

# Insight

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

Taflen wybodaeth swyddogol  
Ysgol Gyfun Gatholig Josef Sant

Autumn 2019 Hydref



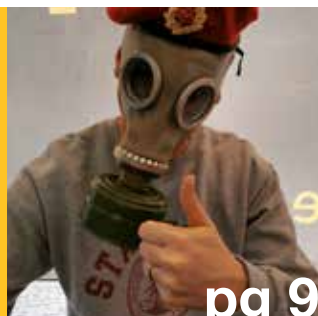
SERVING GOD THROUGH LEARNING TOGETHER

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**Mrs J Jarrett** Headteacher

**As another busy term draws to a close, we have so much to celebrate and of which to be proud.**

## Headteacher's Message

## neges y pennaeth

This wonderful edition of Insight, our school newsletter, reflects just a small proportion of the ways in which our community lives our mission statement of 'Serving God Through Learning Together.' I hope you enjoy reading about all the events and activities that have taken place this term. I would like to express my thanks to the staff whose hard work and dedication make these and other events throughout the year possible. Parental support is also a very important and essential element of any good school

and we are very fortunate that so many parents support the everyday work of the school. I am sure that all parents/carers are justifiably proud of their children's achievements this term.

Advent is a wonderful time of year, holy and expectant waiting and preparation for the celebration of the birth of Jesus Christ at Christmas. The weekly themes of hope and faith now provide the basis for form reflection and assemblies to help prepare our young people for the feast of Christmas. There are

plenty of activities planned to celebrate Christmas including the end of term services and our school Advent Service and Christmas Concert on Wednesday 18th December. We can now look forward with confidence to many more successes and celebrations in 2020.

On behalf of the students, staff and governors, I thank you for your continued support of the school and we wish you and your families a restful and Merry Christmas and peace, joy and contentment in the New Year.



*“The shape and solutions of the future rely totally on the collective effort of people working together. We are all an integral part of the web of life”.*

**Jacque Fresco**



# 240!

## **St Joseph's Student Voice**

*In 2018-19 you said, “We enjoy our leadership roles but we need more committee meetings and more time to work together ensuring we make real progress with our action plans”.*

**In 2019-10 our school has set up SJHS-240.**

Every half term all three leadership groups meet four times to discuss next steps and to ensure that there really is progress with these action plans. It is now a sight to celebrate, as 80 environment leaders meet at the gym, 80 charity leaders go to chapel and 80 form reps attend year meetings in the canteen. The students are truly developing as inspiring school leaders and we now look forward to our next set of meetings in January.





# CHARITY & ESDG UPDATES



## Remember there is no 'Plan it B'

### Charity Leaders (Global Citizenship)

- All forms consulted and local and national charities agreed
- Leaders are now formulating plans to raise awareness and money
- The CAFOD action group continues to excel under Miss Lloyd's amazing leadership
- British Legion Poppy appeal was organised by each year group.
- Christmas Hamper appeal is now under way.
- December 13th Christmas Jumper day, all food and money collected is to support our local food bank.

### Environment Leader (ESDGC)

- No shoes, no lights meetings!
- Year teams established with a chairperson and secretary at the helm
- Brilliant discussion work
- Every pupil has self-assessed against our 25 point survey
- Some have signed up to Amnesty International and Friends of the Earth
- Each year has established a 5 point action plan
- Year 10/11 now ready to use the experience of a local expert to focus on social injustice in today's world
- Hoping to host a regional conference in July. Watch this space!





# SCHOOL COUNCIL 2019-2020

Following the democratic voting process, we are proud to announce the School Councillors:



**St Joseph's RC High School values pupil voice and we believe all of our pupils have the right to share their thoughts and feelings about their school life and learning environment. Our School Council aims to provide all pupils with a forum to express their opinion and make suggestions. Year, form, eco and charity reps have been elected by their peers to represent them and their school. They will be involved in work which aims to further enable our pupils to become; ambitious, capable learners; enterprising, creative contributors; ethical, informed citizens and healthy, confident individuals.**

The School Council have already been busy meeting during SJHS 240 (approximately 240 pupil representatives) weeks. These weeks are scheduled throughout the year and provide an opportunity for representatives to meet, discuss, plan and work towards achieving the priorities set by the student body. The currently agreed priorities are:

- 1) Encouraging teachers to check understanding more often.
- 2) Delivering two IT lessons a fortnight for all year groups.
- 3) Completing more technology related tasks in lessons.
- 4) Setting up a buddy system for Year 7 pupils.
- 5) Investigating the root cause of bad behaviour.
- 6) Further developing a dedicated space to share ideas, worries, thoughts and feelings.
- 7) Completing charity walks to raise money for the school.

- 8) Investigating the feasibility of installing astro turf in the cage.
- 9) Further celebrating the achievements of all pupils.
- 10) Investigating the potential of a more unisex PE uniform.
- 11) Investigating the importance of a uniform.

The School Council will produce a termly newsletter to inform the school community of their work and their progress towards achieving the agreed priorities. These will be published in the school newsletter. The aim is to progress each priority every half term and, when accomplished agree new priorities which will focus on pupils' education, wellbeing, community and equality.

Do remember to put any of your own suggestions or opinions into the suggestion box in reception and we will discuss them during our SJHS 240 weeks.

**Kind Regards,  
School Council**

# ST FAGANS & VC YR9 HISTORY



**Year 9 History pupils spent a fascinating day at St Fagans working alongside our army, navy and airforce veterans. VC Gallery provide a service improving the welfare and support for forces veterans in Wales.**

**Written by Max John, Year 9**

The day started with excitement in the air and our hearts being touched; the sacrifice of our heroes hadn't been forgotten. Upon arrival we were greeted by veterans of all sorts; those who served in the navy, airforce and army. One gentleman had even served during WWII. We were briefed on our visit and split into groups. Each group was then assigned to their initial task: to draw a collage for each DOD (Department of Defence). This was a fun and thought provoking task, encouraging us to envisage what the battle field was like for each branch of the forces. I took this as an opportunity to ask questions and have a conversation with some of the men and women from

VC Gallery. They explained how you never forget any training when you leave the army, and how friendships are made forever. I learnt more about the WWII medals a gentleman was wearing; each had an amazing story and significance.

Our next lesson was on how the museum archive artefacts digitally. We used many war memorabilia brought in by the girls and completed a sheet on them. Each sheet had the owner's name, date and description. Then we had the opportunity to use a massive printer. To scan paper objects such as photographs and news papers. I also took part in photographing the objects and learning about the significance of capturing items through

picture.

We then studied a room full of artefacts from WWII. We were told that the museum has thousands of them, hidden away under the floors! They explained that space was limited but this is why it is important to constantly change the displays. We had great fun looking at the different objects and a favourite of mine was the fascinating piece of cloth embroidered with many soldiers' names and messages from the nurses that worked during the war. The last part of the day was learning about the online Encyclopedia Britannica and how it is reliable for thousands of images and an abundance of information.





A huge thank you to the St Fagans and VC Gallery

*“It was a great day and it made us realise how important the war really was”.*

st fagans  
national  
museum  
sain ffragan  
amgueddfa  
of history  
werin  
cymru

**VC**  
GALLERY

# IN BERLIN!

Written by Alexi Mairov, Year 11

## The trip to Berlin was astounding!

I had a very memorable experience going to Berlin as I don't go on holiday often but this was definitely one of the best holidays I've ever been on! The airport and general travel process gave us minimal problems and there were no inconveniences that occurred in Bristol or Berlin, unless you include that fact that I spent £30 on a hat which I later regretted.

Arriving in Berlin, it was refreshing to see new genres of architecture and history. On the bus journey from the airport to the hotel, we really got to see from a distance all the coolest sights that Berlin had to offer such as Fernsehturm, the Reichstag and the Brandenburg gate - we would later visit the majority of the locations that we saw. When we got off the bus we had time to settle into the hotel and our rooms, giving us a little opportunity to rest after all the travelling.

The following day we rose early to enjoy a buffet breakfast and we then took the Berlin metro to the start of the cycling tour across the city. We visited all of the set attractions. My group was even able to see the Berlin wall with its interesting history but we didn't stay long as it was freezing on that day!! When we returned from the bike tour, we enjoyed a fine selection of German cuisine, such as a multitude of sausages, currywurst and sweet treats at an outdoor food market, which everyone thoroughly enjoyed.

**I enjoyed the currywurst and my huge waffle ice cream the most; they were both cooked in front of me and to this day nothing comes close to the deliciousness of that waffle ice cream. It was amazing!**

*"It was an amazing experience! Our favourite parts were the bike ride and the gaming museum, especially the VR headsets!"*. Oliver and Steven, Year 8



*Trying out all the tech in the Science Museum.*



*Here come the boys.*



*Berlin at night was stunning*





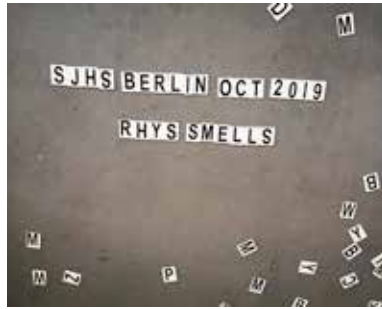
Street food...lush!



Thanks to all the teachers that gave up their time to take us to Berlin



Discovering old Berlin



um...who did this? ...Mr James?



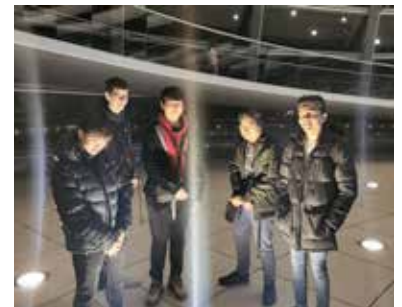
Not actually sure who this is!



Technology at its best.



Enjoying the Berlin street food market



Taking advantage of the lightshow





Ronald?



## Berlin Continued...

After lunch we then went to the colossal train station appropriately named Hauptbahnhof as it's a hop on and off station. After this we proceeded to, in my mind what would be the main attraction, the Reichstag. The Reichstag was staggeringly huge and astounding. Due to my family history this amplified the excitement of the Reichstag and the visit to it. I was able to see all of the neighbouring attractions that surrounded the building, including the TV tower and many financial buildings.

On the third day, we visited one of the biggest malls in all of Europe, travelling past many attractions such as Checkpoint Charlie where I bought an infamous red beret! We also passed the Holocaust Museum which was a saddening experience. However, to lighten things up, I had saved up for months to be able to spend most of my money in the mall and that's exactly what I did buying multiple expensive items, I'm not sure this was the right decision. Others had the smarter idea of conserving their money for buying something that they might like in the

future. After we left the mall we then made our way over to the Berlin games museum where we were able to play an intricate selection of games such as Virtual Reality and Motion Capture, which was brilliant. The museum showed us some of the most famous games in history such as Super Mario, Sonic, Pacman and Doom which we all got to play.

Almost immediately after we left the games museum, we then made our way over to the Brandenburg Gate and on our way we passed some of the greatest embassies in Berlin. Once we arrived at the Brandenburg gate we were able to see the goliath historical monument and gaze at its vast awesomeness; many group photos and memories were made and taken here.

The next day we swiftly made our way from the hotel to Berlin airport and then to Gatwick Airport. One of the biggest inconveniences was the 6 hour trip from Gatwick to home but it was made easier by the great atmosphere in the coach and the entertaining selection of games onboard such as Uno and the terrible but hilarious karaoke outbreak.

**All in all, it was a fantastic trip to Berlin. Thank you.**





*We met Steve, a man who had served in the Army and has gone to prison - all to stop bullying!”* Connor Wiltshire 80

# YOUNG PEOPLE'S Safeguarding Conference

**The Gwent Safeguarding Children Board held their first young people's conference on Friday October 18 at the Celtic Manor Resort.**

The conference themes had been chosen by young people and they were:

- mental health
- bullying
- knife crime

The themes were informed by an online consultation in May where 1668 young people voted on which safeguarding issues worried or concerned them the most.

The event was opened by Dr Sally Holland, the Children's Commissioner for Wales, who informed young people about their rights and their entitlements in Wales, and to have a say on matters that affect them.

The keynote speaker was Richard Parks, former Wales international rugby union player turned extreme endurance athlete and TV presenter. He shared his own experiences with mental health issues after injury ended his rugby career.

The young people attending the conference took part in anti-bullying workshops provided by Bullies Out and knife crime workshops provided by Fearless.

The day finished with the young people voting on which safeguarding issue they want the Gwent Safeguarding Board to prioritise this year.

*To Mrs Leyshon,  
Thank you for the ability to represent my year group at the Celtic Manor. I really enjoyed the opportunity to learn more about knife crime, bullying and mental health. I learnt a lot and I am now more confident with these subjects. The man doing the anti-bullying seminar said there would be a chance of being an ambassador for bullying and doing some seminars in Cardiff. I am really interested in this.*

*As well as the amazing teachings, there were lots of amazing freebies like sunglasses, pens, bags and even little things you can put your bottle in while on a night out to stop you getting spiked.*

*Thank you so much for letting me go through this brilliant experience. If anything like this happens again I would be really grateful if I could go again.*

*Thank you so much,  
Aimee Wakeman*

**Mrs Leyshon and Mrs Richards would like to say a big thank you to all the Year 8 and Year 10 pupils that attended the conference.**

**Their behaviour was exemplary and they all represented St Joseph's in a fabulous manner.**

# Celebration of Excellence

*A huge congratulations to all our pupils that attended their special awards evening this term. This award is given in recognition of outstanding academic progress, attainment and attitude. It is reflective of your hard work, determination and personal motivation to succeed.*

## Year 10 (2018-2019)

Hannah Abraham	Esther Healey	Peter Nunez
Seema Aljeroudi	Isabelle Hurley	Danielle Paciello
Tomos Bailey	Ewan Hurley	Mackenzie Payne
Daisy Barrett	Glemin James	Taomi Payne
Francesca Barton	Nicole Jim	Aniera Perry
Jeremy Brown	Charlotte Jones	Max Phillips
Nathaniel Buendia	Niamh Jones	Katie Porretta
Niall Burrell	Amelia Kunje	Riya Rose Reji
Delfina Cappellini	Ignacio Lozano	Logun Rice
Kate Catala	Romer	Anson Sebastian
Christopher Chan	Ann Mary Lukose	Shannon Sheean
Cora Chisholm	Alexei Maiorov	Agnes Sunil
Albert Chua	Lucy Martin	Wiktorja Szweda
Katie Clarke	Ariana Matthews	Rhys Thomas
Sophie Cridland	Sophia Merad	William Thompson
Wiktorja Cyrklaff	Shannon Micallef	Ebin Toly
Ellie-May Doherty	Niamh Middleton	Ebony Tomei-Baker
Gwen Donaldson	Brodie Morgan	Alessandro Vellucci-Senior
Maria Emmanuel	Niamh Mulcahy-Jones	Charles Williams
Jacob Evans	Luke Navarra	Sophia Windsor
Makary Gil		

## Year 11 (2018-2019)

Dino Abraham	Sammy Javed	Dylan Short
Tanish Amran	Olivia Johnson	Natalia Slusarczyk
Hans Arellano	Aleena Jojo	Caitlin Smith
Finley Armstrong	Wilfred Joloza	Phoebe Sparrow
Ellis Bailey	Ryan Jones	Samuel Tait
Ethan Barnes	Niya Joseph	Kyle Tanner
Jessica Barry	Elena Kingston	Giovanna Thomas
Fiona Biju	Olivia Kingston	Ceri Turner
Millie Blythe	Mateusz Kuczynski	Olivia Tuzyk
Anna Boggiani-Lloyd	Alen Kuncheria	Jack Welch
Emily Brunnock	Leo Lai	Olivia Welch
Harold Chavarria	Grace Larsen	Thomas Williamson
Cerys Condran	Jelena Lazic	Tayla Winstone
Sophie Cregg	Emma Lewis	Madeline Wood
Annalisa Crolla	Alex Linton	
Jesse Davis	Anntressa Mathews	
Andrew Drewett	Zaid Mathieson	
Ffin Elliott	Rhys McCartney	
Fasika Estefanos	Daniel Moss	
Tom French	Kriya Pahimna	
Ben Gardner	Jobe Pennells	
Hannah Garcia	Janice Prince	
Elizabeth Goddard	Abigail Rajabenadic	
Molly Harvey	Elana Rocke	
Codie Holland	Rona Roy	
Daria Horzela	Gibi Sabu	
Amelia Hudson	VJ Salongcong	
Abigail Humphrey	Ella Samsonov	
Olivia Ingles	Tianna Samuels	

## AS Levels

Daivon Adeyemi  
Aaliyah Alcid  
Molly Baria  
Caitlin Bridge  
Thomas Cowan  
Emilia Godfrey  
Kamran Hussain  
Molly Johnson  
Tayha Jupe  
Jessica King  
Kitty McHugh  
Samuel Middleton  
Julia Nycz  
Zoe Paginton  
Jacob Pauly  
Hussain Shahid  
Sian Taylor  
Joao Teixeira  
Joseph Thompson  
Luca Vellucci-Senior

## A Levels (2018-2019)

Alex Aston	Olivia Nuzzo
Arlou Astrologia	Graydn Paders-Ball
Shireen Balouch	Erin Pole
Abigail Brunnock	Jack Price
Rhiannon Carroll	Anya Reed
Kyle Catala	Leanne Regalado
Shannen Centeno	Raegan Russell
Bogdan Chiritoiu	Matthew Ryan
Eleanor Collins	Ethan Sellers
Regan Crockett	Emelia Smith
Joao Fonseca	Freya Stevens
Niall Griffiths	James Thomas
Victoria Hill	James Tobias
Elana Hobbs	Elan Virtucio
Rhys Jones	Anastasia Wall
Nikoletta	Alexander Willis
Klawczynskz	Amelia Alder-Woolf
Harri Knight-Davis	Nhionipho Ncube
Haidar Mathieson	
Ciaran Middleton	
Niamh Mullan	

## Special Awards (2018-2019)

### Millennium Award

Julia Nycz  
**WILCOW Award**  
Haidar Mathieson

### The Joseph Witherington Shield for Academic Excellence

Rhys Jones and Haidar Mathieson

### The Sue Jenkins Young Leader Award

Alexander Willis

### Outstanding Contribution to The Religious Life of the School

Katie Clarke

### Outstanding Contribution to the Life of the School KS5

Regan Crockett

### Contribution to the Sporting Life of the School KS4

Owain Jones

Sophie Cregg

### Contribution to the Sporting Life of the School KS5

Elana Hobbs

### Pat Thomas Memorial Award

Tom French

Rhys McCartney

### The Sue Bettosi Award for Outstanding Contribution to the Life of the School, KS4

Ethan Barnes

### Contribution to the Life of the School

Shireen Balouch

Anastasia Wall

Matthew Ryan

Nikoletta Klawczynska

Abigail Rajabenadic

Niya Joseph

Samuel Tait

Alex Linton

Wilfred Joloza

Janice Prince

Gibi Sabu

Mateusz Kuczynski

### Alumni Business, Law, Public Services and Economics

Owen Davies

Niall Griffiths

Anna Williams

### Outstanding Contribution to Creative Arts

Joab Pelling





# Advent

*“So you must also be ready, because the Son of Man will come at an hour when you do not expect him.”*

**(Matt 24:44)**

## **We get stuck waiting for change.**

Carpe Diem – ‘Seize the Day!’ Perhaps you’ve heard the phrase. Many people have, but few know the full quotation: ‘Seize the day, trusting as little as possible in the future.’

However, some of us trust more in the future than the present. We get stuck waiting for something to change - when will I get that pay rise; when will I meet the right person; when will we move out of this house; when will the children leave home...

We wait for something to change. Until then, we feel stuck; our lives are on pause and we sometimes lack patience. During Advent, we remember how God came to people who were stuck, waiting for something to change. He came right into their worry, their doubt and their hopelessness. Since

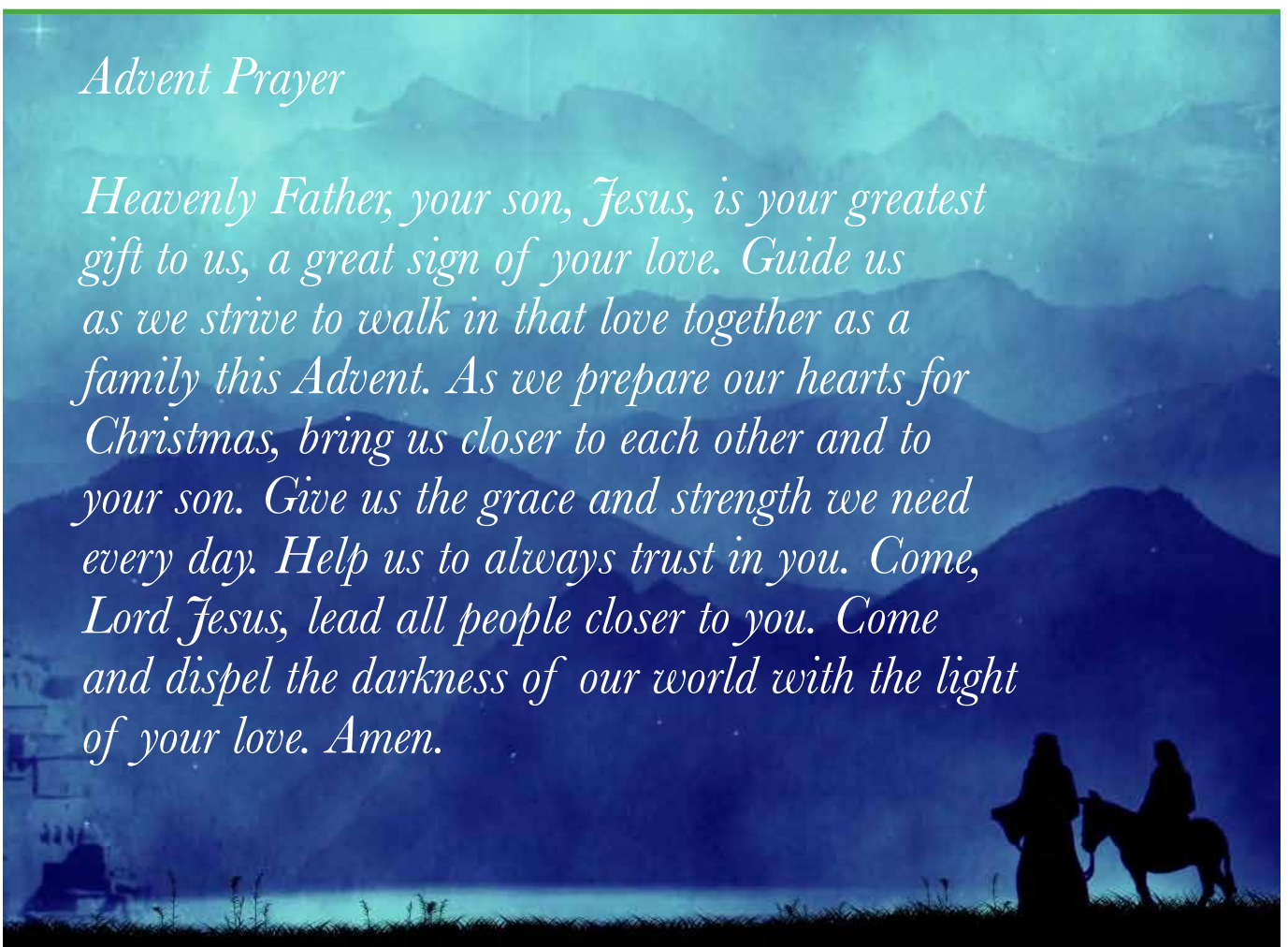
that first Advent, we can now reach out to God whatever our circumstances. We don’t have to wait for something to change. Grace can come to us today. Too often, we wait for something around us to change, but we can never really know what tomorrow holds. Yet today, without waiting, we can reach out for the hope – seize the grace – that God offers to us in Jesus.

If we want something to be a success we have to prepare thoroughly for it. Ask any decorator and they will tell you that preparation is everything. It’s the same with Christmas we need to spend time preparing our hearts and minds for the most amazing thing that has ever happened, the Son of God coming into the world for our sakes.

**Don’t forget about Advent this year give yourself a different Christmas treat, prepare for the coming of the Lord.**

## *Advent Prayer*

*Heavenly Father, your son, Jesus, is your greatest gift to us, a great sign of your love. Guide us as we strive to walk in that love together as a family this Advent. As we prepare our hearts for Christmas, bring us closer to each other and to your son. Give us the grace and strength we need every day. Help us to always trust in you. Come, Lord Jesus, lead all people closer to you. Come and dispel the darkness of our world with the light of your love. Amen.*





# Christmas Boxes



After sharing the story of the Good Samaritan, Jesus said “Go and do likewise.”

## Year 8 Christmas Boxes

“Go and Do Likewise”...That is the mission of Samaritan’s Purse, and with the help of our Year 7 pupils, they are following the example of Christ by helping those in need and proclaiming the hope of the Gospel.

Samaritan’s Purse is an international relief and development organisation that works through local churches to proclaim and demonstrate the love of God amongst communities in Africa, Eastern Europe and Central Asia.

All our form classes got together and as a team started to collect items for children they had never met across the world. They thought about the age of the child, what they might like to play with or find useful then packed the shoeboxes full of gifts. They donated toys, cuddly bears and games even toothbrushes, pencils and stationary. Operation Christmas Child has brought our children together and allowed them to think about other children the same age as them or their siblings and how they might be feeling this Christmas.

**Thank you, Year 8. Merry Christmas.**

# Interfaith Week



**Year 9 have done some fabulous work towards understanding Interfaith Week. One of the most exciting was created by four pupils Rose, Elica, Muna and Katrina.**

“The cake shows that we should all respect each other no matter how we look on the outside. The gingerbread men are all unique which symbolizes us as we should all be accepted for who we are. It also shows many different things come together to make something great, in this case a cake.



The cake represents the world and the gingerbread men and women represent everyone as we are all different and we should respect each other for who we are no matter what. Interfaith represents unity so we have shown this through cake. The ingredients show that all different faiths have some things in common such as love, peace and faith.

The different people on the cake help show that at our school we celebrate diversity and our differences. We come together as a school in unity and show that we respect anyone no matter how they look.”

**Written by Rose, Elica, Muna and Katrina**





Winning 'On the Streets' photographs by Regan Hard (*above*) and Seema Aljeroudi (*below*)







## Art trip

The art department had a wonderful day in Oxford this term. Armed with sketchbooks and cameras we made our way across the Welsh border, firstly to The Natural History Museum. Here we were treated to an amazing talk by one of the curators, who showed us sketches and reference books and told us about the artefacts throughout the museum.



# OXFORD 19



Some fabulous artefacts were brought out by the museum for the pupils to have a really close look and to photograph/sketch



We also visited the Pitt Rivers Museum, which is full of weird and wonderful items from shrunken heads, to jewellery and amour to games all organised in subject, which made it really interesting to compare all the bits and bobs scattered around.

After this we visited the Ashmolean Museum, where we were able to look around the Pompeii exhibition. Some of the statues were fabulous, and the mummified sculpture lying on the floor was horrific and mesmerising at the same time.

Whilst we were looking around all day we followed a photography brief set for us. This gave us a little bit of fun waiting for the results and enjoying the prizewinner success on our long journey home.





Some examples of the pupil photos taken for their brief.

# OXFORDON





# THE STREETS



# English Masterclass



This term, both Year 10 and 11 have been involved in GCSE masterclasses as preparation for their upcoming English Literature and Language exams. This has been a hugely beneficial opportunity for English staff to take students step by step through key questions, in an exam environment, with expert tips directly from the examiners within the department.

We are really proud of the way both year groups applied themselves in these sessions and showed their commitment to achieve highly this year!



## Reading Groups

### Year 8's Reading List, this term, so far!

Stone Cold, The Lion the Witch and the Wardrobe, Terry Pratchet (Discworld), The Curious Incident of the Dog in the Nighttime, Animal Farm and Angus Thongs and Snogging.

### Year 7's Desert Island Books

**Lauren chose 'Hugo'**; because it's not a picture book and not a graphic novel but takes us to a different place. **Rosemaria chose 'The Lion, Witch and Wardrobe'**; she loved the idea of surviving in a fantasy world. (also a favourite of Mrs Jarrett). **Seren chose 'Hunger Games'**; an action adventure as Katniss fights for survival in a dystopian society. **Angelica chose 'Cool'**; simply an inspiring story. **Lydia chose 'Holes'**; a great story with a twist. **Maddy chose 'The Philosopher's Stone'**; an action packed Potter adventure! **Sophia chose 'Twisted Tales'**; a retell of Beauty and the Beast with a modern slant. **Mr Watts chose 'Tom's Midnight Garden'**; the book that has everything with an ending you don't expect!



### Year 12 Booker Prize

Year 12 meet each week and discuss the books and then choose a winner. The Booker Prize has run for many years and the books are seen to be the very best written in the English language. The group is very committed and felt the reading was challenging but has taken them to a new level.



# Diwrnod Shwmae 2019

Dathliwyd Diwrnod Shwmae llwyddianus gan yr Adran Gymraeg ac aelodau o'r Cyngor Cymreig ar Hydref 26ed gydag athrawon a disgyblion Blwyddyn 7. Cafodd athrawon Joseff Sant amheuthunion melys a blasus fel pice ar y maen, teisennau bach a bara brith.

Doedd Blwyddyn 7, sut bynnag, ddim mor lwcas gan iddyn nhw gymryd rhan mewn Arbrawf Bushtucker gyda blas Cymreig a cheision nhw ddanteithion Cymreig fel cocos a baw dafad a oedd yn edrych fel rhesins!

At ei gilydd, siaradwyd llawer o Gymraeg a mwynheuodd pawb y gweithgareddau.

Da iawn Ysgol Gyfun Joseff Sant!



An enormous thank you to all the teachers that bought in lovely cakes...

The Welsh department and members of the Welsh Council celebrated another successful Diwrnod Shwmae by staff and Year 7 pupils. St Joseph's teaching staff were treated to delicious sweet treats such as Welsh cakes, cupcakes and bara brith.

Year 7, however, were not so lucky as they endured a Welsh themed Bushtucker trial and tried Welsh delicacies such as cockles and sheep poo (actually raisins!!).

All in all, lots of Welsh was spoken and enjoyed by all.

Da iawn Ysgol Gyfun Joseff Sant!

## Bushtucker Trials!





## Lauren, 9V

Massive congratulations to Lauren, who is representing Great Britain in Holland this year in the sport of Synchronised Ice Skating. **A fantastic achievement.**



## Calum, 10J

A huge well done to Calum who has been selected for the Under 15 Basketball Team 2019-20. **We will look forward to cheering you on.**



## Matteo, 8H

A great achievement for Matteo who has been chosen to represent Wales in the Men's Artistic Gymnastics. **Well done Matteo.**

# PE



## Gianni, 10O

This year Gianni won a Gold medal in the 50m freestyle event at the Swim Wales Summer Open Event in a time of 26.62sec, seven-hundredths of a second quicker than the next swimmer! Then in April, swimming with the City of Newport relay team, he received silver medals in the 4x100m freestyle and 4x100m medley from Olympic finalist Chloe Tutton. **Fantastic.**

# MRC FESTIVAL OF MEDICAL RESEARCH



## Cardiff University hosted 40 Year 10 pupils as part of the MRC Festival of Medical Research.

Pupils learnt about genetics, mental health and some of the research we do here at Cardiff University. In the morning, pupils took part in hands on sessions and games. Pupils learnt about genetics and extracted DNA from bananas with MAGES researchers Sarah and Naomi.

MAGES Lab Manager Lesley led tours of the Hadyn Ellis Building laboratories, giving pupils the chance to see the types of technology we use for our research. Pupils also played a variety of games to learn about neuronal stem cells, DNA, and how genes and the environment can increase or decrease risk for experiencing mental health disorders.

In the afternoon, pupils took part in group discussions on mental health. Facilitated by Cardiff University staff including MAGES researchers Naomi and Stephan, pupils discussed mental health in four themes:

- What things can affect your mental health?
- What support is available and what support would you want in an ideal world?
- What are your research priorities?
- What things promote good mental health and resilience?

*"We learnt a lot about the challenges facing young people and what kinds of research should be prioritised from these discussions. Thanks to all the pupils who took part and for your thoughts and opinions".* **Cardiff University**





### Rhys's skydive!

Can I just say a huge thank you to all those who sponsored Rhys to complete his Sky Dive. His target was £2000 and he raised a massive £3500! A little scary! Could you do it?

**A fantastic achievement!**

#### EXAM CERTIFICATES

These are available to collect from Mrs Allen.

# NEWS

## Miss Saigon Bag Packing!

On Dec 7th, the cast of Miss Saigon and the Drama Department offered their bag packing services at Asda Superstore. They entertained customers with songs from the show and Christmas tunes whilst packing bags. **They raised a fantastic £916.22. This show is set to be amazing so DON'T MISS IT.**



## St Joseph's RC High School production of MISS SAIGON

Performances on:  
**11th-14th**  
**February 2020**

Tickets available from January at the Admin office:

- Child £
- Adult £
- Family £

Keep up to date with news on the Drama Twitter page



# Dates for your diary 2020

## Spring Term TYMOR Y GWANWYN

January	
6	First day of Spring Term
16	Year 11 Parents Evening
23	Year 11 Pathways Evening
30 - 2 Feb	Year 12 Welsh Trip to Nant Gwrtheyrn
31	Inset Day
February	
5	Year 10 Geog Trip to Newport City Centre
6	Key Stage 5 Collaboration Evening
11 -14	School Production of MISS SAIGON
13	Year 12 UCAS Evening
17 - 21	Half Term
24	Year 10 Exams
26	Ash Wednesday

March	
5	Year 9 SLB/Men Vaccinations
9	Year 7 Geog Trip to Cadbury World
19	Year 9 Parents Evening
20	Year 12 Trip to Heath Hospital
20 - 22	Year 12 and 13 History Trip to Poland
25	Gymnastics and Dance Show
26	Year 9 Pathways Evening
31	Year 10 Parents Evening
April	
3 - 11	Years 7-9 Skiing Trip to Italy
4 - 7	Year 7 MFL Trip to France
6 - 17	Easter Holidays
20	First day of Summer Term
27 - 15 May	Years 7,8 and 9 National Tests

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

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

[twitter.com/sjhsnewport](https://twitter.com/sjhsnewport)

[www.facebook.com/stjosephsnewport](https://www.facebook.com/stjosephsnewport)

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

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