



SPRING/GWANWYN 2024

The New Illtydian

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



Christmas Reward Lunch 2023



Our Christmas Reward Lunch at the end of term was a great success. Well done to all the pupils that were awarded a place. Thank you to all our parents & carers for attending. And a HUGE thank you to Mr Fleet, all the school staff, kitchen staff & the senior prefects for a fantastic lunch!



HEAD'S MESSAGE NEGES Y PENNAETH



The mornings growing lighter and the days lasting longer is always a sign that Spring and Easter are on their way. The dark days of winter become a memory as we head towards the light. It is no accident that we celebrate the death and resurrection of our Lord Jesus Christ at this time of year. Again, an occasion for the banishing of darkness and the coming of the light.

Developing that light, and our faith, is central to all that we do at St Illtyd's. It is a privilege to be able to see it in action every day in the young people who come through the school gates and who are a credit to themselves and their families. They are living it and growing towards the light in the manner in which they do things and in the manner in which they treat others.

Lent has seen an abundance of opportunities for reflection, services and Mass. We cannot thank Father Brian, Father Sebastian and Father Alexander enough for giving up their time and for making it all possible. Their drop-in sessions for pupils to meet and talk with them were especially successful and insightful for all involved. A big thank you as well to Mrs Wonnacott who organised it all, no easy task.



May I also thank you all for your continued support of the school. We continue to grow, we continue to progress and we continue to move towards the light.

Have a happy, restful and Holy Easter.
DB THOMAS, HEAD TEACHER



HAY FESTIVAL
HAY-ON-WYE

Hay Festival Scribblers Tour 2024



Two groups of aspiring authors and poets from KS3 attended Cardiff Metropolitan University, Cyncoed campus, along with Mrs Davies and Miss Preece, for the Hay Festival Scribblers Tour 2024. The pupils (and staff) were treated to a day of interactive workshops led by several authors, to encourage pupils to build stories and express themselves through the power of writing.

The children (and staff!) were delighted to meet people such as Jenny Valentine, Emma Carroll, Laura Bates, Benjamin Dean and Karl Nova. The authors and compere (Jenny Valentine) were enthusiastic about spending time with the pupils, on and off stage, which resulted in many creative conversations, and we learnt a great deal about celebrity culture from a former journalist.

All the pupils were extremely lucky and grateful to receive a free book. This book was the author's latest offering, and they had the chance to get it signed too!

All pupils reported that the day was a success, and they are looking forward to attending the Hay Festival itself in May.

Mrs Davies and Miss Preece would like to thank all the pupils for their excellent behaviour and exemplary representation of St Illtyd's. Another 'thank you' to Mrs May for organising the day and driving us to the venue in the school minibus.

TRACEY DAVIES, SPECIALIST TEACHER OF LITERACY AND RACHEL PREECE, TEACHER OF ENGLISH



!!! STOP PRESS !!! THE RAFFLE FOR THE HAY FESTIVAL IS NOW OPEN ON CLASSCHARTS !!! STOP PRESS !!!

Spinning daffodils

As part of the Eisteddfod activities, class 7Y3A spent a maths lesson making spinning daffodils. They had to follow instructions and use measuring skills to create the daffodils. Here are some photos of their finished creations. Well done all – they look great!



Cyber Security STEAM Club – Cardiff Met

Year 7 students are actively contributing to creating a more secure world! Thanks to Matt Tomlinson from Cardiff Metropolitan University, these pupils engaged in a Cyber Security STEAM afterschool club, spanning five weeks of enriching activities. The club covered a diverse range of topics, including cryptography, encoding and decoding ciphers, interactive security systems, and more. This unique opportunity facilitated the growth of critical thinking and problem-solving skills among the students.

Working collaboratively, the pupils operated a robot through a track and honed their programming skills using Tinkercad, creating 3D digital designs with online CAD using Arduino. The students actively participated by interacting with the tutor, posing insightful questions to deepen their understanding of the complex topics they encountered. This experience has been instrumental in fostering a culture of curiosity and continuous learning.

Anticipating many more opportunities to nurture and expand their young minds, we celebrate the students' engagement in this educational journey towards a more secure future! We would like to thank Matt Tomlinson from Cardiff Metropolitan University for giving his time to run this club.

MELANIE HOPKIN, SUBJECT LEADER OF ICT & BUSINESS



CyberFirst Girls Competition

In November, eight Year 8 girls participated in the CyberFirst Girls Competition, an annual cybersecurity contest for schools organised by the NCSC in the UK. This competition is designed to introduce 12/13-year-old girls to the field of cybersecurity, encouraging them to explore potential careers in the industry. The girls tackled a variety of challenging tasks, including password analysis, logic gates, binary analysis, and cyber awareness.

Throughout the competition, the participants showcased exceptional problem-solving and critical thinking skills. Their dedication to the team was evident as they sacrificed ten days of breaks and lunches to work on the competition tasks, demonstrating a united front. A heartfelt congratulations to Team 1 for achieving an impressive 1085 points. Commiserations to Team 2, who also embraced the challenge and, in the process, increased their cyber awareness. Overall, the girls' commitment and achievements in the competition are truly commendable!

MELANIE HOPKIN, SUBJECT LEADER OF ICT & BUSINESS



Summer uniform consultation

Following a consultation with parents, an overwhelming response was in favour of introducing a summer uniform. 86% of responses were in favour of introducing tailored black shorts, skorts or culottes.

The Governors have decided that St Illtyd's will introduce a summer uniform for the summer term only. Pupils will now be permitted to wear

tailored shorts, tailored skorts or culottes, along with their white shirt, tie and blazer. No sportswear is to be worn and no logos may be visible.





Eisteddfod 2024

It was a great joy to see the return of the Eisteddfod to celebrate St David's Day this year where Year 7 had the opportunity to showcase their various talents. The event also introduced Year 7 pupils to the school's nurturing philosophy of encouraging talents from all subject areas. Points were scored by winning competitions, performing and completing homework tasks for different subjects, with points being awarded for first, second and third place, as well as for participation. This allowed all pupils to be actively involved in the event no matter what their talents. We saw phenomenal performances by pupils participating in musical items, recitation and English prose. During the day, it was wonderful to see so many Year 7 pupils taking part in the ensemble and vocal solo competitions, taking the opportunity to impress on stage.

Our performers were:

- Saxophone – Daniel Adeoye
- Piano – Darren Cebrynski
- Vocal – Dolabomi Similoluwa Olusimbo who sang a Welsh song "Yma o Hyd"
- Band – Khoen Harris, William Hoddinott, Johann Pernia-Fulleros, David Ogunbona
- English prose – Daniel Adeoye, Olivier Krgyskow
- Welsh group recitation – Levi Cruse, Mary Ogebami, Iliana Owoahene, Abbas Adam, Jawad Alblili, Estrella Lopes Da Silva, Vittoria Barberis, Beatris Mendes Pereira, Rebecca Kamara
- Welsh group recitation – Darren Cebrynski, Alexander Flint, David Ogunbona, Ollie Lane
- Welsh individual recitation – Lexie Ewers

The overall individual winner of the Eisteddfod, and the pupil who entered and achieved the most number of points was **Daniel Adeoye** and the second prize went to **Dolabomi Similoluwa Olusimbo**. Da iawn to everyone who participated and made the Eisteddfod a success.

MEGAN GWYNNE CARROLL, HEAD OF WELSH





STEM Roadshow

At the end of February, we were delighted to welcome the STEM Roadshow back to our school. The STEM Roadshow is an engaging theatre roadshow celebrating STEM (Science, Technology, Engineering and Maths). The theme of this year's show was "Electricity." The highly interactive show explored what electricity is and how we generate it. All of Years 7 and 8 watched the performance. There were many opportunities to get involved and we had no shortage of volunteers at each performance! We even managed to get Mr Richards and Mrs Kaczmarek involved!

We would like to thank the roadshow team for an enthusiastic and engaging performance. We would also like to thank BAE Systems, the Royal Air Force and the Royal Navy for financing this initiative.

LUISA MAY, COMMUNITY FOCUSED SCHOOLS CO-ORDINATOR

BAE SYSTEMS

**ROYAL
AIR FORCE**

**ROYAL
NAVY**



Year 11 Numeracy results day

Thursday 11th January was a big day for our Year 11 pupils – it was the day they received the results from their first GCSE sat back in November 2023 – Maths Numeracy. Mrs Jordan made it an occasion to remember by inviting all Year 11 pupils into the canteen during registration to receive their results and to celebrate together. The photos here capture the mood of the day perfectly. A huge well done to all our Year 11 pupils and we wish you all the very best of luck for the upcoming exam season.





Eco Club update

Waste management



On the 6th April 2024, it will become law for all schools in Wales to recycle. St Illtyd's will have recycling bins in all classrooms and in the canteen. With this in mind, this term our Eco Club members have put all their efforts into the Eco Schools topic of "Waste Management."

Members decided that they would create a video to be shown to all pupils in St Illtyd's that would introduce and raise awareness of recycling. They started the spring term researching everything to do with recycling. From this work, the older members of Eco Club – Year 10 members – created a story board for the video. From this story board, Mrs May wrote a script for the video. The younger members of Eco Club – those in Years 7 and 8 were responsible for filming the different scenes for the video. Finally, our Year 10 members edited the video.

This video will be shown to all pupils in St Illtyd's. By all recycling together, we can improve not only the St Illtyd's environment, but we will also be playing our part in helping the wider environment.

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



Year 11 museum history trip

At the start of March, a group of our Year 11 GCSE History pupils had the opportunity to go behind the scenes at the National Museum Cardiff and met different staff doing history-related jobs. Pupils visited the conservation laboratory and learnt about the work that takes place there and visited the library right at the top of the building. They were lucky to visit parts of the museum not accessible to the public. Following this, pupils had a careers session with Archaeology Wales to find out what the job of an Archaeologist entails and the routes into this career.

We would like to thank Careers Wales and Adrian Cole, Careers Wales Business Engagement Advisor, for organising this visit for us. We would also like to thank all the staff at the National Museum Cardiff and Archaeology Wales for sharing their knowledge and experience with our pupils.

LUISA MAY, COMMUNITY FOCUSED SCHOOLS CO-ORDINATOR





Year 7 & 8 First Aid sessions

As part of our mission at St Illtyd's Catholic High School, our aim is that by the time our pupils leave us, they will be equipped with basic life skills. There is no greater basic life skill than being able to save someone's life. With this in mind, this term we invited Lesa Williams from St John Cymru to deliver a "First Aid Awareness Course" to all pupils in Years 7 & 8. This is something we have done for the past few years and will continue to do so in the future with each new intake.

In the highly interactive session, pupils learnt about the Primary Survey, what to do if someone

was choking, how to deliver CPR and how to use a defibrillator. We would like to thank Lesa Williams for her engaging delivery of the sessions, and we look forward to welcoming her again to the school in the Autumn term to deliver these sessions to our new Year 7 pupils. Thank you to everyone at St John Cymru for arranging these sessions for us. We would also like to thank National Grid for supporting these sessions and thank you to Jacob Oakley from National Grid who explained the dangers of electricity to our pupils.

LUISA MAY, COMMUNITY FOCUSED SCHOOLS CO-ORDINATOR



GCSE Food practical exams

This term Year 11 Food and Nutrition pupils have taken part in their Food Preparation exam. Pupils were asked to select a topic between 'the many uses of eggs' or 'popular multicultural foods in Wales.' The pupils were expected to plan and prepare three courses based around the topic they chose. A variety of medium and high-level skills were developed and used in the practical exams including; sauce making, bread and pasta dough making and using setting agents. All pupils did exceptionally well and excelled in the task.

BETH PASK-WILLIAMS, TEACHER OF FOOD TECHNOLOGY



Visit to Aston Martin

On Wednesday 10th and Thursday 11th January 2024, all Year 10s studying Product Design had the opportunity to visit Aston Martin in St. Athans. During this visit we were able to see how they manufactured the vehicles by hand using AGVs (automated guided vehicles) and seeing models yet to be released. During this visit, we also got to view the colours that Aston Martin uses for their car production and what the issues of applying the paint were. For instance, their main dilemma was the dirt when applying the coating. Colours such as 'Aston Martin Jet Ski Green' and 'Satin Xenon Grey' have been thoroughly researched by experts because they have a unique base layer and finish layer which enhances the appearance in different lighting.

Furthermore, we witnessed car parts being applied with glue by a machine which takes 72 hours to fully dry. The crucial part to make

the vehicle operate is connecting the engine to the main body. This process is carried out by highly trained workers who cannot make a mistake. Next the four cables are connected to the undercarriage of the vehicle. After that stage, the workers use management control to check for risk assessments which starts with the pressurized test. If the vehicle leaks, it is then taken to a special place so the fuel can leak out safely. The furniture is then applied inside the vehicle. The windows are lifted with a mechanical arm to aid them. Lastly, the vehicle undergoes two more tests, the first is pressurized air to see if it can be felt inside and secondly, they are put through an area to see if any water leaks inside. The vehicles are then driven and cleaned to be shipped to dealerships. This was a truly amazing experience to watch first-hand and was informative of the process of making a vehicle.

SHALID ROSARIO, 10LG



Launch of Sky Up Digital Hub

At the start of December, our Cardiff Youth Service Youth Mentor, Theresa Sullivan took Year 11 pupils Max Finlay O'Rourke and Oliver Daley to Eastmoors Youth Centre for the launch of Cardiff Youth Service's flagship hub. This is the first Welsh Sky Up Digital Hub in partnership with Sky and Cardiff Youth Service. Both boys had the opportunity to explore Esports gaming, music, coding/programming, digital creation, VR and AR sports experiences and to top it off they met with footballer Aaron Ramsey. Both boys had a great time and represented the school well.

THERESA SULLIVAN, CARDIFF YOUTH SERVICE YOUTH MENTOR





Maths classroom makeover: Skills Challenge Community Unit

In a spirited endeavour as part of their Community Unit for their Skills Challenge GCSE, a group of Year 10 students have revitalized one of our maths classrooms breathing new life into old blutac covered walls. As well as this they created and installed meaningful displays that serve not only as visual aids but also as sources of support and encouragement for their peers.

What makes this initiative truly remarkable is not just the physical transformation of the classroom, but the spirit of collaboration and camaraderie that fueled it. Through countless brainstorming sessions, paper cuts and a few broken laminators, these students have achieved something beyond just academics.

Their initiative not only beautifies the classroom but also underscores the power of collaborative efforts in enhancing our learning community.

Their efforts have not gone unnoticed. Teachers and students alike have been awed by the renovation of the once-dull classroom and have expressed gratitude for the newfound inspiration it brings to daily lessons. None more so than Mr Thomas who no longer has to teach amidst the green speckled walls and daffodil paintings, that likely haunted his dreams.

The students displayed exemplary behaviour and deserve immense recognition for their hard work.

**JOANNE BERRYMAN, SUBJECT LEADER FOR
SKILLS CHALLENGE CERTIFICATE & TEACHER
OF GEOGRAPHY**





St Illtyd's Ultra Marathon Fundraising Team **UPDATE**

Dear St Illtyd's School Community,

We're thrilled to update you on the remarkable progress of our (somewhat crazy) initiative to secure a new minibus for our school. With your support, we're making significant strides toward our goal of upgrading to a 17-seater minibus to enhance our students' experiences and opportunities. We're excited to announce that we have hit almost a quarter of the total donations required, thanks to your generosity and commitment to our cause.

Our dedicated staff continue to prepare tirelessly for the St Illtyd's Ultra Marathon – a challenging 50km race set amidst the breathtaking landscapes of West Wales on 5th May 2024. Their commitment and determination embody the spirit of our school community.

We're immensely proud to share that during January alone, our staff members have collectively run over 879.4km in training! Their dedication and perseverance are truly commendable.

We're immensely grateful for the outpouring of support we've received so far. To continue this you can:

>> Donations Your generosity continues to inspire us. Every contribution, whether big or small, brings us closer to our goal. Scan the QR code to visit our JustGiving page to donate and make a difference. Your contributions are instrumental in ensuring that our students have access to enriching experiences.

>> Spreading the Word Your efforts in sharing our cause have been invaluable. By spreading the word among friends, family, and your social networks, you've helped us reach more people and expand our community of supporters.

>> Encouragement The words of encouragement and support we've received have been uplifting. Your unwavering support motivates our running team as they prepare for the marathon. Please continue to offer words of encouragement – it means the world to us.

>> Save the Date We're counting down the days until 5th May 2024! Save the date on your calendars and follow our journey as we take on this challenge for the benefit of our school. Your presence and support on race day will make it even more memorable.

Together, we're turning this marathon into more than just a race—we're creating a community event that brings us closer together and embodies the spirit of St Illtyd's Catholic High School.

Thank you for your continued support and for being an integral part of our school community. Together, we're creating lasting memories and opportunities for our students.

Warm regards,

THE ST ILLTYD'S ULTRA MARATHON FUNDRAISING TEAM



Year 9 Seren STEM day

At the end of February, a small group of Year 9 pupils attended a STEM event at Cardiff University organised by the Seren Academy. The Seren Academy is a fully funded Welsh Government initiative dedicated to supporting Wales' most able state educated learners achieve their full academic potential into leading universities and succeed on highly selective degree programmes.

Pupils took part in four workshops on the day. The first was with Balfour Beatty, an international infrastructure group that finance, develop, build and maintain the vital infrastructure we all depend on. The team from Balfour Beatty informed our pupils that engineering is in everything around us and that there is currently a huge demand for engineers. We met "Spot the Dog" – an ingenious piece of machinery that can take measurements at the different projects that Balfour Beatty work on. Pupils were then challenged to build a bridge that would support a drinks bottle using only drinking straws, wooden knives, and tape.

In the second workshop with Airbus, pupils



learnt that an engineer is:

"A person who designs, builds or maintains engines, machines or structures."

They learnt that an engineer is someone who can apply maths and science to real life problems.

In the third workshop with Network Rail, pupils had fun testing chocolate bars to see which bar took the most weight when used as a bridge. And in the final workshop, pupils met Ffion Humphreys, a Civil Engineering Masters

student who challenged them to build the tallest free-standing tower using only paper and tape.

Our pupils had a great time at the event whilst gaining a better understanding of engineering. We would like to thank all of the organisations for their time and the Seren Academy team for organising the event.

LUISA MAY, COMMUNITY FOCUSED SCHOOLS CO-ORDINATOR



Winter Wonderland 2023

As part of our Rewards Programme at St Illtyd's Catholic High School, 60 pupils from Years 7 to 10 had the opportunity to visit Cardiff's Winter Wonderland. Pupils enjoyed an ice-skating session at Cardiff Castle followed by free time in the funfair outside City Hall Lawns. Although the weather was a little damp, this did not dampen spirits and a fantastic time was had by all.

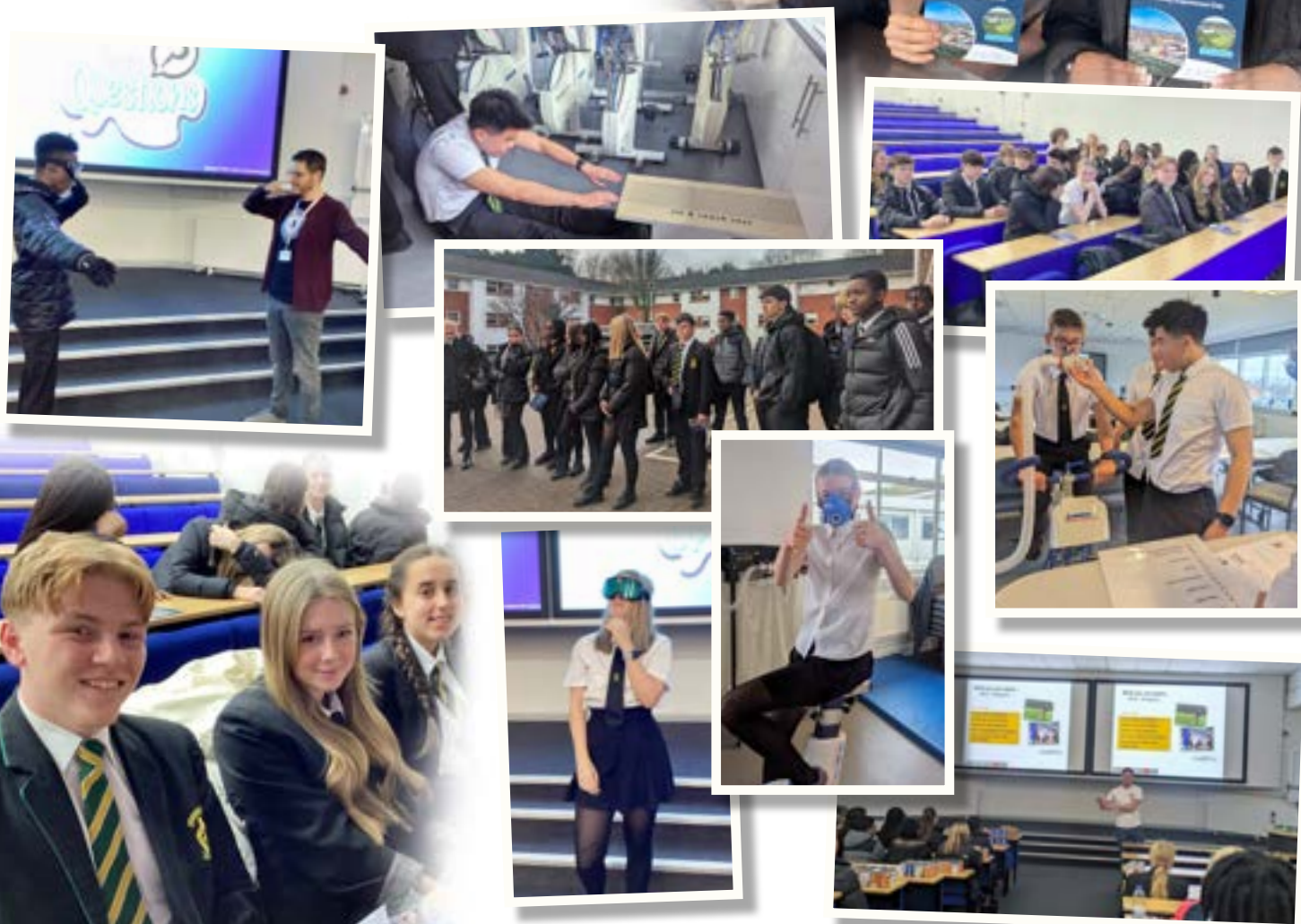
LUISA MAY, COMMUNITY FOCUSED SCHOOLS CO-ORDINATOR



University Inspiration Day

At the end of last term, a group of our Year 11 pupils had the opportunity to visit Cardiff Metropolitan University's Cyncoed campus for a University Inspiration Day. On the day, pupils learnt about everything they needed to know about going to university including dispelling some common myths.

They attended two lectures to give them a taste of the types of subjects that can be studied at university. These subjects ranged from criminology to "Fake News" to sports science. Our pupils had a great day and found it to be very valuable. We would like to thank all of the staff and student ambassadors at Cardiff Metropolitan University for this great day.



Spirituality & chaplaincy at St Illtyd's

Advent 2023

We had a unique start to our Advent season this year thanks to the arrival of Fr. Benny Dennis within the RE department. Fr. Benny was visiting us from St David's Catholic Sixth Form College to observe RE lessons as part of his teacher training. The RE department was very grateful for the opportunity to call on Fr. Benny for his expert knowledge of the Catholic faith. The pupils

enjoyed asking him questions and finding out about the life of a Catholic Priest. Year 11 were especially interested as at the time they were learning about Religious Orders and found out plenty of information about what it's like to be a priest working within the community as a teacher. Fr. Benny very kindly took time away from his observations to lead Advent Mass for our Year 7 pupils in the PRC Chapel.

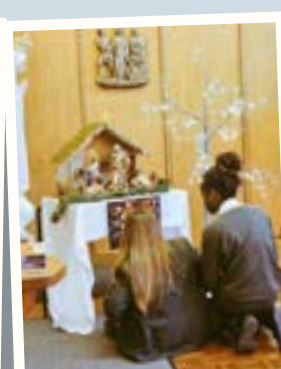
Students thoroughly enjoyed the festive activities towards the end of December. During their RE lessons, they took part in an Advent Quiz, a Nativity Escape Room and along with the Art department created some wonderful designs for the SVP Christmas Card Competition. The theme for the Christmas card competition was "Peace on Earth," we look forward to seeing if any of our students have won!



Chaplaincy Team

The Year 8 Chaplaincy Team have had a busy Christmas term! The entire team took on the challenge of organising, packaging and leading their own fundraiser; they decided to sell candy canes and Christmas treats on the yard during their break time. Jaiden, Callum and Mason-Lee displayed a skill set that would rival the contestants of "The Apprentice," as they sold out of supplies within 10 minutes of the start of break.

Some members of the team had the pleasure of hosting pupils from St Alban's RC Primary School in the Chapel. They had a wonderful time helping the younger students to cut out and make paper advent wreaths and completing fun festive word puzzles. We lit the advent wreath together in prayer and explored the Nativity display and the characters travelling across the Chapel.



We are very pleased to say that our Chaplaincy Team expanded in January thanks to the addition of our new Year 7 pupils. The consensus from both teams is that they want to strengthen their links with both our Catholic schools/parishes and local community as well as their understanding of the liturgical calendar.

Pupils from both Year groups volunteered at Rumney Forum, which is a local community charity that provides an excellent resource in the area. The Year 8 Team dedicated their time organising and sorting through donated items, they divided themselves into groups and took it in turns to organise through shoes, clothing and winter coats. Thanks to their teamwork they managed to clear a lot of space for the centre which then enabled our Year 7 team to head down and support the staff with the next job on their list.

The Year 7 team were tasked with the challenge of organising the mountain of school uniform that had been donated to Rumney Forum. To our surprise the organisation receives uniforms from across all areas of Cardiff, not just our local community. The team paired up and took on a school at a time and by the time we had left they had managed to organise the shelving clearly enough that it would be easily shopped by staff at the forum and the public.

We are also very grateful to Rumney Forum for their donation of guitars and violins to our music department.



Lent celebrations

Lent is the "time to act, and in Lent, to act also means to pause. To pause in prayer, in order to receive the word of God, to pause like the Samaritan in the presence of a wounded brother or sister," – Pope Francis.

We have had a full calendar of events this Lent in order to give our pupils the opportunity to pause, reflect and receive the word of God. Across the school during our morning collective worship we explored the Stations of The Cross, taking moments to reflect and pray. We were incredibly blessed to have been able to hold Voluntary Masses on Friday mornings for pupils, staff, Governors and local parishioners before the school day had begun. We are grateful to the generosity of Fr. Brian, Fr. Alexander and Fr. Sebastian who gave their time to ensure all of our pupils across KS3 were able to attend year group masses in the Chapel. It has been a wonderful opportunity for students outside of the Chaplaincy teams to get involved with reading and assisting during Mass and afforded us another occasion to be able to invite our feeder primary schools to join us.



Logo winner

Congratulations to Alivia from Year 9 who was the winner of our Logo Competition last term for the Virtue pairs: Attentive & Discerning. To conceptualise attentive "the magnifying glass can show up problems and the eye shows that you need to pay attention. The gavel and wings integrate discern as an "angel shows the good and the gavel shows the bad that you could choose." Well done Alivia for a fantastic design.



Welcome to the

EXPRESSIVE ARTS

Faculty

News from the Department of Performing Arts

Guys & Dolls

The Performing Arts department had an exciting educational visit to London during December. It was an enriching and unique blend of theatrical wonder, historical exploration, and culinary delights. We were dazzled to witness the timeless classic "Guys and Dolls." Set against the backdrop of bustling New York City, this beloved musical was an evening of toe-tapping tunes, unforgettable characters, and a glimpse into the vibrant world of Broadway.

Our journey through London's historical tapestry continued with a visit to Southwark Cathedral. Nestled on the Southbank of

the River Thames, this architectural marvel boasts over 900 years of history. From its stunning Gothic architecture to its role in literature and the arts, Southwark Cathedral stands as a testament to London's rich heritage. We experienced a memorable journey, weaving together threads of history, art, and culture.



Get ready to Rock!

We are thrilled to announce that our school production of "We Will Rock You" is set to hit the stage this July! Save the date for an electrifying performance on the 10th, 11th and 12th July 2024. Tickets will be available for purchase after the Easter break. Be sure to mark your calendars and secure your seats early for this unforgettable musical experience. Follow the music department's X account @StilltydsMusic for behind-the-scenes sneak peeks as we gear up for an epic performance that will have you singing and dancing in the aisles!





Carol Service

This year's Carol Service was held at St Cadocs Catholic Church, Llanrumney. It was a festival of nine lessons and carols along with poems and music performed by the school choir, orchestra, and musical solos from the

talented pupils of St Illtyd's all celebrating the birth of Jesus. At the end of the carol service the rock band entertained the congregation as they enjoyed a cup of tea and mince pies to welcome in the Christmas spirit.

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

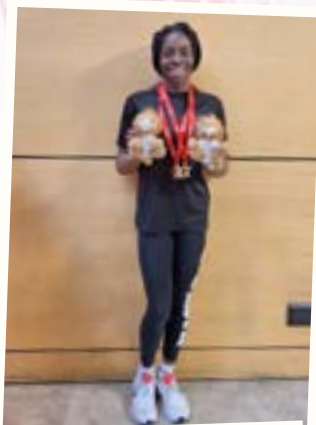
Sports/Chwaraeon

Aliyah Afolabi is British Champion

Following on from Aliyah Afolabi's success in the Welsh Indoor Championships in the 60m and 200m, Aliyah took part in the British Indoor Athletics Championships in February. Continuing her good form, Aliyah again produced some outstanding performances on the track and became double British Champion in the 60m and 200m.

Aliyah ran a new personal best of 7.56s in the 60m and set a new U15 British Indoor record in the 200m with a time of 24.13s. Aliyah has reaped the rewards of her hard work and commitment to athletics, and finishes the indoor season ranked number 1 in the World for both the 60m and 200m for her age group. A truly outstanding achievement for Aliyah! We wish her all the best for the upcoming outdoor season.

RUTH FRY, HEAD OF YEAR 10 AND TEACHER OF PE



U15 Welsh Athletics Championships

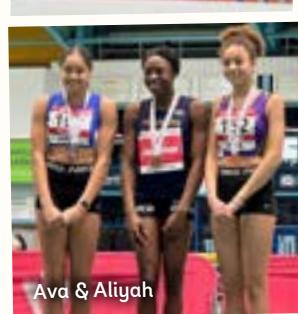
January saw two of our pupils competing in the Welsh Indoor Track and Field Championships. Ava Placide claimed Gold in the U15 60m hurdles, with a time of 9.34s. Ava also competed in the 60m sprint and claimed a Silver medal with a time of 7.97s. A fantastic achievement for Ava, dominating in both track events.

Aliyah Afolabi took to the track to compete in the 60m and 200m races. Aliyah took Gold in the 60m on day one of the Welsh Championships, with a time of 7.62s and setting a new Championship Best Performance!

Day two saw Aliyah competing in the 200m sprint and producing a Championship Best Performance in the heats with a time of 25.30s. In the final, Aliyah went faster again and set a new Championship Best of 24.62s whilst claiming her second Gold medal.

Congratulations to both Ava and Aliyah, both are very talented athletes and they put a tremendous amount of work and dedication into their training.

RUTH FRY, HEAD OF YEAR 10 AND TEACHER OF PE



DATES FOR YOUR DIARY

2024

Please note the following dates for the academic year:

TERM DATES**SPRING TERM 2024****Ends:** Friday 22/03/24**SUMMER TERM 2024****Starts:** Monday 08/04/2024**Half term:**Monday 27/5/2024 –
Friday 31/05/2024**Ends:** Monday 22/07/2024**INSET DAYS**

Friday 03/05/24

Monday 22/07/24

May Day – Monday
06/05/24

Sports/Chwaraeon

Rugby news

Year 7 rugby

The Year 7 rugby team have secured three wins out of three this year. These wins have been against Corpus Christi, Mary Immaculate and Eastern High. The boys will be looking to secure another win, when they play St Teilo's in the semi-final of the Cardiff Plate. The game will take place towards the end of this term.

Year 8 rugby

The Year 8 rugby team have had a challenging set of fixtures against the best teams in Cardiff this year. Having played Whitchurch twice already this year, both at home and away, it was inconceivable that we have drawn them again in the semi-finals of the Cardiff Cup. The boys can travel to Whitchurch with no pressure on them. We look forward to a skillful and competitive encounter.

NATHAN WALSH, TEACHER OF PE

Year 9 rugby

The Year 9 rugby team have played some exciting rugby this year. They started the year with a good win away at Whitchurch and won a five-team tournament at Cantonian High. After Christmas they played Whitchurch again in a friendly. Whitchurch were the victors this time. The boys now look forward to playing Cantonian in the Quarter-final of the Cardiff Plate.

Year 10 rugby

The Year 10 rugby boys have had two walkovers in recent months and so are now into the quarter-finals of the Cardiff Plate. They have had good preparation in recent weeks as they have played the Year 11 rugby team twice as part of their GCSE rugby moderations. The boys are eagerly awaiting their next game against Cantonian High.

Karate news



In the recent Liverpool Open Karate Championships, Ethan Russell fought outside his age category (ages 16-17) and won a bronze medal. Congratulations Ethan!

Millie Gold



Millie Gold represented Swansea Harriers in the Welsh Cross Country Championships held in February. Millie ran in the combined U17 and U20 Women's race and was the overall race winner. Millie ran a time of 17.54 to become the U17 Welsh Champion.

Millie also competed in the Welsh Schools Cross Country Championships which was highly contested with a strong field of athletes. It was a very close race over 4500m, and Millie finished in second place with a time of 15.10. With two fantastic performances and achievements from Millie, her success is thoroughly deserved.

RUTH FRY, HEAD OF YEAR 10 AND TEACHER OF PE

Aimee Deacon

Aimee Deacon has been having a successful season with Barry Town Ladies FC, where she is currently on a semi professional contract. Aimee has recently been selected for the U16 Welsh Schools squad and will be playing against English Schools in March. We wish Aimee all of the best for the rest of the season with both club and country.

RUTH FRY, HEAD OF YEAR 10 AND TEACHER OF PE

Congratulations Nafisah

Congratulations to Nafisah Oluwa who represented Cardiff Archers in the Welsh Athletics Indoor Championships. An outstanding performance saw Nafisah become U13 Welsh Champion in the shot putt.

RUTH FRY, HEAD OF YEAR 10 AND TEACHER OF PE

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