

# Insight

Spring 2017 Gwanwyn

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

Taflen wybodaeth swyddogol  
Ysgol Gyfun Gatholig Joseff Sant



## ENDURING HOPE THIS EASTER

**With OUR EYES we see  
The beauty of Easter  
as the earth awakens once more...**

**With OUR EARS we hear  
The birds sing sweetly  
to tell us Spring again is here...**

**With OUR HANDS we pick  
the golden daffodils  
and the fragrant hyacinths...**

**But only with OUR HEARTS  
can we feel the MIRACLE of GOD'S  
LOVE  
which redeems all men...**

**And only with OUR SOUL  
can we make our 'pilgrimage to  
God'  
and inherit His Easter Gift of  
ETERNAL LIFE.**

This beautiful poem chimes perfectly with the school's ethos and its mission statement of 'Serving God Through Learning Together'.

Students will all take part in Lenten Liturgies before the Easter break, reflecting on the meaning of this time of preparation.

The Paschal mystery of Easter celebrating the death and resurrection of Christ is the greatest liturgical event celebrating events from Palm Sunday, through Maundy Thursday, Good Friday and the Easter Vigil.

Please see page 8 for some further words and prayers of reflection during this very special time of year.



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

**As you will see from this edition of 'Insight', St Joseph's RC High School has had a very successful term with many highlights.**

Events such as our Rewards Lunches, the Eisteddfod, some wonderful school trips, amazing sporting successes, incredible musical and theatrical performances as well as our innovative approaches to learning and teaching and the curriculum through our 'Mini Bac', all showcase what is best about our school community. We endeavour to inspire everyone

to grow and develop through the love and teaching of Christ and through nurturing their gifts and talents, into responsible citizens able to make a positive contribution to society and, hopefully, you can see evidence of this in some of the articles and photographs within. Thank you to all staff, students and the wider community for your commitment to each other

and for helping our young people to flourish as they open their eyes, ears, hands, hearts and souls to the joy of the Gospel in their journey through school and beyond, whatever their denomination or faith.

**I would like to wish you all a happy, blessed and Holy Easter.**

**Trevor Brown, Headteacher**



*“Excellence is not a skill, it’s an attitude”* **Ralph Marston**

Sean Besa  
Ignor Depka  
Lucie Hurley  
Victoria Kramarova  
Alessia Piroclab  
Findlay May  
Alex Bartlett  
Megan Murtagh  
Millie Armstrong  
Epiphany Harrison  
Ruby Pinches  
Carys Simmonds  
Zara Sellers  
Kevin Abraham  
Finley Acres-Archard  
Sophie Scarpato  
Dionne James  
Ella Wilkins  
Clayton De Costa

Khalis Grant  
Megan Davies  
Sophie Parselle  
Ethan Cheung  
Kalechi Maduako  
Natasha Griffiths  
Connor Hale  
Leo Ashurst  
Abby Davies  
Jean Alexander  
Georgia Sanderson  
Dane Christensen  
Charlie Williams  
Eve Lewis  
Steffi Richards  
Libby Doremann  
Connor Patterson  
Taylor Pardue  
Morgan Keen Williams

Brooke James  
Lauren Riffer  
Tom Bailey  
Cora Chisholm  
Emily Weaver  
Luke Navarra  
Arabella Ramos  
Maja Fydrich  
Morgan Holdaway  
Onice Muscat  
Danielle Pociello  
Lucy Martin  
Niamh Jones  
Kacey Dow  
Cherie Trolley  
Hannah Abraham  
Amelia Klunje  
Daisy Barrett  
Katie Clarke

Joe Tasker  
Nail Burrell  
Eliza Slaoui  
Owen Donaldson  
Mariah Glasgow  
Regan Hard  
Esther Healey  
Jasmine Howe  
Christopher Chan  
Aaron Hills  
Lowri Tanner  
Cerys Tanner  
Niamh Middleton  
Aimee Daniels  
Anthony Symonds  
Shannon Sheehan  
Elessia Bryan  
Jacob Evans  
Alberta Chua

Delfina Cappellini  
Glemin James  
Amy Bellow  
Charlotte Jones  
Hans Arellano  
Jesse Davies  
Allie Erickson  
Aleena Jjoy  
Olivia Johnson  
Elena Kingston  
Matt Marship  
Sophie Oreg  
Mateusz Kuczynski  
Courtney Hall  
Daniel Moss  
Piona Poy  
Fiona Blju  
Jordan Newman  
Dylan Chua

Emily Brunnock  
Daria Horzela  
Joanna Koman  
Grace Larsen  
Madeline Wood  
Abigail Humphrey  
Molly Harvey  
Katie Rabjohns  
Chloe Foutsall  
Dejan Kukio  
Teresa Vellachall  
Annalisa Crolla  
Erin Wyatt  
Oliver Stone  
Gailin Smith  
Gibi Sabu  
Niya Joseph  
Muaz Shahid  
Hannah Prewett

Bailey Farrell  
Dylan Short  
Andrew Drewett  
Janice Prince  
Georgia Marrow  
Daisy Bignell  
Elana Hancock  
Eve Donaldson  
Molly Johnson  
Nansi Jones  
Makymilian Dambek  
Daivon Adeyemi  
Nerica De Almeida  
Julia Nycz  
Alexander Wang  
Eve Richards  
Bert Dziechiarz  
Hussain Shahid  
Callum Penn

Zoe White  
Tayha Jupe  
Jack Hammy  
Anna Ubaldi  
Kimmy Sanchez  
Princy Peters  
Avis Ali  
Kelci Duggan  
Tom Cowan  
Niamh Hawkins  
Corinne Pritchard  
Jacob Pauley  
Emilia Columbo  
Elaina Divini  
Emily Harris  
George White  
Spencer Williams  
Pearce Meredith  
Joshua Scott

Megan Tudhope  
Priscilla Likoy  
Tiffany Nkoma  
Oliver Allen  
Elis Davies  
Tyler Hard  
Sophie Agulto  
Molly Baria  
Tess Pole  
Chelisa Adewole  
Charity Ndlovu  
Alex Aston  
Haider Mathieson  
Jack Blythe  
Anna Brown  
Matthew Ryan  
Anastasia Wall  
Holly Sparrow-Biggs  
Shireen Balouch

Annarita Cinotti  
Ruby Davies  
James Tobais  
Elan Virtuocio  
Nail Griffiths  
Kaci Sellick  
Laura Brend  
Jake Hurley  
Regan Crockett  
Anna Williams  
Isabella Perry  
Michael Vassallo  
Corey Patterson  
Holly Watkins  
Jannetia Calahi  
Shannen Sentino  
Kyle Catala  
Logan Danaheer  
Carmen Fong

Liz Matskoyva  
Alex Sullivan  
Alex David  
Olivia Kendall  
Owen Barton  
Yoel Petros  
Joao Fonseca  
Jacob Turner  
Abigail Brunnock  
Elana Hobbs



## Invitation Only!

**Over the last two weeks, individual students’ achievements have been celebrated during a special lunch.**

Only five students from each form, from Years 7 to 11, were chosen to accompany Headteacher Mr Brown at a special celebratory lunch to congratulate them on their attitude towards school life. Each student was highly commended on their consideration for fellow pupils and teachers, achieving excellent results or simply representing the school in a manner that makes us very proud.

All the students were served by our senior leadership team! A fabulous spread, including amazing chocolate cake, pizza, chicken, wedges and sandwiches, was enjoyed by everyone.

**A HUGE congratulations to these students...well done.**



# Eisteddfod

# 17

**Dathliwyd ein Eisteddfod flynyddol gan Flwyddyn 7&8 ar 6ed Mawrth a roedd yn diwrnod llwyddianus diolch i waith caled ac ymarferiadau'r disgyblion.**

Dathliwyd ein Eisteddfod flynyddol gan Flwyddyn 7 a 8 ar 6ed Mawrth a roedd yn diwrnod llwyddianus diolch i waith caled ac ymarferiadau'r disgyblion.

Rydyn ni'n lwcus iawn gan fod llawer o ddisgyblion talentog gyda ni yn ysgol Joseff Sant a chawson ni ein hadlonni gydag amrywiaeth o ganu a dawnsio. Ym mlwyddyn 7, enillwyd cystadlaeth ganu gan Charlotte Vass 7H gyda'i fersiwn hardd "Ar fy mhen fy hun" o sioe gerdd, Les Miserables er daeth Julia Davies 7H ac Anaba Byju 7H a Georgia Sanderson 7H ac Eve Courtney 7S ail a thrydydd yn barchus.

Enillodd Kate Catella o 8T gystadlaeth canu am yr ail flwyddyn gyda'i fersiwn "Pan Oedden Ni'n Ifanc" gan Adele gydag India Truman 8S yn ail gyda'i pherfformiad canu a daeth Isobelle Hurley 8O yn drydydd gyda'i threfn ddawns fendigedig MC Hammer!

Prif ddigwyddiad y diwrnod oedd cadeirio'r bardd, lle ydyn ni'n gweld ennillwyr cystadlaeth creadigol Saesneg yn cael eu coronï a gosgordd i'r llwyfan yn gwisgo clogyn. Ar y llwyfan, chwaraeodd Mr James rhan hen dderwydd sy'n gofyn y cwestiwn, "A oes heddwch?" Ac mae pawb yn ymateb gan weiddi allan, "Heddwch!"

## Ennillwyr yr Eisteddfod

Llongyfarchiadau i Louise Jacoba 7V a Katie Clarke 8E a enillodd ac am ddarllen allan eu gwaith felly gallai pawb werthfawrogi eu talentau creadigol.

Gyda chystadlaeth ddosbarthiadau enillwyd cystadlaeth farddoniaeth gan 7V, enillwyd cystadlaeth ganu gan 7S ac enillwyd yr Eisteddfod gan 7S.

Ym Mlwyddyn 8, enillwyd cystadlaeth farddoniaeth gan 8S, enillwyd cystadlaeth ganu gan 8E ac enillwyd yr Eisteddfod gan 8S ac 8E gan fod yn anodd i ddewis rhwng y ddau ddosbarth yn ôl y barnwyr!! **Da iawn i bawb!**

**Years 7&8 celebrated our annual Eisteddfod on the 6th March and all of their hard work and rehearsals paid off to make it a very successful day.**

Years 7 and 8 celebrated our annual Eisteddfod on the 6th March and all of their hard work and rehearsals paid off to make it a very successful day.

We are very lucky to have lots of talented pupils at St Joseph's who entertained us with an array of singing and dancing. In Year 7, the singing contest was won by Charlotte Vass 7H with her beautiful rendition of "On My Own" from the musical Les Miserables, although Julia Davies 7H and Anaba Byju 7H and Georgia Sanderson 7H and Eve Courtney 7S came a respectable 2nd and 3rd.

Kate Catella from 8T won the singing contest for the 2nd year running with her version of "When We Were Young" by Adele with India Truman 8S coming 2nd with her singing performance and Isobelle Hurley 8O coming 3rd for her brilliant dance routine to MC Hammer!

The main event of the day was the chairing of the bard, whereby we see the winner of the creative English competition crowned and escorted to the stage draped in a cloak. Once on stage, Mr James played the part of the ancient druid who asks, "A oes heddwch?" "Is there peace?" and everyone responds by shouting out, "Heddwch!" "Peace!"

## Eisteddfod winners

Congratulations to Louise Jacoba 7V and Katie Clarke 8E for winning and for reading aloud their work so that everyone could appreciate their creative talents.

As far as the form competition went in Year 7, 7V won the poetry competition, 7S won the singing competition and 7S won overall.

In Year 8, 8S won the poetry competition, 8E won the singing competition and 8E and 8S were the overall winners as the judges had a difficult time of distinguishing between the two forms! **Da iawn i bawb!**









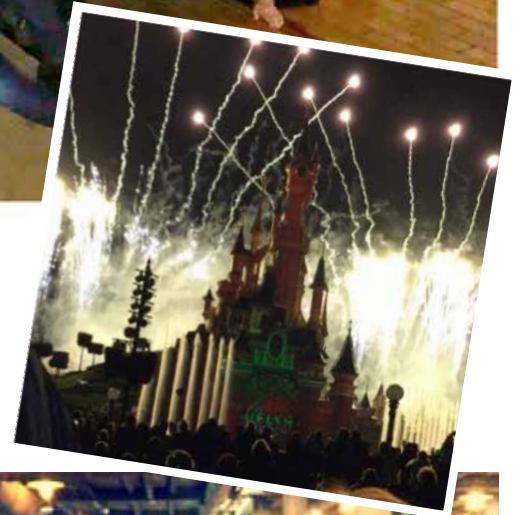


Dathlodd 38 disgyblion Blwyddyn 10 & 11 TGAU cwrs llawn Cymraeg Wyl Dewi Sant yn Disneyland Paris rhwng 2ail a 5ed Mawrth.





## 38 Year 10 and 11 Full Course GCSE Welsh pupils celebrated the St David's Day festival at Disneyland Paris between the 2nd and 5th of March.



Ar ôl taith amser hir ac yn flinedig, cyrhaeddodd ni yn Eurodisney yn hwyrach ar fore Dydd Gwener a mwynheud ni amser llawn o hwyl yn y parc lle cawson ni ein cwmpasu gan llawer o ddisgyblion Cymreig.

Ar Ddydd Sadwrn, dechreuodd y dathliadau Cymreig, yn arbennig gyda'r tywydd gan fod yn arllwys o law! Sut bynnag, ysbeiliodd y tywydd ddim ein hwyl o chwilio am sbri, gweld corau Cymreig, paentio wynebâu a marchnadoedd Cymreig.

Gorffennodd y diwrnod gydag arddangosfa dân gwyllt Dewi Sant arbennig o dda a sioe oleuadau dros Gastell Terynas Hud.

After a very long and tiring journey, we arrived at EuroDisney late Friday morning and enjoyed a fun filled few hours in the park surrounded by lots of other Welsh pupils.

On Saturday, the Welsh celebrations really began, especially with the weather as it poured with rain! However, this did not spoil our fun of thrill seeking, seeing Welsh choirs, face painting and street markets.

The day ended with a spectacular St David's day fireworks display and light show over the Magic Kingdom Castle.



**Hoffai Mrs Davies, Mr James, Ms Turner a Mr Burton ddiolchi'r disgyblion i gyd am eu hymddygiad teilwng.**

**Da iawn / Tres bien!**

**Mrs Davies, Mr James, Ms Turner and Mr Burton would like to thank all the pupils for their exemplary behaviour.**

**Da iawn / Tres bien!**

# Enduring Hope

*“My old self has been crucified with Christ. It is no longer I who live, but Christ who lives in me. So I live in this earthly body by trusting in the Son of God, who loved me and gave himself for me. I am not one of those who treats Christ’s death as meaningless”* Galatians 2:20-21

As Jesus traveled to Jerusalem for the last time, his time to fulfil the Father’s plan for the salvation of humankind was drawing near. Jesus’ actions in washing his disciples’ feet, giving us his Body and Blood at the Last Supper, and accepting his agony and subsequent death on the Cross give us hope in difficult times and model faithful endurance when darkness envelops us. In times of suffering, failure, family breakups, loss of friends, or a loved one’s death, Jesus’ death gives us hope for a new tomorrow. Uniting our suffering with his helps us see that to know ourselves we must turn our lives over to the Father. With hope, we trust that he will sustain us, thus preparing us for our eventual resurrection. Such enduring hope is the bottom line, if we are to recognise our true identity.

And as we approach Easter, the central foundation of our Christian faith...the day that Christ rose from the dead...the day that we celebrate the LIVING Christ. Shouldn’t it be a day that we confirm Christ living in US? During this Holy season, it is important to ask ourselves, “Are we keeping Christ alive in our lives?”

But what do we understand by the word “Alive”

- alert and animated
- having interest and meaning
- to be aware of and interested in
- prevalent and very active
- continuing to be supported or in use.

Think about these definitions - can we use them to describe our relationship with Christ?

Is our connection, “*alert, animated, prevalent, meaningful, active, in use?*” Or is what we experience with Christ different, even something less than that?

Think about what does Christ’s Life, Death, and Resurrection really mean to our daily lives?



So this Easter, as we approach the altar and partake of the “*body and blood*” of our Living Saviour, let us all remember to let Christ live in us. Let us not be one of those who treats Christ’s death as meaningless. Let his death and his resurrection be significant events not only in our spiritual lives, but in our daily lives as well.

Let the Paschal greeting resonate with us: “*Christ is Risen!*” And let us always answer with enthusiasm, by our words and especially in our lives “*Christ is Risen, Indeed!*”

## Prayer

**Lord, the resurrection of Your Son  
has given us new life and renewed hope.**

**Help us to live as new people  
in pursuit of the Christian ideal.**

**Grant us wisdom to know what we must do,  
the will to want to do it,  
the courage to undertake it,  
the perseverance to continue to do it,  
and the strength to complete it.**

**Amen**



# Llangrannog

Ym mis Chwefror 2017, aeth Blwyddyn saith i Wersyll yr Urdd Llangrannog ar gyfer penwythnos o hwyl a gweithgareddau tu allan. Ar Ddydd Gwener 10fed, teithiodd 50 o ddisgyblion mewn bws gyda Mr James, Miss Reed, Miss Corbett a Mr Burton ar ddaith dwy awr i Orllewin Cymru. Roedd y tywydd yn oer ond roedd y daith yn ardderchog ac roedd cyfle i bawb i fwynhau mynd sgïo, beicio cwad, cyrsiau rhaffau isel a rhaffau uchel, merlota, waliau dringo a llawer mwy! Gwylir gêm rygbi Pencampwriaeth y Chwe Gwlad rhwng Cymru a Lloegr yn Gymraeg ar y sgrin mawr yn y neuadd ac yn y nos roedd llawer o hwyl yn y disgo. Ar ôl mwy o weithgareddau bore dydd Sul gan gynnwys gwibcartoi a saethyddiaeth, mwynheuoedd pawb cinio rhost Sul blasus cyn deithio adref.

In February 2017, Year 7 went to The Urdd Activity Centre in Llangrannog for a weekend of fun and outdoor activities. On Friday 10th, 50 students travelled by bus with Mr James, Miss Reed, Miss Corbett and Mr Burton on a two hour journey to West Wales. The weather was cold but the trip was fantastic and everyone had chance to enjoy skiing, quad biking, low ropes and high ropes courses, horse riding, climbing walls and much more! The Six Nation's rugby match between Wales and England was watched in Welsh on the big screen in the main hall and in the evening there was lots of fun at the disco. After more activities on Sunday morning, including tobogganing and archery, everyone enjoyed a tasty Sunday roast dinner before travelling home.



## GLAN LLYN

**Ym mis Ionawr, aeth 29 o ddisgyblion Blwyddyn 9 i Wersyll yr Urdd Glan Llyn yng Ngogledd Cymru am benwythnos i weithio gyda'n gilydd ac ymarfer eu sgiliau Cymraeg gyda Ms Turner, Mr Burton a'r staff Glanllyn.**

Roedd llawer o weithgareddau fel adeiladu rafft, cwrs dringo, saethyddiaeth, no-fio, ganwio, gyfeiriannu a bowlïo deg. Hefyd, cwrddon nhw 'dyn adar' ac ei dylluanodd anhygoel. Roedd hi'n oer ac yn bwrw eira, ond mae disgyblion Joseff Sant yn gryf. Cawson ni i gyd amser gwych.

**In January, Year 9 pupils went to the Glan Llyn Urdd Camp in North Wales for a weekend of working together and to practise their Welsh with Ms Turner, Mr Burton and the staff of Glanllyn.**

There were lots of activities such as raft building, the high ropes course, archery, swimming, canoeing, orienteering and ten bowling. They also met the 'bird man' and his amazing owls. It was cold and snowing, but St Joseph's pupils are tough. Everyone had a great time.





## Auschwitz-Birkenau

The day started at 3am, with us making our way to Cardiff Airport. None of us knew what to expect nor what to feel at the thought of visiting sites of such murder and despair.

After the flight, we were split into groups and got onto coaches to take us to a town in Oswiecim. This town was to symbolise the lives many Jews were forced to leave behind and reflected the normality of their lives prior to the Nazi regime. We were told that the reason we were brought to the town first was to gain an insight into the journey that some Jews followed, highlighting the difference between their lives before and after the introduction of concentration camps.

We then travelled to Auschwitz I, a camp that had been preserved and turned into a museum. It was here where we saw the infamous 'Arbeit Macht Frei' (Work sets you free) and visited different bunkers, each containing various items and documents from the 1940s. One of the bunkers housed a display case full of over 40,000 pairs of shoes taken from bodies of the perished Jews. Another housed over two tons of human hair from the captives of the camp. This was the most sickening and shocking part of the trip, seeing the hair of some of the victims of the Holocaust. Other bunkers contained suitcases, pots and pans, brushes

and more surprisingly the empty cans of Zyklon B, the chemical responsible for gassing millions of Jews. Later, we were taken to a temporary gas chamber and crematorium; the atmosphere was cold as we could only imagine what it would be like to stand where we were stood knowing that we were to be murdered.

We then went to Auschwitz-Birkenau. This camp had not been preserved or restored and so there was a lot more left to our imagination. Here, we were shown a few 'buildings' where the prisoners would sleep and live; the conditions were derelict. We also saw a cattle truck that would have been used to transport people, often overcrowded and full of dirt and disease. Then we got shown the administration building which had been turned into a shrine of family photographs found after the camp was liberated. This building was previously used to shave the hair, fill out paperwork and distribute the 'pyjamas'. This was followed by a service by a Rabbi from London, a hard-working Holocaust advocate. These photographs put faces to the numbers, giving each person a story and name. The trip's main aim was to remember that the victims were not numbers, but individual human beings and this shouldn't be forgotten.

What can only be described as a humbling and unforgettable experience, this trip has given each one of us a newfound respect and understanding of the atrocities that took place in Auschwitz.

**By Jack Mitchell and Myah Seivwright-Williams**

# POLAND

*“To forget the dead is akin to killing them a second time”*

**Elie Wiesel, Survivor of the Holocaust.**





# Techniquiest

**Our Biology AS class travelled to Techniquiest, Cardiff Bay for a genetic engineering practical day.**

The session was aimed at showing how knowledge of DNA and inheritance can be used with genetic engineering techniques, to track evolutionary important genes.

Students took their own cheek cell samples to extract their own DNA. They then carried out a series of processes to try and identify whether they had the specific genes for tasting a chemical. The session incorporated DNA structure, inheritance of genes and numerous genetic engineering techniques, covering a number of areas of the Biology A Level syllabus. The DNA extracted was ultimately made visual through gel electrophoresis, showing DNA bands where individuals possessed the allele for 'tasters' or 'non-tasters'. This session provided the students with hands of experience of genetic engineering techniques and allowed them to apply the results to a real life scenario.

## BioScience Visit



**Our Biology A2 students were fortunate enough to be visited by Dr Cerith Jones from the School of Biosciences at Cardiff University. Dr Jones is a researcher tasked with addressing the global antibiotic crisis.**

This refers to the challenges medicine faces in successfully treating bacterial infections with antibiotics. MRSA is the well known antibiotic resistant bacteria that is classically acquired by hospitalised patients. However, there are an alarmingly increasing number of antibiotic resistant bacterial species arising. In order to counter this, researchers have been trying to discover new antibiotics which can be successfully implemented to treat the resistant bacteria. This is the area of Dr Jones' research.

Antibiotics originate in other microbes. So Dr Jones has been using genetic engineering techniques to try and identify areas of microbial DNA that may code for new antibiotics. Some of the processes he uses on a daily basis such as PCR and gel electrophoresis, are covered in the A Level Biology syllabus. Dr Jones kindly held a Genetic Engineering Workshop with our students, bringing specialised equipment with him for our students to gain valuable practical experience. Dr Jones presented the students with his research challenge and then allowed them to carry out the techniques that he uses to identify whether either of the two samples he brought with him may contain antibiotic resistant sequences. So students had a real life problem to solve using the results from the practical.

Initially the DNA had to be extracted from bacterial samples. These were then treated with enzymes to digest the DNA into small pieces. These samples of DNA were placed in PCR machine (polymerase chain reaction) to amplify up the quantity of DNA. The results of the PCR were then run on an electrophoresis gel to separate out the DNA fragments. The gel is then placed under a viewing box so we can visualise the DNA bands. From these results, students were able to assess whether the bacterial samples contained a specific gene for antibiotic resistance. The students thoroughly enjoyed the practical experience and valued be able to use the specialised equipment. They commented on how interesting the session had been and how seeing the real life applications of genetic engineering had improved their understanding of this topic. We are all very grateful to Dr Jones for the session and he left with promises to return next year. **Thank you Dr Jones.**





# WELSH HOCKEY FINALS

**On March 1st, we travelled to Wrexham to compete in the Welsh Schools U18 Hockey finals. Having come so close to reaching the finals each year, it was a massive achievement for us. We have worked so hard and enjoyed every minute as a team, so for some of us this was the perfect end to our school hockey careers, and for those in the team who are younger, it was a fantastic experience, and hopefully not the last time.**

In preparation for the finals we were training every week with Mrs Geeves and Miss Russell who we'd like to say a massive thank you to for all of their hard work, coaching and effort in preparation for the tournament.

Mrs Geeves organised for a Welsh Hockey coach to run a session with us prior to the tournament, which proved vital in the progress that we made as a team. Our fundraising efforts, including friendship photos, a cake sale, tuck shop and raffle covered the entire cost of the trip and kit for the finals. It also helped strengthen our team cohesion.

**Travelling to Wrexham was both exciting and nerve wracking, but we embraced the challenge and gave 100%.**

We played three games in our group pool, winning three, which meant that we progressed to the semi-finals, which were being played at Wrexham Glyndwr University. In the semi-final we faced Christ College from Brecon, which we knew would be tough competition. We fought hard and managed to hold them to a 0-0 draw in an exciting and physical game. As a result the game was decided on penalty flicks, which progressed to sudden death, and unfortunately we lost. Although we couldn't help but be disappointed, we were incredibly proud of one another for what we had achieved, and left with smiles on our faces. In a very close competition, Christ College went on to win the tournament, drawing 0-0 in the final then winning on penalty flicks.

We have learned so much from the experience and fully appreciate what a fantastic opportunity we had. The support that we received from everyone in school; teachers, parents, and friends, was phenomenal. We'd like to say a special thank you to those who made the whole thing possible, Mrs Geeves, Miss Russell, our parents and families, and especially to all those who donated to help us get to Wrexham.

This is an experience that we certainly won't be forgetting in a hurry!







# Gold Medallist Visit

Last term we were chosen as part of a lucky group of Year 9 girls to meet Liz Johnson as part of the St Joseph's Our Girls Can initiative.

Liz Johnson is a Paralympic swimmer who has won a Gold, Silver and Bronze medal, as well as being a triple world championships gold medallist. Liz is also part of the Sky Sports 'Living for Sport' movement and has a role within this as an athlete mentor.

The lucky girls who were chosen to meet Liz took part in a day of activities with her. It was great to learn about how hard Liz trained in order to help her achieve such incredible heights. We focused on the six key points which lead to sporting success and we used these during activities that tested our teamwork, communication, perseverance and memory. We were particularly excited at the opportunity to look at and wear Liz's medals - we even received signed pictures of her each with a personal message on.

Overall, the day was very enjoyable as it was a chance to meet Liz and it gave us the opportunity to bond with girls in our year group that we don't normally get to speak to. It was really good to know that our athlete mentor was from Newport and that gave us an extra push of enthusiasm to see that we can all achieve what we want if we put hard work into everything we do!

By Sophie Cregg and Emma Lewis



## BRITISH JUDO MEDAL



**Congratulations to Dylan 9S, who has won a Bronze Medal in the British Schools Judo finals.**

**Dylan has also collected an impressive collection of Gold, Silver and Bronze medals in the Welsh Schools Judo finals 2017.**

**A fantastic achievement.**

## BASKETBALL, CALLUM YEAR 13

U18 Wales Basketball selection, to compete at the FIBA European Cup Qualifiers in Latvia. Callum will be playing against top nations like France and Spain, with the hopes of qualifying for the finals in Hungary.

## ATHLETICS, MORGAN YEAR 7

### Regional Championships:

Bronze medal in the 60m Hurdles

Bronze medal in the High Jump

Silver medal in the Shot Putt

### Welsh Junior Championships

Bronze medal in the Javelin

Bronze medal in the Shot Putt

Morgan is also competing against boys who are a year older than him, so there will be plenty more opportunities to make further strides in his events.



## ATHLETICS, CALLUM YEAR 7

### Regional Championships:

Gold medal in the 60m Running a time of 8.71

Silver medal in the 200m

Running a time of 28.91secs

### Welsh Junior Championships

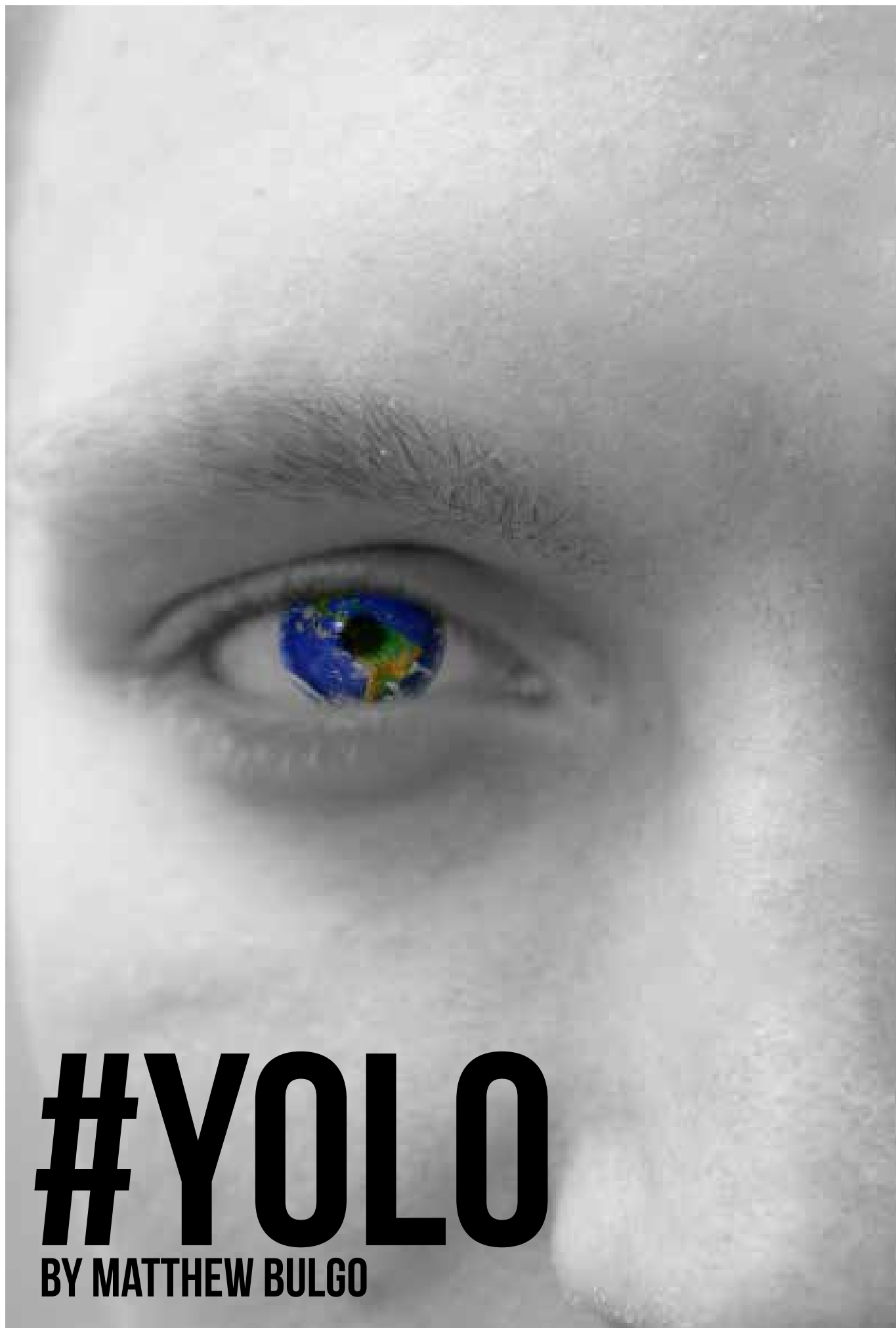
4th position in the 60m

Running a PB of 8.56secs

Bronze medal in the 200m

Finishing the same time as the silver medallist it was called at a photo finish with another PB of 28.78secs

Callum is currently competing against boys who are a year older than him so there will be plenty more opportunities for Callum to make further strides in his events.



# **#YOLO**

**BY MATTHEW BULGO**





## Performing Arts: Drama presented us with #YOLO, a emotive look through a teenagers eyes.

**Preparing for #YOLO was a difficult task, we wanted to approach the performance, and its sensitive subject matter, with respect and ideally to give the audience something to think about, long after the curtains closed.**

As a company, we found the sombre nature of the play difficult to adapt to, but once we had some time to develop our understanding of the story, the characters and the real life implications of cancer, our performance began to take shape and showed real promise.

As a cast we had to maintain high spirits throughout, and even though the plays topic was macabre, laughter and smiles were all that could be found within the studio during rehearsals. Myself and the cast would like to thank Mr Testa for his directive influence and keeping us motivated throughout the entire process.

**Written by Jack Owen**



National Theatre  
**connections** 2017





# MINIBAC

*“Pedagogy that makes full use of wider skills within and across each Area of Learning and Experience, particularly problem solving, creative and critical thinking, is likely to activate such powerful learning for children and young people.”* **Successful Futures, Donaldson**



## Why Mini Bac?

SJHS MiniBac will be helping to nurture ambitious, capable learners, ready to learn throughout their lives.

Pastoral time will be used for short challenge based tasks that will allow our learners to develop essential and employability skills based on contemporary issues. Learners will have the opportunity and freedom to explore and to develop relevant skills. Each student's skill set can then be transferred to everyday subjects and situations.

Mini challenges are designed to focus on developing independent thinking skills through practice. In turn, learners are encouraged to 'transfer' skills to new situations.

The Mini challenges in KS3 will allow learners to practise and develop the skills involved in the actual KS4 WBQ National in order to be 'challenge ready' when assessed in KS4, and to support skills application in all subjects.

## The SJHS Mini Bac is a project based approach followed by each year group in KS3 that will focus on:

- Developing skills; wider skills, literacy, numeracy and digital competency
- Exploring independent work and collaboration
- Embracing student leadership
- Challenging contemporary issues and developing school values
- Engaging with and building partnerships with businesses, outside organisations, charities, local community etc.
- Building a year group identity and community
- Celebrating talents.

## STUDENT VOICE: SENEDD VISIT 2017

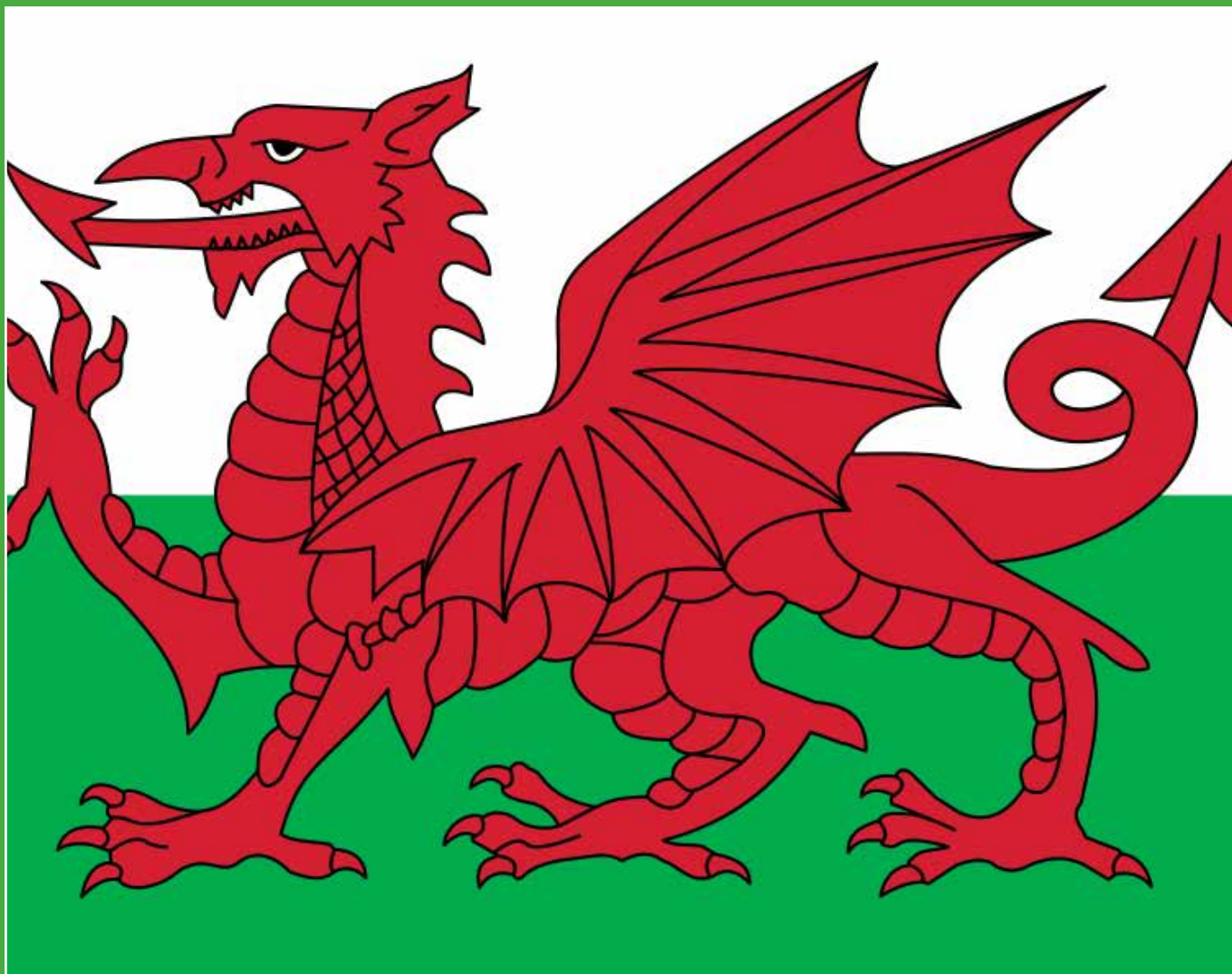


St Joseph's was very proud to host 'Senedd Newport' this month. Thirty of our school ambassadors met Assembly members and took part in one of the Assembly's strategic objectives - 'Engaging with the people of Wales and promoting Wales'. One of the assembly's core aims was to place activities in a town or city over the course of a week and facilitate meetings, consultation events, youth engagement



activities or delivering workshops in schools and colleges. The Equalities, Local Government and Communities Committee met with students from Years 7 -13 to explore young people's perceptions and understanding of human rights. There was some fantastic public speaking, sharing of ideas and debate, our young ambassadors showed their passion, empathy and hope for the future in a variety of innovative and creative ways.





## STUDENT VOICE: CYNGOR CYMREIG

We are a group of Welsh students who want to encourage people to use Welsh more commonly around school as we believe we should have the opportunity to use Welsh outside of our Welsh lessons.

We meet once a fortnight Wednesday afternoon, we are made up by pupils of each year group. The projects we are working at the moment are:

- Year 7 girls have made information about Cyngor Cymreig for the newsletter.
- Year 7 boys and Year 9 are making a video about Welsh in St Joseph's.
- Year 10 have delivered Welsh lessons to teachers to help them with their Welsh during 'Tweak it Tuesday' sessions.
- Year 11 and Year 8 boys are making phrase of the fortnight - keep an eye out for updates.

Phrase of the Fortnight:

*Sut wyt ti?*  
*How are you?*

**Siaradwr Cymraeg y Pythetnos**

Welsh Speakers of the month award go to:

*Ms Bassey*  
*Jess Bartlett*

Keep an eye out on SJTV for further phrases of the fortnight and Welsh Speakers Champions.

# IT'S NOT OK!

## YEAR 8 SOCIAL AWARENESS



During March the Year 8 cohort experienced a pastoral drama production that highlighted the dangers of Child Sexual Exploitation in today's 21st century society.

As part of a Gwent – wide partnership, St Joseph's welcomed a vibrant and inspiring performing arts group from St John's, York University who have vast experience in delivering delicate topics to school audiences. Pupils watched a 30 minute drama performance after which they explored the unique circumstances of each of the characters and looked at ways in which to help the fictional cast. Topics such as sexting, inappropriate use of social media, sharing images, grooming, danger signs and how friends/family can help were discussed in great depth. Follow up workshops allowed pupils to display their acting talent and share interpretations with peers. Although the theme was serious and thought provoking, pupils were excellent ambassadors for the school and involved themselves in a mature and responsible manner.



BE AWARE, BE  
CAREFUL, KNOW  
WHAT IS OK...

## REVISION/EXAMS

USE OUR REVISION BOOK TO HELP YOU REACH YOUR ABSOLUTE POTENTIAL. JUST SCAN THE QR CODE ON THE RIGHT WITH YOUR SMARTPHONE OR TABLET.





# BIG THANK YOU

## LETTERS FROM PARENTS

*“Be strong, be fearless, be beautiful. And believe that anything is possible when you have the right people there to support you.”*

Misty Copeland

A big thank you to all the Year 10 and 11 parents and carers that came to the revision and exam support evenings. 140 letters of support and motivation were written and it was moving and inspiring to see our students open these last week.

These were some of our student responses when asked how your letter made them feel.

*“I feel good”*

*“This has motivated me”*

*“I feel brilliant and so proud”*

*“I can’t believe my mum wrote mine in French!”*

*“I feel so happy as I don’t normally get told this”*

*“Wow, I now know what my mum really thinks!”*

*“This has made me smile and feel joy”*

*“I feel happy and relieved and ready to go for it”*

*“I really feel motivated, determined to do my best”*

Undoubtedly your letter has had a very positive impact, but please continue to do all you can to support your child through the summer GCSE exams.

### 7 Top Tips

- 1 Please sit down together and have a focused conversation about the importance of Year 10 and 11 GCSE exams and the need to prepare with effective revision. Ensure your child knows what motivates them.
- 2 Expect and ask your child to do two forty-five minute revision sessions every school night and 4-6 sessions on a non-school day.
- 3 Ensure your child is properly equipped with stationery, a desk/table and a quiet space.
- 4 Show some tough love and ask that their mobile phone is handed over during the 45 minute session. Monitor how they handle other distractions like TV, friends, going out etc..



- 5 Please stress revision is effective if involves TESTING recall and the ability to answer exam style questions.
- 6 Help your child build in mini-rewards which can be enjoyed once the effective revision sessions are complete.
- 7 Help your child retain a positive balance, plenty of sleep to stay strong, plenty of water and fruit to stay hydrated and healthy, exercise to stay active and alert and to break down any anxiety.

**On behalf of all the teaching staff and all our students, THANK YOU for all the love and support for your child at this very important time in their lives.**

# ART News ///



## Etching

The sixth formers from the art department went on a trip to the Art Academy in Cardiff where we tried a new type of printing, an etch print.

We enjoyed it a lot and the results were so good that The art department invested in a printing press so that we can now do etches in school. I've really enjoyed using the printing press and making the etches.

**Written by Ewelina Gill**

## Congrats!

Congratulations to our year 13 students who are going on to study art foundation at Cardiff School of Art and Design. We can't wait to see what the future holds!

**From all in the Art Department.**

## Swansea Trip

In December GCSE and A Level students visited Swansea College of Art to visit the glass making degree course. Students had a go at an advanced process called sandblasting. After lunch at the Glynn Vivian gallery, students and staff got a chance to view the Glenys Cour exhibition. Cour originally studied at Swansea College of Art so it was great to see the link between the university and an esteemed artist!

The art department have been inspired and invested in their own sandblaster! Along with our glass kiln, we are all set to create some new pieces with this advanced new media. Glass making here we come!

**Mrs Stevens**



# A Level Gallery



Cami Bajida



Sasha Fowler



Cami Bajida



Ana Teixeira



Above: Octavia Van Tienderen

Below: Isabel weaver



Above: Natalia Kaczmarek

Below: Joseph Scarpato - Digital Art



# KS4/5 CELEBRATION EVENING

**On Thursday 15th December 2016 the school gathered to celebrate the achievements of the pupils in last year's Key Stages 4 and 5.**

The awards presented were in recognition of academic success from the record breaking external examinations secured by the pupils combined with endeavour awards recognising pupils who really impressed with their diligent work ethic throughout their courses.

Individual awards were also presented including the prestigious Sue Jenkins award in memory of our wonderful former Headteacher. Our guest speaker was Bethan Doughty who spoke so passionately about her journey through St Joseph's and ensured that the night was a great success for all involved.





# Year 7 Book Group: Transition Reading Buddies

**On Tuesday 17th January St Joseph's RC High School book club came to visit us about the Blue Peter Book Awards 2017.**

They showed us three different types of books *Podkin One-Ear*, *Lost Tales* and *Time Traveling with a Hamster*. We got sent off in little groups and we read and discussed extracts from these books. We also voted for the book we liked best. *Podkin One-Ear* was the least popular, in second place was *Lost Tales* and first place was *Time Travelling with a Hamster*. *Time Travelling with a Hamster* is about a boy who's dad died twice but the second time was his fault. Also on his twelfth birthday he got a hamster from his mum but from his real dad he got a letter. The second favourite book was *Lost Tales*. It contains several stories one of them is about an old couple who want a child and every day they watch the children playing in the street. In the winter they built a snow daughter which comes to life. *Podkin One-Ear* is about a rabbit and it's Bramblemas, which is a rabbit version of Christmas time.

Thank you to the SJHS Year 7 book club, Mr Watts, Ms Honeywill and Ms Rocke, the wonderful school photographer!!!

**Written by Jessica Bradshaw, Isabelle O'Donnell, Seren Taylor, Reagan Flaherty and Katrina Delahaye (on behalf of all 44 Year 6 pupils)**

**Recently St Joseph's Year 7 Book Group visited St Mary's RC Primary School to read and discuss *Podkin One-Ear*, *Time Travelling with a Hamster* and *Lost Tales* with the Year 6 pupils.**

We really enjoyed reading the books with the Year 6 pupils and will continue to read with the feeder primary schools. Thank you to Mr Watts and Miss Honeywill for making the trip so much fun. We can't wait for the next one.

**Written by  
Libby Doverman, 7T**

# SAVERS



# Dates for your diary 2017

## Summer Term TYMOR Y HAF

| April     |  |
|-----------|--|
| 7         | Training Day                                 |
| 7-15      | Austria Skiing Trip, Year 7 and 8            |
| 10-21     | Easter Holidays                              |
| 24        | Summer Terms Begins                          |
| 26-10 May | National Reading/Numeracy Tests, Years 7,8,9 |
| May       |  |
| 1         | May Day Bank Holiday                         |
| 3-4       | Friars Walk Trip, Geography Year 10          |
| 4         | Vaccinations - Year 9 Boys and Girls         |
| 10-11     | Afon Llywd Trip, Geography Year 10           |
| 12        | Year 12 last teaching day (return 14th June) |
| 25        | Year 13 last teaching day                    |
| 29-2Jun   | Half Term Holiday                            |

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

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

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

| June  |   |
|-------|---|
| 5-9   | Year 7 and 8 Progress Exams                   |
| 12-16 | Year 9 Core Subject Progress Exams            |
| 15    | Feast of Corpus Christi                       |
| 19    | Kenfig Nature Reserve Trip, Geography Year 13 |
| 26    | HPV Vaccinations, Year 8 and 9 Girls          |
| 28    | New Year 7 Transition Evening                 |
| 28-30 | WBQ Yr10 Enterprise and Employability Days    |
| 30    | End of KS4 Celebration                        |
| July  |   |
| TBA   | Cambodia Trip, Sixth Form                     |
| 3     | Training Day                                  |
| 5     | KS3 Celebration of Excellence                 |
| 6     | Sports Day                                    |
| 11-14 | (Daily) Porthcawl Beaches, Geography Year 12  |
| 12    | Summer Concert                                |
| 19-22 | French Trip, MFL Year 8                       |
| 21    | Last Day of School Year                       |

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