



# The New Illtydian

TOGETHER IN CHRIST WE MAKE A DIFFERENCE • GYDA'N GILYDD YNG NGRIST, FE WNAWN WAHANIAETH



The RAF celebrates its centenary this year, and as part of its celebrations, pupils from Year 7 were extremely lucky to be invited along to a static aircraft display on the lawns outside Cardiff City Hall and the National

Museum of Wales. Pupils were given a guided tour of a Spitfire, a Typhoon, a Harrier, a Wessex rescue helicopter and a World War 1 bi-plane. The tour was followed by a visit to the RAF STEM Zone where pupils took part in a range

of fun activities designed to inspire the engineers of tomorrow. The day proved to be fantastic and was thoroughly enjoyed by everyone.

**MRS L MAY, COMMUNITY FOCUSED SCHOOL'S CO-ORDINATOR**

## HEAD'S MESSAGE | NEGES Y PENNAETH

Thank you to all the pupils, parents and staff who have made me feel so welcome since I have started here at St Illtyd's. I feel very privileged to be joining this special school and Catholic community, and it is with great pleasure that I write this, my first introduction to the New Illtydian magazine.

My priority as Head Teacher is to ensure that St Illtyd's Catholic High School continues to aim to become an outstanding school where every child can achieve their full potential in their academic, creative, personal, physical, moral and spiritual development. My main aim will be to focus on ensuring that all children learn and make good progress experiencing the highest quality learning and teaching within a happy, safe and secure environment. To that end I have been impressed by the attitude of pupils and staff in aiming to reach these goals, and by the caring and supportive ethos that the school has. It is an exciting time to be at the school and just some of the opportunities and experiences available are illustrated in this, the latest edition of the New Illtydian.

There have been successes on the football and rugby pitches, the athletics track, netball court and the baseball diamond. As I write the school is about to launch its annual production. This year it is "Singin' in the Rain" and if the rehearsals are anything to go by it is going to be a spectacular show. Our pupils have again been active in the community from Cardiff Youth Council to the hard work of our Eco Committee and the efforts of the SVP group. Our commitment to liturgy and faith remains at the heart of our school and I send my congratulations to our Confirmation candidates and their families. Our Confirmation candidates at St Cadocs were: Lara Katrina Cabrera, Elise Esme Davies, Merdi D'Junga, Niamh Forde, Mateusz Majszak, Kya Asiya Placide, Daniel Sajeev, and Katarzyna Stankiewicz. We wish them well on their continuing faith journey.

Pictured above with his Grace Archbishop George Stack and Mr D B Thomas Headteacher some of our Confirmation candidates. L to R are Mateusz Majszak, Niamh Forde, Daniel Sajeev and Patrycja Majszak (Sponsor).



This is a great time of year to reflect but also to look forward. We continue to be a popular school with many of our year groups being oversubscribed and we are expecting another full intake in Year 7 for September. As we go from strength to strength, there will be further changes to come of which all members of our community will be kept fully informed. Please look at the website for useful information and if in doubt please call us or visit the school. I firmly believe that it is only when we all work together, pupils, parents and staff for the good of all the young people in our care, and as a result our school, we will continue to make progress and achieve all that we can.

**"Together in Christ – we all make a difference"**  
**MR DAVID B THOMAS, HEAD TEACHER**



# CAVC Aeronautical Challenge and Design & Construction Challenge

To celebrate National Science and Engineering Week in March, St Illtyd's were invited by Cardiff and Vale College to attend two inter-school challenge days.

The first, the Aeronautical Challenge, took place at CAVC's ICAT (International Centre for Aerospace Training) at Rhoose.

During the challenge, our team were tested on their teamwork, communication, hand-eye skills and their ability to land a plane safely in the college's brand new state-of-the-art flight simulator. Our team did brilliantly, scooping the prize of winning school of the day.

The second challenge was the Design and Construction Challenge

which took part at CAVC's Barry campus. The St Illtyd's team was divided into four sub-teams, each one tackling a different skill – carpentry, tiling, bricklaying and painting & decorating. Each sub-team worked extremely hard with focus and determination. Our team came a very respectable third place.

A huge well done to both

of the teams that took part in the challenges. Our thanks go to Joanne Gower, Student Recruitment Officer at Cardiff and Vale College, and all the Cardiff and Vale staff involved in both of the challenge days.

**MRS L MAY, COMMUNITY FOCUSED SCHOOL'S CO-ORDINATOR**



# Proud to sponsor Singin' in the Rain – Coles Funeral Directors



Community means everything to the team at Coles Funeral Directors, and we know that St Illtyd's Catholic High School is a pillar for many families here in the east of Cardiff.

Every year, St Illtyd's puts on a fantastic School Show and we are delighted to be supporting the production this year as Headline Sponsors. Performance is a wonderful way for young people to develop self-esteem and confidence – as well as a whole host of other skills that will serve them well throughout their lives.

Director Gareth Coles and his family along with other members of the team are very much

looking forward to attending the performances, as well as meeting with the cast to find out about how they are involved, and what they have enjoyed about playing a part in the production.

Our independence as a local family business means we can sponsor initiatives like School Shows and we're delighted to provide support to St Illtyd's Catholic High School as Coles Funeral Directors is closely affiliated with the Catholic Church and the work it does in Cardiff's Community.

A full review of the production along with photos will appear in the Winter issue of the New Illtydian.

## About Coles Funeral Directors

*Independent, award-winning, family-run funeral directors caring for families in Cardiff*



With people from all walks of life, cultures and religions proud to call Cardiff home, Coles Funeral Directors is dedicated to serving this diverse community and delivering bespoke services to ensure each and every need is taken care of by our team in our specialist facilities. No matter how specific your requests, we'll do our very best to accommodate them.

Many of the team at Coles are practising Catholics, and we work extensively with

Catholic Churches across Cardiff. With vast experience in Roman Catholic funeral customs, including Requiem Masses, we can liaise with your Priest to ensure the most fitting service.

Alternatively, we can tailor your loved one's funeral to your exact requirements and budget, offering the full spectrum of transparently priced options. From direct transfers to entirely bespoke services – we'll help you personalise the funeral so it is the perfect reflection of the life of your loved one. For an accurate quote from our

friendly staff, call us now on: 029 2079 7516.

And from as little as £1713 we can help you plan your funeral and put your affairs in order – so that when the time comes, your family will have complete peace of mind that you'll have the funeral that you want and that payment has been taken care of.

**COLES FUNERAL DIRECTORS IS THE ONLY FUNERAL BUSINESS IN WALES TO HAVE BEEN ACCREDITED BY THE PRESTIGIOUS GOOD FUNERAL GUIDE.**

## Farewell and thank you

We would like to take this opportunity to thank the members of staff who are leaving us at the end of the summer term for all their hard work. Some have been with us for many years and some for a few months, but all have demonstrated dedication to ensure that our pupils receive the best education possible. We wish all of them luck in their new endeavours.

We would like to thank **Tracey Jarvis** for her outstanding commitment to St Illtyd's, not only in her roles as Assistant Head and Deputy Head, but also during her time as Acting Head Teacher for almost two years.

We wish all the very best to **Ted John, Laurie Davies** and **Nita Rice** who have all given many years' service to St Illtyd's in their roles as

teachers and then Heads of Departments.

Good luck to **Helen Greening**, Literacy Teaching Assistant in her new role. She will be missed for her warm and nurturing nature with pupils.

And finally thank you and good luck to **Kelly Neat, Bethan Wheeler, Laura Jones, Monday Aburieki** and **Rhiannon Jenkins**.



Tracey Jarvis



Ted John



Laurie Davies



Nita Rice



Helen Greening



Kelly Neat



Bethan Wheeler



Laura Jones



Monday Aburieki

# Spirituality at St Illtyd's

## Blessed Oscar Romero (1)

In March, pupils from St Illtyd's were extremely lucky to join pupils from other Cardiff Catholic High Schools at St Peter's Catholic Church to watch a play on the life of Blessed Oscar Romero. The play was moving and insightful for our pupils and a great opportunity to learn more about the life and works of this great man.



## Diocesan Conference (2)

Four pupils - Kyle Pacheco, Lia Williams, Paulo Bautista and Freya Johns - were invited to a Diocesan Conference at the Welsh Assembly to discuss the place of religion in politics and reducing the voting age.



## Cardiff Diocese SVP meeting (3)

On Saturday 2nd June, three pupils from the Youth SVP were invited to the bi-annual meeting of the Cardiff Diocese SVP. Holly Tee, Laura Viggers and Ffion Morris all spoke about the work they do within the community and why they volunteer their time.

## Holocaust talk (4)

On Monday 4th June the school was proud to welcome Lady Milena Grenfell-Baines. Lady Milena was one of the last children on the Kindertransport and was saved from the holocaust. She shared her story and inspired all the pupils.



## Great Litter Pick (5)

On Tuesday 5th June during period 5, Years 8 and 9 Youth SVP participated in the St. Illtyd's "Great Litter Pick" where they collected litter from around the school to draw attention to the amount of plastic and waste in our school. We are determined to become an eco-friendly school so if you would like to get involved please see Mrs James in the RE department.



## The Message (6)

On Wednesday 6th June, pupils from Years 7 and 8 listened to the stories of our visitors from the Message. It was about how we show respect to each other and how God loves us unconditionally. All pupils enjoyed this event.

## Eco trip in Cardiff Bay (7)

On Wednesday 6th June, members of the Youth SVP and the Eco Group attended an Eco event in Volvo Ocean Race Village in Cardiff Bay to learn about the dangers of plastic in the environment and in our oceans. The event, organised by Eco-Schools, was a full day in which pupils learnt about where the plastic in our rubbish goes and how it ends up in the oceans.



I would like to take this opportunity to wish all pupils, parents and carers a restful summer holiday.  
**MR P. MORIARTY (DEPUTY HEADTEACHER:  
 RE, CATHOLICITY AND SPIRITUALITY)  
 RE DEPARTMENT - MRS POCKNELL,  
 MRS JAMES AND MRS YELLEN**



## Sir Robert McAlpine Construction visit

A group of Year 9 and 10 pupils were recently lucky enough to be invited by Sir Robert McAlpine to visit their construction site in Central Square, where the new HMRC building is being built.

Pupils learnt about the many different roles in the construction industry, as well as learning about this landmark project in Cardiff city centre. They were able to get a prime view of the site and the work currently being undertaken. Our

visit concluded with a construction themed team challenge, in which our Year 9s were the triumphant team.

Our thanks go to Adrian Cole from Careers Wales for facilitating this visit, to all of the Sir Robert McAlpine staff for giving up their time and to Danielle Aberg from the Construction Industry Training Board for organising the team challenge.

**MRS L MAY, COMMUNITY FOCUSED SCHOOL'S CO-ORDINATOR**

## Your Cardiff, Your Career, Your Future

A large group of Year 9 and Year 10 pupils attended the "Your Cardiff, Your Career, Your Future" careers event at Cardiff and Vale College in April. The event, organised by the Cardiff Commitment, encouraged our future workforce to explore the opportunities available to them in organisations in a bid to help them become skilled and employable people and subsequently meet the needs of employers. Pupils had various opportunities to discover, from work experience and volunteering through to general information on available career paths and live vacancies. All of our pupils gained a lot of knowledge from employers at the event and came away inspired on their future career path.

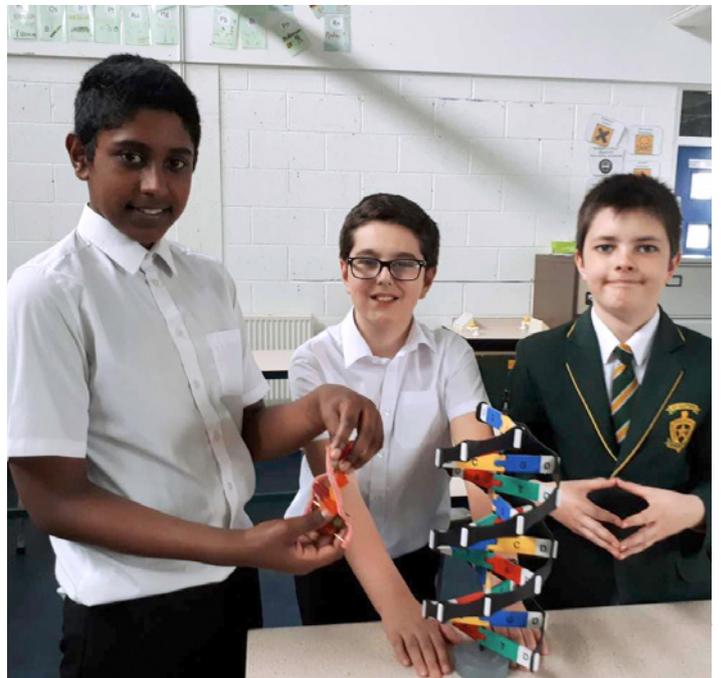
**MRS L MAY, COMMUNITY FOCUSED SCHOOL'S CO-ORDINATOR**



## University Inspiration Day

A group of Year 11 pupils attended the University Inspiration Day at Cardiff University in March. Pupils were able to browse the subject fair and then attend a variety of workshops covering a variety of subjects available to study at Higher Education level. Pupils gained an excellent insight into university life and were inspired along their future study path. Our thanks go to Scott McKenzie, Luke Merchant and all the staff and student ambassadors from Cardiff University for a very well organised event.

**MRS L MAY, COMMUNITY FOCUSED SCHOOL'S CO-ORDINATOR**



## Science Club

Science Club has been running all year after school for Years 7 and 8, run by science teacher Miss Lewis. Pupils have taken part in many exciting experiments, such as making slime, extracting DNA from a banana and creating explosions from coca cola and Mentos sweets. The photo shows pupils making a DNA structure out of sweets, which they then got to eat!

# Welsh Bacallaureate



I am delighted to announce that we will continue as a 'Lead Practitioner' school for Welsh Bacallaureate during 2018/19. As part of this important role we support and provide training to schools across both South Wales' regions; Central South Consortium and Education Achievement Service for South East Wales. Our joint professional learning programme will continue to provide training to subject coordinators and senior leadership teams, and, in addition to this we are developing a bespoke programme to support new teachers to the Welsh Bacallaureate Skills Challenge Certificate. In this issue of the Illtydian I am very proud to be able to share many of the wonderful opportunities and learning experiences that our St Illtyd's students are undertaking as part of our Welsh Bacallaureate programme. From our transitional 'Youth Summit' which involved all of our feeder

cluster primary schools to our Big Ideas Wales Enterprise workshops for all Year 9 students – it really has been a productive summer term. The Welsh Bacallaureate is a major part of our curriculum with a main purpose of providing essential 'life skills' through a series of challenges and projects. We invest a significant amount of time and effort in linking our challenges with a wide range of charities, organisations and businesses to give our students the best learning experience possible. I would like to thank all parents and carers for your continued support from home in preparing your child for an exciting and successful future, which will open up many new opportunities.

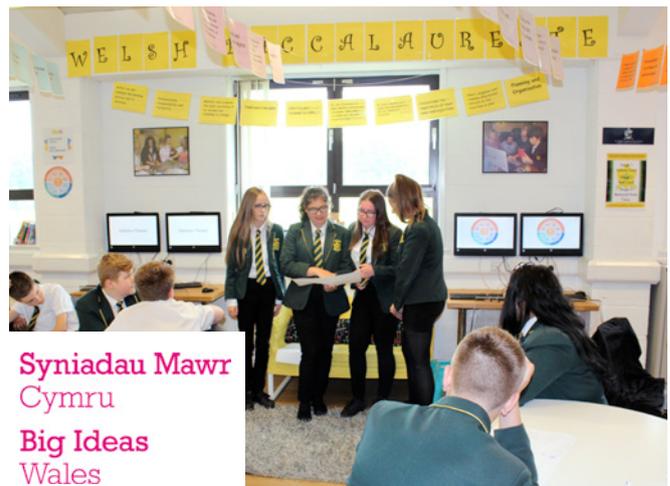
**MR L ROWE, HEAD OF WELSH BACCALAUREATE**

## Llamau sleep out and mini-conference to end homelessness in Wales

Year 10 students have been raising awareness of youth homelessness in Wales as part of their Welsh Bacallaureate 'Community Challenge.' They linked with Wales' largest homelessness charity Llamau who visited the school to present in our Year 10 assembly, and to host planning meetings. The students improved their planning and organisation skills by organising a series of mini-conferences in our school canteen, and they delivered micro-presentations to the Year 7 pupils. Many of our students have been developing this link further by carrying out a range of fundraising activities. It has been wonderful to see the amount of compassion our students have for such an important local charity.



## Big Ideas Wales Enterprise & Employability workshops



Year 9 students have been taking part in Enterprise and Employability workshops in conjunction with Big Ideas Wales. The students worked with business people and 'role models' who visited our school to show our students what it takes to set up and run a business. We were delighted at how all the students engaged in the activities, they are certainly now well-placed to set up and run a small business in the near future.

## Dogs Trust visit St Illtyd's

Our Head Boy Fahadi organised a blanket appeal for the charity Dogs Trust even though he was in the middle of sitting his GCSE exams. Hayley, from Dogs Trust visited our school to present a certificate to Fahadi for this inspirational work. Well done Fahadi!



## First Give Programme

What an inspirational evening we had when all of our Year 9 form classes made presentations to charities and their parents at our annual First Give Programme Final. All our KS3 students take part in this programme as part of their preparation for the Welsh Baccaulaureate Skills Challenge and develop essential skills while learning about the importance of citizenship and supporting charity. Our winning team were awarded a cheque for £1,000 and worked with

Keep Wales Tidy. The students have organised meetings with the charity and our school eco-team to develop a new programme to reduce the amount of litter we see in our school. This is already having a dramatic effect and we look forward to seeing how this continues into next term.



## Unity Gender Equality Youth Conference

A group of Year 10 pupils recently attended the first ever Unity Gender Equality Youth Conference held at City Hall. Pupils were able to make their voices heard and share their views on gender equality to make Wales a fairer and more equal nation. The conference explored themes related to gender inequality, through listening to inspiring speakers and taking part in workshops. Attendance at this event supported pupils' work in Global Citizenship in the Welsh Baccaulaureate. **MRS L MAY, COMMUNITY FOCUSED SCHOOL'S CO-ORDINATOR**



## WE Youth Summit

This term we hosted our first ever Youth Summit at St Illtyd's. Members of the Eco Clubs of all our Catholic feeder primary schools were invited to join members of St Illtyd's Eco Club in a summit focused on the environment. We were very fortunate to have a speaker from the WE Movement to facilitate the day.

The main aim of our Youth Summit was to develop essential skills amongst the students in preparation for Welsh Baccaulaureate. The group debated the different issues that we, as humans cause and looked at how we all need to make sacrifices in order to save our planet. The overriding message of the day was that we all need to raise awareness, so that people have the information they need to inspire them to make those sacrifices. Pupils then split into their school groups to action plan on the issues they cared the most about changing in their school.

The day was a huge success and we were delighted that pupils from St Albans Catholic Primary School, St Cadoes Catholic Primary School and St John Lloyd RC Primary School were able to join us. We would like to offer our thanks to Katy Taylor from the WE Movement for facilitating the day.

**MRS L MAY, COMMUNITY FOCUSED SCHOOL'S CO-ORDINATOR**



# Smallpeice Trust STEM Day

28 Year 9 pupils recently took part in a STEM Day at our school. The day was funded and facilitated by the Smallpeice Trust. The idea behind the day was to raise awareness of science, technology, engineering and maths and how these subjects can be applied to the real world.

Pupils were divided into teams and took part in a Smart Build project to build a water filtration unit complete with working water pump and moisture detector. Our pupils rose to the challenge with each pupil getting involved and engaged with the project.

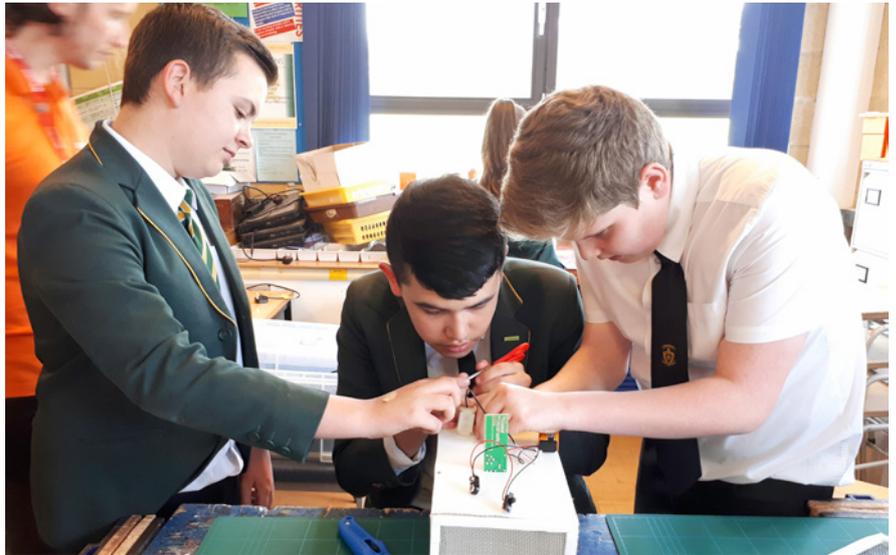


[www.smallpeicetrust.org.uk](http://www.smallpeicetrust.org.uk)

The day concluded with team presentations in which all units were tested and pupils were able to present back on how the day had gone. The day was a great success with all pupils involved providing positive feedback. In addition, all participants felt that they had learnt new skills and had a better understanding of the world of engineering.

Following on from the STEM Day, four of our pupils have been invited onto the Smallpeice Trust engineering residential taking place at Cardiff University in July. Our sincere thanks go to the Smallpeice Trust and their Education Officer Ashley Rowley for leading the day.

**MRS L MAY, COMMUNITY FOCUSED SCHOOL'S CO-ORDINATOR**



## St Illtyd's Enhanced Transition Programme

Our transition programme has been enhanced this year to enable Year 6 pupils to come to St Illtyd's as a smaller school group for the day in addition to the traditional

transition day in July. This extra day has allowed pupils to talk about the high expectations required of pupils when they start high school as well as allowing time to conquer any fears they may have.

In addition, our new Additional Learning Needs pupils and their parents have visited the school for sessions to enable them to feel completely prepared for when they start with us in September.



Pupils from St Cadoc's Catholic Primary School



Pupils from St John Lloyd RC Primary School & St Alban's Catholic Primary School

# ART DEPARTMENT UPDATE

## GCSE Year 11 work

Another year is over and in the Art department, GCSE Year 11 pupils have produced an array of exciting work. The work in these photos demonstrates the fine art skills displayed by our pupils.

MISS ANNE-MARIE VELLA, HEAD OF ART



## Artists of the future

Year 8 pupils have been designing and making shoes using recycled materials. Here are just a few of the amazing creations that our pupils have made. Artists clockwise from top: Chayla Brett, Sarah Connors and Alisha Tranter.

MISS J PHIPPS, ART TEACHER



## Well done Zachary and Charlie!

A huge well done to Zachary Whitehorn in 9GL. He climbed Snowdon in April in aid of Cancer Research UK and Velindre Hospital. Zachary's Nan and two cousins were diagnosed with Breast Cancer on the same day just before Christmas. He felt like he needed to do something and give something back. He raised over £600 and the amount will be split equally between the two charities. Both his family and St Illtyd's are so very proud of him and his determination. What a fantastic effort.

We are equally proud of Charlie Kertin, also in Year 9 – 9CC. On the last day of term, Charlie raised £91 for Tŷ Hafan off her own back by doing an Easter Egg raffle.

A huge well done to both Zachary and Charlie. They are truly inspiring to all.



## Sailing Day 2018

On Saturday 12th May 2018, nine Year 10 students took part in a sailing day with Challenge Wales. Whilst on board, we learnt to work effectively as a team and how to sail a boat.

We also learnt how to read charts and how to navigate bearings to evaluate our position at sea using landmarks like lighthouses and spits.

This was a great opportunity to increase essential skills for life such as team work, confidence and how to stay calm under pressure.

We all had a really fantastic day and enjoyed the experience thoroughly. St Illtyd's would like to sincerely thank Cardiff St David's Rotary Club and the Reardon Smith Nautical Trust for continuing to fund these sailing days and providing these wonderful opportunities for our pupils.

**KELSEY-MAY MAIDMENT 10BD**



## Hay Festival

On a wet Friday in May, a group of Year 8 pupils, accompanied by Ms Sims and Mrs May, set off early from St Illtyd's to attend the Hay Festival in Hay-On-Wye. As part of the day especially for secondary schools, our pupils attended inspiring talks from writers Laura Dockrill, David Almond and Patrice Lawrence. Pupils also had the opportunity to meet the writers, get books signed and even take some selfies with them. A great, inspiring day was had by all.

**MRS L MAY, COMMUNITY FOCUSED SCHOOL'S CO-ORDINATOR**



# Sports/Chwaraeon



## Year 7 boys baseball

The Year 7 boys' baseball team played extremely well to win the Year 7 Welsh baseball tournament at Heath Park. All pupils involved represented the school superbly at the tournament. Well done boys!



## Year 7 girls baseball

Well done to the Year 7 girls who played their first baseball game against St Johns College and drew 1 and lost 1. MacKenzie Harry was the player of the match.



Well done to the year 9 girls who played against Eastern High in baseball this term. It was an incredibly close match, losing by one run in the end (37-38).

## Year 8 Welsh baseball team at Heath Park

Year 8 played extremely well in the annual Welsh baseball tournament at Heath Park. We beat both St Richard Gwyn Catholic High School and Corpus Christi in the group stages, in what were very competitive matches, before reaching the final against Cathays High School. Joshua Dickens played superbly with the bat, hitting four home runs, helping us to make it to the final. Unfortunately, we were edged out by Cathays in what was a very competitive final. Well done to all involved!



## Year 8 rugby team at the Cardiff Schools Plate Final

The Year 8 rugby team reached the Plate Final of the Cardiff Schools rugby competition for a second year running. Unfortunately we were beaten by a very powerful and athletic Mary Immaculate team, who had progressed rapidly since last year's competition. Great resilience was demonstrated by all the players. Keep up the hard work!



## Year 7 rugby team at the Cardiff Schools Plate Final

The Year 7 rugby team played superbly well to make it to the final at Cardiff Arms Park. The team started well, defending resolutely against a big Eastern High School team. The momentum of the game swung in both teams favour and some superb tries were scored. Luke Jones tackled and ran with the ball exceptionally well. This seemed to galvanise the rest of the team who kept playing hard until the final whistle. Unfortunately, Eastern High narrowly held on in

the dying moments of the game to secure the win. Massive congratulations to all team members for what was a gritty and determined display.

## U15 girl's athletics

The U15 athletics team attended the U15 championships this term and produced some excellent individual performances, with the sprint athletes progressing to the 100m, 200m, 75m hurdles and 4 x 100m relay finals and the field event athletes finishing within the top 15 in their respective events. We had a lovely day in the sunshine and all of the girls were a credit to the school.

DATES FOR YOUR DIARY

**2018/19**

Please note the following dates for the academic year:

**TERM DATES**

**Autumn Term starts:**

Monday 03/09/18

**Half Term:**

Monday 29/10/18 –

Friday 02/11/18

**Ends:** Friday 21/12/18

**Spring Term starts:**

Monday 07/01/2019

**Half Term:** Monday

25/02/2019 –

Friday 01/03/2019

**Ends:** Friday 12/04/2019

**Summer Term starts:**

Monday 29/04/19

**Half Term:** Monday

27/05/2019 –

Friday 31/05/2019

**Ends:** Monday 22/07/2019

**INSET DAYS:**

Monday 03/09/18. A further four INSET days to be arranged.

The school will be closed for the May Day Bank Holiday on Monday 06/05/19

# Sports/Chwaraeon

(cont./parhad)



## Record breaking 2018

Sports Day 2018 saw several school records being broken by Year 10 pupils. **Joshua Willis** (1) in the 200m, **Luka Sarakinos** (2) in the 100m, **Joshua Robins** (3) in Javelin and **Sinead Stitfall** (4) in Discus.

This was a massive achievement for all pupils. The day went off with a bang and was a great success for the school to build on next year. Well done to all pupils who got involved in the day, you showed great team spirit for your form classes and were a credit to our school community. Winning form classes were – 7MA, 8BWH and 9NJ.

Following Sports Day, a male and female overall sporting champion were awarded the Victor Ladorum and the Victrix Ladorum prize. Our champions are below. Huge congratulations to them all!

	Victor Ladorum	Victrix Ladorum
Year 7	Luke Jones	Alesha-Mae Lane
Year 8	Michael Tang	Kya Placide
Year 9	Geremia Darko	Sydnee Smith
Year 10	Luka Sarakinos	Sinead Stitfall



1 & 2



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## Girls together #innerstrength

It's been great to see so many of our Year 9 girls involved with the second round of the #innerstrength programme at Better Eastern Leisure Centre. They are enjoying their sessions and working hard to develop an active body, active mind, and a better understanding of health and well-being.