



Cardiff High School

Ysgol Uwchradd Caerdydd

Headteacher/Pennaeth
Mr S M Jones

Llandennis Road
Cardiff/Caerdydd
CF23 6WG
Tel/Ffôn: 029 2075 7741
Fax/Ffacs: 029 2068 0850
Web: www.cardiffhigh.cardiff.sch.uk
@officialCHS

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Dear Parents and Carers,

As we head towards the final two weeks of the academic year, I wanted to take this opportunity to update you on a few matters and to remind you of forthcoming events.

Free School Meal Provision in Holiday Period

We have been asked by Welsh Government to let you know that there will be no further extension to the school holiday Free School Meal provision. This means that supermarket vouchers will no longer be supplied to families for the summer holiday period. Should you require additional support with costs please be aware of the following useful online resources which are updated regularly and provide useful information on possible sources of financial support, including the Discretionary Assistance Fund for people experiencing extreme financial pressures.

[Get help with the cost of living | GOV.WALES](#)

[Here to help with the cost of living | GOV.WALES](#)

Or alternatively contact [Advicelink Cymru](#) for free impartial advice on how to maximise income levels and links to other financial support.

Culture Week at Cardiff High School

Next week, commencing Monday 10 July, will be a designated **Culture Week** at Cardiff High School. Events throughout the week will provide us with an enjoyable opportunity to reflect upon and celebrate the diversity within our school. Pupils have been informed that they are very welcome to attend school on Tuesday 11 July in clothing which reflects their culture. This, of course, is an optional event and pupils are not obliged to participate.

Health and Wellbeing Events

13th July Year 7: 'Choice of a Lifetime'

As part of year 7 Health and Wellbeing education, pupils will be attending the 'Choice of a Lifetime' event hosted at the Principality Stadium.

Pupils in forms HJKL will attend the morning workshop. Pupils in forms PRST will attend the afternoon workshop. Please ensure that your son/daughter brings a drink and packed lunch with them to eat at the Stadium. Pupils entitled to free school meals will be provided with a packed lunch before leaving school. All pupils must attend in their school uniform.

13th July Year 9 and 10: Health and Wellbeing Enrichment Day

In the morning, year 9 pupils will be involved in a range of sporting activities, followed by an afternoon of employer workshops with a focus on careers in Health and Wellbeing. Pupils in year 10 will attend employer workshops in the morning and sporting activities in the afternoon.

All pupils will need to wear their PE kit, as some of the activities will be held outside. Please ensure sun block and hats are worn if necessary. Alternatively, please bring a waterproof jacket and a spare PE hoody to change into if the weather is inclement.

14th July Year 7 and 8: Health and Wellbeing Enrichment Day

In the morning, year 7 pupils will be involved in a range of sporting activities, followed by an afternoon of workshops with a focus on diversity. Pupils in year 8 will attend workshops in the morning and sporting activities in the afternoon.

All pupils will need to wear their PE kit, as some of the activities will be held outside. Please ensure sun block and hats are worn if necessary. Alternatively, please bring a waterproof jacket and a spare PE hoody to change into if the weather is inclement.

End of Term Arrangements 21 July 2023

You will be aware that the term ends on Friday 21 July. The day has been designated non uniform. We politely request that your child donates a contribution to our designated charity. This year we have chosen **Noah's Ark Children's Hospital Charity**.

The charity is committed to ensuring that treatment and outcomes for children can continue to improve by funding new and innovative medical equipment and facilities. They support children and families in the hospital through a range of initiatives. They also invest in the future by providing technology that helps train the clinicians of tomorrow. Finally, they strive to make the hospital a less frightening and more familiar place for children by "sprinkling a little fun and happiness into hospital days."

As a charity that relies entirely on donations and gifts in wills – this is all made possible thanks to public generosity.

Should you wish to contribute to this incredibly worthwhile charity you can do so via Parent Pay or with a cash donation paid on the day. The Parent Pay option will go live on Monday 17 July 2023.

Pupils will be provided with an opportunity to purchase a hot meal during the course of the morning and will be dismissed at 12 noon.

Yours sincerely



S M JONES

Headteacher