



# ***Newsletter***

## ***Autumn 2016***



It has been a fantastic start to the new academic year. We have enjoyed a highly successful Year 6 and Sixth Form Open Evenings and once again have been overwhelmed with interest in studying at Cardiff High School. It is great to see such faith put in us by parents not just in this community but also across Cardiff.

Much of this is based on our exceptional exam results. Last year 92% of all Year 11 students achieved 5 A\*-C grades including English and Maths, the highest figure ever recorded in Wales with 36% of all students attaining 5A\*-A grades including English and Maths. We were equally as proud that all Year 11 left with a minimum of 5 A\*-G grades. In the Sixth Form, our students, both individual and collectively, achieved some of the highest results in Wales and the best yet for the school. Of course the school is so much

more than this. It is a welcoming, caring environment with a wonderful Wellbeing and Achievement Team to support all pupils in their learning. I am sure you will enjoy reading about the wider aspect of schooling in our Autumn Newsletter.

There are undoubtedly challenging times ahead with huge curriculum changes and financial pressures but we go from strength to strength and I hope you will continue to get behind us and support us in our aspirations.

We wish you a very enjoyable festive period and a Happy New Year.

S M JONES  
Headteacher

Cannon Joanna Penberthy has been elected the first female Bishop in Wales. The 129<sup>th</sup> Bishop of Saint David's was appointed the Cathedral's first female Canon in 2007.

Archbishop of Wales, Dr Barry Morgan said "What is really important to stress is that Joanna wasn't elected because she was woman but because she was deemed to be the best person to be Bishop".

Bishop Joanna Penberthy was educated at Cardiff High School before gaining a place at Newnham College, Cambridge and St John's College, Nottingham and Ordination training at Cranmer Hall, Durham.

We at Cardiff High School wish her well.



# ART DEPARTMENT

## **NATIONAL EXPRESS COLOUR THE COACH COMPETITION WINNER CHEY FISH.**

A huge congratulations to Chey Fish from 8J who won a Colour the Coach drawing competition to get her artwork displayed on a National Express Coach. She beat competition from children aged 5 to 15 from around the country who were asked to enter their drawings of their favourite local landmarks. Camarthen based artist Swci Delic selected Chey's artwork as the best in Wales. Chey saw her design unveiled in September, when the National Express bought the coach into school for Chey to see. Chey's artwork will now be enjoyed across the country as the coach travels nationwide.



## **MADE IN ROATH**

Following the successes of previous years' Made in Roath project, a small group of year 9 pupils worked with a local artist to create a series of postcards about Roath. Each pupil made their own postcard using collected images of Roath, some from their own photographs or historical imagery, maps and illustration.

The resulting postcards were sold in various venues taking place in 'Made in Roath' this year. Phoebe Skinner's postcards were so popular at the event that they actually they sold out!





## R.P and Art Collaborative Project.

### Preserving the Heritage of Durga Puja Festival and Clay image making in Wales project

In July, a group of students from year 9 visited the Butetown History and Arts Centre in Cardiff Bay to see the clay image making taking place and experience, first hand, the process of creating large scale clay idols. They were able to engage with the artists creating the clay models and take part in workshops inspired by the artwork.

Since that first workshop, year 9 students have been busy creating individual clay relief tiles inspired by the images of Goddess Durga and some of the artefacts the project committee have kindly donated to the Art department. This has been a joint project between the Religion and Philosophy department and the Art department at Cardiff high school. It has been a pleasure for the Art department to be involved in this Community Heritage Project. We have been warmly welcomed by the Durga committee and our students have responded so positively to the experience which has enriched their art education.

The project culminated in a celebration event unveiling the Goddess Puja in October. This included an exhibition of the students' ceramic art work along side art work by Radyr Comprehensive, in Penrheol Community Centre in Caerphilly.

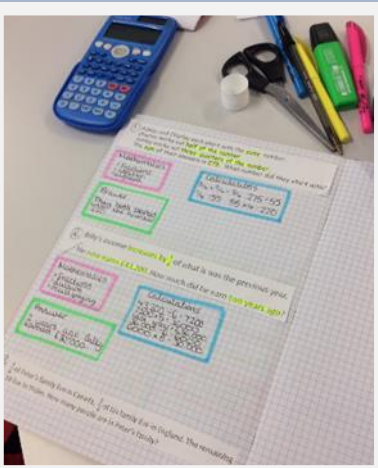


# MATHS DEPARTMENT NEWS

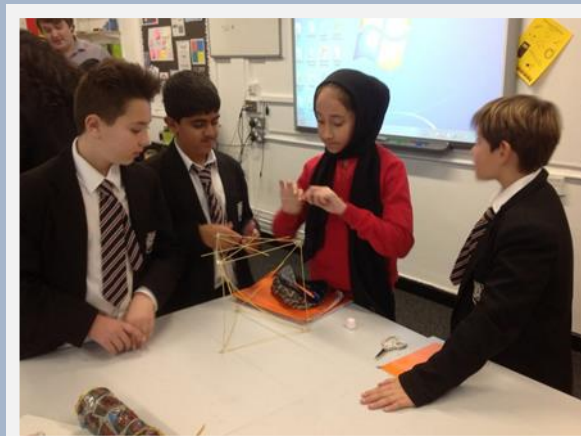
## Maths News Autumn 2016

Cardiff High's mathematicians have had a busy, determined and successful start to the new academic year. Since September we've had hundreds of students sitting GCSE exams, having lessons from guest speakers, representing the school at Mathematical challenges and tackling reasoning and worded problems from all angles!

### KS3 News



Students in Years 7, 8 and 9 have been developing their mathematical reasoning skills by applying their maths skills to real world contexts. For example, students have been calculating area and percentage whilst optimising the location of security cameras in a shop and also using loci and construction skills to identify the location of buried treasure.



Some of our Year 7 students enjoyed lessons delivered by

engineers from MWH Global. They used teamwork, problem solving and design skills to suspend a marshmallow as high as they could using only spaghetti!

In extra-curricular news, we are pleased to announce the new Maths Club which is held on Monday lunchtimes in F4. Recently students have been using maths to solve challenging problems and to crack codes. All KS3 students are welcome and for more information see Mr Stevens or Ms Foreman.

The maths department would like to thank all the fantastic volunteers we had representing the department and its cross-curricular and chess clubs at the Year 6 Open Evening. They were fantastic role models and a credit to the department and the school as a whole.

### KS4 News

We have been hugely impressed with the effort, dedication and hard work shown by all of our Year 11 students as they prepared for the Maths GCSE exams in early November. Over 150 students regularly attended the Maths Surgery sessions after school on Wednesdays and we had even more students revising in school during half term. We are all looking forward to their results in mid-January 2017.

Some of our highest performing mathematicians represented the school at the Year 11 Maths Pop Quiz at the University of South Wales in November. They showed great team-working and problem solving skills in tackling some difficult mathematics.

We have also benefited from having guest speakers deliver lessons to our KS4 students. These include lessons by Techniquet in November which featured real life contexts such as designing, costing and testing aeroplanes made of lego.

# MATHS DEPARTMENT NEWS

## KS5 News

Many of our highest performing Year 12 and Year 13 mathematicians achieved success in the UKMT Senior Maths Challenge. Particular congratulations go to Mike Jim, Hamza Punjabi and Philippa Godbehere who were awarded a gold certificate and qualified for the Senior Kangaroo follow-on round.

Our Year 12 Maths team finished an admirable 4<sup>th</sup> place out of 20 teams at the University of South Wales Pop Quiz held in October. Further to this, our Year 12 & 13 Maths quartet of Hamza Punjabi, Ethan Morgan, Izzy Ellis and Philippa Godbehere recently represented the school at the UKMT Senior Team Challenge at Cardiff University.

Engineers from MWH delivered an engaging and information packed engineering careers talk to about 30 of our sixth form and Year 11 students. It was obvious from their interest and perceptive questions that we have many budding engineers with exciting futures ahead of them.

In preparation for Oxford and Cambridge University entrance exams, many of our Year 13 Further Maths students have been attending extra lessons. Exams such as the MAT and STEP paper require advanced mathematical problem solving and these lessons have helped prepare the students to give them the best possible chance to be offered a place at these prestigious universities.

Finally, many of our Further Maths students have enjoyed attending lectures at Cardiff University. They have shown a great deal of determination and dedication in solving difficult problems in a university environment.



## Cardiff High Chess Club

The chess club has been busy this year with many old and new members battling it out over the 64 squares. We have welcomed many enthusiastic and skilful Year 7 pupils to the club and they have been more than up to the challenge of taking on their older counterparts.

Recently we enjoyed hosting a room dedicated to the chess club at the Year 6 Open Evening. Many budding chess players were challenged with chess puzzles and problems such as the one pictured. A big thanks to our Year 7 & 8 volunteers who were brilliant representatives of the club.

The chess world has recently been gripped by the World Championship match in New York between the current champion Magnus Carlsen and the Russian challenger Sergey Karjakin. As I write this Karjakin has a minor lead and looks set to cause a huge upset. Closer to home, future events to look forward to include the Junior Welsh Championships in February and a break in the rain so we can use our fantastic outdoor chess equipment more regularly!

The club meets every Tuesday in T4 and we play games, learn chess openings and discuss chess tactics. New players are always welcome. For the answer to the puzzle, chess news, tournaments, puzzles and photos follow @CHSChess on twitter





## SCIENCE DEPARTMENT NEWS



The academic year is once again off to a flying start. Already Cardiff High pupils have immersed themselves in all that there is to offer, from Science Club to interactive visits to local Universities. Science Surgery, and our weekly after school revision programme for KS4. Attendance, particularly

from our Y10 pupils, has been outstanding and we are ably assisted by our fantastic 6<sup>th</sup> form scientists. Y6 and Y12 Open Evenings were highly successful with huge numbers showing an interest in studying



science. We were particularly impressed and grateful to our keen Y7 volunteers who gave up their evening to demonstrate practicals to our prospective parents and pupils. Thank you!

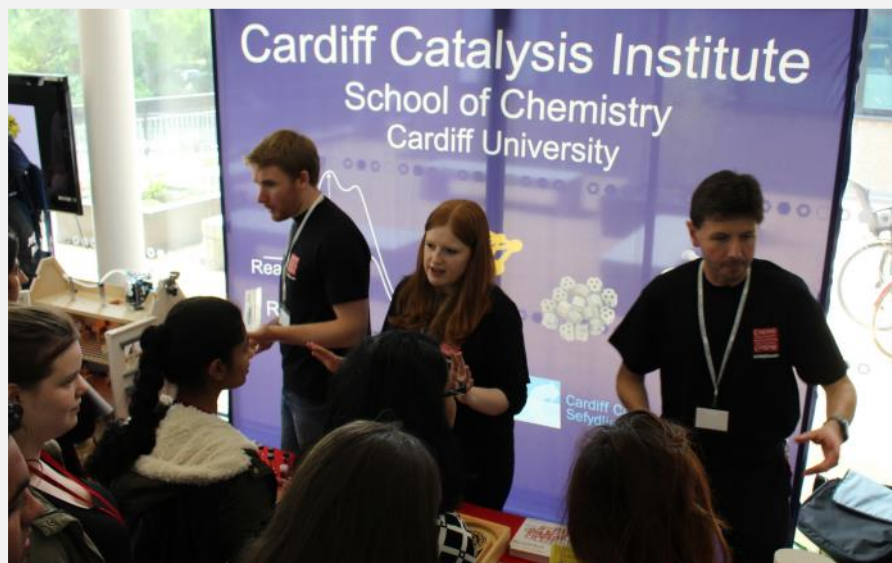
### STEM Live event – Cardiff university



45 pupils had the opportunity to attend a STEM live event at Cardiff University; they spent the day looking at how humans could colonise Mars and how each area of STEM is vital in doing so. The pupils had a fantastic day that involved looking at the fuels we would need to get there and produce power; how would we grow food and keep ourselves healthy; sampling DNA from tests performed on alien surfaces and using engineering to design and consider the best shape for spaceships! All of the pupils were extremely engaged and the day truly highlighted the wider implications and applications of STEM careers that are available to all of us.

### People like me

This November, 60 girls in year 8 had the opportunity to get involved with the pilot of 'People like me'. The girls spent an hour working with lecturers and representatives from Cardiff university on working out their personality traits and applying this to possible future careers in Science, Technology, Engineering and Maths (STEM) careers. This exciting and interactive session allowed the girls to get an insight into future career options and discuss the endless opportunities available with women who already work within STEM areas. We look forward to working more with 'People like me' in the future!



## STEM Careers Event

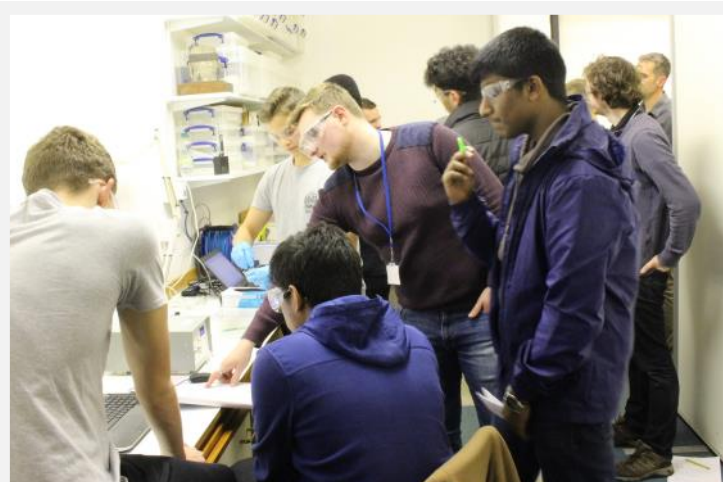
In June, a group of Year 12 chemistry students participated in a S.T.E.M. (Science, Technology, Engineering and Maths) careers event held at Cardiff University. There were numerous hands-on workshops and displays including Neuroscience, Cancer resistance, Heart Physiology, Nano-particle gold in catalysis, Microfossil dating, Pollen identification in honey and Bacteriology. This was a very busy day and the students were better able to appreciate the huge variety of careers and pathways open to students studying S.T.E.M. subjects.



## Mineralogy and Chemistry

This November, eighteen of our Year 12 chemistry students participated in a combined mineralogy and chemistry event held at the National Museum of Wales mineralogy collection in Cathays Park. This event was a joint venture run by the museum's mineralogy section, Cardiff University school of chemistry and the Royal Society of Chemistry. Students were able to participate in a X-ray diffraction characterisation of mineral samples and the use of infra-red and nuclear magnetic resonance analysis techniques used to identify indoor pollutants which

contribute to the premature deterioration of valuable mineral samples. Some of these pollutants are the result of acidic gases which are slowly released from the very wood of the cabinets and drawers in which the specimens are stored. These techniques, using hugely expensive equipment, are directly relevant to our WJEC chemistry specification and the activities will better allow the students to contextualise their use.





# WELSH DEPARTMENT

## A level success

The department are very proud of the success gained by our year 13 students. Katy Wills won a scholarship to study Welsh at Cardiff University where she has settled well into the course. All students achieved a C grade or above in the summer with every student achieving an A grade in the speaking exam. The examiner could not fault their enthusiasm and love for the language. Many thanks to all who help with Clwb Cinio. Rhiannon Gregory, Eleri Bevan, Margaret Davies and Lona Roberts have been visiting school every fortnight to chat to our 6<sup>th</sup> form students in Welsh. All their hard work has paid off. Diolch yn fawr iawn i bawb am eu cymorth.

## 6<sup>th</sup> form visits

Year 12 and 13 recently went to the Wales Millennium Centre to watch a production called 'A good Clean Heart' by Neontopia theatre. The production was about the effect of 2 brothers being adopted by 2 different families in Wales and England – one therefore able to speak Welsh whilst the other could only speak English. It was an excellent production which was cleverly done through lighting, sound and the use of words. Roedd yr actio yn arbennig a'r effeithiau arbennig fel is-deitlo yn ardderchog.

Year 12 also went on a 2 day trip to Glanllyn in Bala to participate in an AS course. During the frantic 2 days, they managed to fit in 5 lectures at Bangor University with 5 different poets, 2 plays, beatboxing and drama workshop as well as attempting a high rope assault course. We also visited Capel Celyn and Snowdon as well as popping in to see Gelert the dog in Beddgelert. Cilmeri was also a highlight! The poets talked about their poetry which is studied at A level – Gwion Hallam, Tudur Dylan Jones, Myrddin ap Dafydd and Iwan Rhys all gave us insight into their poems. The play and Capel Celyn visit were a direct link to the film that is studied called 'Patagonia'.





## WELSH DEPARTMENT

### Urdd

The department are very happy to announce that they have won a grant from the Urdd to further improve Welsh outside the classroom. Last year, due to this money, many events were organised, including beatboxing sessions with Mr Phormula, a talk with Huw Stephens (radio 1) and numerous theatre visits. Mr Phormula will again visit the school in December to lead workshops on beatboxing in Welsh!

### Link to Hope

A huge thanks to students, form tutors and parents for the generosity shown again this year with the shoe box appeal. Around 500 boxes were collected and over £500 which will help ease the troubles of our children and families in Romania and the surrounding countries. If you would like more information on the journey of the shoe box please look on their website as there are a variety of facts and video clips to enjoy. [www.linktohope.co.uk](http://www.linktohope.co.uk) A special thank you to 8S who were the overall winning form. 7P and 8J were not far behind. Hannah James and Freya Meggitt in year 8 were yet again stars in this field as they collected over 15 each.

### law!

As more and more parents are looking for ways to help their children with their Welsh, it's good to see so many reading Welsh magazines independently every month. Without a doubt, this has a huge impact on their work and of their enjoyment of the subject. The reading and spelling lessons in KS3 which happen every fortnight are improving both their reading and grammar skills. All these spelling tests can be found on the Quizlet app under the username mrsevanschs. Year 9 students have also recently had their work published in law! Magazine – these were excellent letters which described their favourite television programmes.

### Dydd Sumae/Shwmae

The 15<sup>th</sup> of October is officially Dydd Sumae/Shwmae where all people in Wales are encouraged to start every conversation in Welsh. Year 9 participated in a series of fun activities to celebrate this day including creating the longest Welsh sentence ever and spelling out SHWMAE using their bodies. Although we failed miserably with the photo, the students got the message and everyone was starting most conversations with Shwmae. We hope that this will continue!

# Remembering the fallen 'old boy': a century on

On July 7<sup>th</sup> 2016 Cardiff opened its first ever memorial to people from the city that fought and died during the Great War; and Cardiff High School represented by Anna Bevan and Lizzie Attwood were invited to take part. A two minute silence at 10:58 marked the beginning of the ceremony at Hendre Lakes, which saw many schools lay poppy wreaths to remember the dead.

The memorial in the shape of a broken tree was chosen to mark the July 7<sup>th</sup> centenary of the famous attack on Mametz Wood by the 38<sup>th</sup> (Welsh) Division, which saw the loss of nearly 4000 Welshmen. Among those that fell during the attack was 'old boy' Capt. LAP Harris of the City of Cardiff Battalion, a former resident of Llanishen, who still has a stained glass window dedicated to him in St. Isan's church.

Following tweets about the event, the school has been contacted by another 'old boy'; historian Gwyn Prescott, who is helping the school trace the other names from our own memorial.

**WELSH OFFICERS.**


**CAPT. L. A. P. HARRIS KILLED IN RECENT FIGHTING.**

News of the death of Captain Llyn A. P. Harris, Welsh Regiment, only son of Mr. and Mrs. A. J. Harris, of Redcoffe, Llanishen, was received by the deceased officer's young widow on Wednesday from the commanding officer of the battalion. The last named wrote as follows:—

"It is a very painful duty that compels me to tell you that your husband and my friend was killed in action on the 11th inst. He was struck by an enemy bullet and quickly passed away, but was conscious to the last. His last thoughts were of you, and his ring (which he particularly requested Dr. Pettigrew to send to you) is in the care of Captain Angus. His brother officers who survive are deeply grieved at losing a splendid comrade, whom we all admired. He was buried under heavy shell fire, and I was present with Dr. Pettigrew at his burial. The doctor, with his stretcher-bearer, after your husband died carried him a long way to the rear of a big wood in which we were at the time of fighting to ensure he should not be lost."

The deceased officer was married in October last to Miss Mary Grant Gardner, of Llanishen. An engineer, he had every promise of attaining a high position in his profession. Captain Harris was born in 1892, and received his education at the Cardiff Intermediate School, and later at Denstone College, Staffordshire, where he served in the Officers' Training Corps. At the time war broke out he was serving his apprenticeship under Mr. Riches at the Caerphilly works of the Rhymney Railway Company, and had already passed the intermediate examination in London for the B.Sc. degree. He joined the Public Schools Battalion of the Royal Fusiliers, and was afterwards granted a commission as second-lieutenant in one of the battalions of the famous 41st Regiment. At the time of his death he was acting as adjutant of his battalion.

A pathetic incident is recorded by a correspondent, who states that a local resident received from the deceased officer a letter written before his death. When the letter arrived at its destination, however, Captain Harris had been killed.



CAPT. LYN HARRIS.







# Design & Technology



Since the publication of the last newsletter we have had a lot to celebrate in the Design & Technology department.



In the summer edition of the school newsletter we shared the news that two students in Year 11 had been invited to interview in hope of being awarded a prestigious Arkwright Scholarship. We are thrilled to announce that Lucy Mangion (now in Year 12) was successful in receiving a scholarship thus meaning that she has been identified by the organisation as a future leader in engineering; an absolutely amazing accolade! Lucy will now receive support and guidance throughout her studies at sixth from her sponsors The South Wales Institute of Engineering Trust.

In Year 13 we currently have one Arkwright Scholar; Bethan Wilkinson, sponsored by Edinburgh University. Throughout her time at Sixth Form she has embarked on various design and engineering based projects, both during her subjects and in extra curricular clubs. This news is hot of the press! Bethan has been selected as one of three finalists for the ESSW Engineering Student of the Year award.



A level Product Design student Benedict Squires produced a leg brace that supported the needs of cyclists for his major project last year. This project was shortlisted for the UK National Triumph Awards and was displayed in their motorcycle factory in Birmingham. During the event the product was highly commended for its social responsibility. The success of this project did not stop there. Ben's project was selected for display at the WJEC Design & Technology Innovation Awards; an exhibition of the year's 20 best A Level projects as nominated by the external moderators. The project was select for exhibition at both the Cardiff and Bangor event. An absolutely amazing achievement.

Project Successes

# Business Studies & Economics

## Business Studies and Economics

### **Young Enterprise**

This year the Business and Economics department have once again decided to take part in the Young Enterprise Company Programme which is delivered by a number of schools across the country. This year 6 AS students are involved and very excited to start the programme. The programme allows the students to experience what it's really like to set up and run a business. They make all the decisions about their company, from raising the initial share capital through to designing their product or service to selling directly to customers and ultimately winding up the company and paying their taxes. The students' first event is taking place at the Ikea trade Fair in Cardiff Bay on the 1<sup>st</sup> December where they will be selling Christmas decorations that they have produced. There will be other fundraising events throughout the academic year and all students would be very grateful for any support.

'After much deliberation we have decided to call our business TG Enterprises. This idea is based on the schools motto 'Tua'r Goleuni - Towards the Light'

### Royal Economic Society 2016 Public Lecture

This year the Economics department have decided to bring a group of A2 economic students to the Royal Economic Society 2016 Public Lecture 'In Search of the Perfect Match'. The lecture is based on the economics of picking your perfect job and will be delivered by one of the UK's young inspiring economists, Professor Philipp Kircher of the University of Edinburgh. It will be held at the Royal Institution London on 29th November. This is an excellent opportunity for all students, especially for those looking to further their education in Economics.







## CALLING ALL BUSINESSES!

Cardiff High School would like to offer you a fantastic advertising opportunity for your business in our all-colour gloss programme for our upcoming production of 'Miss Saigon School Edition'. The production will be held in Neuadd Celyn, which has a large seating capacity and therefore plenty of opportunity to reach more potential clients, with an expected audience of over 1400 over 4 nights.

We can offer you the following:

¼ page advert (colour) @ £50

½ page advert (colour) @ £75

Full page advert (colour) @ £100

Our performances will run from Monday 6<sup>th</sup> – Thursday 9<sup>th</sup> February 2017 (4 nights) and adverts would need to be received by Friday 13<sup>th</sup> January at the very latest.

If you would like to take advantage of this opportunity please send adverts to [abutler@cardiffhigh.cardiff.sch.uk](mailto:abutler@cardiffhigh.cardiff.sch.uk) in image, pub or PDF format.

This is a great opportunity to advertise your business – don't miss out!



### Movie-Making Club 2016/2017

Cardiff High School's Movie-Making Club has kicked off for the new academic year, and it has never been bigger. With twenty-five members this year, the club has embarked upon its first project which, after much democratic decision-making and voting, was decided to be a *Ghost Busters* series of short films.

This year, we are also hoping to host an event where all films will be shown at the end of the school year. Previous films have included a school-based horror story, a James Bond spoof, and a Hunger Games-themed extended trailer.



Whether a budding director, an aspiring actor/actress, or a creative camera crew member, the club is open to any and all students in the school. If you want a specific role with regard to movie-making (e.g. script-writing) that doesn't exist in the club at present, then come along and bring your ideas.





## Year 13 Students Attend Cardiff University Law School

### Article written by Alex Cater - Year 13 Law Student



On a fairly bleak Tuesday night in November, lawyers, legal experts, students, and the general public met at Cardiff University to attend the latest addition to a long series of prestigious lectures that date back as far as 1948. I am referring to the law lectures known as the Hamlyn Lectures founded by Miss Emma Hamlyn to promote greater understanding of the law as well as making it more accessible to the public.

The aforementioned dreary Tuesday was in complete contrast to the lively and atmospheric reception held at the university. There was truly a sense of being in a room with some of the legal system's brightest, but surprisingly there was no great divide between lawyers and laymen; both parties were able to discuss individual viewpoints and develop ideas with each other.

After our appetites were suitably satiated, we left the reception to gather in the main lecture hall. We were treated to an introduction of our esteemed lecturer as well as a brief background of the Hamlyn Lectures. Our lecturer that night was the Right Honourable Dame Elias who is the 12th Chief Justice of New Zealand. Dame Elias chose to speak about Fairness in the Criminal System, and went into great depth regarding the development of the rights and protections of defendants in the courts around the world.

By the end of the lecture, I'm certain that everyone, whether experts in law or simply students like ourselves, gained a greater appreciation of how the law has evolved and adapted to become such a system of justice across the globe. I am sure that we will be making a repeat journey to any future lectures to further develop our knowledge of the vast and relevant subject of law.



# GEOGRAPHY DEPARTMENT

Many congratulations to Jack Leeds Year 12 and Yousif Kadhim Year 13 on receiving the Geography Award in the Presentation Evening. Both students demonstrate a commitment and dedication to the subject. Dai lawn!

Year 7 have settled in well and have thoroughly enjoyed exploring and investigating topical geographical news stories in their "Places in the News" assessment. Students have begun to gain an awareness of how geography is integral to their lives and are developing a sense of place. Beautiful work has been produced by every student and their work been displayed in the geography classrooms. Our walls make very interesting reading! Ardderchog Blywddyn 7!

Our GCSE students have undertaken their annual fieldwork to collect data for their controlled assessment. Exploring the urban environment to identify differences in development provided an enjoyable, insightful and enriching experience for all.



# ENGLISH DEPARTMENT

## Cardiff High School's Book Exchange

It has been another exciting and inspiring term for English students. Earlier this year the English department hosted the CHS Book Swap. The event welcomed students from all year groups to donate their old, pre-loved and unwanted books and swap them for a new and exciting read.

The event encouraged students to discuss why they enjoyed the books first time around and enabled them to re-home their old favourites.

The inter-form competition was won by 8P. Our biggest exchanger was also from 8P with Isobel Barnes donating a veritable library!

This wasn't just a student event; we saw a great turnout from the teachers too, with Ms Ayres going away with a wheelbarrow full of new reads and Ms Wilson rehoming Mr Oldfield's unwanted 'Life of Pi'.

The Book Exchange created a real reading buzz around the school! We cannot wait for the next one!



## Debate Club

Cardiff High School's Debate Club continued to be a dynamic and accessible opportunity to get involved with debating and public speaking. In the club pupils focus on a wide range of local and global issues, and are able to discuss their ideas and opinions in a supportive environment. We hope to compete against local schools in the near future, with the aim of continuing the success of previous years. The club runs during Tuesday lunchtime (week A) and all pupils from years 7, 8 and 9 are welcome.



# ENGLISH DEPARTMENT

## Newsletter

The school reporters have started meeting again on Friday lunchtimes in F32. Presently they are working on a welcome video for the new Year 6 pupils to tell them about life here at Cardiff High School and are also trying to raise awareness of how to make sure the school stays hygienic, clean and tidy through a community action project. The first news bulletin will be in December, so keep your eyes peeled for interviews with Bonita Norris and Angie Sage along with reports from the inter-form cross country and the Cardiff High book swap.

## Author Visit

In October we were lucky enough to be visited by Angie Sage, author of the very popular **Septimus Heap** and **Todhunter Moon** series of books. The whole of Year 7 was treated to a fascinating insight into how an author creates a fantasy world, using the real world as inspiration. Angie Sage gave our pupils writing tips, discussed the genesis of her characters and had them spellbound as she read from her latest novel, **Sandrider**. This was followed by an author Q&A and our Year 7 pupils did themselves proud with the variety and originality of the questions they asked. Finally, pupils were able to meet and talk to Angie, and have copies of their books signed. Once again, we must thank Mel from Griffin Books in Penarth for arranging the visit for us and we look forward to the next time we can welcome an author into school!

## Kids' Lit Quiz

At the end of November, Ms Cope and Mr Poole took six KS3 students to Willows High School to compete in the Welsh round of the global Kids' Lit Quiz. The evening was fantastic and our students really did us proud with their extensive literary knowledge. One of our teams came third out of twenty and our other group was not far behind. Next year we hope to do even better!





# English Language Lessons are offered to Parents at Cardiff High School again this year!



Cardiff High School has been offering English lessons to parents who have English as their additional language for over a year now.

The aim of our 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, free of charge, at the school with refreshments provided. They are a great opportunity for those attending to practise their reading, writing, speaking and listening skills and meet other parents.

You are welcome to join one 60-min session a week on Tuesdays at 2:10pm. We meet in Meeting Room 1. Take advantage of this great opportunity now!



# PE Department

## Girls Cross Country

Approximately 50 girls have been representing the school in the Cardiff and Vale League, with some solid performances producing good results over the three fixtures. The Year 7 girls finished a credible 6<sup>th</sup> place, the Year 8 & 9 girls finishing in 5<sup>th</sup> place, and the Senior girls finishing in 4<sup>th</sup> place.

Special mention must go to Lola Osmond in Year 7 who consistently finished in the top 20 in all league races. Another commendable performer is Grace Charles who again finished in top 20 for each race with her highest position being 8<sup>th</sup>.



In the South Wales Championship the combined team of Year 7 & 8 finished 6<sup>th</sup> and the Year 9 & 10 team finished in 9<sup>th</sup> place.

In the recent Cardiff and Vale Championship the Senior team of Grace Charles, Caitlin Bevan, Zoe Peetermans and Gillian Howells put in a fantastic performance to

come away with 3<sup>rd</sup> place. The other age groups will have their Championships in February.

Best of luck to Grace Charles, Bethan Meyrick, Lola Osmond, Katie Bamborough, Lily Hall, Amelia Bowen and Amy Shelton who are competing for the school at the Welsh Inter Schools Cross Country.



# PE Department

## Year 7 Netball Update

At the start of the year over 60 girls attended training and trials and it was great to see so much interest and passion for the game. Eventually teams were selected and both the A and B teams made excellent starts to their season. Their strongest performances and best wins came against St Teilo's with the A team winning 10-0 and the B team following them with a 7-0 victory. Captains Harriet Henson (A) and Katie Bamborough (B) have been strong presences in their teams and have led the girls well so far this year. The girls are continuing to train and play against local schools every Wednesday after school and are focused on preparing for the upcoming County tournament in March. These teams have a lot of potential and we are thrilled that three players were selected for the LA Hub (Tilly Morgan) and LA development (Harriet Henson, Katie Bamborough).



## Yr 8 Netball Update

The year 8 squads have made an excellent start to the season with huge numbers regularly training the after school club. The A's have made an impressive start with victories over Radyr, Llanishen and Corpus and a narrow defeat in a hotly contested match against Glantaf. The B's have also had some very pleasing results against Radyr and Llanishen aswell as competing very well with strong Corpus and Glantaf teams. Yr8 C&D teams have also been in action against St John's, winning one and losing match. They will be training every Tuesday night in the sports hall and playing competitive fixtures against local school. The newly elected captains Freya Meggitt (A team) and Ella Holt (B team) have done an excellent job organising their players so far. Special mention to Nona, Freya, Hannah, Poppy, Ruby & Tilly (yr7) who have all been selected for local authority netball development hubs.



# PE Department

## Yr8 Hockey Update

The yr 8 hockey club has also made an excellent start to the season, again with huge numbers of girls training and enjoying the sport. Some matches have been hampered by the weather but the girls beat a strong Bro Ederyn team 2v0 and look forward to our festive encounter against Bishop of Llandaff on the 12<sup>th</sup> December. Santa hats and Christmas jumpers at the ready! Supporters (in festive dress!!) very welcome.

Special thanks to the yr8 hockey captain Elinor Powell who leads by example both on and off the pitch.



## Yr 9 Netball Update

The Year 9 netball squad has made an excellent start to the season, they opened their season with a win against the current County Champions and have had convincing wins against Radyr, Llanishen and St Teilo's. The girls played some fantastic netball at the recent Urdd Tournament winning 4 matches in their pool but losing to a team that eventually progressed to the Final.

The County Prelims will be fast approaching after Christmas and I am sure the girls will be looking to make the County Finals this year and be very much in the frame for that title. Special mention must go to Ellie Beddall, Thea Mycroft, Elena George, Emma Fitzherbert and Ella Llewellyn for their selection to the County squad and to Caitlin Taylor for being selected for the local hub squad. The B squad performed brilliantly at the County B Tournament

finishing a very credible 2nd place to a strong Glantaf side. All the girls have shown huge commitment this year and I am sure they will continue to progress throughout the season.





# PE Department

## Yr 9 Hockey

The Year 9 hockey squad has had a fantastic start to the season winning 3 out of 5 matches with 1 draw. The wins against Bro Edern, Llanishen and Cowbridge have given the girls confidence and they have continued to be very competitive in all matches, never giving up and working well as a squad. A special thank you must go to the Year 8's who have played when we have been missing a few of our county netballers due to training, they have been a real asset to the squad. Although all matches have been a solid squad performance special mention must go to Rachel Jones who is more often than not voted for as player of the match. The girls will be looking forward to their County Prelims in January and aiming to make the Finals.



## Yr 10 Netball Update

The year 10 squad continues to make progress and has played some lovely netball. They had a tough match against an excellent Glantaf team, however I am sure the girls, lead by captain Rachel Lloyd will bounce back stronger, in readiness for their county tournament on December 8<sup>th</sup>. Special mention to Rachel who has been selected for the Cardiff & Vale U16 netball squad.



# PE Department

## Yr 11 Netball Update

Year 11 is notoriously a difficult year for pupils to balance their extra curricular and school commitments, however the year 11 netball squad are managing it very effectively. They have shown excellent commitment to training and continue to make great progress as a squad. They had a tough learning curve against a very well polished Glantaf side and they now look forward to playing in the first round of the county tournament on November 22<sup>nd</sup>, in an attempt to emulate their successes of last year in qualifying for the finals. Special mention to yr11 captain Grace Lim who has been selected for Cardiff & the Vale U16's, the Development Training Centre and the U17 Welsh netball long squad.



## Senior Netball Update

The senior squad has been off to a flying start in both friendly fixtures and competitive tournaments. The new players who joined the sixth form in September have settled quickly, and become integral member so the team. The senior A team beat Radyr 27v4 in their first match of the season and the B's won 13v2. U18 county trials were held at Whitchurch in October, congratulations to Beth, Molly, Maddie, Erin, Caitlin and Izzy who were all selected for the U18 squad. Erin & Molly have also been selected for the Performance Training Centre. In the first round of the President's Cup, the senior A team played teams from Cowbridge, Llantwit, Glantaf and Whitchurch. The seniors won their group convincingly and progressed through the semi finals to meet Glantaf in the final. The seniors beat Glantaf in a closely contested match and go on to represent Cardiff & the Vale in the National finals in March.





# PE Department

## Boys Cross Country



It has been an outstanding year so far both in terms of participation and achievement. Over 70 boys from Years 7 to 13 have represented the School in the Cardiff and Vale League and also in the South Wales Schools Championships. The Senior Team comprising of pupils from Years 10 to 13, finished, in an excellent second place in the league. As always the depth of our teams was evident along with consistently good individual performances from Dan Austin and Lucas Lacey – Hughes (both Year 11 who figured prominently against older pupils with international experience) .

The Year 8 and 9 Team have been outstanding this year. They dominated the League winning all three races by a

comfortable margin to become Cardiff and Vale Champions. Once again the depth of our team was obvious with standout performances by Luke Hall, Fraser King and Finlay Charles of Year 8 and Jamie Hilton of Year 9.

Not to be outdone, the Year 7 team emulated the performance of the older boys and became County Champions ! The depth of the team has been exemplary, in the last league race, for example, the first 6 runners all finished in the top 17 places in a race of approximately 200 competitors, namely Fran Taylor, Dan Harding- Grant, Dylan Hands, Dan Buffrey, Tom Driscoll and Harry Beddall.



Zuhaib Mughal

In the prestigious South Wales Championship Race The Year 11,12 and 13 Team won the bronze medal with Cameron Taylor of Year 11 and Tom Mc Donough of Year 13 joining Dan and Lucas as our best performers. The Year 9 and 10 Team performed very well, finishing just outside the medals with ever consistent showings from Barny Soady and Etienne Lodge and a very fine performance from Zuhaib Mughal in his first season of cross country. The stars of the day however, were the Year 7 and 8 Team who became South Wales Champions against high class opposition. The top performers were Luke Hall Fraser King Finlay Charles and Sam Johnsey. (See photograph)

# PE Department

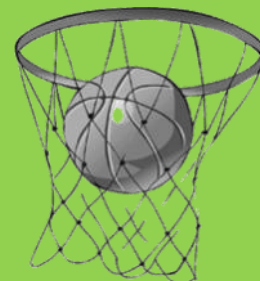
## Welsh Cycling Union

The PE Department welcomed the Welsh Cycling Union in to school on the 11<sup>th</sup> November for a Talent ID day. It was pleasing that so many students took the opportunity to test themselves on the WATT bikes – some future Olympians who knows!



## Year 7 Basketball 3x3 SPORT CARDIFF CHAMPIONS

Well done to the Year 7 Basketball boys who recently were crowned 3v3 half court champions in a SPORT CARDIFF competition for schools. The A and B team actually met in the final with Seb James, Oscar Hassey, Louis Cotterall and Jac Sawyer defeating the B team 4-0 in the final.





# PE Department



## YEAR 7

The latest cohort have made a very encouraging start! Comprehensive victories against Bishop of Llandaff and Plasmawr, and a battling defensive performance against Corpus Christi mean the boys are still in contention for both the Cardiff and Welsh Schools Cup. Aaron Baxter has shone in midfield whilst Rhodri Jenkins and Tom Deacon have been a regular source of goals.

## YEAR 8

Y8 have begun their defence of the CVSFA cup with a win against Mary Immaculate. They also defeated Mary Immaculate and Corpus Christi in the WSFA cup but were knocked out by Llanishen. Ruben Stratford has impressed with his performances and goals, Abdullah Qureshi has been a regular source of goals from midfield.



## YEAR 9

A tough start to the year for Y9! After a 7-1 demolition of Bro Morgannwg the boys were knocked out of the WSFA cup by Corpus Christi. They remain in the CVSFA cup and will look to turn around their results and defend their trophy. James Emberton has been excellent in midfield and Joe Bassett continues to be a key creator of chances and scorer of goals.

## YEAR 10

After a 13-3 win against Mary Immaculate it was disappointing to see the boys defeated 5-2 v St Teilo's in the WSFA Cup. The boys remain in the CVSFA and look to progress in the latter stages. Toby Yebdri has continued to be a real threat up front, his performances earning him a call up to the Cardiff and Vale School's squad.

## YEAR 11

Y11 have been competitive in their games this season. Khalifia Ihmouda scored the first hat-trick of the season, whilst Charlie Allan and Rhys Walker have performed well.

# PE Department

## Seniors

Lightning struck twice as the Seniors were knocked out of the Welsh Cup at the first round stage, this time by Llanishen on penalties. The boys have recovered well and victories in the CVSFA cup (4-2 v Bishop of Llandaf) and U19's Collage's Cup (8-1 Morryston) and kept the trophy hunt alive. Captain Tiago Micallef has been outstanding whilst Joe Tong has lead the line well and continued to contribute goals.



## International honours!

Y11 pupil Caitlin Bevan recently represented the Wales U17s team in their qualification group v Germany, Turkey and Latvia. The team finished second, qualifying for the next round! Caitlin will be a part of the squad that takes on Norway, Denmark and Bosnia in the next stage of the qualifying campaign in March. Well done Caitlin, the department are very proud of you.



## Football Ambassadors

Cardiff High have teamed up with the FAW to deliver the Play More Football scheme. 10 pupils have been chosen to help assist coaching of school teams, coach younger pupils to develop their skills through games and support school competitive games. The FAW were so pleased with the enthusiasm of the pupils that they invited the pupils to the recent Wales v Serbia World Cup qualifier. 5 pupils lead mini football games for the public to enjoy before the game and during half time. The ambassadors are Barney Soady, Cameron Carver, Millie Gall, Caitlin Bevan, Charlie Allan, Khalifia Ihmouda, Evan Davies, James Phezulu and Joe Rowlands.





# PE Department

## Inter form cross-country

The annual fund raising cross country race in September was again a fantastic success! Pupils were raising money for MacMillan and Challenge Aid whilst also supporting the PE department; a staggering £5000 was raised by years 7-10! The effort of all pupils participating was excellent, with competitive races across all year groups.



## Sports Presentation Evening

In September the department hosted their annual Sports Awards Evening. We were very privileged to be joined by Cardiff City and Iceland International captain Aron Gunnarson who helped present awards. The hard work of all pupils, across all sports, was celebrated on the night, with players' player and coach's player of the year awards handed out. Below are the winners of the larger awards:



**YC Sports Lower School Personality of the year - Mark Mellor**

**YC Sports Middle School Personality of the year – Lauren Evans**

**YC Sports Upper School Personality of the year – Sophie May**

**Owen Morris Award for Sporting Excellence and Endeavour – Abdi Osman**

**Boys Team of the year – Y8 Football team**

**Girls Team of the year – Senior Netball**

# PE Department

## Rugby

### Year 7

The year group have had an excellent start to the first term at Cardiff high with many highlights to go with it. Over 40 boys have been training every Friday after school no matter what the weather conditions have been. The inclusion of the A and B team games have proved an asset with all boys representing the school in over 16 fixtures.



### Year 8

Year 8 have continued their good work from last year with numbers still reaching over 40 players training and representing the school in over 20 fixtures. Their improvement is clear to see. Highlights include wins against Glantaf and Plasmawr and cross boarder teams such as Ravens Wood School and Ivy Bridge College.



### Year 9

Welsh cup this year has provided some strong opposition with a mixture of some close losses and wins. They have played very positive rugby and continue to develop as a squad which will prove beneficial throughout the season. Good luck boys!





# PE Department

## Year 10

After reaching the last 32 in the Welsh Cup last season, the team have continued their development with players such as Nate Charles, Sam Barrett, Rhys Jenkins and Harry Powell all making it in to the Cardiff School U15 squad. As a team they have great potential but after a few tight losses early in the season they showed great character and determination to win 11-10 away to Plasmawr in the Cardiff Schools Cup.

## Year 11 & Senior

Both teams are now part of the senior squad which means all players train on a Monday with all taking part in regular strength and conditioning throughout the week. Year 11 have had a couple tough games in the Welsh Cup but showed real promise. This year have also played a big part within the Wednesday senior league games, stepping up to the mark against some tough sides such as Llanishen and Bishop but enjoying a 1<sup>st</sup> round Welsh cup win vs Coleg Gwent and a physical encounter with St Cynedd. Congratulations to Joel Coughlin and Billy Davis both being included to the Cardiff Blues u16 Squad.

## Girls

Last year the majority of the girls' rugby took place during the summer term. Year 7 and 8 have been the focus for these sessions and with 40 girls turning up and learning the basics of tackling. They are all working towards their first contact festival in December.

## Referees

Congratulations to Billy Davies, Joel Coughlin and Alex O'Donoghue (Yr11) who successfully gained there Level 1 refereeing qualification. All three have been involved in refereeing inter school rugby fixtures and their services have assisted them with the Welsh Baccalaureate qualification.



# PE Department

## The Sports Council

This year we wanted to enhance our Student Voice with PE and therefore have set up the Sports Council. The Sports Council includes our Young Sports Ambassadors and 2 students from each group in years 7-11 and 6<sup>th</sup> form. Sports Council Representatives in years 7-11 were voted for by their year group peers and 2 sixth form students were nominated by PE staff. The Sports Council's role is to give pupils a voice specifically in the area of PE and school sport, identifying areas of strength and areas for improvement in lessons, inter-form competitions, extra-curricular clubs and more!

### Sports Council Representatives:

Year 7 - Jamie Woodall & Talia Tombs

Year 8 - Luke Hall & Freya Meggitt

Year 9 - Sam James & Ellie Beddall

Year 10 - Jamie Olds & Anna Bevan

Year 11 - Billy Davies & Caitlin Bevan

6th Form - Mo Darwish & Beth Jenkins

### Sports Ambassadors:

Grace Charles

Erin Oelmann

Tasnim Zaman

Zaid Dudhniwala

Mujahid Amjad

Ali Shah

## Breaking Sports News

### KS3 Football

Lost narrowly to Glantaf 1-0 in a very competitive game. Stand out performances from Ellie Beddall who was immense in goal, whilst Susie Davies and Elena George stayed strong in defence. Year 8 pupils Nona Ferre-Adrover and Josie Pasley have pivotal players in midfield. Congratulations to Rebecca Davies and Lydia Henton (both year 7) who have been selected for the Cardiff and the Vale Schools County Football squad.

### KS4 Football

The girls were knockout of the Cup by a very strong Whitchurch team. The team played really well and were very unfortunate to lose in what was a very tight game, the standout player has been Nada Bedri, who continues to be a threat up front.

### Rugby

Many congratulations to Sam Barratt of Yr 10 who last weekend captained Cardiff Schools' Under 15's in their Dewar Shield Rugby match against Pontypool. Well done Sam!

Bronte Wright Yr 10 is the Girls Under15 Welsh Champion, which she won at National Sports Centre in Cardiff on the weekend.

She is the 2016 Welsh junior U15 Girls squash Champion

Emily Phillips Yr 9 has recently returned from a 2 week trip to China where she represented Great Britain in the World Youth Climbing Championships for School year 9-11. Over the course of the 7 day competition, Emily competed against climbers from around the world, some two years her senior and finished an impressive 17th in Lead Climbing, 14th in Bouldering and 27th in the Speed Climb.

Emily adds these successes to her British lead Climbing Champion 2016, Climbing 2nd in the British Championships. British Speed Champion 2016 and Bouldering



Bronte Wright pictured with  
Christina Rees – MP for Neath

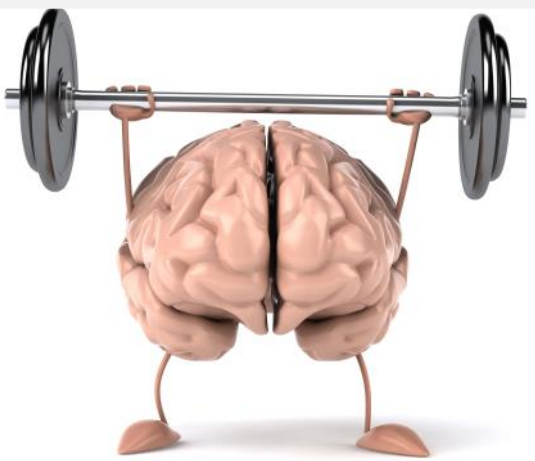


# PSYCHOLOGY

## Psychologists in the making

On account of the newly reformed A Level specification, Year 13 Psychology students have been required to undertake two pieces of independent psychological research. The first investigation that they were directed to complete by the WJEC had to be an '*experiment on bilingualism*'. Students autonomously designed an investigation whereby they would compare the cognitive processing abilities of monolingual and bilingual students from within our school community. A few of our bilingual teaching staff were so intrigued by the process that they couldn't resist getting involved also.

The bilingual condition consisted of those students studying A Level Welsh and German in our sixth form, whereas the



monolingual group was made of pupils taking A Level Psychology. And the cognitive processing test they were compared on... **The Stroop Effect.**

The Stroop effect is a phenomenon in which you must say the colour a word is printed in and not the colour denoted by the written word. 'Blue' for example might be printed in red and students would be required to say the colour rather than state the word. While it might sound simple, it is a well-established finding that delayed reaction times occur when the colour of the word does not match the written word.

Have a go for yourself. Look at the image that accompanies this article and say aloud the COLOUR of each word.

*Year 13 psychology students established that there was a significant difference in the cognitive processing abilities of bi- and monolingual learners. Those in the bilingual condition were more efficient in completing the Stroop Task than those who were monolingual. Students believed that this*

*was because speaking multiple languages is like exercise for your brain. According to a well-established and ever growing body of research, bilingualism appears to have cognitive benefits beyond the realm of language use. Recent studies say it may improve the brain's ability to multitask, and bilingual students are better at switching their attention to filter information. As psychologists in the making, year 13 believe that the study confirms the cognitive benefits of learning an additional language.*

***So, does anybody fancy picking up an additional language? Perhaps it could be a new year's resolution for 2017.***



blue yellow red  
purple black

blue yellow red  
purple black

# CHS 6th Form

## Medics and Dentists

### Cardiff University Schools Programme

Once again, we are indebted to Cardiff University's Schools Programme for spending two days at our school giving one-to-one 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 provides additional interview practice.

### MMI preparation

The use of traditional interviews is now in decline and Multiple Mini Interviews (MMIs) are used instead. These consist of around ten stations manned by one or two interviewers / observers. At each station, the candidate is given one or two questions or practical / ethical scenarios, about two minutes preparation time and then about six minutes to respond to the questions. We were very fortunate this year to be able to provide three events to help prepare our students:

Martin Blamey, who has had many years of involvement in Cardiff's admissions system and open days provided the students with an overview of UK medical schools' selection processes and technical information about the range of MMIs being used. Most importantly, he was able to give further advice given regarding preparation for the ethical scenarios they might encounter at interview.

A very enthusiastically presented and motivating talk was given by a group of second-year medics from Cardiff University School of Medicine. The medics were only a few years older than our students and the fact that they had relatively recently successfully gained admission to medical school was a key factor in the success of the talk.

Finally, the same medics who gave the aforementioned presentation, organised a dozen of their colleagues (including one of our ex-students) to come into school for two and a half hours on a Wednesday evening to give our medicine and dentistry applicants a mock MMI. The mock MMI was set up as similarly to the real thing as possible and, having responded to the questions and scenarios at each station, our students received individual feedback on their performance. This event was very professionally organised and we are extremely grateful for the hard work of the second-year medics for making this possible.

Our applicants have set up their own meetings to discuss ethical scenarios and potential interview questions where they can share and criticize each other's ideas, opinions and potential responses.

### An appeal:

Many of our medicine, dentistry and veterinary science applicants have contacts through which they can gain the relevant and necessary work experiences and observations expected of them. However, some are less fortunate and if any of our readers or their organisations are able to provide relevant experiences in healthcare for our students, we would be very grateful to hear from them. Contact Nigel Jones at [nj@cardiffhigh.cardiff.sch.uk](mailto:nj@cardiffhigh.cardiff.sch.uk)



# CHS 6th Form

## News from Ty Celyn

### UCAS:

Students have been busy this term working on their entries to universities. It is pleasing to see that a large number of students have already secured offers from the top Russell Group Universities.



### Fundraising:



Our Sixth Form team alongside the Charity Committee have been working hard to raise money for the school charities this year, one being very close to our hearts as it is in memory of Mr Marusza who sadly passed away early on this year. The doughnut day was particularly successful selling out within the first 10 minutes. We look forward to this being repeated again in the not so distant future.

### THE SEREN NETWORK

### Seren Network:

A significant number of our year 12 students have been selected to take part in the SEREN network this year. The network was set up by the Welsh Government to help support students in their applications for the top universities by providing links with Oxbridge throughout the year.

### Royal Holloway, University of London:

A selected number of students had a productive afternoon working with Maria Myers from Royal Holloway, University of London. Students were given an induction into university life and insight into the benefits of trialling different study skill techniques. It is hoped that these events will continue throughout the year.



## Help exams run like clockwork

Exams are among the most stressful events in the life of any learner. That's why it's so important they are conducted in the correct way. Invigilators are crucial to this process.

Invigilators help to make sure the right candidates are in the right places. They give out vital information such as start and finish times for exams and ensure that candidates have all the materials needed for each exam. They also help to prevent cheating.

Working as a team, invigilators contribute to ensuring a calm and orderly environment for the exams which in turn gives candidates confidence in the process.

We are looking for more invigilators to help oversee our exams. Invigilators need to be reliable and punctual, highly flexible, able to relate to learners, confident communicators and comfortable in a high-pressure environment.

Full training will be given. It's a part-time role, but one that can make a real difference.

If you are interested in finding out more about being an invigilator, please contact:

Mrs Sandra Walsh (Examinations Officer)  
Telephone: 02920 681915

[swalsh@cardiff.gov.uk](mailto:swalsh@cardiff.gov.uk)



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We also have lots of information on our website which we update on a regular basis, you can find us at [www.cardiffhigh.cardiff.sch.uk](http://www.cardiffhigh.cardiff.sch.uk)

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[@officialCHS](https://www.twitter.com)



# DRAMA



**Year 11 pupils get put through a vigorous aerobic warm-up with Earthfall.**

The year got off to a great start as the Drama Department was fortunate enough to have the renowned theatre company, Earthfall, into school to run Physical Theatre workshops with years 11, 12 and 13. Their unique style certainly gave the students something to ponder for their devised practical performances, as well as providing an intensive work out in the process! It was great to have such an experienced group of practitioners in school to impart their knowledge and wisdom for the GCSE and A Level students and hopefully they will use some of what they learnt in their own work.

Just a week later the year 13 class enjoyed a real treat when they visited the University of South Wales Atrium for their Creative Industry Taster Day. They took part in two sessions, the first was acting and the second dance. This really challenged the students as they were thrown in at the deep end but they all fully appreciated the benefit of having university lecturers take workshops for them, as this then gave them real insight into what higher education might have to offer. It was great to see how the structure and flow of the university differed from their school lives, and this in turn widened their experience of performance.



**Year 13 students get to grips with a series of complex dance sequences**

One of the highlights of the year so far has to be the year 10 trip to the West End. The two classes went to see the highly acclaimed modern interpretation of 1984 by George Orwell. For many it was the first time that they had seen this type of non-naturalistic performance as it mixed a variety of media with intensive technical features. The overwhelming consensus was that this was a thrilling theatre experience which opened their eyes to a whole new style of theatre. It was also incredibly useful as this is the set text for their written exam that they will sit next year. The pupils were an absolute credit to themselves and the school as they behaved impeccably throughout. They might look at the reality TV programme 'Big Brother' a little differently from now on!



**1984 performed at the London Playhouse Theatre**

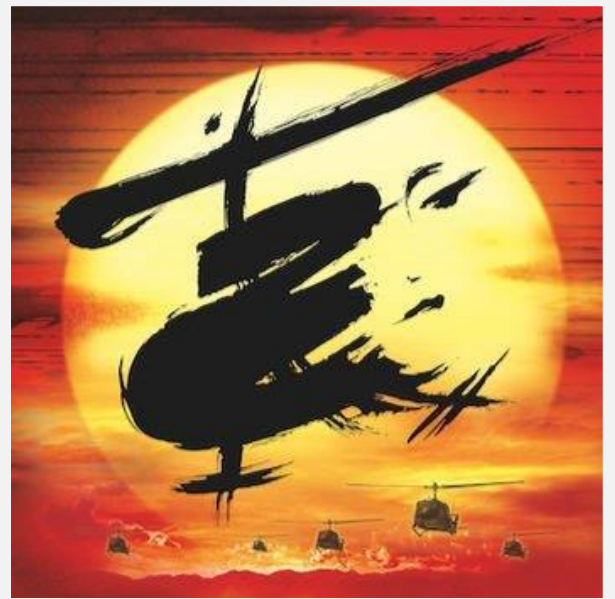
# DRAMA

Mid way through November KS5 students were again lucky enough to have some higher education expertise come to the school. Dr Andrew Filmer from the University of Aberystwyth offered to come and run a workshop on devising techniques. The students were again incredibly forthcoming and they all threw themselves into the exercises. This valuable insight into alternative ways of creating engaging theatre really helped the students in their devising processes. Hopefully this will not be the last time that we have an opportunity to work with staff at the University of Aberystwyth.



Dr Andrew Filmer, Lecturer in Drama Theatre and Performance at University of Aberystwyth

With not long to go now until our stage production of Miss Saigon the cast and crew are in full flow and rehearsals have been going really well. This fantastic piece of musical theatre will certainly be our most ambitious venture and the new year will be a huge effort by all involved, but one that we are all looking forward to. Tickets will be on sale in January so do not miss out on this highlight of the school calendar.





## **Danish Visit – 12th October**

Scandinavian education is often hailed as a beacon of excellence, so we were thrilled to receive a visit from eight Danish teachers and educationalists in October. The purpose of their visit was to explore how we stretch our highest achieving pupils.

Our Danish guests embarked on a jam packed day incorporating lesson observations, learning about how we plan lessons and discovering how we support the wellbeing and achievement of all our pupils. Lunchtime was the highlight however, when our visitors had the opportunity to meet some of our pupils over sandwiches and refreshments.

It is safe to say, our Scandinavian colleagues were blown away by their visit. They were impressed by the high level of challenge and engagement in learning inherent in all the lessons they observed, and also the strength and depth of pastoral support our pupils receive. They reserved their highest praise for our pupils, who inspired them through their exceptional behaviour, obvious pride in their school, and their aspirational attitudes to learning.

Our Danish visitors arrived with a narrow focus on high achieving pupils, and left with a picture of how we aim to support, challenge and engage all our pupils in learning. They departed asking if they could visit for a week next time - watch this space!



# Photography Club

Unlike any other visual image, a photograph is not a rendering, an imitation or an interpretation of its subject, but actually a trace of it. No painting or drawing, however naturalist, belongs to its subject in the way that a photograph does.' (John Berger)



This year, we meet twice a week (Wednesday and Thursday lunchtimes) in F2 (Mr Cruz's Art Room) at 12.35pm at the latest. While portraiture remains our main focus, we also cover various projects that allow us to develop our creativity, whereby we find other meanings or uses of everyday objects and think outside the box.

Moreover, we study selected works by masters of the Golden Age of Dutch Painting (we don't shy away from any great contemporary photographers either) as this makes studying the light easier for us. Consequently, we try to recreate the play of light and shadows on our sitters' faces using different light sources (natural light is our favourite) and reflectors. We often use interesting props to distract our models from posing so that our pictures don't look too forced or unnatural.



Weather permitting, we try to incorporate some of our favourite literary characters into more natural settings, as was the case with Ophelia from *Hamlet*.

We're also involved in photographing important school events.

Most of all, we never forget to have a laugh.

Insert Photo 26.



To see more photos, join us on Twitter @ [CHS\\_Photo\\_Club](#).





# SKILLS CHALLENGE

## SKILLS CHALLENGE – NEWSLETTER ARTICLE

Year 7 have had an exciting first half term in Skills Challenge; they have been busy preparing and giving presentations about themselves to their form groups - a brilliant way to start the year and to make new friends in a new school.

Year 8 have studied emotional health and how we can all learn strategies to cope with everyday life. Learners have also had the opportunity to learn a very important life skill - CPR. They have even attempted CPR on dummies!



During the first half of the Autumn term Year 9 learners discussed how they could prepare to make their options with a specific focus on making informed decisions. As part of this, form classes participated in a series of lessons about skills, qualities, stereotypes, careers, questioning and team working. Year 9 were introduced to Sue Morgan, our new Careers Adviser, in an Assembly where she engaged them in a discussion about the process of making options.

In the lead up to Christmas Year 9 will be looking at global issues which will introduce them to some of the skills required for the Skills Challenge GCSE. They will begin with sessions looking at refugee and asylum seekers, workshops will be given by Thomas Godwin from Hope Not Hate and the Welsh Refugee Council. We welcome both organisations back for a second year and value the contribution made by them.

Year 10 have made a very positive start working towards their Skills Challenge GCSE, in particular the Global Citizenship Challenge. They have been working on the topic of Extremism and have learnt about different types of extremism, propaganda, and extremism and the law. Much time has been spent in class discussing and debating various issues concerning extremism. More recently the year 10 learners have started to analyse and evaluate source material which will prepare them thoroughly for writing their Personal Standpoints as part of the assessment for this Challenge.

# SKILLS CHALLENGE

1

What is a Global Citizen?

Think, Pair, Share

Definition:

A global citizen is someone who identifies with being part of the world community and whose actions contribute to building this community's values and practices.

2

What makes a good global citizen?

Accepting

Respectful

Caring

Tolerant



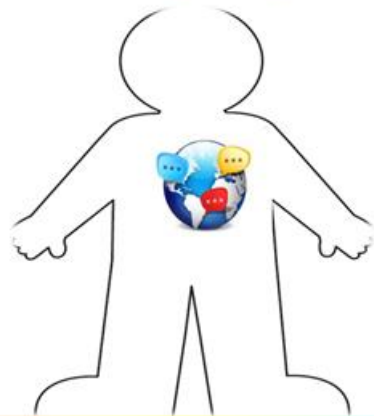
What makes a good global citizen?

Accepting

Respectful

Caring

Tolerant



Year 11 have been working on their Individual Project since September, 50% of their Skills Challenge Certificate. The purpose of the Individual Project is to develop learners' skills, through carrying out a research activity with an emphasis on future educational or career aspirations. During the Individual Project learners will explicitly develop skills in Literacy, Numeracy, Digital Literacy, Planning and Organisation, Critical Thinking and Problem Solving and apply them in an appropriate manner.

Year 12 have made excellent progress in the Community Challenge as part of the Skills Challenge A level. Learners are now embarking on a 30 hour Community Activity to benefit their local community and develop their skills. They have written a Community Activity Proposal establishing the need for and purpose of the proposed activity. They have also carried out skills audits and written personal development plans. Learners have also written sophisticated implementation plans which include aims and objectives, timescales, targets, resources, individual/team responsibilities, opportunities and risks.

Article written by Terence Batong and Lucy Campbell:

*For our Community Challenge, we have been helping out at Christ the King's 'Junior Club' in Llanishen. During this, we have been planning and carrying out range of enjoyable and productive activities. These include craft, sport, games and team work activities. All of these activities aim to develop creativity, confidence, team work and charismatic skills, in turn helping them to become valued members of the community. It has been a brilliant experience that has enabled us to open our eyes to the diversity of the community we live in. This includes children originating from a variety of backgrounds and ethnicities. Thus, we have begun to understand and sympathise with the hardship they must be going through and then aim to create a safe and secure environment which they can really appreciate.*

*Last week, there was a special 'Halloween' Night which was a very successful night. It consisted of playing typical Halloween games such as the traditional apple bobbing – the children loved it! Following this, was a disco, with a variety of dance compositions such as 'musical chairs' which really encouraged the children to dance more thus boosting their confidence.*

# SKILLS CHALLENGE



Year 13 have completed the Enterprise and Employability Challenge aimed at developing skills in Numeracy, Digital Literacy, Creativity and Innovation and Personal Effectiveness. During the first half of the Autumn term learners used their digital literacy skills to prepare a Destination Plan where pupils identified two potential careers, contacted employers to enquire about their requirements when appointing and compiled a selection of appropriate vacancies and their respective application processes. Learners have reflected on their skills, attributes, experiences and qualifications and their skills, prepared up-to-date CVs, personal statements for UCAS applications and cost analysis of personal financial demands of independent living and life style expectations.

## **SOCIOLOGY**

The department continues to develop strong links with the Runnymede Trust, allowing us to access up to date research regarding inequality, specifically in relation education and poverty regarding ethnic minorities. Previous collaboration with the charity saw pupils research their own family history and reasons for migration to Cardiff. This was collated by the charity and pupils were invited to the Houses of Parliament to present their research in front of a selection of MPs. We are looking forward to future collaboration with the charity in the coming months.



# Cardiff High School Charity Committee

Cardiff High School Charity Committee is run by a group of students in year 13. Each year the Committee chooses a charity that they would like to raise money for. Our focus charity for this year is MacMillan Cancer Support in memory of Mr. John Marusza. He was an inspirational teacher and is greatly missed.



Our fundraising events this term have included a CHS Bake Sale, which successfully raised over £130 and a Hol(e)y Doughnut Day where over 600 doughnuts were sold making a profit of £365 for charity.



As well as raising money in memory of Mr. Marusza the school raised £1600 for Children in Need through a non-uniform day. In the New Year we are also arranging a collection for Cardiff Food Bank.

Planned future events include the selling of secret Christmas candy canes and a Hol(e)y Doughnut day x2.

If any of our students or parents/carers have any additional ideas for our school fundraising or if any students are interested in becoming members of the Charity Committee please contact:



Mrs. James – [lj@cardiffhigh.cardiff.sch.uk](mailto:lj@cardiffhigh.cardiff.sch.uk)

Miss. Powell – [lp@cardiffhigh.cardiff.sch.uk](mailto:lp@cardiffhigh.cardiff.sch.uk)

# FRENCH DEPARTMENT

French and beyond.....Exploring languages and the science of language at Bristol University

What an amazing experience!, was heard more than once from our group of 35 GCSE and A Level students of French after our visit to Bristol University on 5<sup>th</sup> July. This was our second visit to Bristol University where our students had the opportunity to explore some of the wide range of disciplines and skills studied and acquired when you are a modern foreign linguist: linguistics, phonetics, literature, film, history, economics, politics, translation, interpreting, sociology, film-making....to name but a few.

The day started with an introduction by Dr. Debbie Pinfold who co-ordinated the day for us all and gave us a very warm welcome. Next, we experienced an Introduction to Linguistics lecture with a lecturer who added a local touch to the lecture as he had been a pupil at St. Teilo's High School! This was the first taste of linguistics for our students and they left the lecture buzzing with enthusiasm and new knowledge about the fascinating world of the science of language.

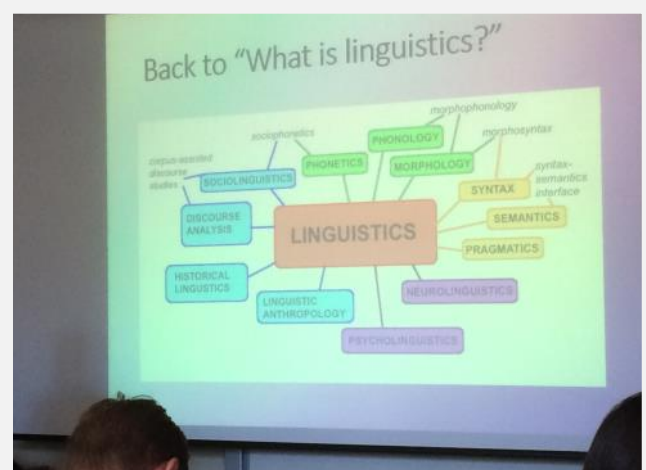
Our afternoon sessions were based around learning new languages *ab initio*; our students had the opportunity to have a taster session in Italian, Portuguese and Russian. A tour of the language multimedia centre, an introduction to Francophone Literature and poetry was to follow and a very valuable discussion with current MFL students at Bristol University where our students asked interesting questions and learned about the opportunities there are to study abroad and the wealth of skills and experience this can provide you as a person and as a future employee.

**Dr. Pinfold sent us a very heartfelt email after our visit; part of which is included below:**

*"Many thanks again to you and your colleagues for bringing your year 10-12 linguists to visit us yesterday. It's great for us to be able to work with a school that is clearly promoting languages so vigorously and to such good effect - I have had uniformly positive feedback from all of my colleagues on your pupils' enthusiasm and engagement through what was a very full (and long!) programme of activities, and we were all very impressed by their willingness to participate even when dealing with quite unfamiliar material, and by the ability they demonstrated. They're clearly being very well taught and are a real credit to the dedication of you and your colleagues. It was a joy to work with them, and our staff is unanimous in hoping that we'll see many of them back in Bristol for much longer than a day in the future.*

*We were also immensely impressed by the mature way in which the pupils conducted themselves in unfamiliar surroundings, not least by their calm and responsible response to our unexpected fire alarm and the way they settled back to work after that unexpected interruption.*

*We would certainly be keen to continue working with CHS in this way and would hope to make this event an annual fixture."*





## *Religion and Philosophy Department News*

### **Israeli Youth Delegates' Annual Visit To The RP Department**



On Monday 14th November the Religion and Philosophy Department was again visited by Israeli Youth Delegates. Stav Ronen and Rotem Kalal, both eighteen years old, were visiting Wales as part of their important role. They delivered a stimulating and informative session to a group of Cardiff High students in Years 13 about Israel and the challenges of being a young person living there. Our students asked them some extremely thought provoking questions and excellent discussion took place. Well done and thank you to everyone involved.

### **Philosophy Café**



Alex Cater (Year 13) leads an excellent Philosophy Café discussion based on the value of human life.

Philosophy Café continues to grow and flourish. Pupils from across the key stages meet every Tuesday, week B, lunchtime in F18. Philosophy Café is a great way of bringing staff and students together to discuss life's big questions in a fun and informal setting. Come along and be part of this exciting activity. The café is student-led and we welcome suggestions for discussion topics as well as volunteers to present at the café from students and staff alike.

If you would like to help run the Philosophy Café, or if you have ideas for discussions, please see Mrs James, Mrs Hill email Mrs Hill at

[ah@cardiffhigh.cardiff.sch.uk](mailto:ah@cardiffhigh.cardiff.sch.uk) . We look forward to seeing you!



## German Department developing links

Although it has only been a short time since our last newsletter, so much has happened in an eventful few months. In July the German department at Cardiff High hosted for the first time, the annual conference of the South Wales German Teacher Network, which actually now extends well beyond South Wales! The whole day was a resounding success attracting more participants this year than ever. The conference won the plaudits of all involved as “a very productive day”, “an extremely useful event” and a “fantastic opportunity to share”.

In the summer of 2016 the German department, along with the French department, visited Bristol University with our aspiring linguists in years 10, 11 and 12 for what is now becoming an annual event. Debbie Pinfold, the event organiser and lecturer in German at Bristol University and her team, delivered a variety of diverse and interesting lectures from literature of the Enlightenment period to a very popular linguistics lecture, which made even the teachers want to go back and study for our degrees all over again!

At the beginning of the new school, the German Department took under its wing a young NQT from Germany looking to benefit from a two month induction in the life of a successful department in Wales. It was a fantastic opportunity for all of us! For her, to see how well and adeptly our learners progress in the subject, for our learners of all ages to work on authentic materials with a keen native speaker, and for us as teachers to develop, supplement and enhance our materials. So positive was the experience that it was a real shame for us, when she had to leave to return home. It was, no surprise then for our Head teacher to receive a letter from her praising the great and productive atmosphere at Cardiff High School, observing how much the German skills of our young people improved – from year 7 learning their first German words to class 13 who discussed post-war Germany while analysing a novel. Nikola's final words echoed the feelings of all in the M.F.L. department at Cardiff High -

“In times of globalisation and sometimes unpredictable political developments languages are in my opinion more important than ever in terms of international communication and cooperation, so it was great to see that foreign languages are an integral part of Cardiff High School's curriculum.”



## Computer Club

Computer Club is held every Tuesday after school. All students use applications such as App Inventor, Scratch, Python and Raspberry Pi to make basic games. This year students have developed their Microbit skills to improve their problem solving skills and provide first-hand experience of programming language.



Another exciting opportunity this term will be available to students in a Techno camp Code of Games' Competition that will be held at the Cardiff University.

The challenge this year is to create a piece of software using "Superheroes of Science" as the theme.

## Coding Club

We have talked about a particular topic of computer science at the start of the club every week. The topics we have looked at include:

Artificial intelligence & robots

What are operating systems?

Computer hardware: what's really inside a PC?

Cryptography: sending secret messages!

Hacking: what really is hacking? How can we look out for it?



We have also done some basic Python coding and looked at making simple games in Kodu.

We have 5 working Raspberry Pis which students will be using more after Christmas when we look at some simple control systems with Python!

## Cyber Ready Girls

Cardiff University held a one-day event to inspire the next generation of girls to take up a career in coding and cyber security

KS3 students from Cardiff High School took part in the event and were introduced to a variety of



careers in computer coding and cyber security. The students learnt about the history of computing and how to tackle coding problems and meet women in executive IT positions in government and business, including 10 Downing Street, CISCO Academy, Symantec, BT and Raytheon, plus a number of other international companies who talked to the girls about career opportunities.



## Digital Day

On Tuesday 15th November Year 9 and 13 students took part in the only digital initiative of its kind, Digital Day. The aim was to provide hands-on experience of problem solving whilst raising awareness and inspiring them by gaining an insight into a world of digital careers.



Some of the day was dedicated to BIMA's nationwide competition where students complete one of three sponsored challenges and enjoy with the chance to be crowned Digital Day champions – winning £500 cash for their school plus a host of cool prizes.

The students who won their challenge and now have a chance to be crowned Digital Day Champions



### CHS Adeptus Educalis

A Warhammer 40K club run by Inquisitor Desambrois and Commissar Ellis, based in F19 and meeting every Monday 3.15 – 5.30.

Autumn is so far going well. We have new recruits from Yr 7 along with a healthy contingent of Yr 8's and Yr 9's; all of them learning to do battle with their armies.

Come along and try it out, we play Warhammer 40K, The Hobbit, Space Hulk and new for Christmas we are introducing 'BloodBowl'; an exciting game based on American football but with the twist of being a bit mad and set in the Warhammer universe. Blood will be spilled and Touchdowns will be scored.

Last week we put a Warhammer 40K team into the Warhammer Schools Alliance and this is what happened:

What an Epic day! A brave day! A red day!

Sunday the 20<sup>th</sup> November will go down in CHS folk lore.

At 9.30 on a cool Sunday morning we gathered at Café Nero, opposite the castle, before embarking to the Warhammer shop where we would battle against our nemesis ... 'Lewis School, Pengam'.

Rhys, Elliot (sub for Tom), Niall and Morgan would lead us into battle with Evan in reserve; and, ready with our troops, we marched on the store.



At the slightly delayed time of 10:45, the first battle commenced and it was disastrous. Not a total wipe-out, but we were looking at 1 win and 3 defeats (that's a 10pt to 30pt score line). Only Elliot — our sub — claimed a victory. There were mistakes aplenty but our commanders learned the lessons from their defeats and during the second battle, we bravely claimed 2 wins and a draw out of the four matches. The score was now 35pts to 45pts. The Pengam boys looked shaken but they still had a slight edge over us.

We broke for lunch (a quick nip down to Greggs for a hot sausage roll) and then back in the store to judge the painting competition. One of the Pengam boys' Ork army claimed that prize, which pushed them further ahead.

Steve, the store manager, then judged everyone's preparation: It was close, but we didn't know how close.

Only the third battle and the quiz were left.





We needed the points and it all started well with Rhys claiming an early victory. However, Morgan then suffered a defeat. Elliot then claimed another victory (Super-sub) and we all waited on the outcome of the last match. Niall was up against a tyrandid foe; he'd lost his previous two matches and was ready to throw in the towel. He pulled himself together and fought on. The battle swung wildly back and forth with both armies striking critical blows before ending in

a hard fought draw.

That draw pulled us nearer; it would all be down to the quiz and who'd be voted as best opponent and the award for sportsmanship. This was too close to call.

The quiz was hard. We had to guess some but at least we'd tried.

Then it was all over and we handed in our sheets and Steve disappeared out the back to collate, cogitate and calculate the results.

When he returned, he paused to announce the results. Rhys won 'best prepared army' and Elliot won 'best general'. They won 'the sportsmanship' award. Still too close . . . it was all down to the quiz.

It came down to one answer in the quiz that clinched it for us: a Roy Walker 'say what you see' question, and the answer could have been 'Blood Moon' or 'Blood Knight'. We went for Blood Knight and we won

the quiz. Overall, there was only 10pts in it, but we'd won.



Our first 'honest to goodness' victory at a Warhammer Schools Alliance heat; none of that scraping through on a technicality this year.

We won, and it was awesome!

Victory is good, and in April we march on Nottingham for the UK Schools Alliance semi-finals.

Towards the Light ... Where our Enemies Burn!



So come along afterschool on Mondays in F19, join in and have some fun!



### Autumn Concert:



The school hall was full to bursting for the annual Autumn Concert which involved some 200 students representing all year groups at Cardiff High. The event is always a musical highlight and included performances from all of the school's choirs, orchestras and from soloists. The wind band set the evening off with a bang playing an Abba medley and other instrumental highlights included the Chamber orchestra's 'Overture' from Handel's Messiah and the String Orchestra presenting Movements from Warlock's Capriol Suite. The Junior Choir set feet tapping with the rhythmic Calypso 'Dansi na Kauimba' as well as the beautiful 'Who will buy' from Oliver. 'All you need is Love' was the vocal highlight of the Senior Choir's performance with vocal solo from Gabriel Davies and the Senior Boys Choir tackled the tricky a cappella arrangement of the classic 'Mr Sandman'. Continuing the popular theme the Senior Girls Choir presented a Sister Act Medley as well as a version of the welsh folk song Bugeilio'r Gwenith Gwyn with solos by Alys Williams and Daisy Halewood. Several students shone in solo and group performances, especially Rachel Daniels and Georgia Fenouhlet playing a demanding piano duet with considerable poise and the Yr 13 band

including Peter Morgan, Ben Barber and Jasper Gaskin. The event was a fantastic celebration of music making at our school and we now look forward to the Carol Service and Whole School Musical Production of Miss Saigon.

### Concert Visit for 6<sup>th</sup> Form

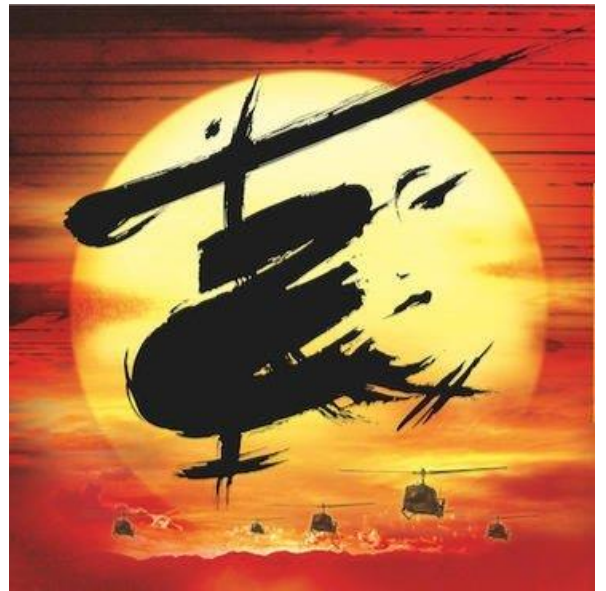
On Thursday 10 October the 6<sup>th</sup> Form Music class visited St David's Hall for the first concert of the season by the BBC National Orchestra of Wales. We were fortunate to have been offered complimentary tickets by the orchestra and the programme included music which links directly to the programme of study for A Level. The concert started with Debussy's amazing impressionistic piece 'Prelude a L'après Midi D'un Faune' and continued with the powerful ballet score 'Firebird' by Stravinsky. This was the ideal introduction to 20<sup>th</sup> Century Orchestra Music and we're looking forward to our next concert visit.





## Miss Saigon Auditions & Production

There was a flurry of activity at the start of term as the music rooms became the audition venue for the next School Musical Miss Saigon. It was a pleasure to hear so many students participate and we have a cast, crew and orchestra in place approaching 150 students. This is set to be one of the most breathtaking shows ever staged at school. Be sure to keep your eyes on the school website and twitter for information on ticket sales in the new year. We're sure to sell out quickly!



## Halloween Spooktacular Concert!

It was good to see several current and former Cardiff High Students performing with the National Youth Orchestra and Choir of Wales at the BBC collaboration at St Davids Hall recently. The students joined professional singers and players from the BBC to give a concert full of Halloween themed music. The whole event was excellent and ended with the packed hall joining the epic Ghostbuster song ... Who ya gonna call?!

