



Cardiff High School Newsletter

WINTER TERM 2012

Headteacher's Message



Best Ever Exam Results

There was so much press this summer regarding the GCSE exams, much of which took the gloss off some very pleasing results around the country. At Cardiff High School we were delighted with an excellent set of results both at GCSE and at A Level. The National trend this year (even after re-grading) was a reduction in the percentage of pupils achieving 5 A*- C grades, a reduction

in the percentage of pupils achieving A*- C in English and Maths and a reduction in the percentage of pupils achieving A*- A's. However in contrast, Cardiff High's results went up on every single one of these indicators, leading to our best ever performance at GCSE. 92% of pupils achieved 5 A*-C grades with 84% achieving 5 A*-C grades including English and Maths. At A Level our results were once again outstanding with some individuals achieving the best results in Wales and England. It was a memorable year and I would like to congratulate our pupils on their excellent results and to thank the staff at Cardiff High for their continued hard work and dedication.

A Challenging Year Ahead

As with the start to any school year, we have had a very busy first term. However, this year it has been particularly challenging. After a number of years in the pipeline, the School Organisation Plan, designed by the local authority to meet the challenge of falling school rolls across the city, has finally made an impact on Cardiff High School. In September 2011 we admitted an additional form of entry into Year 7 to accommodate the imminent closure of Llanedeyrn High School; similarly another larger

Year 7 joined us in September. This has put the school under significant strain financially, due to staffing and resources implications and crucially, in terms of space. Finally, however, building works start in January 2013 and will enhance our facilities to meet the needs of a rising student population. To prepare for this we have had to move teachers from the Music, Drama, Welsh, Maths, English, PE and D&T departments, convert offices and relocate the Sixth Form study area. It has been no easy task but we have done this with no disruption to learning and teaching. I would like to thank staff and pupils for their patience and willingness to be flexible during this challenging time. We are very pleased with the fact that the school will undergo a major facelift in the next year and we will keep you up to date all the way.

We are currently preparing for an Estyn Inspection. This is likely to take place next term (Spring 2013). It is a very exciting prospect as we hope to highlight the successes of Cardiff High and to demonstrate the strong bond which exists between staff, pupils and parents. I know that many parents have stated how keen they are to support the school during the inspection and I hope that there will be opportunity for you to do so within the process. As always we will keep you fully informed.

Finally, we say goodbye to two respected members of staff, Mr Steve Morris who joined us in 1980 and Mrs Angela Angell who joined us in 1987. We wish them both a long and enjoyable retirement and thank them wholeheartedly for their contribution to the school.

May I take this opportunity to wish you all a peaceful holiday and to thank you for your continued support.

Head Teacher

A Tall Story!

My name is Ryan and I am in Year 10. During the summer, I was lucky enough to go on a Tall ship expedition. Here is my diary – a week in the life of a Tall Ship's crew member.

Day 1 – Monday

Excited to travel to Southampton.

Met all the crew and was shown how to sail by the watch leaders. 'Stavros' is the name of our Tall Ship.

Day 2 – Tuesday

Left Southampton for the Isle of White at 6.30 in the morning. A light bright and clear day. Climbed the rig – it wasn't scary and I could see the harbour far away in the distance.

Spent four hours on watch – watching nothing but the sea! When not on watch, I helped cook the meals for the crew and set the sail. Hard work pulling all the different ropes.

Day 3 – Wednesday

A near disaster! On watch at midnight when we almost crashed into another boat. Avoided the boat by switching off the engine and slowing down.

Day 4 – Thursday

Watched the Olympic sailing events. Impressed by how fast they were going and how quick they had to turn their sails. Had a go at steering the Tall Ship and we went half an hour in the wrong direction! Fun for the rest of the crew but not for me. Took 2 hours to get back on course.



Day 5 – Friday

Allowed shore leave. Went to a shop to stock up on treats.

Day 6 – Saturday

Last day on Tall ship 'Stavros'

Some crew members upset to be leaving. Made lots of new friends.

My experience was really good because I met lots of new people and tried out new things. I would recommend this experience to anyone as it was exciting and has given me lots of good memories.

Although I had to listen carefully to lots of instructions and follow rules, it was worth it.

I would recommend it to everyone!

Ryan Macey (Year 10)

And the NACE Challenge Award goes to ... *Cardiff High School!*



On Tuesday 20th November, 2012, two inspectors from NACE Cymru (the National Association for Able Children in Education in Wales) visited

Cardiff High in order to judge whether we were eligible to pass the NACE Challenge Award.

With 10 standards to be met, only 40% of schools who apply to be judged for the Award first time around actually achieve it. In many ways it is like an ESTYN inspection, in that we have to demonstrate how we cater for children of all abilities, how we identify children who are more able and talented, how we provide for their needs and how we communicate with parents.

On the Challenge Day itself, the inspectors observed ten lessons, interviewed pupils, parents, governors and teachers, visited all areas of

the school and undertook a work scrutiny. It was a rigorous day! Three of our Year 11 students escorted the inspectors throughout the day (thanks to Beth, Jess and Ffion!) and everyone involved in interviews and observations gave of their time and expertise generously and with great enthusiasm.

At the end of the day, we were given the great news that we were SUCCESSFUL in our bid to gain the Challenge Award, and the inspectors said that throughout the whole day they had been particularly impressed with: 1) the tremendous ethos of inclusion in lessons, whereby all children were stretched and challenged according to their individual abilities and 2) the superb relationships that teachers at Cardiff High School forged with their pupils.

Surely there could be no higher praise than that two visitors to the school identified inclusion and personal relationships as outstanding strengths of our school. We were absolutely delighted!

Turtle Conservation *Project*

Six pupils took part in a Turtle Conservation Project in Kyparissisa (Greece) over the summer holidays. Pupils fundraised for a year taking part in a variety of group and individual activities such as a sponsored swim, sail, bag packing, dog-walking, car boot and boat sales, hosting Greek themed events at home etc in order to raise the money needed to take part in the trip organised by Outlook Expeditions.

Whilst in Greece, the pupils took part in a number of beach surveys looking for nesting turtle tracks in the sand. After spotting several turtles laying eggs on the beach, pupils then took GPS bearings and marked up the nests and protected them from predators. They also built and painted boxes to place over the nests to protect the hatchlings when emerging from their nests. Pupils also ensured that the hatchlings made their way safely to the sea building channels for them to follow to protect them from veering off in the wrong direction and from the direct sunlight.

Pupils also visited the Sea Turtle Rescue Centre in Athens and helped clean the tanks and turtles. Pupils had an educational presentation on the work that Archelon carry out and learned more about the loggerhead turtle (*Caretta caretta*). Cardiff High School have also adopted a turtle, called Mikaela, at the Rescue Centre for one year.



From left to right (front): Mr Rumbelow, Dafydd Evans, Mrs Tumelty, Sarah Tansell (Leader)
From left to right (back): Miss Williams, Evie Jones, Seren Addicot, Charlotte Hatch, Meredith Jenkins and Aidan Bell



Turtle cleaning!

Pupils from left to right: Aidan Bell, Meredith Jenkins and Charlotte Hatch



Helping the hatchlings get to sea

Pupils (front to back): Evie Jones, Seren Addicot, Charlotte Hatch

Urban Sports at Roath Park

CHILDREN with sporting ambitions from around Cardiff have been battling it out in Olympics-style Urban Street Games.

This exciting series of sports events were held to celebrate National School Sports Week and the Olympic and Paralympic Games.

The initiative, a partnership between Sport Cardiff and South Wales Police and funded by British Council, provided young people with the opportunity to take part in several competitive activities, including football, athletics, badminton and volleyball.

The project, the first of its kind, aimed to promote community spirit and cohesion through sport.

Events took place in four locations across the city, attracting more than 400 pupils from several Cardiff high schools.

It brought together young people aged between 12 and 13 of different abilities, and from different cultures and schools, through the medium of sport and provided them with a unique experience which will hopefully inspire them to continue to participate in the future.

Cabinet Member for Sport, Leisure and Culture, Coun Huw Thomas said: "The Urban Street Games was a fantastic success due to the hard work from clubs, partners and businesses.

"It is an essential project which aims to get young people involved in sport and enables them to engage and interact with other children from other schools plus increasing community cohesion."

Divisional Commander for Cardiff, Chief Superintendent Alun Thomas, added: "As a police force we see the positive impact sport can have in bringing communities together and reducing crime and anti-social behaviour."

"Our Neighbourhood Policing Teams regularly organise local sporting events which help take young people off the streets where they can become victims or perpetrators of crime.

Schools involved in the project were Glyn Derw, Michaelston Community College, Cantonian, Plasmawr, Cardiff High, Llanedeyrn, Rumney and Llanrumney.

Chemistry Revealed

On the ninth of September all the Year 13 Chemistry students spent a day at Cardiff University Chemistry Department. We attended a short lecture about the extraction and uses of essential oils, before having a chance to carry out our own extractions of limonene from oranges and eugenol from cloves followed by test tube analyses. After this, we were taken on a short tour around the chemistry department, getting a chance to see Mass Spectrometers, Infra-Red spectrometers and NMR Instruments in action and ask questions about how they work and their uses.



As the current module we are studying is organic chemistry and, later, spectrometry, this was a valuable experience that helped us appreciate the practical use of the theory we are studying. As a school, we were complimented by the postgraduate supervisors on our proficiency in the laboratory.

Psychology Department News: *The start of big things!*

The 16th August 2012 was a very happy day for the Psychology Department I am happy to report. 'Why is this?' I hear you ask. Well, the reason for this elation was that the subject achieved record numbers of A* grades at A Level. On collecting their results, four students were awarded the ultimate prize as reward for the many hours of hard work and sheer commitment that they had demonstrated to the subject over the two years of their A Level course.

But even better than the highest number of A*s ever seen by the subject is the legacy that is being created as all four girls who attained an A* grade have now gone on to continue their study of Psychology as undergraduates at university. Lorna Jones is now studying Psychology at Swansea University, whilst Naomi Benjamin, Laura Knight and Lowri O'Donovan have all accepted places at the University of Birmingham. The girls studying at the University of Birmingham have been kind enough to remember us here at Cardiff High and have sent in a picture of them enjoying their new lives as 'freshers' at their campus in Edgbaston, Birmingham. Laura Knight has said:

"I loved Psychology at A Level and I am looking forward to my degree

at Birmingham so I can hopefully specialise in criminal psychology in the future".

Whilst Naomi had the following to say:

"I had no idea what I wanted to do before I studied A Level Psychology, but the subject fascinated me and so I wanted to carry it on to degree level. I'm loving the course and the variety within it. I would highly recommend it for anybody who enjoys A Level Psychology."

The Psychology Department wishes all four girls all the luck in the world in their new courses and, eventually, careers as well as all of those other leavers who studied the subject at A Level including a number of individuals who have continued their study of Psychology on to degree level. Please keep in touch and let us know how you get along.



Wider Curriculum Dimensions (Wcd) Takes Off At Cardiff High School

Joshua and Alanna Parmar, local Youth Worker's from Park End Church have recently led year 7 WCD lessons on 'Self Esteem'. The lessons covered the definition of 'Self-Esteem'; the emotions/feelings involved and the ways in which it can affect us as individuals and our families/friends and finally how to cope and manage some of these emotions. They used case studies and interactive methods to help the pupils work out their own options and decisions regarding behaviours and responses to such cases.

Joshua and Alanna said, "It was a brilliant lesson to lead and we look forward to many more as our working relationship grows with Cardiff High School!"

Dynamo role models have visited year 9 WCD lessons to encourage pupils to understand the personal qualities that employers see as important and also to explore the attributes of entrepreneurs and the role of enterprise in wealth creation.

Mary Brett (Biologist and former Head of Health Education at Dr Challoner's Grammar School, Amersham and now a trustee of CanSS (Cannabis Skunk Sense www.cannabisskunksense.co.uk)) and Nigel Price (former police officer) presented the truth about cannabis and its harmful effects to pupils in year 9. The speakers spoke of the impact the drug has biologically as well as psychologically and the law in relation to cannabis use and supply.

Speakers from Alcoholics Anonymous have visited year 12 WCD lessons to discuss alcoholism, sharing their own personal stories and road to recovery. Pupils appreciated the honest and frank approach taken by the guest speakers.

Speakers from Womens Aid have recently visited year 13 WCD lessons to talk to pupils about safe and potentially abusive relationships, helping them to realise the signs of controlling behaviour.

Speakers from Barnadoes have also delivered lessons to year 13 pupils on the value of home and how to cope living away from home in university.



women's aid
until women & children are safe
www.womensaid.org.uk

cannabisskunksense.co.uk

Alumni Foundation

We are hoping to set up an Alumni Foundation at Cardiff High School called "The Friends of Cardiff High School" for all former pupils, parents and friends of the school. Maybe you have some photographs you would like to share with us, or some ideas to help us get started, suggestions for events that you would like to see, were you a talented sports person at school or have you experiences in your current profession you would like to share?

If you are interested in getting involved and would like a copy of our School Newsletter to keep up with the exciting developments at school please email sarah.young@cardiff.gov.uk

Community Christmas Reception

This December, Cardiff High will be hosting its first ever Community Christmas Reception, welcoming local residents and teachers from feeder primary schools into the school to celebrate the festive season. The evening, organised by staff working alongside sixth form students, will host a variety of musical acts from pupils, ranging from traditional Welsh ballads to classic Christmas carols. Also featured in the reception will be displays from the art department, and mulled wine and mince pies will be on hand to ensure a good time is had by all!

The reception has been arranged in recognition of the positive relationship between the school and local community, and will give residents an opportunity to become acquainted with the work of staff and pupils as well as the latest developments to school life. Despite being the first of its kind, those involved believe it could set the foundations for annual celebrations.

To be held on December 12th, the reception promises to be a fantastic event, and the sixth form students in charge hope that it will be a great success.

All Wales Core Programme Quiz

Five members of Cardiff High School's year eight recently entered the All Wales Core Programme Quiz after receiving a rather late invitation. Against these time restraints and against stiff competition from Corpus Christi, Fitzalan, Radyr and Mary Immaculate, our awesome team managed to win the local round of the competition. Congratulations are rightly deserved by Ollie Davies, Isabel Ellis, Christine Mineva, Lucy Ogden, and Laurence Zammit. Bring on the regionals.



Sblat Cymraeg is an exciting new Welsh club every Wednesday 3.30 – 4.30 for years 7, 8 and 9 in Tŷ Celyn.

Come along to take part in many fun activities, such as : Treasure hunts, Baking, Pool, Table Tennis and lots more!
See Mrs Britany for more details!

Meet the Form Tutor Day

As a school, we make every effort to listen to the views of our parents. A recent survey suggested that families with pupils in Year 7 would welcome the opportunity to meet with their child's form tutor early in the school year to have some feedback on how their child is settling in. As a result we decided to introduce a "Meet the Form Tutor Day".

We hope that the day proved to be useful and certainly the feedback received from parents suggests that they found the event to be both informative and reassuring. Later in the year all year 7 pupils will receive an interim progress report followed by a Parents Evening and a full school report.

Cardiff Young Leaders Programme 2012

At the end of October I was amongst a group of six pupils who were asked if we would take part in a Cardiff Young Leaders Programme at Cardiff Business School. Each of us knew that this was a fantastic opportunity and so we took an application form. The application form wasn't made up of your typical 'what are you grades? Questions; it wanted to know about our insights into the world of business and why we should be chosen for the course. The application gave you chance to stand out, and that is what we tried to do.

We were all very aware that nowadays, in the world of work, you can get the best grades but you also need activities that make you stand out. This course was an excellent 'stand out' opportunity. The reward at the end of the course is a Level 2 Award in Team Leading. This is a highly recognised award and one that highlights communication and team skills. Right from the word GO! We were told about the importance of communication skills; what they are, how they and how it can be applied to absolutely any job you choose.

Every week in the one hour classes we focus on different skills that make a 'good leader'. The activities range from discussion to written tasks to insightful lectures from key speakers in the world of business. The lectures aren't boring, you don't take notes and listen constantly. Instead, you take part in the lectures because they're funny and relatable.

NTFW's Andrew Dodge explains: "Gaining vocational skills as well as academic qualifications is ever more important in the competitive jobs market. This project seemed to provide an ideal solution by allowing learners to achieve both at the same time."

Nant fawr woods

On Tuesday 27th November the Eco-Group went to plant trees with the 'Friends of Nant Fawr Community Woods'. The day started off oddly as we came to school in non-school uniform. Everyone was looking at us! After registration we all made our way down to T3, put our wellies on and dumped our bags. We then entered Nant Fawr and met up with a park ranger called Kevin and two community volunteers. We learned how to do a T cut with a spade. You make two lines with your spade and use the top part of the T to lever the soil up. You then pop in your plant, stamp down the soil around it and voila...a planted plant. We planted four types of trees: hawthorn, crab apple, blackthorn and hazel. All together we planted over 42 trees!!! After we had done a lot of planting the park ranger took us around some of Nant Fawr.

Rebecca Mellor



Geography Italy Trip October Half Term

The Geography department enjoyed a very successful trip to Italy over the October half term. Mrs Dilks, Miss Savage, Mr Rumbelow and Mr Cruz accompanied 40 year 10, 11 and 13 students to the Sorrentine Peninsula for 5 days. On arrival, the students were able to visit the volcanic site of Solfatara and the ruins of Herculaneum. On the Monday, the group visited a working farm where the students were able to gain an insight into sustainable farming methods and understand how olive oil is produced. They each had the opportunity to make and bake their own pizza for lunch – an enjoyable experience for all! Following this, the group visited Naples and went to the underground ancient aquifer for a guided tour of the tunnels.

On Tuesday, the group visited Mount Vesuvius and had the opportunity to walk up to the crater rim. This proved an exciting and exhilarating experience viewing inside the crater and learning about previous eruptions and lava flows. The views over the Bay of Naples were spectacular! A visit to the ruins of Pompeii followed and the students were able to make clear connections between the physical hazard of living in the shadow of a volcano and the risks posed to human life. The final full day enabled the group to visit the Isle of Capri where the students took in a boat tour of the coastal environment of Capri and were able to visit Capri town. A drive of the Amalfi coast viewing Positano and Amalfi finished the day. On the day of departure the



group travelled to Rome to enjoy a brief but spectacular visit to the Colosseum before catching the flight back to the UK. The students were a pleasure to take and were exceptionally well behaved. The Geography department wishes to thank all the students involved and their families for supporting this trip in an extremely positive way.

THE CHS LITERACY DECATHLON 2012

Sign up for training today!

The Literacy Decathlon is a new initiative which invites pupils across Key Stage Three to become Bronze, Silver or Gold Literacy Decathletes by completing ten cross-curricular challenges that focus on reading, writing or speaking. As a rough guide, the Bronze Award equates to Level 5/6, the Silver Award to Level 6/7 and the Gold Award to Level 7/8.

Nearly 100 pupils have already signed up to complete a Decathlon Award, but it's never too late to join! If you are interested in becoming a decathlete, simply read through the following:

HOW TO BECOME A LITERACY DECATHLETE

1. See Mrs Esseen in her office opposite the staff room to sign up and receive an information pack and folder.
2. Read through the ten challenges – and get excited about your plan of action!
3. Decide which challenges you want to face first. You may want to discuss them with your subject teachers or form tutors for advice.
4. Take pride in your work – it may well be displayed on the website or around the school for others to see. Make it eye-catching

and as ACCURATE as possible in terms of spelling, punctuation and expression.

5. When you finish a challenge, get it signed by your subject teachers.
6. Keep your finished challenges in your folder – if a piece is too big, put in a photograph of it and keep the real thing in a safe place.
7. When you have finished ALL TEN CHALLENGES, take your folder of work to Mrs Esseen to be checked and signed off.
8. Wait for your Award Ceremony and prize (don't worry you won't have to sing the National Anthem!).

Postscript:

If you need to borrow technology such as a data recorder or flipcam, Mrs Esseen runs a 'booking out' system, much like a library. If you would like any further details about the Literacy Decathlon, do not hesitate to contact: ME@cardiffhigh.cardiff.sch.uk



A huge thank you for supporting our recent textile recycling event! This was organised with Rags To Riches 4 Schools – a UK based textile recycler and fundraiser. We collected an impressive total of 340kg! This means that as well as raising funds for our school, this initiative also helped the environment by diverting unwanted textiles away from landfill.

We will be organising another in the near future so that you will have an opportunity to sort through your cupboards and wardrobes once again and donate unwanted textiles in the bag provided – this can include adults' and children's clothes, shoes, hats, belts, bags, soft toys, curtains and bedding (but not duvets or pillows).

WELL DONE AND DIOLCH YN FAWR!



WJEC Advanced Level Awards 2012



It is with great pleasure that I am writing to you to congratulate you on Angharad Chandler Davies' excellent GCE Advanced Level results this year.

Angharad received 590 UMS marks of 600, and came first of all of the candidates who studied Welsh Second Language with WJEC in 2012. This is an outstanding achievement, and evidence of the hard work that Angharad and her teachers put into preparing for the examinations.

On behalf of WJEC I am extremely pleased to award Angharad a prize of £50 and a certificate to mark her accomplishment.

May I take this opportunity to congratulate you on this success and wish you, your colleagues and students well in your future endeavours.

With best wishes
Yours sincerely

Gareth Price
Chief Executive

Nature Club CHS

Nature Club CHS is a group of dedicated and enthusiastic pupils from yr. 7 to yr. 13 who meet every Friday lunchtime to explore the natural world in and around Cardiff High School. With activities ranging from bug spotting, wildlife surveys, wildlife photography, pond dipping, the study of ecosystems and conservation, our members enjoy hands-on experience, learning new skills and developing their interest and love of nature. We are currently in the process on building a 'Bug Hotel' from recycled natural materials, which is to be sited in the schools Eco-Garden in order to provide a unique and attractive habitat for the schools thriving 'bug-life'.



Upcoming activities also include monitoring species throughout the schools development programme, building bird boxes/feeders and a private tour of Roath Park's Conservatory where we will explore tropical ecology and the medicinal value of plant species. All new members are welcome so, if you have a love of nature, come and explore with us in B2 every Friday lunchtime at 12:45pm.

Science Club *Secures Funding*



Confused.com

The Science department would like to thank Confused.com for their recent sponsorship of Science Club and Nature Club. The funding will assist in organising extra-curricular Science trips for Science club and Nature club, sponsorship of the CREST award and also the set-up of the first Cardiff High School Science Fayre.

Mrs L. Davis Organiser of Nature club and a Biology teacher said "Science Club, Mr Snook and I are very grateful for the sponsorship from Confused.com. This will allow us to develop and expand Science and Nature Club to include a Science Fayre, and support the Science & Nature club members through their Crest Awards."

Mock Interviews for Medics and Dentists

We are very grateful to Schools Liaison Officers Ruth Meighan and Katie Jones of Cardiff University, Undergraduate Recruitment for spending two days at the school giving mock interviews to prospective medical and dental students. Each student had a thirty minute session including feedback on interview technique and advice as to how they would be expected to explain their desire to follow a medical or dental career in depth and to demonstrate their understanding of the content and demands of their chosen courses.

Science Club Eggstravaganza: Custard that bounces?

Burning, Exploding, Popping, Bouncing, Crushing, Reacting are just a few of the words that describe the experiments that Science Club have been completing. Pupils from Year 7 and 8 have been in Science frenzy since the start of the year, having taken part in and demonstrated some of their mouth dropping experiments to the Year 6 pupils in open evening.

So far this year Science club has demonstrated how to crush a can without using your hands or your feet, how you could run across a swimming pool of custard, they have brought King Kong alive again with sodium hydrogen carbonate and ethanoic acid (vinegar). These are just a few small examples of the many experiments Science club have had fun with this year.

However, this is nothing compared to their demonstration to the year 6 pupils on how to make custard bouncy balls. With the help of Science club and Mr Snook, the laboratory came alive with year 6 pupils producing their own bouncing balls from the sticky ooze of custard, mixed with an age old secret recipe of chemicals. The properties of the custard were changed with the addition of borax to produce custard with flexible properties, that could bounce, the likes of which have not been seen since the film Flubber.

Science club continue their experiments at lunch time and more recently have been investigating using flame tests how fireworks produce different colours.

Every week, provides a new and exciting interactive experiment to enthuse, wonder, challenge and amaze pupils. Science club is on Wednesday lunchtimes and all pupils are welcome. For more details please contact Mr Snook.



Royal veterinary College Roadshow

Having expressed a desire to study veterinary science Sarah Hawksley, Abigail Baldwin and I accompanied Mr. Nigel Jones to Ysgol Maesydderwen in Ystradgynlais to attend a Royal Veterinary College road-show. The RVC was delivering these events in schools around the UK in order to promote studying Veterinary Medicine at the Royal Veterinary College in London to a diverse range of students. A preliminary informative presentation by lecturers from the college outlined the history of the RVC and the structure of the BVetMed course and its teaching centres. In addition, expectations of prospective students in terms of self-organised work experience and academic qualifications were explained in detail.

After this, students from the RVC delivered a workshop where we tried our hands at skills such as stitching wounds shut, how to do a one-handed tie, and how to dress for surgery in sterilised gowns and gloves without touching the outside of the garments! The workshops also provided the opportunity for informal chats about the courses with current RVC students whose enthusiasm and passion for their studies was very evident.



The German Department rocks!

Quite literally for last year's Year 8 pupils who, during the Flexible Day programme last summer were both rocking and chilling to some top German tunes during the German Department's music day, and believe me, German music has come a long way since „die toten Hose“ (the dead trousers!) were in the charts!

The day was jam-packed with a variety of activities and learning experiences for our pupils, which had something for learners of all abilities. Pupils listened to the mellow tune of „Chicago“ by Clueso and analysed the song using a range of newly acquired adjectives and structures. Pupils then compared this song to the more up-beat, finger-snapping „diese Tage“ by Kris and Dante Thomas, which has now been downloaded by so many pupils, I feel we deserve some of the royalties! The most popular activity of the day however was the drama session, where pupils acted out the roles of pop stars in an interview.

The pupils took ownership of the project as they wrote their own scripts, brought and made their own props and delegated parts to each other with some playing the roles of interviewer, pop star, bouncer and groupie! A fantastic day was had by all, as the students themselves testify:

'Most enjoyable flexible day for me so far'

'Never bored'

'exciting and helped our German'

'I would listen to more German music now because it is good.'

'It was great - THANK YOU'

'I wouldn't change anything about the day because I enjoyed it and learned a lot at the same time'

'I would not change the day it was fantastic'

Award Winning Careers and the World of Work Provision at CHS!

Cardiff High School has been awarded the prestigious Careers Wales Mark for Continuous Quality Improvement. To achieve the mark, an audit of the Careers and the World of Work provision was carried out at each key stage along with self-evaluation against the Estyn Common Inspection Framework. Detailed action plans were put together and carried out; focused on improving pupil learning and measuring progress and impact. Mrs Tumelty, Careers and the World of Work Coordinator commented, "The award acknowledges the very good provision and support available to pupils at Cardiff High School to help them make decisions at crucial points in their life."





French for the Future

The French Department organised two 'visites fantastiques' to local international companies. Pupils from Year 9 were able to experience how useful languages are in business during a trip to Wolfestone Translation Agency in Swansea, in October. They practised translation skills while finding out what a day in the life of a translator would be like and also got to test out the sound recording facilities. The bravest among them, entered the sound booth to record themselves speaking in French, which was then played back over an advert. The sound technician uses the software to record the same advert or sound clip in as many different languages as he likes. This way, a TV advert you watch in Wales might be playing in hundreds of different countries around the world in their own languages.

The second visit was to the international defence company, CASSIDIAN. Twenty-one pupils accompanied Madame Hales and Madame Mann into the TOP SECRET world of aeronautics and defence. We found out how useful it is to have foreign language skills in any specialist area of the world of work. This large company, based in Newport, actively seeks potential employees who can speak one or more foreign languages. They employ engineers, computer programmers, IT specialists, employees with military defence knowledge, business experts and economists – most of whom need to travel abroad and interact with foreign clients.

The pupils were given a tour of the company and were able to make

use of the software and equipment available, to ask questions about careers and about the use of French in the wider world. They discovered that having a foreign language is a Unique Selling Point for the future.

We were very proud of our pupils, whose behaviour, interaction with staff at the companies and interesting questions were exemplary and a real tribute to Cardiff High School. Bravo!



Gareth Jones, Colorfoto Ltd



George Savva's, It Takes.. 7 Seconds Ltd
Front row (left to right): Elin Barrett, Jennifer Ferris, Katie Mitchell, Amina Abbas and Peter Lloyd-Williams
Back row (left to right): Alex Davies, Ibrahim Al-Affan, Charlie Bates and Morgan Church



The Winning Team

Team Enterprise Successes



Budding entrepreneurs were thrown into the 'Dragons Den' as part of the year 12 Welsh Baccalaureate Team Enterprise programme. Pupils worked in teams to come up with a new business idea which they had to pitch the dragons – local entrepreneurs.

Pupils attended a number of seminars delivered by local entrepreneurs on goal setting, business planning, design, marketing, finance and presentation skills. Pupils were particularly inspired by the engaging and humorous Presentation Skills seminar delivered by George Savva (It Takes.. 7 Seconds Ltd). He commented, "I really loved that group, and was completely awed by the response from them afterwards. The response from the teachers was equally as fabulous."

Pupils had a chance to show off their creative skills by designing and making prototypes, recording a TV and radio advert and preparing a sales pitch. They also fine tuned their marketing, financial and business skills as they carried out market research and wrote business plans and financial forecasts.

'Toothy Tales' won over the dragons with their electric toothbrush idea featuring a two minute timer alongside which a story plays to provide an incentive to children to brush their teeth for the full two minutes providing an educational and more enjoyable experience! Debbie Johnson (Boot Lace Brands) commented, "The work presented by the pupils of Cardiff High was outstanding and we really enjoyed listening to their clever and well thought out ideas. Many thanks to all for making the event so interesting and enjoyable. The attitude and behaviour of all the pupils we met was exemplary and they're a real credit to the school."

RP NEWS...

From RE to RP



From September 2012 the RE Department has had a change of name. We are now called the Religion and Philosophy (RP) Department. The Department felt 'Religious Education' sounded somewhat old fashioned and instructional. 'Religious Education' was a title which was no longer fit for purpose because it did not accurately reflect the content of our lessons, or the wide variety of pedagogies that we employ. The word 'Religious', we felt, was in itself problematic. It could give the impression that learners are being educated to become religious, rather than to acquire knowledge and understanding, of the world's six major religions. Philosophy and philosophical approaches to learning and teaching underpin everything we do as a Department.

The title 'Religion and Philosophy' indicates more accurately what we aim to achieve: learning about the religions which make up our school and our society – their beliefs, practices, values and traditions - through objective, philosophical engagement and enquiry.

Israeli Student Delegates Visit The RP Department

On Tuesday 6th November the Religion and Philosophy Department was visited by Yedidee Jacobs and Joey Gerlink. The eighteen year olds, both from Jerusalem, were visiting Wales in their role as Israeli Student Delegates. They delivered a very informative speech to a group of Cardiff High students in Years 11, 12 and 13 about Israel and the challenges of being a young person living there. Our students asked them some extremely thought provoking questions and excellent quality discussion took place. Well done and thank you to everyone involved.



Some of the Year 12 Religion and Philosophy students with the Israeli Delegates

Tea and Philosophy



The Religion and Philosophy teachers at Cardiff High are sure that some of humanity's greatest pearls of wisdom were uttered over a cup of tea! With this in mind, students and staff have been getting together every other Tuesday after school to discuss life's big questions, at the Philosophers' Café.

Wittgenstein (a famous philosopher) once said "Philosophy is not a theory but an activity". We agree! So, Philosophers' Café is all about doing philosophy for ourselves and learning from one another through friendly, but intellectually challenging discussion. We've already discussed questions as varied as "what makes us truly happy?", "what is 'justice'?" and "is there really such a thing as an 'individual'?" So, if you've ever pondered life's big questions then pop along to the Philosophers' café. Everyone is welcome!

"I have enjoyed going to the Philosophy Café that started last year. There is always a great environment there and the sessions are well structured to allow each member to express their opinions freely. I have really enjoyed taking part in the debates and developing my arguments, often adapting them as I change my outlook on the issue. I look forward to future discussions and the challenges they will bring.

Jenny Ferris • Head Girl and a 'regular' at Philosopher's Café.

Student Success In The National Schools Bible Project

Congratulations to the Year 8 and 9 Religion and Philosophy students who were awarded runners up prizes for their entries in the National Schools Bible Project. A very special 'well done!' to Christine Mineva in Year 8 who won joint first prize. Christine's essay on the 'Raising of Lazarus' was deemed by the judges to be 'of a high standard, showing insights and reflection and a real understanding of the profound implications of the story.' She will attend an Awards Ceremony in London in December. This will include a tour of Parliament and tea with Baroness Cox. As well as a personal book prize for herself, Christine also won a cash prize of £500 for the school. Mr Jones has kindly donated this to the RP Department and it has been used towards the cost of an interactive whiteboard.



Christine Mineva and the runners up in Year 8



Year 9 students with their runners up prizes

Religion and Philosophy Department Logo Competition

Congratulations to Jemeema Kareem in Year 11 who won the RP Department Logo Competition. Jemeema received a £25 Amazon Gift Voucher and her design will be used on all Department correspondence. Well done to the many students who entered the competition, but we are sure you will agree Jemeema is a worthy winner.



I designed the logo by trying to include both religious and philosophical symbols and ideas. The main part of my logo is the candle to represent light which fits in with religion, philosophy and the school motto (towards the light). I placed the major religious symbols inside and around the body of the candle. The wick is designed to look like a questions mark as it leads into the flame to represent

ideas, opinions and philosophical theories.

Jameem Kareem

MUSIC DEPARTMENT NEWS...



Autumn Concert

This was an outstanding event and a true celebration of the talented musicians at Cardiff High School. The Senior Hall was packed with a capacity audience who enjoyed performances by over 300 Cardiff High School Musicians. The number of students participating was impressive in itself but audience, staff and governors alike were amazed by the exceptionally high quality of the performances. The Junior Girls' Choir gave a committed performance of 'Angels' by Robbie Williams whilst 'O Nefol Addfwyn Oen' was sung by the Senior Mixed Choir. The String Orchestra and Wind Band set feet tapping whilst the Chamber Orchestra performed Ravel's beautiful work 'Pavane pour une infante défunte'. Coupled with performances by the Senior Boys' Choir, Junior Boys' Choir, Year 9 Vocal Ensemble, Big Band and soloists this was truly a showcase to remember. Look out for video clips on the School website in the near future.

Transition Music Day



This annual event is eagerly anticipated by the Primary and Secondary School pupils of the CHS catchment area. This year more than 200 students from Rhydypenau Primary, Lakeside Primary and Roath Park Primary Schools join the Singers and String Players of Cardiff High School for a day of rehearsals leading to a concert at 4pm. It

is the ideal opportunity for the primary school students to experience the exciting music making which is so central to school life at CHS. Of course the event is also ideal for the older students who are able to be music mentors on the day and more importantly become a friendly face to the Year 6 students when they reach Year 7 in a year time. Mrs Crossan who directed the school's choirs was delighted with the spirited singing of Abba's hit 'Dancing Queen' and Mrs Owen who conducted the string orchestra was equally pleased with the work of the massed orchestra. We would like to thank the staff of the primary schools that assisted us with the planning and running of this event.

Presentation of Awards 2012

The annual presentation of awards was a real cause to celebrate at CHS. We were delighted to welcome students past and present and to recognise their achievements in a wide range of subjects and activities. Mr Stephen Jones, Headteacher, started proceedings with the opening address in which he pertinently reminded us of the parallel between the Olympic Ideal and how we also aspire to success through dedication. Awards were presented by the Senior Leadership Team at Cardiff High School as well as our Chair of Governors Mrs Nonny Matthewson. We were particularly fortunate to have the company of Guest Speaker Nicky Piper MBE who spoke eloquently about his career as a successful professional sportsman. Along with a large representation of the staff, proud parents, family and friends were united in celebrating the achievement of our students. The senior prefects gave the vote of thanks in both Welsh and English thanking Mr Leggett who had arranged and presented the event this year.

Hitting the high notes in London

Alice Howell who studies GCSE Music in Yr 11 writes about her recent experiences performing in London.

Towards the end of the summer term a rare opportunity arose for some Cardiff High students to play in a master class for the renowned concert pianist Richard Meyrick. He has asked to visit our school to hear some of the pianists perform and to share some of his experience.

The master class was a fantastic experience and Richard taught us about bringing the music to life through animated performing techniques and also helped us establish how to master the tricky corners in our repertoire. It was a really interactive and positive event and I felt I had really benefitted from participating. What was astonishing was that at the end of the session Richard asked me to play for him again and asked if I would accept a scholarship to study with him in London. Of course I was over the moon and delighted to accept.

Through Richards music foundation I now travel to London once a month for an intensive lesson and tutorial and am working on one of my all-time favourite pieces: Schubert's Impromptu in G flat major. My monthly journeys on the train are such exciting experiences and I feel very fortunate to have been offered this chance. The most exciting

development to date is being invited to perform a solo in concert at Berkley Square at the end of November.



The continued support of my Cardiff piano teacher Janice Ball and the Music Department at Cardiff High mean so much to me and I am extremely grateful to them for making all of this possible. Thank you! If you want to find out more about Richard Meyrick you can visit www.thepianostudio.co.uk

Musicians on the Move!

November got off to a flying start for the Music Department. As a result of the building project soon to begin around the Junior Hall the department is now located in the upper end of the new school building. This was the first of two momentous moves for CHS musician in the coming years. Pianos, tables, chairs, xylophones along with thousands of books CDs and our Music Technology suite will eventually be housed in a new state of the art Music Department complete with three purpose built classrooms, a suite of practice rooms, a recording studio and of course a large new concert hall.

P.E. NEWS...

Welsh Schools Championship

During the summer term three athletics teams travelled to Brecon to represent Cardiff and the Vale at the Welsh Schools Championship. The Year 9 and 10 girls competed in the Plate competition and the Year 9 & 10 boys competed in the Cup competition. The Year 7 & 8 girls team competed extremely well and won the Under 14 girls Cup competition being crowned Welsh Champions.

At the recent Cardiff & Vale Athletics Presentation Evening Cardiff High School was awarded the Championship Shield for the school which accumulated the most points over all the athletics competition in 2012. The Year 7 girls athletics team won the team competition at the Cardiff

and Vale Athletics Championships, congratulations to Lauren Evans who was County Champion in the High Jump, Long Jump and 70m Hurdles.



INTERNATIONAL HONOURS

Many congratulations to Laura Bleehen and Georgia Brown (both year 10) who have recently been selected for the U16 Welsh development football squad.

Congratulations to Elysse Haywood (yr8) who has been selected for the U15 Welsh netball squad. This is a fantastic achievement.

Alex Koukouravas has been selected for the U16 Welsh Basketball squad.

Alex Oelmann and Tiago Micallef represented Wales in the tri nation's tennis tournament in Edinburgh.

We have 5 county netballers at U14 level and 1 at U16, congratulations to all of the girls. Elysse Haywood, Lauren Evans, Molly Murphy, Issy Richards, Caitlin Xerri (all U14) and Chloe Jones (U16)

New Fitness Suite

The existing weights room is undergoing a transformation! The old machine has been removed and thanks to continuing fundraising efforts from pupils the Physical Education department has been able to buy new multi-purpose fitness equipment to create a new, inviting teaching space. Year 7 pupils will be participating in a sponsored skip event in December and the department will be hosting a charity fundraising evening in February in conjunction with George Thomas Hospice to continue to raise funds for this ongoing project.

GENERAL OFFICE NEWS...

Welcome to our new Yr7 parents. Hopefully you will have communicated with us by now! Reception is open from 8am to 4pm and our telephone number is 02920757741. We have been using Twitter now for well over a year (www.twitter.com and search for @officialCHS to follow us) and ParentMail for several years.



This year saw the launch of ParentMail2. The new system has had some teething problems but hopefully ParentMail2 are solving any issues. If you have not received an activation code for ParentMail2 please email sarah.young@cardiff.gov.uk

If you are having problems with ParentMail2 please email help@parentmail.co.uk

Interform Cross Country & Fun Run

Over 790 pupils from years 7-10 took part in the annual Cardiff High School Inter Form Cross Country competition and charity fun run on Friday 28th September 2012. Runners were also joined in the afternoon by competitors from our local feeder schools. Our pupils raised over £3000 which is a fantastic team effort. Certificates have been awarded to those pupils who raised exceptional amounts of money. Well done to everyone who participated.

NEW TECHNOLOGY

The department and pupils have benefitted from a new iPad and Apple Television in the dance studio. This has proven particularly popular and useful amongst some of the year 7 and 8 classes who are using the technology to analyse their own performances. The department is striving to use this technology across all areas of the curriculum and all year groups.

All In Kit Policy

The department has embraced a new policy that is designed to encourage full participation in Physical Education lessons even when pupils may be unable to physically participate due to illness or injury. Physical Education lessons are a fantastic vehicle to develop pupils' communication skills, problem solving skills, leadership and confidence, as well as motor skills. From Mon 5th November 2012 all pupils are required to bring PE kit to all lessons and a note from parents / guardians if they are unwell or injured.

The school also launched its Facebook page which is proving hugely successful. To like our page go to www.facebook.com/cardiffhighschool Social Networking is a great way for the school to get messages and reminders out to parents in an instant! It really is the way to stay in touch.



Can we please remind parents that they should telephone the school by 9am if your child is going to be absent and when your child returns to school to bring a note.

This term saw the departure of Mrs Donovan from Reception. Mrs Donovan was with us for over four years and I am sure the staff and children will miss her! We wish her all the best.

Design & Technology NEWS...

This year is shaping up to be an exciting year in Design & Technology. Several events have taken place already and there's some exciting plans that will take place over the coming months in the Design & Technology department.

WJEC Innovation Awards Nominations

Labeeb Iqbal, who was in last year's A Level Product Design class had his Year 13 project selected for display in the WJEC Innovation Awards. This is an exhibition of all the best work from all of the WJEC A Level Product Design, AS Level and GCSE students all over the UK. This is an amazing achievement and we would like to congratulate Labeeb on this achievement and state that this is a true testament to the hard work he has put into this subject whilst at Cardiff High School.



Competition progress



Design and Food Skills option groups.

The Design Technology department are currently partaking in two competitions both involving the Year 9 Computer Aided

CAD Challenge, F1 in Schools: This is a National Competition where pupils are required to form a team to design, make and race a model Formula 1 car that reaches speeds of over 85mph. The first competition is set to take place in January and the pupils are currently working extremely hard to produce work produce that will put them in with a chance of winning the South Wales Regional Competition. Exciting times ahead!

Special Thanks



The Design & Technology department have formed an invaluable relationship with Pentwyn based graphics company Signs Express.

Signs Express are specialist sign makers, and supply vehicle graphics, exterior signs, interior signs, window graphics, exhibition displays, PVC banners and health & safety signs in Cardiff and the surrounding areas. We were fortunate to have received a very large donation of materials from Signs Express. We would like to take this opportunity to publicly thank Grant and Nass at Signs Express for their kind donations. I know that the pupil's would also like to express their gratitude as their projects are already benefitting greatly from their contributions.

Inspiring Session delivered by a Product Design Professional

On the 6th of November Year 12 Product Design students were fortunate to have an external speaker talk to them about the Product Design Industry, the Design process and ways in which projects can be approached. The session was delivered by Simon O'Rafferty, an Industrial Design based in the Eco Centre based in Cardiff. The session proved to be both informative and inspiring with excellent feedback being provided by the class after the session. This now allowed the Design Technology department to form an invaluable relationship with Mr O'Rafferty and we have already agreed that future sessions will take place in the coming months. We would like to thank Mr O'Rafferty for taking time out of his busy schedule to visit Cardiff High School and are very appreciative for the enthusiasm and willingness he is to form a working relationship with the department. Diolch yn fawr iawn!



Design & Technology Department -Doing its Bit to Support Charity!

The DT Charity Project is well underway! Pupils have been making decorations to a fantastic standard and are being sold in the Pen & Paper Stationery company's Christmas shop located in the Royal Arcade off the Hayes in Cardiff. Well done all!

ART & DESIGN DEPARTMENT NEWS...

'Made in Roath'

25 more able and talented art students were invited to take part in a series of exciting print workshops in the art studios during the beginning of October.

Students worked alongside local artist and organiser of the local 'Made in Roath' arts festival, Helen Clifford. Over three lunch hours, they created a series of banners and screen prints that have been used to publicise the arts event in and around Cardiff.

More images of the work and information on the festival are available on the Art department website.



'A taste of *University* life'



Yr 13 students took part in a taster day for the BA Art Practice course at the University of Glamorgan, Treforest campus during September.

They joined A level students from around south wales in a series of exciting hands on workshops which included exploring the expressive qualities of clay and transforming a space through drawing.



These workshops were designed to give them a taste of Art at University level. The whole experience which included a tour of the campus was invaluable to our students, especially to those who wish to pursue a creative course in higher education.

London visit to the *National Portrait Gallery and Saatchi Gallery*

On a cold October morning 18 AS and A level students along with Ms Thomas-Evans and Mrs Chittenden the technician, headed to London for their annual Museum visit.

We took a guided tour of the National Portrait Gallery as well as a practical workshop where students responded to the work of 20th century artists. Highlights included the contemporary self-portrait sculpture by Mark Quinn. A small group of year 13 students visited the Victoria and Albert Museum as part of their A2 personal study.

The day ended with a visit to a photography exhibition at the famous Saatchi Gallery near Sloane square. Students were most impressed with the work of fashion designer and photographer Karl Lagerfeld, famous as head designer and creative director for the fashion house Chanel.



WELSH DEPARTMENT NEWS...

A level success



All candidates achieved excellent results and successfully entered the university that was top of their list. Angharad Chandler Davies did even better as she gained the best result in Welsh second language across Wales (and indeed the world!!)

As a school we are very proud of her achievement but also of the fact that she uses her Welsh at Cambridge university as she has joined the Welsh club and is actively encouraging others to embrace the language.

Staff success

The department are very proud of Mrs Griffiths who has recently returned from South Korea where she was representing Wales in a dancing competition along with her dance group – Dawnsywyr Nantgarw.

This was a very prestigious competition with over 30 nations represented. The group won 3rd place in the world, but more importantly were able to spread the news that Wales was alive and dancing!

Theatre visits

The 6th form relished the opportunity to watch 'Llwyth' (Tribe) at the Sherman theatre in September. This play has received international recognition and was touring Taipei in October. Important themes were discussed and the students had an excellent opportunity to listen and learn about Welsh media on the evening. The next theatre visit will be to Ysgol Glantaf where the students will watch 'Yn ôl i'r 80au' (back to the 80s) in November.



Clubs

A variety of clubs are now up and running within the department. The 'Spelling bee' is aimed at year 7 who will be involved in a competition against other schools in the new year. Sblat is a youth group for KS3 students, run by KS4 and 5 students. They meet in Ty Celyn every Wednesday. The Clwb Cinio is an opportunity for our 6th form to chat with Welsh speakers from our community. We are very thankful to all these people who give of their time in order to help our students.

MATHEMATICS NEWS...

Year 11 Revision

Do you think Bradley Wiggins would have been happy with second place on the podium in Paris following the Tour de France? Not likely. That same spirit of ambition has been evident in spades with a group of Year 11 pupils this autumn. Not content with sitting their Foundation exam in the summer of 2013, they have opted to sit the exam early, in November 2012. Their aim is to achieve a C grade and sit the Higher Tier paper in the summer where B and A grades are on offer. Put simply, this is a big ask. However, this group of pupils has risen to the challenge. Their exam preparation has been outstanding. We have even started the Sixth Form Maths Surgery early (formerly cross-age tutoring), an after-school tuition session between Year 12 Maths students and Year 11 pupils. Good luck everyone!

Our sixth-formers themselves have been busy. On 24 October, three teams took part in the annual University of Glamorgan Maths Quiz. Our top team came joint third, out of 50, beaten only by teams from fee-paying independent schools. This success was followed by the participation of over 50 (a record entry) Year 12 and 13 students in the Senior Maths Challenge on 6 November. A huge thank-you to Miss Saddique for organising.

Lower down the school, Year 7 have got off to a flying start, with all Maths teachers saying how impressed they are with the new year group. Jaguar Cars club is up and running again (thanks Mr Nicol), and we'll be aiming for more success in the National competition after Christmas. Maths Club has also been given a spring clean (thanks Mr Barnsley and Year 12) and will be kicking off in November.

October and November also see two of our showcase events, the Year 6 and

Year 12 Open Evenings. The success of the evenings is due in no small part to the efforts of our pupils and students. This year, Year 8 pupils provided Maths masterclasses to confused parents on essential Numeracy skills, whilst Year 12 and 13 students spoke to Year 11 pupils about the benefits of A-level Maths and Further Maths.

Finally, the Department was fortunate enough to welcome two new teachers this autumn, Miss McDade and Mr Nicol. Following the arrival of Miss Melia in January, these are exciting times for the Maths Department.



NEW STAFF



Bethan Jones - ICT with Welsh

My name is Mrs Jones and before Cardiff High, I taught at Llanedeyrn High for 7 years. I teach both Welsh and ICT and hold a Welsh Spelling Bee in room 9 every Wednesday.



Caryl Warlow - PE

I'm from Pembrokeshire, West Wales, but been in Cardiff for 5 years. I taught in Ysgol Plasmawr last year. I run year 7 netball and hockey clubs. Interests - I play hockey for Penarth, and enjoy socialising with friends!



David Curnow - PE

David Curnow, from Newport, studied Sport and PE at UWIC. The last school I taught in was Bassaleg in Newport, this is my first full time role. In school I run y7, 10, 11 and senior football as well as basketball, cross country and badminton. My interests are all sports (as you'd expect!), I am a massive Cardiff City fan and have had a season ticket for as long as I can remember. I enjoy socialising with friends and holidays!



Emma Britany - Second in Welsh with Bilingualism

My name is Emma Britany and I am a Welsh teacher at Cardiff High School. I previously worked at Coleg Cymunedol Y Dderwen in Bridgend and I come from a small town called Bargoed in the Rymney Valley. I run Sblat Cymraeg every Wednesday 3:30 - 4:30 in Ty Celyn for pupils in years 7,9 & 9 where pupils have the opportunity to practice their Welsh and have fun at the same time!



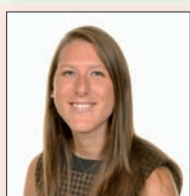
Hannah Rees - Chemistry

I worked in Llantarnam school as a science teacher for 3 years before obtaining the post of Chemistry teacher here at Cardiff High School. My Interests include, rugby (I am a season ticket holder with the Newport Gwent Dragons) reading, watching the Harry Potter films and travelling and seeing new places. I have been to New Zealand, Australia and Fiji and am a regular traveller in Spain and Portugal.



Helen Davies - English

I'm an NQT. Trained at Cardiff Metropolitan University. Before training as a teacher I worked in bookselling and publishing, in London, for ten years and then in mental health administration at Cardiff University for seven years. I'm involved in Kids Lit Quiz and help with Film Club. Interests are reading, music, film and cycling.



Helen Mann - French

I used to work at Bryn Hafren Comprehensive in Barry. I love running and playing the piano. I run cross country club after school on a Monday and French Spelling Bee club for year 7s on a Tuesday lunchtime in room 22.



Jack Nicol - Maths

My name is Jack Nicol and I'm a Maths teacher at Cardiff High. I was born and raised in Cardiff before moving to Bath to study Aerospace Engineering. I have previously taught Maths and Physics at two schools in London before moving back to my favourite city! I run the Chess Club (Tuesday lunchtimes in IT4) and the Jaguar Cars Club (Thursday Lunchtimes in IT1).



Jessica Yarrow - Art

My name is Jessica Yarrow I am from Cardiff and I am a newly qualified teacher. I joined the staff at Cardiff High School in September in the Art Department and Learning Support Department. I graduated from the University of Wales Newport with a BA (hons) degree in Fine Art and also studied for my PGCE at Newport.



Joseph Jones - Geography

'Recently completed my PGCE at Swansea Metropolitan University, where I had school placements in Brynteg High school and Bryn Hafren Comprehensive. Am excited to be beginning my teaching career at Cardiff High School. Have enjoyed the challenges of the first term and am looking forward to the rest of the school year!'



Jonathan Martlew - Curriculum Leader Design and Technology

Last school: Bassaleg School
Currently running: F1 in Schools club where pupils will be entered into the South Wales championships in February 2013. Also running a staff working group with the focus being embracing the use of mobile technologies in the classroom.



Keira McDade - Maths

My name is Miss McDade, one of the new Maths teachers at Cardiff High.
I am originally from Northern Ireland and one of my favourite things to do is play Gaelic football. I look forward to getting to know more of you during my time here!!



Lisa Davies - Biology

This is my first teaching post having qualified as a science teacher in the summer. I gained a biology degree from Glamorgan University in 2005, where I specialised in zoology and ecology looking at animal anatomy, physiology and behaviour. I run a very popular Nature Club at CHS where we explore the school environment and the surrounding area including the lake. So far this year we have conducted wildlife surveys, classified organisms, made bird feeders and we are currently in the process of building a bug hotel!!(aka Creepy Crawly Towers).



Michael O'Brien - English

Completed PGCE last academic year at UWIC - NQT Local teacher; born and raised in Cardiff.
Passionate reader of fantasy and science-fiction novels.
Keen sportsman and footballer; most notably an avid Celtic fan.
Running a Creative Writing Club every Wednesday lunchtime in E2.
Also taking Year 7 and 8 Kids Quiz Lit team to a competition this Wednesday 28th to compete.



Michelle Bennett - English

Mrs Bennett joins us from Glyncoed Comprehensive School in Ebbw Vale, Gwent. Though she totally disagrees, Mrs Bennett is regularly referred to as a 'Drama Queen' and has a love of the theatre; she cannot wait for 'Phantom of the Opera' to hit Cardiff this December. English teachers invariably love the sound of their own voices and Mrs Bennett is no exception! There will be a Public Speaking Club running during lunchtimes and we will form teams to compete in local competitions - all years groups are welcome.



Owain Hughes - Science

I qualified as a science teacher in 2005. I began my teaching career at Llanedeyrn High School where I taught for 2 years before joining Cardiff High School to cover maternity in the Physics Department. Outside of school I have many hobbies, in particular surfing and Rugby. I grew up in Pembrokeshire where Surfing is a way of life! It was this passion for the ocean which led me to a BSc in Marine Biology with Ocean Science.
Overall I am a passionate scientist with a love of the great outdoors!

DATES FOR YOUR DIARY 2012/2013

Wednesday December 19th 2012 - Carol Service (more details to follow) • Friday 21st December 2012 - Last day of term (more details to follow)

Monday 7th January 2013 - Return to school • Wednesday 16th January 2013 - INSET day

Monday 4th February 2013 - School production Grease begins for four nights

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