



Autumn Newsletter 2022



As we approach the Christmas break, after what has been an incredibly busy term, I would like extend my genuine thanks to students, staff and families for their continued support in everything we do.

It has been a combination of both pleasure and relief to return to a much more normal start to an academic year.

We are delighted with how well our learners have applied themselves academically and how so many have embraced the wide range of enrichment opportunities we endeavour to provide. I feel truly privileged to work with such an amazing team of staff and students.

As the year draws to a close, it is wonderful to reflect on the joy and fun that students have experienced from numerous extracurricular activities. I hope that you will enjoy this autumn newsletter which highlights the range and breadth of opportunities on offer at Cardiff High.

May I take this opportunity to wish you and your families a wonderful Christmas break and a happy and healthy 2023.

Nadolig Llawen

S M JONES

Art Department

It has been an extremely busy and productive term for the Art Department as we celebrate the success of all year groups within lessons, during our informal learning opportunities, on recent visits and also in local exhibitions. A huge well done to all students who have shown such commitment to their studies and have engaged with all these opportunities!



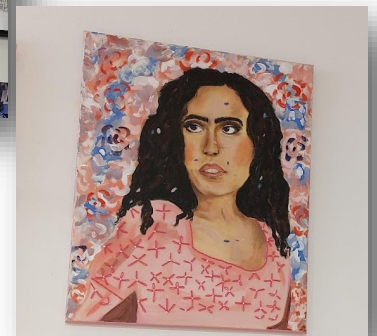
Umbrella Gallery Exhibition, Capitol Centre, Cardiff:

A selection of GCSE and AS/A2 art work was recently exhibited at Umbrella Gallery, Capitol Centre, Cardiff. This was promoted by Sharon Kostini of Steps4Change.org to provide an exhibition space for young creatives who might not otherwise have the chance to display their work in a public setting. The resulting exhibition was an incredible display of the local area and we were delighted to be asked to participate in this event!



Architectural final outcome by Maddie Lloyd (left)

Identity self portrait by Mia Jones (below)



Mixed media self portrait by Lucy Hobson, photographed at the Private View (below)



Self Portrait by Connie Piper (top left)

Textile costume constructed by Hana Rashwan



Black History Month Exhibition November 2022:

Gift Oniosun (Y13) created a portrait of her mother which celebrated her Nigerian family history. Gift included specific patterned fabric within the composition that had personal meaning and was inspired by the exuberant and colourful style of Kehinde Wiley. We are very proud that Gift's work was spotted at the Umbrella Gallery by Sharon Kostini and was then featured in a separate exhibition for Black History Month also in the Capitol Centre. Well done Gift!



Art Department

Y12 Gallery Visit to Bristol:

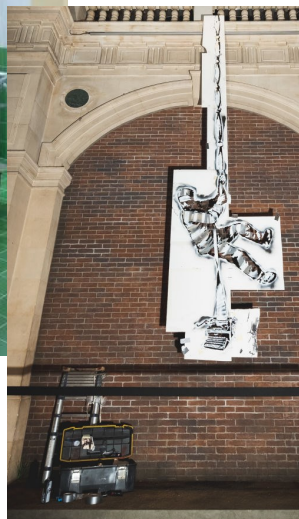
We were delighted to take Y12 to *Bristol Museum and Art Gallery* and the *Van Gogh Immersive Exhibition* to experience in-person gallery visits again and to provide inspiration for the Unit 2: Personal Investigation. Students were able to view the ever-popular *Grayson Perry Art Club* at Bristol Museum which showcased the work of artists and members of the public as seen on the



Channel 4 programme. Highlights included *'Triple Art Bypass'* by *Lucy Sparrow* with every item being an intricate soft sculpture!



'Escape' by Banksy at Bristol Museum and Art Gallery



The Van Gogh Immersive Experience at the Propyard provided an amazing opportunity for students to watch animations and displays about the life and work of Vincent Van Gogh. This helped bring his work to life. All the students thoroughly enjoyed wearing the VR headsets at the end of the exhibition which transported the viewer into Van Gogh's world in Arles! A strange experience, but one to remember!

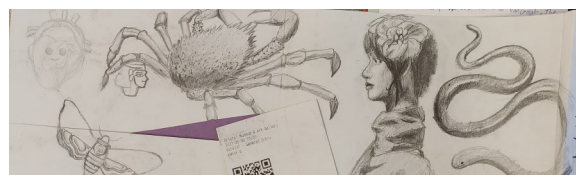


Lily Bell & Connie Piper enjoying the Van Gogh VR headsets.



Primary observational drawing by

Theo Revell inspired by the Bristol Museum.

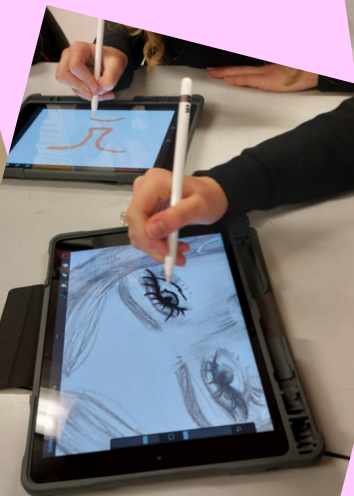


Art Department

Informal Learning Opportunities:



The Art Department runs three after school clubs for pupils to try alternative materials and equipment. KS4 club members have been improving their Procreate skills using the



Elinor Hunter (7S)



Grace Lankshear (7T)



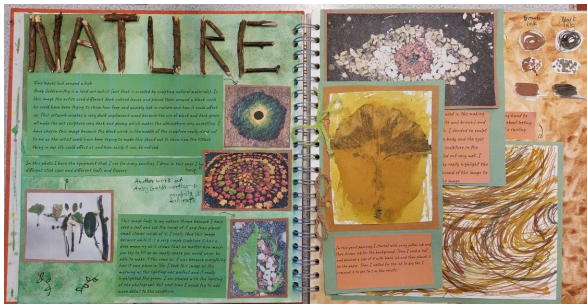
Members of KS3 Art Club with their excellent press prints completed with Mrs Thomas-Evans!



Art Department

Y10 GCSE Art & Design: Foundation Studies:

Well done to all Y10s for creating their beautiful sketchbook pages this term based on an array of themes such as Nature, Food and Identity. We look forward to the development of your coursework themes next term.



In our drive to be environmentally friendly and encourage recycling the Art Department is always grateful for any donations of newspapers, plain paper, fabric, or surplus art materials which is no longer required. If you have anything you consider to be useful for general art use, textiles or printing please get in touch with Mrs Penny, Curriculum Leader of Art, PennyH10@hwbcymru.net. Thank you for your help.

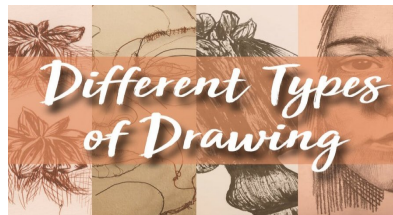
Catch up with all Art Dept news on Twitter:

@artCHS1

Y10 drawing techniques: TheArtyTeacher website

Well done to the Year 10 GCSE Art group! Their natural form drawing techniques have been included on TheArtyTeacher website. This is a teacher resource site which promotes diverse art teaching practice in the UK and USA. These A3 drawings were completed using washes of natural dyes (coffee, turmeric, beetroot) and sticks and leaves to create washes and detail, focusing on the shapes and forms of natural objects. Their work can be seen on the blog:

<https://theartyteacher.com/different-drawing-techniques/>



A natural form drawing by Theo Jones using natural dyes and tools as featured on the TheArtyTeacher.com blog

Dathlu Dydd Shwmae yn Ysgol Uwchradd Caerdydd



The first ever Shwmae Su'mae Day took place on Hydref 15, 2013 and it has been going strong ever since, encouraging people to share the iaith Gymraeg with others, be it at work, school, the shops, or out and about with friends.

It is celebrated throughout Cymru and beyond – with special events held from Caerdydd to Patagonia! The hope is that a single “Shwmae” or “Su'mae” could inspire people to start their conversations in Welsh in future.

On dydd Gwener Hydref 14 we celebrated our own Dydd Shwmae in school with a variety of activities, competitions and prizes. During the day, pupils from years 7, 8 and 9 went dragon hunting to find out how many ‘dreigiau cochion’ were hiding around the school and counted the number of Shwmaes in Cymraeg (there were 37) and other languages (22!) Pupils also guessed the name of the bear with Eva Richards (7P), Alfie Lock (8R) and Poppy Sumner (9J) choosing the winning names.

Sara Abdalla (7R) won the prize for finding the most Shwmaes and Luke Perham (8P) created the best sentence. In the morning, forms completed quizzes and at lunch time pupils enjoyed pice ar y maen (Welsh cakes) whilst listening to the Candelas, Sage Todz, Yws Gwynedd and other Welsh artists.

Diolch yn fawr i'r Criw Cymraeg for all of their efforts in helping to organise and support our fantastic Dydd Shwmae!



SHWMAE SUMAE!

Welsh Dept/ Adran Gymraeg



Rosina Jones may have left school 3 years ago but this summer, she again made headline news. Rosie was accepted as part of the Gorsedd y Beirdd at the National Eisteddfod in Tregaron. She received 'y wisg werdd' and went by the name of 'Rhosyn y Rhath'. For those of you that are not quite in the know about the ins and outs of the Eisteddfod, the Gorsedd is a group of people who have been honoured for their dedication to the Welsh language. The Gorsedd is full of inspirational figures who have all (in a variety of ways) tried to spread the use of the Welsh language. Rosie is one of the youngest ever members of the Gorsedd. Other recipients this year were Mark Drakeford and Huw Edwards. Llongyfarachiadau enfawr i ti Rosie.

Sixth form news

As always the 6th form are kept busy in the department. They all help out in lessons lower down the school and enjoy chatting away with members of the Cardiff Urdd team on a Monday lunchtime. They have been on 2 visits this term – the first was to the Chapter Arts Centre. The film 'Patagonia' was shown in order to raise money for Mcmillan nurses. After the screening, one of the stars (Nia Roberts) and the director (marc Evans) ere interviewed about their roles and recollections from the filming 11 years ago. Diolch yn fawr i Beti George and gadeirio'r noson.



A second night of fun was at the Sherman theatre where the show 'Tylwyth' was performed. This hard hitting play by Dafydd James has received superb praise right across Wales as it deals with themes such as love, betrayal, relationships and homosexuality in Wales.

Shoebox appeal

Yet again, students, parents and staff have been busy at work ensuring that families in Ukraine will have a gift this Christmas from the people of Wales. Year 7 were the winners with over 150 boxes collected from them. 8K were the best form once more thanks to the work of Mr Davies the form tutor and Mr Watts who is a parent and a lecturer at Cardiff Met. The generosity of all are very much appreciated at such challenging times. Around 300 boxes were collected in total alongside a £1000; which will be used to transport the boxes from Cardiff to Ukraine.

Llangrannog

School learning will be moving for 3 days to Llangrannog next July for our Year 7 pupils where we will participate in a variety of activities – from skiing to horse riding, from climbing to archery. Hopefully, all year 7 students have signed up for the end of the year trip to Llangrannog in order to enjoy 3 days of fun, sun and siarad Cymraeg – 2 out of 3 will be guaranteed!

CHS Sixth Form

Prefect team 2022-23

Congratulations to the 2022-2023 Prefect Team. Our Head Prefects are Eleri Pearson and Megan Morgan and the Deputy Head Prefects are Luc Evans, Sophie Edwards, Emma Solomons and Talia Tombs. We look forward to your contribution to school life this year.



colorfoto



Cardiff High School 2022-2023



Cardiff University Medical Applicant support

Once again we have been grateful to the medical students at Cardiff University for giving up their evening to support our medical applicants with a Multi Mini Interview (MMI) session. All engaged well with the session and were provided with detailed feedback to help improve their performance and enhance their confidence. They now feel a little more secure in their ability to tackle these types of activities at interview. It was lovely to see our ex-pupil and prefect, Sahla Siji, return to be part of the team running the session.

CHS Sixth Form

USW enrichment programme

In the summer newsletter, we wrote about the enrichment opportunities offered by University of South Wales to allow our sixth former to have taster sessions to different degree courses. Students who attended got a lot out of the sessions which ranged from Criminology to medical science, and had their eyes opened to the opportunities that they can engage in. The University of South Wales then came and delivered a session on personal statement writing to launch the UCAS process with Year 12 in July. Thank you to the USW team and to Mrs Pyart, UCAS co-coordinator for organising these sessions.



Step Up to Oxford

During the summer term, Year 12 students visited New College Oxford as part of the Step Up to Oxford scheme. The day consisted of discussions, personal statement ideas and thought-provoking questions. Students were given a guided tour of the college and met with student ambassadors who provided a great insight into life as a student at Oxford. The college tutor then visited the school to give advice on crafting personal statements. We have again been fortunate enough to take part in the programme for our current Year 11 and 12 students. Both have met with the college tutor to explore why they are considering Oxbridge and Russell group universities. Students asked insightful questions during the sessions and have been motivated to strive to reach their goals. Both will visit New College Oxford in the Spring and Summer terms.



CHS Sixth Form

Summer Schools

A number of our sixth formers attended summer schools to broaden their skills, subject knowledge and university experience. Here are some of the highlights:

Attending various summer schools was an eye-opening experience. USW Summer School showed me the countless paths healthcare courses could take me to, and I got to meet the interesting students who study there. I enjoyed the wide range of topics taught at Chatham House Summer School, there was a new field to learn every day, from how the textile industry influences global warming to what would be the next pandemic. Additionally, I lived the life of a university student at UWTSD Summer School that gave me the opportunity to design and program a robotic arm to move; however, there was always a time to chat and hang out with other students that came from many areas throughout Wales. Visiting these summer schools wasn't only beneficial for me academically. It also allowed me to meet new people and be exposed to new experiences to learn from and remember.



By Alhussein Al-Doboan Year 13

Dylan Jones Year 13 was successful in securing a summer internship via Careers Wales at Wates construction firm. This involved a week's university residential at De Montford University, Leicester and a three-week placement with the firm learning all aspects of the industry in sites around Cardiff. Dylan had to work in unfamiliar surroundings with a team of people he had recently met. They worked on a project which culminated in a presentation to Senior Management on the key findings and recommendations. Dylan learnt about all aspects of construction which is vital to his ambition to study Construction Project Management. Paid work placements like this give young people the opportunity to develop vital career skills and employers the chance to attract diverse, local talent. We would encourage

The logo for Wates, featuring the word 'Wates' in a blue sans-serif font, with a stylized green and blue leaf-like graphic to the right.

Science Club

The autumn term has seen the return of year 7 and 8 science club. The club is a wonderful opportunity for students to try hands-on science experiments which they may not carry out in class. Our pupils have already tried their hand at building electromagnets as well studying cells under the microscope. Some of the A-level students have also been assisting in the running of the club and it has been wonderful to see the students from different year groups supporting one another and sharing their love of science.

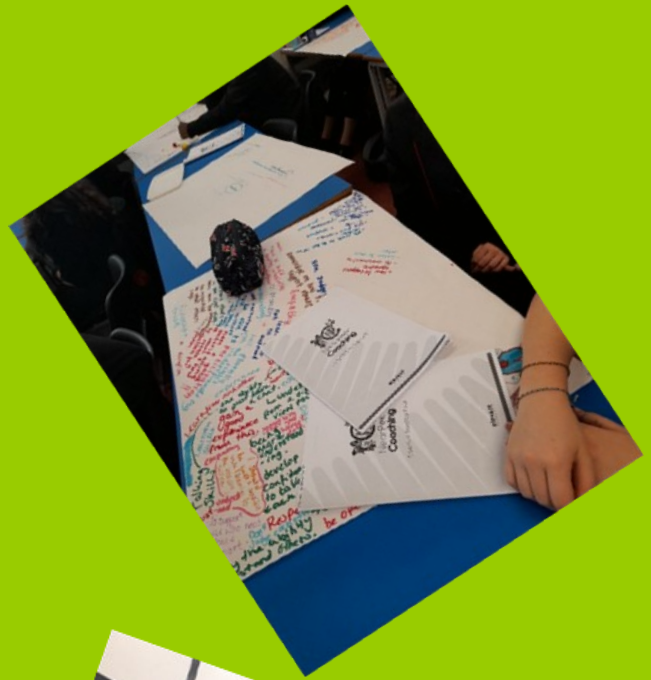
Moving forward throughout the year we are hoping to continue to inspire our future scientists with activities including; flame tests, circuit designs, fire writing and heart dissections.

For those interested, science club takes place in F9 3:15-3:45 on Tuesdays. The club runs on a week A for year 7 and a week B for year 8.



Peer Mentoring

On the last few days of a very long Autumn half term, a group of Year 9 and Year 12s maintained their energy levels and enthusiasm during their Peer Mentoring training. The Peer Mentoring programme at Cardiff High is in its fifth year now. The purpose of Peer Mentoring is to support and enhance transition, peer relationships, attendance and attainment in pupils. Our Peer Mentors were selected for their high standards in work ethic, approachability and for being positive role models. Support is provided for KS3 and KS4 pupils on a one to one basis during form time. The Mentors enjoyed an intensive and interactive day of team building activities as well as opportunities to develop their listening and questioning skills, anti-bullying and safeguarding knowledge. They displayed fantastic levels of maturity and are excited to start working with their mentees this term. The Peer Mentors are matched with a younger student who may need support or guidance with school work, organisation, friendship issues, confidence or other stresses they have with growing up. If you feel that your child would benefit from having a Peer Mentor, please speak to their Achievement Leader.



'Schools Love Reading' Scheme

This term, the English Department have been delighted to launch the 'Schools Love Reading' scheme to our students in years 7 – 11. This scheme, set up by the Welsh Government, provides all students in years 7 – 11 the opportunity to receive a book of their choice in exchange for a free voucher (of value up to £7). As a school, we have partnered with a local bookshop, Griffin Books, to provide students with the opportunity to order a book of their choice and have it delivered to school. We are looking forward to hearing what our students have enjoyed reading as a result of this scheme.



CHESS CLUB @ CHS

Chess is booming at Cardiff High with several dozen players competing regularly at the weekly chess club held every Tuesday lunchtime in F4. Students of all ages are learning, playing and improving their chess in a fun and friendly environment.



Two of our strongest chess players at Cardiff High are Emma Kong in Year 7 and Khushi Bagga in Year 10. They have enjoyed much success recently as they have represented Wales in chess tournaments around the World. Emma is the U12 Welsh champion and has represented Wales at the 2022 Glorney Chess Tournament and at the FIDE World Chess U12 Championship in Georgia. Meanwhile, Khushi in Year 10 was selected to play for the women's senior team at the 44th Chess Olympiad in Chennai, India. Playing at this highly prestigious event is a very significant achievement and we are very proud of her.

Khushi wrote of her experience below;

"I was selected to play for the women's team for the 44th Chess Olympiad in Chennai which took place over the summer holidays. It was a massive gathering of players with nearly 2000 players and a similar number of volunteers. The whole city was decorated with pictures and statues of chess mascots due to this event. There was also a grand opening ceremony which was attended by famous Indian movie stars. I saw many great players in person and even played a few grandmasters for the first time in my life. We played 11 different teams from all over the world, and we ended up at 86th place out of 187 countries. To my surprise the lowly ranked Welsh team members were treated like celebrities and I thoroughly enjoyed the whole atmosphere. It felt like once in a lifetime experience."

Health and Wellbeing

Period Dignity

Learners in the current year 9 took part in an education workshop delivered by Brook 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.



Jobs Club

Working with Careers Wales, we have been able to increase our offer of Jobs Clubs to learners, primarily in key stages 4 and 5. This term, we have welcomed Adam Knop, TV/Film Producer on Dr Who, Lazarus Project, War of the Worlds and The Pact who spoke to learners about embarking on careers in TV and Film. Target Group spoke to students about careers in IT/ Computer Science/Software Engineering. Willmott Dixon Construction talked about Degree Level Apprenticeships and higher-level professional roles in construction to do after a Degree. Martyn Prowel spoke about the different ways to access a career in law and the work of solicitors. Cyber Wales

provided a motivational talk about careers in cyber security. Cardiff and Vale UHB Clinical Psychology team spoke about careers in Clinical Psychology and Renishaw spoke about careers in Precision Engineering

These sessions have complemented the Health and Wellbeing sessions delivered to learners in year 9 and 11, where the focus has been on preparing our learners for transition to the next stage in their education, training and employment.



Health and Wellbeing

35 sixth form students attended an inspirational interactive session on Friday 25th November led by an NHS Perioperative team. Students were able to learn about the range of jobs in the operative theatre, how to gown up and were able to handle operating instruments. Students also embraced the opportunity to use the resuscitation dummy. Thank you to the team for delivering an excellent session.



Football round up



The Y7 have made a fantastic start to the year, playing in friendlies against Whichurch, Bro Eder, Llanishen, and Eastern. Unfortunately, they were knocked out of the Welsh cup with a defeat to Radyr. However, the boys bounced back and produced a comfortable victory against Corpus Christi in the CVSFA cup. Lucas Howard-Machado has been an outstanding performer in the midfield, with Gabi Bird proving to be a real goal threat.

Y8 have started the year with some impressive performance in Friendly against Corpus Christi. We suffered a hard defeat in the Welsh cup against St Cyres. The boys responded well with a great win against Cathays in the CVSFA cup. With more friendlies to come before Christmas. Alessandro Santoro has proved a handful for most defences scoring a hat-trick in an inspired effort against Cathays.

Y9 began the year with impressive performances against Bishop of Llandaff and Cowbridge to progress into the next round of the Welsh cup, where they will face Llanishen. However, the boys faced Plasmawr in the CVSFA cup which they lost despite a spirited fight until the end. Sam Lewis has been a key figure in defence, with Alfie James leading the line scoring the all-important goal against Cowbridge.



Y10

Y10 began the defence of their CVSFA cup with a comprehensive win against Whitmore, followed by a friendly win against Bro Eder. They were unfortunately knocked out of the Welsh Cup following a defeat to Stanwell. Rowan Macentee has been a great focal point for the team upfront, with Oliver Roberts producing an outstanding individual display against Whitmore with a hat-trick and assist.

Y11

The boys produced an excellent, gritty display against Bishop of Llandaff to win 3-2 and progress in the CVSFA cup 2 round. Besheer Almudaffer scoring an early contender for goal of the season with a volleyed effort into the top corner!



The Senior team have begun their league campaign with 4 wins from 4 games. Their success is built on a rock-solid defence that is yet to be breached, marshalled by Y13 pupil, Freddie Bartrop. At the other end of the pitch, Rhodri Jenkins, Tom Driscoll and James Evans have carried on where they left off last year with plenty of creativity and goals. Their defence of their Welsh Cup began with a 4-1 victory against Bishop of Llandaff. It has been so pleasing to see 27 boys training regularly on Friday afternoons, there is huge competition for places!



Cross Country

It has been very pleasing to have so many girls representing the school over the two league fixtures, and as a school we produced some fantastic results. In the first race, our Year 7 team finished in 2nd place with our B team winning the B race. The Year 8 and 9 team finished in 3rd place, B's in 2nd place and our seniors were in a very tight competition but managed to take the win with our B team finishing in 2nd place. In the second league fixture, again the races were very competitive but Cardiff High still managed to place in all three age groups, Year 7 finished 2nd, B team 1st, Year 8 and 9 improved to 2nd place, B team 2nd and our seniors finished in 3rd place, B team 1st. Points awarded over both fixtures resulted in the Year 7 team finishing 2nd overall, the Year 8 and 9 team also finishing in 2nd place and our seniors taking the win. It has been fantastic to have such strong results and great numbers involved!



The Y8/9 team celebrated top spot after two races! Finlay Burns won both races to maintain his record of winning every Cardiff and Vale Schools' race he has entered. Finlay was backed up well by Harry Fry, Dan Rees, Tom Gow, Sam Lewis and Cale Taylor, all finishing within the top 30.

There has been a wonderful level of participation in the two Cardiff and Vale league races with large squads representing the school. Y7 performed well in both league races, achieving a team result of 2nd place. Lucas Howard-Machado won both races, whilst he was supported by strong runs from Sam Kahan, Niall Pickerd-Barau, Euan Hong, Gethyn Battersby and Oscar Sumner.



An inexperienced Senior team settled for 2nd place this year. Y13 pupil, Dylan Hands was the best performing CHS pupil with younger pupils Muagh Rahman, George Gow, Jamie Casey and Joe James putting in pleasing performances which bodes well for next year.

Well done to all of our teams who braved some pretty awful weather conditions to compete!

NETBALL

Year 7 have made a fantastic start to their netball careers at Cardiff High. A huge number of pupils have engaged in training and therefore, our red and black squads have been created! Pupils have shown a wonderful commitment to both afterschool and lunchtime training and the red squad has enjoyed wins against Whitchurch and Bro Edern. There are lots more fixtures in the diary for both the red and black squads, against schools such as Glantaf, Eastern, Bishop, Howells & Cathays, and we look forward to seeing continued progress for all squads and players.



Year 8 have continued to build upon the success of last season. Numbers at training are impressive and the girls are showing a wonderful commitment and drive to develop and improve. They have started well with win against Bishop of Llandaff and have plenty more fixtures in the diary this season.

As always, we have fantastic numbers attending Year 9 netball club. The team has enjoyed matches against Bro Edern, Whitchurch and Corpus and is looking forward to playing Llanishen next week. Congratulations to Holly Bauer and Milla Crew for their selection to the U14 county netball squad.

Year 10 have made a very pleasing start to the season with victories against Bro Edern and Whitchurch so far. The benefit of training alongside the Yr11 and senior team is paying off and they are growing in confidence against the older players every session. They have the first round of the county tournament at the end of November.

Year 11 have shown great commitment to training and matches despite it being a busy GCSE year for them. In the county prelim round they beat Howells, Cowbridge and Stanwell to progress

Our senior netball squad have made an excellent start to their season with emphatic victories in both friendly matches and the first round of the President's Cup. The number of players involved within our senior squads is very pleasing and they are excellent role models for our younger players.



REPRESENTATIVE HONOURS

Congratulations to Holly Bauer, Milla Crew and Lila Varley who have been selected for Cardiff & The Vale U14 netball squad, and to Megan Rogers and Ellie Thomas selected for U16. Harriet Henson, Erin Brodie, Lowri Pinnell, Ffion Windsor and Rose Prendegast who have all been selected at U18. We also have representation at Wales Regional and National Academy level as well as 3 members of The Celtic Dragons pathway and one member of Team Bath PDP in our senior squad.

Girls BE Football Event

Our involvement with the FAW and their BE Football programme has been strong for a number of years and we were thrilled to be invited to an event at House of Sport and Cardiff City Stadium. Pupils from Year 7 and 8 engaged in a mini 5-a-side tournament which showcased their football skills before moving onto the conference suite in Cardiff City Stadium. Here, pupils were involved in creating new ideas and initiatives for future BE Football programmes to increase both girls and boy's involvement in football at all levels. We were then fortunate to stay for a very thrilling World Cup Qualifier match between Wales Women and Bosnia & Herzegovina. The match was very exciting, even rolling over into extra time and the girls really enjoyed seeing Wales Women win 1-0 with an amazing goal! A big thank you to our 6th form coaches, Lucy and Sophie, for helping to chaperone the event.



Year 7& 8 Girls Football

Girls football club has also been attended very strongly with 40+ pupils at every training session for Years 7 and 8. Year 7 played their first fixture against a good Llanishen side. The B's finished the first half 1-0 and were able to secure a 2-1 victory. The A's were drawn in the first half 0-0 but had a superb second half to win 4-1! We have lots of upcoming matches in the diary and are looking forward to a positive girls' football season.

Hockey

We have been fortunate this year to have built a strong partnership with Cardiff Met and their junior hockey programme. Coaches have helped deliver sessions both at school and at Cardiff Met for all pupils from Year 7 to Year 13.



Year 7 have shown amazing dedication and commitment to their extra-curricular club with huge numbers every week – even on the rainy days! It's been wonderful to see so many hockey newbies find a new sporting passion. Both A and B team won their first match v Llanishen and are looking forward to fixtures with Corpus. Bro Morgannwg, Radyr & Fitzalan in the near future.

Year 8

Year 8 have made a fantastic start to the season with excellent numbers and commitment to weekly training sessions with Cardiff Met coaches. The progress they are making is plain to see and it is wonderful that so many girls are also extending this to joining Cardiff Met Hockey outside school as well. Fixtures have been hard hit in the start of the season, however they have a busy calendar up until Christmas and beyond. In their first match v Plasmawr both teams scored a total of 10 goals which is an excellent start to their league campaign.

Year 9

Year 9 have thoroughly enjoyed our link with Cardiff Met and we have had great numbers attending our Monday night training sessions. The girls have started the season well with a 2-0 win against Whitchurch and a 3-1 win v Radyr. We are looking forward to playing Cowbridge and our re match with Whitchurch who are in our pool for the league competition.



Year 11 & SNR

Year 11 and Seniors have been engaging in weekly training sessions at Cardiff Met. It's fantastic to see the huge number of girls attending hockey at a senior level. We are due to play Llanishen and Glantaf in our league fixtures. Both games will be tough but a great battle!

RUGBY

Rugby Year 7 Boys

It's been fantastic to get to know the new crop of Cardiff High Rugby players this term. There have been brilliant numbers at lunchtime and after school training sessions. Over 35 pupils have taken part in competitive matches for school this term, with many playing rugby for the first time. The pupils' ability is progressing with every session and match.



Rugby Year 8 Boys

Year 8 have shown fantastic commitment to Rugby with high numbers at training sessions. They have had a great start to the season winning all but one of their matches. Most recently they beat a strong Glantaf side in the first Round of the Welsh Cup.



Rugby Year 9 Boys

Year 9 have performed well over the first term with some great wins. They are an enthusiastic group who constantly ask when their next match is! They have worked really well with our Cardiff MET rugby coach who has been coming in regularly over the past month to run their training sessions. They have Welsh Cup games coming up before Christmas.



Rugby Year 10 Boys

Year 10 have also benefitted from the delivery of our Cardiff MET Rugby coach. They have engaged regularly at training sessions and have improved hugely over the last term. The highlight being some fantastic performances at the Cardiff Schools 10 a side festival.



RUGBY

Rugby Senior XV & Year 11

Our Senior XV have had a fantastic start to the year. We have had some hard-fought wins in the East Wales Premiership league and were briefly sitting at the top of the table. The players' enthusiasm and application in training and matches has been exemplary. We had a narrow loss in the Welsh Cup to last year's winners Ystalyfera. Alongside this a number of the students have been integral in the delivery of rugby sessions



Girls Rugby

Pupils from Year 7,8,9,10 & 11 have had the opportunity to train and play matches this term. We played in an U14 & U16 Cardiff Regional Girls Festival at Cardiff Quins, where pupils played some fantastic Rugby. Year 7 Girls also played at a Round Robin Festival at Glantaf. For many, it was their first experience of playing a contact match and everyone played fantastically well and are keen for more.



LAW NEWSLETTER ARTICLE: NOV 2022

Visit to London



Thirty-two A level Law students headed to the Old Bailey as part of their trip to London on 25th November, accompanied by Mr Thomas, Mrs Jones and Mrs Tumelty. The day started with high tensions in the queue outside the court, as sentencing in a London gang murder trial was due to take place. We observed the proceedings of two murder trials, witnessing the painstaking work of the prosecuting barrister unraveling the facts of the case using mobile phone evidence and CCTV from the cases.

A short ride to Parliament Square and a visit to the Supreme Court followed. Whilst in the Court, pupils learned about the type of cases heard by the Supreme Court and Judicial

Committee of the Privy Council. The Court staff discussed the recent case of the Scottish National Parliament's attempt to hold another independence referendum, which a few days earlier, we had seen Lord Reid pass judgement on via a live video link. This really brought learning to life!

Next, we visited the Houses of Parliament for a guided tour. We sat in the public gallery in the House of Commons where we witnessed an Adjournment Debate by an MP for Darlington, who gave a posthumous recognition for Pilot Officer William McMullen, a very rare event! A very lively debate ensued in the Parliamentary Education Chamber on whether assisted death should be legal. Emma Solomons was speaker, Nia Templeton-Hall acted as Prime Minister advocating for the change in the law, Zaara Parveen represented the opposition and Gwen Morgan as the monarch.

The final vote was passed in favour of passing a new law and was given Royal Assent by Gwen.



Visit to Cardiff Metropolitan University

A number of learners took part in the LAW LAB event arranged by Cardiff Metropolitan University which was a great opportunity for learners to find out more about pursuing a degree or career in Law, Criminology and Policing. Learners also enjoyed the opportunity of courtroom experience, taking part in an eye witness testimony and playing the role of the judge bringing the law to life.



Learning about the Magistracy

Earlier in the year we welcomed Mohammed Jabbar into Law lessons, to talk to pupils about his work as a Justice of the Peace. This was a fantastic opportunity for pupils to ask questions about the types of cases heard in the Magistrates' Court, how decisions are made on sentencing and the skills needed to be a Magistrate.



Learning to Draft Legislation

In the summer term, we were visited by a former barrister at Lincoln's Inn who practised in family law and criminal defence, who then went on to work for the UK Government as an advisory lawyer and is currently working at the Welsh Government in their Legislative Office, drafting Acts of the Senedd. During the visit, students tried to draft legislation to ban the use of wild animals in circuses in Wales and realised how difficult and interesting a task drafting is. Pupils were keen to ask questions and find out more about Government law, an area of law that really appealed to some.



Llywodraeth Cymru
Welsh Government

MUSIC London Tour 2022

There was great excitement towards the end of the summer term as the Cardiff High A Level music students set out for a visit to London. The main aim of our visit was to attend a late-night concert performance as part of the BBC PROMS festival at the Royal Albert Hall. This festival is the world's most famous classical music festival and we went to hear an incredible performance of Henry Purcell's short opera 'Dido and Aeneas'. We were sat a few feet from the concert platform of the famous hall and it was incredible to attend a top-class performance together. Other highlights of our busy trip included a tour of the Royal Opera House at Covent Garden and a visit to the British Museum. Of course, we made time to take in the sights together and we must have walked for miles which was no mean feat as the temperatures in the London sun soared! Getting out to experience high quality performance and enjoying each others' company made for a really fantastic trip. Certainly, one to be repeated.



West Side Story

Rehearsals are in full swing for our Senior Musical due to be staged in February 2023. This year we are staging the hit Broadway musical West Side Story. This show, which is founded on the Shakespearian tragedy 'Romeo and Juliet' takes us to the world of New York City where two rival gangs 'The Jets and the Sharks' just can't make peace. With music by Leonard Bernstein and lyrics by Stephen Sondheim the show is a mighty undertaking stage but the superb cast, orchestra and crew are certainly rising to the challenge. Tickets will be on sale early in January so keep an eye out on the social media channels and ParentPay for information on how to purchase a ticket. With hit songs like Tonight, Maria, Somewhere and Gee Officer Krupke this really is a show not to be missed.

Autumn Concert

It's fair to say that our Neuadd Celyn was full to bursting for the whole school Autumn Concert. With some 280 students performing we experienced a huge variety of performances. Choirs from every year group gave captivating performances with real style. The Orchestras were impressive in the variety of music performed and in the subtlety of expression which they achieved. We are also really proud of the pupil-led Big Band and two Rock Bands who made a huge contribution to the evening. We also broadened our provision this year with the addition of 'Keyboard Circus', a group giving keyboard players a chance to perform together. Their James Bond theme was a real hit. Music at Cardiff High Schools remains hugely popular and accessible to everyone, regardless of previous experience.



Junior Boys at Ronald MacDonald House Charity Concert

The Junior Boys Choir represented Cardiff High School at the Ronald MacDonald House Cardiff Carol Service at St John's Church recently. The boys sang 'Somewhere in my Memory' from the Christmas Movie 'Home Alone' as well as the hit song 'A Million Dreams' from the Greatest Showman. The event raised over £1,000 for the charity which provides overnight accommodation at the Heath Hospital for the families of children needing treatment in hospital. Mrs Griffiths, Miss Edge and Mr Leggett were very proud of the performance of the young singers.

Summer Showcase Concert and Oliver Junior

The last 6 weeks of the summer term were a flurry of excitement in the Music and Drama Departments as we embarked on another new venture, a Summer Showcase concert and a production of 'Oliver Jr' by the students of Years 7, 8 & 9. Over two evenings the choirs, orchestras and bands of Lower School entertained audiences in a first half which was followed by the musical 'Oliver Jr!' This event was a fantastic opportunity for our lower school students to work together and rehearse towards a professional standard performance. The Lower School Show helps students to develop their skills in music, drama and the performing arts and gives a springboard towards the goal of performing in senior shows and many other events in the years to come. The whole experience was so positive, especially after many months of restrictions following the pandemic. With a student orchestra, a cast and crew of well over 150 pupils the big songs and dances included Oom Pah Pah, Consider Yourself and many more. We're already looking forward to the Summer Showcase and Musical of 2023!

