



CHS Autumn Newsletter 2019



It has been a hugely positive start to the new academic year and as the Autumn term draws to a close it is with great pride that we are able to reflect on the success of the school in the last year.

The summer examination results were, once again, absolutely fantastic both at GCSE and A Level. As always we are looking to build on this success and to sharing our practice with others both locally and nationally as we continue to work with schools across the county.

In the autumn newsletter we celebrate so much more than exam results as we reflect on the social and cultural activities our pupils have both embraced and enjoyed in the last 12 months. I am extremely grateful to all our staff who are willing to invest time and energy in the extra-curricular opportunities provided in school.

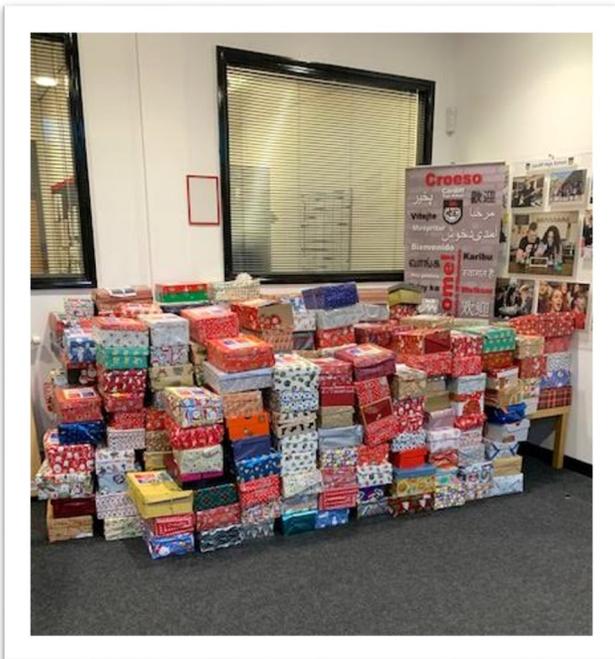
There are clearly challenges ahead but I am certain that the school is well placed to face them and continue to develop and improve.

May I take this opportunity to wish you a Peaceful Christmas and a Happy New Year

Nadolig Llawen

Mr. S.M. Jones

Headteacher



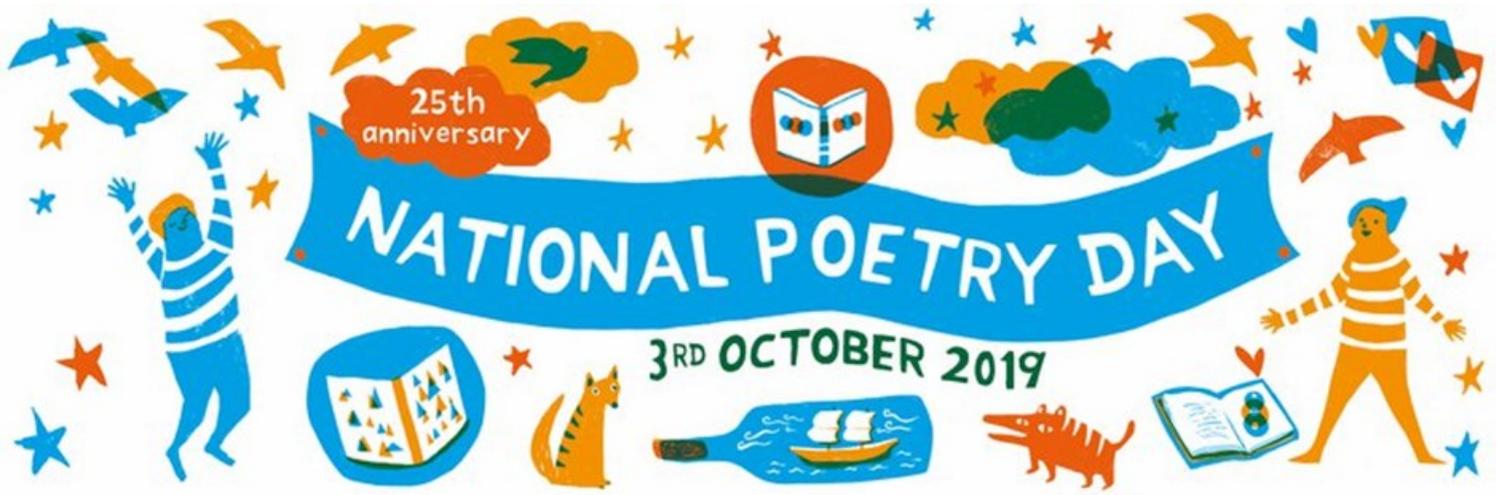
[Link to Hope Shoe Box Appeal](#)

We are very proud to have sent 370 shoe boxes filled to the brim with goods for families, along with £1100, to Romania, Moldova and the Ukraine. Well done All! Your generosity is amazing!



School Support Staff Day

To celebrate the incredible work that our wonderful support staff do everyday to ensure the smooth functioning of the school, the BBC News Reporters interviewed a number of the key players: the Nurture Room staff, members of the Learning Support team, our Estates Manager, Attendance Officer and Head of IT Operations. As a thank you for filming the interview Unison has presented the support team with a lovely hamper. Thank You! Diolch Pawb!



Following Mrs Yarrow's assembly on National Poetry Day 2019, a number of pupils entered a competition to write their own poem based on the theme of Truth. National Poetry Day is a UK-wide celebration of poetry which takes place every October.

The winning entrants were;

Alexandra Singeorzan 9H—The World

Anya Johns 9H—The Truth

Angel Eames 9L—Pollution

Dauwd Malik 8S—Bravery

I am sure you will agree that these poems are of a very high standard. Enjoy.....



THE WORLD

We live in a world where violence and hatred divides us.

We live in a world where children are being neglected and rejected.

We live in a world where the media influence our opinions and decisions.

We live in a world where we forgot what is right and wrong.

We live in a world where people look down on each other.

We live in a world where technology controls us.

We live in a world where wealth is more important than happiness.

We live in a world where people have so many friends on social media, but very little contact.

We live in a world where the poor walks miles to get food and rich walks to digest.

We live in a world where we are selfish.

We live in a world where we don't share.

We live in a world where we lie, and never admit the truth.

We live in a world where kindness has started decreasing

At the end of the day, it is you who can make a difference or love with the problem.



Alexandra Singeorzan 9H



The Truth

Our world is full of mysteries,
There is always a surprise.
Our world is full of truth,
But there are also many lies.

There is more to the truth than just what you see,
It's important that you let the truth run free.
It's sometimes hard to tell the truth from a lie,
Because a lie often has part of the truth inside.

Some lies may seem very real,
You may think it's true because you feel.
But the lies are just a reflection,
A reflection of the true perfection.

If you look into the details and look in the right direction,
You will see which is the truth and which is just its reflection.
Be careful what decisions you choose to make,
There may be two ways but the truth you should take.

By: Anya Johns 9H

Bravery

Fighting dragons for credit,
Leaving other knights go by as they have it.
Knights killing dragons with a deep sharp knife,
As dragons only fight for life.

A dragon thinks a human brain is bright,
But they sleep through the one bright light.
How would you feel to be held captive in a cage,
So furious and angry with indescribable rage.

But this is not bravery,
Because it's not right but just horrible slavery.
This is not just a fairy tale or a game,
And it's not for those who think its lame.

It's for those who have a reason,
Like the romans in their legion.
It's for those who stand up for rights,
And for those who don't pick fight.

Dauwd Malik 8S



Pollution

As I whizz past in my car
Creating more pollution
I see the trees waving in the breeze
The buzzing bees flying through the leaves
Dropping one by one
The ice in the arctic struggling to freeze
Killing all species
Polar bears standing on icebergs
Trying not to drown
All this stuff about climate change
Is really making me frown
All the pollution from big cities
Is affecting our climate
My life will be cut down
If we do not stop this now
We have to act or perish
So cherish our planet
There is only one
The heat is making our world more stormy
This is no story
Pollution is making the planet much more gorey
Climate change is in our hands
We have to stop it now



By Angel Eames 9L

Taith Patagonia Hydref 2019

15 intrepid adventurers travelled from Cardiff to Patagonia via Houston Texas and Buenos Aires Argentina. In 1865 over a 150 people from Wales sailed on the Mimososa from Liverpool and landed in



Porth Madryn in South America. They had been promised a green fertile land where they could start afresh. What greeted them was a barren wasteland. During the first month, they lived in caves before erecting simple huts. During this time the first baby was born – a girl. This young girl grew up to be a midwife and set up a hospital in the area. They set up schools, chapels and a whole irrigation system that would allow them to live off the land. They also befriended the Tehuelche tribe and they traded bread with them.

As part of the A level syllabus, a study of the film Patagonia is an integral part of year 12 studies. It was a

pleasure therefore to learn first hand about this country. With the help of the guide Carina, we ventured into Patagonia. We visited the penguin sanctuary as well sailing out to see the whales and the sea lions. We saw guanacos, grey foxes, rias, lizards and many other interesting wildlife. We were welcomed at the local Welsh primary school 'Ysgol yr Hendre' and the Welsh secondary school -Ysgol y Gaiman. Students learn through the medium of Welsh in the morning, and Spanish in the afternoon. It was a joy to hear these students babbling away in Welsh. Diolch o galon i Rhydian a'i dim am yr holl waith da sy'n digwydd yno. Roedden ni wrth ein bodd yn clywed nhw yn canu a dawnsio yn Gymraeg a ninnau wrthi yn canu Sosban Fach ac yn darllen law! gyda nhw. We also went to a dinosaur museum and saw the world's largest dinosaur ever found on earth.

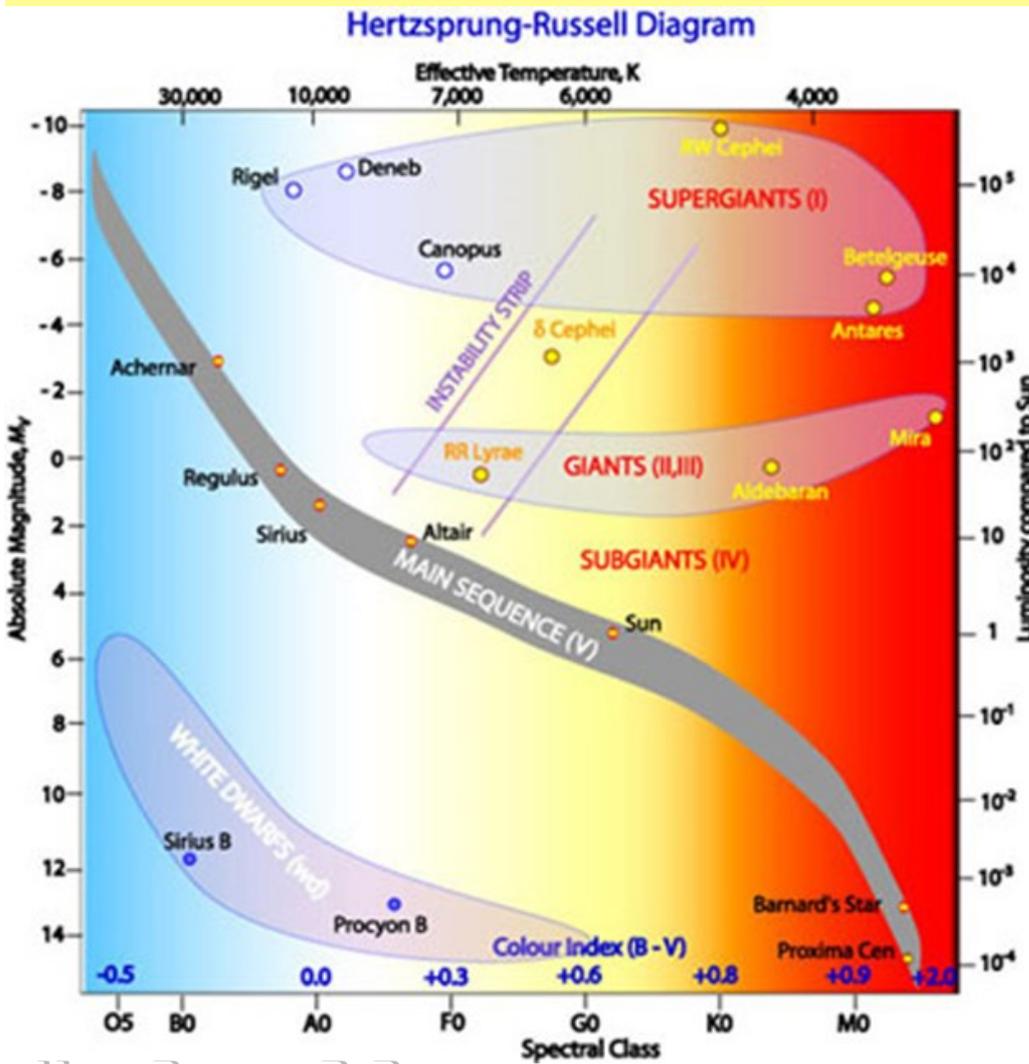


Over in Buenos Aires we had an excellent tour of the city with Flor during election time in Argentina with a new party gaining power. We learnt about the 30,000 who disappeared in the 80s and of their political and economic issues. We also went to a ranch to meet gauchos and participated in horse-riding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

On the way home we popped into NASA space centre in Houston where we sat at mission control as if it were 1969 again. Moving around the centre on a tram was a lovely way to end an excellent trip.

Cardiff University Star in a Box Workshop

In July, a team led by Dr Chris North from Cardiff University School of Physics put on a workshop based on the topic of stars for our Year 12 physicists. Dr North delivered a presentation explaining to students how research scientists are able to calculate the temperature and brightness of stars, by making use of information gathered from observations. Students then worked together to plot Hertzsprung-Russell diagrams for both relatively small and large stars, using real data. They were able to analyse the properties of these stars and to explain the relationship between size, temperature and luminosity based on their findings. We are very thankful to Dr Chris North for delivering such an interesting and intellectually stimulating session for our students.



Key Stage 3 Science

In October a group of year 7 and 8 pupils took part in a workshop focused on microplastics as part of KS3 science club. Dr Stephanie Matthews and Professor Anthony Campbell, from The Young Darwinian, demonstrated how to successfully search for, and identify, microplastics in the home.

Pupils began by familiarising themselves with the microscopes by identifying a variety of insects; learning how to correctly magnify and focus the specimens, so that they could attain a clear picture. These transferable skills can also be applied outside of the classroom as a simple microscope can be built using materials commonly found at home.

Once the basic skills were mastered, students simulated the machine cycle by manually washing and filtering some items of clothing. Upon further inspection it was clear that each group had managed to produce thousands of small fibres. The microscopes then revealed a whole world of microplastics, in all shapes and sizes. The experience prompted pupils to consider the impact that plastics could have on the environment and discover how millions of fibres can be produced from just one load of washing. How much damage is this causing? No one is sure.

Students will now have the opportunity to further investigate microplastics by carrying out future investigations with the potential of achieving their crest award.

The Young Darwinian is an international journal, based in South Wales, created with the aim of providing an inspiring vehicle, catalysing students to carry out projects and to publish their own work, ideas and experiences.



Prestigious national scholarships Awarded to D&T Students from Cardiff High School



More than 400 of the country's most talented students have been honoured at ceremonies in London and Edinburgh as they received scholarships from one of the UK's leading engineering programmes. Students, hand-picked from across England, Scotland, Wales and Northern Ireland, have achieved a coveted Arkwright Engineering Scholarship award. A total of 415 scholars will receive financial and mentoring support through their A-Levels qualifications, as part of a drive to inspire future leaders in engineering. We are proud to announce that two Cardiff High School students were successful in receiving Arkwright Scholarships. Congratulations to Evan Davies and Daniel Isaacs (both current Year 12 D&T students) for being awarded these scholarships.

The Arkwright Engineering Scholarships is a programme from national STEM education charity, the Smallpeice Trust, which has been providing

scholarships to students since 1991. Since its inception, more than 5,700 young people have passed through the scholarship programme, including award-winning BBC presenter Steph McGovern, who forged a career at Black & Decker before moving into business journalism. This year more than 1,370 students aged between 15 and 16 years old applied, following nominations from their schools.



Since becoming a

licensed organisation in 2016, the Duke of Edinburgh Award at Cardiff High School has gone from strength to strength. We currently offer the Bronze Award at Year 9, Silver Award at Year 10 & 11 and the Gold Award at year 12 & 13. The first Bronze group was started in Year 10 in 2016 and consisted of 30 students. 10 of these

students are now taking their Gold award whilst studying in the 6th Form. This year we have enrolled 120 Year 9 students onto the Bronze award, have 45 students working towards the Silver Award and 16 currently going for Gold!!



The award consists of 3 levels: Bronze, Silver and Gold. Within each level students need to take part in physical, skills, volunteering and expedition activities over a specific timeframe which increase in terms of difficulty according to the level of the award. The great thing about the award is that the content isn't set in stone, it can be tailored to suit each student's interests and skills. Students that have taken part in the award have listed the major benefits which include: increased self – confidence, improved sense of responsibility and enhanced team work skills.

Our students find the expedition section very challenging but in return also the most rewarding. Working in groups of between 4-7, students are responsible for planning their route and using maps and compasses. They are totally self-sufficient and have to carry all they need on their backs and this includes tents, food, cookers and clothes. At Bronze level they need to undertake 2 days walking of approximately 6 hours a day with an overnight camp in between. As they progress to the higher awards this extends to 3 and 4 days walking and also the opportunity to use other modes of transport such as bikes, canoes or even horses!! By working in partnership with the Urdd, who manage the expedition phase of the award, we are able to offer D of E to more students to experience its many benefits. Should you have any questions regarding the Duke of Edinburgh Award then please contact Mr C Newton at estates@cardiffhigh.co.uk or ring 029 20757741.

D of E Training and Expedition Dates for 2020

BRONZE AWARD		GOLD AWARD	
TRAINING DAY	17/05/20	TRAINING DAY	01/03/20
PRACTICE MAP SESSION	20/05/20	PRACTICE MAP SESSION	10/03/20
PRACTICE EXPEDITION	28-29/05/20	PRACTICE EXPEDITION	13-16/03/20
QUALIFIER MAP SESSION	17/06/20	QUALIFIER MAP SESSION	23/06/20
QUALIFYING EXPEDITION	20-21/06/20	QUALIFYING EXPEDITION	29/06-01/07/20
SILVER AWARD		Training days and map sessions will be held at Cardiff High School / Locations of expeditions are yet to be confirmed. For more information check out www.dofe.org or CHS Website > Menu > Parents & Students > Duke of Edinburgh Award.	
TRAINING DAY	22/03/20		
PRACTICE MAP SESSION	01/04/20		
PRACTICE EXPEDITION	13-15/04/20		
QUALIFIER MAP SESSION	22/06/20		
QUALIFYING EXPEDITION	30/06 – 02/07/20		

UKMT Senior Team Challenge

On Monday 25th November our senior team competed in the regional finals of the UKMT Team Challenge at Cardiff University. The team, consisting of Lorca Heeney, Scott Wright, Sumer Sener and Melahat Sener, competed against 15 other schools and colleges from across the region. The competition was tightly fought with an extremely high level of Maths on show, throughout the afternoon.

With one round to go, Cardiff High School was well placed within the top 5. However, they were alongside some very stiff competition from the likes of Cardiff 6th Form College, Atlantic College and Howells. The team then produced an outstanding performance in the tricky shuttle round, only dropping 6 points and hitting every speed bonus, to finish tied in first place overall with Atlantic College.

This was such a fantastic result for a deserved team, who had put a lot of time and effort into preparing for the event. For Cardiff High School, this is by some margin the best performance in a senior team challenge and as a maths department, we could not be more proud of them. The result sees them qualify for the National Final in London during February, where they will compete against the best teams from across the United Kingdom.





History Club



This term has been a busy one, with Key Stage Three History club in full flow. Our Sixth Form students run this club, planning fun and interactive sessions for all. This term they have been looking at the Egyptians, cracking hieroglyphic codes, building pyramids and the dress like a “mummy” challenge!

Our Sixth Form students have also had the pleasure of listening to a lecture delivered by Dr Martin Johnes from Swansea University. Dr Johnes is the author of "Wales: England's Colony?" and the writer and presenter of the highly acclaimed BBC TV show by the same name. His lecture offered an interpretation of the Acts of Union, providing food for thought on its role and impact. He also very kindly offered our students key tips for their university applications and making the right choice of university.

As always during this term, we took time to give thanks and remember those who fought in World War I, with an act of commemoration for the Old Boys of Cardiff High. Adding to this act Mr Jones delivered a very moving assembly on the Headteacher who never was, Mr J.L. Davies, who was sadly killed before taking up his position as Headteacher. The History Club are still working on bringing together all the names and biographies of the Old Boys, and soon will be starting to look at World War II. If you have any information that you feel may be of relevance to either of these please get in contact, we would love to hear from you.

Next term, we look forward to hosting the *Historical Association Great Debate*. The debate itself allows students from across South Wales to compete with the winner going onto the National Final. Each participant will deliver a speech of 5 minutes and are subject to questions from members of the Historical Association, This year the debate will be looking at the key question “Should we judge historical figures by the morals of the today?” having heard some of the speeches already, we think it will be a debate to watch!



Science club newsletter

Our young scientists have made a great start to this year. The pupils are enthusiastic and really interested to find out more about the science going on in the world around them. So far this year pupils have taken part in a number of challenges, from constructing bridges to looking at the reactions of alkali metals, to even creating their own CHEMIS-TREE!! During the bridge construction activities pupils used their digital competency to conduct research into the type of shapes and design features that go into making these essential structures. They then used their problem solving skills to create their own, purpose built designs and competed against their peers to see whose was the strongest. Excellent work! In the next term, pupils will be taking part in a project with the ‘Institute of Refrigeration’ as well as many other exciting investigations we look forward to having them back!

Israeli Youth Delegates' Annual Visit To The RP Department



On Monday 6th November the Religion and Philosophy Department was again visited by Israeli Youth Delegates. Avital and Ariel, 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 School Sixth Form RS students 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.

Law in action!

This term we have had the privilege of meeting current and ex-Cardiff High School parents working in the Law.

Mr Jabbar provided an interesting insight into his role as a magistrate. He discussed his background and route into the profession, the appointment and selection process and day-to-day work of magistrates. He spoke passionately about his role within the community and encouraged pupils to take every opportunity to volunteer within the local community.

We also visited the Crown Court and met His Honour Judge Bidder QC who spoke about his education and training in Law and his career as a barrister, QC and soon after a judge. He talked about his work in both civil and criminal cases and about his reasons for studying Law. His Honour Judge Bidder QC, like so many current and past pupils, was inspired to pursue a career in Law to help people. We also witnessed court proceedings and saw some excellent cross-examination!

On our second visit to the Crown Court, we met Her Honour Judge Jones who spoke to pupils individually about their career interests and gave them individual advice and guidance on how to realise their goals. We then witnessed Her Honour Judge Jones sentence three individuals involved in supplying class A drugs. Quite an experience for our future lawyer!



Business/Economics Visit to Jaguar/Landrover/Amazon

As part of our work on production and operations management, 70 students from the department took part in a visit to a car manufacturer (Jaguar or Landrover) and Amazon.

Landrover and Jaguar both use JIT (Just in Time)

manufacturing. Each site was carefully organised so that lorry drivers could easily get to the drop off point and each delivery was made to point in the production line where it was needed to minimise movement around the site. We learned that suppliers could be fined £30,000 if a delivery was just a minute late! The site holds no stock so it is vital that components arrive when they are required as otherwise production would stop. Even the smallest details had been thought about! For



example, tyres were organised by suppliers to come off the lorry in the order they would be used on the production line to speed up production on the factory floor. It was fascinating to see how robotics were used in the production process. Barcode scanners identified the customer order as it travelled along the production line and would tell machines everything, from which seats to what engine was to be installed and what paint to spray on each car.

In Amazon, we saw logistics in action. The centre receives all the goods Amazon sells in the UK from both manufacturers and private sellers, before they are processed and sent out to each of the 16 UK distribution centers. We saw the technology and processes they have developed to make it an efficient process, from machines 'blowing' labels onto boxes to allow the contents to be identified by robots to dealing with the unexpected, such as the arrival of live kittens in a parcel. We also got some free Amazon branded merchandise too!



We are looking forward to getting more pupils out of the classroom, and will be taking Year 10 to a chocolate factory in the Spring/Summer term to learn about entrepreneurship, marketing and production, and Year 12/13 on an overnight stay in London to visit the Bank of England and the Museum of Brands amongst other things. Look out for the launch of our New York trip for Spring 2021 too!

Young Enterprise

The Young Enterprise team have begun their campaign to become the Company Programme Champions 2020. The team are determined to build on the successful summer that the previous group enjoyed this year. They have decided on job roles within the team and have now started planning their fundraising activities to raise the vital finance needed for production of their product. Keep a look out for their marketing campaign, which will begin early in the New Year.



Newsletter Christmas 2019

Prefect Team 2019-2020

We are pleased to announce our prefect team for the academic year 2019-2020 as follows:

Head Boy – Charlie Saville

Head Girl – Abbie Payton

Deputy Head Prefects – Josh Souter, Harri Lee, Hannah Fraser, Miriam Butcher

Senior Prefects – Ankia Khan, Karisma Drage, Rosie Jones, Amelia Jones, Harry Griffiths, Morgan Rees, Rhys Jenkins, Elisha Rahman, Anna Bevan

Congratulations to all!



British Education Awards 2020

Congratulations to Helen Low as she has been shortlisted as a finalist at the British Education Awards 2020 within the GCSE category. The prestigious event takes place in January – good luck Helen!

Oxford University Experiences

Open Day

In July, the sixth form achievement team took Year 11 and 12 students interested in applying to Oxford University attended their Open Day. Lots of colleges were visited between pupils and staff and lots of valuable information was gathered. Students found the experience invaluable in helping them make decisions about their future university choices.



Step Up to Oxford

50 Year 11 students have signed up to participate in the Step-Up to Oxford programme. This three-year programme began with an introductory talk led by New College Oxford and topics of discussion included what studying at the top universities would be like. Students had their preconceived ideas challenged and myths were dispelled. The students asked insightful questions and engaged fully with the workshop. They are looking forward to their visit to New College Oxford in February.

PSE Days



The sixth form successfully ran two PSE days in July focusing on wellbeing and destinations. In the first day, students attended talks on finance, sexual health and interview techniques. They then participated in one of two activities, Danish Longball, run by Mr Friedl, mindfulness, run by Mrs Rayer or cooking, run by Mrs Jones and Mr Leggett. Day two began by a talk on gap year activities followed by Miss Jones delivering a session on UCAS applications.

Form tutors then led sessions on crafting personal statements. The two days were extremely successful. Thank you to the staff for working hard with our sixth formers!



Year 13 Medics



Year 13 students who have applied for medical degrees have benefitted from mock interviews run by current Cardiff Medical students. On 13th November, four medics, gave up their free time to undertake a mock MMI (Multiple Mini Interview). Students experienced what their actual interviews may look like and benefitted from detailed feedback to improve their responses. A big thank you to Kitty Towl and her colleagues from Cardiff University for running this session.

Peer Mentoring

Peer Mentoring is in full swing again and our cohort of Peer Mentors is growing each year due to the high numbers of fantastic candidates who applied. Eighteen Year 12 Peer Mentors are working with KS4 students and meet on a weekly basis to discuss anything from worries surrounding exams to who's the most annoying person on I'm A Celebrity!

Peer Mentoring enters its third year at Cardiff High and the quality and quantity of applications keep increasing. Our Mentors are there not only to act as positive role models, but also to be a friendly ear to listen to our KS4 students who have a lot on their plates as the demands of life and school increase.

For the first time we have a cohort of Year 9 Peer Mentors who are working with the Year 7 students. Twenty-six Year 9 students have taken on this responsibility and are displaying maturity and enthusiasm in their new role. As well as one to one mentoring, they have set up Peer Mentoring club for Year 7 and 8 students which is open to anyone to drop in for a chat at lunchtime. If you feel that your son or daughter would benefit from having a Peer Mentor, please speak to their Achievement Leader.

Brecon National Schools Athletics Finals

An exciting competition saw our Middle Boys Athletics Team narrowly fail to repeat the victory they achieved in the Junior Boys Cup in 2017. The boys finished second to our regular rivals Cwm Rhymini School in a very tight contest. Congratulations to Zak Wall (100m and Shot), Jake Knight (Discus) and the Relay Team who all finished first in their events. As always the boys competed superbly and were a credit to the School.



U14 Girls Crowned National Plate Champions!

After two tough Cardiff & Vale rounds at CISC Leckwith, the U14 team qualified to compete against the top schools across Wales at the finals in Brecon. An incredible team effort throughout the day secured the victory with a total of 84 points, 18 points clear of the next school. There were also some fantastic individual achievements throughout the day. Sophie Davies and Sophie Lisk claimed both jumping 1st places in the Long Jump and High Jump, respectively. Sophie Lisk set a new championship best time in the 70m Hurdles at 10.93s. Our relay team (Sophie, Katie, Molly & Sophie) also set a new championship best time of 53.28s in an astonishing race, securing the plate championship. Congratulations to Sophie, Sophie, Katie, Katrin, Grace, Nia, Molly, Lola, Ellie, Lucy,

Sophie & Magdalena!

Sports Presentation Evening 2019

In July, the department hosted its 7th annual Sports Presentation Evening, it was a celebration of sporting endeavour with 91 awards presented to over 120 pupils. The department looks forward to celebrating another year of sport again this summer.

Selected winners:

Owen Morris Award for Sporting Excellence & Endeavour – Billy Davies

YC Sports Lower School Personality of the Year – Sophie Lisk

YC Sports Middle School Personality of the Year – Funmi Oduwaiye

YC Sports Upper School Personality of the Year – Dan Austin

Special Recognition Award – Grace Charles





Our U15 team have made their furthest progression in the Welsh Cup for a few years. A 7-1 victory over Stanwell, 8-1 victory over Fitzalan and a 3rd round BYE pushed the team into a 4th round contention to progress out of the regional round. They face either Whitchurch or Radyr.

The year 7 A & B squads have played some great matches in their first of the year against tough opposition Whitchurch (two draws), St Cyres (two wins) & Cardiff West (1 loss). It has also been wonderful to see over 30 pupils attending training afterschool.

Boys Football

Year 7 football has had a very positive start to the year! In their first 4 games they managed to score 34 goals, especially impressive given the calibre of the opposition. A 4-3 defeat v Plasmawr was difficult to take, but the boys will learn from it and be a better team going forward.

Year 8 got off to a flying start this year with comprehensive victories against Bro Ederm and Eastern, with Charlie Rodrigues and Isaac Farrugia the stand out performers. Two cup defeats against strong opposition was disappointing, but the boys will still have plenty of fixtures to develop throughout the rest of the year.

It's been a very encouraging start to the year for Year 9, with comprehensive cup victory against Willows, and encouraging friendly performances thus far.

Year 10 have made a very impressive start in cup competitions this year, 3 victories in the Welsh schools cup means the boys are just one game away from the National rounds of the competition.

Year 11 played extremely well against Llanishen but a lack of cutting edge means they were eliminated from the CVSFA cup in the first round. Abdullah Qureshi's impressive performances have seen him become a part of the Senior football squad.

Senior football continues to thrive at CHS, a large group of boys training and playing regularly throughout the year. The boys responded to a disappointing defeat to Bishop in the CVSFA cup, by winning two cup games in a week to progress to the Welsh College's U19s cup quarter final and Welsh School's cup last 16. Henry Harding-Watts and Rhys Jenkins have been outstanding so far, with Elan Tombs emergence particularly pleasing.



Hockey

Year 7 have started their year with nearly 50 pupils attending training each week. Lots of matches have been played against Glantaf, Llanishen & Radyr with lots of progress shown from all players.

The Year 8 hockey squad have made a strong start to the season, beating both St Cyres and Llanishen.

The Year 9 squad have played consistently well, beating Llanishen and Glantaf B, drawing with Bishop of Llandaf and a loss but a close game against Corpus. The girls are looking forward to their pool matches for the County Tournament in the New Year. It has also been pleasing to see many new players regularly attending hockey club.



girls have very much enjoyed.

Top Schools Badminton

Cardiff High School Teams enjoyed a highly successful day at the Top Schools Badminton Tournament (South Wales Region). The Boys A squad finished 2nd with the B squad finishing 3rd. The Girls A squad also finished 2nd with the B Squad finishing 4th. As a result of their efforts the Boys A and B squads and the Girls A squad have qualified for the National Finals in Newtown later this year with the Girls B Squad narrowly missing out. The following pupils were involved and conducted themselves superbly:

Boys A: Ed Lukins, Hwee-Yeon Kim, Will Owens, Krish Aasai Kannan

Boys B: Fran Taylor, Che Smith, Lukas Anstead, Jack Menin-Steere

Girls A: Bhavana Balu Talia Tombs Sophie Ryan Emily Moody

Our U16 squad (Year10/11) have had a great start to the year in a tough pool of Bishop of Llandaff, Plasmawr and Bro Morgannwg. A solid 5-0 victory against BOL lifted spirits at the start of the year and a close loss against Plasmawr still kept them in contention for qualification. Unfortunately, Bro Morgannwg were just too strong but the endeavour of the team is admirable.

Working in partnership with Sport Cardiff & Cardiff Met, the U16 squad have had a great opportunity to train up at Cardiff Met on a Tuesday evening with some outside coaches which the



Netball

Our Year 7 squads have started the season well with matches against Bro Edern, Radyr, Corpus and Howells. It has also been wonderful to have over 60 pupils attending netball training every week!

The Year 8's have made a strong start to the season with excellent results and performances against Whitchurch, Corpus and Bro Edern. At the National Urdd competition, year 8 came second in their pool, scoring over 50 goals and only conceding 10 in the group stages. They progressed to the plate competition, through the quarter finals eventually losing to Bro Morgannwg in the semi-finals.

Year 9 netball is attended extremely well with over 25 girls regularly participating, the girls have made an excellent start to the season playing some very competitive matches.

Year 10 have had strong matches to start the year against Bro Edern and Radyr. They were also drawn in a very tough pool in the County Tournament beating Llanishen but losing to eventual qualifiers Stanwell by just 3 points.

The Year 11 netball squad have had a great start to the season with some great wins and recently beat St Richard Gwyn, Llanishen and Radyr to qualify for the county finals in March.

The senior netball squad won the Cardiff & Vale round of the president's cup qualification and have now qualified for the national finals in 2020. At the National Urdd Competition they convincingly won their group and progressed into the cup competition. They unfortunately lost in the semi-final placing them joint 3rd overall in Wales at U19.

Congratulations to Abbie Pattinson & Lowri Clarke who have been selected for Celtic Dragons U19's, Ellie Thomas Celtic Dragons U17's and Malkia Beadle Severn Stars U19's. Also congratulations to Sophie Bevan, Harriet Henson, Freya Meggitt who were selected for the Cardiff & Vale County squads.



Olympic Weight Lifting

On Monday 18th November 20 Year 11 students represented school in the annual Cardiff Games Olympic Weightlifting competition held at Crossfit Caerphilly. Over 60 pupils from across Cardiff were competing. Some excellent lifting by our GCSE PE cohort ensured that Cardiff High gained 5 out of the 6 medals on offer. Pzemo Jurek (1st), Jack Lock (2nd) and Leon Bogacz (3rd) made it a clean sweep in the male category. Isabel Thomas (1st) and Lauren Evans (3rd) were successful in the female category.



Rugby



Over 50 players have represented the schools Year 7 Black/Red Teams this year. Our main priority has been getting as many players involved in rugby early this year. Year 7 teams have played over 10 fixtures against other schools and there will be plenty more to come.

Despite being one of the smallest teams in Cardiff, the year 8 boys have fronted up well this season and have put in some dominant displays. A very hard fought defeat against a tremendous Whitchurch was very pleasing to see. An opportunity to play in the Garth Olwg 10s tournament was met with excitement from the squad who went on to finish 4th on the day.

The year 9 boys continue to impress the staff at school with their drive and determination to improve week in week out. With new faces turning out for the school team each week, there is a very good squad building at CHS. Results have definitely improved over the last 2 years will the boys showing that they are definitely more competitive against more physically developed teams.

With regular fixtures still taking place considering the amount of boys who got selected for CSRU U15s, shows the great commitment from the squad. A huge congratulations to Harry Beddall, Dan Buffrey, Evan Weston, Jamie Woodhall, Seb James Ioan Bulmer and Umer Zahid on their selection for CSRU U15s.

With many of our boys stepping up to senior rugby, there hasn't been as many sole year 11 fixtures, however the boys are still in the Cardiff Cup and with the potential of the team, we will be looking to progress far in this competition. Finn Charles, Zac Wall, Woody Facey and Jack Lock have all had a fantastic start to representable rugby with Cardiff Blues U16s and continue to be prominent in the schools 1st XV.

The senior boys continue to impress having only lost 1 of the league matches this year. We also continue to run 2 senior XV teams. Post-Christmas the aim will turn to the Welsh Cup and will try to plot their way to the final. With Rosslyn Park and other 7s competitions coming up we hope to end the year with huge success.

It has also been fantastic to see a large number of girls in Year 7, 8 and 9 commit themselves to the rugby development opportunities within school. With our main focus being learning the fundamentals this half term, it's been great to have more and more girls attending training on a Monday and getting involved in Tackle Club every Thursday. Year 7 girls thoroughly enjoyed their time at the Girls Activation day where they met some current Welsh Internationals. For our teams there will now be a big emphasis on fixtures over the next coming weeks.



Cross Country

Boys

The cross country season has again proved to be a huge success for the school. Although the 3rd and final league race is not held until February, the Year 8/9 team and senior team are topping the league table after successful team performances at Pencoedtre and Pontcanna fields. The Year 7 team maintained a promising start and lie in joint 3rd.

At the South Wales regional championships the senior team once again ran out champions with Billy Graham (11th), Luke Hall (16th), Finn Charles (24th) and Evan Davies (37th) making up the winning quartet. The Year 9/10 team produced a gusty performance to come 5th and the Year 7/8 team claiming 3rd position with Rhys Ruttley (5th) and Archie Wermig (19th) leading by example. The Senior boys 'B' team also won, Year 9/10 'B' team 4th and Year 7/8 'B' team 3rd.



In the recent Welsh Inter schools event held in Brecon on Saturday November 18th it is very pleasing to announce that the Year 7/8 boys team finished runners up, the Year 9/10 boys team 6th and the senior team 3rd. It was also impressive that the senior 'B' team came 7th (the only school team in Wales to be able to field 2 teams at senior boys level). Our congratulations to Rhys Ruttley, Billy Graham and Ben Reynolds who all represented South Wales regional team at the same event.

Girls

Another successful start to the cross country season, the girls have currently raced in 2 league fixtures, for the opening race. The Year 7 team finished in 3rd place. The Year 8 & 9 team finished in 4th place and the seniors finished in 2nd place. Improvement was evident in the 2nd fixture, the Year 7 girls moving to 2nd place, the Year 8 & 9 team kept their 4th place position and the senior girls took 1st place. The first Cardiff High pupil back in each age group was Megan Taylor (Year 7), Katrin Powell (Year 9) and Bethan Meyrick (Year 12).



We also enjoyed success in the recent Welsh Inter Schools Cross Country Championships in Brecon, our Year 7 & 8 team finished in 6th place and our Year 9 & 10 team finished in a very respectable 3rd place. The team consisted of Lola Osmond, Katrin Powell, Zoe Denton-Powell, Nia Davies, Katie Bamborough and Grace Lane. Congratulations also to Lola Osmond and Bethan Meyrick who were also selected to represent South Wales on the day