



Cardiff High School

News e-letter

Diary Dates

February

21st Year 9 Learning
Pathways Day

23rd Year 9 Parents
Evening

28th Year 11

Learning Pathways
day

March

1st Eisteddfod & Year
11 & 13 Photographs

3rd Partnership Dine &
Disco

27th Year 8 Parents
Evening

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- Tanzania Expedition
- Charity News
- News from the general office
- Meet new staff
- Parliament news

Headteacher's Welcome

Welcome

Welcome to the first Cardiff High School e-newsletter. We hope that by producing our newsletter in this format you will be able to enjoy a varied and exciting content whilst recognising the need for reduced printing costs and paper usage. We hope to produce the newsletter at least three times a year with contributions from staff, pupils and members of the wider community. If you would like to get involved please email HRichards@cardiff.gov.uk

Headteacher's Message



In September 2011 it was a great honour to take up the post of Headteacher of Cardiff High School and become the fourth Headteacher of the school since its opening in 1973. During my career I have taught in three very different Welsh comprehensive schools, joining Cardiff High School in 2004. In recent years the school has achieved record examination results at both GCSE and A Level and was awarded the distinction of seven grade ones in the 2007 Estyn Inspection. Cardiff High School is without doubt a fantastic institution at the forefront of education in Wales. However, I believe that we can make this great school even better. To do this we may have to do things differently from how we have done them in the past, especially in view of the challenges the school is facing in the coming years and the current budget constraints.

This September the standard admission number for the school rose to 240 for Year

7. This allowed for the admission of pupils from the Marlborough Primary School catchment area. As a school we are looking forward to working much more closely with the parents, staff, governors and pupils of the school and welcome them wholeheartedly into our family of schools. The pressure to increase student numbers is also felt at the top end of the school. In recent months the school has had over one hundred new student applications from across the city to study at Cardiff High School Sixth Form next year, reflecting the growing popularity of A Level study here. The school population will grow significantly over the coming years, especially with the closure of Llanedeyrn High School in 2013. A significant on site building programme will begin sometime around August this year to help accommodate the increasing pupil population. This is currently at the planning stage and more news will be in the next newsletter.

This past year has seen an even greater focus on school performance both in Wales and Cardiff and although our results have been very good at KS3, KS4 and KS5, the school can do better. Therefore the school will strive to equip our staff with the very best skills, look to invest in and use new technology to enhance learning and ensure the school has a robust pastoral structure to support a diverse and large student population body. However, we believe that success in the school is not just measured in how children achieve academically but also socially, spiritually, physically and emotionally, enabling our children to be all they can be.

Finally, I would like to thank parents for taking the time to complete the on-line parental survey. Your views and comments are important to us. As a Leadership Group, we will consider your thoughts and update you on developments as they happen. Finally, I would like to thank everyone who has been so supportive since September.

S M JONES Headteacher

Meet the New Staff!



**Allison Yarrow -
Assistant Headteacher
(Achievement)**

She joined the school's leadership team in September as Assistant Headteacher, having formerly been Assistant Principal at Michaelston Community College. She is also a former Head of English and Head of Key Stage 5. Amongst her wide ranging responsibilities is the achievement and wellbeing of our students across all key stages.



**Gareth Rowlands
Attendance Officer**

A Cardiff born, Canada bred former international and professional rugby union player, he has been doing youth work (mentoring) with young offenders, vulnerable and mainstream young people for the last 10 years.



**Rachel Roberts - English and
Media Studies Departments**

She has taught English at Swansea University and Bridgend College. This is her first secondary school post.



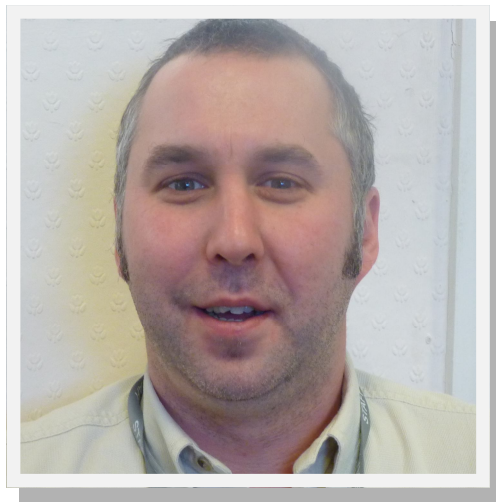
**Jack Desambrois -
English Department**

Cardiff High School is his first teaching post since qualifying at UWIC.



Kirstie Proctor-Jones - Modern Foreign Languages Department

She is here to teach German to cover for a long-term absence. She is also a qualified speech therapist and has previously taught at St. Cyres, Penarth



Rob Griffiths - Design and Technology Department

He joined from Llanedeyrn High School where he was head of Design and Technology.



Richard Brown—

Director of New Technologies

Richard Brown joins us as Director of New Technologies having previously worked on the Bristol & Kent BSF (Building schools for the future) programme. His background is in Educational ICT and he is qualified in both Apple and Microsoft Technologies.



Lydia Powell - Design and Technology Department

She has responsibility for KS3 Food and GCSE Food Technology.

Staff News

In December we said goodbye to Mrs Rhiannon Bill, the Head of the Maths Department. Mrs Bill has a long association with Cardiff High as she studied for her A Levels here and then returned as Head of Maths having previously taught at Ysgol Gyfun Cymraeg, Llanhari. Mrs Bill is a very talented and accomplished musician having taking a M.Mus at the Royal College of Music. We wish her every success for the future and will miss her tremendous contribution to all aspects of life at Cardiff High.

In November, Mr Simon Taylor was appointed as the new Head of Department. Ms Syra Saddique became the new Second in Department.

Charity Walk!



IN August 2011, two Cardiff High school students, Tom Bevan (Year 12) and Carys Bird (former Year 13) successfully completed a 270km walk from Cardiff to St. David's with friend Gareth Whatley (Year 13, St Teilo's) to raise over £3000 for Save the Children with £500 being donated by Cardiff High School. The three students walked an average of 30km each day for nine days and camped along the route which they planned themselves.



"We all liked the idea of walking from the capital of Wales, Cardiff, to Britain's smallest city, St. David's." said Tom, "We wanted to support Save the Children as they give millions of children the chance for a better life, both in the UK and around the world and knowing the walk was for charity kept us motivated when it got tough!" Carys added "My friends thought I was crazy but my family

were very supportive and offered lots of great advice." The group gave assemblies at both Cardiff High and St Teilo's to raise awareness of the charity's work and held a cake sale and raffle to encourage more pupils to donate.

Jessica Evans, Save the Children's Fundraising Executive in Wales added:

"We are extremely grateful to Tom, Carys and Gareth for taking this enormous and exciting step to raise money which will go a long way to support children and their families as part of our 'No Child Born to Die' campaign".



Charity Work At Cardiff High

The charity committee at Cardiff High is made up of 2 charity representatives elected by each form group.

They meet on a regular basis in order to decide upon fund raising initiatives and causes to support.

We were delighted when the school raised the impressive total of £3,678.80 for Children In Need this year!

Staff and students alike worked very hard to raise money throughout the week.

A netball match between staff and students proved to be very popular – although highly competitive! Needless to say, the staff won!

Mrs. Edwards, Mrs. Olsen and Mrs. Toye delighted the students with their demonstration of a very strong stomach as they munched their way through cold mushy peas, pickles and beans in our very own "Bushtucker Trial"

Students demonstrated their generosity and finished the week with a non uniform day to support the cause! Well done all!

Cardiff High School Carol Service 2011!



The retiring collection at the Annual Carol Service held at St. Martin's Church, Albany Road on December 14th raised £500.

The money has been donated to Velindre Hospital Cancer Care in memory of a former student, Justine Cantor who sadly died in August 2011, aged 27. Justine's father, Ross, is an Old Boy of Cardiff High School and her sister, Natasha, and brother Elliott also attended Cardiff High. The family has been very touched by this gesture and would like to thank the school for raising this money in Justine's memory.



In addition to the excellent level of support shown to the Children In Need charity, the committee has adopted three causes for the remainder of the academic year – a local, a national and an international charity.

Cardiff Food Bank, Catch 22 and the Ndatu Project in Tanzania will be the committee's focus for the next 6 months.

If you have any thoughts regarding fund raising activities or sponsorship ideas, we would be very grateful to hear from you.

Please e mail allison.yarrow@cardiff.gov.uk

We wish the committee great success as they continue to lead the way in this worthy area.

The Ndatu Project

For the remainder of the school year, the CHS Charity Team are aiming to raise funds in order to aid the Uraki School which serves 1,300 primary school children in the village of Ndatu, just outside of Arusha, Tanzania.

Two groups of Cardiff High School pupils and staff recently visited this school while on expedition to Tanzania. As well as contributing to the development of the Ndatu Kindergarten building, the pupils and staff had a chance to interact with the local community.



During the brief time that was spent there, both students and staff endeavoured to assist the village in any way possible and as a result, a water tower was successfully

constructed which will allow electricity to be generated not only for the Uraki School, but the whole of the Ndatu area.

Despite this successful progress, the Uraki School is still in need of a new water supply. Their current source of water is a river badly contaminated with bacteria and containing high levels of fluoride.

Cardiff High School's Charity Team have decided to support The Ndatu Project through donating part of the money raised during the school's weekly charity collections and the numerous fundraising events throughout the year.

This water project will collect water from a natural spring 7km uphill from the school and pipe it downhill to the school and surrounding community. The system will allow for treatment of the water, which will eliminate the bacteria and reduce the levels of fluoride to a safe amount.

Catch 22

Catch 22 works on a national level with young people who find themselves in seemingly impossible situations. Their services help vulnerable youngsters to develop the confidence and skills to find solutions that are right for them- whether it's getting back into school or training, choosing to stay out of trouble, finding a safe place to live or helping them to live independently after leaving care or custody. Their aim is for the young people involved to become more positive, productive and independent, leading to benefits for the whole community.

At Cardiff High School, we have adopted Catch 22 as our national charity this year. We firmly believe that to support such a cause will be of benefit to so many young people in Britain today.



Cardiff Food Bank is a local charity that aims to fight the hidden hunger found within our city. It was started in 2009 and in 2011 33,000 people in our city received food as a direct result of the charity's work. The Cardiff High Charity Committee has adopted Cardiff Food Bank, as our local charity this year. We feel that it is an extremely worthy cause, helping people within our great city.

Last year, the Cardiff High Charity Committee ran our first extremely successful food drive and donated over 800 items of food, **the largest amount of food that they had received from one school since they started in 2009!** This year we are hoping to organise even more food drives, to top our last record, but above all, to help alleviate the suffering and hunger within our city.

This is a cooperative project between Empower Tanzania and Summit4water, a group of four philanthropists from Milwaukee, Wisconsin, and Beijing, China, who are raising funds and working with local engineers to design the project.

You can learn more about the project at www.summit4water.org.

School Parliament

Parliamentary elections 2011

Action within the School Parliament has been Go Go! in recent times.

On the 21st November 2011, all students attending Cardiff High School in years 7-12 were able to cast a vote in order to elect representatives of their year group to the School Parliament.

Up to 3 boys and 3 girls from each year group were eligible to run for election. Candidates were given five pounds to action their campaigns and to help them canvas for votes. As part of this exercise, students had to keep a precise record as to how this money had been spent, as well as to

provide receipts for any purchases made.

Many of the candidates running for election produced exciting campaigns, with posters being put up around the school, badges, and holding question and answer sessions which the electorate pupils could attend in order to find out about the ideas and policies of each of the candidates (the odd healthy snack was also handed out too, with the candidates having to observe our 'Healthy Schools' policy).

Each student was issued with a polling card and had to place their vote at the polling station. The senior hall was dressed to make the whole voting experience as life-like as

possible to give students a real insight into the democratic process. Ballot boxes and booths were kindly donated to us for the day from County Hall.

The week culminated in a special lunch to recognise and celebrate the achievements and hard work of all candidates. As well as the Headteacher, Deputy Headteacher and other members of the Senior Management team, we were also joined at the lunch by the Deputy Lord Mayor and her Consort, Eluned Parrott (AM), the school's Chair of Governor, Nonny Matthewson and Mr Paul Guise, vice Chair of Governors, Mark Autstin schools link advisor.



Elected Candidates

Amin Kahn	7
Shahnaz Ahmed	
Will Parry	8
Lucy Haywood	
Matthew Leaman	9
Rebecca Daniels	
Merlyn Adams-Jenkins	10
Caitlin Ray	
Alex Taylor	11
Emma-Leigh Hull	
Tomos Araya	12
Megan Jones	
Tim Hawthorne	13
Gemma Baldwin	

During the campaign week, we were fortunate enough to be able to invite Eluned Parrott (Assembly Member) in to school to talk to the students running for seats on Parliament. She was able to offer students practical advice to help them with their campaigns, in addition to offering suggestions as to the next steps that the students should be taking if looking to



get involved in a career in Politics.

The briefing she gave was hugely informative and we would like to thank Eluned for taking time out of her busy schedule to visit us.

Since being elected into post, our new Parliament representatives have been keen to begin the day to day business of providing a key

outlet for student voice in school. Since returning from the Christmas break, the Parliament have been working closely with members of staff to action a change to the current rewards system in school. The Parliament have been able to offer suggestions as to the rewards that students would like to receive and will be visiting year assemblies in the new term to share the details with the rest of the student body once finalised.

THE CARDIFF HIGH SCHOOL PARTNERSHIP

school, parents and community working together



The Cardiff High Partnership kicked off their calendar of social fund raising events this academic year when they held a quiz night in November. Over a hundred people turned up for a night full of fun and trivia including making up their own, rather dubious, limericks. We raised a massive £825 which was a great achievement for all concerned.

The next event will be a dine & disco to be held at Cardiff Golf Club on 3rd March which promises to be an informal evening of dancing, eating, drinking and, hopefully, having fun.

After the success of last years inaugural Cardiff High Rowing Regatta held on Roath Park Lake the event will again be staged on Friday 6th July. Rumour has it that the PE Department have been spotted recently chipping through the ice on the lake to get their practice in so they won't suffer the shame of their inter-departmental race defeat again this year!

The academic year will be rounded off with the annual duck race on a date to be advised and the Multi Cultural evening on 17th July

Breaking News:

Ryan Macey now finds himself next to TV Presenter Christine Bleakley on the 'Wall of Fame' in the Heath Hospital's Teenage Cancer Trust Unit. This comes as a result of a year long project undertaken by Ryan as part of his literacy work in Learning Support at the end of which, Ryan had raised £150.00.

To achieve this, Ryan wrote, tried and taste tested on staff, a wide variety of healthy eating recipes. He then compiled them into a Recipe Book, costed the projected and sold each one for £3.00, making £1.20 profit per book. Ryan sold the book to friends, family and staff, raising an incredible £150.00.

Ryan then selected the Teenage Cancer Trust, his local charity, feeling he could identify with this age group. He wrote to the hospital, organised a visit and spent an hour meeting the patients and touring the ward, before

making his presentation. Ryan has received a letter of thanks from the Chair of the Teenage Cancer Trust, and states he found his time at the hospital a very moving experience. Well done Ryan!



News from the General Office

twitter



Keep in touch!

One of the many important jobs of the school is keeping in touch with parents and getting information that parents need to them when they need it. We have all experienced the soggy, muddy letter from school found in the bottom of a bag weeks after the information was actually intended. More importantly we are also aware and mindful of the environment and the amount of paper we use in school. Since September 2011 we have been using twitter to get information out to parents, alongside ParentMail, the school website and of course the traditional methods of sending letters home via pupils or Royal Mail.

Many departments now have twitter accounts and these are proving highly successful!

We, of course, will always cater for our students and families who prefer paper copies, however if you wish to sign up to any of these then here's how:

Our website is www.cardiffhigh.cardiff.sch.uk

If you would like to follow us on Twitter go to the home page of the school website www.cardiffhigh.cardiff.sch.uk, click on the little twitter bird to access the twitter log in page. Once you have created an account, type in to the search box @officialCHS and select follow.

If you wish to be added to ParentMail for emails and texts then please send in your email address and mobile phone number to reception. Or email sarah.young@cardiff.gov.uk



Attendance Matters!

At Cardiff High we are making every effort to ensure that our learners have the best possible chance of achieving academic and extra curricular success.

We believe that good attendance is a key factor in terms of achieving success.

Our newly appointed Attendance Officer, Gareth Rowlands, has made a positive impact and our attendance rates are steadily improving.

As you know, First Day Response has been introduced which means that you are likely to be contacted if your child is absent and we have not been notified in advance. This is proving to be very successful and we thank you for your support here. Please note that a phone call is required on each

Lost Property

All lost property should be handed in to Mrs Donovan at reception. If students property/uniform is marked clearly with a name, we will contact you or your child to inform them that their missing item has been handed to us. We have a lot of uniform handed in that has absolutely no indication of who it may belong to, making it very difficult to re-unite it with its rightful owner.

day of absence before 9.30am if possible.

Students who achieved 100% attendance last term were recognised with a certificate and their names drawn for the chance to win an i-pod Touch.

The lucky students were able to take home a wonderful gift in recognition of their determination to attend every day.

Each term your child will have the opportunity to be entered into a similar draw!

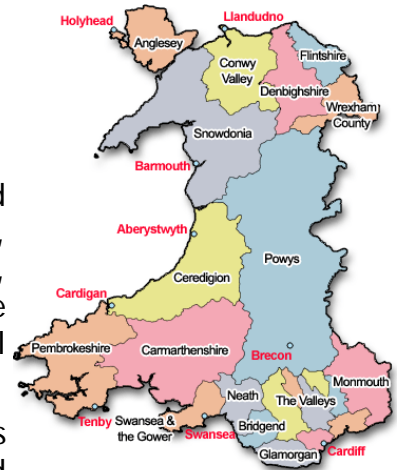
Welsh Department News

Yr adran Gymraeg

6th form activities

In November the 6th form visited many places of interest around Wales. They learnt about the de Braose family of Abergavenny, created slate hearts in the Slate museum at Llanberis, celebrated bonfire night on the beach in Nefyn, learnt about the history of Caernarvon castle as well as competing in a Trivial Pursuit contest.

Aethon ni hefyd i Fferm yr Ysgwrn, sef cartref y bardd Ellis Evans (Hedd Wyn) a siarad gyda Gerald Williams sy'n nai i Ellis. Roedd hanes diddorol hefyd i gestyll Dolwyddelan a Dolbadarn.



Youth Club

The department has been working in collaboration with the County Youth Service in Ty Celyn since September. The sessions are run by our own young leaders in year 10. These activities have included cooking, quizzes, games, art and trips. Youth Club times are Wednesday, 3-30 to 4-30pm



We have also been to see the National Youth Theatre performing "Patagonia" in the Richard Burton theatre. This was a bilingual production and was very enjoyable.

Every Monday at lunchtime the Clwb Cinio meets in room 9 when students meet with Mrs Lona Roberts and Angharad from Menter Caerdydd. They have the opportunity to chat informally and find out about events in Cardiff. Many thanks for their support. Ask a member of the Welsh Department for more information!



Richard Burton Theatre

Law Department

Bar Mock Trial Competition

In November, sixteen 6th form pupils took part in the Citizenship Foundation Bar Mock Trial Competition. They prepared two cases concerning assault occasioning actual bodily harm and robbery in Swansea Crown Court. The team comprised of pupil barristers, witnesses, usher, court clerk and a jury and competed against St Josephs, Penyrhoel and Ysgol Duffryn. Cardiff High School came third in a league of 12 schools.



Prosecution team – taken at Swansea Crown Court

Names of pupils from left to right – Ciaran Caple-Williams, Natalie Salamon, Heena Mohammed and Tom Beynon

Baroness Finlay from the House of Lords visits Cardiff High School

As part of the Peers in Education programme, Baroness Finlay of Llandaff came to Cardiff High School to share her experiences of life in the House of Lords. Baroness Finlay proposed the Bill to ban smoking in public buildings in Wales and took the Sunbeds Bill through the House of Lords to its enactment. She shared her experiences of current work on the Legal Aid and Sentencing Bill and the Health Bill and explained to pupils the detail behind law making. Pupils had a chance to ask Baroness Finlay questions on political and legal issues and thoroughly enjoyed their insight into the work of the Lords.



FILMCLUB®



Cinema Comes Alive at FilmClubChs!

Now in its second term, the Cardiff High Film Club is an Oscar winning success. The club has shown films ranging from Superhero Adventures to Spanish horror, and recently Cardiff High had its first ever 3D screening when the club donned their stylish two - tone glasses and watched the creepy classic 'Coraline'.

Anyone who is interested should see Ms Jones, Ms Dawson or Mr Poole.

West Side Story Review

Tom Bevan Yr 12

After months of tireless planning and rehearsing and a frantic weekend of fake tanning, it was curtains up for the school production of *West Side Story*. Inspired by Shakespeare's *Romeo and Juliet*, the show tells the story of the doomed love affair between Tony, a disillusioned member of the white, working-class Jets and Maria, sister of the leader of rival gang, the Puerto Rican Sharks. Set on the streets of 1950s' New York, the show bursts into life with the two teenage gangs viciously battling for territory and status, using, naturally, song and dance to assert their power. Performing as A-Rab, a particularly nasty member of the Jets, I experienced this combination of high energy choreography, devised by Mrs. Griffiths, and the devilishly difficult score, mastered by Mr. Leggett and our top notch orchestra supported by Mrs Crossan & Mrs Owen.

Leading the cast was Alex Davies, who demonstrated his acting and vocal abilities as Tony, and our marvellous head girl Gemma Baldwin, who shone as the innocent Maria. The flowering love between the couple and the heart wrenching final scene was executed with great emotion and the quality of both leads made the rest of us step up our game. In his final Cardiff High production, school show veteran Will Gray was cool and charismatic as the Jets' leader, Riff, whilst Jack Ayres gave a polished debut performance as the tough Bernardo. His girlfriend in the show, the lusty Anita, was captured excellently by fellow debutant Katie Mitchell and although we had to beat her up during one scene, the Jets all enjoyed singing along to her big number, *America*, backstage.

As musicals go, *West Side Story* is one of the toughest to put together but under the dedicated direction of our new drama teacher Mr. Miles it was a success all round. "It was an extremely rewarding and at times terrifying experience," he said. Mrs Crew, our experienced producer added "it's left a void in my life now that it's finished."

On behalf of all the pupils involved a huge thank you to all the talented and supportive staff that worked themselves into the ground to transform a difficult challenge into a brilliant reality. Their commitment has given so many pupils an opportunity to play, paint, stage manage and perform in a stimulating environment, and we're looking forward to next year already!



"TUA'R GOLEUNI—TOWARDS THE LIGHT"

Tanzania Expedition



In the summer holidays, thirty pupils, comprising two teams, went on expedition to Tanzania for four weeks. Pupils took two years to raise the funds needed to participate in the expedition which had the primary aim of helping a local community. Pupils spent time working on the Ndatu project, building a water tower and plastering a kitchen. Time was also spent amongst the community, getting to know the families and local school children. Pupils also had the opportunity to teach in the local school and visited the local orphanage to play with the children. The expedition also involved pupils conquering their fear of heights, through great team work and determination all pupils made it to the summit of Mount Meru, 4565 metres high!



CARDIFF HIGH DEF TV UPDATE

Launched back in October, CHD-TV has been drawing hundreds of viewers every other Friday in the Dining Hall when each new episode is first broadcast.

With an emphasis on student news, events and activities, CHDTV has 'covered' many stories, including:

- School Parliament elections
- Children In Need charities special
- International schools' link with our partner school in Zambia
- The student group CONNECT's Heritage Project with Year 7
- West Side Story rehearsals

Working with Mrs Esseen, students from Years 10, 11 and 12 give their time and skills to the making of each episode, and plans are always afoot for forthcoming episodes.

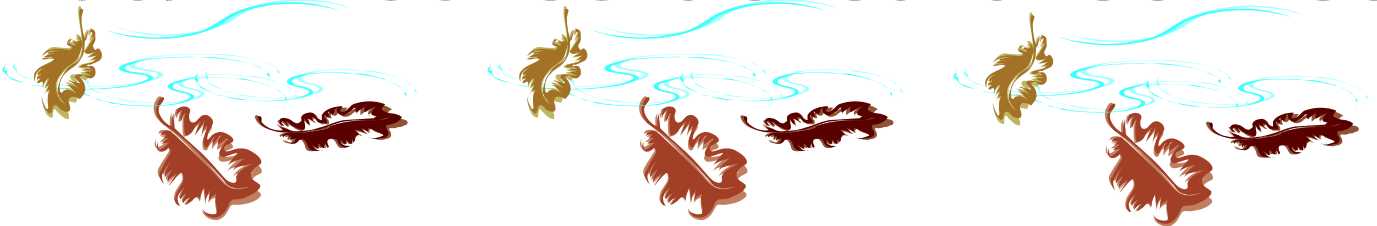


Gala Concert at Llandaff Cathedral

At the end of the summer term the Music Department staged one of its most ambitious concerts yet in the glorious setting of Llandaff Cathedral. This was an occasion for the whole school to gather and record their thanks to esteemed former Headteacher Michael Griffiths on the occasion of his retirement. The capacity audience was treated to a feat of music with items from all choirs and orchestras, soloists and ensembles alike. The evening was a resounding success and we very much hope to be able to perform at such a prestigious venue again in the near future.



Autumn Concert & Carol Service



Autumn Concert

The Junior Hall at Cardiff High School was full to overflowing for the first musical extravaganza of the year. In November near to 250 pupils gave of their all to an extremely appreciative audience. Junior Boys and Girls Choirs were in fine voice as was the large mixed voice Senior Choir and Senior Boys Choir. The wind band and got the evening off to a fine start with Bizet's Carmen Suite whilst the String Orchestra and Big Band added contrast to proceedings. Add to the mix solos by talents such as Yr 13 students Elinor Davies, William Gray and Carmel Rosin, then little wonder that the audience rose to their feet to congratulate the talented performers.

Carol Service

December saw St Martin's Church full for the festive event of the term, a traditional carol service which provides the perfect preparation for the festive season. Readers from all years were joined by the schools massed choirs, string orchestra and chamber orchestra for the event. Ellie Gray was the soloist who sang the first verse of the opening carol beautifully and the school is grateful to Father Irving Hamer for his warm welcome.



Art Department

Barcelona Art trip October 2011

In October half term forty two students from year's 10, 11, 12 and 13 accompanied by four members of staff went on a four day visit to the vibrant city of Barcelona.

The students had the opportunity to study some of the worlds most exciting and inspirational examples of art and architecture. We took a self styled walking tour of Antoni Gaudi's architecture beginning with the Sagrada familia, which is probably one of his greatest works, taking a rooftop tour of Casa Mila and ending at Parc Guell, a magical park with amazing buildings, sculptures and tile work designed by Gaudi himself. Despite the fluctuating weather we enjoyed seeing the works of Miro and Picasso and exploring the myriad of streets in the gothic quarter.

Amongst the many highlights of the tour was our journey out to the town of Figueras to visit the unique surrealist museum of Salvador Dali.

Please take a look at the trip photographs in our online department gallery.



Go Zambia

A celebration in Art of a Zambian Welsh Community Health Project

Cardiff High School Art department have been involved in a new and exciting project and examples of the work is on display along side local primary schools students and professional Artists.



Year 10 and 11 students' masks, sketchbook work as well as mixed media images created directly from the

artefacts and textiles of the Zambian region are on display in the Butetown History and Arts Centre until February 26th 2012.



STUDENT NEWS!



Holly Morris (Year 12) delivered a presentation of her work as a Young Ambassador for Sport at the Young Sport Trust South Wales Conference at the SWALEC Stadium in November and was filmed for BBC Wales News. After giving her presentation, she participated in workshops. Holly's role as a Young Ambassador is to promote sport and the Olympic values. She has attended meetings in London as a Welsh representative member of the UK steering group.

Tom Jennings and Jacob Morgan (Year 13) volunteered to help for the second year running at the Cyncoed Methodist Church Open House on Christmas Day where they helped to prepare dinner and to talk to and entertain the elderly guests. They then waited at table to ensure that the elderly people enjoyed a traditional Christmas Dinner.

In Year 8, 13 pupils are now part of the "Cardiff Firewatch Scheme". They visited Whitchurch Fire Station last term and, with the help of Estates Manager, Mr Chris Newton, are now monitoring the school on a weekly basis. This will help to highlight potential fire hazards in and around the school building.

Alexander Marr (Year 13, 2011) was awarded 2 prizes by the WJE and French. In French he achieved a perfect UMS score of 600 marks and achieved the best "Literary Studies" mark (scoring 100%) of all the students who entered for his essay on the French novel "Le Silence de la Mer".

Alex went up to Imperial College in September and is reading for a degree in Civil Engineering.

Emily Frankish (Year 9) won 3rd place in the prestigious National 'Rockstar' Competition held by the Geographical Association following researching for her project with Dr Chris Cleal at the National Museum of Wales. Emily has been invited back to the Museum following her award by the Head of Palaeontology Dr Caroline Butler to conduct further study and research. A summary of her project about the Evaluation of Horsetail Plants has been published in issue 59 of 'Rockwatch', the magazine for young geologists and she attended a prestigious presentation to receive her award in London



A group of CHS students have been invited to join the Welsh National Youth Orchestra and Choir. We are very proud of the talents and achievements of Timmy Hawthorne, Alice Howel and Bianca Luu who will be joining the Orchestra and Elinor Davies and Tom Lazell who will be singing in the choir.

Cutting Edge Biology

Three Year 13 students were awarded Nuffield Science bursaries. Amen Eghosa, Ryan Edwards and Carmel Rosin undertook Biology research projects over the summer holidays.

Amen worked at Cardiff University on *ground state pluripotency in embryonic stem cells*.

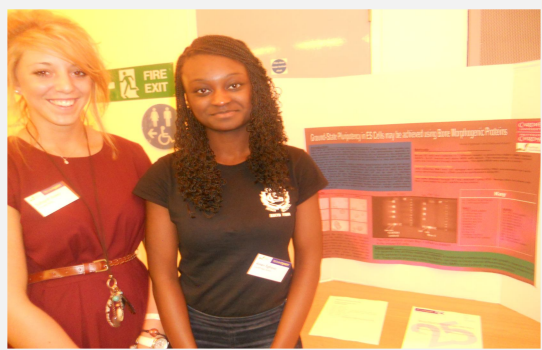
Ryan worked at the Department of Surgery investigating *the effect of a cytokine on aggressive breast cancer cells*.

Carmel explored the *correlation between depression and pelvic floor disorders* at Singleton hospital.

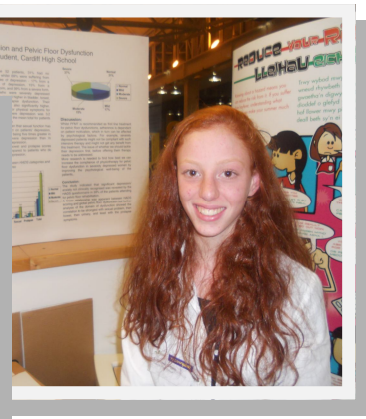
They had the opportunity to display their work at an awards evening hosted by Techniquet where Nobel Laureate Professor Sir Martin Evans was the guest speaker.



RYAN EDWARDS



AMEN EGHOSA



CARMEL ROSIN

Psychology in Action

The psychology department has been assisting Cardiff University School of Psychology with their research.

The PhD research involved looking at differences in the personalities and behaviours of young people aged between 12 and 18. Students gave up their free time to undertake a series of computer tasks, involving decision making, face recognition and emotional learning. They also completed questionnaires including those measuring impulsivity, reward sensitivity and other personality and behavioural aspects.

P.E. Department

Rugby Representative Honours:

**Crawshay's Invitational XV –
George Govier and Sean Kent**

**Welsh Academicals XV -
Jacob Morgan and Elliot Sebastyen-Regan**

**Cardiff Schools Rugby team (Year 10):
Alex Lloyd, Will Beeching, Adam Hakimian,
Arman Azaden, Jerry Casserly**

**The school played host to a touring team
from near Cambridge – called Saffron
Walden. Two close games were contested –
with our year 8 team losing and our year 9
team drawing 5 – 5.**

Football

Cardiff High School Year 11
team has qualified for the last
32 in Wales.

Top Schools Badminton

The South Wales Regional finals
of the Top Schools Badminton
were held at the Welsh Institute
of Sport. One girls and two boys
teams from Cardiff HS were
playing.

Tennis

As regional stage of the Under 13
Tennis competition, both the girls'
and boys' teams were involved in
the British Quarter finals at the
University of Bath in November.

PE Department PE Media Team:

A group of pupils meet every
Monday to assist with the
maintenance and design of the PE
DEPT web-page employing current
trends and good practice for a
successful and functioning media
team and web-site.

Cardiff High pupils have
written match reports,
uploaded articles and
informative pieces for the PE
web page. If you are interested
in helping out please see a
member of the PE Department.

Athletics

Laura Trigg of Year 11 representing Wales in the Pentathlon
against the other Home Nations in Scotland.

Cross Country

Boys

South Wales Championships the Senior Boys finished 5th,
Under 15's, 4th and Under 13's, 5th. John Cove won the
Under 15 race followed by Nick Jones in 4th, Tom Bevan
finished 8th in the Senior Boys.

John Cove won the Under 15 race at the Welsh Schools
Championships at Brecon, and the team finished in 3rd
position.

Girls

Emily Griffin put in a strong performance to finish 8th in
the Under 13 age group.

Rugby League

Year 13 pupil Jacob Morgan has played regularly for
the Wales u18 RL team.

Design & Technology Department

This academic year the Design & Technology Department has two newly appointed teaching staff (Miss. L. Powell and Mr. R. Griffiths). They have both enjoying their new roles and meeting all the pupils at Cardiff High School.

In October, Year 10 Design & Technology pupils visited Margam Park with Mr. Davis and Mr. Griffiths, to participate in an Engineering Awareness Day. The event was organised by the Army and the Engineering Education Scheme for Wales (EESW). Pupils thoroughly enjoyed the day's physical activities and were encouraged by the opportunities available within Engineering as a career.

In October, Miss. Powell launched a new annual "Future Chefs" Competition. The

competition is national and there are many schools who participate. Mr. Thompson (Deputy Headteacher) and Mrs. Nonny Matthewson (Chair of Governors) judged some of the dishes cooked by the pupils. Miss Powell was very pleased with the professional attitude shown by the pupils when designing, preparing, cooking and presenting their dishes for judging.

In December Year 12 and 13 undertook two trips; some pupils visited the BMW /MINI manufacturing plant in Oxford with Mr. Thomas to view the production of the very successful and popular MINI and Mrs. Millin took some pupils to the annual Clothes Show exhibition in Birmingham NEC.

In January pupils entered the annual Rotary 'Young

Chef of the Year' competition. Their dishes were extremely tasty and professionally presented to Mr Thomas and Miss Powell. The eventual winner was Laura Bleehan (Year 9) whom was selected to go to Whitchurch High School for the Cardiff Final. Just before press, we have now found out that she also won this round and is now going to the regional final in Barry. Well done Laura.

In March, Year 10 pupils are eagerly anticipating a visit to Morgan Cars in Malvern with Mr. Evans to observe traditional sports cars being manufactured.



And finally...

A message for Year 11 students and parents



A message from Mr Moriarty, Head of Middle School

Year 11 are now facing

the final hurdle in their compulsory educational journey in CHS. All academic, support and pastoral staff are working hard with the students to ensure they achieve their true potential this summer. It is crucial the students start serious revision this month.

As always, punctuality in the morning is vital! In morning registration, year 11 students are working on revision skills with their tutor in form or in an ICT room revising on line. In the ICT rooms, students are working on SAM learning, MyMaths, BBC bitesize or other educational websites. All of these websites can be accessed from home also.

The year 11 Mentoring Scheme has successfully started and since January over 70 students have met with their mentor and have discussed their progress including mock results, coursework progress and future aspirations. These weekly meetings are an extra layer of support for students.

On the 9th of February, Mike Heath from SAM learning delivered a session to the year group outlining the way to manoeuvre your way around the site and how it benefits learning. Every student has a unique log in and can work through the site both in school and at home.

This term Scott McKenzie from Cardiff University will speak to the year group about the benefits of higher education. 'Aim Higher' is an initiative that encourages students to look at the advantages and disadvantages of higher education.

Transition Day is the 28th of February. This is an opportunity for parents and students to meet with

form tutor or member of leadership to discuss their learning pathway.

On this day 'Positively Mad' who are a motivational company, specialising in education, will be delivering sessions to year 11 students. The session, 'Exam Busters,' aims to give students revision techniques and strategies to cope with exam time. Parents can also benefit from the twilight session from 4-5pm on this day. This session will give parents an insight into the work in the day and offer tips and advice to help them support their child during the exam period.

Extra classes in Maths and English are being organised this Easter. These will take place on the 20th and 21st of April in UWIC, Cyncoed campus. Targeted students will be invited to attend free of charge by the Maths and English department.

During the examination period, there will be classrooms set aside for year 11 to prepare for exams.

Sign up to Twitter and parent mail! – All year 11 parents and students are encouraged to sign up to Twitter and follow the departments on the school web site. Mrs Baynham is making sure all special year 11 messages, including dates and times of revision sessions are posted regularly. There is also a timetable of revision sessions on the school website www.cardiffhigh.cardiff.sch.uk

Year 11 are making excellent progress. They are flourishing into mature, hard working, and committed members of the CHS community.

If you have any problems or concerns regarding your child's progress please contact either your child's form tutor, Mrs Baynham (Achievement Leader) or myself at the school.

On behalf of the pastoral team I wish year 11 every success in their exams this summer and I look forward to results day on the 23rd of August.

Mr Paul Moriarty
Head of Middle School