



# Newsletter

## Summer 2016



It has been another full on frantic year for education in Wales. Not since the 1940's has education seen so many and such rapid changes. On occasion, it can become overwhelming. It is at these times that you are especially grateful to be surrounded by such a dedicated and knowledgeable body of staff. We are not only working our way through the changes but we are taking a lead across Wales on many of them. It has been an exciting and highly successful year and we are already well into our planning for the next academic year.

The exam season, in terms of hard work and commitment, has been very successful. The effort put in by pupils and staff has been exceptional. I hope that this is reflected on the results' days in the summer. Thank you everyone for supporting us once again!

Cardiff High School pupils have been very active this year. We have achieved many successes including, on the sports field and on the stage. There have been trips overseas and around the United Kingdom, and we have embraced the opportunity to host visitors here at Cardiff High School. The school has contributed to so many good causes throughout the year in terms of worthy

charities, organising fundraising and community events. I am sure you will enjoy reading about these accomplishments in this Newsletter.

Once again, we have had an unprecedented level of interest from students wishing to study in our Sixth Form, and have been overwhelmed by record numbers of external applications. Likewise in Year 7, we have received a huge number of applications which the Local Authority is administering.

Having such a small site with so many pupils, means we are constantly upgrading and improving facilities. Thank you so much to Julia Lewis and the PTA for all their fundraising efforts this year.

As we approach the end of another academic year, we say goodbye to a number of highly respected members of staff. We wish them the very best of luck for the future. In particular, we would like to pay tribute to four members of staff who are embarking on their retirement this year - having devoted a combined total of 115 years to the success of Cardiff High School! Wayne Eldridge (Former Head of School & current Attendance Officer) joined CHS in 1979; Dave Rumbelow, (ICT teacher and lead member of staff on numerous expeditions) began in 1989; Anne Thomas (ICT teacher) started in 1991 and Liz Wheeler (SENCO) began in 1991.

Each has made their own very special difference to the lives of many learners and their families and to the local community. We will miss them. We wish them a happy, healthy and long retirement.

Finally, may I take this opportunity to wish you all a good summer and I look forward to seeing you in the new academic year.

Steve Jones  
Headteacher



### Working as a Consortium hub

It has been an interesting year as the Welsh department was awarded a Centre of Excellence and has therefore been at the forefront of creating training days for other teachers in the area. We have also had the opportunity of visiting other Welsh departments to advise and share different ideas. Hopefully these links will continue in the future.

### Eisteddfod Ysgol

The school Eisteddfod was a very successful day. The eventual winners were 7J and 8K and their form tutors were very proud. Zoe Davies won the crown whilst Rosie Jones was chaired for her poem. The pictures are available on the department's gallery on the school website. The fun is obvious for all to see as the students enjoyed singing, reciting, playing their instruments and dancing. Much of the work had been completed before the day as students had prepared their off stage entries. Their winning work is displayed all around the school on various display boards.



Llongyfarchiadau i bawb a fu wrthi yn helpu ond yn enwedig i Mrs Normansell am drefnu'r dydd. Braff oedd gweld y plant yn mwynhau wrth gefnogi llwyddiannau ei gilydd.



## Welsh Department on Tour

March and April were very busy months in the department as year 9 and 10 visited France, whilst year 7 and 8 headed off to Llangrannog. 65 students from years 9 and 10 celebrated St David's day in style with Mickey and Minnie in Eurodisney. The Urdd and Eurodisney have been collaborating for many years and winners from the Urdd Eisteddfod perform in a special Welsh weekend. It was fantastic to see Welsh choirs entertaining France. The students also went to the Eiffel Tower as well as learning about the history of Ellis Humphrey Evans. He was a Welsh poet killed in action in 1917. He died before being told that he had won the national Eisteddfod Chair. Year 9 and 10 went to visit his grave at Mammetz Wood.



Around 150 students then headed off to Llangrannog for a weekend of fun and games. Aeth llawer i sgio, nofio, gwibgartio, dawnsio, dringo, marchogaeth a llawer mwy. Diolch enfawr i'r staff am roi o'u hamser unwaith eto. Eating ice cream on a Friday afternoon is always a highlight as the parlour opens especially for us. The Urdd camp has recently opened a new sleeping block and the students enjoyed their time using the new facilities available for us.



Yrs 12 and 13 have also been busy as they attended lectures in UWIC based on their A Level studies. They also visited the WMC to watch 'Cysgu'n Brysur'. This was a superb performance by Theatr Arad Goch. Drama am bobl ifanc yn y chweched dosbarth oedd hon. Siaradodd dy grwp gyda Jeremy Turner (sef cyfarwyddwr y sioe) ar ddiwedd y perfformiad. Aeth y criw hefyd i Ysgol Glantaf i wylio Les Miserable. They enjoyed singing along to 'Coch!' instead of 'Red!'

### Glanllyn

Alys Williams and Daisy Halewood from year 11 were lucky enough to be chosen to attend a Welsh course in Glanllyn in North Wales. Only 15 places were available on this course in April. As well as practising their Welsh, they participated in various activities at the centre including gorge walking, canoeing and climbing. I am sure that they will benefit from this excellent opportunity.



# Eco Club



The eco committee met with representatives from 'Tidy Wales' this year to see if all their hard work was worthy of a second green flag for the school. After a tour of the school and Nant Fawr woods the Green Flag was awarded! Here are some of the things we have done to improve our school in the last 2 years.



16 new bins  
around the  
school



All year 7's planted trees  
donated by the



Eve Barnes has designed  
the litter poster that you  
see around school. Thanks  
to funding from 'Tidy  
Wales' and Cardiff  
High School we have had  
them printed  
and installed, encouraging all pupils to Keep  
Cardiff High Tidy!





KS3 pupils planted  
over 1000 daffodils at  
the front of the school



Year 11's designed and built bird boxes which



have been installed in Nant Fawr

THE NANT FAWR  
COMMUNITY WOODLANDS



We cleared brambles away from trees first planted in Nant Fawr Woods in 2013



THE NANT FAWR  
COMMUNITY WOODLANDS



Helped Cardiff High  
School gain  
*'Healthy Schools - Phase 3'*.



Year 9's have built and installed  
oak benches during D&T  
lessons.



The Meadow area  
planted in 2013  
has started to flower



# Maths Department



The Maths department is incredibly proud of the effort, enthusiasm and determination shown by our students this academic year. Outstanding individual results, team successes and a growth mindset have contributed to a



real buzz in and around the maths towers. Following the success of our sixth form students in the Senior Maths Challenge last Autumn, our Year 9 and 10 students secured a string of gold, silver and bronze awards in the Intermediate Maths Challenge held in February.

Particular congratulations go to **Ian Ren, Zaid Dudhniwala, Rohit Krishnan, Ruadhri Horton and Manan Bagga** who qualified for the Kangaroo round. On the 28<sup>th</sup> of April, 70 Year 7 and Year 8 students took part in the Junior Maths Challenge and we're hoping for equally impressive results!

Some of our highest performing mathematicians in Key Stage 3 have benefited from an intervention programme that has been running since the start of

the year. The students have been working in small groups on challenging, rich mathematical work that has intrigued and stimulated their mathematical curiosity. In April a team of four students from Year 8 and Year 9 represented the school in the prestigious UKMT Maths Team challenge in Aberdare. **Rohit Krishnan, Byron Troskot-Jenkins, Elisa Ionascu and Kasim Ali** completed brilliantly and came 3<sup>rd</sup> out of 28 schools across South Wales.

Meanwhile all students in Year 7-10 have benefited from developing their problem solving and reasoning skills in lessons. This has not only helped them become more worldly mathematicians but also reflects the demands of the new Maths GCSEs. Recent activities include calculations involving Olympic sized swimming pools, using Pythagoras to measure distances in Roath and comparing population densities of countries.

Our Year 11 students have been working extremely hard in the run up to their Maths GCSE. Maths Surgery on Wednesdays has been packed with over 100 students regularly attending. They have been tackling past papers and have been brilliantly supported by Year 12 A-Level Mathematicians and their class teachers. In March around 40 students attended a Maths Revision day at Cardiff City's stadium where specific GCSE topics were targeted. The commitment shown by the students on this day and during the Easter revision day has contributed towards what could be a record breaking year for GCSE results – Go for it Year 11!

Meanwhile, the maths teachers celebrated pi day on the 14<sup>th</sup> of March with novelty t-shirts, pi themed jokes and gorging on apple pies. As this day happened to be an INSET day, unfortunately the students missed out on this annual spectacle!

*For more news, revision sources and photos follow the Maths department's Twitter page @chsmaths*

# Warhammer World: Semi Final of the Schools League



I must be mad! Why would anyone volunteer to drive to Nottingham, in a minibus, with 6 budding commanders, to fight 3 battles and then drive back again ... 312 miles, 7hrs driving and possibly rush hour traffic on the M42 there and back. As I said, I must be mad!

In January the Warhammer club competed in the School's League Heat at the Warhammer shop in Cardiff. They fought, they lost, but they enjoyed themselves so all was good. However, due to a quirk of fate or maybe the hands of the dark gods of Chaos, they got through to the semi-final heat in Warhammer World, Nottingham. This is the biggest Warhammer shop in the world, featuring a massive gaming room, 3 stores and an awesome exhibition hall.

Six commanders were nominated for the honour: Rhys Davies, Ethan Balch, Morgan Southwood, Rhys King and in reserve Megan Lawson-Jones and Marley Powell. All of them were excited and turned up at 5.30 in the morning (mad) ready for a long drive and an awesome day.



We arrived at 10:00, just in time for registration. We realised we would be up against it as other schools/colleges seemed to be a lot bigger (e.g. sixth formers) and have bigger armies (not really, they all had to have the same points, but their armies just looked bigger).

The first round of battles started promptly: four 1-on-1 battles of 40 minutes. Ethan won, Morgan drew, but the two Rhys boys were defeated. Not a bad start. While the four commanders battled, Marley fought a reserve war against another school and Megan bought and commenced building a Chaos Vindicator tank.



Rhys Davies' army was then nominated for the prestigious "best painted objective markers" award as well, losing out narrowly on the day to a sixth former.

The second round was a bit of a disaster with Morgan's comments about how to improve playing being "to avoid being slaughtered", which I think could be a motto for life in the 41<sup>st</sup> millennium.

So, we were falling behind and we needed a really strong third round of battles after lunch, to have a chance of winning through to the final.

Lunch, the mainstay of any day-out for a teacher, was awesome: steak in peppercorn sauce, chips peas and gravy followed by a cherry Bakewell

slice. (I knew I did this trip for a reason)

Unfortunately a good third round didn't happen. Rhys K, Ethan and Morgan were defeated despite fighting bravely. Rhys D did manage to claim a victory but to no avail.

After the battles were over we went on a tour of the exhibition hall. There were massive dioramas of the most important battles to take place in the Warhammer universe, modelled in minute detail and painted superbly. (see photos)

Out of the 20 schools/academies and colleges taking part, we achieved 14<sup>th</sup> place overall. Not bad seeing as our team was one of the youngest.

Then it was the long drive home. All of them got something from the day either from learning new rules or tactics or just making some new friends.

Overall it was brilliant and, perhaps, it was a bit mad. Anyway, I'm sure we'll be back again next year.

**Commissar Ellis, CHS Adeptus Educalis,  
Edited by Inquisitor Desambros**



## January

### Author Visit



In February we were lucky enough to be visited by the author Sara Barnard who came to talk to Year 9 and 10 pupils about her debut novel, *Beautiful Broken Things*. She spent the afternoon with two groups of pupils, talking to over 100 by the end of the day. Sara told us about the process of writing a novel, from how she first got the idea for *Beautiful Broken Things* through to how it felt to finally hold her finished book. We were also really pleased to welcome Mel from Griffin Books in Penarth, who had organised the event for us and sold books to the pupils at the end of the event. We definitely hope to welcome more authors to the school in the future and by the time you read this we will have taken a group of Year 9 pupils to the Hay Festival to see talks by renowned author Patrick Ness and Costa Book Award winner Francis Hardinge.



## February

### World Book Day

We would like to extend a big thank you to all those who donned their Harry Potter scars and Katnis braids for Cardiff High's World Book Day. We celebrated the special day with a fancy dress and non-uniform day. As a department we also dug out our own bunny ears and top hats to recreate the characters from Lewis Carroll's *Alice and Wonderland*.



The spell-binding magician turn out was magical and the lion and witch (but sadly no wardrobe) were a treat to see. Mrs Salmon has to be applauded for her amazing Miss Havisham costume, complete with wedding breakfast and sidekick Pip, in the shape of Mrs Wood. The winners of our 'Best Dressed' competition and Amazon vouchers were Seren Davies in 7P and Ed in 7H who both came third - for their freckled Pippy and Peter from *My Friend the Enemy*. Second place was awarded to Jack Menin-Steerer's inventive interpretation

of 'Billionaire Boy'. Our first prize was given to Freya in 7J who depicted Carrie from *Carrie's War*.

The pack of cards treasure hunt, presided over by our own Queen of Hearts, was a great success and the World Book Day Quiz in the LRC was a hit. Thank you to all those who attended and supported us in our celebration of great literature. Onwards and upwards for World Book Day 2017!

## March

March, of course, also brought us the exciting Eisteddfod. Our Battle of the Bard runners up were Zoe Davies and Lottie Barrett, who each created an imaginative and unique poem on what it means to be Welsh. We would, however, like to congratulate our winner, Rosie Jones, who captivated the judges with her inspirational poem “Welsh Flare”.

The recital auditions for the Eisteddfod was yet another difficult job for the English department. We were dazzled by the number of applicants who performed their poems with finesse and flare but we were blown away by Hannah James’ stirring recitation of “A Welsh Incident”.

### BBC News Report

Mr Oldfield and the brilliant Cardiff High BBC News Reporters dazzled us again with their full bulletin for BBC School Report News Day. The report included interesting interviews with our local MPs and the hard-hitting news story on the new hotdogs in the school canteen! We are so proud of all of their efforts and the fantastic report that they produced. We cannot wait to see what brilliant stories these budding journalists can sniff out in the future. Dda iawn!



News Day 2016

### GCSE

Small groups of Year 11 students have taken part in Central South Consortium workshops in preparation for their up and coming GCSE English exams. We wish the whole year group the best of luck over the coming weeks.

We would like to remind parents and carers of students in Year 7, 8 and 9 that students should be reading as much as possible in their spare time. As a school we have invested in the Accelerated Reader Scheme to help promote reading for pleasure in our young learners. We will be sending home parent login details this term. This will help you to track how much your child is reading, what they are reading and create suggestions of what they could read next. We would like to thank you in advance for all of your continued support.



# News from the German Department

Once again the academic year 2015-16 has been a busy time for the German Department. In February, a party of year 9 students travelled to Cologne, one of Germany's oldest and most beautiful cities for a weekend of culture, fine cuisine – well, Currywurst and cake - and fun! The visit to Cologne Cathedral, Germany's most visited landmark, proved a major hit. I gave the students the challenge of beating the 3 minute record to climb the 509 steps to the top of the South tower and it was almost broken by 10 seconds by two of the boys. Unfortunately, they thought that the gate to the viewing platform, 9 steps from the top, was locked! Big mistake! Instead they came down again and now have the Cardiff High School record of being the slowest to the top! Unlucky boys! The chocolate museum where the students were able to create their own individual chocolate bars came in at number two with my favourite creation by a student being the Haribo jelly bear, marshmallow and smartie surprise! The evening walk along the Rhine to see the Hohenzollern Bridge with its thousands of locks and the magnificent Cathedral in the background won the city of Cologne thirty-six new admirers, but who better to express the success of the visit than the students themselves!

As one student wrote:

***“I felt an overwhelming sense of achievement when I reached the top of the Cathedral. I was able to witness the true beauty that is Cologne. The river was magnificent and the bridge was awe-inspiring. I was filled with serenity”.***

While another, who now wants to return to Cologne with her parents, summed up the visit with:

***“Ich liebe Köln! Das war sehr schön!”***



**I want that chocolate bunny!**



**Chocolate to the one that can spell  
Hohenzollen Bridge!**



**Somewhere in here is the Cardiff  
High School lock!!!**

In other news, in January the German department was invited to work with the WJEC. in reviewing resources to support the teaching of the brand new GCSE syllabus due to begin this September. In July, Cardiff High will also host the annual German Professional Learning Community conference, a meeting of all the Curriculum Leaders of German across South Wales and beyond. The ideas, strategies and resources discussed here will be implemented to support and further enhance the quality of teaching and learning of all students of German in Cardiff High School.



**Finally, we would like to wish all our students taking their GCSEs and A-level examinations this summer the best of luck and every success. Viel Glück und viel Spass!**

# Madrid 2016



The long awaited art trip to Madrid went ahead during the February half term. The Art Department was represented by pupils from years 10, 11, 12 and 13. The highlights of the visit were seeing Picasso's Guernica, arguably Spain's single-most famous artwork at the Centro de Arte Reina Sofía, Madrid's premier collection of contemporary art. In addition to plenty of paintings by Picasso, other major drawcards are works by Salvador Dalí and Joan Miro. The collection principally spans the 20th century up to the 1980s.

The Prada gallery was also visited by our students, one of the world's premier art galleries. The artworks at Museo del Prados are like a window into the historical vagaries of the Spanish soul. Works include the royal paintings of Velázquez, the darkly tumultuous Pinturas Negras (The Black Paintings) of Goya, as well as outward looking sophisticated works of art from all across Europe.

Students also had the opportunity to be embrace life on the streets and in the tapas cafes of Spain's capital city which also included a tour of Real Madrid's Bernabeu Stadium.



ART  
DEPARTMENT

## Food Glorious Food!

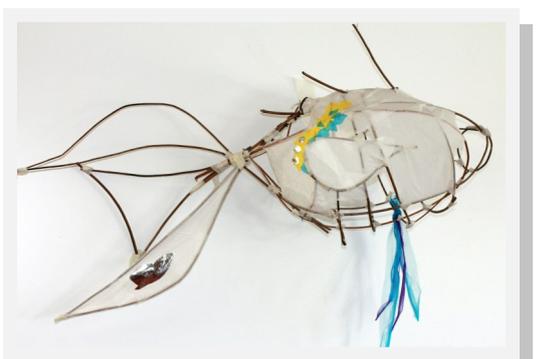
Year 10 have been busy serving up their own mouth-watering cakes this term. They created these delicious looking sculptures as their final piece for their first GCSE project. Inspired by famous artists such as Patianne Stevenson they experimented with recycled materials, construction techniques and designs to create their perfect cake. To decorate the cake, plaster and thick paint were applied just like the icing the sculptures depict. So, although they look good enough to eat, we wouldn't recommend it!



## Year 7 Sculpture Project

Year 7 have been extremely creative this term making sculptures using willow sticks. Working in pairs, they designed and created their own abstract fish sculpture. As well as learning how to use unfamiliar materials, they also embraced the challenge of creating three-dimensional artwork.

Building their sculpture to over one meter in length they also had to negotiate working on a large scale. Well done Year 7! We look forward to seeing their completed sculptures.



# Science

## Spectroscopy in a Suitcase

On the tenth of March, three post-graduate students from Cardiff University School of Chemistry presented and conducted workshops for chemistry students on infra-red spectroscopy which is an integral component of our “AS” and “A2” specification. The scheme is funded and promoted by the Royal Society of Chemistry and the spectrophotometer used costs over £10,000! Without this scheme, it would be very difficult for students to gain individual experience of a technique that is invaluable in modern research and analytical laboratories. We were most impressed by the enthusiasm, commitment and professionalism of the post-graduates running this day and they were very well-gearred for the needs of the students in terms of the level of knowledge, understanding and application required at “A” level.



## Chemistry & Biology visit to G.E Healthcare

On the 16th of March, sixteen students currently studying biology and chemistry visited G. E. Healthcare’s site at The Maynard Centre, Coryton. The morning began with some introductory talks by experienced scientists describing their varied educational backgrounds and careers and outlining the origins of G. E. Healthcare as a global company in the first ever industrial research lab established by Thomas Edison in New Jersey. The varied backgrounds of people working at G. E. was very evident and the students were made aware of the fact that, in addition to “traditional” university graduate routes into employment, they should also consider other routes such as apprenticeship whereby degrees and further degrees can be studied whilst working for a company.

Employees who were in the process of completing internships then conducted a tour of the manufacturing plant where specialised analysis kits and chemicals based on chromatographic techniques are manufactured whose uses include DNA fingerprinting and diagnostic techniques. The plant involved in the large-scale manufacture of specialised chromatographic papers was also seen in action. Following this, the students were divided into small groups where a number of very enthusiastic interns and other G. E. employees conducted a speed-dating-style networking session exchanging backgrounds and aspirations with the students and discussing various opportunities for employment in the industry. As well as the knowledge gained, this session was extremely beneficial in that students had to engage in a very similar manner to the way they will have to in future interviews and selection activities.



# Science

## HANDS-ON CHEMISTRY



On the 24th of March Year 12 Chemistry students spent a day at Cardiff University School of Chemistry. Following an introductory lecture, the students spent time in a computer suite using advanced computer modelling software to explore aspects of computational chemistry. This aspect of Chemistry can be used to

predict the behaviour of various compounds of interest on the basis of chemical bonds in molecules and their molecular environment. This is of great benefit in investigating the potential of chemicals in materials science, medicinal chemistry and synthesis. The afternoon was spent in the laboratory where students, under the guidance of post-graduates, extracted limonene from oranges using techniques of steam distillation, solvent extraction and vacuum distillation. The limonene was then investigated using infra-red spectroscopy and nuclear magnetic resonance spectroscopy. During this time, the assistants were able to answer general questions about their work in Chemistry.



On Friday 18<sup>th</sup> March 2016, 50 Year 8 students headed off to Birmingham, accompanied by three members of the Science Department to attend the annual Big Bang Fair. After a long journey, students were given the freedom to explore the show floor at the NEC Arena which played host to over 200 organisations including universities and science industry experts from around the UK.

There were various hands-on activities for the students (and staff!) to get involved in, which gave them a taste of what science can be used for or what could be expected in a career in science or engineering. This included looking at developments in virtual reality and how it is being used in various industries, testing grip strength, looking at how various hormones control our bodies, investigating our senses and many, many more. There were many freebies to take home and ideas for the teachers to take back to school and put into practice.

Before leaving the arena, we attended one of the live shows put on throughout the day. The one we went to outlined how special effects are created in the movies and on TV. There were big bangs, CGI, a little gore and more. It was a brilliant show and helped to reinforce how science is not just contained to the school lab.

The students were a pleasure to take on the trip, even with the singing on the way home! We were immensely proud of their behaviour and enthusiasm throughout the day and we are looking forward to next year's trip already!

# Chemistry in Health

## (Tuesday 17<sup>th</sup> November 2015)

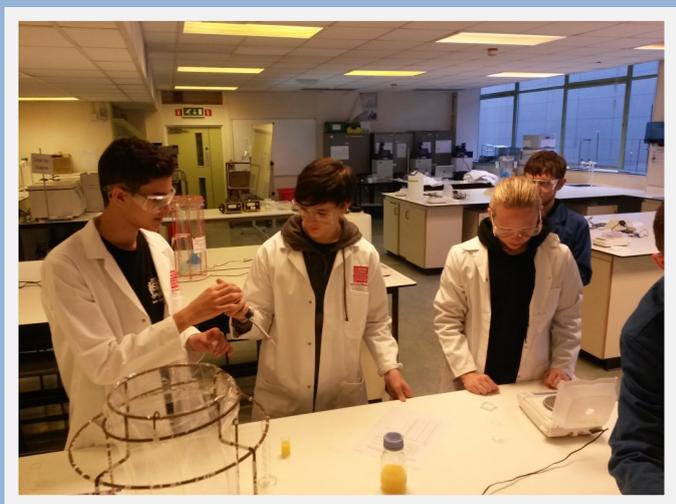
Twenty year 12 students attended a Chemistry in Health afternoon at the Biosciences department of Cardiff University. The event highlighted research taking place at the Chemistry-Biology interface and it was organised jointly by the Royal Society of Chemistry and Cardiff University School of Biology. It consisted of several short presentations followed by laboratory workshops. All four presentations and workshops were lively and inspirational and were pitched at just the right level to relate to the work being done at AS level yet highlighted the potential applications of the basic concepts, knowledge and skills that the students are acquiring at school. The students thoroughly enjoyed the activities and obtained an appreciation of the breadth of research opportunities at the chemistry-biology interface. The topics included were:

Mixing chemistry with genetics: Genome mining for new antibiotics by Prof. Esh Mahenthiralingam.

A new approach to making drugs: designing mimics of the transition state between reactants and products with potential applications in the fields of cancer, bacterial infections and malaria by Dr. Joel Loveridge.

Electrochemical sensors for the measurement of micro-RNA in urine to diagnose kidney disease by Dr. James Redman -

Coordination metal compounds, their spectroscopic properties and therapeutic applications by Prof. Angela Casini.

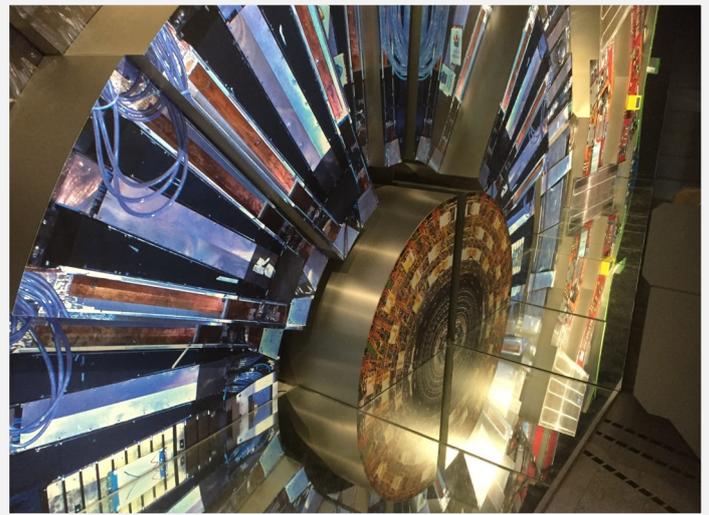
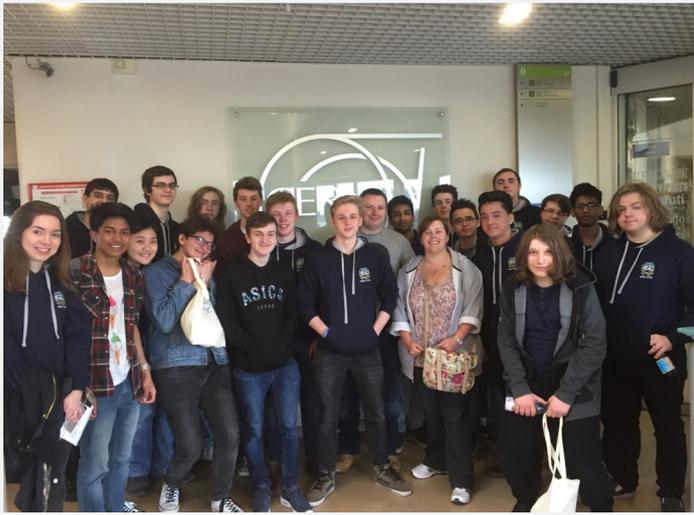


# Science

## Physics Trip to Cern

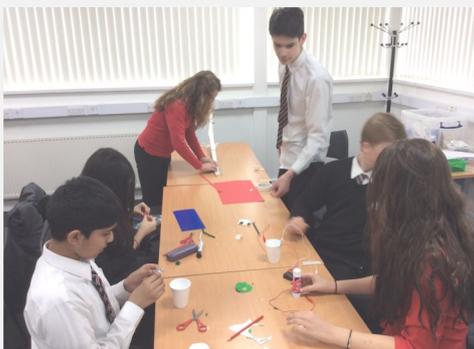
At the beginning of the term, 20 Yr 12 Physics students and Miss Isaac, Mr Toye and Miss Grennan flew from Bristol to Geneva. The first day was spent on the CERN Meyrin campus. Here we viewed the exhibitions and experienced the day to day life of the hundreds of staff working there, followed by our Main tour of the site. We visited the main control room of the Large Hadron Collider (LHC) and also got to see some of the history of the organisation with the Synchrocyclotron having been first built and used in 1957.

The second Day was spent in Geneva, beginning with a tour of the UN building, a boat trip around the vast Lake Geneva and finally a particularly enjoyable Pizza in the evening. We returned to the hotel tired, after two fascinating days experiencing all that Geneva had to offer. After a short flight home the following morning, we were back all too quickly, thinking what an amazing trip it was.



## Budding Young Scientists

In March we welcomed Liz Terry, a STEM ambassador to our school. STEM is an organisation promoting Science, Technology, Engineering and Mathematics in our schools. She spent the day working with some Year 9 pupils on the Marble Roller Coaster Challenge. Pupils worked together in teams to design the most fantastic roller coasters. They had the opportunities to apply their scientific knowledge as well as using skills such as problem solving, communication and resilience. All pupils who participated received a Crest Award in recognition of their hard work.



## Food Technology

In April the Year 10 Food Technology class had a visit from the pupils at Lycée Hôtelier Yvon Bourges, a French Culinary College in Dinard. This year we teamed up with the French department so that our pupils learning French at KS4 and KS5 could practise their language skills. This partnership was very successful and will be repeated next year. The aim of the visit was for our Food Technology pupils to exchange recipes and talk about the cultural differences in the food that we eat and the pupil's preconceptions of each others' Countries. During the visit our pupils demonstrated how to make Welsh Cakes and in return were shown how to make Breton Pancakes with Salted Caramel which were a delight! This provided an ideal opportunity for both sets of pupils to learn about different cultures first hand. Next year we will be looking at the possibility of taking our pupils to France for a return visit in addition to Lycée Hôtelier Yvon Bourges' visit to Cardiff High School, watch this space!



# Design and Technology

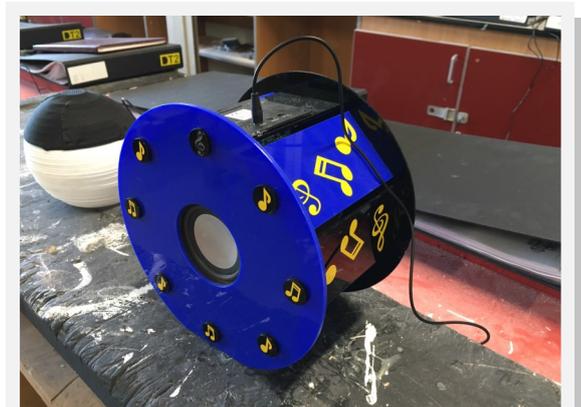
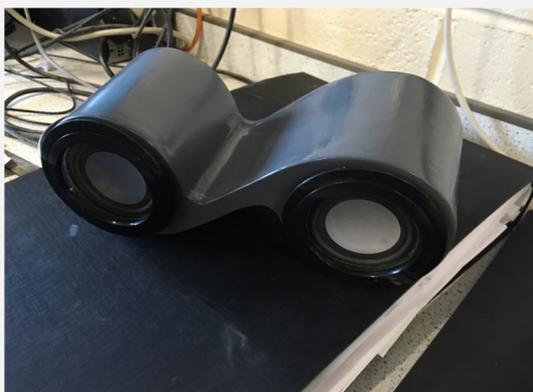
## Arkwright Scholarship Updates

As previously published in the newsletter we currently have three students in the sixth form who have been successful in receiving prestigious Arwright Engineering Scholarships; Callum Gilmour, Maxwell Taylor and Bethan Wilkinson. This year several Year 11 students have applied for the opportunity to following in these student's foot steps. The application process is vigorous which includes the applications form, problem solving examination and a team building/ interview day. Two students in Year 11 (Lucy Mangion and Ioan Williams) were successful in reaching the Interview process. We are now eagerly awaiting to hear the outcome with our fingers crossed.

## Educational Visits

Throughout this year our students have had the opportunity to go on some exciting and inspiring visits. Year 10 visited the Renishaw Engineering site in Miskin to experience their modern facilities and observe their state of the art 3D printers in action. Year 12 experienced the amazing WJEC Product Design Innovation Awards in Cardiff which provided them with high levels of inspiration for their coursework. Watch this space as we have lots more exciting opportunities planned for all year groups!

## Student Work



# Business Studies & Economics

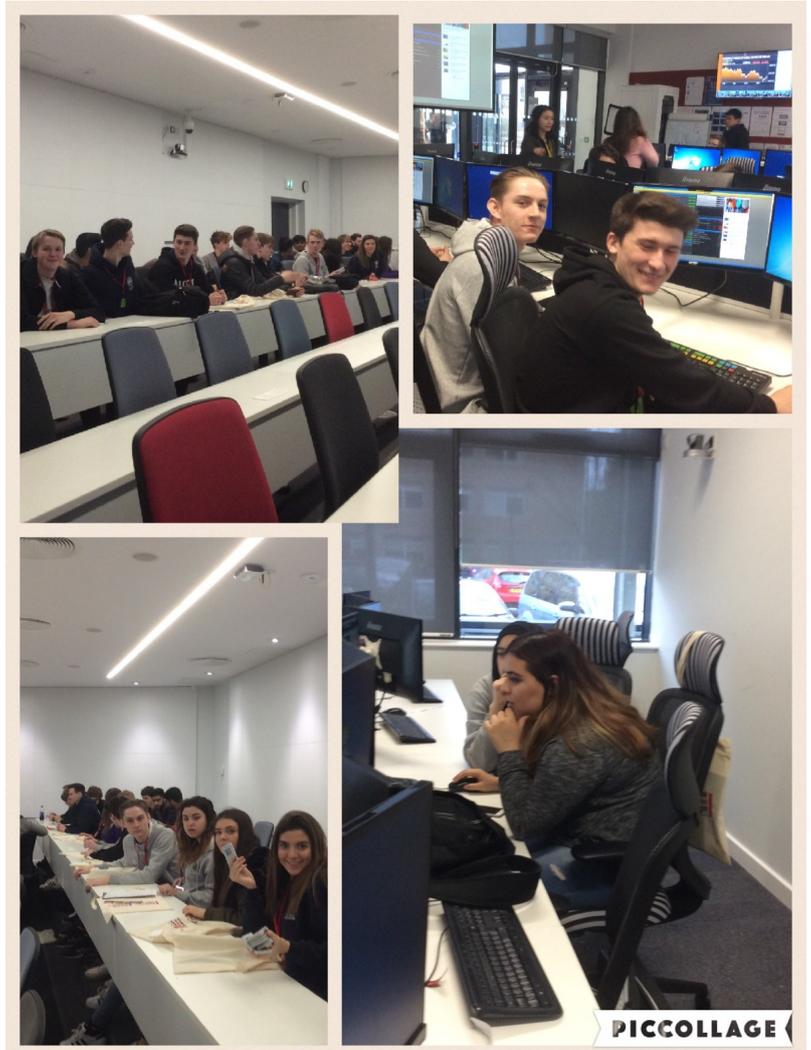
## Cardiff University's Business School Event

This term, thirty Business and Economics AS students were given the opportunity to attend an annual student conference at Cardiff University's Business school. The event offered the students an opportunity to explore the question "Where you can go with Business?".

They were warmly welcomed by Professor Martin Kitchener, the Dean of the Business School. During the day they experienced a university style lecture which was delivered by one of the Business Ethics lecturers, something which the students thoroughly enjoyed. Students also had a chance to try their hand on the market floor by taking part in a stock market challenge.

They were then brought on a tour around the university and had the opportunity to meet with current university lecturers and students who were willing to take questions on all aspects of university life.

Overall they gained a great insight into the life of a university student at Cardiff Business School, where I am sure some AS students may look to attend in the future.



## Retro

Fingers crossed for the Young Enterprise company "Retro" who will be taking part in the Vale of Glamorgan and West Wales final on the 6<sup>th</sup> of May. The competition involves a number of schools and is taking place in Cardiff City Hall. The company will be judged on their trade stand, presentation and their overall business idea.



## **Year 8 Trip to France and Belgium – February 2016**

On Friday 5<sup>th</sup> February, 35 Year 8 pupils set off on a trip to France and Belgium with the French department. On arrival in France, the pupils visited a traditional French bakery in the small village of Escoeuilles. Here they learnt about the making and baking of fresh bread and brioche, all through the medium of French and of course managed to sample some of the freshly baked treats.

On Saturday after an early start, we boarded the coach to travel to Bruges, first stopping at P&J Chocolate Factory. The pupils learnt how Belgian chocolate was made and also had a go at decorating their own bars. After stocking up on chocolate, we travelled into Bruges where we went on a walking-tour of the city and also had some free time to explore and shop.

Before heading home we visited a small farmers' market in the town of Dunkirk where pupils used their French to complete a shopping challenge. We then stocked up on French delicacies at a local hypermarket before making our way back to Cardiff.

The pupils' behaviour and enthusiasm were excellent throughout the weekend, sampling everything from snails to duck à l'orange, and impressively embracing every opportunity to practise their French.

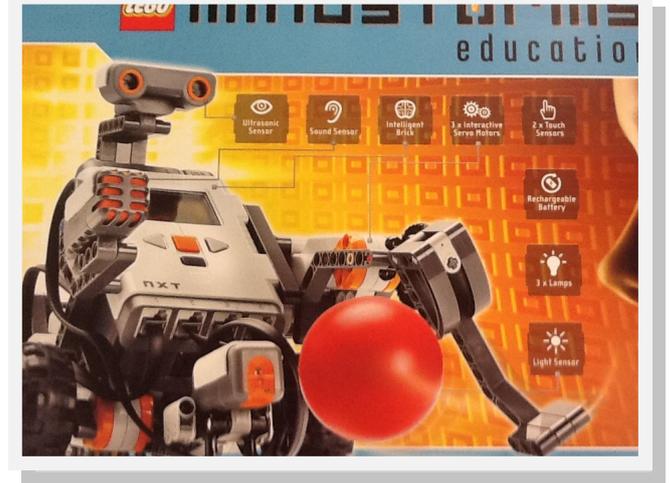


# Coder dojo computer club:

All students use applications such as Blender, App Inventor, Scratch, Python and Raspberry Pi to make basic games. This helps improve their problem solving skills and provides first-hand experience of programming language.

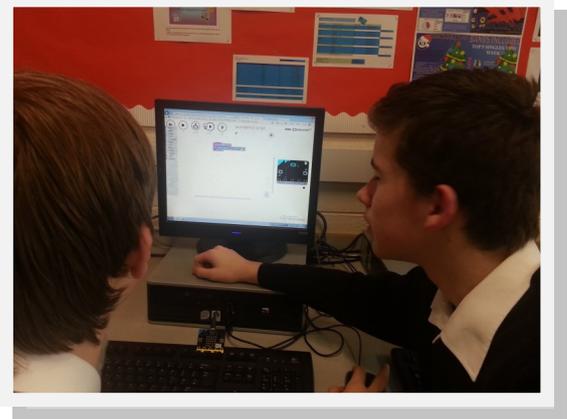
The Robotics Competition:

This year students have been developing problem solving skills. Their challenge is to come up with an original design and create a robot of the future which can help our school.



## MICROBITS

Students are introduced to the BBC micro:bit they gain hands-on orientation and creating a simple program. The students develop their programming skills by getting data from internal sensors and experiment further.



## National Scratch Competition:

Well done Rhys Davies, Rhys King and Joseph Groves on developing highly creative and entertaining Scratch projects. They received certificates on completing such a high quality game.



# ICT EISTEDDFOD WINNERS!

## Advertising Wales Posters



YEAR 7 – images

1: Seren Wilcox 7P

2: Salma Al-Kutubi 7S

3: Amy Shelton – 7R

## Websites about Wales

YEAR 8 - images

Rhys King(1st), Caitlin Taylor - 8J(2nd) and Helen Low8P (3rd).



# Law

## Joint Enterprise and the Law Department in Parliament

The Law Department made another trip to London this Spring. The Year 12 group, accompanied by 2 independents from Year 13, combined tours of the Supreme Court and Parliament. A couple of years earlier we were lucky enough to visit The Supreme Court on the same day as Lord Kerr, one of the Justices of the Court, who was showing a young relative around. Lord Kerr was the one dissenting judge in the much discussed case of *R v Gnango*, and he took some time to explain the twists and turns in a case to our party. *Gnango* had been involved in a gun fight in a London car-park. It was argued that this made him a joint party in his rival's attempt to murder him. *Gnango's* rival shot and killed an innocent passer-by and has never been caught. *Gnango's* conviction for the murder was upheld by a majority - all but Lord Kerr - in the Supreme Court. This year we arrived shortly after the Supreme Court had revisited the question of joint enterprise in the appeal of *Ameen Jogee* (a case with very different facts). The court used their powers under the 1966 Practice Statement to make a dramatic correction of their earlier interpretation of joint enterprise. In the words of Lord Neuberger:

"The court is satisfied after a much fuller review of the law than in the earlier cases that the courts took a wrong turn in 1984. And it is the responsibility of this court to put the law right," he said.

The talk given to our students brought to life some central themes from this year's course and should have whet their appetites for next year's work on Criminal Law.

Next, our arrival in Parliament, on 22<sup>nd</sup> March, coincided with *George Osborne's* return to the Commons after his Spring Budget and subsequent change of plans. We missed the drama of his ordeal in the Commons but our guides gave us first-hand accounts. The group learnt a good deal on their tour and a workshop on drug legislation.

The machinery of Parliament moves very slowly but there is talk of 5 years of repairs and refurbishment

of the Palace of Westminster beginning soon - this may have been our last visit before the work is completed in around 2030.



## Cardiff High School Offers English Language Lessons to Parents

Cardiff High School has been offering English lessons to parents who have English as their additional language.

The aim of the course is to support parents in improving their English so that they can participate more fully in their child's education. The classes operate on an informal and supportive basis and are run by our specialist teacher for English as an additional language, Ms Fraczowska.

The sessions are held at the school with refreshments provided and there is no fee for attending these sessions. They are a great opportunity for those attending to practise their reading, writing, speaking and listening skills and meet to other parents.

You are welcome to join one 60-min session a week and can either choose as follows:

Tuesday: 3.30pm

Thursdays: 1.15pm



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Caerdydd a'r Fro  
Cardiff and Vale  
University Health Board



[Home](#) [News](#) [Our Mission and Vision](#) [Our Services](#) [Working With Us](#) [Promoting Health](#) [FOI](#)

[Home](#) > [News index](#) > [Cardiff High Pupils raise £300 for Macmillan Charity](#)

Search

Go

### Cardiff High Pupils raise £300 for Macmillan Charity

Thursday, 14 January 2016

A group of Cardiff High School pupils with learning difficulties were recently so inspired by a talk on cancer that they got together and held a coffee morning for staff at their school to raise money for Macmillan Cancer Support.

The pupils, aged 15 and 16, undertook the project to host a coffee morning as part of their COPE course (Certificate of Personal Effectiveness). This was inspired by a talk from Macmillan Information and Support Facilitator, Sue Llewelyn, who spoke to the Year 11 class about cancer, outlining the signs and symptoms, and the effects cancer can have on patients and their families.

Teacher Hannah Williams said: "The COPE course challenges pupils with learning difficulties to equip them with life skills. As part of the course, they have to plan a project and then deliver it. They chose to host a coffee morning which was a tall task to undertake for 150 staff."

Sue Llewelyn manages the Information Centre at University Hospital of Wales. She said: "I was thrilled to be invited by Hannah to attend the school to talk about Macmillan Cancer Support. Macmillan is not always about raising money; it is about raising awareness too, and I was surprised by how much the children knew about cancer. They knew it affects one in three people, and that you need to take personal responsibility for looking after yourself and minimising cancer risks by eating healthily and taking regular exercise.



"The pupils were enthusiastic to learn about Macmillan's work, and how I support patients and families in my day-to-day role. They had prepared well and had a list of questions to ask me. It was such a rewarding experience for me.

"I was so proud of the pupils when they said they wanted to focus their project on raising funds for Macmillan at a coffee morning. This was a great achievement for both themselves and Macmillan."

There are six pupils in the class and between them they took on different roles in the planning and preparation for the day, which included calculating how much ingredients they would need, buying the ingredients, doing the baking, promoting the coffee morning and decorating the room.

Pupil Rhys Roles said: "The best bit for me was raising money for charity. It felt very rewarding, and I think we would all like to do this again."

The pupils who hosted the coffee morning are: Rhys Roles, Suhaib Amjad, Amani Houaer, Dafydd Ellis, Joe Parker and Adam Williams.

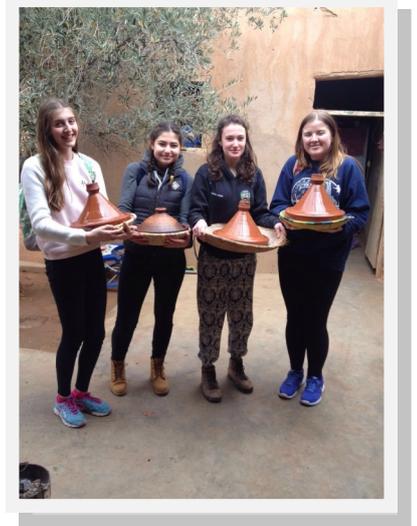
Source: Cardiff & Vale University Health Board - CVUHB

# GEOGRAPHY DEPARTMENT

During the February half term, a 30 strong group of pupils from years 10-13 took part in an overseas field study in Morocco. Here, pupils had the opportunity to experience unique Moroccan cultures in both the busy urban centre of Marrakech and quieter rural settlements as well as take in the magnificent scenery of the lower Atlas Mountains.



Both students and teachers alike were amazed by the sights, sounds and smells of the rapidly growing city of Marrakech with its famous gardens, places of worship and of course its souks. Bargain hunters of the group perfected their bartering techniques and came away with many a souvenir (and several football shirts). The bravest even had some close encounters with cobras!



This hustle and bustle of the city all seemed very far away however when visiting the small settlement of Douar Oulad Elgern where pupils visited a nomadic tribe and had the opportunity to immerse themselves in the lives of villagers from a less economically developed country. On arrival,

everyone was greeted with a traditional tea ceremony before setting off to help villagers with their daily work. The boys collected water, rendered housing and made charcoal and the girls prepared the delicious feast for lunch.



To top off what was a fantastic trip, before flying home, pupils indulged in a more traditional and perhaps less comfortable mode of transport when they went on an evening camel ride across the desert. What a way to end!

An amazing time was had by all and everyone left with new experiences, memories, knowledge and even souvenirs!

# PE Department

## Senior Rugby Vase Final

Earlier this term the senior rugby 1XV took on a strong Swansea based Gowerton in the final of the Welsh Vase. On a sunny afternoon at the Cardiff Arms Park it was evident both sides played with attacking in mind showing some great flowing rugby to the crowd's pleasure. There was not much between the teams as shown by the score with Cardiff High going down 10-6 at the final whistle. Congratulations to all Year 13 players who finish off their rugby at Cardiff High!



### Rosslyn Park, Cardiff schools 7s & Cardiff high 7s

Over the spring and summer terms a number of year groups had the privilege of participating in plenty of 7's rugby in various tournaments. To kick off the season Cardiff High hosted its first 7's festival



with over 200 players participating in years 8 and 9 from schools around Cardiff. From the off there were great team and individual skills on show. The event was officiated by recently qualified level 1 referees Alex Bettinson and Sam Taylor. Years 8,9,11&Seniors then took the trip to London to take part in the national schools 7's at Rosslyn Park, a fantastic event and experience for all who have been. With some of the best schools in both England and Wales taking part in the competition just the group stages are always tough though Cardiff High off the back of weeks in training did not disappoint. With the likes of year 8 and seniors taking down such teams as Wellington County Grammar, local rivals Cathedral School and Weston College. On April 29th in conditions of sun turning into hail stones and downpours both year 7A/B and 8 took part in the annual Cardiff Schools 7s tournament. Great achievements all round with 7B coming 3<sup>rd</sup> in the plate, year 8 winning the bowl and year 7 bringing home the cup.

# PE Department

## Primary school sessions

Following the introduction of the WRU Rugby Hub Programme at Cardiff High School, even more effective transition links have been fostered with our local primary schools. The work of our Rugby Development Officer has led to nine Year 12 students being trained in the WRU Rugby Leaders' Award and, in line with the demands of their Welsh Bacalaureate qualification, they have been successfully coaching Years 4, 5 and 6 as well as planning and delivering tag festivals to over 240 children!!



## Girls rugby & Girls Capitals club



In the summer term girls rugby has had a large emphasis placed upon it with the new set up of the Girls' Cluster Clubs around Wales. Within school we have seen girls extra-curricular touch rugby sessions grow in numbers as they learn the basic skills and rules of sport whilst enjoying every moment. During May and June girls' teams from 7 to 10 will take part in various touch festivals to really test themselves against well practised opposition across Cardiff. Throughout Wales 28 of these 'Cluster Clubs' have been set up to increase the provision and

opportunity for girls aged 6-15years. This has allowed many girls from Cardiff High to join their local cluster 'The Capitals'. If you would like to know more about this brand new initiative please email our rugby development officer Mr Marchbank- [om@cardiffhigh.cardiff.sch.uk](mailto:om@cardiffhigh.cardiff.sch.uk)



## Cardiff Schools & Cardiff blues 16s

Congratulations to Alex O'Donoghue and Joel Coughlin who have been part of a winning Dewar Shield season within Cardiff Schools U15s beating Llanelli 18-12 in the final at the Principality Stadium, a further well done to Joel as he has gone on to make appearances for Cardiff Blues U16s.

# PE Department

## Presidents Cup Finals 2016

The senior team won the Cardiff and Vale round of the U19 presidents cup back in September to qualify for the national finals for the second year running.

Despite pressures of examinations and work commitments, the seniors had a very successful season of domestic matches culminating in the finals day held in Brecon Leisure centre on Saturday March 5th.

Over the course of the day the seniors played some outstanding netball to finish a fantastic 3rd place in Wales. They were a credit to the school and as always provide excellent role models for our aspiring netballers.



## Netball county Finals

Cardiff High were very well represented at the annual Cardiff and Vale county netball finals. The year 7, year 10 and year 11 teams all won their first round tournaments earlier in the season to qualify for the finals.

The standard of netball in the year 7 competition was exceptionally high, promising an exciting few years ahead for the county team. Our year 7 team, captained by Poppy Morgan, played some excellent netball and learned some valuable lessons to take into next season. They finished in 4th position.



Yr7: Seren Dowell, Nona Ferre-Androver, Lydia, Josie Pasley, Hannah James, Poppy Morgan, Freya Meggitt, Emma, Megan Bickerton

The year 10 team qualified convincingly for the finals and even organised smart new netball dresses for the occasion thanks to Mrs Sian Lim. The team played some very competitive matches, and produced some excellent performances. Captain Grace Lim, led by example in centre court. The team finished a well deserved 3rd

Yr10: Sasha Edwards, Caitlin Bevan, Nayaab Malik, Grace Charles, Grace Lim, Daisy Morgan, Eve Bryant, Anna Prothero.

Year 11 qualified for their 5th finals in 5 years. They had won the title every year since year 7 and were determined not to disappoint this year. Despite influential GA, Lauren Evans being unavailable due to international athletics duties, the squad pulled together and led by captain Elysse Haywood, produced an unforgettable afternoon of netball to be crowned Cardiff & Vale county champions for the 5th consecutive year.

Yr11: Beth Jenkins, Molly Murphy, Issy Jenks, Elysse Haywood, Sophie Lacey, Cath Davies, Elin Hughes, Izzy Richards

These results add to the county title already won by the senior netball squad earlier in the season led by captain Megan Stacey. The senior team have had another very successful season and won the county title in a closely contested final match against Glantaf.

Seniors: Georgia Brown, Caitlin Xerri, Dani Brown, Sophie May, Megan Stacey, Rose Thomas, Libby Bryant, Maisie Stenson, Emily Tumelty



# PE Department



## Transition Dance Festival



Last term Cardiff High welcomed our primary schools to our annual Dance Festival. Both Roath Park and Rhydypenau joined the PE department in showcasing their recent dance work. There was a wide variety of dance styles on show and we finished the afternoon with a fantastic performance from our very own Sherman Dancers. We look forward to welcoming our primary schools next month to the Yr 6 Netball and Football Tournament and the Yr 4 Athletics competition.

## Tennis Season 2016

The Tennis season is due to get underway on Monday 9<sup>th</sup> May at Rougemont with the girls yr9&10 first round of AEGON. The yr7&8 girls first round is scheduled slightly later in this term. Please check twitter for results and updates.

There will be a Road to Wimbledon tournament held in school which is open to all abilities, boys and girls. The winner of the school competition goes into the next round with the overall winner playing at the Wimbledon Lawn tennis Club. More details to follow via twitter!

# Football News!

## Fantastic Four!

### CHS Cardiff & Vale Champions in 4 year groups!

#### Year 7

The Yr 7 football team reached the final by defeating Llanishen on penalties in the quarter finals and winning 4-2 v Bro Morgannwg in the Semi Final. They met St Richard Gwyn in the final played at Cardiff Met. Both teams enjoyed spells of dominance in what was a compelling affair with chances at a premium. Goalkeeper Jack Lock produced a fine reflex save when SRG looked certain to take the lead with the first real chance of the game. The deadlock was then broken mid-way through the second half when Danny Reynolds turned in James Bettinson's cross. Y7 doubled their lead when following a corner, Reynold's was brought down and up stepped Frazer King to empathetically seal the victory from the spot. The trophy win capped a fine first season as the boys also reached the last 32 stage of the Welsh School's cup.



#### Year 8

Just hours later the Yr 8 also become Cardiff and Vale Champions! Following wins against Whitchurch and St Teilo's, the boys were against a very strong and powerful Corpus Christi side. CHS dominated possession from the start but were denied clear goal scoring chances with some last gasp defending. Just before half time; Mackenzie Bird's free kick was parried by the Corpus keeper and Joe Bassett was on hand to turn in the rebound. Into the second half the excellent Henry Harding-Watts produced a fine defence

splitting pass that Bassett poked home to double the lead. Goalkeeper Liam Walker produced two superb saves to preserve the lead and ensure Y8 finished the season as Champions! The boys also reached the quarter finals of the Welsh Schools cup in what has been a fine season.



# Football News!

## Girl's U16s

The team topped the West of Cardiff League, winning all of their matches and were due to meet East of Cardiff champions Glantaf in the showpiece final. Unfortunately Glantaf could not raise a team and the girls were awarded the trophy! The girls have also experienced a lot of success in the Welsh School's Cup. The goals of Millie Gall fired the team to comprehensive victories over Monmouth and Maesteg, setting up a semi-final v Cwmtawe. Unfortunately the girls were defeated and lost the opportunity to defend their national title. Special mentions to captain Caitlin Bevan and goalkeeper Talia Qureshi who have been selected to train with the Welsh U17s squad.



## Seniors

The Senior footballers retained their status as Cardiff's finest with a thrilling 4-3 win against Whitchurch High School at the university playing fields, Llanrumney. At the end of a tight half, Joe Tong's deflected strike gave CHS the lead at the interval. Early in the second half, substitute James Robinson's powerful run down the left wing and pass was clinically finished by Nick Davies to double the lead. WHS pulled a goal back but within a minute the 2 goal lead was restored through Davies' stunning 25 yard, half volley. Again WHS replied but when Ben Vincent's cross was turned in by Robinson, the victory was secured, despite a stoppage time WHS goal. It was a fitting end for the 6 Yr 13 players involved who have won 4 football trophies in 3 seasons.



# Football Roundup

## **Girl's U14s**

The girls have had a fantastic debut season! The team captained by the excellent Susie Davies won all their games to top the East of Cardiff League and set up a final against Glantaf. Unfortunately the girls were defeated 3-0 by a strong team with experienced players. Defender Elena George deserves credit for consistent performances this season.



## **Y9**

It has been a challenging season for Y9 who were knocked out of both competitions by Eastern High School. The highlight of the season was a 7-3 victory v Corpus Christi in which Toby Yebdri scored 6! Barney Soady has trained with the Wales U15s squad and continues to play a prominent role in the Bristol City Academy side.

## **Y10**

Y10 were undefeated until January and reached the last 32 stage of the Welsh Cup but unfortunately were defeated comprehensively by eventual finalist Cowbridge. In the quarter finals of the Cardiff and Vale cup the boys lead Whitchurch 1-0 with just 15 minutes to go, but couldn't hold on and eventually lost comfortably. Luke Robinson has continued to be a regular provider of goals and Evan Davies has impressed in midfield.

## **Y11**

A frustrating season for Y11 as they were defeated in the first round of the Cardiff and Vale Cup. The boys have shown their potential with excellent victories against Whitchurch (2-1) and Cathays (6-0). Many have made appearances for the Senior team and should look forward to the step up to Senior football next season.

## **Cardiff High School Golden Boot 2015-2016**

147 goals have been scored between 46 boys this season. A huge congratulations to Y8 pupil Joe Bassett who this year takes the Golden Boot award with 14 goals ahead of fellow Y8 pupils Kyle Evans (11 goals) and Owain Jenkins (9 goals).



# PE Department

## Basketball

Cardiff High School's Basketball Club has had another excellent season. A total of 29 matches were played between Year 7 and Year 11. The girls also had teams in years 7 and 8. One of the highlights of the season was the Year 10 boys' team reaching the Cardiff and Vale Final, narrowly losing 36-33 to a strong St. Richard Gwyn team to end their 9 match winning streak. Another highlight was the year 9 boys' team winning the Cardiff schools 3 on 3 tournament in which they beat the Cardiff High School year 8 team in the final. All the pupils involved have developed significantly throughout the year. The Most Valuable Player for the season goes to Marcus Giudice-Maynard who has shown an excellent level of commitment to the sport this year. Bring on next season!



## Indoor Sports Hall Athletics

Congratulations to our athletes who represented school in the Cardiff and Vale Sporthall Athletics championships in January and subsequently some were chosen to represent the the district at the Welsh Sportshall Championships in Cwmbran in March.

Girls U15 : Caitlin Hockey 7<sup>th</sup> overall in the Cardiff and Vale Championships competed up in Cwmbran in the team that finished 6<sup>th</sup> in Wales.

Girls U13 : Elisa Ionescu and Ellie Beddal competed in the team that finished 4<sup>th</sup> in Wales. Elisa recording the fastest 4 lap time and Ellie 2<sup>nd</sup> in the Shot.

Boys U15 : Well done to Billy Davies who was the overall winner of the Cardiff and Vale Championship, Jacob Maulin Davies 3<sup>rd</sup> and Ian Ren 4<sup>th</sup>. Billy, Ian, Jacob and brother Sam all competed in Cwmbran for the district. Billy came overall 4<sup>th</sup> in Wales! The team came 2<sup>nd</sup> in Wales

Boys U13 : In a team that came 3<sup>rd</sup> in Wales, Dan Ogden, Gabe Harcombe and Kyle Evans all represented the district well.

# CHS 6th Form



Following a very short battle with cancer, Mr John Marusza tragically passed away last term. Mr Marusza was such a charismatic and influential person for so many of our students both past and present. Having worked in Cardiff High since 1995 initially as Head of Business Studies then leading the Sixth Form as Head of School he has made a significant impact on the learning, achievement and enjoyment of education for hundreds of students. In his most recent role as UCAS coordinator, his belief in the potential of every student was ever apparent as he fully supported and guided them in their application for courses at university and beyond. Mr Marusza would leave no stone unturned in his bid to ensure that

each and every learner was given time, care and expert guidance. In both the classroom and the staffroom, his positivity and sense of humour meant that there was never a dull moment when in his company! We are incredibly proud to have had Mr Marusza as part of our school community, and will miss him dearly.

## **UCAS:**

We are very proud to say that 168 of our students have been offered places at universities across the whole of the UK, with many of them now confirming their first place choices and reserve places. This amazing success is a true testament to the hard work and dedication of Mr John Marusza.

## **Raising money for Charity:**

The Sixth Form have worked hard this term looking at different ways to raise charity, from concerts, selling roses, to the most memorable shaving of the very brave Dylan Parson-Townsend. It has been a highly charitable term and long many this continue.

## **Mock Interviews for Medics and Dentists**

We are very grateful to Heather Eyland from Cardiff University's Schools Programme for spending two days at our 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 of the courses and demands of their chosen careers. We are also grateful to Mrs. Greenwood who provided additional interview practice.

# CHS 6th Form

## **Oxbridge Conference:**

Students from Year 12, who are considering applying to Oxbridge, were given their first taste of university life, at the annual Oxbridge Conference, held at Swansea Liberty Stadium. There were a variety of lectures and workshops ranging from the subject specific to the student life. A very informative day!

## **UCAS Conference:**

Although for many Year 12 applying to university seems an age away, looking for course and planning for the future is not. All of our year 12 students took an afternoon in April to visit the UCAS conference in NIAC, where over 60 University stands were on offer with a range of prospectuses and insights into student finance and life. Lots of questions answered, many interesting courses found, now to look forward to the open days.

## **UKCAT and BMAT talk:**

In May Martin Blamey from Cardiff University School of Medicine came to talk to Year 12 potential Medic and Dentists about the new format of the UKCAT and BMAT tests. Not only did he provide us with some clear information about the timeline of events for these tests, he also gave us some food for thought when looking at potential questions. There will be more talks in the summer term and early September so watch this space.

## **Rotary Club Quiz:**

A cold and wet Friday night did not keep the Cardiff High Sixth Form team from competing in the annual Rotary School Quiz. Competing against thirty teams from a range of schools, the team consisting of Amy Doyle, Sophie James, Julian De Silva and Tom Vinestock were leading at half time, and were only beaten at the last minute by a challenging round on 'Composers of Classical Music'. Team you did us proud, remember there is always next year!

## **Finally a thank-you:**

On behalf of the Sixth Form team we would like to say a special thank you to all of our Year 13 students, it has been an absolute pleasure working with you over the past few years, we are looking forward to celebrating your success at the leavers Dinner and on Results Day. A special thank you has to be extended to our truly outstanding Prefect team. We have been spoilt by the level of dedication and commitment this team has shown, no task has been too much and the level of professionalism has made the Sixth Form Achievement team extremely proud; thank you!

Win A Photographic Session with Ela Fraczkowska Photography worth £600! This could be you!



As part of CHS Science Department's Fundraising Campaign, the school is now collaborating with Photography by Ela Fraczkowska (<http://www.elafraczkowska.com>) to raise money for our Science Labs, some of which have not changed since 1960s. A lack of funding and budget cuts for the local authority have meant that the school has been unable to upgrade. As we are now well into the 21<sup>st</sup> century, it would be great if you could help the laboratories catch up!



Participate in our amazing raffle! It doesn't take much - a ticket costs only £1. Maximize your chances of winning - get as many tickets as you want and help us provide CHS science students with a learning environment which is fit for purpose!



This is your one-off chance to get the photos most of us can only dream of!

# DRAMA

In the last newsletter we were eagerly starting proceedings for the annual school production of *Jesus Christ Superstar*. This February we performed four sold out nights and the reaction from those who were there was overwhelmingly positive. We have to say a massive thank you to all of the people involved which includes the cast, backstage crew, the staff show team, supporting staff and, of course, all of those who came to see the show. It would not be the success that it is without the continued support of all of the above. Bring on *Saigon*!

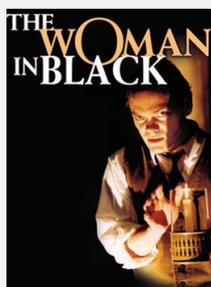
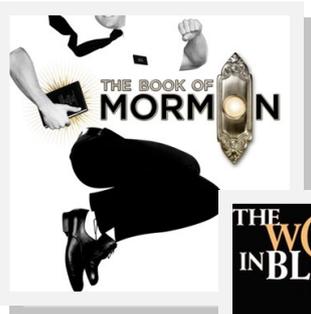


## London Theatre Trip

**A**t the beginning of March the Drama Department went to London for the annual sixth form weekend trip. We left early on a Friday morning and arrived ready for a weekend of performance filled fun. In the evening we were witness to the terrifying *Woman in Black* which led to a few screams and gasps from the audience. The following day we were treated to the hugely original and slightly controversial, *The Book of Mormon* which certainly left an impression on us all!

**I**n mid-March several Year 10 Drama students offered to lend their theatrical experience to some mock medical communication examinations for training doctors. We spent an afternoon in Prince Charles Hospital where the students all contributed to the process. At the end of the day all of the NHS staff said that the Cardiff High pupils were exemplary in their professionalism and conduct and that we were welcome any time to help out next year.

For the majority of this term all the exam classes have been working tirelessly to prepare for their practical assessments. From Year 10 to 13 all of the candidates have really excelled in ensuring that they are well rehearsed and ready for their performance dates. Well done to all of the students who have been putting in the extra hours outside of lesson time!



# Photography Club

Photography Club members are extremely grateful to the CHS PTA for our amazing equipment and we would like to extend our thanks to Mrs Phillips-Lewis, Mrs. Macho and Head Teacher, Mr. Jones, for their high level of interest and support.

I can FREEZE  
time!



What's your superpower?



*Thanks to you, we can freeze the moments of our lives that we share.*

We have been very with a variety of projects, which included photographing a brilliant CHS production, 'Jesus Christ Superstar', the CHS Eisteddfod 2016, the CHS car boot sale, taking pictures for the CHS school newsletter, taking part in school photography competitions (and winning) and photographing our new gym equipment. We have been learning new photographic techniques, finding out about lighting, posing and camera settings, creating exquisite portraits, changing the shape of bokeh, photographing people in direct sunlight, or taking photos through obstructions.

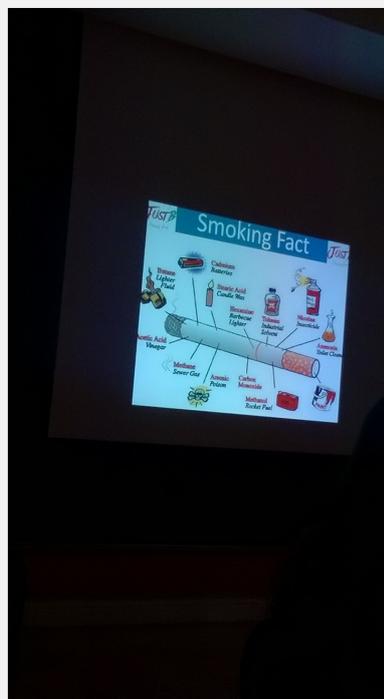


We're looking forward to taking photos at the CHS Y11 Prom and to taking photos outdoors. If you haven't made your mind up yet, look at the photos we've taken with our fantastic equipment and ask yourself if you would like to learn how to create them. Then, simply turn up in F02 Thursday (or sometimes Friday) lunchtime! It's that simple.

# SKILLS CHALLENGE

Year 7 have had a busy start to the term in their Skills Challenge Programme looking at Health and Wellbeing. Josh and Alanna Parmar have been regular visitors to Cardiff High School and as part of this term's theme they have been running self-esteem workshops with Year 7 form groups. In addition to this, pupils have been learning how to build their resiliency skills and our Call, Push, Rescue kits, from The British Heart Foundation, have been used to teach Year 7 vital life-saving skills.

Year 8 have also been following the theme of Health and Wellbeing, with a focus on substance abuse. As part of this we have been working with Public Health Wales on the JustB Smoke Free programme and 40 of our Year 8 pupils have become Smoke Free Ambassadors following two days training with NHS staff. The pupils are excited by the programme and have really enjoyed the opportunities to develop communication skills, self-esteem and team work. The programme will continue to run over the summer term and will culminate in a Year group assembly where pupils will be presented with certificates. Year 8 have also had an assembly with Nigel Price about the use of Cannabis and its associated health risks.





# History & Sociology

## Lessons From Auschwitz Project

Since 1999, over 30,000 students and teachers have taken part in the Holocaust Educational Trust's Lessons from Auschwitz Project.

Based on the premise that 'hearing is not like seeing', this four-part course explores the lessons of the Holocaust and its relevance for today. The LFA Project aims to increase knowledge and understanding of the Holocaust for young people and to clearly highlight what can happen if prejudice and racism become acceptable.

This year 4 of our year 12 History students were lucky enough to participate, and their reflections on their experience are below:

It is hard to comprehend that 6 million Jews died in the Holocaust and this is the official number but, it is believed there are many Jews who died in the Holocaust who have not been found. It is also hard to believe that all these Jews before the Holocaust had ordinary lives and doing ordinary jobs like any human did at the time. We must also remember though that it was not just the Jews who were persecuted but others who the Nazi party did not consider to have belonged to the Aryan race.

Before the Holocaust there was 3.5 million Jews living in Poland and it was a very lively community with over 6,000 synagogues which is where the Jewish population would worship. In fact, my grandparents and great-grandparents were a part of that Jewish population in Poland and lived in Warsaw owning a kosher delicatessen. Many Jews would attend religious schools and learn Hebrew or they would take part in the secular schooling mixing with other Poles. Also, it was very common for Jews to meet together at the start of Shabbat (the Jewish Sabbath) and spend time together like any human would with their friends.

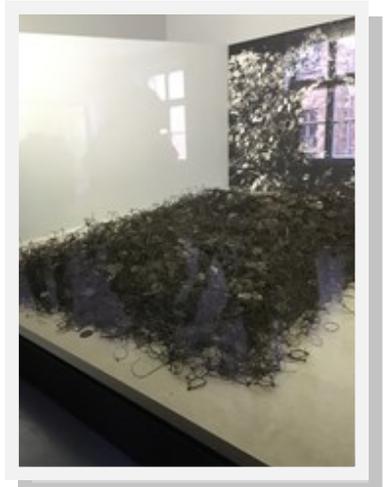
During our trip to Poland we visited Auschwitz-Birkenau but, before that we visited a small town in Poland called Oświęcim. It is located just alongside the former Auschwitz camp. Before the Holocaust, this town had a very large Jewish community with 58% of the population being Jewish. In the town before 1939 there was a huge synagogue that could seat 1000 Jews which shows how much of an influence the Jewish community had. Unfortunately, Oświęcim now has a population of 40000 and with no Jews living there. This small town is just one example of what happened to the Jews and how their lives changed after the Holocaust. - **Daniel Salamon**



As you walk through the gates that read 'Work makes you free', you are given a glimpse of the taunting illusion that the prisoners of Auchwitz were under. The camp allows you to see the victims of the Holoshoes invite you to reflect on the steps that each man, woman and child took before their lives were so horrifically taken away. The piles of glasses ask you to imagine both the happy memories of family life and the horrors that these innocent people saw in the last few weeks of their lives. The displays that are filled with suitcases, pots and pans, men's razors and prosthetic legs show that the victims were truly under the illusion that they were starting a new life. Pictures of prisoners lined the corridors and as you look into their blurred eyes you don't see a victim or a statistic, you see a human being. The wall of death still stands where so many prisoners were executed for protesting, or trying to escape the horrors. Their screams would have been heard by prisoners in the adjacent hospital, where patients would fear for the worst that it was their relative, their friend. What struck



me most however, was the close proximity of the camp to the family home of Rudolf Hoss, the camp leader. Here, his children grew up happily unaware that less than 100 metres away, boys and girls the same age were having their childhood stripped away, along with their freedom and dignity. -**Beth Bridges**





After visiting Auschwitz, as a group we travelled to Auschwitz-Birkenau which was a combined concentration and extermination camp. Upon arrival at Auschwitz-Birkenau, I instantly knew it would be just as emotional and educational as the visit to Auschwitz. The first sight I saw of the camp was the entrance gate. I went on to learn that this was the view thousands of Jews, and others that had been sent to the camp, saw upon arrival as they travelled on trains to Birkenau. After entering the camp, myself and the group were informed of how the ground we were stood on was where the selection process took place. This was an incredibly surreal thought as I became aware of how many people's fates were decided there. As we walked more around Birkenau, we entered the barracks that were located around the camp. These barracks were where hundreds of prisoners slept in extremely poor and cramped conditions. Our guide spoke to us about many horror stories that had occurred at Birkenau that she had been informed of over the years. These stories personally helped me realise the importance of educating people on what took place at each Auschwitz camp during the war because we must never forget what each innocent person went through. Not only must we never forget them, we must also ensure history will not repeat itself. At Birkenau, I was also able to see the true extent of the inhumane acts that took place there especially as we walked through the gas chambers. To end our visit in Birkenau, we all lit candles as a memorial. It was our personal time for reflection of the day. It allowed me time to think about all the

things I had seen and heard as I let everything I had learnt sink in. - **Rebekah Pugsley**

Throughout our day, we were accompanied by Rabbi Marcus, the creator of the Lessons From Auschwitz project, who had flown from London to join us for the trip. At the end of the day, as the sun set at Auschwitz-Birkenau, he spoke to us about the relevance of the experience in our own lives. As someone with such a personal connection to the holocaust and also persecution that Jews still face today, his speech was moving and heartfelt. He spoke about the importance of quite simply, thinking of people as people. Not their religion, skin tone or beliefs but as human beings. He read poems to us that had been written inside Auschwitz and helped us to remember that these men, women and children were just like us. It is only when you embrace the personal stories and experiences of the victims of the holocaust that you can even begin to comprehend the magnitude of the destruction it caused, and that's what Rabbi Marcus was trying to get us to understand. He was also trying to

teach us an important lesson for the future. In 2015, there was a record number of anti-Semitic attacks in the UK, more than 1,100. Anti-Semitism is still common and we need to support those affected and fight it wherever possible. But more than that, we need to fight discrimination universally through our own actions but also what we allow others to do and say. Throughout history, bystanders have allowed terrible things to happen and we must never allow ourselves to be in a situation where we won't stand against prejudice and intolerance. - **Rory Kilpatrick**



### **History Club**

Pupils at Key Stage 3 and 4 have the opportunity to learning alongside our Key Stage 5 pupils by attending and contributing to our lunchtime History Club. Pupils can choose a topic to research and present the culmination of their findings to the whole department. A great opportunity to explore different aspects of History

### **Up and Coming**

The department continues our partnership with the Runnymede Trust which has recently seen Key Stage 3 Cardiff High researching the city's multicultural heritage and present the project at the Houses of Parliament. More projects are in process, so watch this space!



## Nassfeld- Lunch in Italy, dinner in Austria!

On Friday 25<sup>th</sup> March 40 pupils from years 8-9 accompanied by Mrs Davies, Mrs. Tumelty, Mr Toye, Mr J Jones and Party Leader Mr Olsen headed off on the annual Junior Ski trip.

After a fault free journey down, where we were even ahead of time we arrived on Saturday evening at our destination- Jugendsporthotel Leitner in Tröpolach, a ten minute walk (though we got the bus!) from the resort centre and the Millennium Express Gondola.

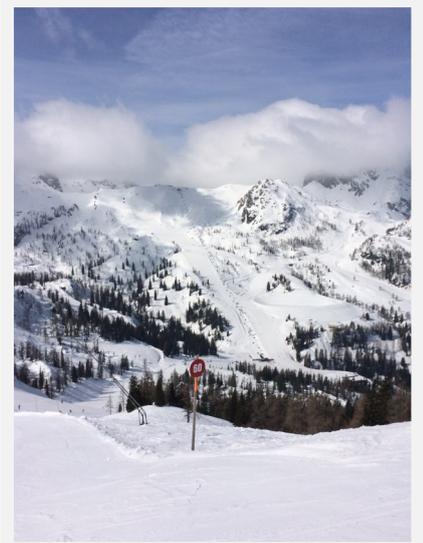
After 'Boot-fit' on the Saturday evening our Sunday it was off to the slopes to meet our

team of instructors, including the very 'scary' Barbara, would put us through our paces for the week. The instructors were fantastic in their tuition, with everyone making huge progress throughout the week. There was barely any difference between the top 2 groups by race day at the end of the week.

Each day started bright and clear in the valley, and was still pleasant at 'mid station' where everyone started and finished each day. However by lunchtimes the clouds had blown over the top from Italy, shrouding the top of the mountain in cloud, with Wednesday even bringing a little rain!

All groups were treated to skiing across the border into Italy for a fantastic pizza lunch, and had the pleasure? of seeing the 'Full Metal Mountain' underway each day. The advanced group impressed with their skiing of Black runs, though their days were punctuated with groans of 'Frankiel!'; The intermediates with their

skiing of reds, encouraged by the ever sympathetic Barbara - "Get up Princess!" While the 2 beginner groups made excellent progress all skiing intermediate slopes by the end of the week. There were a no trips to the local Krankenhaus, and only a few demands for first aid, most of which were not skiing related – Barney!!



Evenings were filled with a mix of activities, trips to a local pool, bowling, a quiz involving large

amounts of chocolate, and a pizza evening and awards in a local hotel.

Throughout the trip the behaviour of all the pupils was exemplary. They showed patience in the long journeys, good stamina in what was a physically tiring week, and importantly good humour. In fact they were so prompt and punctual in the mornings that the water pistols were given a year off! The quality of their behaviour was commented on not only by our staff, but also by the ski school, hotel and drivers. They were a pleasure to take away and did themselves and the school proud.



# Music Department

## National Youth Choir of Wales

The music department is delighted to have heard that three Cardiff High Students have secured places in the National Youth Choir of Wales. Eleri Williams, Rebecca Ellis-Hillman and Alys Williams have all received places in this prestigious group for 2016. Following auditions the girls have already begun a programme of rehearsals which will lead to a summer residential course before a UK concert tour. A big highlight will be the opportunity of performing at the BBC PROMS in September where the choir will join forces with a symphony orchestra and soloists to perform Verdi's huge scale Requiem Mass. The school is justly proud of their success.

## Peripatetic Instrument Lessons

A large number of students are receiving weekly tuition on a range of instruments and voice. They regularly look forward to being part of school and county based performances. If you would like further information relating to the scheme please contact Ms Cath Davies who administrates the service [cathd@cardiffhigh.cardiff.sch.uk](mailto:cathd@cardiffhigh.cardiff.sch.uk)



## Miss Saigon

The music department is delighted to be preparing for the staging of Miss Saigon School Edition as the next major production. Following the huge success of Jesus Christ Superstar we look forward to holding auditions in September in order to prepare for the February performance. Information on the process of involvement will be published at the start of the Autumn term. The story is based on the tragedy of Madamme Butterfly, Puccini's evergreen opera.



## Showbie

It has been a year of exploration in many of our music classes this year as we have begun using the app Showbie to help us record student work for self assessment, reflection and to record teacher feedback. Many classes and students have a log in which means that they can revisit their work and the feedback they have received. We are looking forward to rolling this trial period into next year with a view to using this with all music classes. We also hope parents/carers will enjoy being able to hear and see examples of class performing and composing work at home by using this platform which can be accessed online on all PC and Mac devices.

# Religion & Philosophy

## Television Fame on BBC's 'Big Questions'

It was definitely worth missing out on a Sunday morning lie-in to be part of the BBC's 'Big Questions' debate show! The pre-show filming was akin to an out-of-body experience, sipping on instant coffee with far too much sugar and too little milk, and witnessing producers rush around calmly, but with panic in their eyes. Seeing the workings of the programme behind the scenes was a revelation! We took part in lively and sometimes heated debates, both on screen and as a warm-up before going on air. The topics ranged from the use of animals for entertainment, to the question of nature, nurture and intrinsic evil. I, and my classmate Ollie, were fortunate enough to speak during the live televised debates. Completely impromptu, I countered a point made by an animal circus owner. The highlight of this trip would probably be Alys being mistaken for a 'young, blonde gentlemen' by Nicky Campbell, the show's host! All in all, the morning was educational and entertaining, and I would definitely go again – even if it meant missing a much-needed morning in bed.

Xinyu Ye, Year 11



24 hours that changed the world is a presentation about how Jesus changed the lives of so many people and yet was brutally killed by those who were jealous of him. It explains how Jesus was betrayed by Judas and was crucified, and buried in a tomb, only to rise again. It was presented to us by the youth team from Park End Presbyterian Church, who brought a certain atmosphere to the performance. Overall it was a very enjoyable performance, interspersed with various activities, which really helped to convey the powerful message.



## Students of the Term Spring 2016



### Disgyblion yr Tymor Gwanwyn 2016

Celebrating success is central to our inclusive ethos at school and as each term draws to a close we hold a series of special celebration assemblies. The Achievement Team led by Mrs. Yarrow is always delighted to summarise the activity of students in many different activities in and beyond school. Our 'Students of the Term' are role models to the whole school population and are awarded for many reasons including excellent citizenship in school, participation in lessons and in extracurricular activity. Many students are also student leaders at school serving their year group and our many societies and clubs.



**Hamid Jamal 7K**



**Seren Davies 7P**



**Rhys King 8P**



**Ellie Beddall 8H**



**Harri Lee 9R**



**Lottie Barrett 9K**



**Morgan Evans 10S**



**Grace Charles 10T**



**Ioan Jones 11S**



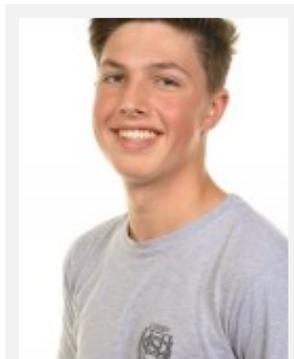
**Mia Browne 11T**



**Jasper Gaskin 12P**



**Nazifa Chowdhury 12T**



**Adam Thomas 13P**



**Meleca Salahi 13H**

# Farewell to...

## Retirees



Wayne Eldridge



Anne Thomas

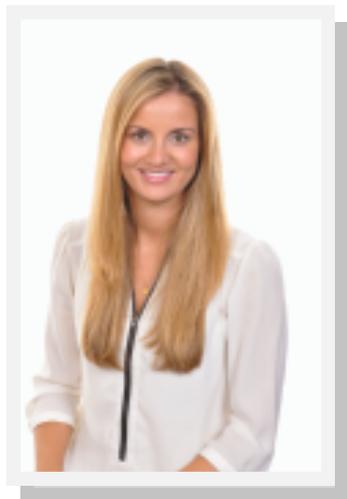


Elizabeth Wheeler



Dave Rumbelow

## Leavers



Charlotte Baker



Hannah Edwards



Sara Davies



Matt Baker