

Insight



Summer 2016 Haf

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

Taflen wybodaeth swyddogol
Ysgol Gyfun Gatholig Joseff Sant



Painting by Gilbert Sabiti, Yr 13

SO MANY DIFFERENT PATHWAYS

“My imperfections and failures are as much a blessing from God as my successes and my talents and I lay them both at his feet.” Mahatma Gandhi

One of the strengths of St Joseph's RC High School is the varied opportunities for personal growth and development that we offer to young people throughout their time with us. Whether academic, practical, sporting, generally talented or initially less than confident, St Joseph's pupils are positively challenged to participate in the breadth of school life and to grow and develop. The image you see above was painted by Gilbert Sabiti in Year 13 - an astonishingly talented young artist who has flourished at the school and who is pursuing an art foundation degree next year with a view to then studying for a graphics degree at university. Like so many of our students we are immensely proud of Gilbert and the well rounded young person he has become.



Serving God Through
Learning Together

Yn Gwasanaethu Duw Trwy
Ddysgu Gyda'n Gilydd

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Headteacher's Message neges y penneth

Mr T Brown Headteacher

We want St Joseph's to provide an education and experience that young people respect, value and desire from the moment they join us in Year 7. We wish all students to look back over their time with us and feel that they have succeeded, valued and enjoyed their years here and can positively state that they have grown as a person as a result of their experience.

Whether artists like Gilbert, or musicians, or writers, or athletes or fund-raisers.... we believe there is a chance for everyone to develop their talents at the school to help them achieve their goals in life and grow as a person.

Our view has always been that the education of young people is a partnership, a partnership between our students, the teaching staff,

the support staff and you, the parents and carers. As parents, quite rightly you want the very best for your children. In turn, we are grateful for your active contribution to, and interest in, the life of the school and in supporting your child's progress.

Our world is one where we too often find broken and damaged communities and people. It needs to know

that God exists and our students are that living proof of hope and charity. I have the privilege of seeing it in their work and relationships daily.

I pray, as we say goodbye to our Year 13 students and some of our Year 11 pupils, that their faith will grow, enrich and support them through life and that they will indeed lay their talents at God's feet.

Attendance	Present	Absent	Lessons Missed
100%	190 days	0 days	None
99.5%	189 days	1 day	5 lessons
97.4%	185 days	5 days	25 lessons
95%	180 days	10 days	50 lessons
90%	171 days	19 days	95 lessons
80%	152 days	38 days	190 lessons
70%	133 days	57 days	285 lessons

*St Joseph's attendance:
100% : 163 pupils
95-100% : 764 pupils*

**Article written by our Link Governor,
Mrs Lucy-Ann Stevens**



Achieving your potential...

As the link governor for attendance I would like to congratulate the outstanding achievement of so many students in Years 7-11 who achieved 100% attendance between September 2015 and April 2016. An incredible 163 students did not miss a single day at school and 764 students achieved between 95 – 100% attendance. Well done to you all!

I am delighted to be involved with such a hard working team, led by Mr Humpage, who work tirelessly to help, encourage and enable students to achieve their potential. Attendance and good punctuality are a high priority in our school because it is a proven fact that students who have good attendance achieve better results.

As you can see from the details above it is quite shocking to see how absent days from school can dramatically affect the number of lessons missed. For every day, five subjects are missed. It can then be difficult to catch up, to fully understand

important topics and this will impact on learning outcomes.

For many years I have been directly involved with recruitment and I know first-hand how important reliability is. Attendance records can be requested from schools by potential employers and being punctual, smartly dressed and having good attendance are absolutely essential when leaving school and starting working life.

It is especially important to be in school at the start of the new term in September.

**Let's try and top these results next year.
100% attendance = achieving your potential**

Polite Reminder: Wherever possible please arrange dentist and doctors appointments outside of school hours or if necessary early/late in the day.

Our Summer Message

*“Yet this I call to mind and therefore I have hope:
Because of the LORD’s great love we are not
consumed, for his compassions never fail. They are
new every morning; great is your faithfulness”*

(Lamentations 3:21-23)

Many things change throughout our lives, often things we do not expect. Throughout this year some of us have experienced change, we may have moved house, sometimes town or even country. We have made friendships and perhaps experienced broken friendships. Some of us have changed jobs or been given new opportunities and responsibilities . We may have seen dreams come to nothing and things we never imagined have happened to us.

At times we may have been surprised by joy and at other times disappointed by frustrated expectations. So many things change in this life and take us unawares. This is why our summer break is so important to us all. Summer is such a beautiful season because it allows us the time to spend reflecting back on the year. It provides us with a time to breathe, relax, and consider what is next.

As this summer begins, I cannot help but think about all the change this year has brought to our school community. We should be very thankful to our Lord in providing so many new opportunities and challenges given to the pupils, staff, governors and parents and carers at St Joseph's. The Lord has used this year to grow each and everyone of us.

Part of our mission in school is to develop the followers who love God, love others and want to pass this on to others. Too many people have the attitude that the world will never change, that it will only continue to get worse. Songwriter John Mayer says it best: “it’s hard to beat the system when we’re standing at a distance, so we keep waiting, waiting on the world to change.” Here at St Joseph's, we are not standing at a distance; we believe that our students and young people are the future of this world. We are stepping into ‘the system’ and with God’s help, we are making the changes and passing on His love.

This year the Lord has taken us into a season of growth, settling in to who He is making us to be. I believe this year has come a long way to helping our community be confident in knowing the Lord has brought us so far and will carry us the rest of the way.

This Summer season is a time of open road - a time for exploration - for winding down some small road you've never visited before. You want to go there just because you're curious and it seems to call. God is down the road. God is to be found in exploration. God is met by the curious. “*Our hearts are restless until they find their rest in God.*” St. Augustine.

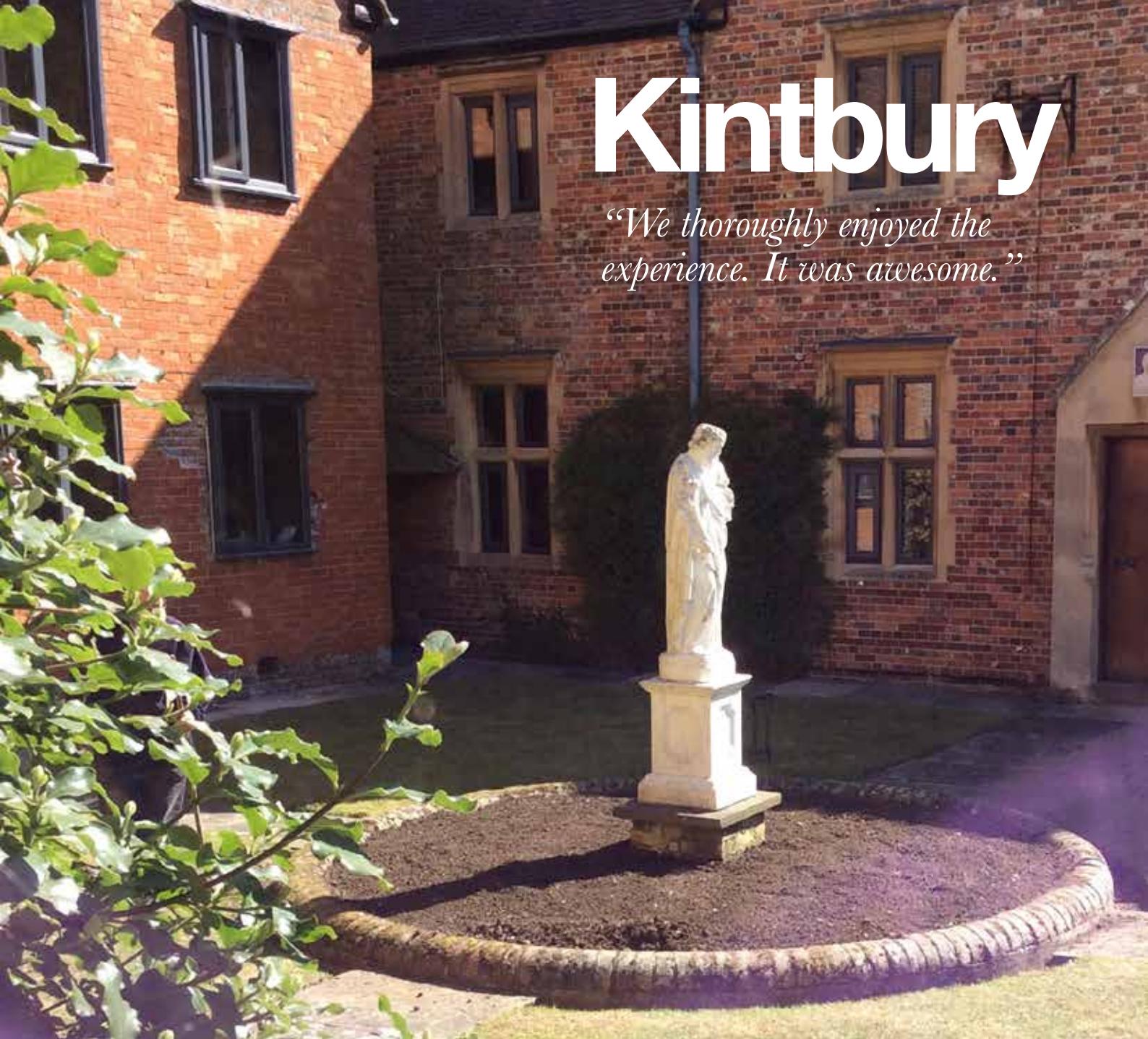
Summer Prayer

*May our loving God watch over us
And keep alive in our hearts
All that we have learned this year.
Keep your minds on God. Remember to
pray often and to celebrate your faith,
at home with your family,
and at Mass with your faith family.
Keep your faith in God.
Let all the joys of summer
Remind you of God’s goodness.
Never forget that God is always
with you, not matter what.
May the God of all creation,
Who comes to us in the Holy Spirit,
keep you safe, happy and holy
This summer and always.*

Amen

Kintbury

“We thoroughly enjoyed the experience. It was awesome.”



Earlier this term pupils from Year 11 visited Kintbury Retreat, Saint Cassian's Centre in Berkshire.

When we arrived we were all welcomed by the volunteer teams. We were quickly assigned our rooms and got the chance to have a look around the house.

On the first night we were placed into groups and we did some fun activities, so we got to everyone a little better and be more comfortable in our surroundings.

Every day we had a new theme to consider - Monday's theme was 'Ourselves', which centred on how we treat others; Tuesday was 'Awareness' and we talked about being 'aware' and understanding others around us, even though we hadn't met a lot of them before. On Wednesday our initial theme was 'Reconciliation', we looked at seeking forgiveness and how it was possible. Then in the evening we had affirmation. We shared our feelings and thoughts about the people in our groups.

Over the course of our visit we took part in lots of activities in our groups and also had a presentation on the theme of the day, and we answered lots of questions within our groups.

When we weren't working in our groups we were able to meditate or reflect and we went on a lovely walk with our walking buddy so we got to know the person we were walking with really well. We all came together for a nightly prayer in the silent room.

On the last day we had breakfast, mass and then played lots of games. Our final game was with our groups.

We were able to take lots of photos of our new and old friends and we have thoroughly enjoyed the whole experience. It was awesome!

By Olga Mae Chan and Olivia Then, 11O



Barcelona16

In May, 41 Year 8 pupils endured the 24 hours coach ride to Calella, Spain.



Even though the journey was long, hot and sometimes very noisy! all the pupils stepped up with songs, games and lots of in-jokes. Packed lunches were eaten within the first half an hour and very little sleep was experienced.

However, just driving into Calella along the miles of white sandy beaches and Spanish villas and town houses was enough to bring everyone back to life. The coach pulled up alongside the hotel and we all carried our cases to our allocated rooms.

After we had unpacked we enjoyed a wonderful lunch

and excitedly discussed the itinerary for the next week.

This involved many adventures, such as a trip to the beach to play volleyball or have a quick dip. We took a walk down the amazing La Rambla in Barcelona, where we visited the famous St Joseph's Food Market (simply spectacular), gazed in wonder at the ornate architecture of Antoni Gaudí, haggled in Spanish with the stall owners and a lot of the pupils had their portraits painted. We walked in to the small town of Calella at night and browsed the shops, spending money on ice creams and Barcelona

football shirts. The tour of Camp Nou, Barcelona was very impressive; the grounds were immaculate! Also, the trophy room displayed amazing winning cups in gold and silver.

Saturday was a favourite amongst lots of the pupils: a day at PortAventura Adventure Park in Catalonia. It was hot, exciting and for some terrifying. The Shambala ride took us into the clouds, and Furious Baco took us to 135km in 3 seconds! A brilliant day all around.

On Sunday morning we took the (slightly scary) trip up

the mountain to Montserrat Monastery. It is the most beautiful setting, built out of the rocks and mass inside was reflective but awe-inspiring. As this was our last full day everyone felt a little sad, but the last night took us back into Calella for final shopping and gift buying.

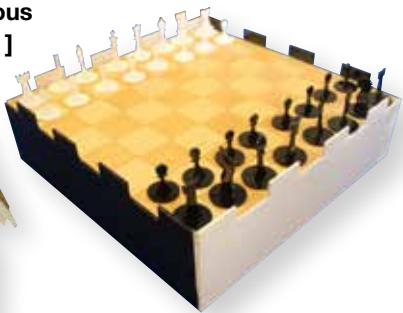
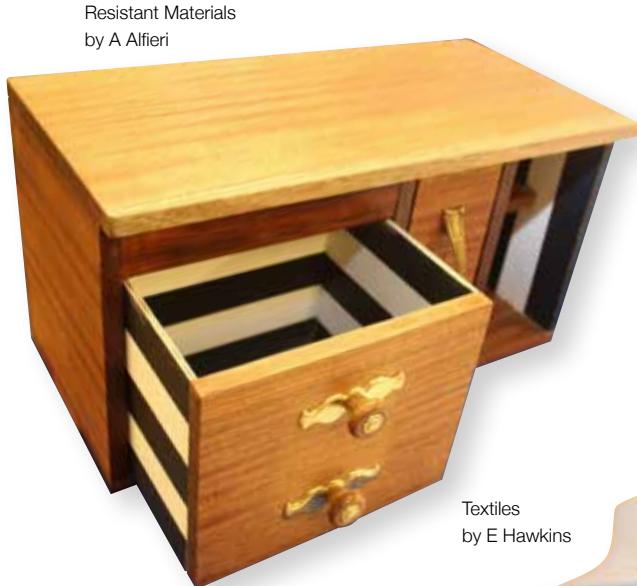
The journey back was slow... but Mrs Blake had organised a fantastic surprise and we drove back over Millau Viaduct in the Pyrenees. Then as a final treat we drove through Paris and RIGHT UNDERNEATH the Eiffel Tower. A brilliant ending to a fantastic Spanish trip.



GCSE

A wide range of innovative projects produced by GCSE Technology and Child Development students demonstrate their high level of skills and capabilities in Textiles, Resistant Materials and Product Design. **All work was of an excellent standard and some work has been recommended for the prestigious Innovation Awards competition [✨]**

Resistant Materials
by T Pumford-Jones



Textiles
by E Hawkins

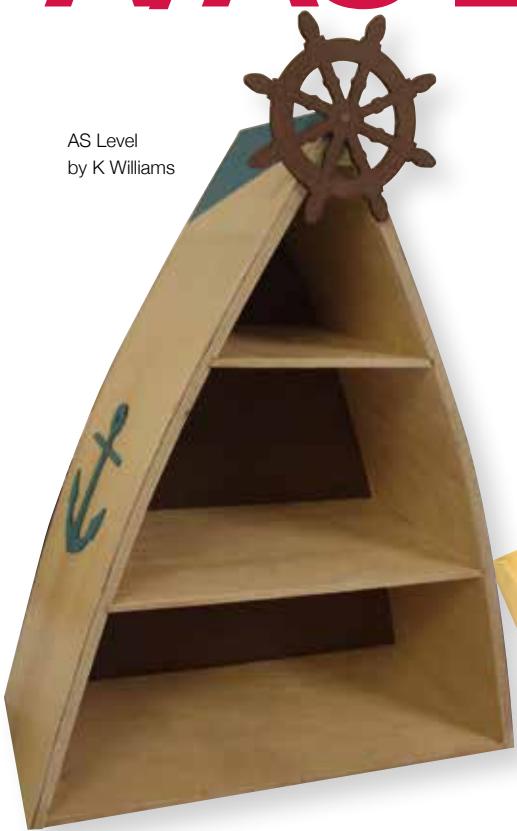


Product Design
by A Chen



TECHN

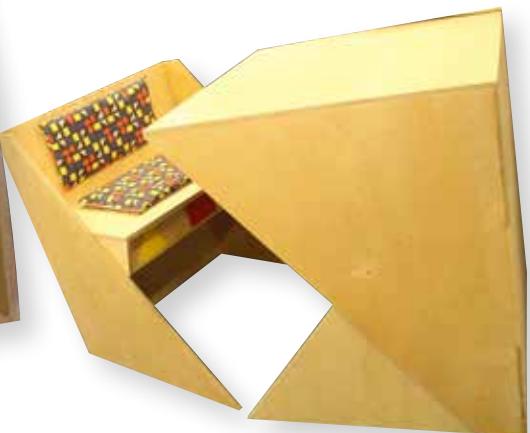
A/AS Level



AS Level
by K Williams



AS Level
by E James



A Level by C Ma



A Level by M Hughes



A Level by J Compayan



Products designed and manufactured by AS/A level students succeeded in impressing the Awarding body **resulting in one of their designs being recommended for the prestigious Innovation Awards** to be held later this year [★]. All

products demonstrated a wide range of techniques, processes and use of material and were a demonstration of the students' hard work and determination.

A Level
by M Phillips



LOGY

TECHI STEM

Technology Pupils Excel in their STEM challenge...

Prospective KS4 Technology pupils accepted the challenge to design and make a Roller Coaster with real determination.

A representative from STEMNET explained the principles of conductivity and G force before the pupils took part in the design and make task. They worked in teams, took on specific roles and demonstrated thinking and reasoning skills as well as their ability to review, modify and present their findings. An action packed, entertaining and educational day was had by all.

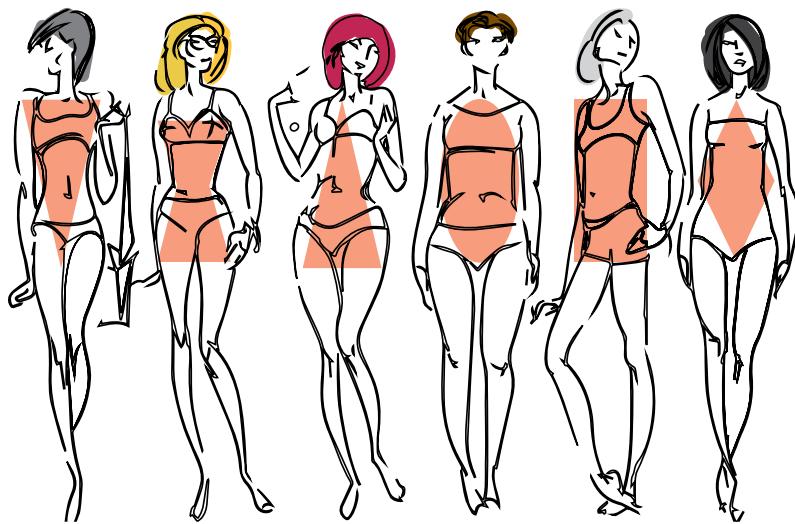
"Today was a really challenging day. It pushed our skills to the limit, overall I had a great day." George White 9H

"I really enjoyed the day. The activities were fun and cool. I got to work with people I would not normally work with and had not spoken to before".

Andrew Salvador 9V



OUR GIRLS CAN



A new campaign called 'This Girl Can' has recently started around the UK and it's a celebration of active women up and down the country who are doing their thing no matter how well they do it, how they look or even how red their face gets. This campaign is supported by large organisations such as Nike.

Here at St Joseph's we want to celebrate all the success of our incredible ladies and we are starting with you! We will be calling our initiative 'Our Girls Can'. We will be opening this to every girl in the school and yes... this includes the staff too.

There is no excuse...

Watch out in September for a new booklet created by our PE teacher Miss Russell. It is full of inspirational motivation, fitness techniques and health tips. There will also be a fantastic film which we will play on SJTV...so if you have any footage of you taking part in any form of fitness or sport see Miss Russell for further details. **Be proud...Our Girls Can!**



STEP 1 How to get MOTIVATED? Motivation is a critical component of developing any goal-driven habit. 1. Write down your goals in a journal or notebook and set a date to review them. 2. Create a visual representation of your goals, such as a vision board or a collage of inspiring images. 3. Set specific, measurable, achievable, relevant, and time-bound (SMART) goals. CREATE A 'PLAYLIST' THAT MOTIVATES YOU! USE IT AS A GUIDE TO CHALLENGE YOURSELF.	BUT I CAN'T AFFORD TO GO TO THE GYM... WALK Walking is a great way to stay active without the cost of gym membership. It's free, accessible, and can be done anywhere. You can walk to work, take a walk during your lunch break, or go for a walk after dinner. Walking is a low-impact exercise that is easy on the joints and can help you burn calories and improve your overall health.	THE POWER OF MUSIC Music can be a powerful tool for staying active. It can help you push through a tough workout, keep you moving, and even help you sleep better. Here are some ways to incorporate music into your fitness routine: 1. Create a 'GOALS' LISTENING PLAYLIST: THE MUSIC IS THE MOTIVATION. MUSIC CAN MAKE YOU FEEL LIKE YOU BELIEVE IN YOURSELF. MUSIC CAN HELP YOU KEEP GOING.	MY WORKOUT playlist A great playlist can make all the difference in your workout. Here are some tips for creating a playlist that motivates you: 1. Listen to upbeat music that you enjoy. 2. Create a mix of different genres to keep things interesting. 3. Add in some slower songs for recovery.	CELEBRITY WORKOUTS: ADRIENNE BRONKHORST: 1. Warm-up: 10 minutes of dynamic stretching. 2. Cardio: 30 minutes of high-intensity interval training (HIIT). 3. Cool-down: 10 minutes of static stretching. AMANDA BYRNE: 1. Warm-up: 10 minutes of dynamic stretching. 2. Cardio: 30 minutes of high-intensity interval training (HIIT). 3. Cool-down: 10 minutes of static stretching. SHALA MONROE: 1. Warm-up: 10 minutes of dynamic stretching. 2. Cardio: 30 minutes of high-intensity interval training (HIIT). 3. Cool-down: 10 minutes of static stretching. MONICA RILEY: 1. Warm-up: 10 minutes of dynamic stretching. 2. Cardio: 30 minutes of high-intensity interval training (HIIT). 3. Cool-down: 10 minutes of static stretching.
THE MYTH ABOUT CALORIES Calories are not the only factor that determines weight loss. In fact, many people who eat fewer calories than they need actually gain weight. This is because the body adapts to a lower calorie intake and begins to store fat instead of burning it. To lose weight, it's important to eat a balanced diet and exercise regularly.	SUGAR Sugar is a natural substance found in many foods, including fruits, vegetables, and grains. It is also added to many processed foods, such as cereals, breads, and desserts. While sugar can be enjoyed in moderation, it is important to limit your intake to prevent health problems like obesity, diabetes, and heart disease.	#OURGIRLSCAN Not an issue, I'm bothered! Good luck!	50 reasons to exercise A list of 50 reasons why exercise is good for you, including physical, mental, and social benefits.	MY HOME WORKOUTS... Using the resources I have I am going to plan my own home workouts. I will be using the following equipment: HOME EQUIPMENT: Dumbbells, resistance bands, jump rope, medicine ball, kettlebell, balance board, stability ball, foam roller, and a mat. CROSSFIT
WINNING WODS Workout of the Day (WOD) is a popular form of cross-training that involves performing a series of exercises in a specific order. WODs are designed to be challenging and varied, providing a full-body workout. They are typically completed in a short amount of time, usually 20-30 minutes.				



Cologne 16

On May 4th this year, 30 pupils from years 8 and 9, along with three members of staff and one volunteer boarded our plane for the journey to cultured Cologne. After travelling through the night we arrived in Cologne to beautiful sun and 30 degree heat.

Immediately after arriving in Cologne we boarded our coach for day one of fun and activities. Firstly the U14s attacked their training session at FC Koln Academy. Although tired, the boys really impressed with focus and accuracy. After a 90 minute training session the U13s stepped up for their first fixture vs SUP Nippers. Cheered on by the re energised Year 9's, the boys didn't disappoint.

Two excellent performances led to a win against SUP Nippes U13, beating them 3-1 and a narrow defeat to the U15s who were two years older.

After a good night's sleep the boys awoke excited and re-energised, ready for day two! It was the turn of the U13s training session and the U14's first fixture vs FC Koln Academy. This game was a tale of two halves, with the quality and cohesion of the FC Koln team shining through in the first half and the grit and fighting spirit of St Joseph's in the second.



Day three was full of excitement and adrenalin, with the boys experiencing Europe's largest theme park, Phantasia Land.

Day four was a day of culture and competition. Firstly we strolled through Cologne market town until we reached the Cologne Square and the incredible sight of Cologne Cathedral. We then climbed the 533 steps and enjoyed the impressive panoramic views of Cologne City and the River Rhine. Later that morning we visited the famous Lindt Chocolate Museum, where the boys fuelled themselves for their final game of the trip.

On the final day we began our journey home. Firstly by boat where we cruised down the River Rhine, taking in the beautiful views, then by plane and finally by bus. They arrived back at school exhausted but happy and had been a credit to the school and the PE department throughout the five days.



PE Results

Year 10 Rugby

St Joseph's Year 10 Rugby team beat Aberdare school in the Welsh Rugby League Final in a thrilling match.

A slow start to the game left us conceding two early tries but with high levels of skill and power our boys fought back and won a thrilling encounter. Ieuan Smith picked up Man of the Match with a personal tally of four tries.

Congratulations lads, it is now a record number of Welsh titles for one school over the last seven years.



Year 7 St Joseph's Gym

On 18th April St Joseph's held a Girls Gymnastics Competition. The range of talent was truly spectacular...

Advanced Set Floor - Cerys Tanner
Advanced Voluntary Floor - Cerys Tanner
Advanced Voluntary Trampette - Lowri Tanner
Advanced Set Vault - Amelia Warren
Advanced Voluntary Vault - Lowri Tanner
Beginner Set Floor - Fran Barton
Beginner Voluntary Floor - Hermela Merhawi
Beginner Voluntary Trampette - Viyan Hasan
Beginner Set Vault - Wiktoria Cyrklaff
Beginner Voluntary Vault - Katie Clarke

Well done to Kacey Dow, Isabelle Hurley, Danielle Paciello and Lorraine Nwonga for their continued effort and enthusiasm towards the Gym Club. A special mention to Mr James and Miss Thomas for kindly giving up their time to come along and judge the competition.



OTHER FANTASTIC SPORTING SUCCESSES



NEWPORT PRIMARY SCHOOLS' TENNIS TOURNAMENT by J Brown, 7H

I have been playing tennis since I was 5. Since I moved to Newport, I have been playing for Stow Park LTC. They were hosting the Newport Primary Schools' Tennis Tournament on Tuesday 24th May, and I was asked to come and help. Each school had already had a competition to find the best tennis players in their school. They were supposed to bring four boys for the all boys' games, four girls for the girls' only games, and teams of two boys and two girls for the mixed rounds. Some schools had enough children to bring an A team and a B team. It was a round robin, followed by a final to see which team would go through to the next round.

My job was to umpire the boys' matches. I had to keep score, as well as make sure they knew whose turn it was to serve and from where. I also had to sort out any disputes. For example, they called when they thought it was in or out, but if they got it wrong, I had to overrule. Altogether I umpired four official single matches, as well as two fun doubles matches.

TRAMPOLINING

Congratulations to Kiki, who won the Under 14's disability category at the Welsh Schools Trampoline Gymnastics Championships, representing St Joseph's. She will now go through to the next round of regionals on January 24th in Cardiff. If she qualifies for this she will then go through to the nationals in Birmingham. **Fantastic Kiki!**



RUGBY

Congratulations to Daniel, for representing U14 and U15 Newport Schools.

Fantastic achievement.



TRIATHLON

Anna completed the City of York Triathlon in a fantastic time of 1:22:23hrs. Anna swam 400m, cycled 18K and ran 5K to raise money for Little Princes Trust. She even cut 10" off her own hair for them to make wigs for children with cancer.



JUST DANCE 2016

In March, St Joseph's RC High School in collaboration with Llanwern High performed at the Just Dance 16 extravaganza. Pupils choreographed and rehearsed to create a magnificent show displaying their dancing talents. Well done to everyone who took part - all girls were fantastic.

SKI AUSTRIA



At last! The day everyone had been looking forward to all term – 25th March...

Excited Year 8s and 9s clambered onto the bus as parents gladly waved goodbye. The energy carried us all through the night and onto the ferry where a few Nerf guns were purchased to keep us awake, and entertained.

After a lot of junk food and no sleep we finally arrived at our destination. The hotel was beautiful and covered in snow. The WiFi didn't disappoint, the food was fantastic and soon we were all fast asleep, ready for a full day of skiing.

The ski resort was incredible and everyone's day was packed with bruises, laughter, skiing and enjoyment. Our evenings were filled with swimming, bowling and eating giant pizzas. We spent most of our time walking around in our ski suits enjoying the surprisingly good shops (and MacDonald's!).

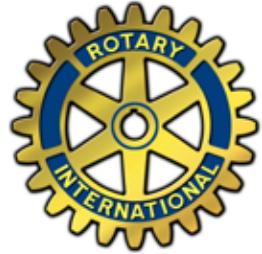
Nearly all of the groups conquered the black slope and by the end of the trip everyone was on a more improved and more confident skier.

By Kitty McHugh and Tegan Waters, Year 9



SJHS Global

HOPE JOHNSON EXCHANGE PROGRAMME



If this opportunity is made available through the school again, which I sincerely hope it does, I would advise anyone and everyone to get on board because it truly is the opportunity that you will never regret grasping.



For me, travelling to India with the Rotary Club as part of the youth exchange programme was a once in a lifetime opportunity.

It was a trip of contrasts both in the physical reality of India and the mental dissimilarity of the mundane life of an A Level pupil. India itself is country of contrasts, from the hustle and bustle of the large cities like Kolkata and Puri, to the more mountainous, serene environments of Sikkim and the border to China.

Travelling around these different areas with young people from ten different countries including Romania, Germany and Bulgaria, was almost a surreal experience as it was something I never thought I would do as an 18 year old. The programme included everything from tiger trekking in the mangroves of the Sunderbans in the Bay of Bengal, to trekking across the Himalayas on the border with Nepal. For me the most surreal experience was one white water rafting. It was when I was floating down the river with a small group of my closest friends that I had made from around the world and the instructor informed us that we had just floated over the border into China. It suddenly struck me that this is something that most people don't ever get the opportunity to do.

I would like to say a big thank you to Mr Nunn for making the scheme known to me and also to the Rotary Club of Newport for helping me to get a place on this amazing adventure.

Citizenship

Some charities Mary has raised funds for:



MARY DAVIS CITIZENSHIP CHAMPION



- Air Ambulance
- Alzheimer's Association
- Arthritis Research
- Bobath Childrens Therapy Centre
- British Heart Foundation
- Cancer Research Wales
- Children in Need
- Clic Sargent
- Diabetes UK
- Great Ormond Street
- Health Help International
- Help the Heroes
- Ieuan the Lion Memorial
- Kid's Out
- Lithotripter Appeal
- Llanfrechfa Grange Hospital
- Make a Wish Foundation
- Marie Curie
- Mencap
- Meningitis
- Motor Neurone Disease
- Muscular Dystrophy
- Noah's Ark
- Paul, Peter & Ben Appeal
- Richmond House Diabetes
- Sparkle
- Scope
- St Anne's Hospice
- St Davis' Hospice Care
- Tenovus
- Ty Hafan Children's Hospice
- Velindre Cancer Centre
- Victims of Chernobyl

Mary collects the following items:

- Used British Stamps
- Used Foreign Stamps
- Foreign Notes and Coins
- Mobile Phones
- Printer Cartridges
- Broken Jewellery
- Unwanted Spectacles
- Used Greeting Cards

"My philosophy is to help other people who are less fortunate than ourselves, as you never know when you might need them. I have been fundraising for various charities for over forty years, with the help and support of my family and friends. I am currently raising funds for Bloodwise (formerly Leukaemia and Lymphoma Research).

Over the years the money has been raised by holding several events including; book stalls, coffee mornings, games of chance, raffles and selling items at car boot sales and table top sales. At Easter and Christmas time I also sell chocolate to friends and work colleagues and donate the commission I receive to a charity. I have also taken part in sponsored events such as abseiling down the Civic Centre clock tower in Newport for Scope!

I collect craft items to create craft boxes for the children at Latch, I have also been reading and writing for a blind person for over twenty years".

**Mrs Davies is an inspiration to us all.
Her selfless community spirit and
constant ability to put others first is just
wonderful, please help her in her quest.**

These items are donated to the charities who use them to help raise funds. Charities that have benefited so far are: Alzheimer's, Army of Angels, Blue Bell Wood Children's Hospice, Bobath, Health Help International, Leukaemia Care, St David's Hospice Care and Ty Hafan Children's Hospice. I would be very grateful for any donations of the above items, thus helping other people and also protecting our environment. Please send any items into school with your child. Thank you, Regards Mary.

Transition



We are looking forward to lots of new pupils joining us in September 2016. They have been enjoying Science, PE, Maths and English days at St Joseph's. A very exciting and nerve-racking time, but our St Joseph's family will welcome you all.

The Future Stars of St Joseph's!



The English Department continued to develop its links with feeder primary schools this term. As well as the usual Year 6 transition support, supported by Year 6 teacher Mrs. Harris, St Patrick's Primary asked for a connection with their Year 2 transition class, lead by Mrs. Euden.

Mrs Burn devised a series of lessons to fit in with their term's topic of snails, teaching a group of students the high school technique of 'slow writing'. The children discussed images; created word banks; and pinpointed alliteration, adverbs and adjectives. They were then taught how to rework their sentences under set criteria, enabling them to slow down their writing process to create fantastic pieces of work.

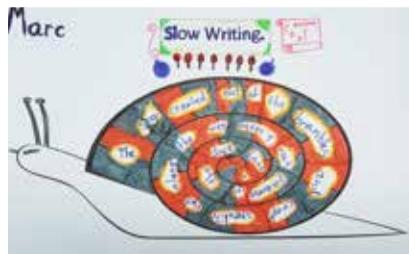
Mrs Burn and Mr Watts were extremely impressed with the ideas and creativity of the children.

Here are some examples of their writing:

MARCUS:
Before the sessions: *A snail is a mollusk.*

After the sessions: *A slow, sticky and slimy snail is travelling on the wet and noisy road and shivering with fear.*

According to Oscar, the writing the boys created was "awesome, fabulous, smashing and fantabidosy!" He added that learning about High School techniques "has been a really good experience". Austin was proud of his final piece of work because "it is much longer and it has more adjectives and some adverbs." "My last one's got more 'wow words'" said Luke.





Year 8 Awards

There are many ways our students can earn a Worthy of Praise throughout their day...

When students are praiseworthy, their teachers award a 'Worthy of Praise' comment. Year 8 students have received so many this term that Mr Jones, Head of Year 8 and Mrs Lloyd, Assistant Head of Year 8 held Praise Awards Assemblies with all form tutors to bestow them certificates.

The assemblies were a perfect opportunity to celebrate some students reaching their Silver Awards, 150 or more 'Worthy of Praises'. As praises are given for effort, classwork, homework, citizenship, behaviour and uniform, they should feel very proud. As a school community we are delighted to see so many students receiving this award. **Could anyone be Gold (200 praises) or maybe even Platinum (250 praises) before the end of the year?**



Year 7 Tombola...

Year 7 were challenged to raise money for Cafod.

Some girls in 7V decided to do a Charity event to help raise more money. We brought our own prizes in and prepared it ourselves for a tombola. Everyone was desperate to win prizes. There were biscuits, sweets and toys as prizes. Our main customer was Francesco Cinotti who was determined to win a pack of Oreos. We have raised sixty pounds so far. Everyone enjoyed themselves and we only need a bit more money to raise enough to help Cafod donate a cow. Thank you to all the pupils who put so much hard work into the Tombola: Delfina Cappellini, Mackenzie Payne, Taomi Payne, Urszula Byles, Amy Bellew, Mia Sparrow-Biggs, Martyna Nowacka , Sophia Windsor, Ariana Matthews.



CONGRATULATIONS PROUD SUCCESS YEAR 7 8 9 HARDWORK 2016 KS3 CELEBRATE ENDEAVOUR SUCCESS

KEY STAGE 3 AWARDS

Year 7

Attainment Awards

English	Ebony Tomei-Baker
Technology	Cora Chisholm
Humanities	Amelia Warren
Art	Keely Malone
Cymraeg	Katie Clarke
Maths	Rhys Thomas
Science	Max Phillips
ICT	Joab Pelling
MFL	Niamh Mulcahy-Jones
Drama	Sophia Windsor
PE	Mackenzie Matthews
RE	Sophia Windsor
Music	Joab Pelling

Endeavour Awards

English	Niamh Middleton
Technology	Leonardo Swindail
Humanities	Alexei Maiorov
Art	Martyna Nowacka
Cymraeg	Maria Dampil
Maths	Logan Bryce
Science	Reagan Hard
ICT	Jessica Griffiths
MFL	Brodie Morgan
Drama	Dylan Thomas
PE	Luca Amodeo
RE	Aaron Hills
Music	Emma Macmillan

Headteacher Award

Joab Pelling
Delfina Capperlini

Year 8

Attainment Awards

English	Niya Joseph
Technology	Olivia Kingston
Geography	Emily Brunnock
History	Rebecca Boucher
Art	Olivia Ingles
Cymraeg	Patrick Bilongo
Maths	Jelena Lazic
Science	Zaid Mathieson
ICT	Ethan Shallam
MFL	Tom French
Drama	Elana Rocke
PE	Jack Butler
RE	Abigail Rajabenadic
Music	Niya Joseph

Endeavour Awards

English	Tiffany Lyare
Technology	Owen Davies
Geography	Rebecca Boucher
History	Marcella Adams
Art	Teresa Vellachalil
Cymraeg	Zaid Mathieson
Maths	Dejan Kukic
Science	Olivia Kingston
ICT	Teresa Vellachalil
MFL	Teresa Vellachalil
Drama	Hannah Prewett
PE	Tyrhys Singh
RE	Elena Kingston
Music	Tiffany Lyare

Headteacher Award

Teresa Vellachalil
Mateusz Kuczynski

Year 9

Attainment Awards

English	Jessica King
Technology	George White
Geography	Jessica King
History	Zoe White
Art	Aaliyah Alcid
Cymraeg	Benjamin Scarpato
Maths	Aine McDonald
Science	Jessica King
ICT	Megan Tudhope
MFL	Jessica King
Drama	Tegan Waters
PE	Daniel Tilley
RE	Megan Harries
Music	Aidan Keel

Endeavour Awards

English	Samuel Kearney
Technology	Lucy Maggs
Geography	Ellis Winstone
History	Jack Harrhy
Art	Giliani Giana
Cymraeg	Zoe Paginton
Maths	Joao Teixeira
Science	John Dow
ICT	Elisha Balouch
MFL	Zoe Paginton
Drama	Abigail Samuel
PE	Tyler Price
RE	Kamran Hussain
Music	Annalise Purcell

Headteacher Award

Catherine Nott
Daniel Tilley

A Level

The moderator was extremely impressed with the array of A Level and GCSE work on display this year. She was amazed with the range of media and processes used e.g. clay, sculpture, lino, using iPad apps to create artwork, animation, large scale drawings and of course glass fusing.



Freya Jones - Oil Painting



Lowri Gill - Mixed Media



Sketchbooks by Alicia Mai (Top) and Ana Teixeira (Bottom)

Alicia Mai - Oil Painting



GCSE



Urszula Fydrych - Acrylic Painting



Aimee Pollock - Computer Graphics



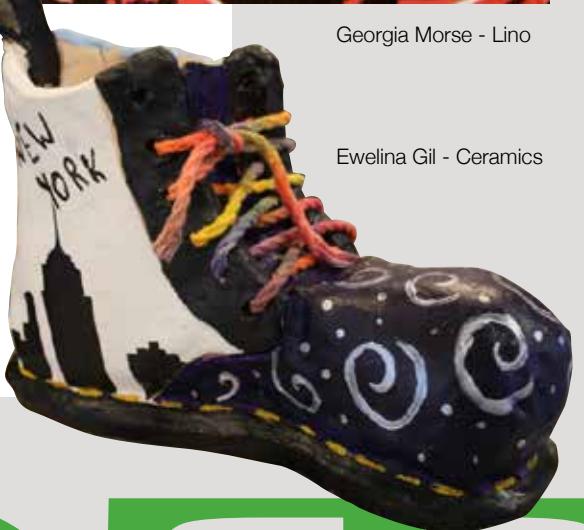
Georgia Morse - Lino



Aimee Pollock - Pencil



Olivia Then - Oil Pastel



Ewelina Gil - Ceramics



ART

GCSE ART TRIP TO CARDIFF ACADEMY OF ARTS



At the beginning of June, the Art department organised for 15 GCSE students to visit the Cardiff Academy of Arts Foundation Course end of year exhibition. Six former students of St Joseph's RC High School who were exhibiting their work gave the Year 10 students a guided tour of the show.

The students were able to explore the many fields of Art and Design on show including Fine Art, Sculpture, Fashion and Textiles, Illustration, Graphics, Animation and Photography. This was also a great opportunity for them to view Art and Design at a further education stage. They were particularly inspired by the sculptures, 3D installations and the illustrations with many bring back to school exciting new ideas for their own work.

"The most interesting piece I saw was the cave sculpture made by a person with insomnia; it was a small room made of bed sheets, flowers, lights and little dolls' houses. I think it was a fascinating piece because it showed what your mind gets up to when you can't sleep." **Poppy Ray, Year 10.**





Gardening Club



At the beginning of the Autumn term, 14 pupils entered a competition to design an eco-friendly garden. In preparation, pupils met once a week to discuss the layout of the garden, and which plants could be used to encourage wildlife such as birds, frogs and pollinating insects. Also discussed were ideas to "reduce, re-use, recycle".

Members came up with great innovative ideas, but the overall winner was Teresa Vellachillil. She produced a comprehensive design which included bird boxes and tables, a pond and an outside classroom. Since June, the budding gardeners have been busy putting that plan into action, initially by tidying up the area, then sowing wildflower seeds and planting native plants and flowers. A seating area has also been constructed, with a view to the garden being used as an outdoor classroom.

Now another competition is under way - to grow the tallest sunflower! Each pupil received two seeds, which have been planted in pots and looked after in school. Pupils were also given sunflower seeds to take home to plant. These will eventually be planted in the garden, the resulting seeds providing an excellent source of bird feed.

It is hoped that developing an interest in gardening and ecology will enhance the school learning experience, not only for the current cohort of young gardeners, but also for any other green-fingered learners who would like to participate in the upkeep of the garden.

If you would like to get involved, or would like any other information, please get in touch with Miss Bassey, email abassey@sjhs.newport.sch.uk.



Fond Farewells... goodbyegoodluck

All of them will be very much missed, but we wish them well as they begin new and exciting adventures in their lives.



Mr Loader

Mr Loader joined St Joseph's in 2006 as Head of Welsh. His passion and commitment to the Welsh language and teaching has allowed him to become an outstanding leader of an excellent department. As Head of Welsh and as a much loved form tutor, Mr Loader has developed some wonderful relationships with staff, pupils and parents. He is greatly respected by all and will be sadly missed. We all wish him and his family great happiness in his retirement.



Mrs Blake

Mrs Blake will be leaving us to take up an exciting new post of Head of Welsh Baccalaureate at St Julian's School, Newport. Mrs Blake joined St Joseph's in 1997. She is a truly valued colleague who over the years has been responsible for leading some innovative developments in modern foreign languages. Pupils, parents and staff hold Mrs Blake in the highest of esteem. We know that she will be a fabulous asset to her new school and we wish her and her family all the best.



Mr Hopkins

Mr Hopkins has been part of the MFL department since 1996. During his time with us he has been committed to developing our pupils love of languages. He has played a significant part in developing many new ideas in the department. Staff and pupils wish him every happiness in the years to come.



Mr Skuse

Mr Skuse has held the position of Head of Science at St Joseph's since joining us in 2011. During his time with us he has helped to develop the Science Department into one of the most successful in the region. We wish him all the very best in his new position as Assistant Headteacher at Cwmtawe Comprehensive School in Neath.

A message from the Welsh team:

Mae Mr. Loader wedi bod yn athro amroddgar gyda ni yn Ysgol Joseff Sant ers 2006 ac mae e wedi cael gyrfa hir yn cefnogi'r Gymraeg ar ddraws De Cymru. Mae e'n athro poblogaidd i ddisgybilion o bob oedran a gallu. Dyn ni, yn yr Adran Cymraeg yn mynd i golli ei hiwmor a'i arweiniaeth ond dyn ni eisiau dymuno pob lwc iddo fe a'i deulu yn y dyfodol a siwr o fod bydd e nôl yn y dyfodol yn arwain newidiadau i'r Gymraeg ac i weld ei ffrindiau am fywyd yn yr Adran.



A message from the MFL team:

Es un tiempo de cambio en el departamento de lenguas extranjeras como dos profesores nos dejan.

La Señora Blake empezó a trabajar en el colegio hace 19 años, durante la mayor parte del tiempo ella ha sido la directora del departamento y ahora va a empezar un nuevo puesto en el colegio St Julian's. Siempre ha dirigido con entusiasmo y pasión para la enseñanza de lenguas, compartiendo su conocimiento con los demás y los estudiantes. Ella ha apoyado a todos los que han tenido suerte de conocerla.

El Señor Hopkins comenzó su trabajo en este colegio hace más que 20 años, ha desarrollado relaciones fuertes con sus alumnos, siempre quiso lo mejor para ellos como aprendían el francés o el español.

Los dos echaremos de menos sin duda, les deseamos lo mejor a ustedes.



Mr Fitzgerald

Mr Fitzgerald has been Head of Music at St Joseph's since September 2014. During his time with us he has helped to inspire many of our young people to enjoy listening to, playing and performing a variety of music genres. Mr Fitzgerald's contributions to the extra curricular aspects of school life have been excellent. The concerts he has led have allowed our pupils' musical talents to shine. We wish him great happiness in this new chapter of his life.



Mr Garrett

Mr Garrett, our Deputy IT Manager, will also be leaving us. His support in helping teachers and pupils access digital technology has been second to none. He has played an important part in helping our pupils to leave our learning community as competent, safe and innovative digital pioneers. We wish him all the very best in his new position.



Miss Price-Stephens

Miss Price-Stephens will be leaving us to take up a new appointment as a Maths teacher at Cwmbran High. Since joining the Maths Department in 2013 she has helped to develop it into one of the most successful Maths departments in the region. We wish her every success in her new role.



Mrs Hayman

Mrs Hayman is retiring from being our school librarian after 15 years of dedicated service. For Mrs Hayman, being our librarian has never just been about stamping books, it has been about understanding and nurturing our young people and their reading. It has been about guiding them so that they can successfully navigate the maze of books, and emerge triumphant and in charge with a skill that will vastly improve the quality of their life. Mrs Hayman has always looked to provide a host of wonderful opportunities for our young people. She has played a vital role at St Joseph's in fostering a love of reading. Staff and pupils wish her and her family great joy in her retirement.

“With the new day comes new strength and new thoughts”.

Eleanor Roosevelt



Mrs Jones

Mrs Jones joined St Joseph's in 2006 and has always been a committed and enthusiastic member of the Business Department. Her work in developing our pupils inside and outside of the classroom to become young entrepreneurs has been excellent. We wish her and her family every happiness.



Miss Charge

Miss Charge is leaving us to take up a new position as a History teacher in Ralph Allen School, Bath. Miss Charge joined us as an NQT in 2014 and in her short time with us she has been a committed teacher in both the History Department and the RE Department. Staff and students wish her success in her new role.



Mrs Patterson

Mrs Paterson is leaving us after twenty years of commitment and dedication to St Joseph's and Catholic education. Her great patience, understanding, compassion and sense of humour will be missed. We all wish Mrs Patterson great fun and laughter in her retirement.



Mr Boots

Mr Boots, our IT Manager is also retiring. We are very grateful for all of his hard work and dedication in making sure that the school's IT infrastructure is robust and safe. We wish him well with his new, restful, lifestyle.

Dates for your diary 2016

Autumn Term TYMOR Y HYDREF

September	
1	Inset Day
1	Year 12 Enrolment Surname A-H
2	Year 12 Enrolment Surnames I-Z
2	Autumn Term begins for Year 7 only
5	Autumn Term begins for Year 8,9,10,11,13
7	Year 12 back to school
15	School photographer Years 7,9,11,13
16	Art Trip to Oxford - Year 10
23	Art Trip to Cardiff - Year 10
29	Business Trip to Magistrates Court - Year 12
October	
7	Art Trip to Cardiff Arts Academy - Year 12, 13
7	Geography Trip to Southerndown - Year 8
11	English Trip to Theatre, King Lear - Year 13
21-24	Art Trip to Barcelona - Years 10, 11,12,13
19-20	Open Mornings
24-28	HALF TERM

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

November	
1-2	Feast of All Saints
2	Economics Trip to London - Year 12, 13
28	Inset Day
December	
6	Science Trip to Swansea University - Year 10
12	Year 12 Parents' Evening
13	Harry Potter Trip - Year 11
14	Advent Service and Christmas Concert
16	Autumn Term Ends



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