



# Cardiff High School

## Autumn Newsletter 2021



It has, without doubt been a long haul this autumn term. We returned to school in September, shrouded in doubt with regards to how the term would unfold as we faced ongoing challenges. Much of the planning and preparation for September had occurred over the summer months, with a number of operational changes put in place in readiness for a full school return. In September we also placed great emphasis on our practices around teaching and wellbeing. All of these changes have contributed to a successful winter term.

In spite of the challenges and the changes in COVID rules, it has been an enjoyable and exciting term for our pupils. None of this could have been achieved without the hard work and dedication of all of our staff to whom I am very grateful. Added to that, our Governing Body has been extraordinarily supportive and I am also very grateful to parents and carers who have worked with us so closely throughout this year.

As the term draws to a close, it is wonderful to be able to reflect on the pleasure students have taken from the numerous extra curricular activities once again on offer after school in addition to the satisfaction of witnessing, first hand, challenging and exciting lessons.

As we head to the spring term, I am confident that our exam classes in Years 10, 11, 12 and 13, have had an excellent start to the year and are well prepared for the term ahead. Whatever the new year brings, the school will continue to look forward, learning from our experiences and endeavouring to be better at all that we do.

As the year closes, this autumn term newsletter provides a brief snapshot of the high points of the last term.

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

Nadolig Llawn!

S M JONES

Headteacher

It proved to be a bumper year for university applications with a record 246 applications being made, of which 93% secured places in their 1<sup>st</sup> choice university. It was a particularly successful year for our Medicine and Dentist applicants where 15 and 5 students respectively secured places and a further 7 students secured places at Oxford and Cambridge. We are extremely proud of all of our students and we wish them all the best in the next stages of their career.

# A BLAST FROM THE PAST!

Recently some of the class of 1965 were privileged to visit our original school, Ty Celyn (now Cardiff High). We started schooling in 1961 when the school opened its doors to pupils.

Using Find My Past and search engines, 7 boys from our class were traced and 5 were able to attend (girls were difficult to trace as their surnames had generally changed).

We were so pleased to still recognise parts of the original school buildings which we had known so well some 60 years ago. The original gym and teachers' changing rooms appeared unaltered. Our first classroom block (which now houses the science labs) with its narrow corridor, playground and toilets were so familiar. The sports field it brought back many memories of sports day.

We were surprised that the Caretaker's house (which was in the area to the left of the main gate) had gone but very pleased to see that the name Ty Celyn has been retained as the name for the 6th form area.

We found it amazing that Cardiff High has 1880 pupils as we were the first intake which had probably only 100 pupils.

We had a great visit and would like to thank everyone who helped to make it happen!



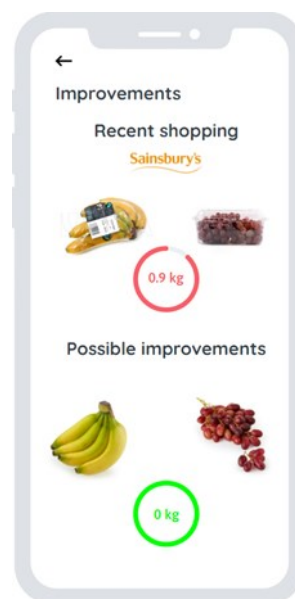
Ian Cross—David Atherton—Robert Herrick—Gary Were—Terry Baldwin

## DIGITAL DAY 2021



On Wednesday 10th November, 20 KS3 and 4 students took part in a “Digital Day” activity organised by BIMA, with a Cardiff web agency company called Spindogs coming in to support the day. The aim was to provide hands-on experience of problem solving whilst raising awareness and inspiring pupils by gaining an insight into the world of digital careers. This year, the challenge pupils had to solve was set by the World Wide Fund for Nature (WWF). It asked the pupils to consider how technology and digital solutions can make it easier for people to understand the true environmental footprint of products and services, helping households, schools, universities and businesses to make choices that are good for the planet.

The winning entry was made by Abbas Schwarz, Sean Lay, Ned Oakes, Josh Lehmann-Scott and Junayed Jaheed. The boys found an existing app provided by the WWF called “My Footprint” which aims to help people reduce their carbon footprint and offers ways in which they can help the environment, and decided to take the idea a big step further. They created a prototype for an app called “PlastFix” which would help people calculate how much plastic they were buying, offer ideas for plastic-free alternatives and help them reflect on the environmental impact. They only had a short time to research and develop their idea and prototype, but they worked exceptionally hard and delivered a compelling and persuasive pitch. Congratulations boys!

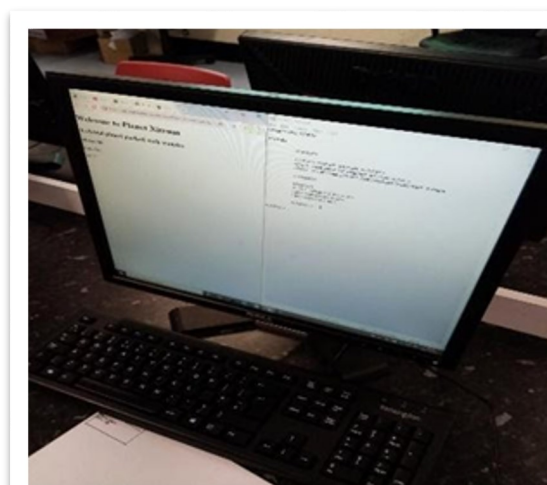


## CODING CLUB

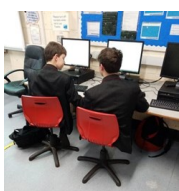
This year's coding club has attracted 20+ pupils. The club provides opportunities for KS5 to share their own coding skills to help KS3 pupils develop. The coding club is supported by Key Stage 5 Computer Science and ICT students:

- George Rawlinson
- Hamid Jamal
- Jaim Khan
- Mustaqim Khan
- Silas Hayes-Williams

They have worked with Technocamps (Cardiff University) to plan the activities, as well as support the pupils.



# ICT & Computer Science Department



To date, pupils have learnt Python, App Development and Web Creation using HTML. The pupils are preparing for the coding competitions such as:

Minecraft, Games of Code, Lego Mindstorm and much more. The pupils

look forward to using their skills to compete locally and nationally.



## Digital Leader's CLUB



The Digital Leader's club has been supported by four Computer Science and ICT students, George Rawlinson, Millie Wells, Bronwen Jones, and Rebekah Jones who worked with Technocamp to plan the activities, as well as support KS3 students. In the weeks leading up to October half term, the Digital Leaders focused on using and improving coding skills such as Python, Scratch Cybersecurity and HTML. The aim is for the Digital Leaders to share what they are learning with their peers and form groups. The Digital Leaders will be creating resources to

support whole school initiatives, such as for example, 'how to do' videos and 'standard operating procedure documents' such as 'how to lay out a standard letter'.



The Digital Leaders will be taking part in competitions. They are looking forward to Lego Mindstorm, Minecraft, Game of Codes, Activity Packs competitions and much more.

## Eco Club

A new club for 2021, Cardiff High's Eco Club, has started small but is thinking big! The school already has lots of great eco-friendly practices and facilities in place, but pupils in Eco Club are excited to do what they can to raise awareness of environmental issues and get stuck in to make Cardiff High as green as it can be!



Logo competition winner –  
Morenci Rawlinson, 7J

So far, pupils have taken part in a logo & poster competition, (the winners of which can be seen on the right), created a poster for classrooms with information on what can and can't go in the recycling bins, and created a Google Slides presentation which is aimed at encouraging pupils to make eco-friendly choices this Christmas. This includes things like using paper tape and recycled wrapping paper, plastic-free present ideas, and alternative Christmas dinner ideas.



Poster competition winner  
– Sadie Ryan, 7J



Recycling poster for  
classrooms – Alys Bird, 8L

We are hoping to get involved in some green-fingered gardening projects around the school in the near future, and working with the school parliament later in the year to discuss other positive changes that can be made around the school.

If you've got a good idea for how the school can be more eco-friendly, or want to help out but you aren't sure how, or you want to learn about how you can be more eco-friendly at home, why not give the club a try? It takes place every Wednesday in F23 from 3.15 - 4.10, pupils of all year groups welcome.



Poster competition winner  
– Willow Miles, 7T

## Minecraft Club



## MINECRAFT CLUB

YEAR 7 -  
THURSDAY WEEK A

~  
YEAR 8 & 9 -  
THURSDAY WEEK B

| F30 | 3.10 - 4.10 PM |



This year, over 100 pupils in Year 7, 8 and 9 have fully immersed themselves into the World of Minecraft. The CHS Minecraft Club is open to everyone! Whether you're a novice keen to learn the basics and gain confidence in placing your first blocks or an expert looking to challenge yourself through a series of fortnightly challenges and national competitions - Minecraft club welcomes you all.

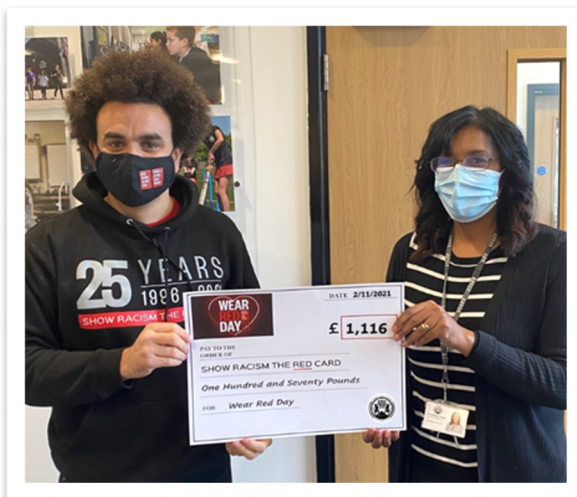
### National competition opportunities:

At the start of the year, 5 year 8 pupils were celebrated for their exceptional job in planning, collaborating and constructing Velindre's future hospital and were part of 10 shortlisted worlds that were reviewed by the judging panel. The judges were thoroughly impressed with the architectural designs and thoughtful ideas that were presented in the team's world. Many congratulations merched: Alys Bird, Martha Whitaker, Megan Stone, Rebekah Collins and Rhian Jones.



**With Minecraft, if you can dream it,  
you can build it! Come along and  
join in with all the fun!**

# SHOW RACISM THE RED CARD



Show Racism the **Red** Card

Show Racism the Red Card (SRtRC) is the UK's largest anti-racism educational charity established in January 1996. Each October they hold a national fundraising day across the UK for schools, organisations and individuals to show their support for anti-racism and raise valuable funds for their charity.

This year, our students and staff all took part in the Wear Red Day on 22<sup>nd</sup> October 2021 and raised £1,116 as a school in support of showing Racism the Red Card.

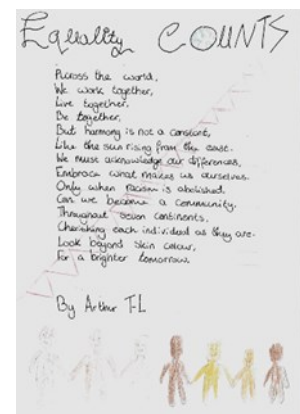
We also held a poster competition across the school to encourage young people to produce creative work with an original anti-racism theme with the winner receiving an Amazon voucher.

**Congratulations to our winners:**

**1<sup>st</sup> Place** – Shonna Gilani 10T

**2<sup>nd</sup> Place** – Ayesha Malik 8R

**3<sup>rd</sup> Place** – Arthur Templeman-Lilley 9H



A huge well done to everyone who entered. We received some fantastic entries which will be featured on a display board around the school very soon.



# Y13 ENGINEERING CLUB

Cardiff High School | Physics department

## Y13 ENGINEERING CLUB

A group of adventurous and determined Y13 Physics students have undertaken a challenge... to build – and fly – a model glider from the 1970s!

The students have been meeting weekly after school to piece together the complex instructions, and then with some borrowed materials from the CHS Design and Technology department, painstakingly build the glider.

By applying not only their understanding of Physics and the forces that cause the glider to utilize the 'lift' force, but the skills to carefully construct the glider, the pupils are edging ever closer to a completed model. Once they achieve the build, the pupils have added to their personal challenge to integrate a remote-control electrical system that can be used to 'fly' the glider from the ground.

There is still one more challenging aspect to their project... how to release the glider into flight? And so, with the help of a model airplane modified to tow the glider, the students are hopeful to follow in the footsteps of the Wright brothers and complete an unpowered flight of the glider!



## Geography

### Field trips are back!



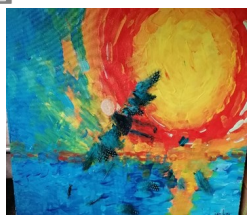
It has been a busy term for the Geography department. Year 12 and Year 11 have taken part in field trips to enhance their learning experiences. Year 12 enjoyed a worthwhile trip to Ogmere and Southerndown. This also provided an opportunity for all students to get to know each other as many have joined us from other schools. Year 12 students will be sharing their fieldwork skills and experiences with lower school pupils in the coming

months. Year 11 will also have the opportunity to participate in local fieldwork in order to develop a greater understanding of river processes and to prepare for their controlled assessments. It has been a pleasure watching students embrace the great outdoors and they have been able to thrive on the learning experiences.





# English Department



Key Stage 3 have created an exceptional variety of artistic interpretations in response to the *Classics For All* 'Ovid Myths'. Students listened to the ancient myths and were tasked with the challenge of reinterpreting or retelling the story in their own artistic and creative way. The entries this year have been superb! We had paintings, sculptures, stop-motion videos, digital designs, comic books, Lego models and so much more. Judging was a very difficult process indeed.

Our winners are:

## Zac's Midas' Golden Touch

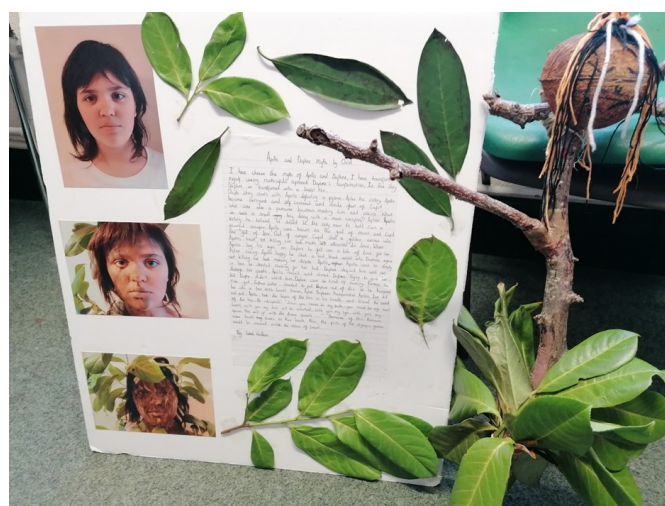


Complete with magnetic golden finger.



## Isobel's visual depiction

& description of Daphne transforming into a tree.



See also Evie's stick figure of Daphne as the tree.

And finally, Morenci's reinterpretation of Icarus and Daedalus, reimagined to depict the dangers of global warming.

Zac, Evie and Morenci's entries have been entered into the *Ovid in the West Country* national competition and will be judged on Monday November 19<sup>th</sup> at the Roman Baths in Bath. Good luck to our Classics competitors!

# Skills Challenge

## Improving Learners' Research Skills with Cardiff Met

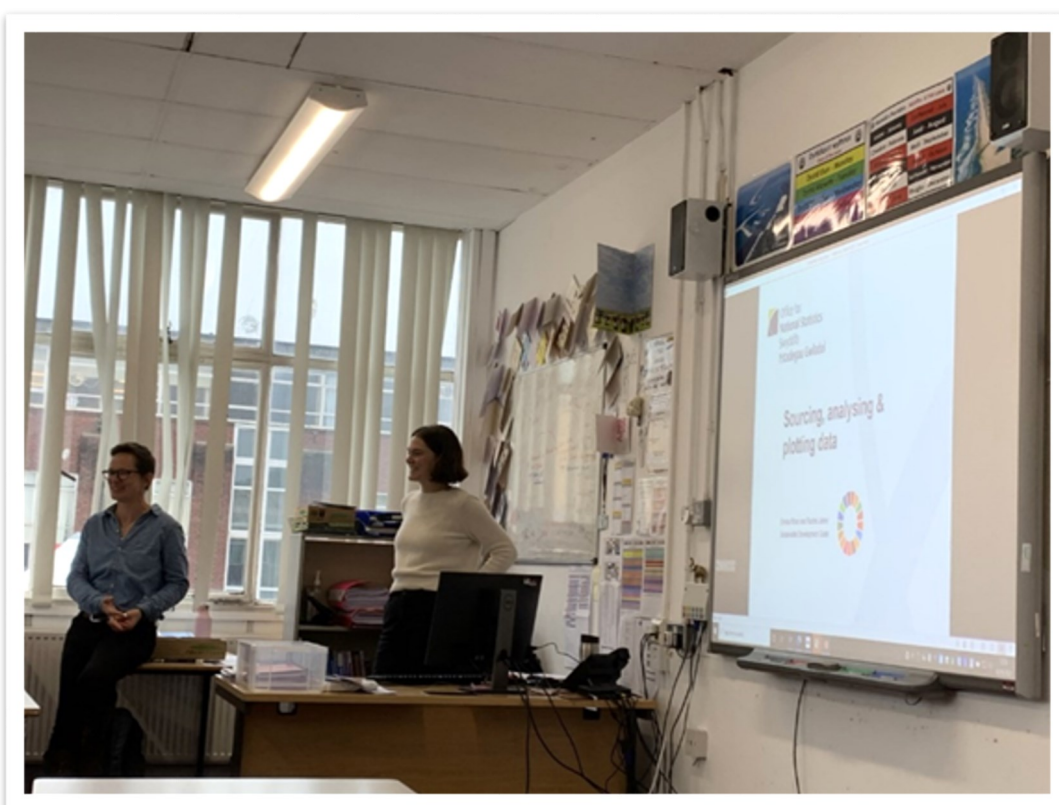


The Skills Challenge Department have enjoyed working with Cardiff Metropolitan University on the Individual Project. The Individual Project is designed to enable students to develop independence in a range of skills and depth of knowledge that will be of great benefit to them in higher education or employment. We welcomed a guest speaker to our lesson from the University who helped students to map their research ideas and aims and objectives. The session also focused on how to successfully conduct primary and secondary research, providing learners with some excellent tips to collect, collate, analyse and interpret data and information. Learners also had some practical support on how to correctly cite references, a skill that will be essential in future research projects. We hope to continue our work with Cardiff Met as we progress on to the Enterprise and Employability Challenge – our final challenge!

## Data Analysis with the Office for National Statistics



The Individual Project provides learners with an opportunity to collate, analyse and present complex numerical data, extracting appropriate meaning. Learners in Skills Challenge have been supported by the Office for National Statistics to support their data analysis skills. The guest speakers delivered a lively and interactive workshop on sourcing, plotting and analysing data. This focused on the importance of selecting credible data and testing it to determine whether data can be trusted. The session concluded with how to display data effectively, showing trends and making comparisons. An excellent session, helping learners appreciate the relevance of working with official statistics.

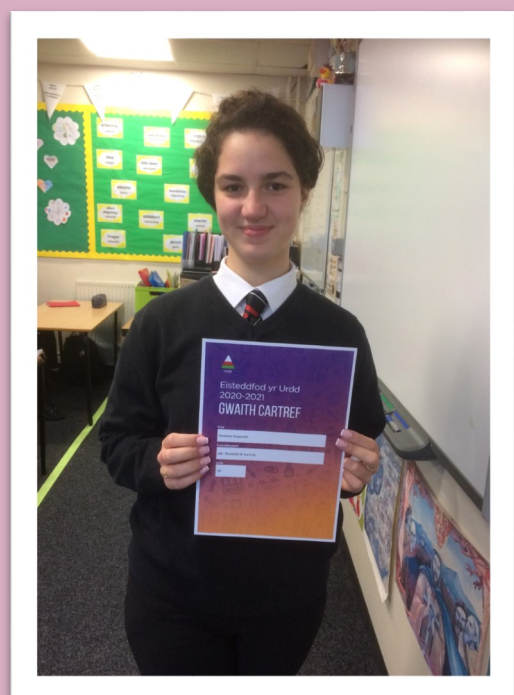


# CYMRAEG

## 2020 Urdd Eisteddfod Winners

The date is not incorrect but we have had to wait 18 months for the results of the literary competitions for the cancelled 2020 Eisteddfod. However, the wait was worth it. Llongyfarchiadau enfawr i'r merched canlynol ar weithio'n arbennig o dda gan greu darnau estynedig godidog.

Alexandra Singeorzan in Year 11 won the competition for her year group. This was also true of Miella Hood and Rosina Jones. Both Miella and Rosina have now left Cardiff High School to continue with their studies. Sophie Edwards (Year 12) came second in the competition as well. All these three have completed the double as they had also won in 2019. Their lovely way with words had impressed the judges again this year. Here is just an extract of the winning work by Alexandra – which was the diary of Saint David.



# CYMRAEG

Dyddiadur annwyl,

Dydd 1 Mercher Ionawr 2020

Helo, Dewi Sant ydw i a dw i'n dod o Gymru. Fy rhieni ydy Sant Non a Sant. Cefais fy ngeni tua 500 OC ym Mae Caerfai . Heddiw, meddyliais i fynd i Castell Coch sydd ger Tongwynlais yn Ne Cymru. Roedd hi wedi'i adeiladu ar ol 1801ac agorwyd ef yn 1871. Yn fy marn i, mae Castell Coch yn hanesyddol iawn ac yn llawn teimlad hynafol. Es i i Gastell Coch oherwydd hoffwn archwilio'r cyfrinachau rhwng y waliau rhydlyd. Pan gyrhaeddais i yno, roedd y coed yn siglo'n araf o ochr i ochr. Basen nhw'n edrych yn anhygoel ym mhelydrau haul yr haf! Roedd y waliau'n blaen ond roedd ganddyn nhw gysgod hyfryd o lwyd. Dydy Castell Coch ddim cynddrwg a meddyliais! Y tu mewn i Gastell coch, roedd yr ystafelloedd yn frenhinol iawn. roeddent mor frenhinol ag y byddech chi'n meddwl. Roedd rhai o'r gwrthrychau yn edrych fel pe baent wedi'u gwneud allan o aur.

Hwyl fawr am nawr!

Dewi Sant!



Dyddiadur annwyl,

Dydd 2 Iau Ionawr 2020

Heddiw, dw i'n meddwl byddwn yn mynd am dro i Fae Caerdydd. Dw i'n ystyried bod y Bae yn rhagorol achos mae'r mor yn rhoi'r teimlad tawel i chi wrth iddo siglo'n ysgafn o ochr i ochr. I fod yn onest mae'r mor yn las dwfn sy'n caniatáu i'r elyrch sefyll allan yn eu lliw gwyn sgleiniog. Dylen nhw chwarae rhai offerynnau fel y gall osod y naws ymhlith yr ymwelwyr neu hyd yn oed y dinasyddion sy'n cerdded y strydoedd. Dw i'n teimlo'n llwglyd felly dw i'n penderfynu mynd i fwyta yn Cote Brasserie a chael plat blasus o sbageti carbonara. Ar ol i mi fwyta, roeddwn i eisiau mynd ar reid gyda'r cwch o fae Caerdydd i'r ochr arall. I orffen fy nhaith gerdded roeddwn i eisiau tretio fy hun i hufen ia gyda dau sgwp sy'n cynnwys siocled a fanila. Am ddiwrnod! Hwyl fawr am nawr!

Dewi Sant!











At Cardiff High, we encourage our pupils to become ethical and involved members of society. This is why, in September, we promoted the second Welsh Youth Parliament application process where young people (aged 11-17) from all across Wales were able to submit a short statement about issues close to their hearts and why they would make an excellent candidate for their constituency.

We were delighted to discover that, of the many young people who applied for the representative seat for our Cardiff Central constituency, 12 of the candidates are from our school. Their names are shown below. We hope each pupil recognises how very proud we are of their efforts so far.

As a school, in form time, we encouraged as many of our young people to register to vote in support of their peers. The voting has now closed and the newly elected candidates will be announced on the 1st of December. We wish all of the very deserving candidates the best of luck and look forward to hearing who our new Welsh Youth Parliament representative is.

### Our Cardiff Central candidates

|   |  |   |
|---|--|---|
| <br>Zai Makuta   | <br>Tanya Tanoj     | <br>Zonse Makuta |
| <br>Roya Hussain | <br>Nansi Bettinson | <br>Alex Shijan  |

### Our Cardiff Central candidates




|  |  |   |
|--|--|---|
| <br>Montgomery Hood | <br>Hibah Mohamed | <br>Alexandra Singeorzan |
| <br>Zaara Parveen   | <br>Franz Popper  | <br>Agata Jezewska       |

# Law Department

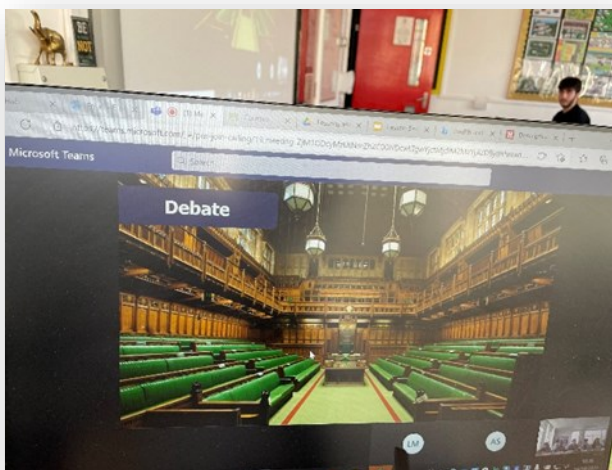


## Valued Partners Scheme

As part of our work with Careers Wales, the Law Department has developed links with Martyn Prowel Solicitors. Earlier in the academic year, a recently qualified solicitor from the firm visited Year 12 and 13 Law lessons to speak with learners about the various routes into a career in Law, the training involved and the different type of work a solicitor does. Our guest speaker also spoke about her work within family law and answered questions that learners had about all things law-related. Year 12 had so many questions – the question and answer session took 40 minutes! We look forward to continuing our work with Martyn Prowel throughout the year.

## Virtual Tour of the Houses of Parliament

The Parliament Education Unit has recently worked with the Law department to deliver a virtual workshop on the role and work of the Houses of Parliament to learners in Year 12. The session focused on how laws are made and concluded with a debate on the legalisation of cannabis. The session was very interactive, with Mrs Tumelty taking on the role of the Speaker of the House of Commons! The experience provided learners with a real insight into the stages and scrutiny involved in making laws.



# Art Department

## Royal Mail Stamp Competition:



Huge congratulations to Amy Bennett 10S for being shortlisted for the Heroes Royal Mail Stamp Competition. In partnership with iChild, this competition encouraged pupils up to the age of 14 to design a stamp to commemorate the heroic efforts of essential workers during the Covid-19 pandemic. Amy created a wonderful, vibrant design in support of NHS workers and won £100 for herself and the Art Department. She became one of the 8 regional shortlisted candidates for Wales and one of 120 in the UK. This is an amazing achievement as 606,049 pupils across the country took part! Well done Amy for your success so far and for entering the Guinness World Records with all the other participants.

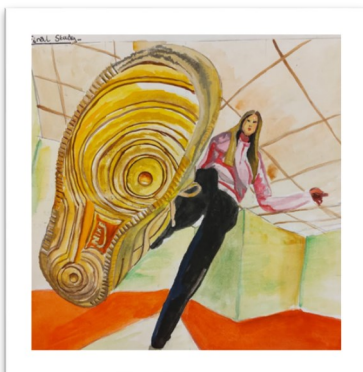


**Print Press:** We have been delighted to take ownership of a new print press for use with all year groups. It has already been put to great use in the Year 9 Art Club and with Y11 & 13 to help extend their understanding of AO2 Creative Making. They have been extremely busy creating etchings of their own photographs related to their chosen themes, with fantastic results. We will be introducing more printmaking activities for each year group.

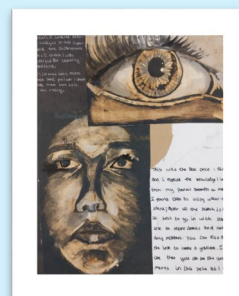


Beautiful colour  
etchings by Lea  
Holmes 11T

Here are a selection of Y11 etchings using the new print press



**AS Art & Design** has continued to be a very popular option for Y12 this year and we have welcomed new students to Cardiff High School into the two class intake. Their focus has been The Human Figure, before embarking on the challenging topic of Identity. Here are some of the fantastic drawings and experiments completed this term – we look forward to their continued success in 2022!



Portrait studies by Alice Rudall

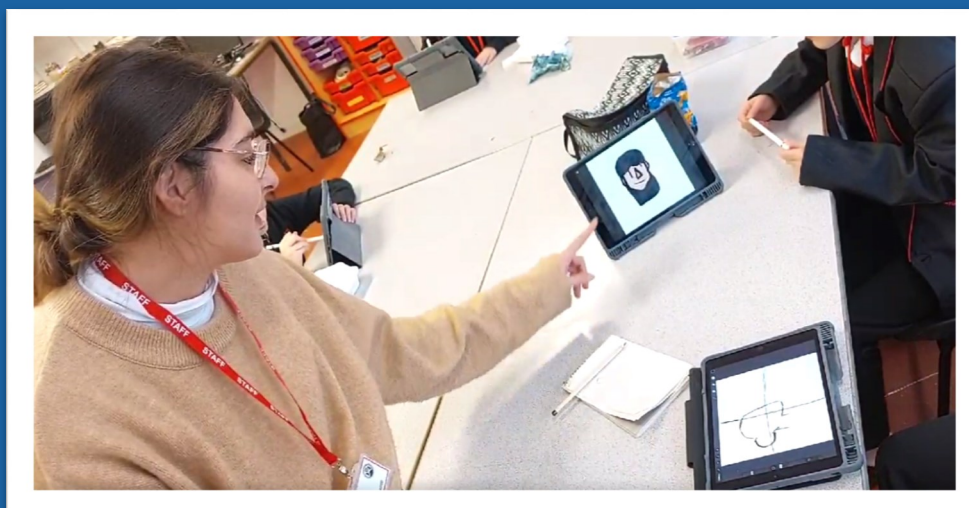


**New iPads & Apple Pencils:** To complement our brand new set of 32 iPads and the installation of creative apps such as Procreate & Art Set, we have been delighted to take ownership of a class set of Apple Pencils. This will allow students of all year groups to benefit from industry standard apps in

preparation for GCSE, A level and creative courses post-18. Combined with traditional drawing techniques, we hope to give all students the opportunity to develop vital technical skills needed for evolving future technology. Our Key Stage 3 lunchtime Art Clubs have become the first groups to use the Apple Pencils with great enthusiasm and confidence. We look forward to all the exciting digital art to come from all year groups!



**ITE Student Teacher:** This term we welcome ITE student teacher, Miss Mara Marchizotti, from Cardiff Met on her first placement. She has already immersed herself in many of the KS3 classes with great results such as the ever-popular paired task of masking tape shell drawings with Y7! We look forward to her future success in the department.



# Physical Education

## Clubs for Newsletter Winter Term 2021



We are delighted to be able to provide opportunities in a wide range of sporting activities as part of our extra-curricular programme and are hugely grateful to the staff and pupils who so generously give up their free time. All these clubs are very well attended on a weekly basis. The clubs are open to all pupils with the emphasis very much on participation and personal development.

Mr Lewis organises our Running Club where pupils are encouraged to develop their personal fitness. This takes place on a Friday after school and is open to all abilities.

Mr Amer organises Badminton Club where players of all levels of experience are encouraged to attend and develop their skills.

Mr Clarke runs Basketball clubs in Key Stage Three which are extremely popular and well attended.

Miss Foreman continues to run a Dance Club which is attended by a hugely committed and loyal group of pupils.

Additionally, Sam Gatward of Year 13 runs a Table Tennis Club on a weekly basis which, again, has proved to be very popular with a wide range of pupils. Sam volunteered his services this year and we have been very impressed with the way in which he has engaged with the pupils.

Finally, if you have not yet attended any of these clubs it's not too late. All are welcome!

PE Clubs Timetable can be found on the school website

[www.cardiffhigh.cardiff.sch.uk](http://www.cardiffhigh.cardiff.sch.uk)

Under the Menu/Parents&students/extracurricular activities tab

# Physical Education

## Sports Council

Our Sports Council has had a “restart and revive” this year and we had so many brilliant applications from Year 8-13. Two representatives from each year group have been selected by the PE department and we are pleased to announce our new Sports Council consisting of; Lloyd Davies and Lucy Shelton (Year 8), Megan Ower and Jaydan Sullivan (Year 9), Zonse Makuta (Year 10), Yahya Ahmed and Sophie Lisk (Year 11), Elina Pickerd-Barua and Harley James (Year 12), and Sam Gatward and Isabel Thomas (Year 13). We look forward to working with them this year to give a voice to our pupils in PE and school sport.



## Welsh Schools Selection

Congratulations to both Sophie Lisk (Under 18) and Megan Taylor (Under 16) who have been selected to represent the Welsh Schools Athletics team at the Indoor Combined Events International on December 4<sup>th</sup> at Glasgow. Whilst Sophie has a wealth of experience and has represented Wales on a

few occasions this is Megan's first International competition. We wish both pupils the very best of luck and are extremely proud of their fantastic achievements.

## HOCKEY

**Year 7** have made a very impressive start to the season with excellent numbers and commitment to training and impressive performance against a strong Glantaf team. They have more matches before Christmas against Plasmawr and Whitchurch after Christmas. There is also the Christmas Hockey match to look forward to on Monday 13<sup>th</sup> December. Special thanks to Miss Evans and Miss Ellery for supporting training sessions this year.



**Year 8** have also shown fantastic commitment to training this year which is evident in their improvement of skills and positional play. Before Christmas they will be playing Whitchurch, Plasmawr, Radyr and Corpus.



**Year 9** team have been hugely dedicated to training and large numbers have helped to develop a huge breadth in squad selection. A loss to Glantaf in our first 11-a-side game was tough, but the girls worked hard in training and bounced back with a solid victory over Whitchurch and Bishop of Llandaff.

**Year 11** demonstrated an amazing team ethic and pure perseverance in their match against Glantaf, and although they didn't take the win, they should be incredibly proud of the performance they put in! Year 10 are due to start their league matches against Llanishen in December. It has been amazing to see so many from Year 10, 11 and 6<sup>th</sup> form attending training and we look forward to starting the senior league just before the Christmas break.



# Physical Education

## Cross Country



Our senior, U14 and U12 girls' teams had two fantastic races in the Cardiff and Vale County League races. In League 1, our senior A team finished an impressive 3<sup>rd</sup> overall with our top 6 finishers all finishing within the top 30; Katrin (8<sup>th</sup>), Cerys (15<sup>th</sup>), Grace (19<sup>th</sup>), Nia (22<sup>nd</sup>), Ella-Jay (27<sup>th</sup>), Bea (29<sup>th</sup>). Brilliant commitment from our senior girls meant we were one of the few schools to enter a B team and they finished an incredible 1<sup>st</sup> overall. Our U14 A team also finished an impressive 2<sup>nd</sup> overall with top 30 finishes from Milla (8<sup>th</sup>), Rhiannon (13<sup>th</sup>), Rose (14<sup>th</sup>), Olivia (17<sup>th</sup>), and our U14 B team finishing 2<sup>nd</sup> also. In their first county race our U12 team finished in an amazing 3<sup>rd</sup> place overall with Alys giving an exceptional performance, finishing the race as the 2<sup>nd</sup> individual. Lily (22<sup>nd</sup>) and Edith (27<sup>th</sup>) also demonstrated sterling performances and our U12 B team finished in 1<sup>st</sup>.

The second league race mirrored the success of the first. Our senior A team managed to increase their placing finishing in 2<sup>nd</sup> overall with the B team maintaining their 1<sup>st</sup> place finish. All top 6 competitors finished the race in the top 30 once again; Cerys (14<sup>th</sup>), Nia (21<sup>st</sup>), Maddie (23<sup>rd</sup>), Grace (25<sup>th</sup>), Zoe (29<sup>th</sup>), Ella-Jay (30<sup>th</sup>). Our U14 A and B teams maintained their 2<sup>nd</sup> place finishes, with some amazing individual improvements from Milla (5<sup>th</sup>), Olivia (8<sup>th</sup>) and Rose (10<sup>th</sup>). The U12 A team also put in an impressive performance and increased their finishing position to 2<sup>nd</sup> overall, with the B team finishing in 2<sup>nd</sup> also. Alys displayed another confident performance, maintaining her 2<sup>nd</sup> place individual finish with Lily (23<sup>rd</sup>) and Gwen (27<sup>th</sup>) also finishing in the top 30.

At the completion of the league our senior team finished in 3<sup>rd</sup>, U14 in 2<sup>nd</sup> and U12 2<sup>nd</sup> overall in Cardiff and Vale County. We are extremely proud of all pupils and both their commitment and effort to the cross-country competitions this season.

## Netball



There have been huge numbers at Year 7 training which is very encouraging for netball within this year group. Special thanks to Miss Evans and to Moyo (yr12) who have stepped in to take training when Mrs Baynham has taken teams to matches. The A & B teams have made a promising start, beating Bro Eder, Whitchurch and Glantaf and losing narrowly to Corpus. They have more matches after Christmas and will also play in the county prelim tournament in February. Following the success of our half term tournament we are looking forward to the Christmas Netball match on 8 December

# Physical Education



**Year 8** have made an excellent start to the season with over 30 pupils regularly attending training. They began the season with a draw against Corpus and have since won their other matches v Bro Edern, Glantaf and St Teilo's. The A team are very much looking forward to representing the school at the forthcoming Urdd tournament and there will be a Christmas Cup Tournament for all squad players at the end of term.

**Year 9** have been so impressive with their commitment to training so far this year, both during lunchtime and after school. Consistently high numbers mean that 4 squads are available to play fixtures. Wins against Bro Edern and Glantaf allowed us to build confidence. We couldn't quite overcome the strength of performance against Corpus – but lots to look forward to this season, with a match against Whitchurch and the Christmas Cup to look forward to before the end of term.

**Year 10** have made a strong start to their season with good numbers at training and playing against Bro Edern at Cardiff Met. Their season really gets going this week with the county prelim tournament at Howells and many of the squad representing the school in the National Urdd. Congratulations to Ellie Thomas who was selected to represent Cardiff & the Vale U16.



**The Year 11** team have had a busy start to their season with matches and training against Bro Edern and a tightly contested county prelim tournament held at Llanishen. The squad put in an exceptional performance but unfortunately lost by 1 goal to eventual winners Corpus. They have more matches ahead and plenty of opportunities to play competitive netball despite this setback. Congratulations to Maddie Good who has been selected to represent Cardiff & the Vale U16.

The talent within the senior squad is incredible. Numbers are huge and selection a difficult task with there being enough to field at least 3 competitive teams. This is a fantastic advert for senior sport. It has been pleasing to welcome many new faces to the squad as they join the sixth form and they have settled well. The team played in the President's Cup competition and played some excellent netball, narrowly losing to Group winners, Plasmawr. In the county prelim they comfortably won their group against Whitchurch and Radyr. Congratulations to the girls selected to represent Cardiff & the Vale U18 squad last night at trials and to Ffion Windsor who is part of Team Bath (Bristol Academy).



# Physical Education

## Rugby

Rugby at Cardiff High School has been back to its normal self this term with every year group having the opportunity to play in fixtures outside of school. Some pupils have had the opportunity to play rugby for the first time as well as represent the school. Over 160 pupils have played rugby for the school and represented the school extremely well. Over 50 fixtures have taken place against a number of different schools in friendlies/Welsh senior league and Welsh cup. Each team has continued to develop on and off the field with regular games lessons and extra-curricular rugby clubs.

### YEAR 7

Year 7 have had a fantastic Christmas term going unbeaten in all of their 7 games. There have been some outstanding performances from the year group against Glantaf and Bro Edern. They have continually worked on their skills by attending extra-curricular sessions in skills and contact clubs during lunchtime. As a department we look forward to seeing their continued development moving into the Easter term.

### YEAR 8

Year 8 have finally had the opportunity to represent the school this year after missing out last year. Some strong early performances against Radyr and Bishop saw some great team tries being scored from both forwards and backs. Alex Mynett has led the team brilliantly both on and off the field with the support of his vice-captain Joe Naughton. The team is always improving and looking forward to their cup run after Christmas.

### YEAR 9

Year 9 have had a mixed start to the term winning 3 and losing 3. They have come up against some strong opposition this term but their enthusiasm in every game has been outstanding. They have continued to develop their skills and scored some brilliant team tries this term. Some strong individual performances this term from Josh Davies, Jayden Sullivan, Noah Jackson and Owen Jefford have been a real positive.

### YEAR 10

Also known as the "Comeback Kings", Year 10 have managed to pull off wins with the last plays of the game this term on a number of occasions. From being 22-0 down at half time to winning with a Harry Lovett try 28-27 against Bro Edern is the highlight of the term. Ben Boyce and Luke Armstrong have led by example and been supported well by a forward pack that will always put their bodies on the line.



### SENIOR RUGBY

This term has been a tale of two halves for Senior Rugby. After having a difficult start to the term, the boys have delivered some strong performances against Plasmawr and Bro Edern. The team has enjoyed the freedom to play fast attacking rugby whilst also being aggressive in defence. James Bettinson has led from the front this season and captained the side extremely well. Dylan Fortt, our youngest senior player, has consistently put in strong performances and shown signs of what is to come in the future. The side is always improving and looking forward to the Welsh Cup run after Christmas.



# Physical Education

## CROSS COUNTRY (BOYS)

The annual Cardiff and Vale league races were reduced from 3 to 2 races this year during the months of September and October but it was extremely pleasing to see the boys back running in a competitive environment at Pontcanna Fields.

Year 7 - Our congratulations to Finn Burns who ran superbly in both races to win; a marvellous achievement. Other notable performances came from Erfan Hakim-Azari who finished an excellent 6<sup>th</sup>. A much improved 2<sup>nd</sup> race placings from many ensured the boys' team score was good enough to be runners up. Overall 4<sup>th</sup> after 2 races. There were excellent runs by Sol Davies and Ethan Charles who both finished in the top 20.

Year 8 and 9 – Josh Wyatt (Y9) and Harry Fry (Y8) were the standout runners in both races. Despite not being able to field our strongest team, many others improved their placing with the team's score placing us 4<sup>th</sup> after 2 races.

Senior Boys (Y10-13) – Yet again the number and quality of runners at this age group is something to celebrate. The team won both league race 1 and 2 to head the overall table. Dylan Hands (Y12) led by example with top 10 finishes. He was ably supported by fine runs by Rhys Ruttley (Y10), Sol Hammam Smith (Y11), Luke Dent (Y11) James Prendergast (Y13) and Tom Driscoll (Y12).



# Physical Education

## Football

In September, our Year 9 pupils completed their BE Football training with Youth Sport Trust to become football influencers within Cardiff High. Congratulations Rose, Rhiannon, Ava, Lucy and Liv! They have been helping to run our Year 7 and 8 training sessions every Friday, and Mr Stevens has been extremely impressed with their commitment and engagement as BE Football influencers. They are brilliant role models!



### Y7

There have been regular numbers at Y7 training which has been really pleasing to see. The boys have performed well in friendly matches with Dylan Griffiths-Williams and Alessandro Santoro performing particularly well. The boys experienced a tough cup defeat to Glantaf but are progressing nicely in the CVSFA cup.



Year 7 and 8 have been training hard this year with regular sessions after school. Year 7 and 8 have enjoyed matches against Eastern and Whitchurch, with Glantaf to look forward to before Christmas. A huge thanks to Mr Stevens who is running both squads this year!



Our 9/10/11 squad have had a great start to the year with two strong performances, and wins, against Glantaf (3-2) and Eastern (4-3) putting us in good stead in the league. 30+ attendees at training each week have really helped to develop and blend this squad together. We've also benefitted from having 6<sup>th</sup> form pupil, Tom Evans, lead coaching sessions and attend matches. Tom has been a great role model!



### Y8

There has been an encouraging mix of 'A' and 'B' fixtures this year as Y8 finally get to experience football matches against other schools. There have been mixed results but no shortage of good performances from a side that try and play attractive football. Joe Naughton has provided goals from midfield whilst Sonny Wotton-Jones supplies the defensive cover in a well balanced midfield.

### Y9

Year 9 have been challenged with difficult cup draws this year resulting in very competitive fixtures on their long-awaited return to school football! A disappointing penalty defeat to Bro Morgannwg was sandwiched between two highly entertaining victories against Plasmawr and Mary Immaculate. Rowan Macentee has shone in defence and attack, whilst Tom Bunn has proved why he is the best goalkeeper in Cardiff with his match winning performances.

# Physical Education

A shock defeat to Cathays meant an early elimination from the CVSFA cup for Y10, but they saved their best performances for the WSFA cup. A nail-biting penalty win against Fitzalan was followed up with an impressive win against Stanwell. The boys just fell at the final hurdle with a narrow 4-3 defeat to Whitchurch. The emergence of Ehmed Nadeem has provided good competition in defence whilst Ben Boyce and Blake Parkins have shone in defence and midfield. The boys' season continues with friendly matches as they look to develop for next year.



## Y11

There have been many friendlies this year as we look to ensure many of the boys receive opportunities to play. It was most pleasing to see 22 involved in a win against Bro Edern. The highlights of the year have been a friendly win against Whitchurch and an impressive 10-2 cup victory against Radyr, with Sam Long and Yayha Ahmed continuing to be a regular source of goals. We await the next cup fixtures after Christmas.



The Senior team are reaping the rewards of dedicating themselves to summer training and regular training on a Friday after school. They are currently undefeated in the league, with 3 wins from 3, with a very sizeable goal difference. In the WSFA cup, wins against Llanishen and Cathedral have set up a game v Fitzalan to determine which school reaches the national rounds of the competition. The only defeat has come in the College's Cup, a narrow 1-0 defeat to Coleg Y Cymoedd.

James Bettinson has led the team brilliantly, Charlie Lewis has demonstrated his class in midfield whilst Freddie Bartrop has been solid defensively this year. There is great competition for places, with the 2nd XI also registering a win against Llanishen.



# Shoe Box Appeal

## Link to Hope



Many thanks to all parents, carers and students who have again participated in the Link to Hope shoebox appeal. Over 375 boxes were filled to the rim with gifts for families this Christmas. £1200 was raised to ensure that these boxes make their way to Romania and the Ukraine at this moment in time. The winning form was 7K under the leadership of Mr G Davies. 8K with Mrs L James were a close second. Many thanks to Mr Watts from Cardiff MET for organising boxes with his students there as well.



# Over 375 Boxes!

