



WINTER/GAEAF 2018

# The New Illtydian

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

## 'Singin' in the Rain' left the audience with a smile on their face!

The classic 'Singin' in the Rain' proved to be the perfect choice for musical director Edward John's final show at St. Illtyd's. It may seem a wildly over ambitious musical for an 11-16 school to produce but the students worked with enthusiasm, energy and confidence to achieve a highly professional show.

Sharp eyed readers of the programme would have noted that for the first time in fifteen shows, a student, Emily Cole, joined Julie Smith and Allison Ridout as assistant producer. Emily achieved this due to her forward thinking, use of her own initiative, and as dance captain, her ability to rehearse other cast members.

Set in late 1920's Hollywood, 'Singin' in the Rain' marks the end of the silent screen era; the advent of the talkies with its difficulties integrating new technology, provides the basic story. It pokes gentle fun at Hollywood – the gossip columnists, the image stars portrayed to their adoring fans, the studios' contract system and even abuse of power within the film industry. There is romance in the blossoming



love between leading movie star Don Lockwood and aspiring actress Kathy Selden. Comedy is provided by Don's best friend, Cosmo Brown. Add to this, Don's leading lady, Lina Lamont, who unfortunately is unaware that she possesses less than dulcet tones and there you have the ingredients for one of the best musicals ever.

In a vocally demanding role, Ethan Napier looked, and sounded every inch the debonair Don Lockwood. Ffion Morris and Nicole Evans performed on [p2](#) >>

## HEAD'S MESSAGE | NEGES Y PENNAETH



As we approach the end of our first term, there is once again much to celebrate here at St Illtyd's. Our pupils have been active in the classroom, on the sports field, upon the stage and throughout our wider community. It has also been busy with the introduction of our new house system and pupil profile. In doing this we are promoting the role models and gospel values which we wish to see in all our pupils. Many of these values they display on a day to day basis especially with their compassion and generous attitude to others, examples of which you will see throughout this newsletter. In doing so they carry on the long tradition of service typified by Illtydians past and present.

It has also been a very successful term, in many ways. We were once again oversubscribed with school numbers reaching new heights; our new Year 7s have made a fantastic start – as well as a great approach to learning

– they have involved themselves in Chess and maths challenges, completed a first aid awareness course and thrown themselves into sports. They have been unbeaten in virtually every match or game in the region! Other years have also succeeded in sports such as netball, football and rugby – often against much bigger schools.

The concern pupils have for others has also been at the forefront of the caring ethos of which we are so proud. As a result of a non-uniform day and our inaugural St Illtyd's feast day the pupils managed to raise over £2,000 for a defibrillator. The feast day saw the whole school attending mass with Father Brian. This was followed by a number of activities inside and outside the classroom culminating in a talent show and a staff v pupil's baseball match. Much to their delight the pupils won, roll on next year for the rematch! Our SVP group continues to work with our primary schools and the pupils have been researching and raising issues surrounding their designated charities as part of their Skills Challenge certificate. Their passion for Homelessness awareness has risen to the fore and was matched by that of the staff. Mr Lloyd, Miss

Vella, Mr Richards and Mr Green, as part of the Sleep Out campaign to end homelessness in Wales, did just that and slept out overnight. They managed to raise £524.

Pupils have also been involved in a number of visits, including GE Aviation, the Senedd, the Taff Housing construction site and Skills Cymru events with forthcoming visits to Universities and the theatre planned. We were also visited by the Tim Peake Spacecraft Programme – a Soyuz Rocket Show for all of Year 9 followed by a trip to the museum for pupils to see the capsule used by Tim Peake. Truly inspirational.

None of our achievements, events and visits would be possible without the hard work of pupils and staff plus the fantastic support we receive from parents and grandparents. I would like to take this opportunity to thank you for that, it is never taken for granted. Thank you for supporting St Illtyd's and being part of the great message we have – your involvement at events and your support in and outside of school makes us the community we are.

**May I wish you and your families a happy and holy Christmas.**

**MR DAVID B THOMAS,  
HEAD TEACHER**

## 'Singin' in the Rain' from page 1

» alternate nights as ingénue, Kathy Selden, both girls enchanting the audience with the purity of their voices in the love song, 'Would you?'. It was delightful to see the visible chemistry between the lead actors in a dream-like scene on a backstage lot. Swirling mist, a wind machine and a ladder formed the perfect setting for Don and Kathy's romantic waltz, 'You were meant for me'.

Lydia Napper excelled in the unenviable role of silent movie queen, Lina Lamont, perfectly maintaining her excruciatingly awful voice. Her movie star image in silent films is compromised when needing to speak in the talkies, much to our amusement and the barely concealed obvious annoyance of film director, Roscoe Dexter (Isobel Perkins).

'Make 'em laugh' gave Morgan Stacey an ideal

opportunity to show his impeccable comic timing as Cosmo Brown. A well-rehearsed slapstick routine involving a banana skin, stagehands carrying a plank of wood, a pail of water and a life-size, headless dummy was hilarious.

A mention must be made of David Mangenza's great stage presence as studio boss, R.F. Simpson. His rendition of 'Beautiful Girls' was matched by the perfection of the accompanying dancers. Cameo roles were taken by many other members of the cast, all of whose talents added to the quality of the musical.

An iconic musical score, gorgeous 1920's costumes, choreography that Busby Berkley would have been proud of and dynamic performances by youthful cast combined to make 'Singin' in the Rain' a stylish, spectacular show.



## Premier League Enterprise Challenge

A group of young entrepreneurs from Year 10 entered the 2018/19 Premier League Enterprise Challenge. The boys were tasked with developing a business plan to get more 18-23 year olds to Cardiff City matches. They would compete against other teams from schools across South Wales.

Following a day of market research, the boys looked at financing their ideas and developing their business plan. Their commitment to the challenge was impressive and a lot of time and effort went into developing and rehearsing their presentation.

They had to present their business plan in a five minute pitch to a panel at Cardiff City football stadium, which included BBC Sport presenter Jason Mohammed. The panel were blown away by their presentation and the boys were an absolute credit to the school.

Joel, Geremia, Jalil, Gabriel and Ntando were announced as the winners of this competition and will now represent Cardiff City FC in the next round of the Premier League Enterprise Challenge. This will be held at the Molineux Stadium and we wish the boys every success in the next round.

**MRS RUTH FRY, HEAD OF YEAR 10 AND TEACHER OF PE**



## Summer Reading Challenge

Each year, the Summer Reading Challenge run by local libraries encourages children to read six books over the holidays. This has always traditionally been for children of primary school age, but this year for the first time, the scheme has been extended to teenagers and adults. To encourage them, they receive prizes from the library for every

book they read. As an extra reward, to congratulate those pupils in Years 7 and 8 that completed the challenge, they were invited to a "Hot Chocolate & Muffin Treat" during form time. A huge well done to all who took part! Keep up the good work!

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



## Meet the pupils on a mission to cut plastic wastage



L to R Laura Viggers, Ffion Morris, Emily Crawford, Holly Tee and Mr Lloyd Rowe



The team gives their winning presentation

A group of four students have put St Illtyd's Catholic High School on the map taking centre stage at the Senedd for the annual First Give Awards, winning £1,000 of grant money for their school.

The First Give Programme is aimed at secondary school children across the UK. Delivered through a fully resourced scheme of work that is interactive and student-led, it aims to ignite a spark of social conscience in young people.

Inspired by 'Keep Wales Tidy', Emily Crawford, Ffion Morris, Holly Tee and Laura Viggers who are currently in Year 10, decided to work with the charity in order to campaign to cut plastic waste. This included tackling the school's litter problem head on, by organizing litter picking in tutor groups to ensure that all pupils got involved.

With the support of Vaughan Gething, Cabinet Secretary for Health the girls also led the school eco-committee in a variety of ways to action-plan for social change.

**Vaughan Gething, Cabinet Secretary for Health said:** "I very much enjoyed visiting St Illtyd's and meeting the winners of the First Give

Programme. This is an impressive programme that works to actively encourage young people to work towards giving and supporting a charity of their choice. I look forward to visiting schools in the near future that take part in this excellent programme."

**Lloyd Rowe, Lead Practitioner and Head of Welsh Baccalaureate St Illtyd's said:** "We are so proud of all our students that have taken part in the programme, the hundreds of people who attended the event were absolutely blown away by the performance of the night from Emily, Ffion, Holly and Laura. They really are a huge credit to us all!"

The programme has been a huge success so far in only its second year in Wales, with over 300 people attending the final this year. Attendees included Vaughan Gething and other cabinet members.

**Leon Ward, Programme Manager of First Give, Wales reflected:** "We work in partnership with schools to help young people give their time, tenacity and talents to improve their local communities. We believe in young people. Their

passion, creativity and determination are all positive qualities that can be harnessed for social change.

"I was thrilled at the standard of entries for this year's awards. There truly were some remarkable performances and I am delighted to celebrate the fantastic achievements of these pupils."

The programme had a huge impact on the students involved. **Ffion Morris, Year 10 programme participant added:** "Participating in the First Give Programme helped me gain confidence, work in a team and showed me how many opportunities there are for young people. I am so thankful for the opportunity where I got to work with such wonderful people, raise money for charity and perform in such an extravagant building."

Following their success, the four girls are thinking of applying for the Virgin Atlantic "Change is in the Air" funding award in order to take their project a step further by providing reusable drinks bottles to every pupil in the school to cut down on plastic use – watch this space!  
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# Community Christmas Market

Our Community Christmas Market was another huge success this year. Now in its sixth year, the Market has become a staple in the St Illtyd's calendar. Staff from the Eden Bus ran Santa's Grotto, RAF St Athan Voluntary Band got us into the festive spirit and over 30 stalls provided an array of Christmas gifts and treats. There was a lovely atmosphere in the hall and it was great to see so many

members of our wider community coming along to support the event. We are extremely grateful to our two sponsors - Dominos Pizza in Rumney and CJ Construction from Port Talbot. A huge thank you to everyone that came along.

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



## Opportunity Knocks careers event

Assistant Head of Year Mrs Sharon James took ten Year 9 pupils to Opportunity Knocks, a construction careers event held in conjunction with Cardiff Community Housing Association.

A number of providers were in attendance, including partners from Cardiff and Vale College, Careers Wales and local construction businesses. Pupils experienced 'virtual tractor driving', designed and made bird houses and were able to speak to experienced staff about various routes into further education or paid employment. It's never too early to have a plan for the future!

Our young learners were both engaged and enthusiastic. Event staff made a point of commending our students on their behaviour and positive attitudes. Well done to all those involved!

**MRS SHARON JAMES, ASSISTANT HEAD OF YEAR 10**



## MindHub

At the end of the summer term, our Head Boy, Joshua Robins, our Head Girl, Emma Cottrell and senior prefects Steve George, Lauren Hill and Michaela Tanser attended a Grand Council event at Cornerstones in the city centre. Pictured with our seated prefects are Year 10 pupil Ffion Morris and ex Head Boy, Fahadi Mukulu, who are both Cardiff Youth Council members and were heavily involved in the organisation of the event. The aim of the event was to enable young people to learn about the various methods that can be used in school to better improve the emotional and mental wellbeing of pupils.

One of these methods is through the promotion of a website called "MindHub", which has been created by young people for young people. MindHub provides information and links to services in relation to emotional health and wellbeing.

[www.mindhub.wales](http://www.mindhub.wales)

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





## Belgium trip

This Remembrance Day, the History department took 40 students to Belgium to visit several memorials of World War One. The students visited Ypres on the first day and had the opportunity to attend the last post at the Menin Gate. It felt very special being there for the 100 year anniversary and the importance was reflected in the excellent respectful attitude the students had. We visited several memorials including the Welsh Memorial where students laid a wreath to remember the fallen.

On the second day we travelled to France and the area around the Somme. We visited Thiepval Memorial where 75,000 soldiers are remembered. We also visited several museums where the students could learn more about the soldiers' experience of the trenches.

Overall it was a very memorable learning experience for all and something that will allow the students to reflect on the sacrifice made by generations past.

**MR DAN HILLS, SUBJECT LEADER FOR HISTORY**



## GE Aviation visit

At the end of the summer term, a small group of Year 10 pupils visited GE Aviation in Nantgarw. GE Aviation is St Illtyd's Business Class partner, and as such, we have been working closely together on many projects and activities. Pupils had a tour of the site, seeing the fascinating process that goes into servicing an aircraft engine. This was followed by a question and answer session with two current apprentices about the range of apprenticeships on offer at GE Aviation. The visit proved to be very informative and provided our pupils with ideas on their future career options. As a result of this visit, a couple of our pupils will be doing work experience at GE Aviation.

**MRS M HEALAN, HEAD OF ENGLISH & MRS L MAY, COMMUNITY FOCUSED SCHOOL'S CO-ORDINATOR**



## DT visits to GE Aviation

Following on from our visit in July, a further two visits were arranged for our Year 10 Design Technology pupils. The aim of these visits was to see a 3D printer in action on an industrial scale. In addition, pupils had a tour of the site. We are confident that these visits will enhance pupils' learning in DT going forward.

**MR D NELSON, TEACHER OF DT & MRS L MAY, COMMUNITY FOCUSED SCHOOL'S CO-ORDINATOR**



## Year 7 First Aid Awareness Course

As part of our mission at St Illtyd's, we aim to equip pupils with essential life skills by the time they leave us. With this in mind we once again organised First Aid Awareness courses with our new intake of Year 7s. Each Year 7 took part in a one hour course that covered primary survey, calling for an ambulance, choking and CPR. All of our pupils learnt skills that could prove extremely useful if ever they found themselves in an emergency situation. All pupils that took part will receive an attendance certificate.

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



# Spirituality & Chaplaincy at St Illtyd's

## The Retreat (1)

At St Illtyd's, we started off the new school year by appointing a School Chaplain, Mrs Hurley and creating an area called 'The Retreat'; a spiritual centre where staff and pupils can retreat to, to pray, meditate and partake in specific groups focusing on things such as 'Self Soothing' and 'Positive Responses'. The Retreat is also used for specific liturgical and educational days.

## Year 7 Welcome Mass (2)

In September, Year 7 were welcomed by celebrating class masses in the neighbouring Pastoral Centre Chapel, then as a whole year group in the school hall. Staff and pupils alike enjoyed the truly moving service.

## St Illtyd's Day Mass (3)

Father Brian joined us again, as almost 900 staff and pupils (the highest number ever) celebrated mass on 'St Illtyd's Day'. He then went on to surprise everyone with the delivery of 1,000 donuts. It was a bit of a task to distribute them fairly, but it was worth it.

## Rosary Group (4)

In October, the newly formed Rosary Group, were joined by St Cadoc's UCM, Governors and parishioners, as we took part in the worldwide October Rosary Campaign, inspired by The World Apostolate of Fatima.

## Remembrance Sunday (5)

In November we remembered the 'Loved and Lost' of our families, as well as those lost in military conflicts. We presented memorial wreathes to the altar during mass at St Cadoc's Church.

## St Illtyd's Pupil Profile (6)

We have continued to promote and embed the St Illtyd's Pupil Profile into all aspects of school life, using displays, assemblies and classroom activities. Pupils are able to identify these qualities in themselves and their actions as a result.

## World Day of the Poor- 18th November 2018 (7)

With the help of our local CAFOD rep Mrs Jackie Edwards, Year 7 took part in a worldwide initiative from Pope Francis, to 'Share the Journey' of refugees by following in their footsteps. They took part in a re-enactment and walked with their arms held high as a sign of solidarity. Their miles will be logged by the Vatican and we will have a certificate as a school to thank us for our involvement.

Year 7 then petitioned Theresa May, asking that she join with other world leaders, to address the issues that cause people to become refugees. We look forward to her response.

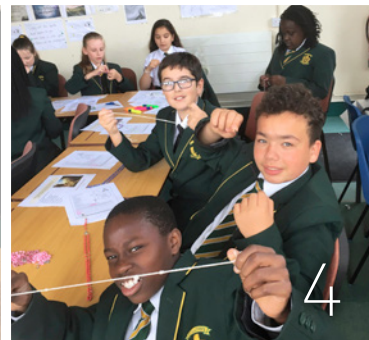
## Higher Tour 2018 (8)

Staff and pupils alike were inspired to hear the stories of this passionate and talented group of singers/rappers explain how becoming Christians had allowed them to live their best lives. Over 100 of our pupils were so inspired that they went to their concert the very next night.

## Red Wednesday – 28th November 2018 (9)

Few people are aware that Christians are the most persecuted religious people in the world today. Red Wednesday intends to bring this to the public's attention. On Wednesday 28th November, staff wore red to stand in solidarity with persecuted Christians and faith minorities who suffer unjustly for their peacefully-held beliefs.

**WE LOOK FORWARD TO BEING TRULY 'FAITH-FILLED AND HOPEFUL' DURING ADVENT AND CHRISTMAS THIS YEAR.**





# Welsh Baccalaureate



We are continuing to provide our students with extremely valuable experiences through our Welsh Baccalaureate programme. As a lead practitioner school for the last three years, we have developed the curriculum and a programme of study that is filled with real worthwhile experiences for our students. In this edition of the New Illtydian, you will see how we are using these experiences to develop important employability skills within all of our students to ensure that when they leave us at the end of Year 11 they have the skills necessary for further education, and the world of work. We work hard to develop important personal skills such as planning and organisation, personal effectiveness and critical thinking to give our students the confidence they need to be successful.

During this term we have continued to link with the incredibly important local charity 'Velindre Cancer Centre' through our Enterprise and Employability Challenge. We have challenged all of our Year 10 students with a brief of working in small teams to develop a suitable business proposal for the development of a new product, service or event to fundraise for the charity. The students will be pitching their business plans in our St Illtyd's Dragons' Den in December with the support of business role models and employers who have been visiting our school throughout this term. You will read on page 2 about a group of our Year 10 boys, who have taken their ideas one step further by competing in the Cardiff City Foundation Enterprise Challenge. We were delighted to receive news that they have won the Cardiff competition and will now represent the Bluebirds at the next round at Molineux Stadium in early 2019. I look forward to updating



you on their progress in the next round of the competition when they compete against other Premier League clubs.

I must say a big thank you to Big Ideas Wales and Careers Wales for their support with providing employers and business experts to us throughout our Enterprise Challenge, they have really opened up our students eyes to the many opportunities that are ahead of them. We are continuing to develop a programme of learning right from the start of our students' journey through the school from when they join us in Year 7, and as a part of this we are proud to be delivering the First Give Programme. This programme is helping our younger students to understand how charities operate, they are tasked with holding a series of team meetings to identify how they can actively support a charity through a period of social action before delivering a team presentation in front of a panel. On page 3 you will read about the success of our students in this programme, and how our winning team recently performed at the Senedd at the annual First Give Awards Ceremony in front of ministers. Our students have inspired the staff to take part in social action for charity, and recently I joined Miss Vella, Mr Green and Mr Richards to take part in a 'Sleep Out' to raise awareness of homelessness for Llamau. We slept outside overnight in cardboard boxes in freezing November conditions. Many thanks to everyone that supported us! I am grateful to a whole team of people that support our Welsh Baccalaureate programme at St Illtyd's.

**LLOYD ROWE, HEAD OF WELSH BACCALAUREATE**



**Left to right:** Year 10 girls holding a consultancy meeting with business role model and entrepreneur Mabs Noor to discuss their business plan; Year 10 girls Sidney and Charlotte professionally filming an advert to promote their 'Rafiki Bracelet' products with Craig Oats from Digi Chemistry; Mr Green, Mr Richards, Mr Rowe and Miss Vella taking part in the sleep out at Cardiff City Stadium on November 22nd to raise awareness of homelessness.





## Skills Cymru

Our Year 10 and 11 pupils visited the Skills Cymru careers event in October. This free two day event provided our pupils with the opportunity to discover careers through interactive, inspirational activities and demonstrations and helped them to visually bridge the gap between what they enjoy doing and what they could potentially do as a career and the training required. Pupils were able to meet employers, colleges, training providers and advisers in a highly interactive and inspirational environment. Our pupils came away from the event having a clearer idea of what they wanted to do in the future and how to achieve those goals.

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



## Shwmae Day

Monday 15th October was "Shwmae Day". Shwmae Day provided an opportunity to have fun and share the Welsh language.

The aim of the day was to encourage the use of the Welsh language by trying to get everyone to start a conversation in Welsh through saying "Shwmae". Our Welsh department organised some fun activities in the hall at both breaks including "Pin the tail on the Dragon". Well done to everyone that took part. *Diolch yn fawr i bawb!*



### YEAR 9/GCSE DRAMA THEATRE TRIP

## Romeo and Juliet

Thursday, 07 March 2019

12.30 departure from school, returning 4.30 pm (TBC)

The Royal Shakespeare Company presents  
at the New Theatre, Cardiff



What if your first true love was someone you'd been told to hate?

Ripped apart by the bitter divisions of their parents, two young people will risk everything to be together. The most famous story of love at first sight explodes with intense passion and an irresistible desire for change. Will this spark a revolution, or will division continue to tear through generations?

As *Romeo and Juliet* is one of the core GCSE texts assessed for examination in January of Year 11, this is an excellent opportunity to not only understand the plot and characters, but to see a live performance and further your love and experience of literature and theatre.

Any questions, see Ms Sims or member of the English team

## Smashed Project

Our Year 7s and 8s were very lucky to be treated to a performance by the Smashed Project this term. Consisting of a performance followed by a workshop, the Smashed Project delivered a very important message about the dangers of underage drinking. All pupils thoroughly enjoyed the performance and learnt an important lesson. The performers also made time at the end of the workshop to talk to our KS4 Drama pupils about how to get into acting as a career.

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





# Tim Peake Spacecraft Programme



## Soyuz Rocket Show

The whole of Year 9 were lucky enough to watch the Soyuz Rocket Show delivered by the Science Museum in London. The Soyuz Rocket Show is a science show with exciting interactive science demonstrations and stunning visuals to talk about the science of rockets and Tim Peake's spacecraft. The show has links to the science curriculum. Pupils loved the demonstrations, especially the explosions!

## Museum visit

Following on from the show, 69 Year 9 pupils visited the National Museum Wales to see Tim Peake's space capsule and space suit. They also took part in workshops on robotics and smart space materials. We are extremely grateful to Heather Jackson- Learning, Participation and Interpretation Officer for all her work on this programme and to Samsung who funded the cost of our coach. **MRS L MAY, COMMUNITY FOCUSED SCHOOL'S CO-ORDINATOR**

# St Illtyd's Day 2018

Our first ever whole school celebration of St Illtyd's Day on the 6th November was a huge success. The day started with two Masses for the whole school celebrated by Father Brian Gray. It was a wonderful way to begin the day of celebrations and to remember the reason we are all here today.

Pupils learnt about St Illtyd in their form classes and took part in a quiz to test their knowledge of the school. The day continued with fun activities such as board games, Netflix, murder mystery, karaoke, paper plane & poppy

making and Fifa football. A raffle was held with donations from Alison Perrett, Tesco St Mellons, Co-op Llanrumney and Asda Pontprennau. We are extremely grateful to all of them for their kind donations.

Pupils were able to choose their final activity of the day. They had a choice of watching a staff and pupils talent show where we witnessed that St Illtyd's really does have talent, or watching staff take on pupils in sports.

The day was a huge success and our thanks go to Mr Richards, Miss Briscoombe and all of

the Honours pupils for organising the day. They spent weeks planning for this day and it all came together wonderfully.

The aim of the day was to raise money for an in school defibrillator. Through the non-uniform day, St Illtyd's Day activity sign ups, the raffle and donations, we have raised over £2,000 which will enable us to buy our defibrillator.

We would like to say a huge thank you to pupils, parents, carers and staff for your generosity. It would not have been possible without everyone coming together.





## Taff Housing construction site visit

Two small groups of Year 10 and 11 pupils were invited by Taff Housing Association to visit their construction site in Old St Mellons. At the site, 33 affordable homes for rent are being built for Taff Housing Association by contractor CJ Construction. The project is due to be complete in November 2019. Our pupils met with the team from CJ Construction and members of Taff's Community Investment and Development teams. Pupils listened to the career journey of the Site Manager and a Clerk of Works, before having the opportunity to ask questions. Pupils then worked in groups to dispel myths around the construction industry. Our pupils gained a thorough insight into the construction industry. Our thanks go to Clare Dickinson from Taff Housing Association and Adrian Cole from Careers Wales for arranging these visits for us.

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



## Army Cadets Year 8 assembly

Kris Hawkins, Commanding Officer for Cardiff and the Vale for the Army Cadet Force, came along to an assembly to speak to our Year 8s. The Army Cadet Force provides a way of gaining important skills and the opportunity to take part in fantastic activities. Kris was assisted by Year 11 pupil and Army Cadet Anyssa-Maria Parsons. Quite a few pupils showed an interest so there may be some new recruits joining soon! To find out more: <https://armycadets.com/join-cadets>

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



## Dementia Friendly Day

The whole experience started off with dementia friendly training where we were taught general facts about Alzheimer's disease and got to ask any questions that we had about it. On the day of the Dementia Friendly Day, we travelled to the Chapter Arts Centre which is a magnificent building where lots of theatre and classes take place. We were given bright yellow t-shirts that marked that we were there to help and badges that showed we had received dementia training. When we arrived we were assigned jobs and were told to talk to people and offer help to those who needed it. My task at first was to greet people at the front entrance. When doing this, we were given handmade, bouncing sheep and toys which symbolised the relaxing environment and comforted people who were entering. During this day, we took part in a singing class where we learnt songs that we had never heard before, met new people from the ages of 13-85 and had a lot of fun. To finish the day, we sat down with a few people who struggled with dementia from a local care home. This was by far the most interesting and educating part of the day. To hear each different person's life story, some going back to being a child in the World War 2, was amazing. We learnt in our training that some sufferers of dementia can



remember events and things that happened to them many years ago but struggle to remember what they did yesterday. Due to their willingness to share their lives with us, it felt as if you knew a lot about them. This trip was extremely important as it taught us not to label someone by their disease or age but by their name and individuality. I now know things that I never would've known otherwise and have met some wonderful people. I'm glad I attended this Dementia Friendly Day and would love to reach into our local community even more in the future.

**FFION MORRIS 4DR, YEAR 10 PUPIL**



## Year 9 First Campus Residential 2018

In early July, 18 of our Year 9 pupils were extremely lucky to attend the Year 9 First Campus Residential for three days. The Residential is designed to give pupils an idea of university life – both the academic and social aspects.

Pupils took part in a variety of activities on day one, including team building activities, a campus tour and a student finance session. The following two days pupils studied a subject of their choice. This year our pupils chose between Biomedical Sciences, Engineering, Food Technology and Sports Sciences. In Biomedical Sciences, pupils examined their own DNA. In Engineering, pupils got to fly an aircraft on a flight simulator. In Food Technology, pupils explored the science of chocolate (and got to bring home all their samples!) In Sports Sciences, pupils explored inclusion in sport and got to experience Blind Football and Wheelchair Basketball.

The evenings were full of the social aspects of student life and so included Dominoes night, Chippy night, discos, a pub quiz, karaoke and a

photo booth. Much fun was had by all, including the school staff!

The Residential culminated in a Graduation Ceremony to which all parents and carers were invited. As well as all pupils graduating, Charlotte Napier was awarded an "Inspire Award" for her commitment and enthusiasm for the whole project, despite having the added task of travelling back to school each evening to take part in the school production.

All pupils behaved superbly throughout the Residential, all learnt new skills and came away inspired to go to University in the future. St Illtyd's were the largest group that attended and they all did us proud.

I would like to thank all of the First Campus staff- Linda Smith, Natalie Ray and Annie Davies for inviting us to be a part of this fantastic project once again. A final thank you must go to all of the Student Ambassadors for looking after us so well.

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



## Sports/ Chwaraeon

### St John Lloyd sports day

Pupils from St Illtyd's helped out at St John Lloyd RC Primary's School's sports day held at the National Indoor Athletics Centre at Cardiff Metropolitan University in July. We are delighted to be able to help our feeder primary schools in this way.



### Year 10 7-a-side rugby team

The Year 10 7-a-side rugby team attended the annual rugby 7's tournament held at Rumney RFC. All played exceptionally well, winning four out of their five fixtures against strong opposition. Well done to all involved!



### Year 11 7-a-side rugby team

The Year 11 7-a-Side rugby team played at the annual rugby 7's tournament held at Rumney RFC. The team played with grit and determination to beat Cardiff High School, after narrowly losing their two other matches. Well done on a great team effort!





DATES FOR YOUR DIARY

**2019**

Please note the following dates for the academic year:

**TERM DATES****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**

Friday 1st February &amp;

Monday 22nd July 2019

The school will be closed for the May Day Bank Holiday on Monday 6th May 2019

# Sports/Chwaraeon

(cont./parhad)

**Year 8 football team**

The Year 8 football team pulled off a miraculous come-back against Bro Edern High School. Bro Edern took an early lead, but St Illtyd's responded with excellent goals to make the score 4-3 to Bro Edern. This made for a nail-biting last two minutes, in which both teams pushed for a decisive goal. During some slick build-up play, St Illtyd's managed to equalise to make the score 4-4, taking the game to penalties. St Illtyd's held their nerve to take the victory. A resilient performance from all involved. Well done boys! Stanwell High School await us in the next fixture.

**Year 9 football team**

The boys have played exceptionally well in both the Welsh Cup and the Cardiff & the Vale Schools Cup. The team have had excellent wins against Eastern High School (5-3) and Glantaf High School (3-2 on penalties). This placed the team against Cathays High School in the last round of the Cardiff & the Vale Schools Cup. Cathays took an early lead and looked to be dominating the game in the early stages, using their superior height advantage at corners and free-kicks. However, a determined and dogged attitude from St Illtyd's meant that they scored late on to take the game to penalties. As the light was closing in, it was St Illtyd's



that held their nerve to score the crucial penalty that takes them into the quarter finals. Well done Year 9 on an excellent team performance!

**Year 7 football team**

The Year 7 football team played at Heath Park beating Cathays High School convincingly earlier in the year. They faced Corpus Christi High School (away) in a toughly fought contest. The game was played at a high standard by both teams and some excellent goals were scored. St Illtyd's were on the receiving end of some tough decisions that ultimately swung the game in favour of the hosts. St Illtyd's losing 5-3. Well done to all involved!

**Innerstrength**

Some of our Year 9 girls were selected to take part in the Innerstrength programme which is run by Sports Cardiff in Eastern Leisure Centre. There the girls have been taking part weekly in female only sessions run by qualified instructors. The group have also had the opportunity to work with outside agencies focusing on wellbeing and mental health. There will be another programme starting after Christmas so if there are any Year 9 Girls interested in taking part then please see Miss Jones or Mrs Fry.

**Year 7 girls netball**

The Year 7 Girls have made a fantastic start to the year with over 40 attending training on a weekly basis. Results started very well with an excellent win against Eastern High School back at the start of October and they have kept up that streak as both A and B Teams are still yet to lose a game. Keep up the excellent work!



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