



Cardiff High School

Autumn Newsletter 2018



It has been a hugely positive start to the new academic year on so many fronts and once again I am able to reflect, with pride, on the dedication of our staff and the huge range of achievements of our pupils.

Upon our return in September we were able to celebrate another incredibly successful exam season with GCSE performance the highest in Wales and AS and A Level results breaking records. As always, we spend a lot of time considering how to prepare our children for the future and we are well under way for another fruitful year, while maintaining an eye on the ever changing landscape of education in Wales.

We remain mindful of the fact that our children will require the capacity to learn throughout their lives with an increasingly changing job market. This sits perfectly with our philosophy and indeed our school motto, *Tua'r Goleuni*, 'Towards the Light'. We believe that each and every student, regardless of their interests or skills should be inspired to achieve their very best and, most importantly, to develop a genuine love of learning. As well as knowledge and the capacity to learn, our children also need skills. Skills to be successful both in work and in life. We want to develop leadership and communication skills, listening skills, debating skills and good manners. As we head towards a new Curriculum for Wales, Cardiff High School is very well placed to adjust to the forthcoming changes. The school provides a balance between, knowledge, skills and learning and I am sure that you will enjoy seeing the evidence of this and reading about the wide range of opportunities offered to and embraced by our pupils in this end of term newsletter.

Finally, as always I am grateful to all our staff who believe so passionately in the power of education and we are grateful for the ongoing support we receive from our community.

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

Nadolig Llawen!

LAST OF THE SUMMER WINE VISIT TO CARDIFF HIGH SCHOOL

On Wednesday 17 October 2018 three gentlemen arrived at our reception, who were past pupils of Ty Celyn from the 60's in Cardiff having a stroll down memory lane. We were thrilled to meet them and gave them a brief tour of a very changed school, even though parts of the building still remained familiar to them from the 60's! We are very interested in our school history and ex-pupils and happily agreed to show the "old boys" (Robert Herrick, Terry Baldwin and Ian Cross) around. Robert, Terry and Ian left us to have a wander around the area, promising to get in touch with some photos and we were thrilled when they did just that. Here is what Robert, Terry and Ian had to say...

1965 Prefects

Hi

From Robert Herrick (Ironbridge), Terry Baldwin (Stroud) and Ian Cross (Wirral)

We would like to thank you and your colleague for your interest and tour of the school.

We were class mates in the first intake of Ty Celyn in January 1961. Our class was the first, first year (Y7 today). And we were the first GCE "O" Level pupils in our fifth year (Y 11 today) in 1965.

Attached is a photograph of the 1965 prefects and staff (see below). Most of the unnamed pupils were from the year below us. Ty Celyn numbers increased rapidly between 1961 and 1965, Year 4 (Y10 today) bolstered our small single for in the Prefect group.

We are hoping that if you publish the photograph we may make contact with some of our ex classmates that we have lost touch with.



Front Row

1. Linda Thomas 2. Ted Challacombe 3. Linda Cross 4. Mr Jones DH 5. Mr Heale HM 6. Mrs Williams DH 7. Tony Pooley HB 8. Linda Evans 9. Ian Cross

Middle Row

1. ? 2. Elean Wear 3. Dianne Baldwin 4. Christine Green 5. Gillian Hall 6. Jenny Greenburg 7. Susan Coombes 8. Gillian Shopland 9. Dianne Howells 10. ? 11. Joan Fulford

Back Row

1,2,3, ? 4. David Hole 5. Kerry James 6. Terry Baldwin 7. Graham White 8. Roger Andrews 9. ? 10. Robert Herrick 11. ? 12. Gary Wear

PAST UNIFORM



The first Ty Celyn uniform in 1961 was light grey with maroon piping. Due to financial constraints by 1965 the uniform had been changed to a black blazer with the school crest.

Photo: **Robert Herrick** at 12 in 1961

This Cardiff High School Athletic Blazer belonged to **Robert Charles David Coles** who was a pupil at Cardiff High School in 1938. Robert played Rugby and Cricket during his youth and became a professional Rugby Coach. Robert was conscripted into the 6th Airborne Division as a Paratrooper and eventually into the S.A.S.

Robert passed away aged 83.



This uniform belonged to **Victoria Anne Ceriez** who attended Cardiff High School from 1956 to 1961. Victoria passed away in January 2018 and we were contacted by a family member who donated her uniform. How amazing that Victoria kept her uniform for all these years.

After some research we discovered that Victoria was a keen Drama student who took part in many productions in school. Victoria was also involved in the Annual Prize Giving Awards and a programme at the school confirms that Victoria was presented with her General Certificates of Education in 6 subjects. Victoria went on to Secretarial College and was a member of Orbit Theatre.

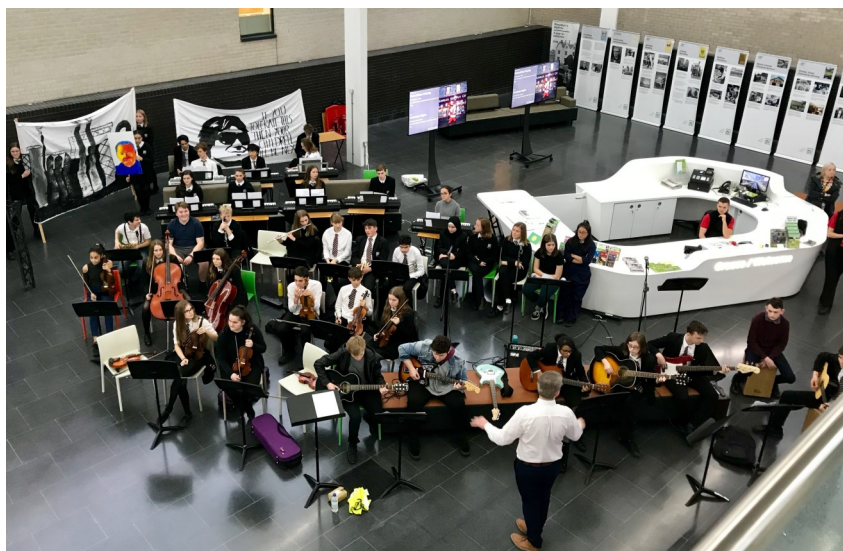


GET IN TOUCH!

We are really keen to hear from past pupils of Cardiff High School/Ty Celyn. We would love to hear your stories and successes and to see your uniform if you still have it!

You can contact us via email syoung@cardiffhigh.co.uk or you can give Helen or Sarah a ring on 029 2075741

We're Still Here – Year 10 Collaboration in the Expressive Arts



What and how we teach students is often a political hot potato and the school curriculum in Wales currently preparing for significant change. Under the guiding principles of Professor Donaldson, Wales is about to experience the most radical change to learning and teaching in decades. This is an exciting time and Cardiff High School students have been involved in piloting the Area of Learning Experience from the new curriculum which seeks to develop the Expressive Arts.

Wednesday the 28th of November saw the huge new atrium of St

Fagan's Museum of Welsh Life come alive with a performance by 120 students from the school. For weeks the learners have been collaboratively preparing a performance in their Music, Drama and Art lessons all inspired by the theme of Protest. This topical banner gave instant purpose to the half hour long performance which was enjoyed by a large audience at St Fagans. Students had initially been inspired by a lecture visit to the Museum back in September where a talk by Curator Elen Phillips captured the imagination of the staff and students by presenting many artefacts relating to protest in Wales' history.

This spark was the ignition for over six weeks of integrated study, exploration and collaborative learning. Musicians delved into the context of the protest song, its purpose and uses which culminated in the preparation of a performance piece of folk legend Dafydd Iwan's 'Ry ni yma o hyd' – 'We're Still Here'. Simultaneously, drama students had begun preparing performances of scenes from the recent National Theatre of Wales play 'We're Still here' by Rachel Trezise which looks at the concept of community having the courage to 'Say No' and to protest. The troubles of Port Talbot Steel Works lie at the heart of the play which also chronicles other significant Welsh historical protests such as the Rebecca Rioters and The Chartist movement in Newport. Add to the mix the thoughtful exploration of the context of protest in art lessons where learners researched the struggle and protest of many groups within society, leading to the production of a superb set and props, and the seemingly sterile 'written curriculum' is instantly in full flight.

Any new curriculum or syllabus really comes to life through the interpretation of the teachers and school in which it is delivered. Cardiff High School's Expressive Teachers embraced this project as did all learners and the forward thinking Leadership Team. Change in teaching means we have to take risks, to experiment and to be ambitious in our aspirations for all. Those who experienced the celebration of Music, Art, Drama and Dance were left in no doubt that the new curriculum for Wales truly has the potential to enrich the learning of generations of pupils. This event was empowering at a time when we read on a seemingly daily basis that the arts are being marginalised all too often. Cardiff High School is living, breathing evidence that this need not be the case. 'We're Still Here' and we're flying the flag for creative delivery of the Expressive Arts.



Class Concerts for Year 11, 12 & 13 Musicians

This autumn we have held a series of class concerts in Neuadd Celyn, the main school hall. The aim of these events has been to help students prepare for the final goal of their GCSE and A Level performance exam. Classes have been excellently supportive of each other and we have enjoyed such a wide range of musical performance too. The events have given a formal stage to all our learners and staff have been able to offer master-class style feedback as well as specific goals for continued improvement. We're already looking forward to the second round of performances in January.

Only Boys Aloud Workshop



Singing has always been high on the agenda at Cardiff High School and its benefits socially and emotionally can be profound. We were really pleased that Niall Allen from Only Men Aloud could come in to school to lead a workshop session with our Senior Boys Choir. The interactive session had our boys participating in physical voice warm ups and songs with a strong focus on good vocal technique. With a significant number of our pupils singing at County and National level it was a pleasure to see the dedication and commitment of the group.

School Autumn Concert

This year's autumn concert saw a record number of performers entertaining a capacity audience in the School Hall. For many Year 7 pupils this was the first, large scale, performance at secondary school and the performers really gave of their all. The range of music performed was breath-taking and included six choirs, countless orchestras and bands and many duets and smaller ensembles. With near to 300 performers involved, the event was a wonderful celebration of what makes Cardiff High Music such a positive experience for many.

Phantom of the Opera

With auditions complete, the cast, crew and orchestra of our next production are already in full swing rehearsing for the hit Lloyd Webber performance. This year's production is one of the most demanding we have tackled to date, extremely ambitious in terms of vocal and dramatic content. Raul and Christine [Sam James and Caitlin Hockley] have already given their first performance of one of the show's biggest duets at the sixth form open evening. We really look forward to what is sure to be another sell-out run at Cardiff High School, tickets will be on sale early in January – don't miss out.

Ukulele Club at the PTA Christmas Shopping Evening

The Ukulele Club remains a really popular addition to the school's extra-curricular provision for music. Under the leadership of Miss Beth Yarrow the group delighted audiences at the Autumn Concert as well as at the PTA's popular festive Shopping Evening. The club rehearse on a weekly basis and all are welcome to join the fun.

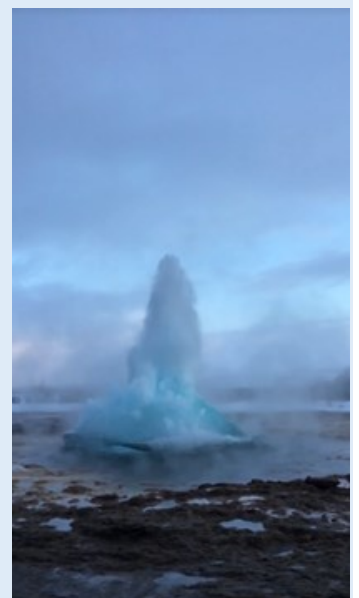
Carols in the Community

It's always good for the school musicians to be able to perform in the local community and this December the Senior String Quartet have supported the Heath Residents Association who held their carol concert at Christ Church, Lakeside. The String players were joined by Caldicot Male Voice Choir for the festive event.

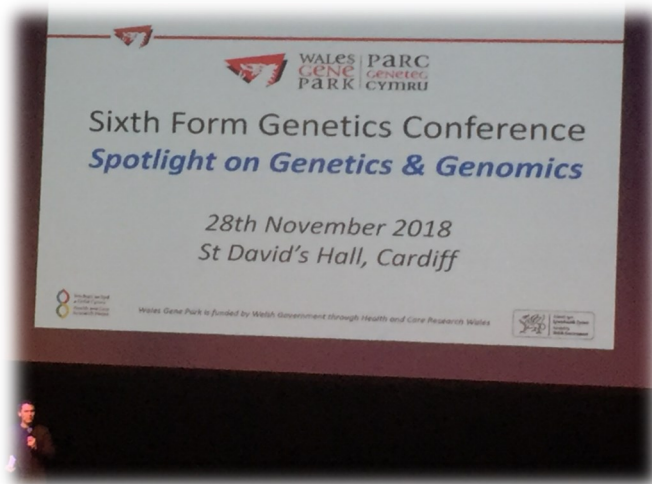


Geography Department Iceland Trip

Twenty students and three members of staff enjoyed a truly magnificent trip to Iceland in July. The four-day trip was packed with, not only an array of learning experiences, but also a trip which created friendships and memories that will last a life time. Iceland enabled students to bring learning to life. The group enjoyed visiting the Hellisheioi Geothermal Power Plant and the Eyjafjallajokull volcanic area. A three hour walk on Solheimajokull Glacier provided some stunning scenery and tested students' nerves. Solheimajokull is an approximately 11-km-long outlet glacier. The glacier falls from a height of about 1,300 m down to 100 m and, because of its location and shape, it is sensitive to climate change so is unlikely to be there much longer. This really emphasised the impact of climate change to our students. They were also able to relax in the magnificent Blue Lagoon thermal pool and even spotted whales during our whale watching excursion. Students were a credit to the school and it was perfect way to end a busy school year.



BIOLOGY



The Biology Department organised an opportunity for Year 13 Biology students to attend a sixth form conference entitled **Spotlight on Genetics and Genomics** at St David's Hall on the 28th November. The event looked at how discoveries in the rapidly advancing areas of DNA, genetics and genomics is being applied to aspects of everyday life.

Professor Pete Kille from Cardiff University revealed how we are increasingly living in a DNA driven world. He described how technology is providing a step change in our ability, both speed and price, to generate genomic information with implications for medicine, environmental research and society, we can now even decipher our DNA code using a mobile phone - for a small fee of course! This technology makes it possible for one to sit on a boat within the arctic circle and decode an arctic fish's DNA, for instance!

Dr Katie Lewis' research focuses on how problems with sleep increase the risk of psychiatric disorders. She explained how hundreds of chromosomal loci are linked to our sleep patterns or lack of. She also discussed the role of circadian rhythms and the environment in the regulation of sleep-wake behaviour.

Professor Les Baillie explained that with the looming antibiotic crisis, it has become increasingly important to find alternatives to combat the hospital superbugs. He explained research, which is using a DNA database of all of the flowering plants in Wales along with the help of the bees, on plants which contain natural antibacterial and antiviral compounds. Look out Manuka, Welsh honey is on its way!

Biologists on their own cannot solve the world food security problem. Professor Denis Murphy described how the use of data can help an interdisciplinary team work on projects to ensure food security while looking after the environment. Palm oil an ingredient in 50% of household products, from breakfast cereal to shampoo is being investigated as it is a current topic of controversy. He asserted that instead of imposing a total ban, genetic tests could be carried out to ascertain its source as sustainable.

Dr Claire Asher intrigued us with how genetics controls the social hierarchy of the eusocial insects, such as ants and bees. Genes in ants and bees can be switched on or suppressed which enables insects with the same genetic make up to become either a soldier or a nurse maid or with some special Royal Jelly treatment, even a queen.

During the breaks a number of exhibitions were also on offer to entice and enthral us; who wouldn't want to walk through an inflatable colon?



This term, 50 pupils in year 9 had the opportunity to attend Technquest for their Scientific event. We spent all day at the venue where pupils had the opportunity to explore the new exhibits and test out their understanding of science from their year 9 topics! In the afternoon, pupils took part in demonstrations and activities from a variety of providers. Cancer Research Wales gave students an insight into the developments of bowel conditions and students were able to walk through an inflatable colon! A PhD student at Cardiff University medical school discussed possible research opportunities for students in the future and what life as a postgraduate is like. General Dynamics also provided students with an interactive talk on possible apprenticeship schemes that they run. At the end of the day, students were able to experience the effect of farming on the environment and try eating some insects as possible high protein alternatives!



Technquest
Science Department

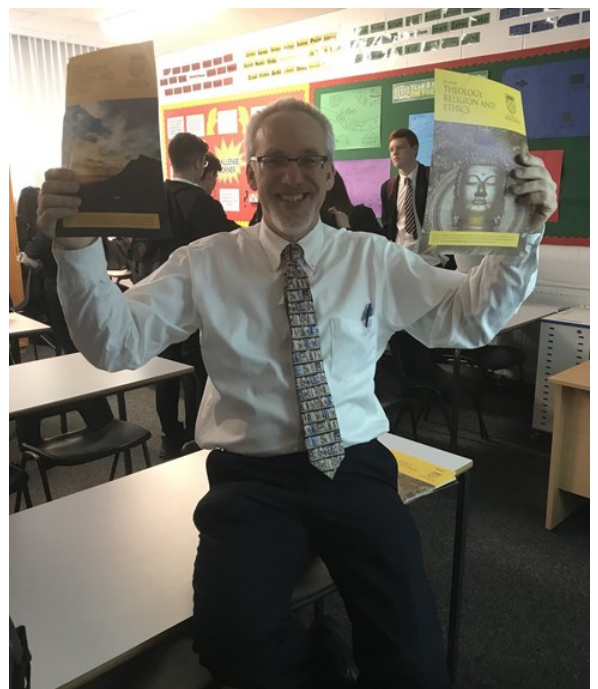
Israeli Youth Delegates' Annual Visit To The RP Department

On Monday 15th October the Religion and Philosophy Department was again visited by Israeli Youth Delegates. Nadav and Or, both seventeen years old, were visiting Wales as part of their important role. They delivered a stimulating and informative session to a group of students in Years 11, 12 and 13 about Israel and the challenges of being a young person living there. Our students asked them some extremely thought provoking questions and excellent quality discussions took place. Well done and thank you to everyone involved!



A Visit by Dr. Greg Barker

On Monday 1st October, Greg Barker (a leading ethical thinker and author) presented a thoroughly engaging session, focusing on the Egoism Theme of the AS Level course to some of our Year 11 pupils and our Year 12 cohort. The activities were interactive and enabled students not only to learn key concepts within the theme, but also to think deeply about the philosophical and ethical questions involved in this unit of study. Greg has a winning disposition and our students really loved his informal, yet intellectual approach. He is a highly knowledgeable expert, but he is approachable and non-threatening with a great sense of humour. This meant that students felt comfortable and confident to 'have a go' at some really challenging discussion materials as well as to ask questions.



Religion and Philosophy Department

I.T.Department

Digital Day

On Tuesday 13th November, KS3, 4 and 5 students took part in the only digital initiative of its kind, Digital Day. The aim was to provide hands-on experience of problem solving whilst raising awareness and inspiring students by gaining an insight into a world of digital careers. A local company 'Spingdogs' facilitated the day and shared their company ideas. The rest of the day was dedicated to BIMA's nationwide competition where students completed one of three sponsored challenges and enjoyed the chance to be crowned Digital Day champions – winning £500 cash for their school plus a host of cool prizes.

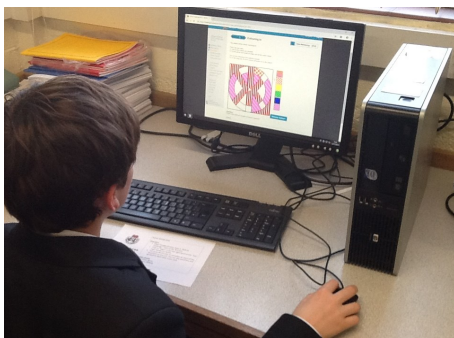


Coding club



The club has continued to thrive this year with plenty of new year 7 recruits, eager to get hands on with some game making and programming. This year there is more on offer than ever with pupils able to choose from activities including Lego Mindstorm robotics, Kodu game making, Scratch, Raspberry Pi, Micro:bit, Arduino and more.

In mid-November, 20 students from all year groups took part in the UK Bebras challenge, a computational thinking/problem solving competition run by Oxford University. Pupils were set a number of challenging puzzles to complete in 40 minutes, with the opportunity to win certificates, prizes and a chance for top performers to go to Oxford University itself.



Drama Department

Theatre Trips and Plays...

At KS4 and 5 there have been plenty of visits to the theatre for students to gain inspiration and hopefully integrate into their own work. At the end of last year's summer term the current Year 11 were treated to a very jovial and light-hearted performance of ***Betty Blue Eyes*** by the Richard Burton Theatre Company at the Royal Welsh College of Music and Drama. The same class also went to see an interesting re-interpretation of William Golding's ***Lord of the Flies*** at the Sherman Theatre where the whole cast was made up of female performers, which added a unique perspective for the audience.



Betty Blue Eyes (RWCMD)



Lord of the Flies (Sherman Theatre)

This month 20 KS5 students attended the annual London Trip where we enjoyed the belly-splitting farce ***The Play the Goes Wrong*** at the Duchess Theatre. This was followed by a matinee the next day of the classic musical ***The Phantom of the Opera*** (which gave me a chance to generate some ideas for the forth-coming school production in February). The students involved were an absolute credit to themselves and the school as their conduct was brilliant throughout.



The Play that Goes Wrong (Duchess Theatre)



Moments before the action starts at Phantom!



Enjoying the West End atmosphere!



Arkwright Scholarship Success

We would like to congratulate Lottie Barrett (Year 12) on receiving a prestigious

Arkwright Engineering Scholarship. This recognises that she has *"outstanding potential as a future leader in Engineering"*. As a part of this scholarship, Lottie will be supported with a financial donation from her sponsors, The Reece Foundation, in addition to support, guidance and exciting opportunities throughout her A Level studies in order to project her into the Engineering industry. This is an absolute amazing accolade and we are very proud of Lottie's achievement.

Cardiff University Gravitational Waves Workshops

In July, a team led by Dr Chris North from Cardiff University School of Physics put on a gravitational waves workshop for our Year 12 physicists. Gravitational waves are "ripples" in the fabric of space-time caused by some of the most violent and energetic processes in the Universe. Their existence was first predicted by Albert Einstein as part of his theory of general relativity, in 1916. During the workshop students took part in some practical activities that illustrated how concepts which are studied in the A-Level physics course are used in the design of the Laser Interferometer Gravitational-Wave Observatory (LIGO). LIGO is a large scale experiment, based in the USA, that made the first ever direct observation of gravitational waves in 2015. These waves were emitted during the final moments of the merger of two black holes with masses about 31 and 25 times the mass of the sun and located about 1.8 billion light-years away. As well as the practical aspect of the workshop, the students also completed a task that required them to make calculations using data about gravitational waves that had been recorded by LIGO. They were able to use the data to calculate the location of the source of the waves in the Universe. Our thanks go to Dr Chris North and the team from Cardiff University for putting on such an interesting and stimulating set of activities.



Rewriting the Law!

This term, year 13 law students have immersed themselves in the study of fatal and non-fatal offences as part of the Criminal Law course. They have critically evaluated the law on murder, an area of law that has some rules which have remained unaltered since the seventeenth century. This led to a heated discussion in class on whether the legal definition on when life begins and ends is morally and ethically correct. The case of **A-G's Ref (No 3 of 1994) [1997] 3 WLR 421** confirmed that an unborn foetus is not capable of being murdered, but a manslaughter conviction can stand where the foetus was subsequently born alive but dies afterwards from injuries inflicted whilst in the womb. Within the UK, life begins when the child is expelled from the womb and death occurs when the brain stem dies. This led students to study the proposals to reform the law proposed by the Law Commission followed by a comparison of the three-tier system in America. Our budding lawyers of the future then came up with solutions on how the UK law on murder could be improved whilst trying to balance fairness and avoiding being soft on crime. Students witnessed first-hand that murder law really is a touchstone for the public and that movements on this front need to be carefully considered. A fascinating activity in critical thinking!



PE Newsletter 2018

It's been a busy start to this academic year with all clubs including - netball, hockey, football, rugby, badminton, dance, table tennis, rowing, weightlifting, health & fitness, continuing to grow. Alongside the extensive training sessions, fixtures, county competitions and national competitions there are a few highlights so far this year that we would love to share.

Football



Year 7 have reached the quarter finals of the CVSFA (Cardiff and Vale Schools Football Association) cup with a depth of ability of over 30 boys representing the school team so far in various 11-a-side, 8-a-side and 5-a-side competitions. Rhys Ruttley has been a regular source of goals with Ben Boyce a rock at the back. Year 8 were given very difficult cup draws against Corpus Christi and Whitchurch, but produced encouraging displays and signs of real improvement. Ben Holt and Owen Fitzgerald have both stood out with their

performances thus far. It's been a difficult start to the year for year 9 with two cup defeats ending their competitive football early. Year 10 have progressed in both the CVSFA and WSFA (Welsh Schools Football Association) cups with wins against Bro Morgannwg, Stanwell and Glantaf.

Finlay Charles has been full of creativity in midfield whilst Sam Johnsey and Sam Parry have formed a formidable partnership down the left wing. Year 11 are through the first round of the CVSFA cup and have begun the year positively with wins against Whitchurch and Llanishen. They have already tasted success; becoming CVSFA 5-a-side champions, producing a great team display. It has been pleasing to see Joe Bassett, Mackenzie Bird, Ryan Barnfield and Kyle Evans become key members of the Senior football squad.



Seniors



The current CVSFA champions have begun their defence of their title with a hard fought win over The Bishop of Llandaff; the game decided by a fantastic free kick from Charlie Allan and an unbelievable save from Ed King. The boys were unfortunately knocked out of the WSFA cup, suffering a narrow 2-1 defeat to Whitchurch. The team are in the quarter finals of the U19s college's cup, a comprehensive 7-0 win over Llanwern highlighted the potential of the team.

CVSFA 5-a-side Football Girls

Year 7 had their first taste of high school football through the medium of 5-a-side. It was a tough day of competition but the girls worked hard throughout the day finishing as Shield Champions. Year 8 were returning to the competition as reigning champions and were expecting some fierce games from Glantaf and Bro Morgannwg. However, the girls really dug deep and their team ethic shone through as Sophie Bevan, Lucy Bunn, Aaliyah Aminullah, Nia Davies, Amelia Macdonnell, Tayler Sagona and Mad-die Good, were once again crowned CVSFA 5-a-side Cup Champions



BOYS CROSS COUNTRY

Cardiff and Vale League

This season has been unprecedented in terms of the amount of success from individual and team performances. Cardiff High School boys' teams have been the front runners in all competitions this season so far. Year 7 had a fantastic start being crowned Cardiff and Vale league winners. Exceptional runs by Tom Weston and Rhys Ruttley meant that they were consistently in the top 5 in all 3 races. Tom finished as individual winner across the whole of Cardiff and Vale. Year 8/9 finished as Cardiff and Vale Runners Up. Again excellent displays by Fran Taylor, Dan Harding Grant, Dan Buffrey and Harry Beddall along with many Year 8 boys meant that the team finished as Runners up in the league. Seniors were also crowned Cardiff and Vale League Winners. The team finished in the top spot in comprehensive fashion with Owain Edwards, Dylan Nazareth, Dan Austin heading the team positions. There were encouraging signs too with Luke Hall and Sam Parry (Y10) running particularly well. Owain also won the individual title.



South Wales Regional Championships

The boys' teams again excelled against school from the South Wales region. The Y7/8 team finished runner up and the B team 1st, the Year 9/10 team and Senior team being crowned champions!

Welsh Inter Schools Championships

The Senior boy's team retained their National title (the 5th time in 7 years). Year 9/10 claimed an impressive runner up position and Year 7/8 4th. Huge congratulations go to many of the boys on their selection to represent South Wales in the inter regional championships.

Girls

Cardiff and Vale League

Year 7 had a really great start to this year's cross country league. Megan Rogers and Cerys Richards both consistently finishing in the top 12. Year 7 finished in a commendable 5th overall. Year 8/9 finished in 8th (albeit a race down after traffic issues leading to Race 1!) but some PBs and exceptional runs were celebrated including Lola Osmond finishing 7th in both races. Senior runner Bethan Meyrick has also had an outstanding season concluding in 11th, 9th and 9th across the 3 races, finishing the season with a 4th for the Senior team.

South Wales Regional Championships

On a sunny day in Bridgend our girls really did shine and put in some fantastic performances. Bethan Meyrick was the stand-out in the senior race and finished 7th. Lola Osmond, Lily Hall and Emma Evans also ran extremely well in the U15 race finishing 12th, 20th and 35th respectively. The big story of the day was our U13 team of Grace Lane, Katrin Powell, Erin Brodie and Zoe Denton-Powell finishing as bronze medallists with outstanding finishes of 18th, 29th, 32nd and 33rd!



Welsh Inter-Schools Championships

The Y7/8 team consisting of Erin Brodie, Grace Lane, Katrin Powell and Zoe Denton-Powell ran superbly in their first ever Welsh Schools race finishing in a team 4th place overall. The Y9/10 girls ran an excellent race with top 4 Lola Osmond, Lily Hall, Emma Evans and Carys Dixon finishing in an outstanding 2nd overall and becoming Silver Medallists. Katie Bamborough was a brilliant 5th runner finishing just 2 places behind in 28th.

NETBALL

A great start to the year for all year groups. Over 75 girls have been attending training for year 7, which has led to the formation of competitive and development squads. The competitive squads have played matches against Corpus Christi, Bro Edern, Glantaf and Howells. Year 9 girls have had a great start to the year with wins over Howells, Whitchurch and rivals Radyr! Year 10 girls have followed their unbeaten domestic record last year and continue to dominate most of their matches. Year 11 continue to dominate their domestic fixtures as well, recently winning their county prelim to qualify for County Finals in March. The Senior squad lost many experienced players at the end of last season as they left for university but they have regrouped and welcomed new students joining the sixth form and the squad is now the largest that it has been for a number of years. They came 3rd in the recent Cardiff and Vale Presidents cup competition. Huge congratulations to year 11 Captain Ellie Beddall who was selected for the U17 Welsh Squad



NATIONAL URDD NETBALL COMPETITION

The U13 squad played some fantastic Netball to reach the quarter finals. They then played Corpus Christi, and after a thrilling game finished with a 5-5 draw. It went to Golden Goal and unfortunately, Corpus Christi scored first. However, the girls showed real improvement and are looking forward to their County Tournament next term. The U15 squad reached the quarter finals in the National Urdd Competition in November, losing out on a semi-final place to a very physical Olchfa team. The U19 squad, which was mainly consisting of year 11 players, fought in a tough competition to also reach the quarter finals.

HOCKEY

Over 30 girls regularly brave the elements to train for the Yr7 hockey club. The A and B team recently had their first matches against a very strong Corpus Christi side and are next in action against Howells. Year 8 hockey club is very well attended and the girls are now playing 11 aside. They narrowly lost to St Cyres and had a strong win against Fitzalan. Year 10 have started the season well with strong win over competitive opponents Howells. Our U16 squad drew a tough pool in the county competition but worked extremely hard to win over Llanishen and keep strong opponents Plasmawr at a 0-0 draw.

RUGBY

The Year 7 rugby team has been brilliant thus far with plenty of fixtures played. They have only lost two games against very big Whitchurch and Bassaleg teams. Year 8 has seen a huge improvement over the last 12 months, with the team consistently working hard on their skills through touch rugby at lunchtime and after school training. Elis James and Ben Holt, are undoubtedly the standout performers. Year 10 had a great start to the year with an unbeaten run which then led them to win the Cardiff Schools 7's Cup at Rumney RFC. The department is incredibly proud of Finlay Charles, Jack Lock, Zak Wall, Tom Sinclair, Woody Facey and Harry Gimson who have all represented the Cardiff Schools Rugby team this year. They were awarded their blazers by ex-Wales and Lions Captain Sam Warburton. The Senior Rugby team currently sit top of the East Wales Schools Premiership on an unbeaten run. They were also crowned Champions in the Doddie Weir 7's tournament at Cardiff Arms Park in November. Six senior players have been selected for the Cardiff and Vale Youth Squad.





Olympic Weightlifting

Many of our GCSE PE students represented the school in the first ever Cardiff Games Olympic Weightlifting championships held at ION Strength and Conditioning. Isobel Thomas finished the day as overall female champion with lifts of 38Kg Snatch and 52Kg Clean and Jerk

Welsh Schools Rowing Championships

The year 7 girls triumphed with a clean sweep of the medals in the individual competitions with Ellie Thomas 1st, Mali Jenkins 2nd and Anna Buffrey 3rd. As if this achievement wasn't brilliant enough, they also went on to take Gold in the team relay with added team mate Isra Morgan. Year 8 pupils Katie Woodhall and Cora Foster also medalled in 2nd and 3rd, respectively, in their individual races. The year 8 team (with Grace Lane and Ishah Aziz) also put in a stellar performance to take the Gold in their team relay too! All of our boys' teams gained medals in the team relay. Year 7, Ben Boyce, Rhys Ruttle, Harry Lovett, Ellis Thomas, finished 3rd. Year 8, Zain Ahmed, Evan Cummings, Seb Anstead, Rahul Linguige, finished 3rd. Year 10, Leon Bogacz, Hamid Jamal, Jake Knight, Ed Lukins, finished in 2nd. Year 9, Evan Ryan, Merlin Judson, Harry Beddall, Evan Weston, put in a fantastic effort and finished as Gold medal winners!



Lost Property



In the image opposite is one weeks lost property!

At the end of every day lost property items are brought to reception, our reception staff then sift through the items every morning hoping to find name labels. If items are labelled a note is put on the register asking pupils to come to reception to collect their belongings. If items are not labelled they are stored in our lost property cupboard until the end of each term, when we invite parents into school to take any items that have not be claimed.

In the items opposite there are at least 5 coats, 4 bags, 7 blazers, jumpers and PE Kit all without names on.

6th Form Newsletter

STEM Events

A large number of sixth form students have been involved in two events aimed at students studying Science, Technology, Engineering and Mathematics. In July, students attended an urban planning event. Students worked in teams to develop an urban site and used numeracy, communication and design skills, coupled with ICT to plan a workable and cohesive community. Students presented their plans to representatives from Legal and General who questioned each team on their vision. Following this success, in September representatives from IDG, a research and training charity which is at the forefront of research in the food and grocery industry, came in to work with students on employability skills. Both events were interactive, though provoking and fulfilling. Thanks to those industry representatives that came in to work with our students!



Medics

Year 13 students who have applied for medical degrees have benefitted from mock interviews run by current Cardiff Medical students. On 27th November, four medics, gave up their free time to undertake a mock MMI (Multiple Mini Interview). Students experienced what their actual interviews may look like and benefitted from detailed feedback to improve their responses. A big thank you goes to Kitty Towl and her colleagues from Cardiff University for running this session.

NHS Bursary Talk

On 25th October Mr Martin Riley, Head of Finance for NHS Wales Shared Services Partnership (and Year 13 parent) kindly visited the sixth form to deliver an insightful and informative presentation on NHS bursaries available to students who are looking to study certain medical based courses at university. The talk was attended by over 40 prospective medics and was extremely well received. We are very grateful for Mr Riley giving his time and sharing his expertise with us - diolch yn fawr.



Sixth Form Sports Mixer

The senior prefects organised a highly successful sports mixer for sixth form students on 25th October. Students from both years 12 and 13 groups played netball or football. This strengthened relationships between the year groups. Thanks to the senior prefects for organising the session!

PREFECT TEAM 2018 –19

We are pleased to announce our prefect team for 2018-19

Head Boy—Lukas Lacey-Hughes

Head Girl—Grace Charles

Deputy Head Boys—Harrison Porteous & Junaid Arif

Deputy Head Girls—Yasmin Bahary & Numa Ali



Senior Prefects

Niamh Shurmer, Noah Evans

Louise Foley, Junayed Uddin

Emily Redmond, Benedict Watson

Sabah Sheikh, Marwah Ahmed, Anni Chen

CHARITY COMMITTEE

This year our Charity Committee have chosen to raise money for two charities, one local and one national.

Our local charity is **Llamau**, which is a youth homelessness charity based in South Wales. They are aiming to **get all young people off the streets** by use of small houses of up to 9 people, with a private space each, so everyone has a home to return to and a group of people they can trust and enjoy bonding projects with.

Our national charity is the **UK Sepsis Trust** who focus on creating **more awareness of the disease, Sepsis** (more commonly known as blood poisoning). Sepsis is your body's immune system over responding to an infection that can quickly become fatal and as a result **5 people die in the UK every hour** because of it—that's almost **44,000 people a year!**

So far the Charity Committee has already been busy with our annual Doughnut Sale,

which was a booming success! We **sold all of the 1,008 Krispy Kreme doughnuts** and raised a grand total of **£400** to split equally between the two charities. We had sellers, people sorting piles of change and others running around the school to advertise, with more coming into school over an hour early to transport all the doughnuts. **Thank you everybody** who was involved, and thank YOU for buying the doughnuts!



Is there a cause YOU care about? Although the Charity Committee is run by the Sixth Form (and headed by the lovely Mrs James from RP), you can still come and have your say to influence Charity Committee events in future. For Sixth Formers, you can directly help to plan and organise fundraising events to help those in need. We meet every Wednesday Week B lunchtime in F18. **Come along and make a difference for people who need it!**

Rosie Jones 12H

**WE NEED
YOU!**

The Royal Society Young People's Book Prize

Proving that reading is not just for the English classroom, a panel of Year 8 pupils had the exciting opportunity to judge a selection of science books shortlisted for the prestigious Royal Society's Young People's Book Prize. The prize celebrates the best books that communicate science to young people in an accessible and creative way. Our panel joined over 300 other schools, clubs and youth groups selected from across the UK to choose the winner of the 2018 prize.

Supported by Mrs O'Brien and Miss Isaac, the students formed a book club which met regularly to discuss and critique the literature, enjoying the opportunity to talk about everything science related from space exploration to inspirational scientists throughout history, and a whole host of experiments in between—some of which they even had the chance to try out in the labs! After much deliberation, the panel eventually chose *Curiosity: The Story of a Mars Rover* by Markus Motum as their winner, describing it as: "Captivating!" The overall winner was recently revealed to be *Optical Illusions* by Gianni A. Sarcone and Marie-Jo Waeber which was also a firm favourite with our panel. All six books are available on the Science department bookshelves for anyone wishing to experience them for themselves!





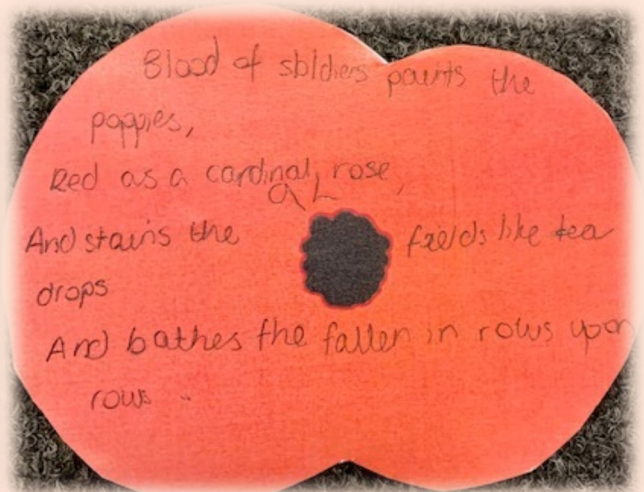
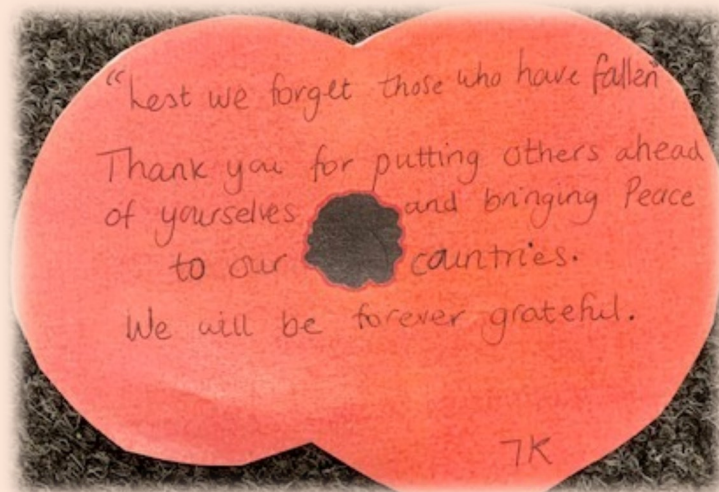
Remembrance



On the 11th hour of the 11th month 100 years on Cardiff High stood-still stood still to remember the lives that had been sacrificed - and stood still to show respect for those who fought and survived.

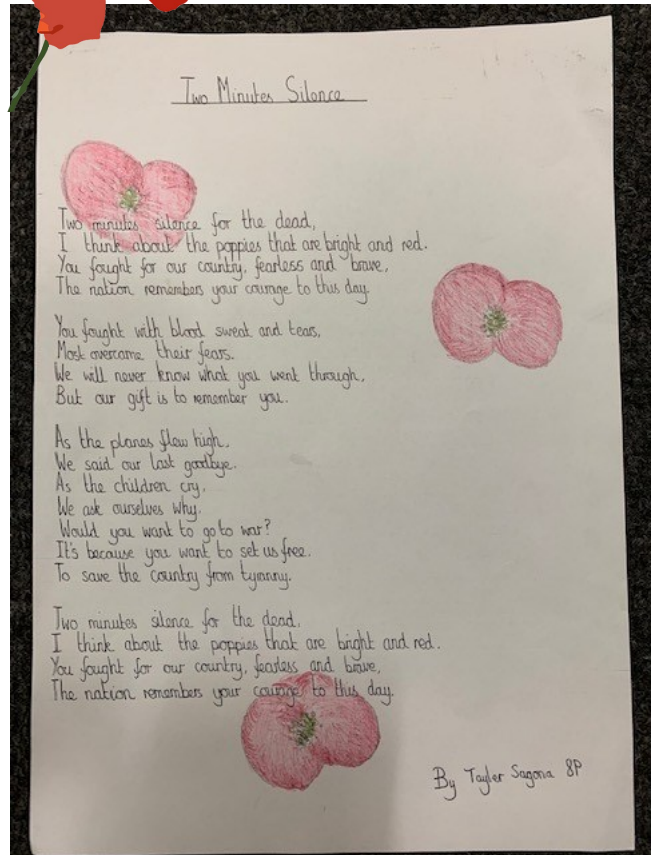
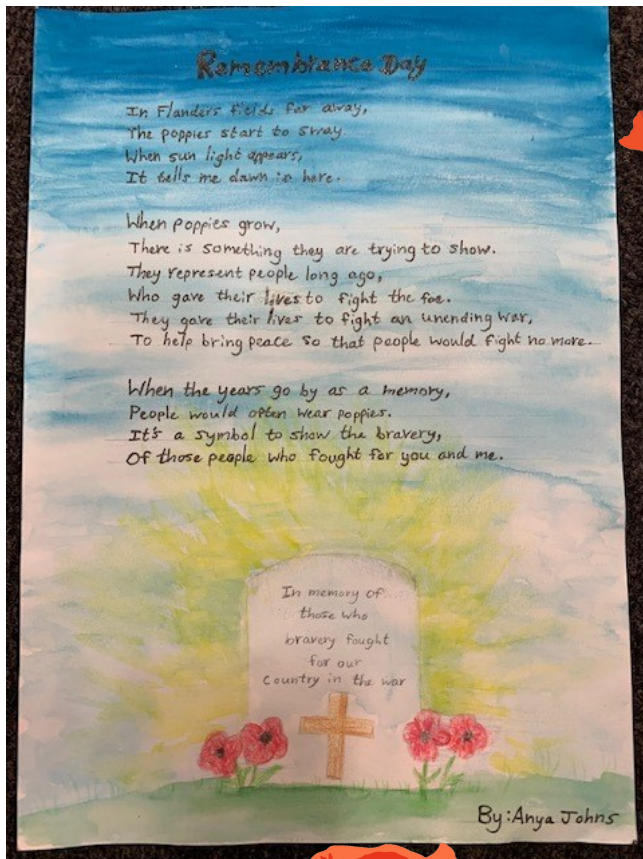
This year marked the centenary of the Armistice of World War 1. It has huge significance for Cardiff High. A large number of the "Old Boys", as they are affectionately known in the History Department, fought and died in World War 1.

Over the past year our History Club has been working hard to gain some insight into the people behind the names on the school War Memorial. Every Wednesday lunchtime, alongside Miss Warren, the club has been meticulously researching the individuals to discover little insights into their lives such as where they grew up, where they moved after Cardiff High and most significantly what happened to them during the war itself. With guidance from a local Historian, the club has started to bring together profiles on each individual and it is hoped at the end of the process they will be able to produce a book of remembrance to commemorate the "Old Boys" and their sacrifices. You can see some examples of the pages completed so far on Miss Warren's Twitter account (@MissWarrenCHS).



We also remembered as a whole school. All students were encouraged to write either a poem or a letter of remembrance. We were truly overwhelmed by the extremely moving pieces of work that the students produced which ranged from letters of thanks through to poems written from the perspective of soldiers. Our students showed great empathy and compassion. In addition, all forms were asked to complete a poppy of remembrance as a way of reflecting on the events of the past.





Many students shared their stories of loved ones who had fought during the war, such as Lola Mackie who brought in a poem that her relative had written during the war itself, and Evan Palmer who kindly shared his research on his relative. We would like to encourage more students to have a look into their family history and share their stories with us, so that the act of remembrance can continue into 2019.

As a result of these activities, we hope to collate the information in a book at the end of 2019, including the History Club's research, the poetry and letters as well as contributions from students about their own family history. The date may have passed but the act of remembrance will continue – lest we forget.

BEFORE THE BATTLE – THOMPSON S MACKIE

'Over the top' with tomorrow's dawn
(Tonight to the hills of home faring)
Ready for action at day break's the word
(I think of the hills with the long, long caring).

Sword and bayonet glancing bright
(Tonight the stars in the glen are gleaming)
Whistle of bullet and boom of gun
(Among the heather tonight the moor fowl is screaming)

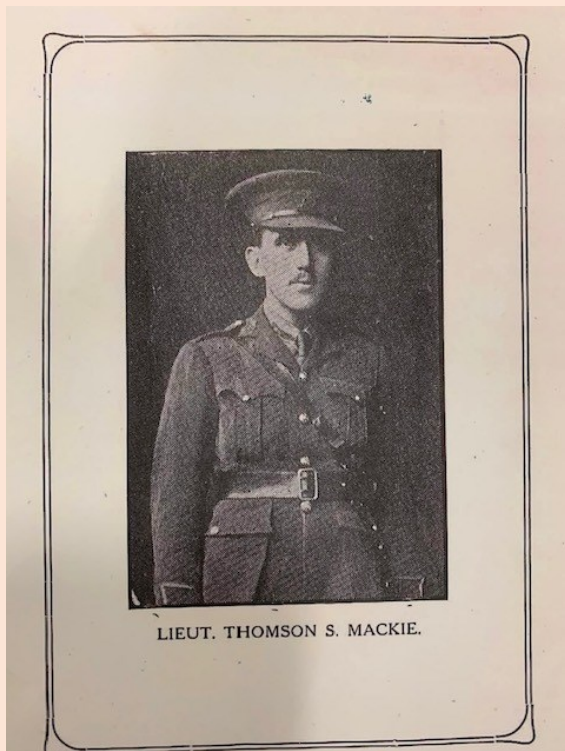
Wave upon wave of the khaki line
(The northern sea on the rocks is breaking)
Shattered by shellfire, broken by bombs
(The barley field in the night wind is shaking).

Fields ploughed up by the hurtling shells
(On the towering glens the heather is growing)
Shafts of light from the rifler's mouth
(On the old hearthstone the peat fire is glowing).

Smell of powder, unburied dead
(Bogmyrtle scent round my heart is creeping)
A sentry stands at his wakeful post
(An old, old man in the glen lies sleeping).

A highland lad in the fight goes down
Done now forever with strife and slaying
(The mist comes over the listening glen
The ghostly piper a pibroch is playing).

Written in the trenches



LIEUT. THOMSON S. MACKIE.



The Individual Project in Year 11

Year 11 pupils have been learning very important research skills through the Individual Project. Learners have prepared a report of 2,000 words on a topic that they have been personally interested in. Learners conducted interviews/administered questionnaires to gather first hand research and backed this up with secondary research. Learners took this opportunity to develop their literacy, numeracy and digital literacy skills amongst many more. A sample of the titles selected by learners includes:

Should we genetically modify embryos to protect future generations from potentially life threatening hereditary diseases?

How does the development of a country affect the religious belief of a population?

Why do today's queer youth face more mental health issues than their peers, and to what extent should school impact this?

How does film/film industry affect public issues?

Does gender equality really exist in Asian countries?

Should capital punishment be reintroduced in the UK?

The Community Challenge in Year 12

Year 12 pupils have had an exciting start to their Skills Challenge lessons this term as they have all been busy participating in their Community Challenge activities. These activities have been arranged by learners in order to give something back to their local and school communities and include coaching younger learners, supporting local charities, improving local areas and many other worthwhile causes.



The Enterprise and Employability Challenge in Year 13

This term, year 13 learners have displayed their creativity, innovation, team work and problem solving skills in order to launch a pop up shop. This involved pupils carrying out primary and secondary research, preparing financial forecasts, marketing and advertising and pitching their pop up shop to local business people. A snapshot of some of the work produced by 'Twisted Shakes' can be seen below.





The Cardiff High School Reading Champions were lucky enough to welcome the author of *The Extraordinary Happenings of Peter Oddfellow*, Mark Dorey, to a storytelling workshop at the school. Author of *Polly's Magic Bubble* and *The Green Eyes of Darkness*, Mark Dorey shared with us the creative process of writing a novel. We explored the development of ideas, the creation of characters and even the artistic process of designing a book cover. Dorey highlighted some of the practicalities of

publishing and even treated us to a storytelling session, focusing on an extract from his new novel *The Old Umbrella*.



Both the teachers and the students were inspired and we can't wait to write something for ourselves



If you are a creative writer or just simply have a great story you want to share, why not enter the Radio 2 500 Words Competition? The competition opens in January, so start planning!

About 500 Words

THE 500 WORDS COMPETITION WILL OPEN IN JANUARY 2019 FOR THE NINTH YEAR.

In 2018 135,000 children entered the competition

Several years ago, Chris Evans had a dream: to get children excited about reading and writing. All children, no matter what their ability. 500 Words is one of the most successful short story-writing competition for kids aged 5-13.

We have one aim: to encourage kids to realise that no matter what their background, education or lack thereof, their imagination matters. Stories are judged anonymously, without regard to grammar, punctuation or spelling. We want to hear what kids want to write about, the stories they want to tell us. Anyone can win, whether they're from the best, worst, or no school. 500 Words inspired more entries in 2018 than 41 countries have people in their population around the world.

It's very simple. Entrants write an original story on any subject or theme in 500 Words or fewer and submit it online. The competition culminates in a broadcast extravaganza of live music and sensational story-telling every summer, at a special venue. Past venues have included The Globe and The Tower of London. 2018 saw a magnificent extravaganza come live from Hampton Court. From the 135,000 entries - that's 67.5 million words, the 6 winning wordsmiths were announced on-air by celebrity narrators including Jason Isaacs, Jim Broadbent, Amanda Abbington and Shobna Gulati. Also there were enchanting performances from sensational superstar John Newman, X-Factor alumni Alexandra Burke, and the amazing Bastille.

As well as rubbing shoulders with the world's biggest celebrities and massive pop-stars our Bronze winners won their own height in books and the Silver winners the Duchess' height in books. AND our Gold winners not only won Chris Evans' height in books AND 500 books for their school, but the six winners were also treated to a ride in THE Chitty Chitty Bang Bang and tea on the Thames aboard HM The Queen's rowbarge - Glorianal Plus a special illustrated copy of their story printed by royal bookbinders.

500 Words were also delighted to welcome back real-life royalty to the competition: Her Royal Highness, The Duchess of Cornwall, who returned as our Honorary Judge, where she read and debated the top 50 stories of the competition with our amazing author panel: Malorie Blackman, Charlie Higson, Frank Cottrell-Boyce and Francesca Simon.

Thank you to all the children who entered the competition and to our brilliant judges across the country that helped to mark all the stories. In the words of the HRH Duchess Of Cornwall "Keep saying a big fat YES to adventure" Please refer to the [FAQ section](#) if you have any questions.



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In 2017 131,798 children entered the competition

The English department had a grand time at the Welsh heats of the international Kid's Lit Quiz at the start of November, where we put our literature knowledge to the test and answered questions upon everything from Bruce Wayne to Beowulf. There were many individual successes throughout the evening, and we ultimately came joint fifth and seventh in a leader board of over twenty schools! Reading was celebrated throughout the evening, where there was also a pop-up bookshop and a chance to meet a local author. A fantastic evening was had by all!