

## NEW WORD MILLIONAIRES



Congratulations to the following

Evie Forsyth  
Joseph Norgrove  
Ben Tapper

Shannon Finlan  
Alex Barns

All read over a million words this year  
Well done!!



## ATTENDANCE

House	12.5.2017	5.5.2017
Allen	94.4%	97.3%
Hinsley	95.0%	93.6%
Manning	93.2%	93.6%
Newman	95.3%	97.4%
Vaughan	96.8%	95.4%
Wiseman	96.8%	94.4%
<b>Whole School</b>	<b>95.3%</b>	<b>95.3%</b>



# THE GRIFFIN

## Cardinal Griffin Catholic College

*Ad majorem Dei gloriam*

Issue 106  
18 May 2017  
Whitsun Term  
Week 4

### COLLEGE PRAYERS FOR THE WEEK

#### Morning Prayer

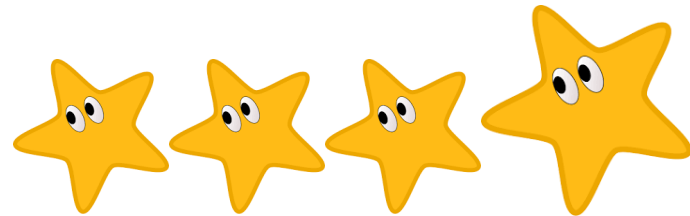
Lord, teach me to be generous:  
to serve you as you deserve;  
to give and not to count the  
cost;  
to fight and not to heed the  
wounds;  
to toil and not to seek to rest;  
to labour and to ask for no  
reward  
save that of knowing I do your  
will.  
Amen

#### Evening Prayer

May the Lord support us  
all the day long,  
till the shadows lengthen,  
and the evening comes,  
and the busy world is hushed,  
and the fever of life is over,  
and our work is done.  
Then, in his mercy,  
may he give us  
a safe lodging,  
a holy rest,  
and peace at last.  
Amen

#### Weekly Prayer

Hail Mary, full of grace,  
the Lord is with thee.  
Blessed art thou among  
women,  
and blessed is  
the fruit of thy womb,  
Jesus.  
Holy Mary,  
Mother of God,  
pray for us sinners,  
now and at the  
hour of our death.  
Amen.



### This week's Star Readers

**Rudiments:** Amelia Moore  
**Books included:** Hetty Feather  
**Words Read:** 232,910

**Figures:** Alex Barres  
**Book:** Russian Roulette  
**Words Read:** 246,215

### Congratulations!!!

To the pupils below who have reached their  
Book Point Targets - WELL DONE

Keir Bruder  
Muhammad Hussain  
Jude Hailey  
Elizabeth Oxtan

Joseph Norgrove  
Shannon Finlan  
Katie Welsh  
Ashley Dunstan

### GCSE / A LEVEL DRAMA AND MUSIC



Over the last few weeks our students in Music and Drama have been working hard to complete their coursework and prepare for their practical exams. Emily Downes completed her A level Recital in Music on Jazz trumpet and our GCSE Drama students have their final performance exam on Friday. The GCSE Music students completed their Creative Task exam last week and have just handed in their final compositions, performance recordings and commentaries.

We are very proud of the efforts that all of our students have put in to their performances and wish to thank Mr Stringer and Mr Omer for their invaluable support and teaching. It is a pleasure to work with such young, talented and committed students and we wish them all well in their GCSE and A level exams.

Mrs Davies and Mrs Burrowes

### OUR PARISH CHURCHES

**St Mary's & St Thomas More**  
Rev Fr Peter Weatherby  
<http://www.cannockcatholic.org>  
07766 335591

**Our Lady of Lourdes**  
Rev Fr Philip Newbold  
<http://www.ourladyhednesford.com>  
01543 422576

**St Joseph's, Burntwood**  
Rev Fr Paul Haines  
<http://www.stjosburntwood.co.uk/>  
01543 686266

**St Joseph & St Etheldreda, Rugeley**  
Rev Fr Peter Stonier  
<http://www.rugeleycatholicchurch.co.uk/>  
01889 802531

### CHURCH CALENDAR

<b>Sunday 21 May 2017</b>	<b>6<sup>th</sup> Sunday of Easter</b>
<b>Monday 22 May 2017</b>	St Rita of Cascia, Religious
<b>Tuesday 23 May 2017</b>	Weekday of Easter
<b>Wednesday 24 May 2017</b>	Weekday of Easter
<b>Thursday 25 May 2017</b>	St Bede the Venerable, Priest, Doctor of the Church (E)
<b>Friday 26 May 2017</b>	St Philip Neri, Priest
<b>Saturday 27 May 2017</b>	St Augustine of Canterbury, Bishop

### LAY CHAPLAIN'S MESSAGE

#### AmDg

The Gift of Prayer: Jesus did not leave us as orphans. He asked the Father to send the Holy Spirit (John 14:16). The Holy Spirit is the Counsellor, the Spirit of truth, who guides and strengthens us in many ways. One of these ways is helping us to pray. The gift of prayer is the gift of the Holy Spirit. The Holy Spirit intercedes for us and gives us the grace to pray as children of God to our heavenly Father, "Abba".

With confidence then, and filled with the Holy Spirit, we pray the "Our Father," that God's kingdom will come and his will be done, on earth as it is in heaven.

Please keep all our students who are taking exams in your thoughts and prayers.

## HEADTEACHER'S MESSAGE



### Farewell and thank you

As we come to the end of the term, it is sadly, time to say good bye to two members of our teaching staff both of whom are moving onto promoted posts.

**Mr Woodgate** will become the Head of Sixth Form at St Peter and St Paul Catholic Academy in Lincoln. I was the Deputy Headteacher and Headteacher of the school from 1991 – 2005. For the last eighteen months, Mr Woodgate has been driving to Cannock from Chesterfield on a day to day basis and although he will miss the college, he will not miss the joys of the A38!! We thank Mr Woodgate for his service as a teacher of History and Head of Manning and Hinsley Houses. He is a fine role model for our pupils and students and there are many who have become men and women for others as a result of the impact of Mr Woodgate.

**Miss Williamson** has been appointed Head of Modern Foreign Languages to the newly opened Q3 Academy trust in Great Barr. As a teacher, being part of a project from the beginning is a very exciting proposition and we wish Miss Williamson well in her new venture.

We will be welcoming two new staff in June, they are Mrs Harper (Science) and Mrs Judson (Modern Foreign Languages). We also welcome back from maternity leave Mrs Green (Physical Education).

### Preparing for Exams

We are of course now in the exam season for all our pupils. Below is an article that you might find of interest. We would certainly endorse and support the comments that have been made.

**Thousands of pupils across England, Northern Ireland and Wales have started their GCSE exams, marking the beginning of what can often be a stressful and anxious time for teenagers and parents alike.**

From preparing their favourite dinners, to managing expectations (yours and theirs), experts offer their tips on what parents can do to help in the coming weeks.

### Brain Food

Stress, anxiety and late-night cramming can all affect appetite, but parents can help to ensure children maintain a well-balanced diet and aren't missing meals. Exams start at either 09:00 or 13:00 - allowing plenty of time for breakfast and lunch. Nutritional therapist Kerry Torrens recommends making breakfast the most important meal of the day, filling up on energy-giving oats and eggs, which contain a nutrient called choline - thought to help cognitive performance and improve memory as we age.

As for revision snacks, consultant Dr Alex Richardson recommends popcorn over crisps as it is higher in fibre, so releases energy more slowly, and is lower in calories.

Make sure your child is well hydrated, as mild dehydration can lead to tiredness, headaches and diminished concentration. The European Food Safety Authority recommends eight to 10 glasses a day, but sparkling water still counts, and can be made less boring by adding lemon, lime, cucumber or mint. Research has suggested students who take water into the exam hall may even **improve their grades.**

COLLEGE CALENDAR		COLLEGE SPORTS FIXTURES	
<b>25 May 2017</b>	Rhetoric Leavers Mass 15.00 ~ 16.00hrs	<b>Cricket</b> <b>23 May 2017</b>	Figures Boys v EDA (Away)
<b>29 May 2017</b>	<b>Half Term</b>	<b>Athletics</b> <b>25 May 2017</b>	Rudiments and Figures Aldersley Stadium
<b>5 June 2017</b>	<b>Return to College</b>		

### CONTACT DETAILS

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### Bedtime

It won't come as a surprise to parents that teenagers need (and like) a lot of sleep. In fact, they need eight to nine hours a night. But exam season can see priorities change. Lisa Artis from the Sleep Council argues a good night's sleep is more beneficial than doing last-minute revision into the early hours.

*"When you sleep well, you function and perform better and your memory is better, meaning you retain what you have revised....Have a good routine before bed. Relaxing properly will help sleep when you're stressed or anxious. Avoid screen time - including television - and get off social media. "Parents can encourage children to study out of their bedrooms," she added. "If they are sat on their bed cramming, it becomes a place associated with stress."*

If another room is not an option, Lisa suggested "zoning" - creating a desk or work area that is not their bed.

### Support Vs Pressure

Parenting coach Anita Cleare says it's important to;

*Find ways of being supportive without being imposing. "They know the exams are important. Us ramping up the pressure is not going to help."*

While some parents may opt for large rewards, pending results, Anita suggested smaller rewards throughout the process.

*"These can be little things like a takeaway or a trip to the cinema after a certain number of hours of revision."*

### Exam stress advice from Dr Radha

Clinical psychologist Dr Rachel Andrew has been advising a lot of concerned parents in recent months.

*"I tell them to look after their teenagers almost as if you would a younger child. You have got to nurture them through this time,..Give them permission to take a break from revision in between working hard."*

Dr Andrew suggests writing a weekly revision timetable, with scheduled gaps for socialising or exercise.

*"A moderate level of anxiety will help us perform, but beyond that, we start to be impaired by it."*

### Positive Parenting

Anita - who is also founder of the Positive Parenting Project - favours an optimistic approach during exam time.

*"A failed exam is not the end of the world. It is important to put things in perspective," she says.*

Anita - who has a son completing GCSEs this year - admitted parents are often more anxious than their children. Not all exams go well and telling your child "I'm sure it went better than you thought", isn't always helpful. It is important to validate the way they are feeling and talk through it after an exam, before helping them to move on and focus their energy on the next exam.

### Bremen Project

Young people aged 16 and 17 are invited to take part in a free 2 week residential in partnership with the German War Graves Commission. 15 young people from Staffordshire and 20 from Germany will work together to learn about peace and reconciliation since the World Wars.

The programme includes:

- Staying at Cannock Army Cadet Force Facility in the heart of Cannock Chase.
- Bowling and other social activities.
- Visit to Coventry Cathedral and free time in Coventry
- Activities with members of the Royal British Legion and Civic Dignitaries.
- Tending to the German War Cemetery on Cannock Chase.
- Visit to National Memorial Arboretum
- Civic events.

For further information contact: Lucy Cox at SCVYS on 01785 240378 or email [Lucy@staffscvys.org.uk](mailto:Lucy@staffscvys.org.uk)