

The New Illtydian

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



HEAD'S MESSAGE | NEGES Y PENNAETH

2023 marks the centenary year of St Illtyd's Catholic High School. There is a lot to celebrate. The current school was created with the merger of St Illtyd's college for boys and Heathfield House grammar school for girls.

St Illtyd's College was founded in 1923, when the De La Salle Brothers came to Cardiff to open a Roman Catholic school for boys. The school was opened as a grammar school on a site in Courtenay Road in the Splott area of the city.

In 1941, during the Second World War, the main school building was badly damaged by a bomb. Severe overcrowding due to the damage sustained and growing pupil numbers led to the school moving to its current location on Newport Road in Rumney.

Heathfield House was a Roman Catholic grammar school for girls, founded by the Sisters of Providence of the Institute of Charity in 1867. It was initially called St Joseph's Grammar School, though it moved to Heathfield House on Richmond Road in 1877 which led to the school changing its name. In the 1970s the school moved again to a site on Ty Gwyn Road in Penylan.

In 1987, the two schools were merged as part of the reorganisation of Catholic education. The school was renamed St Illtyd's Catholic High School and was now a co-educational school for pupils aged 11-16. Sixth form provision was transferred to the new St David's

Catholic College situated in the vacated Heathfield campus on Ty Gwyn Road.

Our current pupils have a lot to live up to but, also a lot to be inspired by, from those who have gone before. Old Illtydians can be found all over Wales and the world. What unites the past and present is a shared set of values and an emphasis on the highest of standards in all that we do.

It has been a privilege to receive correspondence from, "Old Illts" and to meet many with their recollections of their time at the school. With such a rich history there is much to celebrate this year and we are planning events which will provide opportunities for people to meet once again. Our website will be updated, and publicity will follow once activities, dates and venues are confirmed.

The school continues to grow in numbers and the work on enhancing its facilities is ongoing. St Illtyd's is constantly evolving - nothing stands still, and nothing stays the same. This is due to the pupils who come through the gates. All are different but together they are the school.

In that respect, nothing has changed over the last 100 years. It has always been, and will always be, about the pupils.

May I wish you a happy and Holy Easter.

MR D B THOMAS, HEAD TEACHER



Oxford University visit

Some of our Year 11 pupils had the opportunity to visit New College, Oxford. It was a productive and informative visit. Pupils were given advice on how to apply and had many opportunities to find out what it is like to be a student at Oxford University. A wonderful day was had by all with an interesting tour of the college culminating in a fabulous lunch in a 13th century dining hall. Hopefully, it will not be too long before some of our pupils are there for real.

DAVID RICHARDS, TEACHER OF HISTORY AND MORE ABLE AND TALENTED CO-ORDINATOR



Year 9 visit Catsci

Catsci is a pharmaceutical innovation partner who works with companies to help develop medicines and look at the safety of their medicines. They look into ways to make sustainable manufacturing of medicines. Catsci is a fast-growing company that started in 2010. In February, 11 of our Year 9 set 1 science students had the opportunity to visit Catsci to find out more about jobs in science. The trip was made up of two parts. All the students were given a tour of the labs and facilities which included what equipment they used and the different labs in which students could see scientists working on experiments. The students were taught about how this equipment was used and why they used it. After the tour of the labs had ended, the students had the opportunity to talk to two PHD scientists about the company, jobs in science, A-levels, and university.

ISABELLE HAINES, 9YC

We would like to thank all of the staff at Catsci for their time. We would also like to thank Adrian Cole, Business Engagement Adviser at Careers Wales for arranging the visit.



Eisteddfod 2023

St David's Day was celebrated this year with off stage competitions where pupils were given the opportunity to show their skills in the following subjects: Welsh, English, Spanish, Art, RE and Welsh Culture. Pupils worked hard at their various homework tasks and the work was displayed in the reception area. The top scorer was Mark Davies from Year 7. Congratulations Mark!

The following pupils from Year 8 won prizes for designing a brochure to advertise Cardiff: Joseph Bailey, Julia Skiba, Sarithan Sathiyathan and Zachary Thomas.

Sienna Smith in Year 7 and Soraya Castillo

Zoubair in Year 9 created new words for the Spanish National Anthem. Mason-Lee Heaven in Year 7 came first in the Welsh competition and designed a new motto and shield for Wales. Cerys Ayres in Year 7 came first in the Year 7/8 English poetry writing competition, with her sister Megan Ayres receiving 2nd prize for her entry. Mark Davies received 3rd prize for his entry. Many excellent pieces were received for Art with Mark Davies receiving first prize. Diolch yn fawr iawn to everyone who participated.

MEGAN GWYNNE CARROLL, ACTING HEAD OF WELSH



Happy Retirement Caryl!

At the end of the Autumn term, we bid a fond farewell to our Admin Officer, Caryl Ash. Caryl has worked at St Illtyd's for 16 years and is a face that most pupils and parents will recognise, being one of the first faces they see when they come into the school. We will all miss Caryl and we wish her all the very best for her retirement.



News from the Art Department

Virtues logo competition

The Art department has supported our Chaplain in raising the awareness of our school virtues. Pupils were challenged to design the virtues of the half term: faith-filled and hopeful.

Pictured is Paschal Chike-Nweze of 9TC with his winning design and prize of an Amazon gift voucher. Here is what Paschal had to say about his creation: "I chose this design because the cross symbolises the suffering of Jesus which is the centre of Christianity. The anchor under the cross represents that Jesus is what gives us hope in this world and the dove represents the Holy Spirit which represents peace and love."

Keep your eyes peeled for our next design competition showing the virtues: learned and wise!



KS3 Artists of the term

Miss Cosslett and Miss Dennis have recognised lots of incredible effort and skills in their art lessons this term. Here are some excellent examples:

Amulya Chandla 7BWH

Amulya has developed an impressive sgraffito design across a harmonious oil pastel background. Amulya has scratched into the surface to depict crisps, chocolate, and a drink. Good enough to eat!



Luke Berry 8ZJ

Luke has focused on improving his tonal drawing skills through studies of Cardiff's architecture. He has shown excellent understanding of scale and proportion. Keep it up Luke!

Sophia Amaechi 9TC

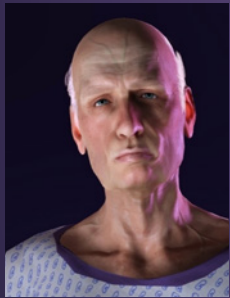
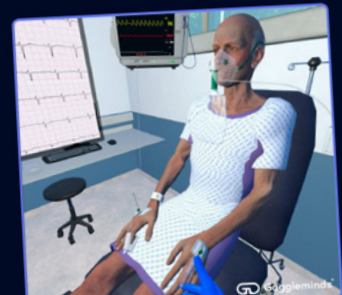
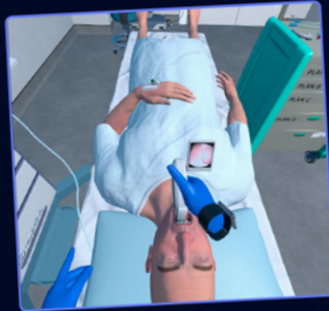
Sophia has shown a mature attitude to our social issues topic. Sophia has designed expressive, emotive lettering that has informed the 3D wall mural she has gone on to create. Wonderful work Sophia!

TAMARA COSSLETT, HEAD OF ART



Future Minds

Helping school children in Wales experience a future career in healthcare through virtual reality



Future Minds is an initiative run by Cardiff-based company, Goggleminds, with the aim of inspiring the future generation of healthcare professionals. Working closely with Careers Wales and Welsh schools, Goggleminds delivers sessions to students aged 11-16, talking to them about the job opportunities in healthcare and giving them experiences of working as a medic in virtual reality.

A group of students attended the session which ran from 11am – 1pm. The session began with a discussion about careers in the NHS and students' experience of healthcare. After the discussion, students were given the opportunity to pick and try a medical simulation in virtual reality from one of the Goggleminds library. Students were initially guided on how to navigate the simulations and then given the freedom to explore. After the VR element of the session, there was a debrief, exploring how the students felt about the virtual experience and

addressing previously held perceptions of careers in healthcare.

90% of the students stated that the session inspired them to think about a career in healthcare. Pupil comments included:

"So fun, I learnt a lot. I would have liked more time, next time."

"My favourite part was learning the foundations of what the NHS community does on a daily basis."

The session was a huge success with all the students in attendance getting the opportunity to experience what it could be like to be a healthcare professional in the NHS. The feedback was very positive for all the students that participated. The session

provided students with a clear and supported pathway to gain more experience and learn about the academic and professional routes to working in healthcare which could help encourage them to turn their newfound interest into action.

AZIZE NAJI, GOGGLEMINDS

 **Goggleminds®**

Employer assemblies

During February, pupils across all year groups had a week of employer assemblies. Mark Morgans from the **Intellectual Property Office** spoke to Year 7 about his job as a Patent Officer, other careers at the IPO and the fact that the skills needed to work at the IPO can be learnt at school.

Ex-pupil Wiktor Kryjak delivered a very informative and interesting session to Year 8 pupils on careers at **GE Aerospace** with information on jobs in engineering, apprenticeships and how an engine works.

James Harper from the **Principality Building Society** talked to Year 9 about the importance of teamwork, courage, and enthusiasm. He even offered pupils some free Harry Styles tickets!

Lili Thompson from the **Welsh Government** spoke to Year 10 pupils about the many careers available in the Civil Service and the various routes into the industry.

Antony Threadgould and Sacha from the **Civil Service** Fast Stream team spoke to Year 11 pupils about their career journeys.

We would like to thank all of the employers for giving their time to speak to our pupils. All the sessions were really informative. We would also like to thank Adrian Cole, Business Engagement Adviser at Careers Wales for organising these assemblies for us.



Rapid revision with Made Training

This term we invited Sander de Groot from Made Training to the school to run revision sessions with all our Year 10 and 11 pupils. Sander ran a "Rapid Revision" one hour workshop with each group. During the workshop, pupils learnt how to read, review, and condense complex data, how to develop focus and memorise key data, and how to organise and manage their time. The workshops have given pupils the skills they need to help prepare them for the upcoming exam season. Our thanks to Sander for his time over the two days.

HOW TO CONTACT MADE TRAINING

Facebook: madetraining | Twitter: @madetraining
Instagram: made-training | www.made-training.com

Women in STEM

At the start of the spring term, a group of ten Year 9 female pupils were invited to St David's Catholic Sixth Form College for a Women in STEM Partner School Event. The event began with an inspirational talk from Shinjini Ghosh from the Massachusetts Institute of

Technology Global Teaching Lab. Shinjini outlined her educational and career journey and shared advice on how to achieve success. Following this, pupils took part in a coding activity. A competition took place against our fellow partner schools- Corpus Christi Catholic High School, Mary Immaculate Catholic High School, and Cardinal Newman Catholic High School. The team from Mary Immaculate were worthy winners. The event ended with a tour of St David's College, giving pupils an insight into the subjects available to study and the facilities available. We would like to thank Olivia McLaren, Destinations & Vocations Manager and Alexander Phillips, Marketing & Design Officer, for the organisation of the day and Shinjini Ghosh from MIT for sharing her valuable knowledge.

www.stdavidscollege.ac.uk | Twitter: @stdavidscoll

LUISA MAY, COMMUNITY FOCUSED SCHOOLS CO-ORDINATOR





St Illtyd's
Eco Club

Eco Club update

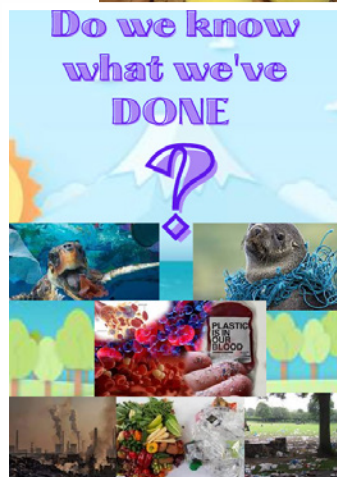


In Eco Club, we started the term by carrying out an environmental review to research topics around the school. We were all split into groups to research topics such as litter, waste minimisation, energy, water, biodiversity, transport, health, wellbeing, and food.

After evaluating the problems and ranking them, water was the worst problem due to the fact that taps in KS4 toilets are leaking even though they are turned off. Litter was seen to still be a problem and Eco members made posters about this and displayed them around the school grounds with the hope of encouraging the students not to litter anymore. Some of our designs can be seen here.

Evan Vaisey, our Eco Club Secretary, told us about a garden design competition run by Bridgend College which we have decided to enter. Year 7 pupils Dalia Figueroa Molina and Nicolly Trajano Santos Silva (pictured above) created a fantastic "Healing Butterfly Garden" design which we have decided to enter in the competition. Dalia and Nicolly were given an Amazon gift card for their wonderful creation. As part of the competition, Bridgend College invited us to a garden design workshop and a tour of their horticulture department (see pics below). We learnt lots of useful gardening skills on the day which we will use in our school garden in the future. Wish us luck for the competition!

PASCHAL CHIKE-NWEZE, 9TC, ECO CLUB COMMUNICATIONS OFFICER



Tree planting with Coed Caerdydd

Coed Caerdydd is a ten-year programme to increase the number of trees in Cardiff, supporting the city's One Planet climate change strategy.

The project aims to:

- Protect our current and new trees against climate impacts and diseases
- Plant new trees in the right places for nature and communities
- Raise awareness about the importance of trees
- Provide opportunities for everyone to help make Cardiff a greener and healthier place to live.
- Train and work with communities

St Illtyd's is currently working with Coed Caerdydd to plant new trees on the school grounds. At the beginning of December, Chloe Jenkins and the team from Coed Caerdydd came to the school and led a tree planting session for our Eco Club members. Under the guidance and expertise of Chloe and her team, five fruit trees – two plum and three cherry – were planted in our school orchard. The trees were provided by Coed Caerdydd. Our Eco Club members learnt about what is involved in tree planting whilst having a fun time. We would like to say a big thank you to all the team from Coed Caerdydd and we look forward to continuing to work with them in 2023.

LUISA MAY, COMMUNITY FOCUSED SCHOOLS CO-ORDINATOR AND ECO CLUB LEAD



The Big Christmas Lunch

Just before Christmas, a group of our Eco Club members went to Rumney Chapel to help at the Living Room Big Christmas Lunch. The Big Christmas Lunch is a big lunch to which members of the community are invited to receive a free Christmas lunch.

Our pupils worked hard serving lunch and selling raffle tickets. Our pupils did St Illtyd's very proud and received many compliments from attendees for their politeness and conduct. Mrs May and the pupils then sat down to enjoy a Christmas lunch of their own.

Then it was all hands on deck again to clear tables and serve teas and coffees. Our pupils did a fantastic job. A huge well done to all pupils involved!

We would like to thank Mike Thomas for inviting us to be a part of this event. We would also like to thank Anthony and Chloe Hall for cooking and organising the whole event.

LUISA MAY, COMMUNITY FOCUSED SCHOOLS CO-ORDINATOR



Spirituality & chaplaincy at St Illtyd's



Spreading joy at Advent

In December 2022, Year 7 pupils took part in two charity and community projects collaborating with the St Vincent De Paul Centre and our feeder primary schools St John Lloyd RC Primary School and St Peters Catholic Primary School.

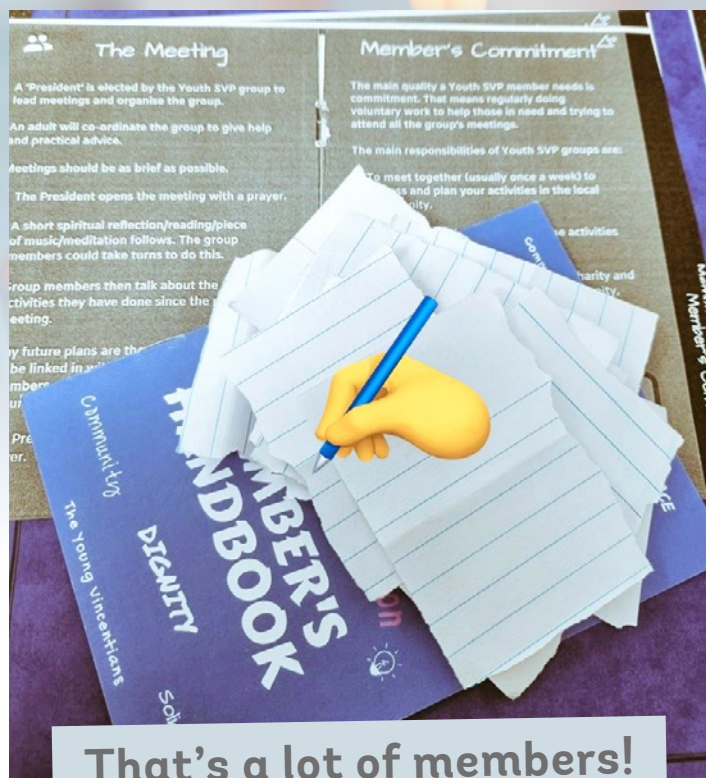
In the first project they worked with pupils from St Peter's Catholic Primary School and SVP leaders Stacy and Janine. They were challenged to fill 20 bags of essential items for the street homeless over the winter period. The Year 10 Youth Action Group successfully sold candy canes and raised enough money to make a sizeable contribution to the bags appeal. St Peter's also contributed a large number of items and both groups managed to

fill the bags with 20 foil blankets, hats, and scarves for the homeless. This work showed the kindness and generosity of pupils working together as an example of Christian witness. They also wrote words of encouragement and season greetings on each Christmas card in the bags.

The second project was creating gift bags for the residents in Quarry Hall Care Home with pupils from St John Lloyd RC Primary School. Thanks to the success of the candy cane sale, they were able to purchase items to fill a gift bag for each of the 42 residents in the care home. St John Lloyd collected a fantastic selection of gifts that had been kindly donated by their pupils and families. SVP Ely Bridge

donated selection boxes and the ladies of their craft group handmade Christmas ornaments for the residents.

Our Year 10 Youth Action Group was invited to Holy Family church by the SVP Centre to help pack over 100 Christmas Food Hampers for vulnerable families. Joining us at the workshop were volunteer parishioners from Holy Family, SVP volunteers, pupils from Mary Immaculate High School and Canon Maguire, who kindly led us in prayer. It was an incredibly efficient and successful day with 120 food hampers packed and quality checked by the pupils. In between packing the hampers, the pupils wrote personalised cards for the families.



That's a lot of members!

January saw the launch of the Youth Action Group for Year 7, an amazing 56 pupils showed up for the initial meeting. The 56 students were broken down into four groups, each group assigning a President and Vice President. The Youth Action Group (YAG) focuses on three key elements; SEE, THINK and DO, turning their concern into action. The group will focus on our school community, the local community, global community, and our primary schools. This coming term will see us focus on working with our primary schools in collective worship, workshops, and charity work. They will be building up a relationship with the St Vincent De Paul Centre to encourage the already budding partnership the school has with them.



Class services

The winter term saw the beginning of class services for pupils in our School Chapel with Father Brian. The Year 7 classes were eager to join in with readings and prayers with each volunteer reading beautifully. The students grew in confidence with their readings and fully engaged with Father Brian.



Advent collective worship

In December pupils from St Albans Catholic Primary School came to the school Chapel to take part in collective worship with pupils from 8ZJ. Together they looked at the true meaning of Advent. They listened to readings and lit the advent wreath together. The Year 8 pupils did a fantastic job helping the younger pupils write and make a prayer chain for 'Joy.'



Animation workshop

Members of the Year 7 Youth Action Group were invited to St Albans Catholic Primary School for an animation workshop with Screen Alliance. Sarah from Screen Alliance tasked the children with making a stop start animation using clay that embodied their school mission statement.

They chose to show the school mission statement by embodying what it is to work together in kindness, faith, and compassion. Their stories ranged from helping the homeless and those living in poverty to raising awareness of the necessity of guide dogs and the effects of bullying. The pupils thoroughly enjoyed the workshop and created some fantastic animation videos which have been shared on our Twitter page.

VICTORIA WONNACOTT, SCHOOL CHAPLAIN

Scribblers tour 2023

In February, a small group of pupils in Years 7 and 8 had the opportunity to visit the Scribblers Tour at Cardiff Metropolitan University's Cyncoed campus, an event funded by the Welsh Government. The Scribblers Tour acts as a prequel each year for the Hay Festival. In interactive events pupils wrote stories, asked questions and expressed themselves through the power of writing. Authors and compères spent time with the pupils, on and off the stage, to encourage creative conversations throughout the tour. Award winning Young Adult and teen champion Jenny Valentine acted as compère. This year pupils explored events from different characters' perspectives with author Mag Evans. This was followed by a fun and interactive event with award-winning poet Matt Goodfellow where he encouraged pupils to use their own experiences to write poems.

Year 8 pupil Kiera Acton said of the day: "The Scribblers Tour was fun. We got to speak to authors and share our own stories. It was fun sharing ideas with friends and authors and getting positive feedback from people when we spoke out loud. Overall, I would love to do it again."

We would like to thank the Hay Festival, Reaching Wider and Cardiff Metropolitan University for a fantastic event.

LUISA MAY, COMMUNITY FOCUSED SCHOOLS CO-ORDINATOR



WORLD BOOK DAY

2 MARCH 2023

This March we have celebrated another fantastic World Book Day

Day at St Illtyd's. A fierce competition to dress the best door was held and Ms Cosslett's form crowned the winner once again! This time, the door was inspired by the Harry Potter series and judge, Head Teacher Mr Thomas could not help but be spell bound.

As well as this, throughout the day students enjoyed quizzes, wrote stories, read books and engaged in a range of activities promoting a love of literature within lessons! "Blind Date with a Book" was a success and many students dared to take a chance on a new genre. A special thanks goes out to Miss Rees whose Harry Potter inspired classroom was a hit at break times; everyone thoroughly enjoyed the day.

A huge thank you to all who participated and made the day special!
BEVERLEY SHARP, SECOND IN DEPARTMENT ENGLISH



News from the Department of Performing Arts



The Lion King trip

A wonderful trip was had by all when the Performing Arts department took an excited coachload of pupils to see Disney's award-winning musical "The Lion King" at the Lyceum Theatre, London. The production explodes with glorious colours, stunning effects, and fantastic music.

The story follows Simba as he journeys from a wide-eyed cub to his destined role as King of the Pridelands. Before attending the performance, time was spent in Covent Garden listening to live music, watching street theatre and soaking up the Christmas atmosphere.

Annie – save the date!

We look forward to welcoming you to our first school production since the pandemic. What a way to celebrate our centenary year here at St Illtyd's. Work is well underway by the cast of Annie for what is going to be a fantastic production. Tickets will be available from the school reception on 5th June priced at £7 & £5. There will also be a bar & refreshments available. **Save the date!**



External exam achievement

A massive congratulations to Becky Cassinelli in Year 10 who has successfully passed her Grade 4 Musical Theatre ABRSM exam with a Distinction. What a fantastic achievement! If you would like to come and hear Becky singing, she is Annie in this year's school production. A show not to be missed.



Carol service @ St Cadoc's

Following the disruptions caused by Covid it was an absolute pleasure to be able to have our annual carol service once again. We were truly blessed to hold this at St Cadoc's parish church. The congregation were captivated by the harmonies of the school choir, talented musicians of the orchestra and guitar group along with solos from Ava Placide on the steel pans and Hollie Burke on the guitar. The Year 10 drama group performed a moving presentation of the Christmas story which was written by Miss Wheeler. This all proved to be a fitting and joyous start to the Christmas period.

JULIE SMITH, HEAD OF PERFORMING ARTS



Rewards Christmas lunch 2022

It was wonderful to be able to put on our Rewards Christmas Lunch again this year after a two-year absence due to Covid. Pupils from across all year groups were selected based on excellent attendance and behaviour, and each pupil was able to invite a guest to the lunch. The hall was transformed

into a huge festive dining room and a wonderful lunch was enjoyed by all. We want to say a big thank you to Kerry and all the kitchen staff for cooking a delicious lunch and a big thank you to all the amazing St Illtyd's staff and prefects for setting up the hall, serving lunch and clearing up.



Netball, rugby & football news... and more!

Sports/Chwaraeon



Football news

Year 7 football

After Christmas, the boys have been on a great run of form. They welcomed Bishop of Llandaff last month in the plate semi-final. In the first half, Illtyd's were chasing the game as Bishop looked threatening in every attack resulting in a 1-0 lead. Half time came along with some changes in the 11. We gave away a penalty soon after the restart, with Jayden Roberts pulling off a great save to keep us in the game. Soon after, we put pressure on Bishop with a great goal showing lots of determination making it 1-1. The balance of the game quickly went in our favour which led to another two quick goals to seal the victory. Overall, the boys showed great resilience to push through to the final whistle. The boys are excited to see who they will face in the final.

Year 11 football

The Year 11 cup run has been very entertaining so far this year with some great football on display and some unexpected results. After our win against St Teilo's earlier in the year, we then welcomed Cathays High at home. The conditions were not great for both sides, with both teams managing it well all game. Illtyd's went 1-0 up quick into the game from a well worked corner. With Cathays having no answer to our presence in the air, we soon went 2-0 up from another set-piece. Soon before the break, Cathays scored a great free kick from 25 yards out to make it 2-1. At half-time the boys looked comfortable, this led to a great second half performance with another two goals scored to make it 4-1.

The boys were now heading to the quarter finals of the cup against Cardiff High. The game at Cardiff High had everything you would want in a cup tie. Both teams were well-drilled defensively, stopping any threat for the 1st 30 minutes. Cardiff High went 1-0 from a great team goal, working the ball out wide

and finishing the cross. Illtyd's did not lose their focus and kept fighting up till half-time to get an equaliser. After half-time the boys came out firing. We looked like a threat with every attack. Cairan Davies delivered a great free kick into the box with Callum Deacon rising highest to head the ball over the keeper, making it 1-1. The game was fast and intense for the last half hour but neither side could find the winning goal resulting in penalties. The boys ended up winning dramatically on penalties and got into the semi-final against Plasmawr.



Netball news

Year 7 netball

The girls have been on great form since the Christmas break. They have played against St Teilo's, winning 7-2 overall. They showed great team spirit and organisation throughout. They also travelled to Cathays High; we brought over two squads with both teams showing great quality and resilience. One team came away with the win and the other team ended the day in a draw. The girls cannot wait.

Year 8 netball

The girls have shown great commitment to training since Christmas. Unfortunately, they have been unlucky not to have a fixture due to cancellations and other events out of their control. They are looking forward to playing St John's and Eastern High in the coming weeks.

Year 9 netball

The Year 9 netball team played a very tight match against St Teilo's with some excellent netball played, resulting in a 5-5 draw and being Susan Madamidola voted in as player of the match!

MORGAN JONES, TEACHER OF PE



Year 9 netball team



Year 7 rugby



Year 9 rugby

Rugby news

Year 7 rugby

The Year 7 rugby team hosted Glantaf in the Cardiff Cup. The game started off at an extremely fast pace with a high level of skill displayed by both teams. St Illtyd's defended extremely well, maintaining good discipline to hold off the continued Glantaf attack.

Eventually Glantaf broke the deadlock with a try out wide. However, St Illtyd's responded well and scored a well-deserved try to put the scores almost level. Glantaf recycled the ball well into the late stages of the game and scored a try out on the far touch line to make the final score 20-14 to Glantaf. Well done to all boys involved who showed a really gutsy and resilient performance against the likely winners.

Year 8 rugby

The Year 8 rugby team played Whitchurch at home in the plate. The St Illtyd's team took a little while to settle into the game which was tight to start with some errors by both teams. However, St Illtyd's soon found their groove and began to rack up the points. Some powerful and explosive running resulted in a few tries in quick succession.

This continued into the second half with some strong running by the St Illtyd's forwards who offloaded well in the tackle to keep the ball alive. Whitchurch did come back into the game, although St Illtyd's were far too strong and ran out 45-29 winners.

Year 9 rugby

The Year 9 rugby team travelled to Cantonian in the first round of the plate. The boys started well, scoring tries through good interplay between backs and forwards. A healthy lead was built up. However, a combination of complacency and poor discipline led to Cantonian scoring several unanswered tries in the second half. The game finished 31-31, with St Illtyd's progressing as the away team. We look forward to the next round of fixtures.

Year 10 rugby

The Year 10 rugby team travelled to Plasmawr for the first round of the cup. St Illtyd's defended strongly around the contact area and forced Plasmawr into mistakes. The boys capitalised on their good field position and scored some good tries through the strong running of their centre partnership and backed up by the ever-present backrow forwards. Plasmawr did respond with some tries of their own, but St Illtyd's were too strong and ran out comfortable winners. They headed to Bro Edern next. In a very tight game, St Illtyd's were unfortunate to have some close decisions go against them and Bro Edern were eventual winners, scoring 14-7.

Year 11 rugby

The Year 11 rugby team were due to play Cantonian in the first round of the plate. However, Cantonian withdrew and St Illtyd's progress. They are due to play Eastern High in the next round. We wish the boys the best of luck.

Year 7 rugby, seven-a-side team

The Year 7 rugby team took part in the annual rugby sevens tournament at Trelai, taking part in the cup competition, against some very tough schools. What a performance from all involved! The team started with a close win against Glantaf, followed by wins over Whitchurch, Radyr, Bro Edern and Llanishen. The team ended the day unbeaten and were crowned - Cardiff Cup Seven-a-side champions. Well done to all involved!

Year 8, seven-a-side rugby team

The Year 8 seven-a-side team took part in the annual Cardiff 7's tournament at Trelai. The team put in some excellent performances to beat St Teilo's and Cardiff High. They then met Glantaf in the semifinals, who performed well to beat us in a highly skilled game. Next up was Eastern High for a battle for 3rd place. The whole squad performed extremely well to run out comfortable winners. Well done to all involved!

NATHAN WALSH, TEACHER OF PE



Year 7 sevens



Year 8 sevens



Welsh/British Athletics success!

The annual Welsh Indoors Athletics competition was held in January at the National Indoor Arena in Cardiff. There were three St Illtyd's pupils competing that weekend and all three came away with medals and achieved success on track and field (I-r).

- **Ava Placide** moved up to the U15 age group and achieved a silver medal in 75m hurdles with a time of 9.16s.
- **Abdullah Afolabi**, who is a multi-eventer, saw him winning a gold medal in the U17 shot.
- **Aliyah Afolabi** – Gold in the U15 60m with a time of 7.78s and U15 200m with a time of 25.65s.

Following on from Aliyah Afolabi's success at the Welsh Indoors, Aliyah competed at the British Indoors, again moving up to compete in the U15 age group. Aliyah went on to win Gold in both the 60m and 200m sprints, beating her PB by almost a second in the 200m with a time of 24.64s. Aliyah is an exceptional talent and continues to perform well in all competitions and is currently ranked first in the UK in both of these distances. We look forward to seeing all of the athletes competing in the summer.

Congratulations to Abdalla Khalil!

Huge congratulations to Year 7 pupil Abdalla Khalil who finished in fifth position in the Abu Dhabi Youth World Jiu Jitsu Championship back in November. This is an amazing achievement to add to Abdalla's other medals in the sport over the past two years. Well done Abdalla!



Well done Shyla!

Shyla Barrett has enjoyed her first season with the U16 Cardiff and Vale Schools netball squad. They have had a series of fixtures and Shyla has been selected for the A team, playing in defence. Shyla travelled with the squad in January to compete in the Welsh inter counties competition. Cardiff came 3rd overall, narrowly missing out on a medal by one point. Shyla picked up an award at the end of the season presentation and was voted by her teammates as the Most Valuable Player.

Shyla said of her experience "Throughout being in Cardiff schools I've made so many good friendships and bonds with my teammates and our coaches. It was an amazing experience, and I can't wait to hopefully do it again!" Well done Shyla!



Cross Country

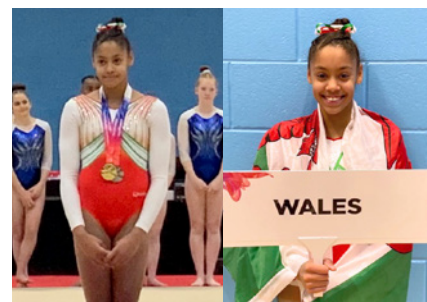
Another excellent cross-country season for Millie Gold (Y10) who had already won the Cardiff Schools competition earlier in the season and went on to win the Welsh Schools cross-country competition in February. Millie has been selected for Wales in the upcoming SIAB Schools cross county international at Sefton Park in Liverpool. We wish Millie all the best in this competition and will be watching the results with interest once more!



Gymnastics

Ava Placide has been achieving success in gymnastics as well as her recent success at the Welsh Athletics indoor championships.

Ava is in the Welsh Gymnastics squad and trains regularly for club and country. Ava competed in Guildford for the Classic British Gymnastic Finals, performing on floor, bars, vault, and beam. Ava came second overall and was also British champion on bars. An outstanding achievement from a very talented and hardworking pupil. We wish Ava the very best for her upcoming competitions.



The Deacons

Success all round for the Deacon family, with all three pupils working hard on the football pitch. Callum Deacon (Y11) continues to play for Swansea

City Academy and Lily Deacon (Y8) has been selected for U14 Cardiff & Vale Schools football. Whilst Aimee Deacon (Y10) has been selected for the U16 Welsh Schools squad. Fantastic achievements all round, we wish them all the best for their forthcoming fixtures.



Maddie Coles

Congratulations to Maddie Coles who has been selected for a second consecutive season for the U16 Welsh Schools Football squad. Maddie has also been playing for Cardiff Schools this season. We wish Maddie all the best for the forthcoming fixtures.

**RUTH FRY, HEAD OF YEAR 9 AND
TEACHER OF PE**



DATES FOR YOUR DIARY

2023

Please note the following
dates for the academic year:

TERM DATES**Spring Term Ends:**

Friday 31/03/23

SUMMER TERM 2023**Starts:** Monday 17/04/23**Half term:** Monday 29/5/23 –
Friday 02/06/23**Ends:** Monday 24/07/23**May Day:** Monday 1/5/23**Extra bank holiday for King
Charles III's Coronation:**
Monday 8/5/23**FURTHER INSET DAY**

Monday 24/7/2023

Year 8 basketball tournament

The Year 8 basketball team finished second (only on points difference) in the Cardiff and Vale Regional Round of the National Schools Basketball tournament – winning three out of their four games.

The team started the tournament with a 14-10 victory versus Glantaf's B side, before narrowly losing by two baskets to Glantaf's A team in a very competitive game 8-12. Next, St Illtyd's only just edged out Cathays 10-9 despite leading for the whole game and dominating on the boards. In the final game, St Illtyd's beat a very talented Fitzalan team, with Ivan Gyimah scoring a last-minute go-ahead bucket.

The St Illtyd's team was Elijah Bediako, Joshua Mayer, Ivan Gyimah, Ashton Llewellyn, Christian Kibrom, Sarithan Sathiyathan and Matin Dalire.

**Year 11 basketball tournament**

On Wednesday 15th February 2023, St Illtyd's Year 11 basketball team entered the National School Basketball tournament for the second consecutive year. The team were always going to be underdogs in the tournament because they were playing in the Year 11-13 age category; however, they certainly earned the respect of all their opponents.

GAME 1 – St Illtyd's 9 Cathays 8

St Illtyd's controlled the vast majority of the opening game and should have put the game to bed in the first half but struggled to finish their shots and adjust to the new ball. This led to a tense second half with Cathays taking the lead for the first time with a minute to go before Luke Cabrera hit a late winner.

GAME 2 – St David's College 23 St Illtyd's 9

In the second game, St Illtyd's faced a very talented St David's Catholic Sixth Form College team containing several national senior league players. They struggled to adapt to the tempo of the game in the first half and were shut out 14-0; however, in the second half gave a much more respectable performance matching St David's 9-9.

GAME 3 – Glantaf 17 St Illtyd's 14

In their third game, St Illtyd's struggled to get their scoring going in the first half and trailed 10-2 at half time. However, second half came alive thanks to the shooting of Gabe Navarro. St Illtyd's had all the momentum in the second half and came very close to tying up in the dying seconds. The players were all disappointed to have missed an opportunity to beat the reigning national champions for a second time this year and used this disappointment as fuel in their final two performances.

GAME 4 – St Illtyd's 13 Cantonian 6

In their penultimate game, St Illtyd's were faced a David vs Goliath contest against Cantonian High. However, despite the physical stature of their opponents, Illtyd's won convincingly, controlling the game from start to finish. Eric Mutengeganwa entered the starting rotation

for this game and helped Abel Mwenera who dominated inside the paint from start to finish recording double digits in rebounds.

GAME 5 – Mary Immaculate 16 St Illtyd's 11

In the final game of the tournament, St Illtyd's faced an unbeaten Mary Immaculate side in another David vs Goliath contest. Having now found their rhythm and confidence St Illtyd's dominated the first half and led 11-9 at half time. Illtyd's remained in the lead until the final two minutes, when they were caught on a fast break and eventually lost by 5 to the tournament winners. Despite not being able to pull off the biggest upset, the St Illtyd's players had clearly earned the respect from the more senior teams in the contest and left with their heads held high.

St Illtyd's team: Luke Cabrera, Abel Mwenera, Sefe Eboigbe-Mitchell, Burhan Noman, Eric Mutengeganwa, Zak Marlow-Payne (Year 11); Gabe Navarro and Kevin Chen (Year 10).

KEVIN GREEN, TEACHER – THE LINK



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