



# CARDIFF HIGH SCHOOL YSGOL UWCHRADD CAERDYDD

## Autumn Newsletter 2023



As the Autumn term ends, I would like to thank you for your continued support. It is very much appreciated. On a personal note, I am very grateful for the hard work and commitment that our staff have shown both in the classroom and within a very wide range of enrichment opportunities. I am sure that you will enjoy reading about the many activities embraced by our learners within this end of term newsletter.

Upon our return in September we were able to celebrate another incredibly successful exam season. As always, we spend a lot of time considering how to prepare our learners for the future and, I am delighted to say that we are well under way for another positive year.

This term has definitely been both enjoyable and exciting for us at Cardiff High. In particular, it has been heartening to see how well our new Year 7's have settled and also the contribution our new Year 12's are making to school life.

The new year will not be without challenge. However, we look forward to continued success and remain committed to our belief in the power of education while maintaining an eye on the ever changing landscape of education in Wales.

May I take this opportunity to wish you all a peaceful Christmas holiday.

Nadolig Llawen!

S M JONES  
Headteacher

# Thanks a Mac-million!



## MACMILLAN CANCER SUPPORT



We are very proud of our current Year 10 SWEET class who worked incredibly hard this term, organising our annual Macmillan Coffee Morning.

Working together, the students planned the even from start to finish – from making informed decisions about the cakes they needed to make, creating lists of necessary ingredients, and then hopping onto the school minibus to purchase everything from the local supermarket.

The students worked tirelessly to prepare and bake their wonderful creations. Each cake looked and tasted amazing. Some of the students even received a 'Mr. Frelford Handshake'!

Coffee morning day required the students to decorate the staff room with numerous balloons and banners. It looked amazing. Staff from every area of the school attended in droves, tempted by the wonderful cakes on offer. Some standout cakes included the brilliantly named, 'Leo Foscaccia's Norwegian Dream Cream Cake', 'Cake Johnson's Luxurious Lemon Drizzle' and 'Zeena Jam-oodi's Gluten-Free Brownies'!

A total of £434 was raised for this vital charity, making it our most successful coffee morning yet! This was truly a fantastic achievement by the students. Team work really did make the dream work. Every member of the Year 10 SWEET class should be very proud of themselves. We are certainly proud of them!





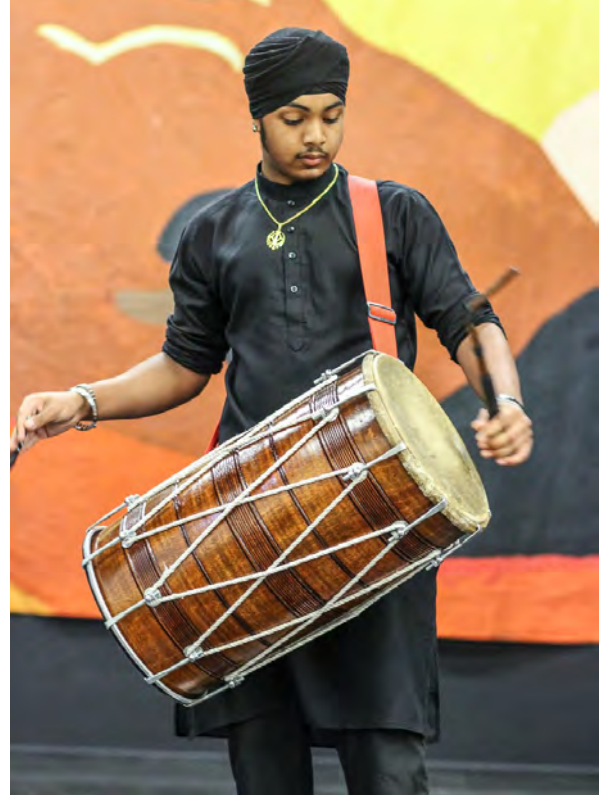
## JULY 2023 SAW THE FIRST 'CULTURAL APPRECIATION WEEK' AT CARDIFF HIGH SCHOOL

The aim of the week, which was devised by our pupil-led Diversity Group, was to celebrate and develop understanding of the cultural diversity that makes Cardiff High School what it is.

Throughout the week, pupils were given opportunities to try and learn about foods from around the world, take part in a cultural 'Show and Tell', as well as learn about languages and histories of the diverse cultural heritage around us.

The highlight of the week was perhaps the Cultural Dress day, where pupils were encouraged to come to school in clothing that they felt reflected an aspect of their personal cultural heritage.

There are plans underway to repeat the event this year as we strive to develop our understanding and appreciation of the diverse world around us.





# GEOGRAPHY DEPARTMENT



## GEOGRAPHY FIELDTRIPS



The department has enjoyed taking students on fieldtrips in order to deepen their understanding of theory and enhance their data collection skills. It has been delightful to spend time with students out side the classroom and for students to have the opportunity to work as part of a team with their peers. Year 11 took part in two days of fieldwork in July. They planned and carried out fieldwork in Cardiff City Centre and Barry as part of their NEA preparation. Despite torrential rain on both days they were a credit to themselves and the school in their positive attitude and behaviour.

Year 12 have completed their physical fieldwork during October, to develop their investigation skills with a trip to Ogmore and Southerndown. They undertook an investigation into the characteristics of a storm beach. Students were also able to apply and enhance their classroom based learning to real life physical features while on the trip. Students behaviour was again exemplary and it was a lovely opportunity for all the Year 12 students' to get to know each other with a number of students having joined us from different schools.

**GEOGRAPHY DEPARTMENT**



**&**



## YEAR 7 COSMESTON TRIP

It was an absolute pleasure to take Year 7 students, who did not attend Llangrannog, on a trip to Cosmeston Lakes as part of humanities new curriculum. It was fantastic day of outdoor learning and cross curricular activities between History and Geography. Students had the opportunity to look at Pond life ecosystems and thoroughly enjoyed pond dipping, without anyone falling in. They also experienced a tour of the Medieval Village, truly bringing history to life. Throughout the day students asked well thought out questions and showed how eager they were to learn. They were a delight to spend time with and it was extremely rewarding watching students grow in confidence and make new friends outside the classroom environment.



# FAREWELL MR JONES



After 13 years Mr Jones is off on a new exciting adventure. He has been a fantastic teacher and contributed so much to the school, not only to the Geography department but also across the school with roles in the pastoral team and teaching and learning team. He has also supported the PE department in a wide range of extra curricular activities. He has worked with dedication and enthusiasm throughout his time at Cardiff High and will be hugely missed by staff and students.



## BAND NIGHT RETURNS



It was a real pleasure to see Neuadd Celyn full of students, staff, parents and carers after school on Friday the 24 November for the second in our series of Band Nights. We have been investing recently in equipment at school in order to encourage more learners to form bands and to make music together. It has been excellent to see so many new groups formed. The music practice rooms are full after school every night. The 5 bands all gave fantastic performances on the night with a huge range of songs including some new compositions. It was a pleasure to see live music bringing such joy to so many performers and audience. We look forward to another event in the spring term.



# MUSIC DEPARTMENT

## AUTUMN CONCERT 2023



School concerts always enthuse the whole school community and the Autumn Concert '23 was no exception. Since the start of term a fantastic range of music groups have been meeting weekly to rehearse, making music together and also developing their skills as musicians. It's fantastic to see so many groups operating weekly, these included: Year 7 Choir, Year 7 Orchestra, Year 8 & 9 Choir, Year 8 & 9 Orchestra, Junior Boys' Choir, Senior Mixed Choir, Senior Boys' Choir, Senior Orchestra, Big Band & many Rock Bands. Neuadd Celyn, our main hall, was packed on the night of Tuesday 14 November and the audience enjoyed a wonderful evening of varied music from the Beatles to Berlioz, Oasis to the Avengers. We are very grateful the team of school staff who help make sure that the 250 performers involved were all set and gave of their best.

## NEW CLUB: TECH/FILM COMPOSING CLUB

It's been brilliant to see over 50 pupils from Year 7, 8 and 9 attending our new Music Technology and Composing Club after school on Thursdays. This term we've had a real mixture of groups coming to rehearse, compose and use the equipment we have on offer in the department. Some are using the Sibelius software to notate their own compositions, others have put together small instrumental ensembles and are layering up pieces using Garage Band on the iPads. We even have pupils using the recording studio and microphones to write new songs for their band. We are looking forward to showcasing the work that has been done later on in the year.

## GCSE TRIP TO WMC FOR LA TRAVIATA CWTA



Getting out of school to experience professional music making is always a great experience and in September all music GCSE classes went on a trip to the Wales Millennium Centre to see the Welsh National Opera's *La Traviata* Cwta. WNO performed an abridged version of the classic opera by Verdi so that students who are unfamiliar with the art form get to experience an opera. It was exciting for all to hear a professional orchestra as well as seeing the spectacle of an opera; dramatic arias, large chorus numbers and extravagant set design and costumes. A fantastic opportunity for all to watch a performance in one of Wales' top venues.



## CF MUSIC EDUCATION: REGIONAL CHOIR



Half Term this year gave a unique opportunity for a group of Cardiff High singers to participate in a new initiative. The South Wales Regional Choir is an initiative run by the National Music Service for Wales alongside the Regional Authorities. The aim was to spend three intensive days in workshops and activities defined to develop singing skills and vocal technique and the event was a real hit. Our students gave excellent performances and will now continue to a Christmas Performance at Newport Cathedral in December.





## YEAR 12/13 BBC NOW VISIT



The A Level music classes study the development of the Orchestra in the Romantic Era as one strand of their A Level course. On Thursday 9 November we were invited to be guests of the BBC National Orchestra of Wales in their purpose built concert hall and recording studio 'Hoddinott Hall' Wales Millennium Centre. Our visit was to experience an open rehearsal of the vast orchestra who were working at a performance of the famous work Scheherezade by Rimsky-Korsakov. The experience to see the professional musicians working in such a focused way was exhilarating. The force of the full orchestral sound was magnificent and the opportunity to hear many solo lines emerging from the texture also fascinating. The music and the whole experience has certainly enthused both Year 12 and 13 music classes.







## DATHLU DYDD SHWMAE YN YSGOL UWCHRADD CAERDYDD



Dydd Shwmae Su'mae celebrated its tenth birthday this year, having started in 2013 with the aim of encouraging people to share the iaith Gymraeg with others, and use whatever Cymraeg they have!

We celebrated in school on Hydref/October 16 with a variety of activities, competitions and lots of prizes. Year 7 and 8 lessons were a little different on Dydd Shwmae, with pupils involved in lots of fun (and sometimes slightly chaotic!) 'yard' games with Gruff from CFTi. Am hwyll!

There was a dragon hunt at lunch time and pupils eagerly gathered to discover who had correctly guessed the name of the dragon, with Nina Reeves in blwyddyn 7, Menna Owen in blwyddyn 8 and Alfie Lewis in blwyddyn 9 choosing the winning names.

There were lots of excellent entries in the highly contested poster competition, with Francesca Feroldi-Cairns, Fatima Hirshy and Daniel Ali all awarded first place in their respective year groups. Da iawn chi! Talentog iawn!

In the morning, forms completed quizzes and at lunch time pupils enjoyed pice ar y maen (diolch i staff y cantŷn!) whilst listening to the Candelas, Sage Todz, Yws Gwynedd and other Welsh artists, as well as some wonderful piano playing by our talented staff and pupils.

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

### *Sixth Form News*

As always the sixth form are kept busy in the department. They all help out in lessons lower down the school and enjoy chatting away with Gruff from Menter Caerdydd Tuesday lunchtime. They have been on two visits this term – the first was to the Sherman theatre . The play ‘Rheinoseros’ was performed by Theatr Genedlaethol Cymru. It was a translation by Manon Steffan Ross from the work by Ionescu. The show was thought provoking and challenging.

A second night of fun was at the Wales Millennium Centre where the show ‘Branwen - Dadeni’ was performed. This musical based on the second tale from the Mabinogion has received superb praise right across Wales as it deals with themes such as love, betrayal and relationships in Wales. It was a pleasure to see and hear Rithvik who is an ex-student taking on one of the leading roles having learnt all of the script and songs in Welsh. Da iawn ti Rithvik.



The Welsh language commissioner’s team arrived in school and decided to create a short video to promote the language using our sixth formers and some of our staff. This will be shared soon.

Diolch to Susie Rance and Oliver Borley for representing the school in the ‘Gwyl Gerdd Dant’ which was held this year in Cardiff and Vale college. They presented many of the awards to the winning groups across Wales.

### *Shoebbox 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 8 were the winners with over 150 boxes collected from them. Mr Lewis and 7P did an amazing job collecting 44 boxes with Mr Rowlands and 8H also doing well. A special mention to Mr Friedl and 8R, as Mr Friedl worked as a Deliveroo cyclist every weekend giving the money received towards the shoe box appeal. Diolch once more to Mr Watts who is a parent and a lecturer at Cardiff Met who ensures that the students at the university also prepare boxes for our appeal. Zac from 9K donated 15 boxes of his own which was tremendous. The generosity of all are very much appreciated at such challenging times. Around 300 boxes were collected in total alongside £800; which will be used to transport the boxes from Cardiff to Ukraine.





## Llangrannog

In July 2023, over 240 staff and students went on a fun filled holiday to Gwersyll yr Urdd at LLangrannog. After a lovely walk to the beach, we all had ice cream before returning to a packed full day of activities – which included skiing, tower zip wire, muddy assault course, bush crafting, high rope assault course and many others. Many thanks to all the tutors from Year 7 who participated and also to the sixth form helpers.

School will again be moving for 3 days to Llangrannog next July 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!

### Patagonia

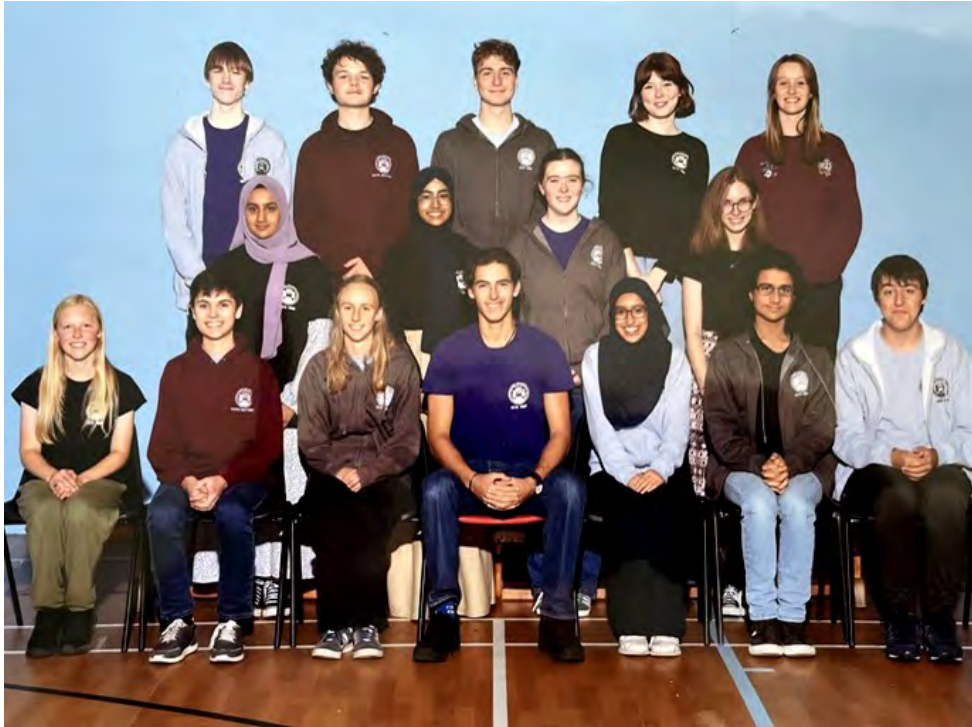
We are also preparing for a fabulous trip to South America next autumn in order to visit the Welsh speaking area of Patagonia. Plans are being put in place as we speak. If interested please get in touch.







## PREFECTS



Congratulations to our Prefect Team 2023-24

**Head Prefects:** Hibah Mohamed & Umberto Spezi

**Deputy Head Prefects:** Abbas Schwarz, John Fitzherbert, Amy Ridgway & Henry Maynard

**Prefects:** Magdalena Lacey-Hughes, Sean Lay, Zoya Ahmed, Aisha Armaghan, Oliver Borley, Anna Hedges, Lucy Hobson, Ethan Meyrick, Edie Robinson & Bea Ryland

## NEW COLLEGE OXFORD ESSAY COMPETITION

Congratulations goes to Hibah Mohamed 13K for coming runner up in the New College Oxford essay writing competition. The theme was disability and her essay was titled "The Equality Act (2010) states that there is a duty to make reasonable adjustments if you are placed at a substantial disadvantage because of your disability. At what point does an adjustment become unreasonable?" Hibah was invited to an award ceremony at New College in October and won £100. Well done Hibah!





## MEDIC SUPPORT



In July we welcomed a number of Cardiff University medical students in to speak to our potential medics. They were given advice and support on writing strong personal statements and gave our Year 12's an insight into life as a medical student. Thank you to Mr Maddocks for organising this.

## NEW COLLEGE STEP UP



Once again we are part of the Step-up to Oxford programme where students aiming for the top universities in the UK receive support and guidance on studying and applying. At the end of the summer term, Year 12 gained support and guidance on writing their personal statements to help shape their UCAS application. In October, 50 Year 11 students joined the programme and will be visiting New College Oxford in January, and Year 12 students are continuing their involvement to support their 2025 applications. Thank you once again to our New College link, Shelby Holmes, for visiting and speaking to our students.

## OXBRIGHT ESSAY COMMENDATIONS

Congratulations to Mali-Wyn Melbourne and Ava Rose Thomas of 12J on receiving commendations in the OxBright essay competition. OxBright helps students get the edge to succeed, find their purpose and make a difference in the world. Students from around the world entered the Essay Competition this year, challenging themselves to think beyond the school curriculum. The judges were impressed with both entries, and Mali-Wyn and Ava Rose were invited to an online Awards Ceremony on 28th October 2023. Mali-Wyn's entry was highly commended, ranking in the top 20% of over 1000 entries, and Ava Rose's entry was shortlisted. Well done!



## NUFFIELD PLACEMENT

Two of our Year 13 students took up the Nuffield Placements at Techniquest. These students participated within the workplace tackling research skills' modules and interacting with knowledge experts on a live research question. Here are their reflections:



*With having little to no knowledge on the topic of science capital, I undertook two week's worth of work experience in a lab at the science centre Techniquest while conducting my research project. I demonstrated how to carry out safe scientific experiments to an audience of young children and assisted them in the hands-on workshops that Techniquest offered. From having the opportunity to interview university lecturers to working with highly qualified people, this experience tied in well with my research project on whether science centres like Techniquest help develop a passion for young people to pursue a career in STEM. Overall, this was a lifelong learning experience and something I'll never forget! **Malaika Iqbal***

*During the project, I investigated the interatomic distances and potential energies of ionic bonds using Quantum mechanical and Molecular mechanical methods. I plotted Energy and separation graphs for each method using Python coding language and I compared them in terms of their accuracy. Finally, I optimised the parameters of MM data into QM data for more accurate outcomes. **Ahmet Sayin***



Both students have done a fantastic job and have produced really high quality work. They have both been praised highly for their professionalism and attitude to their placements.

## OPEN EVENING

This November saw the first full sixth form open evening since COVID, it was lovely to be able to return to a busy and vibrant event. The evening was very successful with over 500 people attending the school during the evening. The sixth form students who helped during the evening were ambassadors for the school, and were a credit!

## MOCK INTERVIEWS



July saw another round of mock job interviews run by Careers Wales for Year 12. Students were able to sign up for an interview with an employer, undergo the interview and receive feedback on their performance. Students who took part thoroughly enjoyed their session and gained a lot from it.



## BLOOD DONATION DRIVE



Successful blood  
donation  
drive at CHS

The blood service came into Cardiff High on Tuesday 24th October for a blood donation drive. The day was very successful with 29 new donors attending and 7 signing up for the Wales Bone Marrow Donor Registry. The blood donated was enough to save the lives of 108 people or 216 new born babies in Wales. We hope to repeat the event next year. Thank you to all who supported this event.

## YEAR 12 INTERFORM COMPETITIONS

Throughout the week of the 16th October, Year 12 took part in an interform table tennis tournament. All forms and form tutors got involved and came to support the event during registration. It was a lovely event with a positive atmosphere. Following a tough competition, the first table tennis tournament winners were Mrs Evans' form, 12J. Runners up were Mr Toye's form 12P. Well done to the winners Sami Joe Asmar and Zane Alzahid!



To welcome students back after October half term we held an interform quiz. With Mr Olsen and Mrs Jones as the quizmasters, forms quickly got into the competitive spirit. Form tutors commented on how nice it was to see all the students get involved. The winner was Mrs Toye's form 12L!



## EUROPEAN HANDGUN CHAMPIONSHIPS

In September Sasha Mikhailov (12K) travelled to Corinth, Greece to compete in the International Practical Shooting Confederation Junior (U'21) European Handgun Championships. Sasha finished 6<sup>th</sup> and now has his sights set on the next World Championships which will be held in South Africa in summer 2024. He will be hoping to maintain the success he achieved last summer, when following his GCSEs Sasha competed in the U'16 World Championships finishing 3<sup>rd</sup>.

Sasha has been a member of the British team and an ambassador through several age categories, having previously won a silver medal at the super junior level competition in the European Championship in Belgrade, Serbia in 2019.







# Health & Wellbeing



## YEAR 7 TRIP TO THE PRINCIPALITY STADIUM

Year 7 pupils attended a special event at the Principality Stadium entitled 'Choice of a Lifetime'. The event aimed to raise awareness about staying safe. Pupils watched a theatrical play and attended an exhibition where they met a range of speakers, including Youth Workers and Police and Community Support Officers.



## YEAR 7 – 10 HEALTH, FITNESS AND WELLBEING ENRICHMENT DAYS

Pupils in Years 7 to 10 took part in our first Health, Fitness and Wellbeing enrichment days. The pupils took part in a range of workshops, interform sports day and other inclusive and fun sporting activities. The theme in Years 7 and 8 was Diversity, Inclusion and Equality and we welcomed speakers from a range of organisations, including Educate Against Islamophobia, MEND, Race Equality First, BAWSO, Just Like Us and Odd Balls. In Year 9 and 10 the focus was on Decision Making and Careers with interactive workshops from Llanishen Leisure Centre, Cardiff University School of Psychology, Cardiff Blues Rugby, NHS Shared Services, Cardiff City Football Foundation, Welsh Ambulance Service, Cardiff School of Dentistry and Cardiff International Pool. A huge thank you to all our guests for volunteering to support this incredibly worthwhile experience.







# Law Department



## TRIP TO LONDON



Forty-two A Level Law students took part in an action-packed trip to London in October. Starting with a visit to the Old Bailey Central Criminal Court to observe court proceedings, we witnessed the sentencing in an attempted murder trial and some superb cross-examination in a fraud trial. Followed by a visit to the Supreme Court and a fascinating tour of the Houses of Parliament as the guides walked us through the plans for the King's official State Opening of Parliament, the first as Monarch.

A very lively debate ensued in the Parliamentary Education Chamber on whether the death penalty should be brought back. Finally, as darkness struck, we took part in a very eerie Jack the Ripper walking tour where students discovered the mysteries behind the Whitechapel murders.

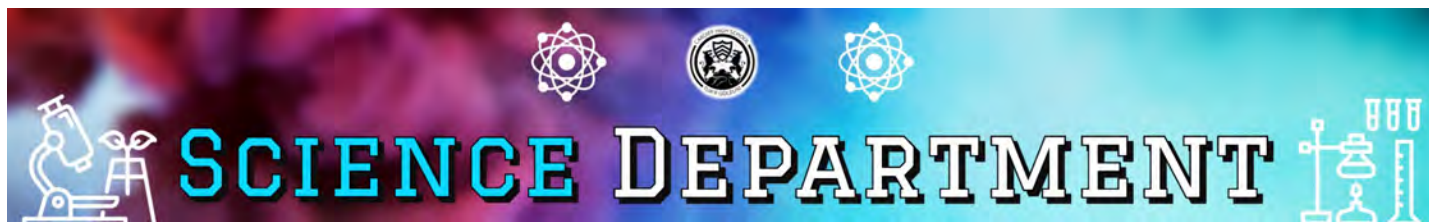
The following day we visited the London Dungeon, where we explored crime and punishment in Britain between 1485 and late 19th century through live, immersive storytelling. Students discovered a range of gruesome historical methods of punishment in Early Modern Britain and experienced two thrilling underground rides! There was a lot of screaming!

After some lunch and free time, a fantastic weekend was concluded with a visit to the British Museum where we absorbed ourselves in historical artefacts from around the world.

## THE CROWN PROSECUTION SERVICE VISIT CARDIFF HIGH SCHOOL

Matthew from the Crown Prosecution Service in Wrexham led a workshop with Year 13 Law students on the role, functions, types of case and work of the Crown Prosecution Service as well explaining how the Code for Crown Prosecutors works in practice and career opportunities within the Service. This fitted perfectly with the Criminal Law module Year 13 pupils are currently studying and brought their learning to life!





## Life Science Challenge



A big congratulations to Tanya Tanoj 10T, Simone Williams 10T, Amany Schwarz 10T and Sofia Perna 10P who finished runners-up in the Life Science Challenge!

The challenge is an all Wales inter-school competition for Year 10 pupils. This is a quiz designed and delivered by PhD students and early career researchers (Post Doctoral

Researchers and Junior Fellows) at Cardiff University. These are individuals who are passionate about science, and have chosen to dedicate their lives to scientific research. They want to share this enthusiasm for trying to understand the natural world with pupils in Wales with the hope that by giving pupils the opportunity to meet young scientists working locally, we will inspire them to consider the possibilities of scientific careers.



Some of the quiz questions follow the National Curriculum, but others may require knowledge gained from further reading/investigation. Importantly, some questions test pupils' ability to analyse data and apply logic and learned knowledge to unfamiliar concepts. Questions are largely Biology and Chemistry based, but also involve aspects of Physics

and Geology where they pertain to understanding the living world. Scientists with backgrounds ranging from Psychological Medicine, Epidemiology, Immunology and Cancer Biology set the questions so the range of question material reflects their expertise.

The girls had to progress through 3 intensive rounds to reach the final, held at the Heath Park Campus of Cardiff Universities Medical School, in September. They did themselves and the school proud and put in a commendable performance, narrowly losing out to Cathedral School. We are hoping that this year's Year 10 students will be able to replicate their success in 2024!





## Festival of Science

A group of Year 12 Biologists attended, and thoroughly enjoyed a "Festival of Science" trip at Cardiff University on Friday 17<sup>th</sup> November. The girls listened to a talk from a genetic counsellor on the genetic and environmental causes of certain health conditions affecting the nation. Using this information, and their own research skills the girls had to prepare a debate. The focus of this was a campaign that



would be funded by the government to address an area of health in young people. The girls chose to bridge the gap between leaving school and adult life, and the lessons that were needed in school to stop mental health pressures building up once they leave. Before presenting their argument in chambers they had a workshop with a barrister who discussed the key points needed in a speech to give a persuasive argument. The girls gave a convincing and passionate performance, and although closely missed out on winning, did receive £50 for the school.

## RSC Top of the Bench Competition



On Wednesday 15<sup>th</sup> November, a team of four chemists took part in the South East Wales heat of the Top of the Bench competition at Cardiff University, hosted by the Royal Society of Chemistry. The team was made up of Owen Pearce and Morenci Rawlinson from Year 9, Csombor Hanczar from Year 10, and Sama Albattat from Year 11. The competition is an excellent opportunity to showcase talent, and the team certainly did so.

The day started with the team presenting and being judged on a range of sugar crystals that they had grown prior to the day. The team's chemistry expertise was then tested to the limit. There were some very obscure questions, including knowing the boiling point

of water at the top of Mount Everest, and we were one of the only teams to answer it correctly. A very fast round on making molecular models really challenged the team to work together at pace and they just missed out on points for that round because of one pesky oxygen atom!

Some of highlights that then helped to earn back some points were Owen knowing the chemical name for the acid in vinegar, Morenci for deducing the meaning of desalination, Csombor for his knowledge of Nobel prize winners, and Sama for knowing almost everything there is to know about water.

Despite some fierce competition from other schools, the CHS team claimed first place, just beating Cathedral School in second and Radyr Comprehensive in third, and have been invited to progress to the national final held in Edinburgh in the spring. Congratulations to the team.

# ART DEPARTMENT



We are once again celebrating the many varied learning experiences for all years in the Art Department. In September, 42 Year 11 and 13 pupils embarked on a memorable research visit to London. At the National Portrait Gallery, pupils were immersed in the captivating world of portraiture, investigating the artistic portrayal of historical figures and contemporary icons. The recent re-hang of the permanent collection allowed for greater appreciation of paintings, installations, prints and sculpture from many eras. Highlights included 'Blood Head' by Marc Quinn (a 3D sculpture of the artist's head made with his own frozen blood), Marcus Gheeraerts' full length portrait of Elizabeth I and Alex Katz's painting of Anna Wintour. In the afternoon we travelled via underground to the Coal Drops Yard area near King's Cross to the Lightroom exhibition space to view 'Bigger and Closer', a temporary immersive exhibition dedicated to the work of David Hockney. Visiting this space was a sensory journey. Students delved into the vibrant, dynamic world of Hockney's art through cutting-edge technology and were able to sit through an hour long 360° projection of his life's work. Hockney's narration of the film brought his vast body of art together into a wonderful display of colour and composition.





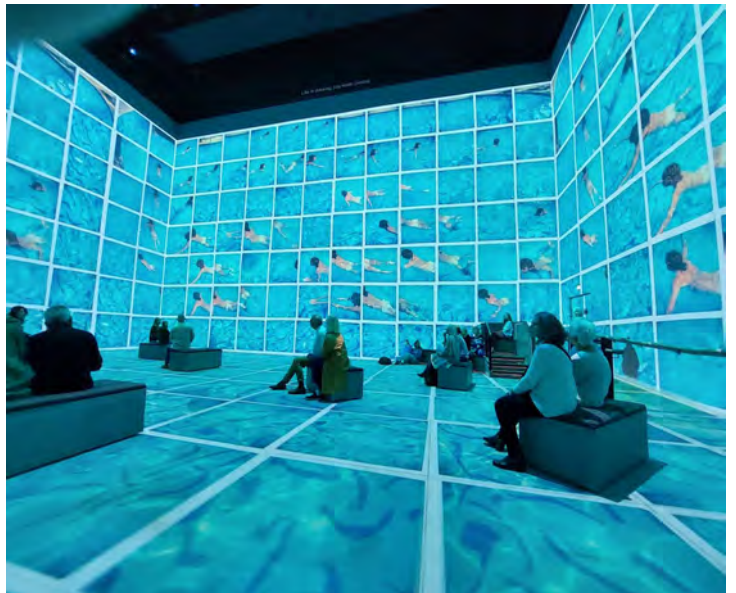
# NATIONAL PORTRAIT GALLERY, LONDON.





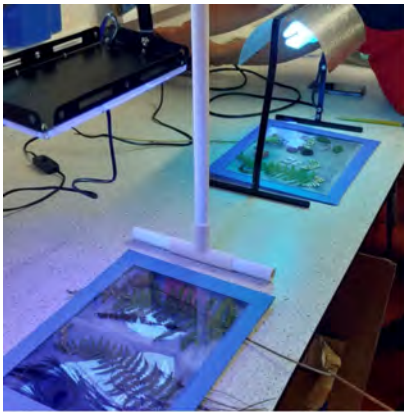
# DAVID HOCKNEY 'BIGGER, CLOSER' IMMERSIVE EXHIBITION

AT LIGHTROOM, COAL DROPS YARD, LONDON.





## CYANOTYPE PHOTOGRAPHY WORKSHOP YEARS 10 & 12



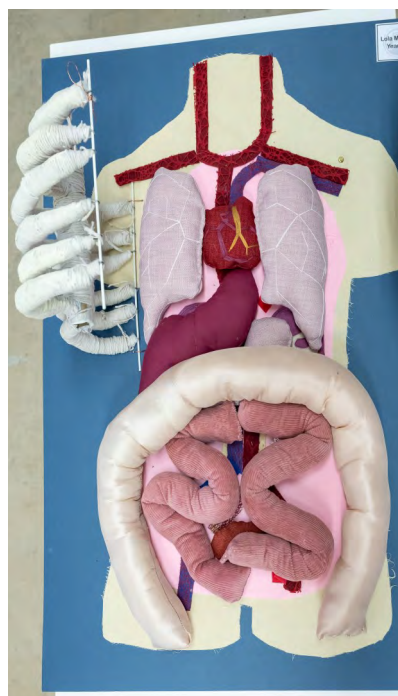
Year 10 and 12 pupils recently delved into the fascinating world of photography in an engaging workshop delivered by Catherine Cairns from Ffotogallery. In this hands-on experience, students experimented with UV lamps and chemicals to create striking blue-hued prints, expanding their understanding of traditional photography techniques. In addition to this unique journey into cyanotype, pupils had the opportunity to explore the digital realm, and were able to refine their skills using digital cameras, offering a well-rounded perspective on the diverse area of photographic process. We look forward to seeing the creative developments that emerge from this enriching experience.



## CARDIFF MET EXHIBITION 2023



We are also celebrating the outstanding portfolios and final outcomes created by Year 11 GCSE candidates and Year 12 & 13 A Level students. Once again we were fortunate to be able to display student work at Cardiff Met School of Art for the Creative Exhibition. It was such a pleasure to see the culmination of everyone's hard work and creativity in this exhibition space alongside other South Wales schools. The Private View was attended by many students and parents and was officially opened by the Dean of School, Bethan Gordon.



**Carys Rees** with her final composition 'Manipulate Line' based on the CHS production of West Side Story.

**Olivia Jay** with her tonal green canvas based on the theme of Identity.

**Zoya Ahmed** with her beautiful portrait celebrating cultural diversity.

Left: **Lola Mackie's** GCSE response to the theme of 'Encased': a soft textile sculpture based on the internal organs of the human body!





Above: Impressive final outcomes created by **Amy Bennett, Amelie Wallace, Lola Mackie, Morgan Dyer, Carys Rees, Leila Tong, Mia Jones, Lucy Hobson, Emma King** and **Bronwen Green**.

Left: Research boards and sketchbooks by **Constance Piper** based on the exam theme of 'Translucency'

Below: 3 dimensional outcomes produced by **Hana Rashwan, Lily Bell, Rose Maude** and **Thea Lovesey**.





## CARDIFF MET EXHIBITION 2023



Left: Identity final outcome by  
**Anya Johns.**

Below: A special mention must go to **Lucy Hobson** who created this outstanding response to the theme of Identity. Inspired by Dutch dolls' houses and authors such as Jessie Burton and Suzanna Clarke, Lucy repurposed a wooden cabinet and created compartments or 'rooms' to represent different aspects of her own identity.

Below: Watercolour and ink triptych final outcome by **Constance Piper** based on the theme of 'Translucency'.





## ART CLUBS



Art Clubs are in full swing this term as Miss Trubridge directs Year 7, 8 & 9 with ceramics and textile pieces every Wednesday and Thursday. Year 9 boys have been attending sessions on Monday after school to experiment with dry point etching and soap carving. Further activities are planned for all KS3 groups. Mrs Penny and Miss Davies continue to run KS4 drop in sessions Wednesday lunchtime and Thursday after school.







# Eco Club Updates



Eco club is now in it's third year, and going stronger than ever! The new term has seen lots of new members joining which is wonderful, and our plans for this year are ambitious as ever.

We started the year by filling in some new planters made by our very own Mr Powell from the DT department, adding some lovely colour to the inner courtyard and Sixth form areas.

We are continuing our work with the Friends of Nant Fawr group who are helping us organise exciting hands-on activities for pupils in the local woodlands. So far this has included a visit to an orchard planted by Cardiff High pupils several years ago (which anybody can access to get free fruit at the right time of year!) and a session clearing brambles near the school fence. We will also be looking to re-establish an orienteering route in the woods – more on this to come!



A top priority for us this year is to renew the school's Green Flag status – the Eco Schools charity award this to schools who are making active efforts in multiple areas to be more environmentally friendly. So far, we have completed an environmental review of current practices around the school and drawn up an action plan detailing what we'd like to do this year, how we will do it, when it will be done by and who is responsible for starting & monitoring it. Activities include litter picking around the school site and local area, planting more new trees & bushes, surveying the plants, trees & insects around the school site and encouraging pupils and staff to make some eco-friendly changes to their lifestyle.

Eco club is open to any pupil from any year group at any time! We meet in S13 on a Wednesday after school.





Coding Club is back for another year! We've seen record numbers of pupils attending sessions so far this term which is fantastic. They are all keen to learn more about programming and have fun!

In our KS3 section of the club we've been looking at Micro:bits, coding small devices to make music, create cyphers, mini-games and animations. We'll be doing some Scratch projects soon, as well as robotics and electronics.

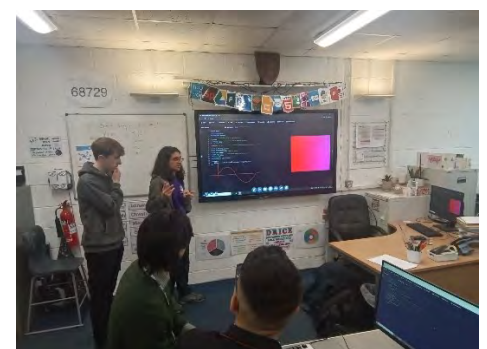
A group of dedicated Sixth Form pupils is helping to run the club this year, providing the KS4 & 5 branch of the club with exciting challenges and interesting programming experiences. So far this has included C++ coding and advanced code-art with Python and High Level Shader Language, with lots more planned in the coming months.

More than 40 pupils from all years took part in the Bebras challenge in early November, which is a fantastic turnout! This is an annual problem solving & computational thinking competition organised by Oxford University and the Raspberry Pi Foundation. The tasks were challenging but enjoyable, with pupils given 40 minutes to tackle as many of them as they could. We're currently waiting on the results. If any pupils score in the top 10% of scores nationwide they will be invited to participate in the Oxford University Computing Challenge (OUCC), something a number of our pupils have managed in previous years!

Four of our year 8 girls are currently taking part in the CyberFirst Girls challenge, solving tricky cyber security related problems as a team and getting experience using the sort of tools using by industry professionals.

Later this year there will be opportunities for pupils to take part in competitions such as the PA Consulting Raspberry Pi challenge (Sixth form only) and the Technocamps "Game of Codes" and robotics competition (all years).

Coding club is open to all year groups & ability levels on Mondays after school in F23 & F24.





## INTER FORM CROSS COUNTRY AND CHARITY RUN

**£5337.46**

Year 7, 8, 9 and 10 pupils participated in the annual Interform Cross Country and Charity run on Friday 6<sup>th</sup> October. Pupils participated with huge endeavour with a mix of competitive races and personal sense of achievement running the school 2km course.

The event was run in conjunction with fundraising for charities that are close to our hearts at school: For Luca, Bronwen's Wish and Macmillan Cancer Support. A total of £5337.46 was raised. We are extremely proud and grateful to those who raised money.

### Individual results:

#### Girls:

Year	1st	2 <sup>nd</sup>	3rd
7	Neve Samuel	Sophie Paul	Evie Parsons
8	Lily Parsons	Amelie Powell	Mari Wilkinson
9	Alys Grant	Lily Blunt	Edith Lee
10	Milla Crew	Olivia Ingram	Rose Williams

#### Boys:

Year	1st	2 <sup>nd</sup>	3rd
7	Rowan Taylor	Rhys Karseras	Billy Lewis-Babb
8	Lucas Howard Machado	Sam Kahan	Gabi Bird
9	Finlay Burns	Dan Rees	Jacob Tuhami
10	Harry Fry	Tom Gow	Alfie James

**Form Winners : 7P, 8H,J,K,S,T, 9H and 10H**





## CROSS COUNTRY (BOYS)

Both Cardiff and Vale league races were held at Pontcanna fields earlier this term with 70 boys running from school.

In League Race 1, Cardiff High provided the individual winners in the Year 7 and 8/9 races. Isaac Davies and Lucas Howard Machado ran majestically to victory. With promising runs from many the Year 7 were 2<sup>nd</sup>, Year 8/9 1<sup>st</sup> and Seniors 2<sup>nd</sup> in team positions.

In League Race 2, the Year 7 boys did compete well and achieved 6<sup>th</sup> position. The 8/9 team dominated again with Finlay Burns winning individually and the team finishing 6 runners in top 16. The 8/9 'B' team finished as deserving runners up. The seniors packed well with 6 runners in the top 35 to claim 4<sup>th</sup> place. The senior 'B' team claimed 1<sup>st</sup> position.



## CROSS COUNTRY (GIRLS)



Congratulations to all the girls who represented the school in the Cardiff and League cross country fixtures. All three age groups finished in the top 3 positions in each race. Overall, Year 7s and Seniors finished in 2<sup>nd</sup> place and Year 8 & 9 took the win. Many pupils improved their position in the 2<sup>nd</sup> race which is a fantastic achievement. I am sure some of our top performers will go on to be selected to represent Cardiff and the Vale later on in the season.



## NATIONAL URDD NETBALL TOURNAMENT



Congratulations to all 3 teams who represented Cardiff High in the National Urdd Netball Tournament. The Year 8s finished 2<sup>nd</sup> in their pool and qualified for the plate competition, leaving the competition at the semi final stage. The Year 10 squad won their pool and got through to the quarter finals of the cup competition. The Senior squad qualified for the cup competition and were knocked out in the semi finals by just 1 goal difference. A fantastic achievement for all 3 teams to make it through to the final stages of a national tournament.

All year groups have made a good start to the season, we have played Llanishen, Bro Edern and Glantaf in friendly matches in preparation for county prelims. Year 11 have already had their prelims, unfortunately losing to current county champions Corpus but having a strong win against Llantwit.

Huge congratulations to Ellie Thomas, Rose Prendergast, Lowri Windsor, Lowri Pinnell, Megan Rogers, Loulou Thorne, Milla Crew, Lila Varley, Anna Pope and Lucie Ruttley who have been selected for County netball this season and also Ellie Thomas, Lowri Windsor, Milla Crew and Lucie Ruttley who have been selected into the National squad!

## HOCKEY—CARDIFF METROPOLITAN OPEN CAMPUS



Pupils were given the fantastic opportunity to partake in an 'Open Campus' day at Cardiff Metropolitan University. This exciting day was led by Cardiff Metropolitan and included a range of hockey-based activities which allowed pupils to develop their hockey skills. This day also provided pupils with the chance to play hockey against other schools who attended the event.



## HOCKEY TRAINING

A partnership has been made with Cardiff Metropolitan Hockey in which weekly training sessions have been provided for all year groups. The consistent amount of large numbers of pupils at training each week has had a great success for the pupils' skill development, both on and off the hockey pitch.



## HOCKEY TRAINING



Year 7 have made a great start during their first term at Cardiff High School, with pupils playing both home and away games against Whitchurch High School. Pupils have shown great teamwork and resilience resulting in them winning three matches and losing one. It has been exciting seeing the development within this team and we look forward to continuing to play more league games next term!

## NEXT HALF-TERM

We look forward to all year groups playing more league fixtures in the upcoming weeks, including playing against schools such as Bishop of Llandaff, Howells, and Glantaf.

## CARDIFF SCHOOLS U16 RUGBY



Congratulations to both Jaydan Sullivan and Joshua Davies for being selected to be a part of this year's Cardiff Schools U16 Dewar Shield squad.



## YEAR 7 RUGBY

Year 7 have had a brilliant start to rugby since joining Cardiff High. For many this has been their first taste of rugby and they are enjoying every minute of training and matches, playing against Whitchurch, Glantaf, Bro Edern and Radyr. Dau'd Navid has been a key figurehead to the side with a dominant presence in the centre, while Charlie Evans and Harry Broughton Jones orchestrating the team throughout all games.



## YEAR 8 RUGBY



Year 8 have returned with a fresh attitude and a desire to become better as a group, playing in many battles against Bro Edern, Glantaf, and beating Whitchurch. Unfortunately, we were knocked out of the Cardiff Schools Cup drawing 19-19 against Cathedral due to the away rule. However, their willingness to improve is something to be admired.

Morgan Garwood-Pask, Kieran Berry and Jacob Ingram are just a few of the many brilliant performers throughout the start of this year.

## YEAR 9 RUGBY

What a start it has been for our Year 9 Rugby team. They have played a range of sides from across South Wales including excellent victories against Crickhowell and Bassaleg whilst also playing local rivals Whitchurch, and Glantaf. Harri Dobbs, Ieuan Taylor and Valdi Jop have had an outstanding start to the season, as they have also featured in Year 10 fixtures.





## YEAR 10 RUGBY

Our Year 10 team have begun the season in an impressive style, with excellent performances against Whitchurch and Tonyrefail. Unfortunately, we lost our first Cup game of the season to an excellent Cathedral side. The team will want to put this right in their Welsh Cup match against Glantaf. Hari Paul and Joe Naughton have developed an excellent partnership within the midfield which has proved excellent in both defence and attack.



## SENIOR RUGBY



The senior rugby team have made a blistering start to the East Wales Premiership league this year, having played 6 games, winning 5 games against Llanishen and Stanwell, to name but a few. With just 3 fixtures left in the league the team are challenging for the title. Dylan Fortt has led the team fantastically well, which has driven the high standards and expectations for all. It has been a pleasure to see senior schoolboys rugby thriving here at Cardiff High.

## Y7, 8 & 9 GIRLS RUGBY

Our KS3 girls have had a good experience of rugby so far this year and for many this has been their first ever involvement with the sport. Our Year 7 team have been involved with the Arms Park Girls Rugby Festival, whilst our Year 8 & 9 team were involved with a rugby festival at Llantwit Fardre. Well done to everyone who has featured in those events!





## YEAR 7 FOOTBALL



The team have responded well to two heavy friendly defeats with 3 cup victories in a row! A goal fest against Bro Edern (7-5) was followed up by a penalty victory against Radyr. Evan Marrin has been a regular source of goals with Billy Lewis -Babb performing strongly in midfield alongside the creative pair of Hamza Elsabeeny and Yeeman Ahmed.

## YEAR 8 FOOTBALL

The Year 8 team had a successful start to the season, which have featured friendly victories against St Teilos and Llanishen. The team have progressed to the next rounds of both the Welsh Cup and Cardiff Cup with impressive performances against Llantwit Major and Willow High. Lucas Howard Machado, Gabi Bird and Sam Kahan have been outstanding performers in recent games, with Ollie Welch leading the line and scoring regularly.



## YEAR 9 FOOTBALL



What a start to the season it has been for the Year 9 team. Despite a disappointing friendly against Whitchurch. The team were victorious in an enthralling 6-5 win against Glantaf and a convincing 8-3 victory against Plasmawr to progress to the next round of the Welsh Cup in which they face St Cyres. Solomon Davies and Jasper Hicks have been pivotal to this year's early success with excellent defensive performances, with Luca Lavinaro producing the creative flair when playing in midfield.

## YEAR 10 FOOTBALL

Year 10 have trained regularly under the guidance of Cardiff Met student, Ben Ewins. The team were unfortunately defeated by Corpus Christi in the Welsh Cup but have performed well in friendly matches in readiness for their Cardiff Cup fixture. Tom Loxton has been a consistent performer in midfield with Harry Fry impressing at centre back, he has been selected to represent the Cardiff Schools' team.



## YEAR 11 FOOTBALL

Year 11 played out a narrow defeat against Whitchurch and are preparing for their next Cardiff Cup fixture. Jake Allday, Charlie Payne and Rowan Macentee have been regular starters in the Senior team with Ollie Good and Tom Bunn making good contributions.

## SENIORS

Senior football continues to thrive at Cardiff High, with 20 plus at our Friday training sessions. The results show, our team are once again setting a high standard, with 3 wins from 4 games in the league with 21 goals in 4 games. They have progressed to the last 32 of Welsh cup and hope to continue to progress in a competition they have had such great success in. Isaac Farrugia has contributed goals and assists with Kaiden Jeremy a class act at the base of the midfield.



## Y7/8 GIRLS' FOOTBALL



Both Year 7 and Year 8 have both had a fantastic start to this season. Year 7 have currently gone unbeaten this season, beating teams such as St Cyres and Radyr. As more fixtures are booked in, we are excited to see this team continue to develop and shine!

Additionally, the U13's team have progressed into the next round of the Welsh Cup after beating Radyr 5-0 in the first round. The team have been a pleasure to watch with some great performances especially from Evie Parsons, Molly Thomas, and Susie Burt who have helped drive and inspire the team.

## Y9/10/11 GIRLS' FOOTBALL

The team are unbeaten in the league campaign and have progressed in the Welsh cup. The team have some tough fixtures ahead of Christmas to try and reach the national rounds of the Welsh cup competition. Lilly Blunt, Beatrice Browne and Alys Grant have caught the eye of coach, Ben Ewins, with their great performances this year.







# GOODBYE & GOOD LUCK



MRS H JONES



MISS A RAYER



MR J JONES



CARDIFF HIGH SCHOOL PRESENTS...



# JESUS CHRIST SUPERSTAR

MON 5TH - THURS 8TH FEBRUARY 2024 AT 6PM, NEUADD CELYN

## CALLING ALL BUSINESSES!

Cardiff High School would like to offer you a fantastic advertising opportunity for your business in the all-colour glossy programme for our upcoming production of 'Jesus Christ Superstar'. The production will be held in Neuadd Celyn, at the school. There will be plenty of opportunity to reach more potential clients, with large audiences attending over 4 nights.

The cost of advertising is **£50** for a quarter page, **£75** for a half page and **£100** for a full-page advert. Your support would be very much valued.

If you would like to take advantage of this opportunity, please get in touch as soon as possible to reserve a space either by email [ButlerA7@hwbcymru.net](mailto:ButlerA7@hwbcymru.net) or call 029 21056318. All adverts would then need to be received by Friday 19<sup>th</sup> January 2024 in an image (JPEG/PNG) or PDF format.

This is a great opportunity to advertise your business whilst also supporting our provision and financing of this large-scale production.