persons as they check in with your child four times a week. You can also contact year leaders and if there is a query that requires SEND expertise then you can contact the SEND team. Quite often we will need time to gather further information with the class teachers and professionals. This is part of the Graduated Approach in the SEN Code of Practice. This typically takes around 2-4 weeks. We can then plan next steps for your child. Sometimes this means they go onto the SEND Register. Sometimes it means that they continue to be monitored and we continue to review their needs. To discuss assessment of needs or a new diagnosis contact:

[Helen.Ruddy@cncs.school](mailto:Helen.Ruddy@cncs.school) - SENCO

[Lydia.Norman@cncs.school](mailto:Lydia.Norman@cncs.school)- Assistant SENCO

[Julie.Helliwell@cncs.school](mailto:Julie.Helliwell@cncs.school) - SEND Provisions Manager

Remember that details of our school SEND offer can be found on the website in the SEND information report. <https://www.cncs.school/attachments/download.asp?file=1315>

# SEND INFORMATION

ThisMayHelp

NHS

THIS MAY HELP is a website for parents and carers who have concerns about their child's mental health.

Topics covered include:  
**self-harm, gaming and online activity eating disorders, school avoidance, understanding mental health, online threats, building rapport, building resilience, building a support network, self-care tips, managing an emergency, managing in a crisis, and preparing for a children and adolescent mental health services (CAMHS) appointment.**

You can access it at <https://thismayhelp.me/>

## Coventry's Special Educational Needs and Disability (SEND) Local Offer

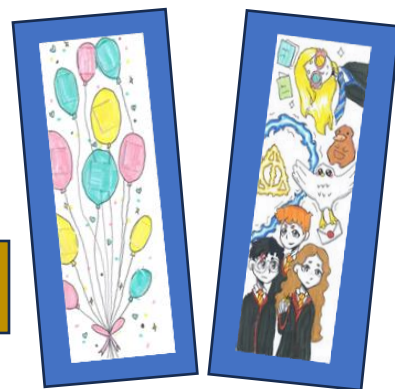
Home | Children and families | Special educational needs and disabilities | Coventry's Special Educational Needs and Disability (SEND) Local Offer



# LIBRARY

Happy  
New Year!

Congratulations and well done to Gracie W (Year 7) and Gracie W (Year 8) who are this year's Bookmark Competition winners.



## Book Raffle & Christmas Quiz Competition

Congratulations to last half term's winner Sharan (Y10) whose lucky ticket was pulled out the last week of term and also to Aoife (Y9) who won the Christmas Quiz prize. Well done both!



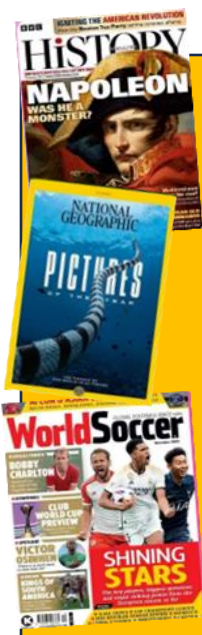
## STAR READER Competition



Congratulations and well done to last half term's Star Reader winners: Duke (Y7), Kaylum (Y8), Sarah Ade (Y9), Jamie (Y10) and Luca (Y11).

## SORA READING APP

The Sora Reading App now has over 400 magazines as part of its collection. Log on using your CNCS details to [www.soraapp.com](http://www.soraapp.com) to see the variety available.



## LIBRARY NEWSLETTER

The third issue of the newsletter has now been sent out to students. Please have a look to see all the latest news from the library.



## RECOMMENDED READING – Spring 2.1

Year 7 – *Dragon Mountain*– Katie & Kevin Tsang

Year 8 – *Fight Back*– A M Dassu

Year 9 – *Game Over: Rise of the Riad Mob*–  
M J Sullivan

Year 10 – *A Poem for Every Winter Day* –  
Ed. Allie Esiri

Year 11 – *Macbeth (Graphic Novel)*– W Shakespeare

Post 16 – *The Great Philosophers* –S Law





# CAREERS

jobcentreplus



## **Unifrog - what character are you?!**

Have you taken the Personality Quiz on Unifrog?

It will tell you whether you are a Dreamer; a Helper; a Thinker or a Doer! And then it will highlight career pathways that suit you. We all have some of these characteristics, however Unifrog tell us which one of these comes across as the strongest one. This is a fun quiz – not set in stone – but a great way to get an *indication* of the type of career paths that suit you.

## **Careers Library – Unifrog**

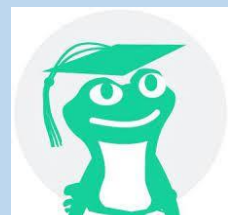
Some of you may know *what* you want to do but unsure of the journey to get there – Year 9 may say 'what subjects do I focus on for my option choices?' for example. Take a look in the Careers library – scroll all the way down to see the various ways to search.

Log into **Unifrog** using your school email and your own password – who know what you may discover!



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unifrog



[www.cncs.school](http://www.cncs.school)

# CAREERS

**jobcentreplus**



## **Year 11 – Applications Post 16.**

Miss Brennan has been following up her initial appointments with Year 11 and is delighted at how pro-active they have been in the respect of applying to their Post 16 destinations. A huge well done!

Miss Brennan is always here for support and advice – any query however small it seems, please go and see her. She would prefer that than you being unsure/stuck!. She is in CA07.

## **Year 13 – NGTU**

Those students 'Not going to Uni' and embarking on Apprenticeships. Miss Brennan is here to support you – please contact her via email [marie.brennan@cncs.school](mailto:marie.brennan@cncs.school) or drop by to CA07 – you will be made welcome!

A reminder of this website – [www.notgoingtouni.co.uk](http://www.notgoingtouni.co.uk)

Also search using the Apprenticeships Tool on Unifrog.



**unifrog**



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# WELFARE & SUPPORT

## 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 [welfare@cncs.school](mailto:welfare@cncs.school) 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 uniform or resources, please contact us on the same email, [welfare@cncs.school](mailto:welfare@cncs.school).

## 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.

## Coventry Holiday Activities and Food Programme

Website: <https://www.coventry.gov.uk/holiday-activities-food>

<https://www.coventry.gov.uk/holiday-activities-food/coventry-holiday-activities-food-programme/4>

Email: [HAFprogramme@coventry.gov.uk](mailto:HAFprogramme@coventry.gov.uk)

[Coventry HAF on Facebook](#)

## Free Sanitary Products

Please be aware that free sanitary products for female students are available in school. They can be obtained by speaking to a member of the female staff with the PE Department, First Aid, TLC, Student Reception or Student Support.

## Links to Council Benefits    General Phone enquiries 08085 834333

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

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

[https://www.coventry.gov.uk/info/54/benefits/314/coventry\\_benefits\\_advice](https://www.coventry.gov.uk/info/54/benefits/314/coventry_benefits_advice)

## Citizens Advice Line 0800 144 8848

<https://www.coventrycitizensadvice.org.uk/>





# SPOTLIGHT ON SAFEGUARDING

Working together to keep our young people safe

**FEBRUARY 2024 | SECONDARY**

## Mental Health: We all have it!

As we approach Children's Mental Health Week, it's a great opportunity to take stock of our children's well-being. Mental health should be treated with the same level of importance as physical health. We all possess it, and it is our responsibility to care for it. This involves being able to identify when something isn't quite right, as well as implementing preventative measures to ensure our children's mental health is in good condition.

In this month's issue:

- Spotting the signs of poor mental health
- How to support mental health
- Support: Kooth | Young Minds

## RECOGNISING THE SIGNS THAT YOUR CHILD MIGHT BE STRUGGLING WITH THEIR MENTAL HEALTH

### Change in academic behaviour

Has their response to school or school work changed? They may be reluctant to go to school or to engage in school work or related activities.



### Change in behaviour

Have you noticed any recent changes in your child's behaviour? This could shift in mood, altered reactions to others, or the quality of their relationships beginning to decline.



### Poor sleep

Are you noticing differences in their sleep patterns? Perhaps they are having difficulty falling asleep or waking up frequently throughout the night.



### Changes in social habits

Has there been a change in the way your child socialises? They may be avoiding social situations with friends or family.



## Understanding Depression and Anxiety in Children

Depression and anxiety are the most commonly recognised mental health conditions and often go hand in hand, with anxiety being a symptom of depression. Although symptoms vary from child to child, there are some common features. If you believe your child is experiencing any of these, the first step is to schedule an appointment with their GP. In addition, reaching out to the school is crucial as there are many resources available to provide support.

## Signs of depression and anxiety

### Depression

- » Sadness or low mood that is present more than not
- » Little interest in the things they used to enjoy
- » Exhaustion all of the time
- » Talking about feeling worthless
- » Having suicidal thoughts or self-harm

### Anxiety

- » Finding it hard to concentrate
- » Not sleeping or night waking
- » Not wanting to eat
- » Getting angry or irritable
- » Constantly worrying or having negative thoughts
- » Complaining of feeling unwell



# Safeguarding

Mental Health: Young Minds



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

– online support service

NSPCC: 08001111 -  
childline

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

The police: 999

KEEPING SAFE OVER  
CHRISTMAS

kooth

NSPCC

shout  
85258

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



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



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

## 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/horizonteam>
- Positive Youth - <https://positiveyouthfoundation.org/>
- Parent Info - <https://parentinfo.org/>
- West Midlands Police - <https://www.west-midlands.police.uk/>



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