

Insight

The official newsletter of
St. Joseph's RC High School

Taflen wybodaeth swyddogol
Ysgol Gyfun Gatholig Joseff Sant

Autumn 2016 Hydref



WALK WITH ME



Lord God, our light and salvation,
we praise you for your gifts of life and faith.

We thank you for the desire
that you have planted in our hearts,
our yearning to see your face.

Help us to meet you in prayer,
to walk in your ways,
and to speak to others of our joy
and consolation in your presence.

Give us faithfulness in this present life
so that we may come to know
and praise your beauty,
with all our brothers and sisters,
in the life to come.



We make this prayer through Christ our Lord.

Amen



Serving God Through
Learning Together

Yn Gwasanaethu Duw Trwy
Ddysgu Gyda'n Gilydd

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Headteacher's Message neges y pennaeth

Mr T Brown Headteacher

At this time of the year, I am particularly conscious of the darkness and the chill of Winter. As we see in the news all too frequently, life is all too fragile in many parts of the world. It is hard for many people to believe that this is a time of promise and hope.

Advent however reminds us that God comes to be with us. Every time the students

and staff of this school community work together whether in the learning that goes on in our classrooms every day, the preparation for our Advent services and our Christmas concert or through the extensive charity raising events that so many students contribute to, I know that this promise continues to be real through them. As we come to the end of another busy term,

I am, as ever, touched by the talents, energy and generosity of our school community and this edition of our newsletter highlights just a small part of this. I hope you enjoy it.

Thank you for your support this term. May you experience the promise and love of Christmas and have a safe and happy New Year.

“The world is a book, and those who choose not to travel read only a page”.

Saint Augustine



SJHS students go worldwide!

Sixth Form student Leah Griffiths took full advantage of the global citizenship links St Joseph's have with The Rotary Club, and gained an unforgettable life experience...

I attended the Rotary Camp Günzburg 2016 for two weeks from the 16th to the 30th of July. I had applied for the Rotary Youth Camp Programme after they came to talk to us in school and was lucky enough to be accepted. There were 14 young people from 11 countries on the camp and we all stayed with host families in and around the large town of Günzburg in Southern Bavaria, Germany. Over two weeks, our group partook in many different activities including visiting Munich and Ulm and going to Legoland. The group bonded really well and everyone got along brilliantly. There were a few free days in which we went out together as a group to the local swimming lake and shopping

in town. We sampled a lot of the amazing Bavarian food and got tired out waterskiing and climbing a high ropes course in the mountains. Every day was packed with fun activities and the whole group grew extremely close during our time there. It was such an amazing opportunity to meet so many young people from different cultures and countries and to hear about their experiences growing up. **I am extremely grateful to the school for getting the Rotary Club to come in to talk to us. I hate to think I would have missed this great lifetime experience. Thank you.**



Advent

Advent is a season that seems to get lost in our culture. We often think of the month of December as 'the Christmas season' and use this time to busily prepare our homes for the holidays. As a result, we often neglect to prepare our hearts for the coming of Christ.

Advent is a time when old customs live again, for instance in the singing of carols. This takes place everywhere, even as piped music in the shops. The familiar melodies and words can bring consolation. Perhaps they can also encourage us to think again

about the truths of faith and to have another go at trusting in the presence of God, the goodness of others and in the life of the Church.

The words of the carols are like rusty signposts, still pointing out the right direction and the words of scripture are clear road signs, summoning us down paths that we might tend to ignore. Yet these are, in fact, the correct routes we should follow for the fullness of life - for a life of peace and happiness.

Advent is the perfect time to clear and prepare the way. Advent is a winter training camp for those who desire peace. By reflection and prayer, by reading and meditation, we can make our hearts a place where a blessing of peace would desire to abide and where the birth of the Prince of Peace might take place.

Let this Advent be a time of hearing and responding to the quiet knocking of the Lord on the door of our slumbering hearts.



*You challenge us this Advent time
This season of preparation
To put aside our pride
And understand our need
For repentance
Forgiveness
And mercy
Less of self
More of you
Preparation for our journey
To the stable and beyond
Purify our hearts
Sanctify our lives
That we might serve you
Faithfully this day and all days. Amen.*

**“For unto us a Child is born,
unto us a Son is given; And the
government will be upon His
shoulder. And His name will be
called Wonderful Counsellor,
Mighty God, Everlasting Father,
Prince of Peace.”** (Isaiah 9:6-7)



Diwrnod Shwmae

2016

The Welsh department celebrated another successful Diwrnod Shwmae on October 13th by staff and Year 7 pupils. St Joseph's teaching staff were treated to delicious sweet and savoury treats such as Welsh cakes, cupcakes, bara brith and Welsh cheeses.

Year 7, however, were not so lucky as they endured a Welsh themed Bushtucker trial and tried Welsh delicacies such as cockles and Maltesers that looked like sheep pooh!!

All in all, lots of Welsh was spoken and enjoyed by all. Da iawn Ysgol Gyfun Joseff Sant!



Dathliwyd Diwrnod Shwmae llwyddianus gan yr Adran Gymraeg ar Hydref 13fed gydag athrawon a disgyblion Blwyddyn 7. Cafodd athrawon Joseff Sant amheuthunion melys a sawrus blasus fel pice ar y maen, teisennau bach, bara brith a chawsiau Cymreig.

Doedd Blwyddyn 7, sut bynnag, ddim mor lwcas gan iddyn nhw barhau Arbrawf Bushtuckergyda blas Cymreig a cheision nhw danteithion Cymraeg fel cocos a bawd dafad a oedd yn edrych fel Maltesers!

At ei gilydd, siaradwyd llawer o Gymraeg a mwynheudd pawb y gweithgareddau. Da iawn Ysgol Gyfun Joseff Sant!

BUSHTUCKER
TRAILS WITH
YEAR 7...!!!



Some VERY brave Year 7 students enduring the Bushtucker trail...



That Final Gunshot

Written by Niamh Jones, 8S

Left foot, right foot, march and pray,
Through the fields day by day.
Hour by hour the poppies grow,
Column by column, row by row.

Bags on backs, guns in hand,
The aches and pains slow us down.
One man stops and sighs and says
“I need some space to clear my head.”

He wanders off in search of shade,
But walks right into the trap they made.
He kicks and screams, wails and cries
“In mercy’s name just let me die!”

The enemy smiles and softly says
“Grant his wish, let him be dead.”
A final gunshot, a final cry,
I was never able to say goodbye.

In that meadow, way out there,
My brother’s soul stays clean and fair.
But regardless of the pain I feel,
My heart still grows in Flanders Field.



Poppy Appeal



This year marks a very special anniversary for the British Legion's Poppy Appeal as it is one hundred years since the most infamous battle of the conflict, the Battle of the Somme.

Up and down the country there have been special events marking this event. As usual, St Joseph's has played its part in supporting the appeal. Pupils from Year 12, with special mention to Emma Morgan, and the Charity Reps from Years 7-11 have worked tirelessly during lunchtimes and form periods, selling the vast array of Poppy merchandise we were given by Russell our school link from Rogerstone British Legion. These included three limited edition badges, special wrist bands and friendship bands as well as the traditional paper poppies.

Our target was to raise £500, a figure we had never previously achieved. **We exceeded our target with an amazing £913.66 raised.** This was a phenomenal amount and once again an indication of the generosity of the members of our school community. Once again I am filled with pride at the actions of our pupils and staff. Thank you to all who contributed.



A huge thank you to Ed McCarthy, who played a haunting version of *The Last Post* in the school quad at 11am. This film was viewed over **25,000 times** on our social networks!!!!

These charities are being supported by specific year groups during 2016 and 2017:

Year 7: Make a Wish

Year 8: Ty Hafan

Year 9: Alzheimer's Society

Year 10: Mind

Year 11: Noah's Ark

Staff Interview : Mrs Burke

by **Natalie Szeliga, Year 13**

Natalie would like to study Sociology, Media and Journalism at university and feels that these subjects will offer her a lot of opportunities towards a career she finds fascinating.

Q. How is Advent celebrated within the school?

A. Advent is the time of spiritual preparation by the faithful before Christmas. Each class, during the build up to the Advent season, are given a short service and a liturgy is said at the end of each lesson. We also have an Advent service for parents/carers and children one evening in December, and during the last week of term each year group will be enjoying the shorter version of our Advent service. This year Mrs Price's daughter has also made a book for us with the sets of the Nativity, something new for 2016 at St Joseph's.



Q. How does the school prepare for the Advent season?

A. We teach Key Stage 3 and Key Stage 4 all about the season of Advent in RE lessons actually during the Advent season. We also embrace the colour purple in our school chapel as a symbol of Advent, this symbolises penance. We also have a great relationship with supportive priests like Father Mike Evans, who will come into school and carry out the Sacrament of Reconciliation. The youth chaplaincy team also help me to coordinate the Advent service.

Q. How do you choose your Advent message for the school and where do you get your inspiration?

A. I spend a lot of my free time searching the internet looking for inspirational stories, and I listen to lots of different songs to see if there is an up to date version of a song that might relate to Advent but I also like the traditional Advent hymns as well.

In terms of our message, I try and look at the theme of Advent, of what the Church proposes and base it around that. This year will be the end of the Year of Mercy, so I will look at what the Pope and the Bishop will be looking towards in the next liturgical year.

THE MOON ROCKS

“In our science lesson we looked at lunar samples and meteorites. Seeing priceless objects was a once in a lifetime experience. We also really enjoyed the astronaut ice-cream!”

Niamh Mulcahy-Jones, 8T



During October, Year 8 pupils were allowed an up close view and inspection of a selection of meteorite samples and moon rocks.

A meteorite is a chunk of rock or iron usually from an asteroid which passes through Earth's atmosphere and survives impact with the ground. Most meteorites originate from larger asteroid bodies residing in the asteroid belt between Mars and Jupiter. These rocks are left over remains from the formulation of our solar system dating as far back as 4.6 billion years!

Moon rock, or lunar rock, is rock that is found on the moon. Valuable samples of moon rock and soil were brought back to Earth by Apollo astronauts during NASA's manned space missions to the Moon in the late 1960's and early 1970's. During these missions the Apollo astronauts brought back to Earth 382 kilograms of lunar material. The students were given a magnifying glass to get a real close up view then they finished the lesson with a tasting session - real astronaut ice cream! YUMMY!

“I like the experience a lot. My favourite part was the ice cream but also loved looking at the ancient rocks” **Seema Aljeroudi, 8V**

“It was a very interesting experience. I would love to do it again” **Anthony Symonds, 8T**







France...

In July, students from Years 8 and 9 had the opportunity to participate in another highly successful France visit. Based in Le Havre in northern France, the group travelled around some beautiful places such as Le Port de Honfleur and Le Touquet-Paris-Plage.



Friends!

Many stocked up on French chocolate after the visit to the factory, but sadly most of it melted in the heat. Sorry to those who received a chocolate blob as a present! We really enjoyed the trip to the Obelix and Asterix Theme Park (just outside Paris) for a few screams on some rather high and very fast roller coasters!

It was a delight to hear so many practising their French language skills and experiencing French culture. The group ate out in various restaurants and tasted different foods, although it was the French breakfast that seemed to impress most!

The students' behaviour was exemplary and it helped to make it a wonderful experience for all involved! Looking forward to the visit to Boulogne with Year 8 in July!

“It was a lovely trip, even though at one point the temperature reached 43°!! The students were all fabulously behaved and St Joseph’s was very proud of the how they represented the school”

“I really enjoyed the trip; the weather was great! The highlight for me was the swimming in Aqualud, Le Touquet.” **Jamie Inker, 9V**



A traditional carousel on the waterfront



Fighting over the bench in the shade to escape the 43° sunshine!!



Freshly made from Chocolaterie de Beussent Lachelle...Delicious!



Les gars...



Port de Hornfleur



...et les filles !

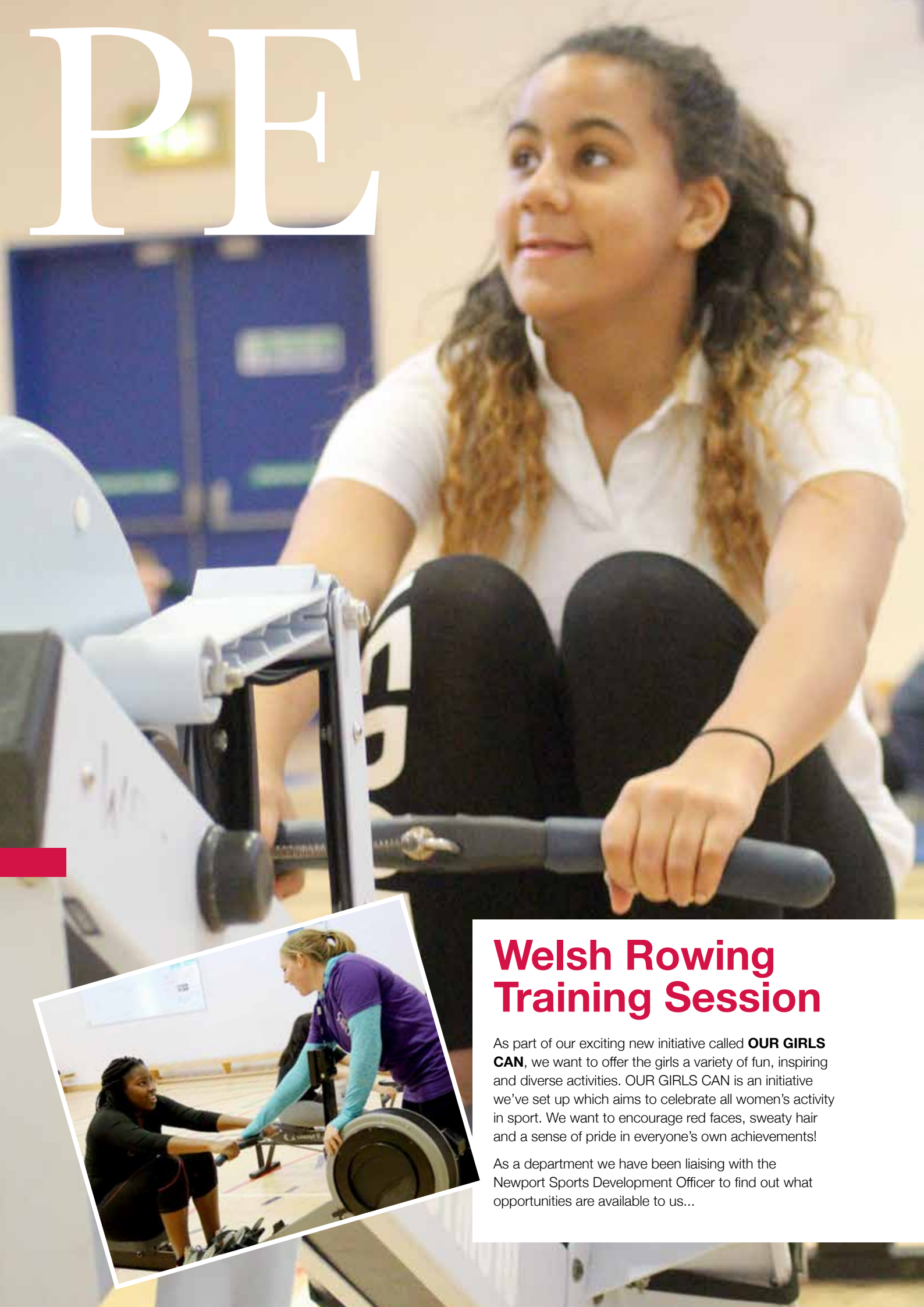


Sitting, chatting and just chillin'



Presents for loved ones back home.

PE



Welsh Rowing Training Session

As part of our exciting new initiative called **OUR GIRLS CAN**, we want to offer the girls a variety of fun, inspiring and diverse activities. OUR GIRLS CAN is an initiative we've set up which aims to celebrate all women's activity in sport. We want to encourage red faces, sweaty hair and a sense of pride in everyone's own achievements!

As a department we have been liaising with the Newport Sports Development Officer to find out what opportunities are available to us...





FOOTBALL, LITERALLY!

This term, Miss Cadogan of the PE department and Mr Watts of the English department have teamed up to promote literacy through sport.

A group of ten Year 7 students have embarked on the Football Association's 'Premiership Reading Stars'

programme. The pupils will follow a six week course designed to enhance their reading ability whilst pursuing their love of football. They will be awarded points for reading at home, classwork and football skills, with the highest scoring pupil being awarded the coveted reading trophy at the end of term.



HOCKEY GIRLS SMASH IT IN 2016

In October, our Under 18 hockey team took on Monmouth Comprehensive and Caerleon School in the first round of the South East Wales Schools Cup. The girls played with passion, skill and determination, beating both teams with some outstanding team goals. They qualified to play in the final, against a strong attacking side from King Henry VIII School, Abergavenny. The teams were evenly matched and

after 30 minutes of intense play, the score at full time was 0-0. This led to a tense round of penalty flicks. After some awesome shooting skills from the penalty takers and some outstanding goal keeping by Kitty McHugh, St Joseph's emerged victorious. As a result, our Under 18's will be representing St Joseph's in the Welsh Schools Cup Finals, to be played in Wrexham next March. We wish the girls the best of luck!

Under 18 Hockey Team

Myah Seivwright (captain)
 Carys Waters (vice captain)
 Niamh McHugh
 Bethan Doughty
 Georgia Shwartz
 Rose Evans
 Steffi Johnson
 Freya Stephens
 Niamh Mullan
 Elana Hobbs
 Martha Powell
 Tegan Waters
 Natalia Shwartz
 Lucy Thomas
 Kitty McHugh

Our Under 16 hockey team travelled to Newport High School to represent St. Joseph's in the group stages of the South East Wales Schools Cup, taking on the hosts, Gwynllyw and Monmouth Comprehensive School. Some outstanding

attacking play from Tegan Waters and Freya Stevens, coupled with solid defending from Martha Powell and her backline, led to a trio of victories for St. Joseph's. The team will now be taking on Monmouth Girls' School and Caerleon School in the finals in December. Pob lwc!

Under 16 Hockey Team

Freya Stephens (captain)
 Niamh Mullan
 Elana Hobbs
 India Farkas
 Martha Powell
 Tegan Waters
 Natalia Shwartz
 Lucy Thomas
 Kitty McHugh
 Natasha Kaweshi
 Tegan Givvons
 Millie Powell
 Ama Boateng
 Emily Brunnock

The Newport Development team already run an initiative of their own called US GIRLS and this mirrors many of our own aims. As a result of this we felt it was the perfect opportunity to monopolise on what is such a positive and encouraging message for all the girls. The team at US GIRLS suggested that Welsh Rowing attend the school and lead some taster sessions for our girls in the hope that it would motivate and inspire them and in turn promote self confidence.

The lucky ladies were treated to a master class in rowing technique, core strength and they finished the session with some individual rowing to find out who had the strongest stroke. It turns out our girls can row!

Well done to all who participated and a big thank you to Welsh Rowing!





Parliament!

Having a desire to study Politics at University made both mine and Beth's experience of visiting Parliament even more gratifying. To celebrate the 100th anniversary of the Archdiocese of Cardiff, Beth and I, along with others from within the diocese attended a mass of thanks in The Chapel of St Mary Undercroft.

We then had the opportunity to sit within the galleries of both the House of Commons and Lords, whilst they were in motion. This beneficial experience developed our knowledge on current issues within British society.

Following this, we had afternoon tea on the Terrace Pavilion, hosted by the Secretary of State for Wales, Alun Cairns. We were able to meet with a variety of MPs, including Paul Flynn and Stephen Doughty, which allowed us to further our understanding of the history of Parliament. The overall experience was very enjoyable as it presented us with an insight into the foundations of political decision making within Great Britain.

Written by Stefan Garcia and Beth Doughty, Year 13





AMAZING ACHIEVEMENTS

Two Anthonys... Iron Men!

Mr Anthony (RE) and Mr Anthony (Teaching Assistant) both completed the Wales Ironman Triathlon in Tenby, West Wales in September.

If it is rare for a father and son to work in the same school, it is even more unusual to see them compete in the demanding Ironman event together. The younger Mr Anthony finished in just over 12hrs with his father crossing the line just over two hours later.

What is an Ironman?

Without a break between each discipline, the competitors enter the sea at 7am for a 2.5 mile swim, followed by a 112 mile bike ride and then get off their bikes to run 26 miles (a marathon). **WOW!!! Now that is impressive! Congrats.**



Miss Passariello...Marathon runner

Miss Passariello ran the Cardiff Half Marathon this year for BASIC, the Brain and Spinal Injury Centre who are based in Manchester. She ran in memory of her Grandad Jack who was brain damaged after an accident. She raised £652.25 for BASIC and completed it in 2:44:24. **FANTASTIC Miss Passariello, congratulations.**



In September, Years 10-13 had a day of museums and culture in the beautiful city of Oxford.

“We visited three museums during our trip: The National History Museum, The Pitt Rivers and the Ashmolean. In each museum we got to see how art can take any form, from the vibrance of a simple butterfly’s wing to the classical sculptures and paintings in the Ashmolean.

In each place we were able to bring back inspiration. We were really treated by The Natural History Museum, as we had a talk and were told all about some of the oldest exhibits and how they discovered. We also enjoyed a fantastic portfolio workshop at the Pitt Rivers Museum, and were told all about the history of the collection and why it is exhibited in such an unusual method.

All in all, it was a great day, even seeing the shrunken heads up close! EEW! We were all exhausted on the way home!”



OXFORD





Art Cardiff Arts Academy

On the 13th of October we visited the Cardiff Arts Academy. We had a tour around the building and a talk to explain the art foundation course. We then took part in a dry point etching workshop in a professional print studio. This opportunity supported me in improving my printing skills. I was also able to include the prints created in my sketchbook.

Ana Teirexia, Year 13



Cardiff Bay

A day out of school is a gift sometimes. On the 23rd of September, art students visited Cardiff museum and Cardiff Bay to gain ever growing inspiration. We visited an exhibition showcasing some of Quentin Blake's original drawings, this was especially inspiring for me as Roald Dahl is one of my favourite authors. At Cardiff Bay we took some artistic and considered photography of famous Welsh landmarks such as the Pierhead and Senedd buildings. It was a great experience to add to my visual journal.

Aimee Pollock, Year 12

Inspirational Talks

I found Sara Morris' talk really inspiring and it expanded my ideas about what I'll be doing with my future. I had always ruled out the idea of university but after her presentation it made consider it again. I'm now leaning towards doing the foundation course of Art and Design after I leave the Sixth Form, thanks to the talk she gave. The most inspiring part was when she said how something a student had created was to be on sale in Boots in the years to come. I found this inspiring because it showed how we, as students, can actually create and come up with something that people outside of the university would see and use everyday, as it was an everyday object. Most of all, I enjoyed the fact there was something for everyone to do. For example, there were things ranging all the way from architecture to illustration.

Poppy Ray, Year 11





ARTS News

Life Drawing

At the start of the year, the Art Department organised for art students in the Sixth Form to receive tuition in life drawing every Monday at Malpas Art Centre.

This is a space in which all of the community can engage with the arts. Since starting life drawing, my peers and I have reached a consensus that our confidence and ability to draw has improved greatly. It also trained us to start with basic shapes and to then gradually get more detailed and complex.

Personally, I learnt that drawing the human figure forces you to really see relationships, measurements, proportions. As our sessions progressed we began to use other materials for our artwork such as charcoal and watercolour paints. This has been extremely useful as it has stretched our technical thinking in terms of how proportions are demonstrated when drawing in any medium. Also, we now have a greater understanding of anatomy. I learnt that the skill is not just necessary for those who are studying fine art.

Even in the initial stages of an architect degree the students are advised to take part in life drawing to understand structure, support and proportion of humans. This consequently affects how they will draw their ideas. An understanding of the human body could help in other areas such as fashion and design.

Octawia Van Tienderen

UPFEST

UPFEST is an urban paint festival held in Bristol every year. Travelling graffiti artists from all over the world flock to Bristol to exhibit their work over the duration of the festival. This year we were lucky enough to visit! I loved how each piece of graffiti told a unique story and how the artists used street walls as canvases.

Joseph Scarpatto, Year 1



Student Leadership



@sjhscouncil

'Student Voice' is in safe hands with this year's crop of representatives!!

St Joseph's has been blessed with a group of highly motivated, dedicated and self-regulating individuals whose passion and drive it is to improve our community. In September pupils were asked to apply for the roles of representing their fellow students by writing a letter of application to their respective head of year outlining why they thought they were the right person for this role, the skills they have and how they could make an effective

contribution to school life. The responses were truly amazing and showed just how mature, thoughtful and inspirational our young people are.

After taking part in bespoke training, listening to the head teacher speak and consulting with other pupils, this year's School Council has decided to focus on the theme of 'healthy living and lifestyles'. Plans are underway to highlight how to encourage others to adopt healthy choices, raise awareness of opportunities within our community to become involved and to work with other professionals in providing 'life steps'.

Be aware...they could be coming to you!



Year 10 congratulations from Miss Leyshon

A huge congrats to those pupils who have achieved a GCSE qualification at the end of Key Stage 3! Well done!

The PiXL Edge

In September a group of Year 7 role models represented St Joseph's at the launch of The Welsh PiXL Edge Programme held at The Village Hotel in Cardiff, where they were treated to a presentation from world renowned motivational speaker David McQueen. PiXL Edge is part of the school's one and three year development plan and will contribute to the new Mini Baccalaureate that pupils will study during Key Stage Three. It will give pupils the opportunity to develop five key life attributes through a series of targeted activities

and challenges. The most valuable outcome, however, will be that the families, school, community and nation will have self-assured and confident young people who have received a quality and well-rounded education. It will allow them to positively contribute and make a difference. Our aim will be to offer opportunities where pupils can demonstrate skills in leadership, organisation, resilience, initiative and communication. Today's employers and universities are looking for young people who are rigorous, rounded



and grounded, with not only skills and knowledge but also the wider behaviours and attitudes that are needed for success in life and work. It is our ambition, through The PiXL Edge, to provide these qualities that will see our young people take on all of life's challenges and be



David McQueen

whatever they want to be, ensuring there are no wasted years and their inspiration enriches the lives of others too.

Year 12 Economics Trip to London

Earlier this year, Year 12 Economics students attended a presentation and took part in a workshop with economists from the Office of National Statistics (ONS).

The Economists gave a presentation on important economic topics, including GDP, inflation, trade and the labour market which covered topics in the AS course and introduced new A2 topics. The students then worked with the economists in small groups to create their own presentations using statistics and data from the ONS.

It was a valuable and interesting insight into the work of the ONS and also provided the students with information about future job opportunities at the ONS and possible routes to becoming economists and other work experience.

We hope that this is the start of a positive link between the ONS and our economics department and students!



Catch the Bus



New Adventure Travel (N.A.T.) worked with St Joseph's School in Newport to educate young people about bus safety and bus etiquette during Catch the Bus week.

Catch the Bus week is an annual celebration of the bus organised by Greener Journeys, to recognise the importance of buses to the UK's transport mix. It aims to increase awareness of the benefits of bus travel and encourage people who don't usually think of catching the bus to leave their cars at home and give it a try. N.A.T. is running a number of events during the Catch the Bus week to talk to existing customers, to encourage new users and to promote safety on its services.

One such event was the 'swap with me' and bus evacuation exercise run on Monday 4th July at St Joseph's School in Newport. Representatives of the bus company swapped places with the pupils to show them what perceptions bus passengers have of young people on the bus. There were exercises where the students had to take the role of the bus driver and the adults in the group carried out behaviours such as throwing litter, not giving up a seat for someone with a mobility impairment or getting on whilst talking on a mobile phone and disregarding the driver.

In addition to the serious but fun element of swapping places, N.A.T. was also very keen to ensure that all pupils were aware of what to do in the event that an evacuation of the bus is needed. Whilst the idea of being involved in a traffic incident is always difficult, they do happen, albeit very rarely. The most important

part of any safe bus evacuation is to remain calm and orderly at all times.

Kevyn Jones, Managing Director, said: "We would like to thank St. Joseph's School for their collaboration in running this first event and hope to extend this exercise to all the schools we serve. In the USA, bus evacuation drills are mandatory at the start of every term. We are leading the way in ensuring that the students that we carry are mindful of how to behave on the bus with regards to both the driver and other passengers, but also are aware of what to do in an emergency. This is as important as learning basic first aid."

Mark Rowland, Business Manager at St Joseph's School said: "At St Joseph's RC High School, a large majority of our pupils use public transport to travel to and from school. The safety of our students and other passengers who use buses is paramount. We demand the highest standards from all of our pupils when travelling on buses in accordance with our agreed Travel Policy and are proud of the fact that our safety and behaviour record is excellent with so many journeys travelled during an academic year. We fully support any exercise to increase awareness around safe travel and appropriate behaviour when using public transport and would like to thank N.A.T for organising this event".

Also present at the event were representatives of Bus Users Cymru who handed out leaflets about My TravelPass, a Welsh Government scheme which gives 16-18 year olds who reside in Wales 1/3 off their bus travel.

Representing others with passion



Have your say! Make a difference!
Your view is important!

Dweud dy ddweud! Gwna wahaniaeth!
Mae dy farn yn bwysig!

On the 10th & 11th November Alex Willis represented the young people of Newport by taking part in the UK Youth Parliament's annual debate in the House of Commons as Newport's Member of Youth Parliament. Around 300 MYPs from across the UK took part and at the close of debates, voted to make 'votes for 16 and 17 year olds' and 'a curriculum for life' the focus of their 2017 campaigns.

The debates were chaired by John Bercow (Speaker of the House of Commons) and were also broadcast live on the BBC Parliament channel to a wide audience. Here are a few words from Alex following his trip:

"I was honoured to attend the House of Commons to represent my local authority of Newport as a Member of the United Kingdom Youth Parliament. I've been interested in politics and local issues for some time now, and have found the Youth Parliament a great medium in which young people can influence

many key decision makers. The contributions to the debates showed how some have a real passion for politics. Despite this I believe that it is necessary for more young people to be properly taught about the subject - the key point being that even if people have differing opinions, we have to respect them as this is the only right way forward.

On the whole, it was great to hear the opinions of others from right across the country, and a thrilling experience to attend on behalf of the youngsters in my constituency."

Newport Youth Council is an inclusive forum, open to any young person aged 11 - 25 and living in Newport. The group is aimed at involving young people in decision making which affects them and is also a great opportunity to meet new people, have fun and learn new skills! If you would like to get involved please contact our participation worker William Evans for more information: william.evans@trosgynnalplant.org.uk

Bananas for Brains!!!!



Mr Nunn has been giving out bananas to ALL our Year 11 students before each exam. Combating 'no time for breakfast' or 'too nervous to eat this morning'. As soon as students come off the bus, they are given what has become known as a 'lucky or magic banana' and a hearty good luck greeting. Mr Nunn has even signed a few with special good luck messages...!

Bananas for the brain...Bananas contain three natural sugars - sucrose, fructose and glucose combined with fibre, and gives you an instant, sustained and substantial boost of energy. Bananas highlight potassium, an essential mineral crucial for keeping your brain, nerves, and heart in tip-top shape. Perfect exam food...

Look out for the new recycling guides in the canteen...



Dates for your diary 2017

Spring Term

TYMOR Y GWANWYN

January	
3	Spring Term begins
4-13	Year 12/13 Progress Exams
9	Year 11 Progress Exams Results Day
10	Year 11 Parents Evening
13	Year 9 Reward Trip to Bristol Zoo
16-19	Year 9 Foundation Progress Exams
20-22	Year 9 Welsh Trip to Glanlyn
26	Year 11 Pathways Evening

Please be aware that if there are any unforeseen circumstances, these dates might change.

Catch the St Joseph's RC High School news as it happens on:

www.sjhs.org.uk

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February	
2	Year 13 Parents Evening
7	Year 11 Collaboration Parents Evening
9	Year 10 Parents Evening
10-12	Year 7 and 12 Welsh Trip to Llangrannog
15	Year 12 Progression/UCAS Info Evening
17	Inset Day
20-24	HALF TERM
March	
1	Year 12 Science Trip to USW Cardiff
2	Year 9 Parents Evening
3-5	Year 11 Welsh Trip to Disneyland, Paris
8	Year 9 Pathways Evening
23	Year 8 Parents Evening
27-6th April	Year 10 Progress Exams
28	Year 7 Parents Evening
April	
5	Year 7 Geography Trip to Cadbury's World
7	Inset Day
7-15	Years 7 and 8 Skiing Trip to Austria
10-21	EASTER HOLIDAYS

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