AUTUMN NEWSLETTER



CYLCHLYTHYR Yr hydref

DECEMBER/RHAGFYR 2024





GET IN TOUCH

029 20 757741

LLANDENNIS ROAD CARDIFF CF24 6WG





We have come to the end of a very busy and successful term and I am hugely proud of what we have achieved together – staff, pupils, parents/carers and governors.

At Cardiff High, our vision is that of learning together. This means that we work incredibly hard to ensure that we are never complacent and that we seek to improve year on year. This year is no exception and I would like to thank staff for their on-going hard work and dedication.

Upon our return in September, we were able to celebrate another incredibly successful exam season. As always, we spend a lot of time considering how to prepare our learners for the future and, I am delighted to say that we are well under way for another positive year. I am extremely proud of all of our Cardiff High pupils who have worked hard, participated in a host of enrichment opportunities, raised money for charity and acted as ambassadors for our school. I would now like to encourage them to enjoy a rest and to spend quality time with friends and family so that they may return in January refreshed and ready for the learning ahead.

May I take this opportunity to wish you all a peaceful Christmas holiday.

Nadolig Llawen!

SM Jones <u>Headteacher</u>



Congratulations to all of our learners who have achieved merit awards so far this year. We are all incredibly proud of your efforts and at the time of printing our learners have accumulated a wonderful 77,852 merits. Remember that you can view how many merits your child has received so far by logging into the Class Charts Parent app. For more support on how to do this then please see our website or contact reception.

Please take some time to read about one learner Ralph who has written a few words to tell you about the merit system.



"Hello! My name is Ralph Crowter and l'm in Year 9. l always like to work hard and try hard in my lessons. My hard work gets recognised by my teachers and results in merits which lead to merit up certificates or awards.

I was the first person in our school to receive the Assistant Headteacher commendation award this year which is for receiving 175 merits already! My big aim is to encourage more pupils in Cardiff High to work as hard as they can so that their efforts can continue to be recognised around school and that they can get these certificates just like I do."





Engagement with the Accelerated Reader programme this term has been fantastic. Across the whole of Key Stage 3, our reading champions have read over 59,532,648 words and taken over 4,106 quizzes to date.

We would like to celebrate our AR Millionaires who have read over one million words this academic year!



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LEARNING WITH THE LORDS

This term, the A Level Law Department had the incredible opportunity to participate in Learning with the Lords, a programme that brings members of the House of Lords into the classroom to share their insights into government, democracy, and civic responsibility. We were honoured to welcome Lord Touhig, a Labour peer with a distinguished career in public service, for an inspiring and interactive session that brought Parliament to life.

Lord Touhig, who served as an MP for Islwyn and has championed issues such as mental health. veterans' affairs, and autism awareness, offered students a firsthand account of the work that takes place within the House of Lords. In a candid and engaging 0&A. he discussed the importance of the House of Lords in scrutinising legislation and holding the government accountable. Lord Touhig shared personal stories from his years of service, highlighting how laws impact real lives and encouraging students to think critically about the role of government.

One of the session's highlights was a discussion on Lord Touhig's efforts to improve support for individuals with autism, a cause he has advocated for both in Parliament and beyond. Students asked thoughtful questions about how the government can make positive changes in areas like healthcare and education. Lord Touhig emphasised the importance of compassion and advocacy in politics, inspiring students to consider how they, too, might contribute to a fairer and more inclusive society.

The Learning with the Lords visit was a fantastic opportunity for our students to connect with the principles of democracy and learn from an experienced and dedicated public servant. We thank Lord Touhig and the UK Parliament Education and Engagement Service for making this event possible, and we look forward to future engagements that bring the world of government and democracy closer to our students.



SENIOR ORCHESTRA AND SOLOISTS AT WJEC LAUNCH

The WJEC, in conjunction with Welsh Government, is in the process of launching a new suite of qualifications for Wales at GCSE level. This October, Cardiff High School hosted a launch event for the new qualifications and this included performances by the School Senior Orchestra and soloists Harry Eilbeck and Saul Gerrard. The orchestra played Slavonic Dance by Dvorak. Saul Gerard in Yr 12 played a trumpet solo with great finesse and Harry Eilbeck sang the Les Miserables song 'Empty Chairs at Empty Tables' which he will perform again as the character Marius in our February Senior Show. The event was covered by the press and it was good to see a clip of the Orchestra on ITV Wales evening news also!





KISS ME. KATE - CINEMA TRIP



A-Level students enjoyed an evening at the cinema watching Kiss Me, Kate; one of Cole Porter's classic musical comedy farces. This new production was recorded at the Barbican in London and featured many award winning performers. This musical is a show within a show - which whisks you into a world of backstage chaos and romantic entanglements as a theatre company attempts to put on a production of Shakespeare's 'The Taming of the Shrew'. Students study the evolution of musical theatre in the 1900s in their lessons with Miss Edge and it was great to see and hear the songs students have studied in class. Favourite numbers included 'Too Darn Hot' and 'Brush up your Shakespeare'. It was a lovely evening and we look forward to going on more outings in the near future!

MUSIC DEPARTMENT

AUTUMN CONCERT 2024

The school hall was packed to the rafters on Thursday 21st November for a sell-out Autumn Concert featuring over 250 musicians from Years 7 to 13. The concert is the result of a term's worth of weekly rehearsal and practice for so many groups; 6 choirs, 4 orchestras/bands and a stellar line-up of soloists too. The Junior boys choir numbered over 50 singers and gave an excellent performance of 'Somewhere Only We Know', and 'The Writing's On The Wall'. We moved to the world of the Broadway Shows with the Yr 8&9 choir who performed a medley from Guys and Dolls complete with a huge team of solo singers from the ranks of the choir. The Chamber choir tackled the demanding but beautiful song 'Sure on this Shining Night' by American composer Morten Lauridsen and gave a really moving performance.

The Senior Choir sang about 'Our Time' which is a hit song from the Sondheim musical 'Merrily we Roll Along' which was full of Sondheim's trademark optimism and lilting riffs. In their first performance since beginning at CHS, the Yr 7 choir were also on fine form bringing huge energy to the Queen hit 'We are the Champions' and Coldplay's 'Viva la Vida'.







The instrumental groups were also on form. The Big Band set feet tapping with Duke Ellington's Take the A Train and the performance included really snappy rhythmic playing and some excellent improvisation. Year 8&9 Orchestra took us to the world of film music and gave a storming performance of the theme to the Indiana Jones films 'The Raiders March'. The Senior Orchestra filled the stage and presented the famous Shostakovich 'Jazz Waltz No.2' with its iconic opening saxophone solos and all sections of the orchestra played with real finesse. The Music Team were extremely proud of all the performers at the evening and would also like to thank the huge team of staff who helped with the smooth running of the evening both front of house and backstage.



MUSIC DEPARTMENT ::::::

A LEVEL MUSICIANS COMPOSITING MASTERCLASS



This autumn the AS and A2 music classes benefitted from a workshop day at Cardiff University Music Department led by Dr Daniel Bickerton. The focus was the development of composing ideas and Dr Bickerton gave a great talk on how music from the Baroque, Classical and Romantic eras can often have a narrative element. We studied music by Vivaldi, Rossini, Beethoven and others. There was an opportunity to develop initial composing ideas and to explore the facilities of Cardiff University Music Department. Many thanks to the University for the opportunity to talk music and to be inspired to compose creatively.

DATES FOR YOUR DIARY:



Chess at Cardiff High School

CHESS AT CARDIFF HIGH SCHOOL

Cardiff High's chess club has been very busy lately with several new and old players competing over the 64 squares. We have some very strong players currently who have competed in national and international events, not to mention beating Mr Nicol regularly!

Toby Blankley in Year 7 was selected for the Welsh U14 team for a tournament in Oxford, England. While that particular tournament was cancelled, Toby was very happy to have been picked and is looking forward to playing in other tournaments soon.

Emma Kong in Year 9 was selected to play for the women's senior team at the 45th Chess Olympiad in Budapest, Hungary. Playing at this highly prestigious event is a very significant achievement and we are very proud of her. The event took place in September 2024 and featured the strongest chess players from around the world, including World No.1 Magnus Carlsen. Emma wrote of her experience below;



"Playing alongside some of the best players in the world (and my amazing teammates) was one of the most fantastic experiences ever, and it has taught me a lot of things to help improve my chess skills. As well as playing chess for almost two weeks, I also went sightseeing with my dad and loved the picturesque city. It was an amazing opportunity - one that will stay with me for a long time!"



We are thrilled to introduce a brand-new Cardiff High School Pupil Leadership Team made up of dedicated, enthusiastic and motivated pupils from all year groups. The pupils have worked together to outline a vision for the group:

- **1.** Celebrating the diversity in our school
- **2.** Ensuring representation and awareness for different aspects of our learners' identities
- **3.** Fostering a school community where all pupils feel valued



Throughout the school year, the Pupil Leadership Team will be taking a lead on organising opportunities for our learners to celebrate the diverse nature of our school community. The team have lots of great ideas and are excited to undertake this new initiative!

Welsh Department Adran Gymraeg

TUZA





EISTEDDFOD YR URDD

Llongufarchiadau Eddie Jennings am ennill gwobr Carys Lewis Jones ar ei ysgrif o'r enw 'Breuddwyd'. This prize is given for the best essay by a Welsh learner for 6th formers in Wales.

Da iawn ti Eddie. Also picking up prizes for their written work were Aoife Naughton, Rawlinson. Emma Field α Morenci Llongyfarchiadau i bawb.

POBL Y CWM



The 6th form enjoyed an afternoon on the set of Pobl y Cwm recently. The studios in Roath lock opened their doors to the public as they were celebrating 50 years of Pobl Y Cwm. Penblwydd hapus Pobl y Cwm. They were allowed to go in and out of the houses and walked around the sets. They were led around by one of the characters from the show – Colin from Lampeter. Diolch yn fawr iddo.

DYSGWR DISGLAIR



Our annual Welsh speaking competition for KS3 learners was held in July with our 6th formers as esteemed judges. Thanks to the Urdd team for also being in charge of the activities during the event. We congratulate all the students who participated and the standard was extremely high.

LLANGRANNOG



Over 200 students and 20 staff headed off to West Wales for the last week of term to Gwersyll Yr Urdd in Llangrannog to enjoy all the activities. After the wettest July day ever, the students survived the muddy assault course. high ropes challenge. toboganning and archery. Thankfully the weather improved for all the activities the following days as well as the annual walk to the beach and getting ice cream. Many thanks to Caffi Patio for opening for us again this year. Diolch yn fawr iawn i'r staff am eu hamser a'u hymroddiad.

Welsh Department Adran Gymraeg

PATAGONIA

40 intrepid adventurers travelled from Cardiff to Patagonia via Madrid and Buenos Aires to Argentina. In 1865 150 people from Wales sailed on the Mimosa from Liverpool and landed in Porth Madryn in South America. They had been promised a green fertile land where they could start afresh. What areeted them was a barren wasteland. During the first month, they lived in caves before erecting simple huts. During this time the first baby was born - a girl. This young girl grew up to be a midwife and set up a hospital in the area. They set up schools, chapels and a whole irrigation system that would allow them to live off the land. They also befriended the Tehuelche tribe and theu traded bread with them.

As part of the A level syllabus, a study of the film 'Patagonia' is an integral part of year 12 studies. It was a pleasure therefore to learn first hand about this country. With the help of the guide Gwion, we ventured into Pataaonia. We visited the penauin sanctuary, as well sailing out to see the whales, dolphins and the sea lions. We saw guanacos, rias, lizards and many other interesting wildlife. We were welcomed at the local Welsh primary school 'Ysgol yr Hendre'. Students learn through the medium of Welsh in the morning, and Spanish in the afternoon. It was a joy to hear these students babbling away in Welsh and singing Calon Lan in Welsh and Spanish. Diolch am yr holl waith da sy'n digwydd yno. Roedden ni wrth ein bodd yn clywed nhw yn canu a dawnsio yn Gymraeg a ninnau wrthi yn canu Calon Lan ac yn darllen llyfrau gyda nhw.



We had bought books that were donated to the school thanks to the generosity of the Dorothy foundation. Diolch yn fawr.

We also went to a farm that reared cattle. Riccardo was one of the local farmers who spoke Welsh and Spanish. Mrs Evans was even given the honour of naming a day old calf – his name is Neco (after Neco Williams and Nico annwyl). We visited a Welsh café as well as Capel Moreia and the interesting graveyard.

Over in Buenos Aires we had an excellent tour of the city. We learnt about the 30,000 who disappeared in the 80s and of their political and economic issues. We also went to a ranch to meet gauchos and participated in horse-riding and dancing. The food was amazing and we ate from morning until night. We also wandered around the city – known as the Paris of South America.

Students were an absolute joy to spend time with, despite the long plane journeys. They learnt a great deal and who knows? Maybe in the future, some will return to work there.





SHOEBOX APPEAL



Yet again, students, parents and staff have been busy at work ensuring that families in Ukraine and Eastern Europe will have a gift this Christmas from the people of Wales. Ms Hill and 7L did an amazing job collecting 40 boxes with Mrs Olsen and 8L also doing well.

The forms of Ms Foreman, Mr Lewis. Mrs Todd and Mrs Jones also worked well as a team. A special mention to Zac Allsop from year 10 who prepared 15 boxes – an amazing effort. The generosity of all is very much appreciated at such challenging times. Around 325 boxes were collected in total alongside £800; which will be used to transport the boxes from Cardiff to Ukraine.

GEOGRAPHY DEPARTMENT

As part of the AS course and in order to the further enrich their understanding 12 students were given the opportunity to discover the coastal features along the Glamorgan Heritage Coastline. Despite the rain, students fully embraced the day and put their classroom learning into the true environment. They were able to deepen their understanding of a range of coastal process and carry out data collection to use back in the classroom. A very rewarding and fun day was had by all despite the rain.



As part of the further enrichment for Geography and History, a group of students were given the opportunity discover the local area with a tour of Llanishen Reservoir. Despite the rain, the day started with a walk up to the reservoir to experience the interactive story about the wildlife of the area. The adventure tells the story of a lost kingfisher and gave the students an insight into the kinds of wildlife and nature that can be found at the site.

Students were then treated to a guided tour by a group of rangers. Here they learnt about the historical significances of the site and importance of it from a sustainable environmental management point of view. During the tour students also discovered information about the variety of protected species that can be found here such as the grass snake, bats and newts.

A fun and informative day had by all – despite the rain!

SIXTH FORM





Following our UCAS lunch in July, we have supported students wanting to explore different pathways post further education from Network 75 came in to discuss apprenticeships and degree apprenticeships. The session was well attended and the students asked lots of questions to explore options for their next destinations. Thanks to Ethan from Network 75 for coming to speak to our students.

This November we launched the Step Up to Oxford programme with our year 11 pupils to enable them to start thinking about their future goals and aspirations. Year 12 also attended their own bespoke session discussing the next steps of the Step-Up programme. Thanks to the Outreach team of New College Oxford and to Georgie for coming to speak to both sets of students. To support Year 11 making well informed AS choices, Simon Lovell-Jones from Cardiff Met delivered a session to all of year 11 getting them to think about the subjects they enjoyed and their skill sets. He talked through some subject specific degrees and offered sounds advice for students to consider when making their choices.

FILM NIGHT



On Thursday 24th October the senior prefect team organised a film night for Year 7 students. The students all enjoyed spending time together to celebrate the end of their first busy half term. Thank you to the prefects for organising this event.

PEER MENTORING



In November we launched our peer mentoring programme overseen by Mrs Jones in the sixth form. We had a huge response from Year 12 pupils eager to support younger pupils and, from this fantastic pool of candidates, we were able to train up 12 students via the Schools In Reach Team. The student mentors have now started to mentor students in Year 7-9 on a weekly basis.

SIXTH FORM





In the first week back after half term, Mr Olsen ran an interform quiz with Year 12. Each form took part in the Cardiff High House of Games tournament. The competition was fierce between the forms; however, the winner of the coveted trophy was 12P with Mr Toye! Well done all!





Thank you to Mr Maddocks for organising a successful MMI session (Mini Mock Interview) for Year 13 medics on 21st November. The session was well attended and had ex-pupils, Hibah Mohamed and Zaynab Rahman delivering interviews at some of the stations. The session was well attended and the students got a lot out of the interaction with current medical students.

TWIN SPORTING SUCCESS: JACK AND WILLIAM BAMBOROUGH



Congratulations to Jack Bamborough who competed in the British Summer Swimming Championships in Sheffield and achieved third place. Jack has also been selected for the Swim Wales National Championships at the end of November.

Congratulations to William Bamborough who was selected to play for GB U18 Water polo at the EU Nations Tournament in Czech Republic in October. Will was the top goal scorer for GB and the team achieved eighth place. Will has also been asked to play for Wales Junior Men at a Water polo tournament in Scotland at the end of November.



Year 7

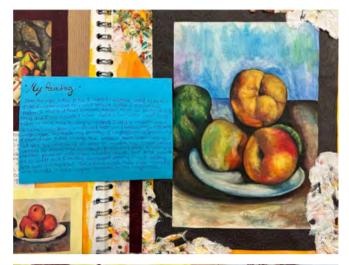
This term Year 7 have focused on the Formal Elements in Art. We have been so impressed with how the whole year group has responded to the challenging drawing activities based on line, tone, shape, form and texture. Pictured below - work from: Daisy Daw, Ines Adam-Munar, Freddie Barber & Mariam Sufer (7S), Ayesha Manzoor, Juliet John, Shahab Irfan, Sophia Hepworth, Ariana Akinleye & Hayley Wong (7R): bendigedig!



ART DEPARTMENT

Year 10 ~ Food

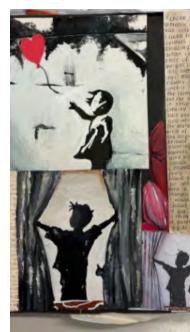
Year 10 have made an outstanding start to their GCSE Unit 1: Portfolio. The Year 10 foundation course focuses on short themes to experience varying subject matter in preparation for their own chosen theme after half term. We have been amazed at the excellent standard of work already being produced by this year group. Work presented here has been created by: Aubrey Potter, Yuhan Zhang, Chloe Rouse, Bella Davies, Gwen John, Hadiya Moghal, Aoife Naughton. Da iawn Blwyddyn 10!

















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DRAW

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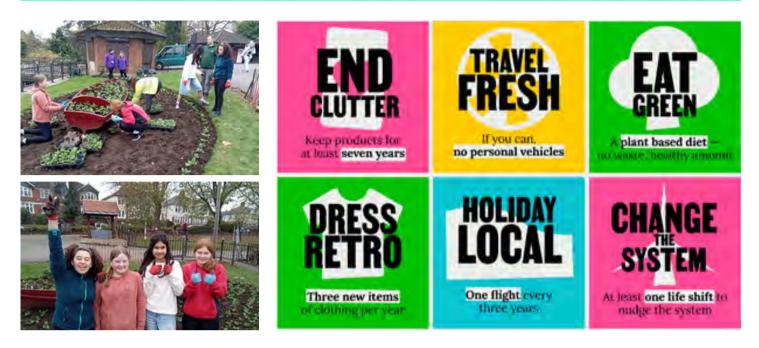


Year 10 ~ Identity



Eco Club Updates





Our fourth year as an eco-club has gotten off to a great start, with lots of new faces but plenty of old ones returning as well! This term we've looked at "take the jump" pledges, where everyone in the club has researched an area in their lives where theu make be can changes to more environmentally friendly, and how we can encourage others like our friends, family and peers to do the same. This includes things like dressing retro with second hand, "preloved" clothes. travellina areen. holidaying local and incorporating more plant-based food into our diets. Some of the group made some great posters for these ideas which we stuck up around the school.

At the start of November, 4 members of the club went down to Roath Park to help City Hospice do some planting in their flowerbed next to the café. It was a chilly morning, but they planted over 200 plants between them which was very impressive! The latest activities with our partners in Friends of Nant Fawr include planting some new bulbs around the school gates and entrance to the woods, and having a debate with them on the controversial proposed plans for the new cycle route through the woods.

We are now one step away from renewing the school's Green Flag status. The Eco Schools charity award this to schools who are making active efforts in multiple areas environmentally friendly. to be more Evidence of all of our hard work over the past 12 months, including litter picking around the school site and local area. planting more new trees & bushes and surveying the plants, trees & insects around the school site has been submitted to the judges. All we have to do now is show it all off to the Eco Schools coordinator in January!

Eco club is open to any pupil from any year group at any time! We meet in S13 on a Wednesday after school.

English Department

This term, the English Department have thoroughly enjoyed seeing so many pupils get involved with our debate and creative writing clubs. Students from Lower, Middle and Upper school have enjoyed the challenge of debate, building their confidence arguing a range of topics. Mr Desambrois has been incredibly impressed with what he has seen, and we hope to get involved in some local competitions soon. Thank you to our sixth formers for being so proactive in setting this up with us.

The Creative Writing Club has produced some excellent stories and poems for a range of national competitions, and it's been wonderful to see so many thought-provoking ideas and creative responses put to paper. We encouraged as many pupils as possible across English classes to get involved in the Benjamin Zephaniah Future Writers Competition, and the submissions on the theme of 'people need people' were remarkable. In club, we've enjoyed reading entries to the BBC and Young Writers competitions, on themes like 'The Beautiful Truth' and 'Fight or Flight'.

Our pupils were a huge support at Year 6 Open Evening too, where they took the lead on running a competition for prospective pupils to complete as many magic-themed language and literature activities as possible.

We must also say a huge 'well done' to our Year 10 and 11 pupils, who have worked tirelessly on Literature NEA this term – their resilience and dedication was exemplary.



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YEAR 12 ENGINEERING EESW COMPETITION

Following from last year's success in the EESW Engineering Competition, 36 Year 12 Physics students have signed up to take part this year. This 6 month project began in October where team leaders attended a launch event held at University South Wales, USW. Pupils have been set a project working with the company CS Connected who are the world's first compound semiconductor cluster. They are a huge collective brand, made of several companies in and around Newport, that develop key technologies to smart, energy-efficient systems used in everything from smartphones and cars to industrial applications. Students have been set a brief to: design a prototype of a smart energy management system using compound semiconductors. This project will develop their computer science, electronics and physics knowledge along with their team work, organisation and communication. Students have started researching and drafting initial ideas and plans and we're excited to see how these develop over the next few months.

KS3 IN D&T

KS3 pupils have had a very strong and busy term in D&T. A wide exposure to all areas of the subject, with an emphasis on learning skills and knowledge. Year 7 have loved getting into the workshops, Y8 have been busy in the kitchen, and Y9 have been honing their skills designing and modelling.

Over 2.000 merits have been issued to Lower School pupils in D&T this term. Y8 are crowned the champions with over 800 merits, with Y9 following very closely behind!





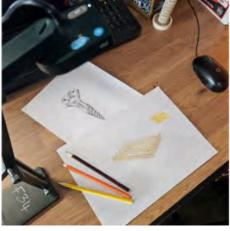


Da iawn, ti!



























































View the A-Level presentation here











SIXTH FORM OPEN EVENING





Middle and Upper School pupils have been lucky enough to have received informative career talks and workshops this term. We're very grateful to Powell Dobson Architects, HLM Architects' Interior Design Team, Renishaw Engineering and Cardiff University School of Engineering for their engaging and inspiring sessions.

There's more to come next term, so keep your eyes peeled and get involved!









CHRISTMAS ORDERS

Thank you to all pupils, parents, carers and staff for their support in purchasing our personalised Christmas decorations and gifts.

The department raised over £600 which has already been reinvested into making the department even greater! Thank you for all your support - we really appreciate it!















CROSS COUNTRY (BOYS)

RUGBY

YEAR 7



With two Cardiff and Vale league races in October, it was pleasing that over 60 boys represented the school at Pontcanna fields and the tougher Bro Morgannwg course. In the first league race strong showings from many of our runners ensured runners' up spots for all 3 age groups. In the second league race the senior team slipped to 4th and the Year 7 team 3rd but the Year 8/9 team maintained runners' up spot. Overall the league standing were YEAR 7 3RD, YEAR 8/9 2ND, SENIORS 2ND.

Individually there were some outstanding performances. In Year 7, George Bailey achieved 4th and Toby Ahmed 7th and 5th in both races. Morgan Garwood Pask and Isaac Davies were the pick of the Year 8/9 runners, both achieving top 10 positions. They were ably supported by Sam Kahan, Shen Rose and Euan Hong. The senior boys team was led by Daniel Rees achieving 11th and 16th.





The Year 7 boys have made great progress, regularly training 30+ players across both A and B squads. They've had notable wins against Bro Edern and Llanishen, alongside challenging games against Glantaf. Whitchurch, and Corpus. Over 20 boys participated in the Novice Cup tournament, designed to encourage new players to the game. Standouts include George Bailey, who brings excellent athleticism to the sport. Garwood-Pask. Efan whose skill and determination shine through, and Osian Davies, who displays great physicality. Dylan Cox, Eli Richards, and Páidí Naughton are key leaders, pushing their teammates to improve.



The Year 7 girls' rugby team is also a work in progress. The girls train regularly on Friday lunchtimes and after school, alongside the boys. While no games have been played yet, the focus has been on building numbers. Emilia Buttigieg and Lyla Jenkins have been particularly committed, training alongside the boys regularly, which is fantastic to see.



RUGBY

YEAR 8



Year 8 boys have played several games, securing wins over Bishop and Radyr, though they've also faced tough losses against teams like Cwm Rhymni and Llanishen. Recently, they played an internal fixture, involving 35+ students. They continue to train every Thursday lunchtime to improve their skills, with additional sessions after school on Fridays. Standouts include Zach Riley, who shows consistent improvement, Alex Drury, who has made great strides since last year, and Chris Page, who is thriving within the team.





Year 10 started slowly, with many boys involved in the Elite Player Pathway outside of school. However, they managed to secure two wins: one in the Welsh Cup against Whitchurch and a friendly against Glantaf. They will face Glantaf again in the next round of the Cup, which should be exciting. Standouts at both EPP and school games include Dylan Griffiths-Williams, Harri Phillips, and Oshea St John, all of whom have made outstanding progress on and off the pitch.



YEAR 9

RUGBY

Year 9 boys have had an excellent season so far, regularly training on Wednesdays alongside the senior team, thanks to Mr. Parsons' volunteer work. They've secured impressive wins over teams like St Teilos and Bro Edern - teams they had never beaten before. A tough cup match against Llanishen saw them finish second in the group, advancing to the next round to face Cowbridge away. Standouts include Harry Thomas, who carries with real intent, and Morgan Garwood-Pask, whose tackling and handling skills continue to impress.

Similar to the Year 7 girls, the Year 8 and 9 girls' program is still developing. The girls regularly attend skills clubs on Wednesday lunchtimes, focusing on technical aspects of the game through touch-based games. Numbers are still growing, but we hope to set up fixtures in the new year. Regular trainers include Molly Thomas, Sophie Harris, and Eva Camilleri. Well done, girls! DEPARTMENT

RUGBY



Many Year 11 boys have been involved with the senior team this year, with over seven also participating in the Dewar Shield program. This is a great example of how hard work over the years can pay off. Alfie James, Alex Mynett, Jack Stennett-Jones, Lloyd Davies, Harri Paul, and Jake Johnson have all contributed positively to the senior team, and when selected for the central team, they've performed at a high level, representing the school with pride. Dylan Burrows has been a standout for the senior team, delivering several game-winning performances. He and Joe Naughton have also been momentous in helping the Cardiff East team reach the semifinals against Merthyr.



Our senior team unfortunately missed out on the league win this year, with tough losses to Bro Mygameg and Crickhowell, the latter by just 5 points. Despite these setbacks, the boys won every other game in the league, finishing second with 31 points. Highlights include a massive win at home against Cwm Rhymni and an away victory against local rivals Bro Edern, where the boys showed great grit and determination in conditions. challenaina Keu plauers throughout the season included captain Ben Boyce, Alex Lee, Zach Driscoll, and Fred all of whom contributed Dineen. significantly in every game.

FOOTBALL 🚺 YEAR 7 GIRLS

The Year 7 team have made a fantastic start to the year. With such great numbers at training, the pupils have been able to partake in several fixtures throughout the season in which they have demonstrated fantastic performances. These include beating teams from Radyr, Corpus Christi, and Glantaf. The team continue to grow and improve their skills, and look forward to the other fixtures lined up in the diary.

FOOTBALL 🚺 U13S GIRLS



The U13s Girls' team started strong in the Welsh Schools Cup, beating Eastern High School 2-1, and then Fitzalan 7-0. Some key players included Lyla Jenkins, Poppy Williams, and Evie Parsons who were all solid in both defence and attack. The team then suffered a hard defeat against Stanwell during the next round of the cup. Despite this, the team continue to build on their performances and begin to focus on developing further within the CVFSA league.



The U15s Girls' team have had a very impressive start to the season. During the first round of the Welsh Schools Cup, the team showed great strength against a strong Bro Edern side, resulting in the team winning 4-2. Following this round. the team were successful and beat Bro Morgannwg 7-0, with goals from Ania Haddad, Alys Grant, Nicole Evans, Lily Blunt, and Bea Browne. The team look forward to building on these results in the next rounds of the Welsh Cup.

FOOTBALL 💽 YEAR 7 BOYS



It has been pleasing to see such great enthusiasm for football within Year 7 with large numbers at training and many boys representing the school this year. With competitive games, some difficult draws have resulted in the team being eliminated in the WSFA cup and the CVSFA cup. However, they have fallen into the plate competition and hope to progress there. Toby Ahmed and Jake Poontaub have demonstrated why they represent Cardiff City & Cardiff & Vale Schools respectively.

FOOTBALL 🚺 YEAR 8 BOYS

DEPARTMEN



Under the guidance of Mr Squire, Year 8 have shown good progress this year. They were narrowly defeated by a strong Llanishen team, which is a big improvement from last year. This was recently backed up by a pleasing win against St Teilo's, setting the team up for their CVSFA cup fixture. Billy Lewis-Babb and George Hanson have formed an impressive partnership in midfield with Evan Marrin again a regular source of goals.

FOOTBALL 🚺 YEAR 9 BOYS

The team came from behind twice to beat St Richard Gwyn with Euan Hong and Morgan Garwood-Pask showing great composure and maturity in midfield. This was followed up by an impressive win against Plasmawr with Gabi Bird instrumental in scoring and creating goals. The team have two other cup games before Christmas as they try and reach the national rounds of the WSFA cup for the 1st time.

FOOTBALL 🚺 YEAR 10 BOYS

After battling against St Teilo's, the win was followed by a disappointing defeat to Bishop of Llandaff. The team are working on consistency across the game to ensure performances are to the level they are capable of. Dylan Griffith-Williams has been immense in both defence and midfield with Sol Davies displaying his qualities at centre back.



The senior team have made great progress in the WSFA cup, a competition they have had so much recent success in. A comprehensive victory against Cowbridge meant a rematch of last year's final. Despite 7 players missing and going 2-0 down early on, the team showed great resilience to win with 2 goals from Isaac Farrugia to start and complete the comeback.In the CVSFA league, the team are currently undefeated and well-placed to finish the playoff positions. Captain Blake Parkins, Ollie Good and Rowan Macentee have been stand-out performers with Year 11 pupils Harry Fry and Tom Loxton stepping up and contributing.

CROSS COUNTRY (GIRLS)



The girls competed in League Race 1, where our Seniors finished in 4th place, Year 8 & 9 finished in 6th place and our Year 7 team finished in 1st place! Special mention to Lyla Jenkins, Ffion Grant, Lily Parsons and Olivia Ingram who finished in the top 10 within their respective age groups. Unfortunately, the weather affected the second league race but, the Cardiff and Vale Championships will be held in January.

NETBALL

DEPARTMEN





Year 7 have made a fantastic start to the season with over 60 pupils attending training. Both A and B teams have played St Teilo's. Llanishen and Plasmawr with our А team remaining unbeaten.

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The girls are looking forward to representing the school in the National Urdd Tournament and County Prelims next term.

NETBALL

YEAR 8

Year 8 have had a competitive start to the season against some very strong teams. The team have unfortunately been beaten closely by Radur and Glantaf. Some star players of these matches have included Phia, Lily, and Flo who consistently show full effort and commitment each game. However, despite the losses, the team still show areat resilience and qood improvements each week in training, which will be exciting to see implemented in the fixtures this upcoming season. Congratulations to Phia on her selection for the U14 Cardiff and Vale County Squad this season

NETBALL

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YEAR 9

After finishing as county champions last year, Year 9 have made a solid start to this year with wins against Glantaf, Bro Edern and Llanishen. They are due to play in the National Urdd Netball Competition in December, and we have high hopes they'll do well! Congratulations to Fi, Lola, Anna, Lucie and Lily, who were all selected for the U14 Cardiff and Vale County Squad this season.



Year 10's attendance in lunchtime and afterschool netball has been outstanding. All pupils have shown huge commitment to each other and their teams. This has been emulated in brilliant performances and wins against Llanishen, Glantaf and Bro Edern. Congratulations to Lila, Anwen and Sophie B who were all selected for the U16 Cardiff and Vale County Squad this season

NETBALL

YEAR 11

The team made a strong start to this year in matches against Glantaf and Llanishen. They also played incredibly well in their county qualifier tournament with a win against Howells and a narrow loss against Radur. Congratulations to Grace and Milla who were selected for the U16 Cardiff and Vale County Squad this season. Our U16 team did particularly well in the annual URDD National Netball Competition advancing all the way to the Cup semifinals. They drew 8-8 at full time against a strong Maes-y-Gwendraeth team and sadly lost out on a space in the final during extra time. However, top 4 in a national competition is an exceptional achievement and they should all be very proud!

NETBALL

PARTMEN

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Our senior team have had an incredible start to this year. Our A team have qualified for the President's Cup Finals in Pembrokeshire in March after winning an incredibly tough pool consisting of Stanwell, Glantaf and Bro Morgannwg. The team played exceptionally well to win vs Glantaf, draw vs Stanwell, and then beat Bro Morgannwg by 1 point in a must-win game. The team also finished National Runners Up in the annual Urdd National Netball Competition. They gave dominant displays of netball through the pool stage as well as strong performances in the quarter and semi-finals. Their final opponents Coleg y Cymoedd just proved too strong, edging them out on the gold! Congratulations to Ava for her selection to the U18 Cardiff and Vale County Squad this season.



HOCKEY

YEAR 7

Year 7 have made a fantastic start to the season with many pupils attending our club on a Wednesday in partnership with Cardiff Met. The Year 7 squad have played friendlies against Llanishen and Whitchurch and are looking forward to representing school in the Year 7 League next term.

HOCKEY SEAR 8



The Year 8 team have had a tough start to the season and have played some very competitive matches against strong teams. The team has been unfortunate in a close 1-0 defeat against Howells, and a 2-0 against Plasmawr. Some defeat star performances from these games includes Sophie Paul, Flo Mitchell, and Rhiannon Hughes who show great intent and game awareness throughout each game. However, the team continue to show commitment to training and look forward to bringing the progress that they have made into the rest of the fixtures this season.

HOCKEY -

UNDER 14



The U14 hockey squad have played Howells and Cathedral in the prelims of the Cup. They lost to a strong Cathedral team, but they produced a great performance against Howells to take the win. The team will be playing Whitchurch before Christmas, hoping to make the next stages of the competition.

HOCKEY **UNDER 16**



The U16 hockey squad have played both Howells and Bro Morgannwg in the prelims of the Cup. Unfortunately, they will not progress to the next stage with two losses but, it was a strong competition and the girls demonstrated great perseverance and there were some excellent skills on display.