



# Cardiff High School

## Summer Newsletter 2022



In June's newsletter that we sent out last year, I wrote that I was looking forward to the forthcoming school year a year without interruption. It was to be a year where we would bring back a little more routine to the working week, a variety of extra curricular (or informal) learning opportunities and exciting, innovative teaching. Although this year has not been without its challenges, with uncertainty surrounding examinations and ongoing concerns around new variants, it is incredibly pleasing to reflect on what we have all achieved.

Year 7 arrived in Cardiff High School and very quickly settled into their new environment demonstrating to us what a hard working group of learners they are. Year 8 and 9 have endeavoured to focus on their Key Stage 3 studies whilst Year

10 and 11 have worked hard in preparation for their summer examinations. Year 12 and 13 equipped with their Chromebooks have been great ambassadors for the school and again studied diligently. For all of those who have sat exams this year, their resilience and determination deserves our acknowledgement.

In spite of the difficulties, the array of informal learning activities in school this year has been phenomenal. There has been great success on the sporting field, on the stage and in numerous competitions across many departments. There has also been a very welcome return to school trips. For this I thank the dedicated staff here at Cardiff High School who have shown great determination to ensure our pupils' wider curriculum is back in full flow.

In terms of curriculum, I am sure that you are aware that September sees the roll out of the Curriculum for Wales. This will only apply to our new Year 7 pupils. In the autumn term, we will share more information around our approach to this; however I can say that although there has been a huge amount of preparatory work that has taken place over the last two years, the changes in Cardiff High School will be subtle. This is because for many years we have already been at the forefront of pedagogical innovation and our curriculum focus has always been about ensuring our children have both the knowledge and skills to be successful throughout life.

Looking forward, we hope to see more opportunities for you to come into school as the parents and carers of our students and also as active community members. Although school life for the pupils and staff has pretty much returned to normal, it is the key interaction with you and the wider community that has been sorely missed.

As always I am very grateful to everyone associated with the school for all their help, hard work and good wishes.

Enjoy the summer break and I look forward to seeing you all again in September.

S M JONES



# CHS Eco Club

## Spring update



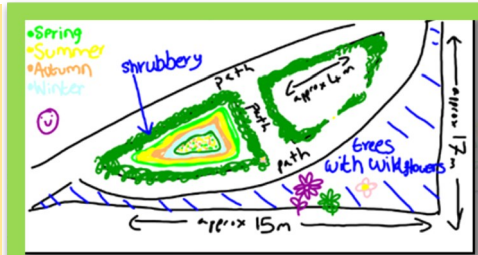
It's been a busy few months for the Eco Club! Early on in the new year, plans were made to create a new Nurture Wildflower Garden in the space opposite the Dance Studio.

In March, the club paid a visit to Forest Farm nursery - run by the Coed Caerdydd charity - who kindly gave us lots of free saplings, shrubs and wildflower seeds. Then the club worked hard to turn over the soil and get everything planted and sown (with the kind help of a few 6<sup>th</sup> formers), and things are flourishing as you can see from our pictures!

Big thanks must go to Mr Powell and his team for all their hard work preparing the ground and putting in the paths and benches! Also, a big thank you to the Estates Team for helping us keep the ground watered in what was a very dry spring!

We've also taken part in the "Big Plastic Count", where pupils and their families were encouraged to count how much plastic they were recycling or throwing away over 7 days. In an initiative run by Greenpeace and Everyday Plastic, data from pupils nationwide was collected and submitted to the government. The aim was to provide a clear picture of the plastic problem in the UK and encourage more action to be taken to halve single-use plastic in the UK by 2025, and ban plastic waste being sent to other countries.

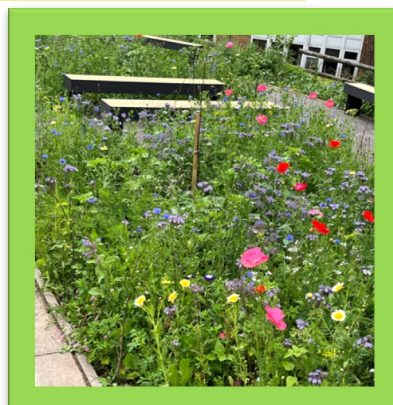
We've also introduced aluminium cans in place of plastic bottles in our canteen, so don't forget to bring your own bottle to school if you want to store your drinks during lessons. Open cans and classrooms do not mix!

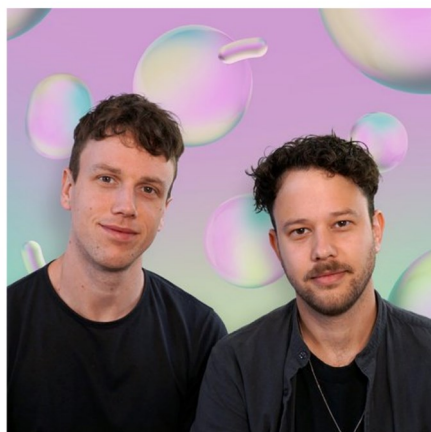


Watch this space for more exciting collaborations with Roath Park and



**City Hospice**  
Caring for Cardiff





# Layzell Brothers

It is always a pleasure to hear about the successes of our past students! Matthew Layzell attended Cardiff High School from September 1997 to 2004 and Paul Layzell from September 2000 to 2007.

The Layzell brothers are an award winning director duo who have worked together for over 10 years in animation.

After leaving Cardiff High Sixth Form, Matt and Paul completed an Art foundation year at UWIC before going on to university. Matthew attended Kingston University and gained a First Class Honours BA in Animation, while Paul attended Brighton University and gained a 2:1 Honours BA in Animation and Illustration. After both working freelance in London the brothers decided to start their own company, *Layzell Bros*. Around nine years ago Matt broke into the animation industry in Los Angeles. The brothers have worked with *Cartoon Network*, *Disney*, *Nike*, *Nickelodeon* and *Netflix* on animated shows such as *Gumball*, *Pinky Malinky*, *Apple & Onion* and *Battle Kitty*. Despite the set back of the pandemic, their latest interactive animation was released on 19th April this year.

We all wish Matt and Paul every success for the future. Plus, we hope their story has inspired you! We look forward to sharing more wonderful past pupil success stories in years to come!





## Year 9 Debate Club in Full Swing

Taking place on a weekly basis since January, the year 9 debate club has had a flying start. So far, we have eighteen members and it is an absolute pleasure to listen to these inspiring young minds discuss complex topics with such enthusiasm, maturity and respect. We have debated a diverse range of topics and some crowd favourites can be seen below:



**Literacy vs Numeracy: Which skill is more useful to society?**

**Should Mars be colonised?**

**Does evil exist?**

**Which is better, *Marvel* or *DC*?**

**Capitalism vs Socialism**

**Should the death penalty exist?**

Our next aim is to host an interschools debate with local schools. It will be a wonderful enrichment opportunity for our debaters go head-to-head with other schools, not only to show their debating prowess, but for the chance to meet with other pupils in person.

Keep your eyes peeled for further information and please see Miss Wheatley if you are interested in joining!



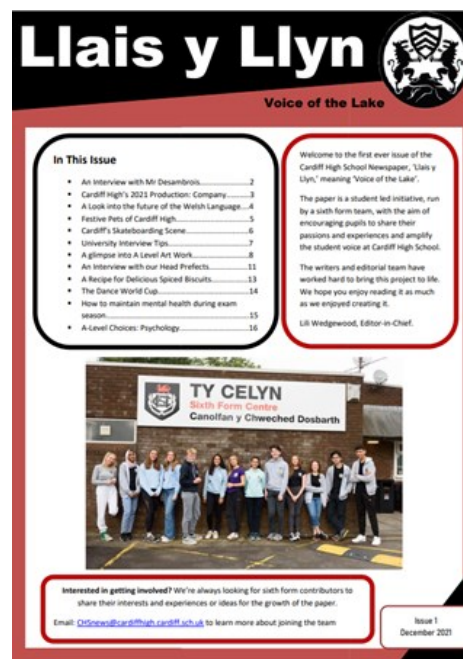
**Three more outdoor areas with shade have been erected at the rear of the school in readiness for the summer sunshine! Please make sure you apply sunscreen before you come to school.**





## Llais y Llyn

The first two editions of *Llais y Llyn* – our first sixth form produced newspaper—have been published to students. This is an online newspaper which has opinion pieces and articles that reflect a wide range of issues that are of interest to the newspaper team and other elements have included recipes, photography competitions and poetry writing competitions for younger pupils. A large number of sixth form students have been involved in contributing to the articles from writing them, editing them and to even being interviewed by the team. Thank you to the *Llais Y Llyn* team for two thought-provoking editions and a big thank you to the editor-in-chief, Lili Wedgewood, for developing the idea and for putting the time and effort into making the newspaper come to life.



## Physics Olympiad

Eighteen students took part in the *British Physics Olympiad* in March. Annually, 2000 learners across the UK participate in this prestigious opportunity to enhance the learning experience of the brightest physicists through a stimulating challenge. To receive their certificates, students were invited to *The Exchange Hotel* for a presentation ceremony.

Huge congratulations to Tycho Twohig, Luka Appanna, Krish Aassai Kannan, Vojtech Martinat and Alhassan Al-Dobo on achieving the Bronze award, and to Rowan Fahy, Luke Fleming, John Park, Adam Azam, Lea Edwards, Eleri Pearson, Luciano Cirillo and Evan Ryan on their commendation certificate. Well done to all!





## Informal Learning Opportunities

Over the last term we have welcomed a number of external speakers into school to offer opportunities for our sixth form students. The *Make a Smile Foundation*, *Beyond Words* and the local *Bupa* Care Home have all spoken to students about the different volunteering activities they could participate in. It has been lovely to see a large number of our students seizing these opportunities to extend their skills and to work in the wider community.

Year 13 medics have attended sessions in school to help support their university applications. Cardiff University medical undergraduate students ran a mock Multi Mini Interview (MMI) session with students, providing them with individual detailed feedback on their performance to help prepare them for their university interviews. We also welcomed Stuart Tucker, Former head of Welsh Secondary School and now a Welsh Government Consultant on Education, who provided our medics with UCAT practice to support their UCAT examination. Students found both these sessions invaluable. We will be holding the UCAT preparation session for Year 12 in July.



Sixth form students were offered the opportunity to engage in mock job interviews, run by Careers Wales. A range of employers provided students with interview practice, which the students found invaluable. Thank you to the employers for giving up their time and to Mrs Jones and Careers Wales for organising the event.

As an Achievement Team, we are excited to be working closely with the University of South Wales to provide Year 12 students more enrichment opportunities in different subject disciplines, ranging from sport to criminology to medical science. These took place in June and provided practical experiences that students can use to develop their personal statements and to broaden their knowledge of university courses. Thank you to the student outreach team at University of South Wales for organising a comprehensive and varied programme. We cannot wait to work with you again.







## Step Up to Oxford



NEW COLLEGE  
OXFORD



We have been able to work with New College Oxford on their fantastic Step-Up programme for a second time. We are one of only three schools in Wales on the programme. The programme is designed to inspire and support students to ensure they recognise Oxford as a realistic and achievable option for their future. Current Year 11 and 12 students had a school-based session learning about life at competitive universities and having myths dispelled. Year 11 students visited New College Oxford in March where they were able to speak to tutors and experience university life. They will continue to have input from the University throughout Years 12 and 13. Year 12 students also enjoyed their visit to the university in June.

Current Year 11 and 12 students had a school-based session learning about life at competitive universities and having myths dispelled. Year 11 students visited New College Oxford in March where they were able to speak to tutors and experience university life. They will continue to have input from the University throughout Years 12 and 13. Year 12 students also enjoyed their visit to the university in June.

## Celebrating Success in Year 13

Huge congratulations to our Head Prefect, Cerys Lewis, who has recently been accepted to Rambert School of Contemporary Dance and Ballet. Cerys is ecstatic to have received a place in what she describes as her 'dream school'. We look forward to seeing Cerys in many productions in the future!



In sporting news, we extend our congratulations to Isabel Thomas who has been offered a part-scholarship to attend the University of New Mexico, in America. Isabel has excelled in Pole Vault and has recently been awarded Welsh Champion. We wish Isabel all the very best on this exciting new chapter of her life.



We are extremely proud that Milly Evans has been elected to the Welsh Youth Parliament. What an incredible achievement! Milly is particularly interested in Law and has a passion for advocacy. We look forward to hearing about Milly's contributions and we know she will work hard to ensure the voices of young people are heard!





## Goodbye and Thank You!

On behalf of the Sixth Form team, we wish to say thank you to our year 13 students. It has been a pleasure getting to know all of you and working alongside you over the last two challenging years. The staff are looking forward to celebrating your efforts, rigour and successes with you in the forthcoming Leaver's dinner and then again on results day.

A big thank you goes out to our year 13 prefects, who have worked extremely hard for the benefit of the Sixth form and the whole student body over the last year. They have conducted themselves with utmost maturity and with some much needed humour in all aspects of school life and have been true ambassadors for Cardiff High School. Our final assembly was a witty, entertaining and gracious event which reflected the achievements of the students. Everyone left with a smile on their face and memories for life! Thank you for all your hard work and dedication to the role of prefects. The Achievement Team is extremely proud of you!





# ★ Maths Challenge Stars ★

This year over 100 students have competed in the prestigious UKMT Senior, Intermediate and Junior Mathematical Challenges. These challenges test mathematical problem-solving ability and students compete across the UK to win certificates and qualification to later rounds.

In the Senior Maths Challenge, for Years 12 and 13, twenty nine students won an award, with particular congratulations going to our gold medal winners: Adam Azam, Thomas Bradbury, Luka Appanna and Tycho Twohig.

In the Intermediate Maths Challenge, for Years 9, 10 and 11, twenty seven students won an award. Our highest scoring students, achieving a gold award, were Gazala Khan, Charlie Rawlinson, Abdullah Toor, Sean Lay, Monty Hood, Felix Groves, John Fitzherbert, Ryan Chan, Ben Thomas and Eddie Jennings.

Meanwhile, the Junior Maths Challenge, for Year 7 and 8, was sat in April. Twenty two students achieved an award, with particular congratulations to our Gold award winners: Yuhan Zhang, Morenci Rawlinson, Leo Lai, Alicia Thomas, William Bowen and Alys Bird.

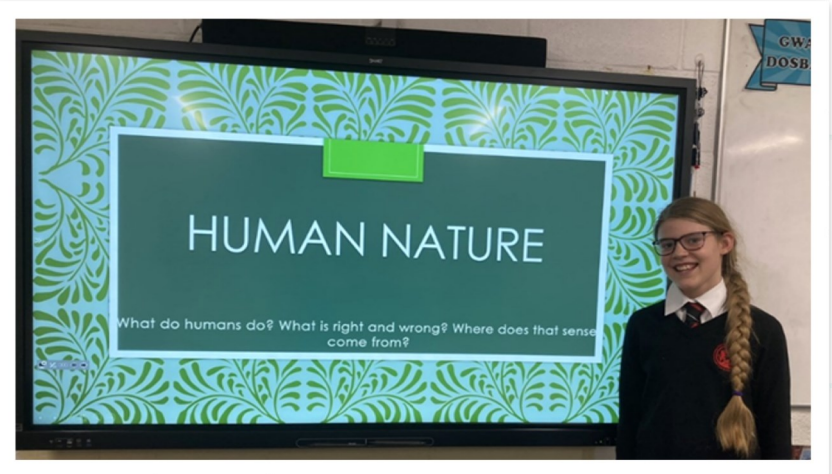


**Some of our award winning Mathematicians in Year 7 and 8!**

# Religion & Philosophy

## Philosophy Café

We are delighted that our popular Philosophy Café has made a comeback, following the hiatus that was caused by COVID. The student led sessions have been based on a wide range of philosophical topics this term, including truth, purpose and human nature. We meet after school every Tuesday Week A in F18. All students and staff are welcome to attend. Refreshments are also provided.



## RE Today

Congratulations to some of our pupils in 8K and 8P who had their work published in the January edition of RE Today. RE Today is the foremost charity in the UK, working to support multi-faith RE in schools by providing consultancy and teaching and learning resources. Their writing was based on a year 7 lesson in the summer term which focused upon different celebrations of the New Year. We are very proud of you all!

### WHAT DOES NEW YEAR MEAN TO YOU?

**We asked 11 Year 7 pupils from Wales for their thoughts.**

**Rosh Hashanah is our new year.** It's not at the same time as most other people celebrate it. We go to synagogue, pray together and eat traditional sweet food like apples dipped in honey. I think that shows you are hoping for God to be sweet to you in the next year ahead. The ram's horn is blown in the mornings at the synagogue. It makes such a loud noise it wakes you up and reminds you that you need to be ready to start a new year and face new challenges. We celebrate by trying to forget the things that have worried us in the past and think about the present and the future. It's a special time for being with your family.

*Ynon  
Jewish, age 11*

**I celebrate new year by attending fireworks displays and I sometimes have dinner with my family at my grandparents' house.** We always give money to charity on new year as it is one of the five Pillars of my religion to give to charity, and that's known as zakat.

**I think celebrating new year is not that important, as instead of making a major thing about it you should welcome the new year quietly into your heart.** But I do think it is good to spend time bonding with your family and enjoy all the food. Time spent with family is the only precious time.

*Zaina  
Muslim, age 12*

**I don't celebrate the same new year as everyone else's family in my class, and for me 1 January is just another day. The special celebration of new year for me is Rosh Hashanah in September, which I celebrate with my family.** At synagogue a special person blows a ram's horn called a shofar, which is really loud. It's a wake-up call – wake up... a new year is starting, so get ready!

*Tohar  
Jewish, age 11*

**We celebrate our new year in October or November, during Diwali.** We wear new clothes that we have not worn before. We shower in the morning before we start the day and then we pray to God. New year is important as it is a chance to start again, and so the new clothes symbolise this, and showering in the morning, I guess, is like washing away the old year. My mum and dad always spend ages cleaning the house before Diwali begins. The best thing about new year is that it's all about spending time together as a family.

**Diwali is our new year, but we still have a little party on 31 December.** Everyone else celebrates new year as well and we spend time together on New Year's Day as it is always a day off. We don't really think of it as new year, but it's a nice chance to see my family again.

*Jagad  
Hindu, age 12*

**I invite all of my friends over. I spend the day going out with my friends and playing sport, like rugby. I go home and spend the night with my family and their friends. We stay up late, having fun. I don't really think new year is that important, but it is very good fun as I get to spend time with my friends and family. I know that some religions have a different new year and they think their new year is very important and want to say, 'Thank you' to their god.**

*Hari  
Atheist, age 11*

### MEAN TO YOU?

**Although I'm religious, new year isn't a religious thing for me and family.** We go down to Swansea to see all of my family. We play games and stay up all night and watch the countdown on the TV. We have fireworks and lots of food. I like new year. I think it's a very exciting event. It means a lot to reflect on the year that we have just completed. I like spending time with my family that I haven't seen for ages, and the countdown is really good fun.

*Milla  
Christian, age 11*

**At new year we usually go to Austria to meet family and friends.** We go to Mass there and thank God for the past year. We light a candle for relatives that are no longer with us, which helps us to remember them as we move ahead into another year. After going to church we gather at the river for fireworks and count down to midnight, when the new year begins. We eat lots of chocolate and pretzels. I think new year is important as it gives a fresh start to make the next year better than the last one.

*Fred  
Catholic Christian, age 11*

**New year for my religion is 14 January.** It's important in my religion to celebrate new year as it is a new start where we can fix our mistakes and basically restart. We gather together and eat and give each other presents. We make a special effort to compliment each other so everyone feels good about themselves as they go into a new year. We go to church to get blessings and we say prayers. Some people now say special prayers for the environment on new year in my church.

*Adriana  
Orthodox Christian, age 11*

**I normally go to a friend's house with my family and we have Chinese takeaways, play video games and watch TV.** We stay up late and watch the countdown on TV and let off party poppers at midnight. Sometimes we open all the doors to let the new year in and the old one out and go out into the street to say 'Happy new year' to neighbours and see fireworks. I think it's fun but also good for mental health as it gives you a point to end what you don't like and start something new. Some of my friends at school celebrate new year at different times of year because of reasons to do with their religion.

*Thomas  
No religion, age 12*

**On new year me and my family say extra prayers to appreciate what God has done for us. I think the best thing about new year is new year's resolutions! I can set a goal for myself that I can try and achieve by the end of the year.**

*Yousif  
Muslim, age 12*

**RESOURCE 4.2**



# Youth Advocacy Group

Hi, I'm Arthur, a year 9 student and member of school parliament. I also enjoy holding the position of chairperson of the Cardiff Youth Council (CYC) Reformation group and am a proud representative of UNICEF Youth Advisory Board (YAB). You might be able to tell from this brief resume that I am an advocate for young people and children's rights. I was delighted, therefore, to have an opportunity to hold a Youth Advocacy Focus Group, for the Cardiff High School community.

The session took place in May, and a good number of pupils and staff were available to participate. The topics covered included: children's rights, activities and leisure, education, social justice, climate change and health. A lively discussion and enthusiastic debate followed, with the group eagerly contributing to the session. Some exciting and pertinent questions were asked. A range of diverse and interesting ideas were developed that will be pursued by the relevant parties, including hydrogen cars, a need for life skills to play a part in the Curriculum for Wales, as well as it becoming clear that rights education also needs a spot within education.

This feedback will be invaluable in gaining a greater understanding of what we can do in driving forward real long-lasting change for a brighter and more equitable future.

Those who were able to attend were also given information on how to join groups that amplify young people's voices within Cardiff.

If you would like to get involved in any youth groups here are some useful resources:

Cardiff Youth Council - <https://cardiffyouthcouncil.com/>

Child Friendly Cardiff's CYPAB - <https://www.childfriendlycardiff.co.uk/get-involved/children-and-young-peoples-advisory-board/>

Cardiff and the Vale Health Youth Board - <https://cavuhb.nhs.wales/our-services/voluntary-services/youth-volunteering/youth-board-volunteering/>

National Museum Wales Youth Forum (14+) - [https://museum.wales/takepart/youth\\_forum/](https://museum.wales/takepart/youth_forum/)

Cardiff Young Citizen's Panel - <https://wh1.snapsurveys.com/s.asp?k=165209889432>

The focus group encouraged students to exercise their right to get their voices heard as outlined in the UN Convention on the Rights of the Child (UNCRC). It also provided useful insights into what is important for young people, both in school and in our wider communities.

As a young person you have the right to be heard and be listened to, and your opinion matters. Based on the success of the first focus group, we are exploring different avenues to allow everyone to engage in Youth Advocacy. We intend to hold another focus group in the near future.

Hope to see you there!



## **Year 7 Advent Calendar Competition**

We know Christmas seems a very long time ago, but when the last newsletter was written the results of the competition were unknown! There were some fantastic entries again and our thanks go to Mrs. Penny and Miss Davies for judging this prestigious event.

Congratulations to our winners:

**1<sup>st</sup> Sadie Ryan—2nd Morenci Rawlinson—3rd Alys Grant**

Highly commended prizes were also awarded to:

**Zac Allsop**

**Hugo O'Reily**

**Ameera Ali**

**Hooriya Tariq**

**Yuhan Zhang**

**Eve Powell**

**Leo Lai**





# PE Department

## EASTER TOURNAMENTS

Following on from our successful Christmas tournaments, pupils got heavily involved in our Easter tournaments to round off the hockey, football and netball seasons. Following a very successful first season at Cardiff High School, our Year 7 teams combined for our Easter festival of netball. It was a fantastic celebration of progress, skill and friendship with a very competitive tournament seeing the Easter Chicks come away with the win.



In Year 8, the Easter Bunnies were the champions of the netball tournament. POTMs for the overall tournament were Yumna Aldawoodi, Aisha Akbar, Hadley Robinson, Grace Matthey and Milla Crew, and the coach's player was Olivia Ingram. In the hockey tournament, the Hot Cross Buns came out on top with POTMs being awarded to Beatrice Browne and Milla Crew.

In Year 9, the girls got very competitive and produced some outstanding netball, but it was the Hot Cross Buns who were crowned Easter Champions! POTMs of the tournament were awarded to Lily Woods, Rose Bell, Seren Webber and Ava Lane. In the hockey tournament, Year 9 braved the savage rainfall and showed some excellent team commitment. The Easter Bunnies were crowned the champions with POTMs of the tournament being awarded to Bhavana Balu, Caitlin Tipler, Liv Taylor and Annie Bettinson.



In Years 10, 11 & Senior, we combined the year groups to create two 11-a-side teams and had a strong match between the Baby Lambs and the Easter Eggs, with the Baby Lambs taking the crown this year! Coach's POTMs for the match were Sophia Sagoo and Ava-Rose Thomas. A huge credit to all pupils for their commitment to extra-curricular hockey this year.

We also combined Year 9 & 10 for an Easter football face off with the Hot Cross Buns beating the Easter Eggs 2-0! Some brilliant attacking and defensive displays were shown throughout the match.

## RUGBY

Our Year 7 pupils have gone undefeated in the all 7s and 15s competitions this season, completing the treble. They first won the Cardiff Schools 7s at Trelai Park, beating some tough schools, including a final minute try winner against Bro Edeyrn in the final game. Next came the URDD 7s, where the boys played some of their best rugby this season, winning 9 out of 9 games to be crowned National Champions. The boys beat Glantaf in the final 25-22 with Dylan Griffith-Williams scoring the winning try. This was the first time the school has ever won the competition – an incredible achievement. In the summer term, Year 7 played in the Cardiff Schools Cup Final against Eastern High at the Arms Park. The conditions were terrible on the day, however the boys left their best game until last, scoring some incredible tries in a 52-0 victory. Alessandro Santoro and Ieuan Taylor both scored a double with Ieuan putting in a Player of the Match performance. The Year 7s have been fantastic this season and deserved all their success with all the hard work they have put in.



Four of our Year 10 pupils represented Cardiff Schools this season, Ben Boyce, Luke Armstrong, Rhys Ruttley and Charlie Rodrigues. The boys have shown incredible dedication this season in balancing their school's games and Cardiff Schools games, as well as their school work. Both Cardiff Schools teams made the finals in the Principality Stadium with both teams coming out victorious. The Cardiff Schools 1<sup>st</sup> side beat Rhondda Schools team 20-8 in a tight game with Ben and Luke making key contributions to the game to win the Dewar

Shield.

Year 13 pupils, Finn Charles and Zak Wall, both represented Cardiff U18s this season in the regional fixtures. They played out a competitive final against Newport Dragons, narrowly losing 33-29 with the final play of the game. Former pupil Harry Beddall was selected for Wales U18s this year. Harry captained the school team before moving to Hartpury College last year. He made his Wales U18 debut in France and captained the team against Ireland. Well done, Harry!

The school has also been involved in the Cardiff Schools 7s and the URDD 7s. Our Year 7 side won both the Cardiff Schools 7s and the URDD 7s. Year 9 played some brilliant sevens to win the Plate at Trelai Park. Will Thomas and Tom Evans played key roles in the day. Macentee was the man of the moment, scoring the two winning tries against Plasmawr in the final. Year 10 finished 4<sup>th</sup> in this year's Cardiff Schools 7s. The boys played some good rugby with Harry Lovett being the star player on the day, scoring 8 tries in 5 games. This is a team that is continuing to improve and will enjoy the challenge of senior rugby next year. The URDD 7s was sadly cancelled for Year 10 during the day because of bad weather, but our Year 10 girls' side managed to finish the group stages undefeated. Some fantastic running rugby being played with the team scoring 20 tries in the 3 group games. Some stand out performances were: Rhiannon Khan, who was fantastic in defence all day; Amelia Charles and Megan Taylor both scored three tries each; as well as Ava Rose Thomas who captained the team brilliantly.







Girls' rugby has taken off this term at Cardiff High with the girls involved with 7s, 10s/12s and other rugby festivals. The first festival saw the U14 girls play in the 10s tournament in Llanrumney Fields. 12 girls were playing in their first competitive rugby games and showed huge promise. The girls scored 8 tries on the day with Megan Taylor scoring 3, with the team finishing 4<sup>th</sup> on the day.

Our U16 girls side played in the Llanrumney 12s festival. After two tough games against Glantaf and Plasmawr, the girls picked up a great win against Bishop of Llandaff school with Ella-Jay White scoring 2 tries.

Year 7 and Year 8 have both played in two festivals at Bishop of Llandaff and Cardiff & Vale College. The girls are continuing to improve every week and it is great to see so many girls engaged with rugby and playing the sport for the first time.

## FOOTBALL

With the cup competitions over, the Spring term was a great opportunity to allow many Year 7 pupils to represent the school in friendly matches. The ball winning and passing ability of Dylan Griffiths-Williams has caught the coaches' eyes whilst Alessandro Santoro has scored goals for fun this season, demonstrating great composure in front of goal.

It was also a great season for Year 8 with both A and B team fixtures, allowing 35 boys to represent the school team. Sam Lewis has shone in defence with his ball playing ability and calmness in his defending. Alfie James has continued to be a regular source of goals with Joe Naughton impressing in midfield and defence.

It was a very dramatic end to the season for Year 9. After a 5-2 victory over Glantaf, the boys met Stanwell in the CVSFA semi-final. The game didn't go to plan and the boys were 4-0 down! The team never gave up, with Alfie Sutton scoring in stoppage time to send the game to penalties! Tom Bunn saved twice to seal a 4-1 victory. The final was played against Whitchurch and was a great advert for schools' football. Both teams held the lead with Rowan Macentee scoring twice, before Harry Welch equalised in stoppage time with his first touch. Penalties would again decide the boys' fate: they held their nerve to score all 5 penalties with captain, Ollie Good, scoring the final penalty to win the cup! Congratulations boys!



With the competitive season over, the spring term provided an opportunity for friendly matches for Year 10 and to provide others an opportunity to represent the team. The performances of Blake Parkins have led to representational honours for the county whilst Ben Boyce has been a rock at the back with Zahran Humayun-Mustafa a regular source of goals throughout the season.

It has also been an encouraging season for Year 11 with in excess of 25 boys representing the school team this year. They reached the quarter final of the CVSFA cup and despite a wonder goal from Owen Fitzgerald, they were defeated 4-3 in a thrilling encounter. It has been pleasing to see Elis James and Sam Long break into the Senior team with Yayha Ahmed and Ben Holt training regularly with the team.

## GIRLS FOOTBALL CARDIFF & VALE COUNTY CHAMPIONS!



Our Year 9/10/11 female football team had a great season this year, culminating in being crowned Cardiff & Vale County Champions! As a squad they had a series of strong performances throughout the year winning all except one match, allowing us to qualify for the semi finals where we faced Bro Edern, the only team we were previously defeated by. The girls put in a fantastic team performance to win 4-3 and qualify for the final. We faced a strong Glantaf side but the girls were able to dig deep and secure a 1-0 victory. This was also a great tribute to our Year 11 players; Lucy, Sophie, Nia, and Amelia, who were Year 7 County Champions in their first year at Cardiff

High and thoroughly deserved to finish as County Champions once more!

## SENIOR FOOTBALL: CHAMPIONS OF WALES!

The department are celebrating the historic achievement of the Senior football team becoming Welsh schools' champions for the just the second time in our history. The boys progress to final beating Abersychan (6-1), Stanwell (3-2) and Tonyrefail (2-2, 4-2 on penalties), to reach the final against Syr Huw Owen in Caersws. The game didn't go to plan with the team a goal down at half time, but this team have been behind before in this competition and never give up! The comeback began with Aaron Baxter heading home a fantastic Sam Parry free kick to equalise shortly after the restart. A well worked corner routine led to Charlie Lewis hitting the post before Tom Driscoll turned in the rebound to give CHS the lead.

The game was delicately poised with chances at both ends, but it was settled when Sam Long did brilliantly to beat his man to cross for James Evans to head home and seal the victory! Captain James Bettinson lifted the trophy as the boys celebrated their victory! The team are so deserving of this honour; they have shown great commitment to training including training over the Summer and Easter holidays and Fridays after school. They have dealt with setbacks and developed into a fantastic football team. Together they have made history and created memories that will last a lifetime.





## BASKETBALL

The Year 7 team has had a pleasing year of skill development. This year has been a great opportunity to field an 'A' and 'B' team at games and provide many their first experience of a real basketball game. There have been some pleasing wins and a few narrow defeats, but most importantly, lots of games and lots of fun!



Year 8 had their first opportunities to play school basketball, again. This has been a great opportunity for some pupils to gain their first experience on a basketball court. Owain Abric has been the shining star of the team with his fantastic ball handling skills and consistent scoring.

Year 9 are Cardiff's very own dream team with an undefeated season, winning all matches comfortably. Jack and William Bamborough (back row, 2<sup>nd</sup> and 3<sup>rd</sup> from the left) have represented Wales this year in the four nations event held in Scotland, which is a fantastic achievement.



## BADMINTON



Following success in the Top Schools event in Cardiff, Cardiff High were successful in sending two teams to the National Final, held in Newtown. It was a successful day with the boys' team claiming the silver medal and the girls' team winning the bronze medal. The pupils were a credit to the school and played really well on the day. Well done to both teams!

## HOCKEY COUNTY FINALS



The Year 8 B team played some fantastic hockey to win their Cardiff and Vale prelims against Whitchurch and Corpus. The team then progressed to the semi-finals beating Cowbridge 3-0. The team came up against a strong Glantaf team in the finals and eventually finished runners up 7-2 in the County & Vale County Hockey Tournament. Goals were scored by POTMs Ameena Nuruddeen and Captain Isra Museji. All Year 8 players are very much looking forward to playing 11-aside and full pitch.

Our Year 11 team also qualified for the county finals after beating Bishop of Llandaff in the semi-final 1-0. They faced an incredibly strong Glantaf team but finished 2<sup>nd</sup> in the county overall and should be very proud of their efforts this year, and throughout the last 5 years at Cardiff High. We look forward to seeing many of you back for Senior Hockey next year!



## NETBALL COUNTY FINALS

Our senior team qualified for the County Finals competition and travelled to Glantaf to play against Plasmawr and Glantaf in the triangular finals fixture. It was an excellent display of strength with our senior squad comfortably beating Plasmawr. We then went on to play a strong Glantaf team and despite a heroic second half comeback we lost out on the win to finish 2nd in Cardiff & the Vale. It was also the final time on court for our year 13 netballers who have now sat their A level exams and are about to move onto pastures new. Thank you, girls! Good luck!



## ROAD TO WIMBLEDON

The annual *Play Your Way To Wimbledon* tournament was held again this year with players from Year 7 and 8 battling it out to represent the school at the next round. Congratulations to Erfan and Felicity who won the boys' and girls' tournaments and go on to the county round in July.





# ATHLETICS

## SPORTS HALL ATHLETICS



Following on from cross country, the first competitions of the athletics season take the form of sports hall athletics.

In the Girls' U15 competition, Megan Taylor finished 1<sup>st</sup> in the overall standings dropping just one point after finishing 1<sup>st</sup> in the 2 lap, 1<sup>st</sup> in the shot and joint 1<sup>st</sup> in the vertical jump, with Martha Grzonka and Ella-Jay White finishing in 5<sup>th</sup> and 6<sup>th</sup> overall. In the 4 lap race, Megan Rogers and Ella-Jay White finished 1<sup>st</sup> and 2<sup>nd</sup>, whilst in the vertical jump the top 4 competitors were Cardiff High pupils - Megan Taylor, Martha Grzonka, Megan Rogers and Heidi Sartor. Ella-Jay White also finished 3<sup>rd</sup> in the standing long jump.

Ella-Jay and Megan were selected to represent Cardiff & The Vale in the Welsh Sports Hall Championships finishing in a 2<sup>nd</sup> place team overall, and 4<sup>th</sup> and 10<sup>th</sup> in their respective events.

Our U13 girls enjoyed their first taste of this competition with many finishing with excellent results. In the 2 lap, Milla Crew and Ameena Nuruddeen qualified for the final and finished 2<sup>nd</sup> and 4<sup>th</sup>, respectively. In the vertical jump, Lucy Shelton finished 3<sup>rd</sup>, and in the standing triple jump Lucy Shelton and Alys Grant finished 1<sup>st</sup> and 3<sup>rd</sup>. In the standing long jump, we had an all Cardiff High podium with Milla Crew, Ameena Nuruddeen and Mia Antoniazzi finishing in 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> respectively. In the speed bounce, Aisha Akbar finished in 2<sup>nd</sup>, and finally, in the shotput Milla Crew and Mia Antoniazzi finished 1<sup>st</sup> and 2<sup>nd</sup> respectively.

Lucy and Milla were selected to represent Cardiff & The Vale in the Welsh Sports Hall Championships with their team also finishing in 2<sup>nd</sup>, Lucy placing 2<sup>nd</sup> in the standing triple jump and Milla placing 3<sup>rd</sup> in the shot.

In the Boys' U15 section, Sasha Mikhailov was overall champion with Harry Lovett finishing 3<sup>rd</sup> and Zahran Humayun-Mustafa in 5<sup>th</sup>. Six Cardiff High athletes finished in the top 12. Sasha and Zahran went on to represent Cardiff and Vale in the Welsh Sports Hall championships. In the Boys' U13 section there were outstanding performances by Jack Vaughan and Hari Paul who displayed excellent all-round athletic ability.

## COMBINED EVENTS

The Cardiff and Vale combined events championships were held on 4<sup>th</sup> May in a modified format of 4 events in total. In the middle boys' competition, there was success for Harry Lovett who came 3<sup>rd</sup> overall. Blake Parkins competed well to claim 8<sup>th</sup>. The Year 8 and 9 boys team also performed superbly. Rowan Macentee, who came 3<sup>rd</sup>, Noah Jackson, 5<sup>th</sup>, and Harry Fry, 6<sup>th</sup>, ensured a fantastic all-round performance.

The Cardiff and Vale Combined Events athletics competition was held in Leckwith last month. The competition required the girls to compete in the 100m, Shot, Long Jump and the 800m. In the Middle Girls' group all 5 athletes finished in the top 12: Ella Jay White was 2<sup>nd</sup>, 4<sup>th</sup> was Martha Grzonka, 6<sup>th</sup> Megan Rogers, 8<sup>th</sup> Ava Rose Thomas and 12<sup>th</sup> Amelia Charles.



In the Junior Girls' group, Megan Taylor was crowned County Champion with four fantastic individual performances and Nia Truby finished in 11<sup>th</sup> place. In the triathlon competition (100m, Shot and Long Jump), Milla Crew won the competition with a strong all-round performance, with Holly Hurford placing 5<sup>th</sup>, Lucy Shelton 19<sup>th</sup> and Rhiannon Khan 25<sup>th</sup>.

## JUNIOR CHAMPS

The Year 8/9 male athletics team competed in the Cardiff and Vale Junior Championship on the 18<sup>th</sup> May at Cardiff International Stadium. The team performed very well with some excellent results with many track athletes reaching the A and B finals. Harry Fry (Year 8) ran 25.86s to claim 4<sup>th</sup> in the 200m. Noah Jackson finished a credible 6<sup>th</sup> too. Josh Davies was 4<sup>th</sup> in the 300m with 41.57s. Both Rowan Macentee and Ewan Bentley reached the final of the 80m hurdles and the 4x100m relay team claimed 3<sup>rd</sup> place in the county. In the field there were notable performances from Sam Lewis Babb in the Discus, achieving 24.69m to finish 2<sup>nd</sup>, and Sam and Jayden Sullivan threw over 20m with the Hammer to claim 2<sup>nd</sup> and 4<sup>th</sup> respectively. Ed Llewellyn was runner up in the Javelin with 30.86m and Harry Fry 3<sup>rd</sup> in the Long Jump with 4.81m to complete a successful day for Cardiff High athletes. Well done all!

The Year 8/9 girls athletics team competed on Wednesday 25<sup>th</sup> May. It was a mixed bag of weather with the wind not favourable to our hurdlers and sprinters, but the team put in some great individual performances. In the provisional results, Lucy Shelton finished 3<sup>rd</sup> in the 100m B final, with Milla Crew (200m A final) and Nia Truby (200m B final) finishing 6<sup>th</sup> and 1<sup>st</sup> respectively. Olivia Ingram dug deep in the 800m finishing 4<sup>th</sup> overall, and in the 1500m Rhiannon Khan pipped team mate Rose Bell in the by 0.19s finishing 8<sup>th</sup> and 9<sup>th</sup> out of 36 competitors. Ameena Nuruddeen and Ava Lane both qualified for the hurdles A final and finished 6<sup>th</sup> and 8<sup>th</sup> respectively. Hadley Robinson finished 3<sup>rd</sup> in the hammer despite it being her first time at the event, and Milla Crew was victorious in the triple jump with a 9.59m jump. Finally, the girls' relay team consisting of Holly Hurford, Milla Crew, Ava Lane, and Megan Taylor who finished 2<sup>nd</sup> in the county. Exceptional performances of the day came from Megan Taylor who won all 3 of her events; shot, high jump, and long jump, breaking a 40-year long record and setting a new Championship Best with 5.50m in the long jump. The team finished an amazing 2nd in the county overall. Well done, girls!

All pole vault athletes competed at the girls' competition. In the boys' competition, Jonno Mellor finished in 1<sup>st</sup>, with team mates Charlie Richards and Hari Paul finishing 4<sup>th</sup> and 5<sup>th</sup> in their first ever pole vault competition. In the girls' competition, Ava Lane and Areesa Majid also competed in their first ever pole vault competition with Ava finishing the day in 1<sup>st</sup>! Well done to all.

In a recent athletics sprint invitational meet, 6<sup>th</sup> form student, Zak Wall broke the 46 year old 100m record, previously held by our very own Mr Jones, by running 10.97 seconds. Congratulations to Zak on this achievement!





## Careers Advice and Support

**Reminder:** Careers advice and support is available to all learners through Careers Wales. Appointments with Natalie Lewis are available via email, phone or text (see poster) for learners who would like support or guidance about education, employment, training or apprenticeships.

Cymryd rheolaeth o'ch gyrfa

Take control of your career



DO YOU NEED SUPPORT WITH MAKING  
DECISIONS ABOUT YOUR FUTURE?

MAKING CHOICES ABOUT EDUCATION,  
EMPLOYMENT, TRAINING OR  
APPRENTICESHIPS.

IF YOU FEEL LIKE YOU NEED SUPPORT OR  
GUIDANCE



CONTACT YOUR SCHOOL CAREERS ADVISER  
**NATALIE LEWIS**  
BASED IN S18 TUES, WED & THURS

OR EMAIL / TEXT  
**natalie.d.lewis@careerswales.gov.wales**  
**07976 292329**

Cysylltwch gyda Gyrfa Cymru | Connect with Careers Wales:

 [gyrfacymru.com](http://gyrfacymru.com) | [careerswales.com](http://careerswales.com)  Sgwrs Ar-lein | Webchat  
 [post@careerswalesgyrfacymru.com](mailto:post@careerswalesgyrfacymru.com)  Ffôn | Phone - 0800 028 48 44  
 



Llywodraeth Cymru  
Welsh Government

Ysbrydoli unigolion ar gyfer economi medrus

Inspiring individuals for a skilled economy

## Welcoming back our School Police Liaison Officer



We welcomed back our school police liaison officer into school for a face-to-face session on crime for learners in key stage 4. The interactive workshop led by PC Hocking and Fearless challenged young people's perceptions on crime and stimulated an interesting debate. Our learners engaged in a mature discussion about the term 'county lines' and discussed the sorts of behaviour changes that some may experience if they are affected by it. Learners also discussed the term 'exploitation' and the signs of exploitation, developing their critical thinking skills. The workshop concluded with a reminder that good citizenship starts when everyone takes personal responsibility.

We also have had PCSO Westlake come into some forms to introduce himself and talk to the form groups about how to get in touch.

## Period Dignity

Learners in year 9 took part in an education workshop delivered by Brook which focused on periods, body changes and reusable period products. The session deepened learners' knowledge of puberty and fertility, thinking critically about body image and self-esteem.

Learners were also reminded about the range of period products available freely in school. A survey carried out after the session revealed that 53% of learners would now consider using reusable period products.



**Cymryd rheolaeth o'ch gyrfa**  
**Take control of your career**

**Careers Club**  
**Thursday 23<sup>rd</sup> June 3:10pm**  
**Room F15**

**South Wales Police**

**COME ALONG IF...**

- YOU'RE IN YEARS 8-10
- INTERESTED IN JOINING THE POLICE FORCE
- HAVE ANY QUERIES REGARDING CAREER ADVICE AND YOUR NEXT STEPS

**ANY QUESTIONS VISIT THE SCHOOL CAREERS ADVISER NATALIE**  
**IN ROOM 518 OR CALL 07976292329**

Cyhybwrch gyda Gyrfa Cymru | Connect with Careers Wales:  
gyrfacymru.com | careerswales.com | gyrfa Arlein | Webchat  
post@careerswales.gov.wales | 518 | Phone: 0800 028 48 44

Yn ymgyddol unigolion ar gyfer economi medrus Inspiring individuals for a skilled economy

## Careers Club

Careers clubs for learners in year 8-10 relaunched on 23<sup>rd</sup> June with a visit from South Wales Police who came in to school to talk to learners about careers in the police. The 30-minute sessions will take place after school Thursdays in F15.



# Law Newsletter

We were excited to work with the University of Law last term. Through two engaging and interactive workshops, learners were introduced to case studies on the law of tort and criminal law. Learners were introduced to the issues associated with clinical negligence and intellectual property through a workshop, entitled 'Can You Sue?'

We spent some time discussing the legal issues involved in the *Colin v Cuthbert* cake case. We analysed and evaluated the issues involved for both Marks & Spencers and Aldi and tried to predict the outcome of the case. All that was missing was a taste test – something to include for future Law lessons!



In the criminal law session, learners participated in a discussion about fatal and non-fatal offences, the effectiveness of punishment and the introduction of evidence-based policing. We also worked in teams to try to identify who the real Jack the Ripper was, exploring legal, criminological and policing perspectives.

We continued our work with *Martyn Prowel* solicitors on the Consumer Rights Act 2015 and the Wales Act 2017. Abigail Jones spoke to learners about the history of devolution in Wales, how Acts of the Senedd Cymru are made and the influences on law-making. Abigail also spoke to learners about their rights as consumers, what should happen when goods are faulty, what should happen if services do not match up to what was agreed or if they were not provided with reasonable care and skill and what counts as unfair terms within a contract. This is all knowledge that will equip students for life in the real world.

A number of learners also visited the Cardiff Metropolitan University LAW LAB event which was a great opportunity for learners to find out more about pursuing a degree or career in Law and get a taste for University life. Learners also got to have some courtroom experience, taking part in an eye witness testimony and playing the role of the judge bringing the law to life.



Inside the court room at Cardiff Metropolitan University

# Cymraeg

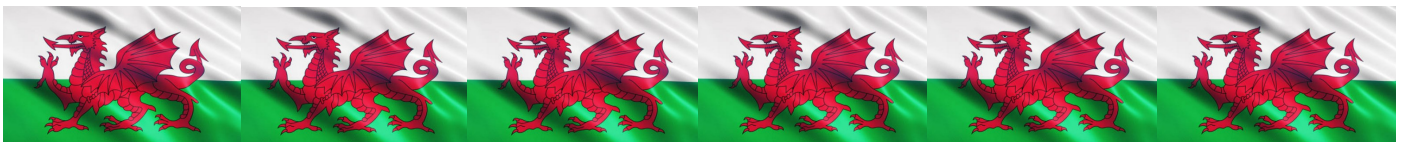
## Eisteddfod Ysgol

Although we could not get together to celebrate in the same way this year, a variety of competitions were shared with the students and they produced some lovely work – from praise postcards in year 7, to facts on the language in year 8 and beautiful poems in year 9. Hopefully, some of these postcards have headed your way. The winning poet was Bhavana from year 9.



## Welsh department back on tour

Years 12 and 13 went to visit the *Sherman Theatre* in order to watch 'Petula'. We have all been living in quite a surreal world but this was on the next level – with a Welsh speaking Ed Sheeran and Beyonce meeting in space to a very different menu of live duck a l'orange. Diolch yn fawr i *Theatr Genedlaethol Cymru* am lwyfannu'r sioe a rhoi cyfle inni chwerthin a chrio gyda'r cymeriadau. Hyfryd oedd cael dathlu lawr yn y Bae hefyd gyda nhw.





# Cymraeg

## Urdd Eisteddfod

Da iawn i Jane Rance, year 13, for winning the prestigious *Carys Lewis Jones memorial award* in the *Urdd Eisteddfod* at Denbigh. The prize is awarded for the best piece of writing in year 12 and 13. Anna Ng was second. Sophia Malekin year 10 won the year 10/11 competition. Arthur from year 9 won the year 8 and 9 competition. Their work will all be published in the annual prize winners anthology.

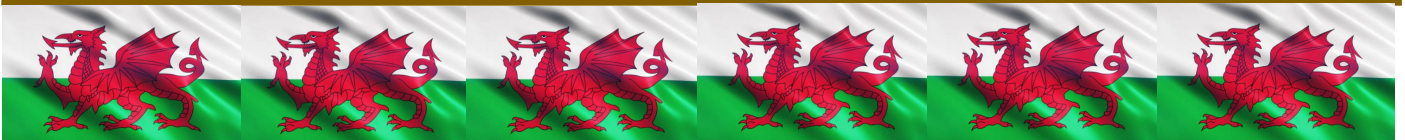


**Here is an extract of Jane's work based on the 'Treason of the Blue Books'**

### Y Llyfrau Gleision

Yn ôl y Llyfrau Gleision, *The Welsh language is a vast drawback to Wales and a manifold barrier to the moral progress and commercial prosperity of the people.* Rydw i'n anghytuno. Mae'r iaith Gymraeg wedi byw am flynyddoedd cyn cafodd yr iaith Saesneg ei ffurfio. Mae'r iaith Gymraeg wedi rhoi anrheg arbennig i'r Cymry - undod. Trwy'r undod hyn, mae'r Cymry wedi llwyddo mewn llawer o bethau. Gyda'r iaith Gymraeg, gweithiodd Cymry Celtaidd gyda'i gilydd i greu gwrthrychau o haearn, wedyn i wneud darnau arian o aur. Yn 1717, sefydlwyd y gwaith copr cyntaf yn Abertawe. Mae hwn yn swnio fel *commercial prosperity!*

Yn ôl y Llyfrau Gleision, *there is no Welsh literature worthy of the name.* Rydw i'n anghytuno. Roedd Y Mabinogi, y llenyddiaeth rhyddiaith hynaf ym Mhrydain, wedi ei ysgrifennu gan y Cymry. Mae wedi dylanwadu ar storiâu aneirif dros y canrifoedd, ac mae'n parhau i gael ei ddarllen heddiw gan unrhywun sy'n hoffi chwedlau. Heblaw hyn, mae gyda ni traddodiad hir o feirdd Cymraeg, yn dechrau gyda Taliesin, ac yn parhau heddiw gyda Mererid Hopwood a Tudur Dylan Jones. Mewn cerddi Cymraeg, mae ffurf arbennig, cywydd, ac mae hyn yn anodd iawn i gyfansoddi. Yn sicr, dylai hwn fod yn *worthy?*

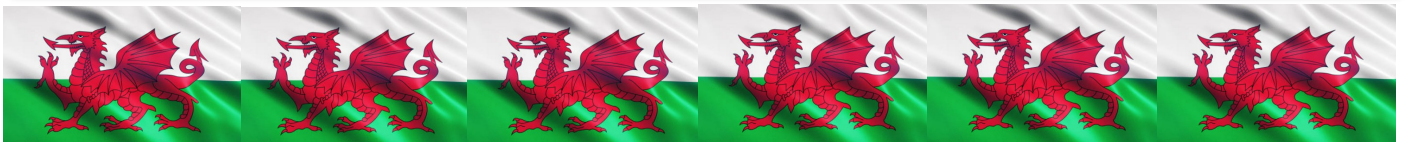
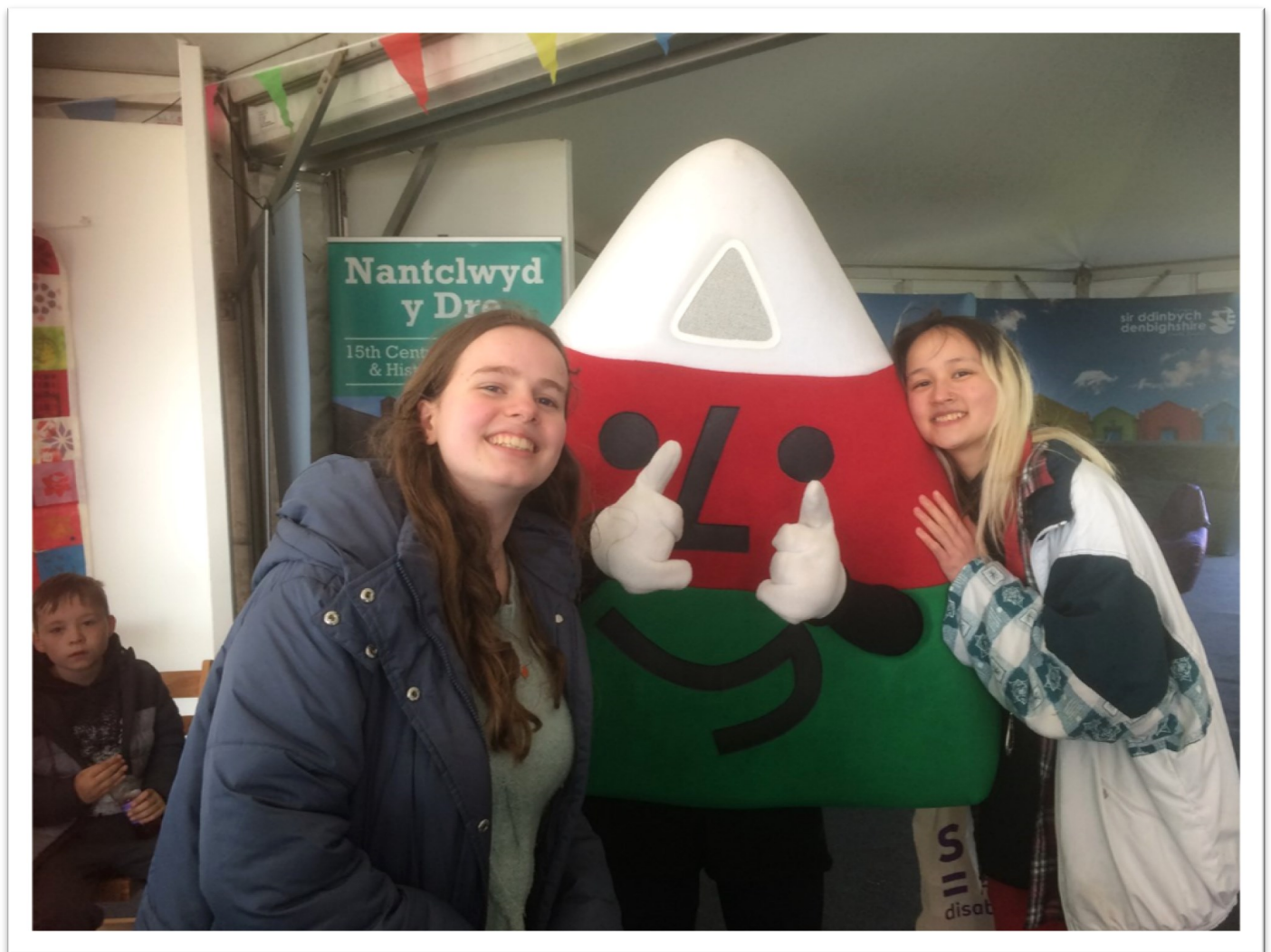


# Cymraeg

## Medal Bobi Jones

Huge congratulations to Anna Ng from year 13 as she won the prestigious Bobi Jones Prize at the Urdd Eisteddfod at Denbigh. This honour is awarded to the best Welsh learner in Wales as adjudicated by the judges on the day. Anna and Jane went through a series of tasks (including creating tweets, interviewing the president of the day as well as an individual interview). Anna was supported by her mother; who is also learning Welsh through her use of braille. Anna was then interviewed live on S4C as well as being interviewed by a variety of journalists during the day.

Jane Rance was presented with her award (for the best piece of writing) by Tudur Dylan Jones (a chaired bard) at the eisteddfod. Rydym yn falch iawn o'r ddwy yn yr adran Gymraeg a dymunwn iddynt lwyddiant a hapusrwydd wrth iddynt gamu allan i'n byd dwyieithog - maent yn wir yn ddwy o'r miliwn 2050.







**Here is a snippet of Sophia's work from year 10 based on pressures on young people and Covid:**

Mae iechyd a iechyd meddwl yn bwysig iawn gyda phobl ifanc. Fodd bynnag, yn ystod y pandemig, mae llawer o bobl ifanc yn brwydro gyda'u iechyd meddwl a gyda'u iechyd.

Dyma stori gan bobl ifanc am COVID-19:

#### Alex-19

Shwmae, Alex ydw i. Gorffennais i ysgol llynedd, yn y pandemig. Roeddwn i am fynd i brifysgol i astudio meddygaeth. Fodd bynnag, dw i ddim yn y brifysgol ar hyn o bryd.

Bob bore, dw i ddim yn codi o'm gwely am oriau. Fel arfer, dw i'n cymryd un dydd ar y tro bob wythnos. Dw i ar fy mhen fy hun mwy a mwy bob dydd. Cyn y pandemig, roeddwn i eisiau fod ym feddyg. Ond nawr, does dim nod gyda fi ar wahan i ddeffro bob dydd. Dw i'n meddwl bod ysmegu yn beryglus iawn ond ar fy mhen fy hun, dw i ddim yn poeni o gwbl. I fod yn onest, dw i'n teimlo rhyddid pan dw i'n ysmegu. Dw i ddim yn poeni cymaint pan dw i'n ysmegu. Ysmyga i ddoe, ar fy mhen fy hun ac roeddwn i'n dawl fy meddwl.

Roedd gyda fi fywyd anghredadwy, ond mae covid yn dinistrio fy mywyd. Yn y dyfodol dw i'n gobeithio dw i'n gwella, fel arall, does dim gobaith i fi.

**And here is an extract from Arthur's work titled 'Yesterday':**

Ddoe

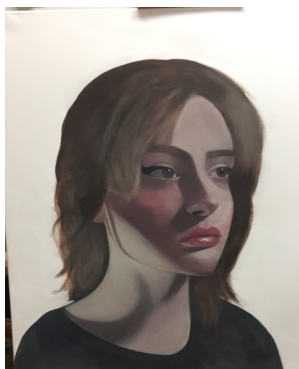
Mi wnaeth y nos droi yn ddydd, fel dydd yn troi'n nos, cwlwm na ddaw i ben. Mae amseroedd yn newid wrth i'r canrifoedd symud. 1722, saethodd fy mhetlau yn awel yr haf. Roeddwn i'n gorffwys ar fy nghoes bob dydd, yn gwylio amser yn ticio gan fod y byd mewn heddwch. Byddai'r defaid yn dod i ddweud helo, wrth gnoi ar y gwair. Daeth y ffermwr i blannu'r cnydau, gan sicrhau bod golau'r haul i mi. Dydd ar ôl dydd, roedd yna wynfyd..... nes fod y cymylau yn y pellter yn ffurfio. Daeth mwrlwch annaturiol a llygru'r awyr. Dechreuodd fy nail ddisgyn, roedd mwg fel rhesi o frics yn ymddangos o'm cwrpas. Diflannodd yr anifeiliaid mewn amrantiad a'u disodli gyda choncrit cadarn. Daeth pobl yn ofnus ac yn arswydus, gan ddinistrio'r gwyrddni gyda llwydni. Bron mewn amrantiad newidiodd y tirwedd. Paciodd y ffermwr ei fagiau a gadael ar ôl sgwrs gyda dyn mewn het uchel, a chyfnewid amlen enfawr.



# Art Department

## Creative Schools Exhibition June 2022:

The Art Department are delighted to be taking part in the *Creative Schools Exhibition* at *Cardiff Met School of Art & Design* (Llandaff Campus). This opportunity allows our Y11, 12 & 13 young artists to exhibit selected works from their portfolio within the graduate spaces at CSAD to the wider public. This event has become a key date in the calendar and we are so proud to showcase the enormous artistic talent at Cardiff High School.

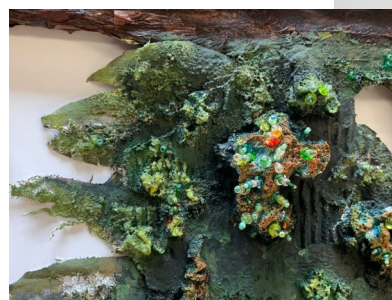


Y12 'Identity' self portraits by Bronwen Green, Anja Olsen and Connie Piper.



exciting personal projects emerge over what have been still challenging times. We have to celebrate the manner with which each of these year groups continued to develop their artistic skills and experimentation. Of particular note were the Y11 students who decided their strength was in 3-dimensional work and textural surfaces. Many maquettes were constructed from wire, mod roc and 3d medium this year!

Portfolio completion has been the top priority for Y11, 12 & 13 this term. We have witnessed so many



Textural final outcomes by Lucy Hobson & Suzanna Rance



## Cardiff Theatrical Services Visit April 2022:

The Art and Drama departments welcomed Darren Joyce from *Cardiff Theatrical Services* and Adrian Cole from *Careers Wales* to talk to Y12 & 13 students about what can be achieved within a creative career. Darren took the time out of his busy schedule to explain the various careers and apprenticeships available to those interested in pursuing creative and practical employment, such as scenic design, painting and 3d decorative work. We hope to visit the Cardiff Bay workshops (below) in the near future with Y12 & 13 to talk to members of the team and see their work first hand in their impressive studio space.





## WORLD BOOK DAY

# WORLD BOOK DAY 2022

The English Department thoroughly enjoyed celebrating *World Book Day* with our students this year. It was fantastic to see so many students from across the year groups dressed up in literary and reading inspired costumes; it generated lots of interesting, exciting conversations about books, characters, genres and reading more widely. Congratulations to the winners of this competition.

We were also extremely impressed with the entries for our 'Ideal Bookshelf Competition'. It was excellent to see what students have enjoyed reading and to hear about their book recommendations for their peers. Congratulations to the winners and runners up of this competition.

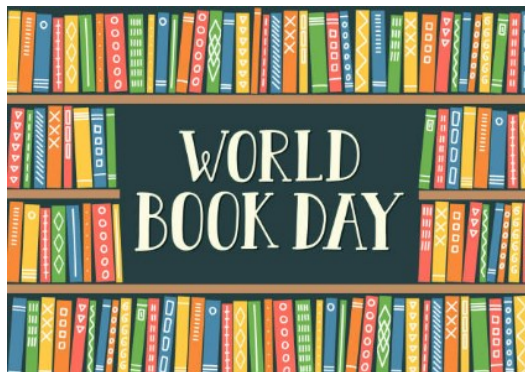
### Year 7:

Sadie Ryan

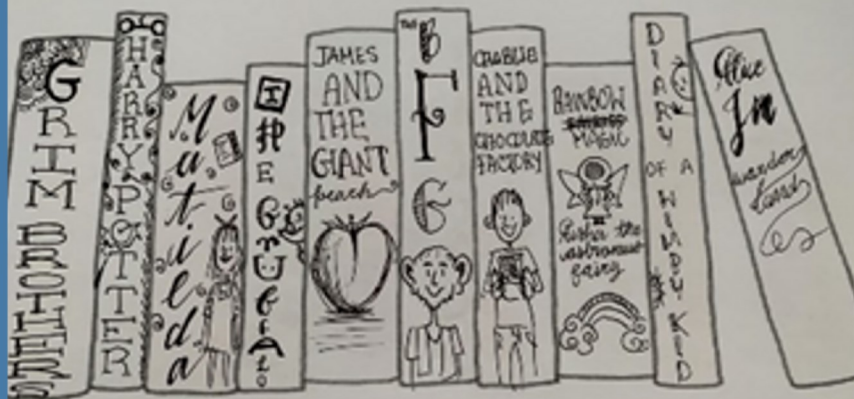
Morenci Rawlinson

Aoife Naughton

Aubrey Potter



### MY IDEAL BOOKSHELF



### Year 8:

Ayesha Malik

Poppy Sumner

Martha Whitaker

Holly Bauer



# Student Achievements



Erin Brodie (Y11) competed for Wales in the Cheerleading 'words in Florida over the Easter holidays. Erin competed in two categories. Junior all girl and adaptive abilities. The Junior Team finished 4th and the Adaptive abilities finished with a gold medal, beating the USA. Congratulations Erin and team!

Four Y7 students competed in the netball National Clubs finals on the 28th May for their club Dinas Devils. The team went on to win the under 12's category beating Deeside in the final.



Lily Varley (C) - Annie Brodie (VC)

Sophie Hall—Sophie Bauer



# The Final Fixture



Mr Jones trained at UWIC, before securing his first teaching job in Mark Hall School (Harlow, London). Mr Jones returned to Wales to Cardiff High School in 1984, where he had been a pupil, to begin a very successful and remarkable 38 years of service, both on and off the pitch as a PE teacher and Head of Keystage 3.

Thousands of pupils have benefited from the patience, care, and expertise afforded by Mr Jones. Mr Jones has been an incredible asset to the department and the school as a whole; he possesses an encyclopaedic knowledge of sports, which both pupils and staff have benefited from over the years. Mr Jones epitomises the beliefs and values of the department; he has set the highest standard for others to follow. He values pupils' contributions and efforts; he is patient with learners and encourages all to achieve success in his lessons. He has always focused on loyalty, determination, doing your very best and the importance of the team over the individual. He has set the core values of the department which we are all duly bound to uphold. Those core values were also his vision for all pupils in Keystage 3 when they were under his care and those values have equipped so many for success in later life.

As well as inspiring pupils during lessons throughout his career, Mr Jones devoted hours of his time to providing clubs and fixtures to pupils before school, at lunchtimes, after school and on weekends, creating endless memories that will last a lifetime. Mr Jones has developed pupils in all sports and brought success to the school at regional and national level. Mr Jones has also coached the Cardiff Schools' rugby and South Glamorgan Schools' rugby teams and has been team manager of the Cardiff and Vale Schools' athletics team, further spanning his influence across the region.



The Charles-Jones Cup has been created to recognise Mr Jones' time at Cardiff High and the cup also



celebrates the achievements of Terry Charles and the impact he has made at Llanishen High School. The Cup will be contested annually by the senior rugby teams of both schools and will be a key date in our sporting calendar. The inaugural game was played at Llanishen with our friendly rivals, running out 31-26 for the winners. We will be doing everything to win the cup back next season! News of Mr Jones' retirement has led to many letters, messages and tweets from former pupils wishing Mr Jones well and sharing their cherished memories. It is clear that he has had such an impact on the lives of many. Though bittersweet to see Mr Jones leave the school, we will all hold on

to the celebrations, the memories and the laughs. Congratulations to 'Mr Cardiff High' on a magnificent career. This is not goodbye, it's 'see you later' and we will no doubt see you on the touchline as a supporter next season! Happy retirement to the legend that is Mr Gareth Jones.

# Coding Club & Digital Leaders

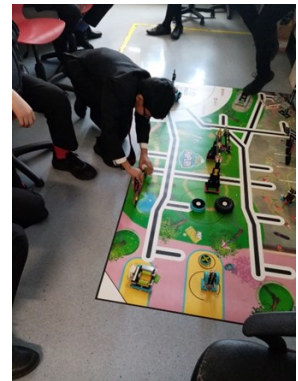
This year's clubs have attracted 20+ pupils. The club provides opportunities for older students to support their peers, as well as develop computational thinking skills. The Digital Leaders have been providing tips through the school bulletin to ensure we are aware of some of the online dangers.



Recent skills developed by the pupils are: Python, App Development and Web creation using HTML. The pupils are continually developing and preparing for the coding competitions such as: *Minecraft*, *Games of Code*, *Lego Mindstorms* and much more.

The club recently registered to experience a *FIRST LEGO League* event.

A chance to shine! Each *FIRST LEGO League* season culminates with a celebration where teams show off what they learned and invented, and in our oldest division, compete with their robots. Some teams earn an invitation to *FIRST LEGO League World Festival* as part of *FIRST Championship*, where teams from all over the world meet and compete. They were trained to program LEGO robots to complete challenges to gain points. The club is now working on innovative ideas to support Health and Wellbeing.



## Biology

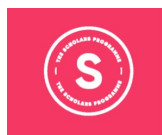
Four students from year 10 have beaten off competition from across the country to qualify for the quarterfinals of the "Life Science Challenge" competition. They will be competing against Whitchurch High School later this month with a view to progressing through to the finals that will be held at Cardiff University in September. We'd like to extend our congratulations to Vijay Karthikeyan in 10H, Joshua Miles in 10H, Aiden Pengelly and Alex Shijan, both in 10K."

### IPO competition winner

Congratulations to Rosie Craven in 7S whose design for an intellectually based themed game won first prize in a competition run by the *Intellectual Property Office*. Her prize is access to a *Technquest* virtual show for the school. Congratulations Rosie!

## Seren Foundation

Three year 9 pupils, Edward Llewellyn, Jayden Sullivan and Samaa Roula, took part in a three day residential course over the Easter break, based at the *Storey Arms Outdoor Education Centre* in the Brecon Beacons. The course was designed to build resilience, develop new peer relationships and increase aspirations for the future. This opportunity allowed pupils to lead, teach and use team work with other Cardiff pupils, take part in outdoor challenges, use climbing walls and participate in team boat building.



Additionally over thirty learners in Years 9 and 10 signed up to take part in the *Seren Scholars Programme* to complete the *Seren Foundation Award*. This programme aims to give pupils an experience of university learning. It also develops a range of valuable, transferrable skills with pupils participating in small group university-style tutorials delivered by a PhD tutor, teaching a topic based on their current research.

The standard of work produced by the pupils was exceptional and it was commented that high grades that many were awarded were "very rare." Congratulations to all those who took part!



# Mrs Sian Crossan's Last Encore

Mrs Sian Crossan retires this year after twenty years of service at Cardiff High School and having taught for over thirty years. Mrs Crossan's career began in London in 1990 before returning to South Wales where she was initially a music teacher at Maesteg Comprehensive School and then a successful Head of Music at Glyn Derw High School, Ysgol Gymraeg Plas Mawr and Cardiff High School. Her influence on generations of musicians is clear, but she has also influenced many music teachers having worked with the Music Advisory Service in Cardiff and also been a PGCE Tutor at Cardiff Metropolitan University in the Education Faculty. In recent years she was a successful Achievement Leader and latterly an assistant to the Sixth Form pastoral team, where her impact again was monumental to staff and pupils .

Her passion however has always been for music and for excellent education. She has always been at her happiest in her classroom. Tenacity, determination to maintain high standards and a passionate belief that everyone is capable of making music all epitomise her style. Thanks to her, generations of students have come to share this passion. In class, Mrs Crossan has always seen every student, known her pupils well and she propelled them forward in their music making. She has enjoyed the academic rigour and intellectual challenges of A Level study and has enthused about music for all at Key Stage 3.

Of course, extra-curricular music making has been a huge part of Mrs Crossan's time at Cardiff High School. She has found equal pleasure in working with the Senior Chamber Orchestra and the beginners of Yr 7 instrumental groups. Her specialism is in woodwind playing, as an accomplished oboist, and this has been seen in the inspirational way she has led so many groups. Sharing the concert platform with young performers is often rewarding and occasionally hair-raising! From countless large-scale Musicals, Autumn Concerts, Carol Services and Eisteddfods, Mrs Crossan has been a key player in Team Music. Sustained by cake, strong coffee and many strong friendships, she has been a consistent positive influence at CHS.

Beyond school, Mrs Crossan is an avid reader, runner, knitter, walker and much more. We wish her well as she has more time to relax and enjoy her interests. We know she will be in and out of school and, if you look carefully in the pit orchestra of our next musical, you're sure to see her in the woodwind section keeping everybody in check!





# MUSIC NEWS

## Back to Performing with an audience at the Autumn Concert

The past year has brought about so many changes with COVID regulations that we got used to planning performances in triplicate! 'In-person', 'live-streamed' and 'recorded' have all been on and off the agenda for CHS performances. During the autumn, we were delighted to re-establish both instrumental and singing groups. We've had huge groups of singers coming to rehearse weekly in order to prepare for concert performance. We were delighted to be able to hold two Autumn Concerts - one for Lower School students, the other for Middle and Upper School. Wednesday 17<sup>th</sup> November was quite a milestone for us: for the first time in over eighteen months live audiences came back to school and what a celebration of music we had. Orchestras, bands, choirs, soloists of all ages joined together and wowed us with their dedicated performing.



### Orchestras in Lower School

Following COVID restrictions, all instrumental groups have been reorganised, resulting in two new orchestras being formed. Year 7 orchestra meet every Tuesday after school, and Year 8 and 9 orchestra on Wednesday after school. The groups are open to all instruments and players of all abilities. There is a very relaxed atmosphere in the rehearsals; we play a range of different styles of music, have a catch up, and most importantly eat cake, which is often homemade! The orchestras are open to any instruments, orchestral and others. We have strings, brass, woodwind, percussion as well guitarists, keyboard and piano players.





## Virtual Christmas Concert

Despite our best efforts, COVID restrictions returned just before Christmas and so some hasty rearranging meant that the Christmas Carol Service, due to take place at St Martin's Church, became an online Christmas Celebration. Miss Edge and Mr Leggett swiftly brushed up on their audio and video editing skills and (with thanks to a huge effort from all our performers) we were able to premiere our performance on the Music Department YouTube Channel. We were fortunate to be able to make most of our recordings in the fabulous acoustics of St Martin's Church. If you missed out on this why not pay us a visit on our YouTube channel '[Cardiff High School Music Department](#)' .

### 'Go, Go, Go, Joseph!'

Sixty members of our Lower School Choirs and Orchestras had a blast in April when they were able to visit the New Theatre, Cardiff to see the London production of Lloyd-Webber's 'Joseph' which was on tour. The cast, led by Cardiffian Jac Yarrow, were outstanding and the energy on-stage was shared by the packed audience. The live orchestra was also conducted by a Welsh musician, Sioned Evans, and the evergreen tunes set feet tapping.



## BBC National Orchestra of Wales Concert Visit

Year 12 and 13 music students attended a fabulous evening of music at *St David's Hall* in February where they had the opportunity to see their A level focus study piece (Brahms' *Symphony No. 1*) come to life. The young musicians enjoyed hearing Stravinsky's *Dumbarton Oaks* and were mesmerised by the rapid and virtuosic rendition of Prokofiev's *Piano Concerto No. 3* performed by Daniel Ciobanu. A true highlight was seeing and hearing Brahms' *Symphony No. 1* in person. Students were bursting with excitement when hearing the familiar melodies being played live. After two years of concert venues being shut and live music performances being put on hold it was such a joy to be together, taking up almost an entire row in a concert hall, listening to the amazing *BBC NOW!*



# ‘Company’ A Musical Showcase

The determination to return to the annual Cardiff High School musical was obvious as we entered this school year. It was time for a comedy and Sondheim’s masterpiece, *Company* was a supremely challenging comedy to tackle! Our senior cast took to the task magnificently. The plot charts Bobby, who on the night of his 35th birthday, struggles to think of a wish to make as he blows out his birthday candles. The lone bachelor, surrounded by ‘those good and crazy people, his married friends’, is uncertain whether he should simply be happy with his lot or whether he should wish for his own romantic partner. *Company*, Stephen Sondheim’s ground-breaking modern musical, is a mature, intelligent, and wildly funny look at relationships, vulnerability, and ‘being alive.’

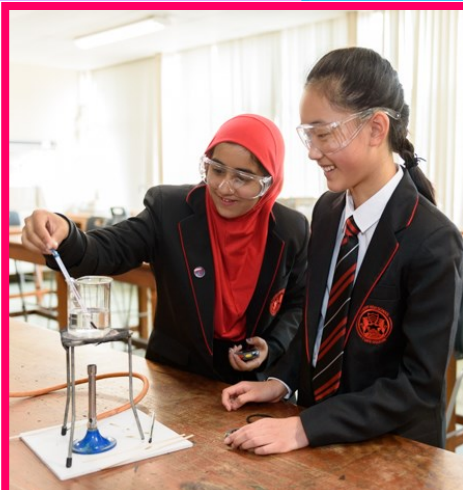
The CHS production was a magnificent achievement for the cast, orchestra and crew, all of whom were in years 10 to 13. In any circumstance, musical productions like this one are the result of a fantastic collaboration. The unprecedented challenges of the COVID pandemic meant that the whole production hung on the mature and dedicated approach of the team and staff. The satisfaction felt by everyone in the rehearsing and performing of this musical was clear to see and the standing ovations were richly deserved by the whole company. Mr Leggett said of the production: ‘It’s truly inspiring to lead a production where students take responsibility for so much of the preparation, be it choreography, orchestral accompaniment, set and props production, light and sound design, make-up and so much more. Miss Edge, Mrs Crossan, Mr Miles and Mrs Griffiths have also gone the extra mile in ensuring the success of our Musical – diolch bawb a llongyfarchiadau.’ Of course, we are also indebted to the staff who supported by running the ticket sales, box office, administration, and front and back stage support for each performance. Here’s to *West Side Story* next season!











Have a wonderful summer and thank you for another year of wonderful memories.