

SPRING 2018

the MARY IMMACULATE NEWSLETTER



LIGHTS, CAFOD, ACTION!

Students get behind the Camera
for charity CAFOD



MESSAGE FROM THE HEADTEACHER

As you will be aware, we were once again awarded the coveted A Green status by Welsh Government which is based on our pupil outcomes and compared to all other schools across Wales. Being only one of nine schools in Wales makes our pupils, staff and of course our parents very proud.

(Continued on page 2)



EUROSTARS!

Students take to Disneyland Paris to
celebrate St David's Day

MESSAGE FROM THE HEADTEACHER

Continued from Page 1

Once again, we are hugely oversubscribed as a school – in fact we had more applications than ever before with nearly two pupils chasing every single place here for September. This is because parents are aware of the quality learning we offer here at Mary Immaculate High School and the fact the staff here go over and above and set high expectations on pupils' results.

Partnered to our success is the extensive work we do to both build resilience and raise our pupils' aspirations. We are leading on a project across 10 schools to produce resources for all schools. Here, this has meant opportunities for visits and for visitors that can help pupils – for example we had a visit from Ryan Jones, the ex-Wales Rugby captain who spoke of his drive to overcome personal and professional hurdles.

Pupils have also visited the Girls Cyber Conference, a Smoking Prevention Day at Vale Golf Club, the Belmont Abbey Year 7 retreat, a More Able and Talented trip to Cambridge, the STEMLive Event in Cardiff and four Duke of Edinburgh walks. Pupils have also visited the Houses of Parliament and the Senedd, the Jaguar Car factory and Capital law, who are our business partners. I was also very

proud of our pupils as they sang at the recent Graduation event for the Church School Leadership programme with 200 graduates and dignitaries from all over Wales. Other events coming up include professional interviews for year 10 and a whole school careers fair as well as a trip for our more able pupils to Oxford University.

We are of course in the midst of examination preparations for year 11. Revision is on every night Monday through Thursday, with a bus at 4.30 for those who wish to stay. The timetable shows once again how dedicated staff are to pupils doing well; with our work and your support in school, after school and even in the holidays, I know that they will make you and us proud!

I wish all our pupils and their families and happy and holy Easter. School returns Monday April 16th, which is a week one.

Huw Powell
Headteacher



YEAR 11 AFTER SCHOOL REVISION

In order to help our pupils achieve the best, we are holding a number of after school revision sessions.

All pupils are invited to attend regardless of how confident they are in that subject area, and we ask parents to encourage pupils to attend. The sessions being held are:

Monday - Targeted Maths / Arts faculty

Tuesday - English

Wednesday - Science

Thursday - Humanities faculty

ABOUT THIS ISSUE

This issue features a student article from the Duke of Edinburgh Award by Cerys Pellow and is the second newsletter of the 2017/18 Academic year.

You can also view a digital copy of this newsletter on our website: maryimmaculate.org.uk or on the MIHS App

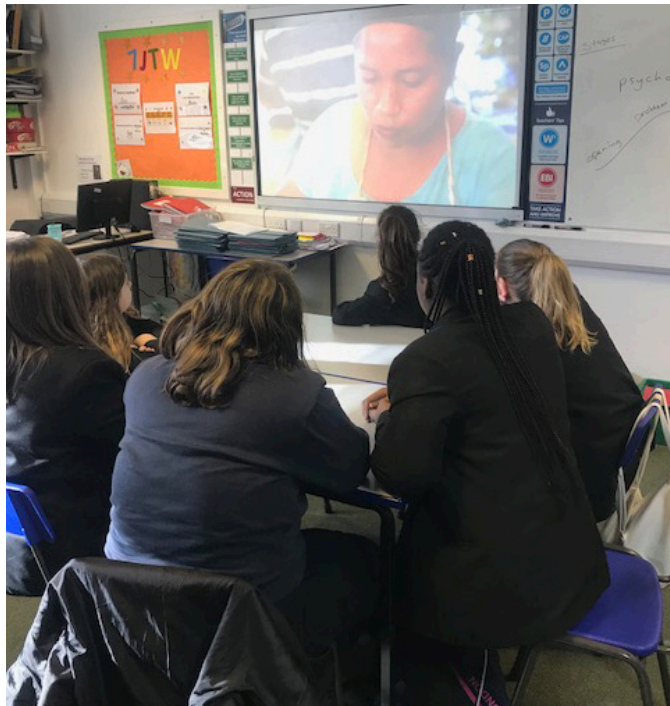
Contributors: Languages, English, Eco-Committee, Music, Food Technology, Healthy Schools, RE, Math, Computer Science, Duke of Edinburgh and the PE department.

Editor: K. Monroe

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STUDENTS GET FAIR!



From Monday 26th February to Friday 9th March, pupils at Mary Immaculate took part in Fairtrade fortnight to promote the sale and purchase of Fairtrade goods.

There are people in our world who are currently suffering - they live and work in poor conditions as well as get paid very little for the work that they do whilst big companies take advantage and make massive profits! It's only fair that the people who produce what we eat; what we wear ;and what we use should get paid enough to live on and a chance to improve their lives. Fairtrade means better prices, better working conditions and support to develop local communities in some of the world's poorest countries.

Mary Immaculate High School's Fairtrade Mission: To help improve the lives of farmers and workers all over the world by promoting the sale and purchase of Fairtrade goods! As a result, Mary Immaculate High School raised awareness of Fairtrade during Fairtrade Fortnight. Miss Wheeler and the Eco-Committee raised awareness by creating fun activities for form groups to complete during registration. A raffle also took place with the winning item being a Fairtrade Hamper.

If you have ideas on how to promote and take action for Fairtrade, or would like to help make a difference, then see Miss Wheeler.



THE SOUND OF MUSIC!

On Friday 19th January, the choir provided musical entertainment at the Church Schools Leadership Programme Graduation event at the Cornerstone Centre in Cardiff.

The 33-strong group led the singing along with the choir of St. Paul's Primary, Grangetown, in front of an audience that included Archbishop George Stack, Archbishop John Davies and headteachers from across South Wales. The event was held at the Cornerstone Centre, situated in the renovated Ebenezer Chapel, in Charles Street, Cardiff.

Our school choir performed songs and hymns such as 'Seasons of love', 'Alleluia Canon' (by Mozart) and 'Sweet Redeemer', and I was very proud to receive so many positive comments from the Archbishop and also from the Headteachers of the other schools.

The choir will perform next on Sunday 25th March on the Glanfa Stage in the Wales Millennium Centre, as well as at our annual Easter Liturgy, Wednesday the 28th March, and all are welcome to both events.

KEEP UP TO DATE!

For more news from Mary Immaculate visit our website at www.maryimmaculate.org.uk and be sure to follow us on twitter at



@Mary_1mmaculate

STUDENTS ATTEND EURVOICE:DISCUSS



On Monday, 12th March, our student parliament attended the Eurvoice events at the debating chambers in Ty Hywel, National Assembly buildings in Cardiff Bay.

The event was introduced by Jenny Rathbone (AM) who spoke to the pupils about the importance of having a voice for their futures. They then attended workshops, run by European Parliament members, on youth engagement in politics, LGBT rights and the refugee crisis in Syria. These

workshops encouraged pupils to deeply consider their rights as young people, as well as raising awareness of issues that potentially challenge human rights.

To bring together student experience and learn more about local politics, the students took part in a Q and A session with Fenella Bowden (Councillor for Heath) and Phil Bates (Councillor for Llanishen) and the EYD members.



Mary Immaculate students, as always, participated with enthusiasm and interest. Their questions during the discussions and Q and A made for an interesting debate and raised further questions on how youth voice is essential to establishing a fairer future for our youngsters.

DIGITAL CITIES COMES TO CARDIFF

On Tuesday 27th February, a number of Year 9 and 10 pupils visited the Welsh Millennium Centre to learn about digital platforms in cities.

The BBC hosted the event allowing pupils to take part in a variety of workshops including building robotics, delivering a news report and looking at virtual reality.

All pupils were enthused about how enlightening the day was how it and allowed them to consider careers in the digital sphere after school. Several pupils had the opportunity

to ask questions with organisers, and also had the opportunity to discuss work experience and apprenticeships with students who were currently working with the BBC.

The day allowed pupils to work creatively and collaboratively with a focus on digital media, and how the exercises could transpire into the world of work.

Everyone thoroughly enjoyed themselves and they are looking forward to putting their new digital skills into practice for News Day 2018!

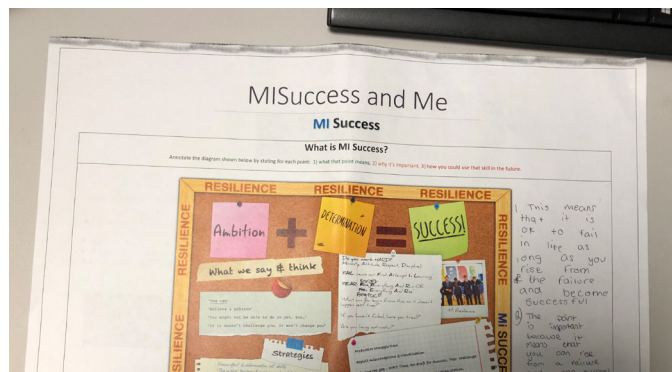
ATTENDANCE MATTERS!

Late arrival at school :

Minutes late per day during the school year	Equals days worth of teaching lost in a year	Equals lessons lost in a year
5 minutes	3.4	20
10 minutes	6.9	41
15 minutes	10.3	62
20 minutes	13.8	83
30 minutes	20.7	124

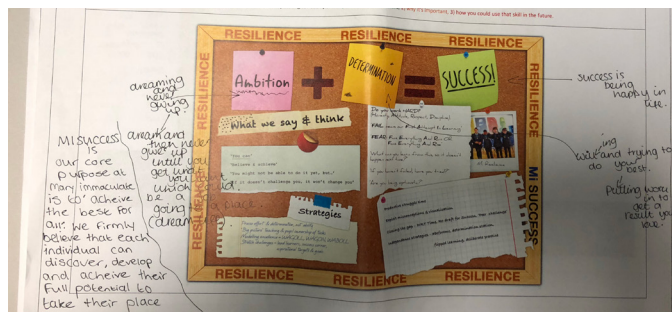
SCHOOL BEGINS AT 8.55AM. PLEASE BE PUNCTUAL

AMBITION AND DETERMINATION LEADS THE WAY!



During the past academic term, our year nine pupils have continued to participate in our unique and bespoke project called MISuccess. The aim of this programme is to make our pupils more ambitious and determined so that they can succeed in their current studies and in later life.

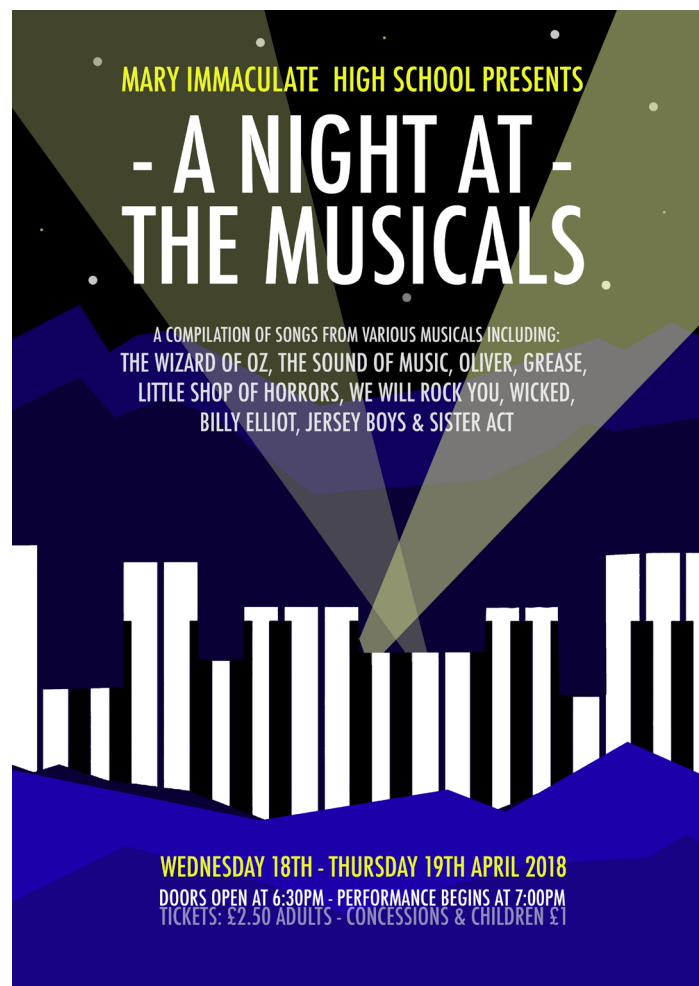
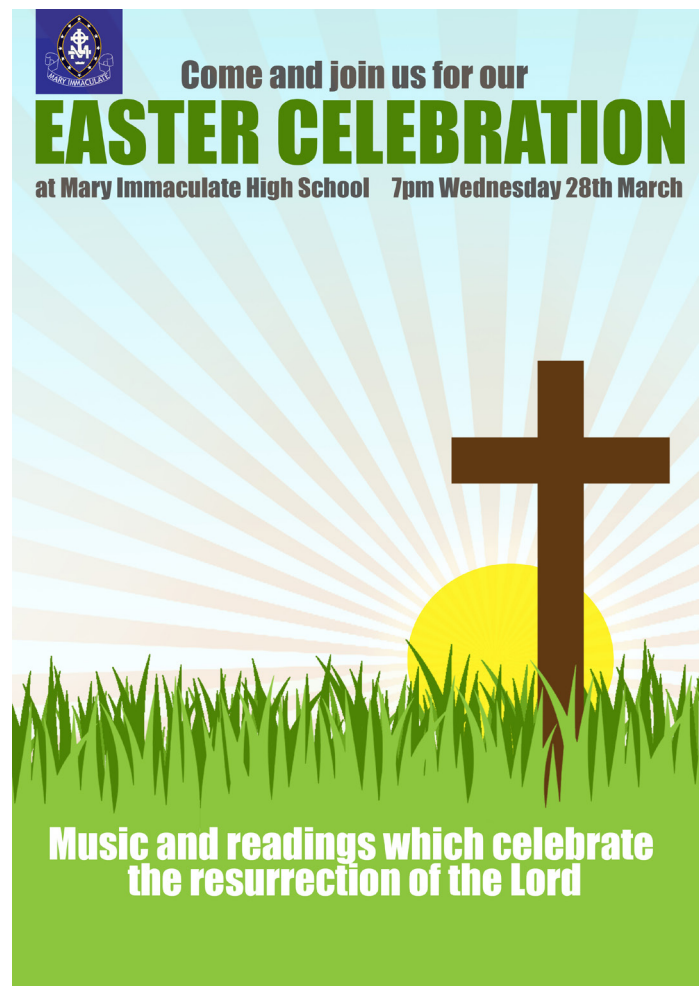
The MISuccess programme has been developed by input from staff and pupils who have spent time during their registration sessions and assemblies exploring this project in greater detail, so that they understand what it is all about.



As part of this process, Year Nine recently took part in a PSE day which aimed to get them to think about the different aspects of our project in greater detail. This meant pupils undertook a range of tasks which involved reflecting on situations where in the past they've had to be resilient and identify how they overcame those situations.

Pupils also had to identify what resilience is, and how it can be developed, as well as considering strategies which can help them employ positive thinking skills both in and outside of the classroom. Pupils really enjoyed the day they participated in, and the work which they produced will help to inform future planning for both pupil and staff training sessions on the MISuccess project.

You can see more examples of pupils MISuccess project work on our twitter page [@mary_1mmaculate](#) or by searching [#misuccess](#) on twitter.



CREATING WORLDS!



As part of our ongoing partnership with Cardiff University, Year 9 have been participating in a unique and ground-breaking research project with the University in their ICT lessons.

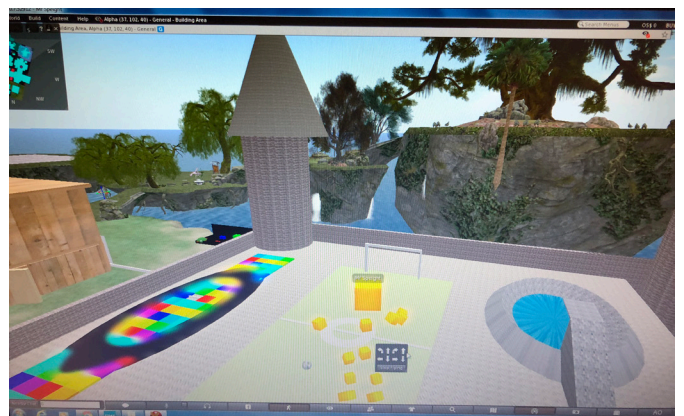


The research project aims to explore the pedagogic potential of virtual robotics in the computing curriculum, as part of the Educational Robotics for STEM project funded by the European Commission.

This research has involved, in simple terms, pupils developing a virtual world by writing pieces of code which in turn create further code. From these pieces of code, pupils have developed a virtual environment whereby they can

explore and develop even further in their Computer Science lessons. Through this process, pupils have had to employ a variety of skills linked to our school's MI Success programme whereby pupils have had to be determined and ambitious in their work, so that they can be resilient when things don't quite work out as they would like.

Our pupils are very lucky to be participating in this project as only two other schools in Europe are involved with this piece of work. Pupils are really enjoying taking part in this project and it is clear their computational thinking skills have been enhanced greatly. This research project is still continuing and it will be interesting to see how pupils develop in the forthcoming months.





On Friday 16th February, the Duke of Edinburgh team departed on an educational and exiting trip to Glan Llyn outdoor activity centre. We asked Cerys Pellow, Year 11, to tell us about the trip.

"The bus was buzzing with the positive energy, and everyone was exited to participate in this once in a lifetime opportunity. We arrived in time for a room tour, rule briefing and a quick lunch before the real adventure began. Our guide, Leon, showed us how to put on the harnesses ready for the horrifyingly high 'high-rope' activity. We all giddily prepared ourselves for the leaps we would have to take off balconies and planks with nothing, but what we thought was a small rope, to withstand our weight and being anchored down by our fellow Duke of Edinburgh classmates.

Everybody managed to get out of their comfort zones ;whether it was jumping and hanging from a trapeze, to climbing partially up a ladder and crying to get down, but having your teammates urge you on, giving the first true look



DUKE OF EDINBURGH UPDATE



at the teamwork the group held. We spent the rest of the afternoon swaying from ropes at uncomfortable heights and hoisting each other up an army wall, ending the night with a night navigation in the canoes.



The next day began bright and early with good weather. Everyone wrapped up in their woollies and wet suits ready for the adventure. We then split up into two groups, one kayak and one canoe. Both groups ended up soggy and moist in time for lunch, as the boys found their calling by pushing people into the lake. We spent the evening doing bowling activities and built up our teamwork. After this we had to say goodbye to our faithful leader and begin our adventure without Miss Browning.

The following day we began with a long trip orienteering around the local village, guided only by maps and a small degree of help from Phil, our new leader. Then we canoed to the island for raft building which turned into a disaster as we learnt nobody could tie a knot. A few people fell in the lake, but we earned some credit from the centre for being the funniest failures that the leaders had ever seen.

On our last day, we woke up very early and spend the last few hours together taking photos and visiting the lake in the beautiful sunrise, finishing the day with some games in the community room and retrieving lunch. The coach ride was full of sleepy heads, including the teachers, and almost everyone on the trip had a cheeky sleep to finish the trip which built unbreakable friendships in the strangest of ways".

Cerys Pellow

Year 11

TAITH I PARIS DISNEYLAND 2018!

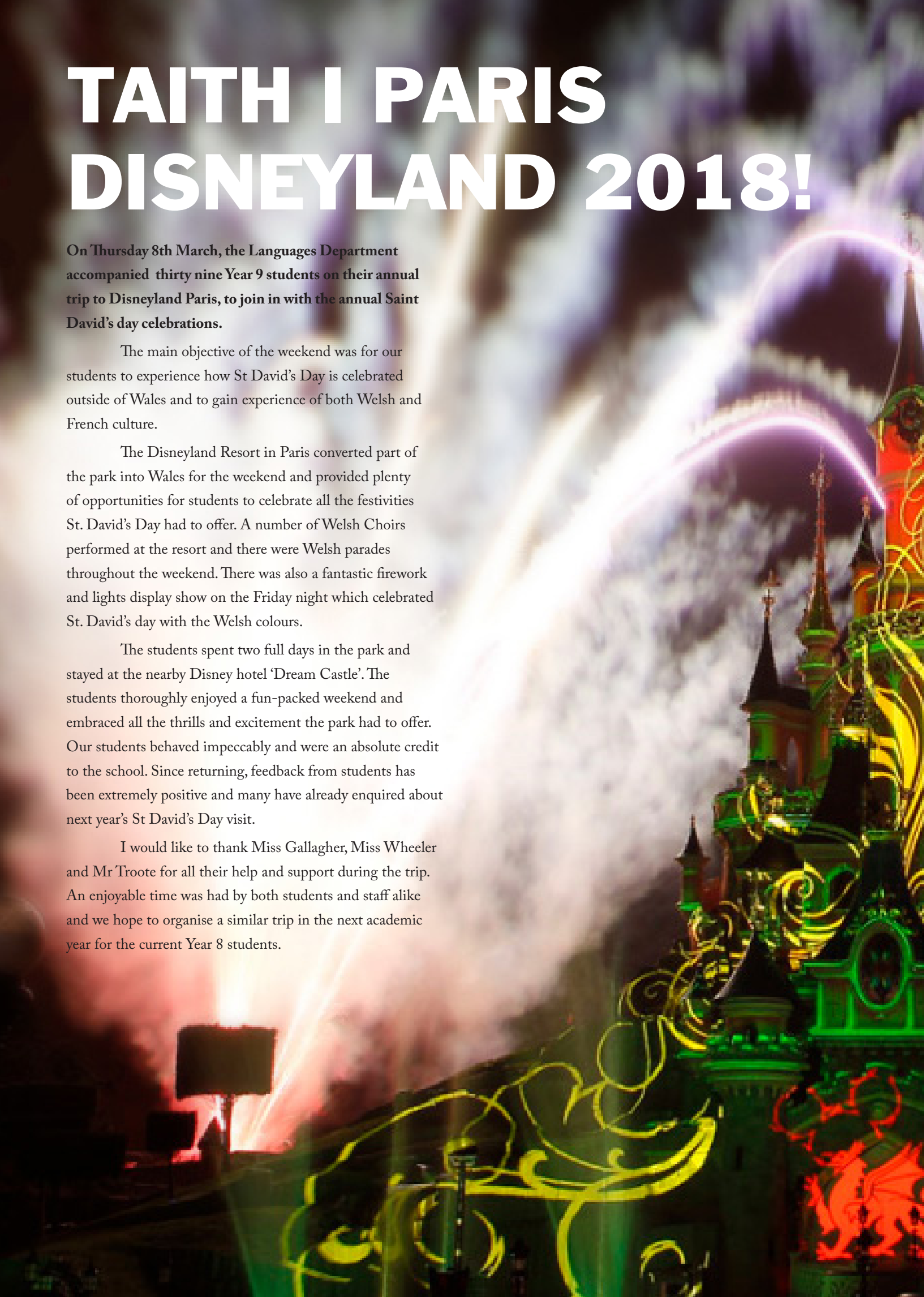
On Thursday 8th March, the Languages Department accompanied thirty nine Year 9 students on their annual trip to Disneyland Paris, to join in with the annual Saint David's day celebrations.

The main objective of the weekend was for our students to experience how St David's Day is celebrated outside of Wales and to gain experience of both Welsh and French culture.

The Disneyland Resort in Paris converted part of the park into Wales for the weekend and provided plenty of opportunities for students to celebrate all the festivities St. David's Day had to offer. A number of Welsh Choirs performed at the resort and there were Welsh parades throughout the weekend. There was also a fantastic firework and lights display show on the Friday night which celebrated St. David's day with the Welsh colours.

The students spent two full days in the park and stayed at the nearby Disney hotel 'Dream Castle'. The students thoroughly enjoyed a fun-packed weekend and embraced all the thrills and excitement the park had to offer. Our students behaved impeccably and were an absolute credit to the school. Since returning, feedback from students has been extremely positive and many have already enquired about next year's St David's Day visit.

I would like to thank Miss Gallagher, Miss Wheeler and Mr Troote for all their help and support during the trip. An enjoyable time was had by both students and staff alike and we hope to organise a similar trip in the next academic year for the current Year 8 students.





SCREEN TIME!



On Friday 2nd February, Mary Immaculate was visited by CAFOD to film pupils for a short video.

Kieran O'Brien of CAFOD South Wales and film producer for Ministry, visited Mary Immaculate having been commissioned by CAFOD to make a short film for them.

Some pupils from Mary Immaculate took part in the making of this video, both on camera and behind the scenes, and experienced first-hand how it feels to be a film actor.



It was a cold day and many of the shots were outside so had to be repeated many times! The feedback from the London headquarters was that they loved how strongly the students came across in the video. Maybe we have some stars in the making. Thanks to those who took part.



YEAR 11 APPY REVISION!

The Mary Immaculate Computer Science and Business Studies teams have been busy over the past few months creating unique revision apps for Year 11 pupils to use both in and outside of the classroom.

These apps have been designed to support learners with their revision and include a variety of information on each topic they need to learn for their forthcoming GCSE exams, along with providing them with additional revision aids, such as keywords booklets; practice exam questions; previous exam papers, etc.

Both apps can be downloaded by scanning the QR code shown below. The apps will work with any smartphone / mobile tablet. To install it fully on your device, when the app first appears on your screen, save it to the home screen and the app will download fully. Any problems with this process, please see Mr Speight. Appy revision!

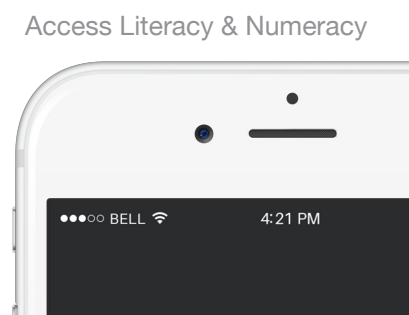
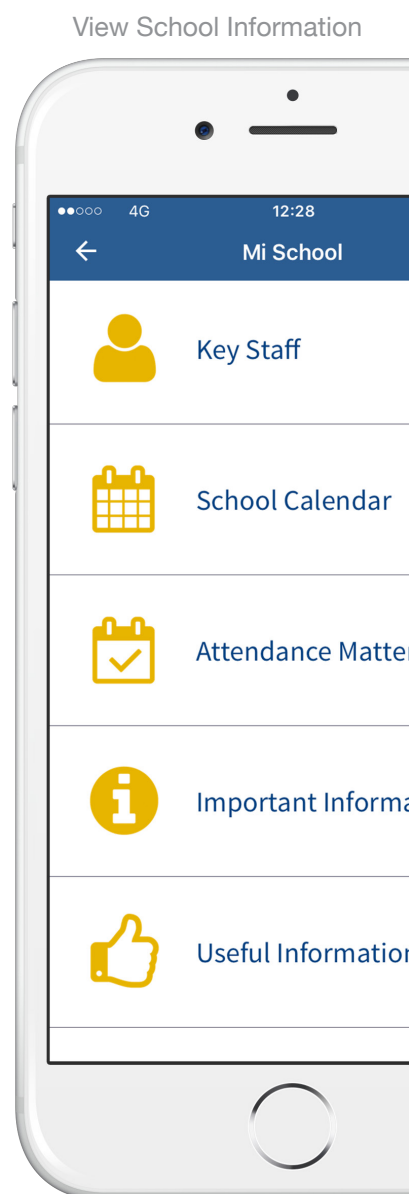
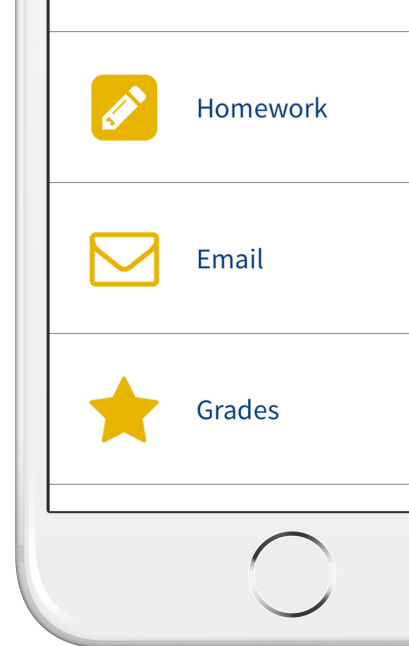
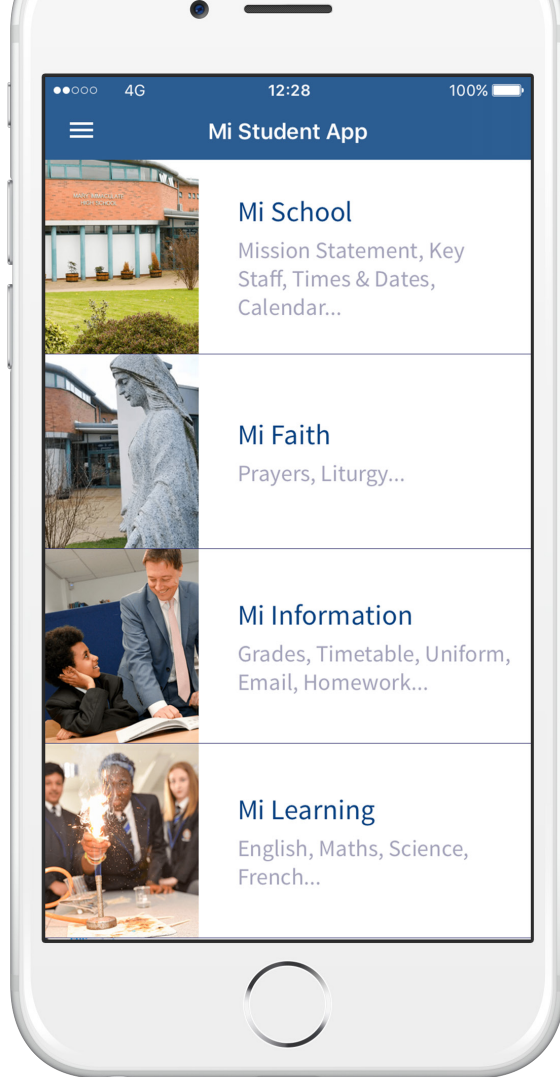
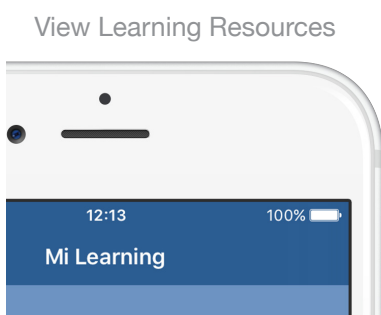
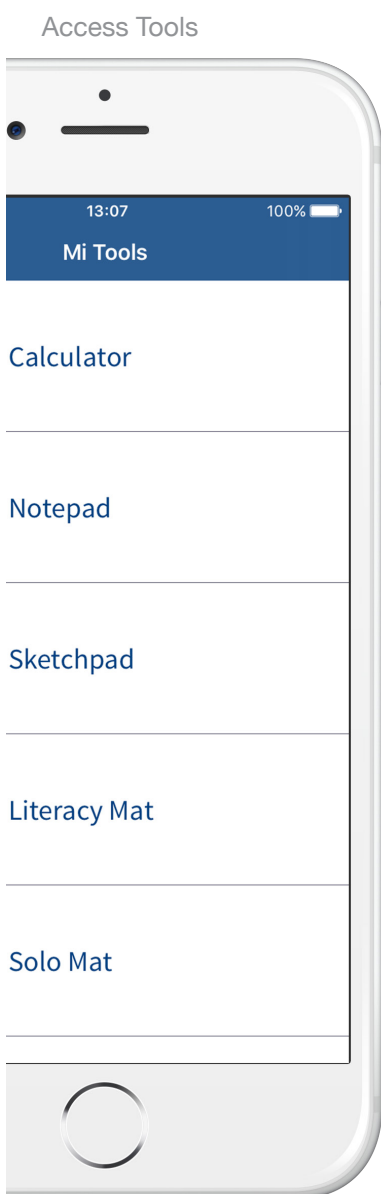
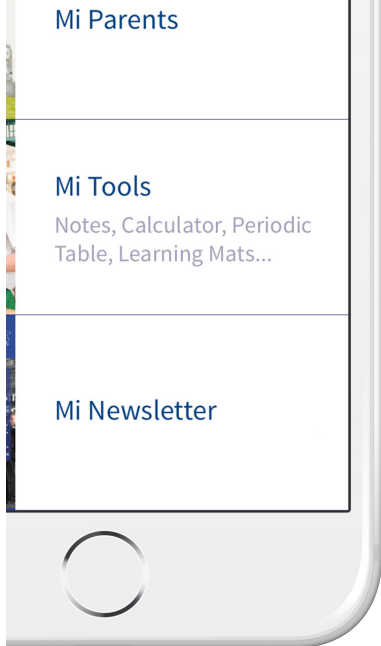


Computer Science App



Business Studies App





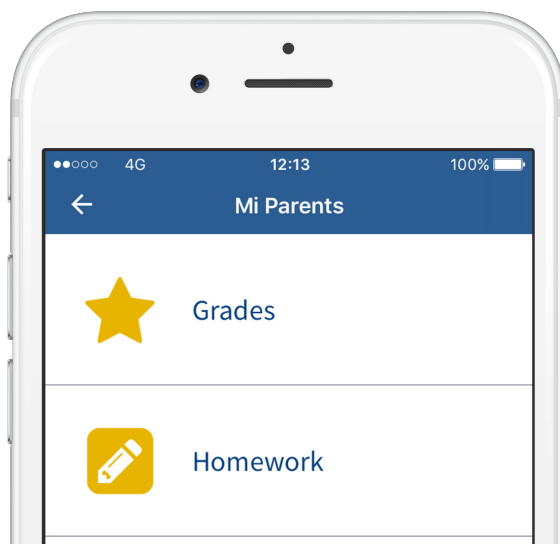
THE MIHS APP!

Available for parents & students on Smart phones & tablets.



Download on iOS

Download on Android



A HEALTHY START

Mary Immaculate High School reaches the Healthy Schools National Quality Award stage.

Mary Immaculate is off to a healthy start in their continued efforts to become a Healthy School. Already an active member of the Cardiff Healthy Schools scheme, Mary Immaculate has recently been awarded Phase 5 in the Healthy Schools initiative and have reached the Healthy Schools National Quality Award Stage.

This will provide the school a recognition and an award for our work to become a healthy school. Our Healthy Schools co-ordinator is in the process of completing the Action Plan for the section on Mental Health and Wellbeing.

Through the Healthy Schools programme the school has achieved a number of top awards; notable awards have included the Bridge Facility being short listed for the Cardiff Inspire Awards and one of our pupils achieved 'Pupil of the Year award'. The NQA process will take 2-3 years.



STUDENTS TO F4!

A group of boys have qualified for the regional chess tournament at St. Teilo's School on 21st April.

Mary Immaculate boasts a very active and talented chess club. Pupils meet up at lunch times to compete within the school and compete regionally.

We would like to congratulate Jakub Kopka, Edward Hogan, Kadie Lee, Vidaad Sabir, Jacques Marquis, Nabay Treffasalie, Wiktor Kordowski, Iwan Bradley and Teejay Hill for qualifying for the regional chess tournament which this year is being held at St Teilo's school on 21st of April.

COOKING UP RESULTS!

Year 11 students have recently completed their final cooking exam. Students were asked to choose a food intolerance and then prepare a three course meal using specific ingredients for that intolerance.

Examples of food intolerances include Lactose (found in milk and dairy products), gluten, wheat, eggs, nuts. The students worked really hard to complete their exam and a selection of their final results are included below.





MISS KEMP REVIEWS!

PEOPLE LIKE US,
DANA MELE

A sharp psychological thriller that's just right for fans of *Thirteen Reasons Why* and *Pretty Little Liars* - this story will intrigue, mislead, and, finally, betray you.

Kay Donovan may have skeletons in her closet, but she's reinvented herself entirely. Now she's

a star soccer player whose group of gorgeous friends run their private school with effortless popularity and acerbic wit. But when a girl's body is found in the lake, Kay's carefully constructed life begins to topple. The dead girl has left Kay a computer-coded scavenger hunt, which, as it unravels, begins to implicate suspect after suspect, until Kay herself is in the crosshairs of a murder investigation.

★★★★☆

MOUSE HUNT

C	R	O	O	K	S	N	W	E	E	B	E	E	S
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Steinbeck	George	Strength	Ranch	Curley	Lennie	Mice							
Naivety	Hand	Alfalfa	Men	Crooks	Wife	Soft							
Weed	Rabbit	Red	Hair	Bunk	Consequences								

I have a mouth, but cannot talk. I run but never walk. Who am I?

SPORTING SUCCESS!

(Continued from back cover)

The Year 7 girls have played their first basketball tournament playing some great stuff with Miss Tracey at the Sport Wales National Centre. Girls' basketball training continues every Tuesday after school.



Year 7 Boys Rugby Team

The Year 7 rugby boys recently played in the Urdd WRU National 7-a-side tournament. This involved invitations to over 200 schools across Wales. The boys made a strong start to the group stage beating Bryntirion 22-12 and following this up with a win over Lewis Boys Pengam 24-10. Despite a tight 17-14 loss against Bassaleg, the boys qualified for the final 32 teams in Wales. In this round they came up against Gwynllyw where they played some great rugby but were eventually beaten 12-7.



Year 7 Boys Football Team

The Year 7 football boys have made a very strong start to their high school career. They have played 7 games this year winning 6 and losing just the one. This excellent start

has helped them to qualify for the semi-final of the Cardiff and Vale Cup. They reached this stage having beaten Llantwit Major 10-1, Cardiff High 3-2 and St Richard Gwyn 2-1. They will now play Whitchurch for a place in the final.

The Year 7 football boys also reached the last 4 teams in Wales in the recent national 5-a-side competition. They played excellently in the two group stages, going unbeaten through 6 games. They came up against a very good Whitchurch team in the semi-final and went down 3-2 in a very tight game. The boys involved were Louie Giles, Harvey Chapman, Blessing Kilonda, Joel Wilson, Kaiden Jeremy, Tyler Jeremy, Archie Lane and Finley Bryant.

The Year 8 rugby boys have also recently competed in the Urdd WRU National rugby 7s. They were drawn in a tough group but came through to the shield competition after some good performances, with the highlight being a incredibly strong win over Gwyr.



Year 8 Boys Rugby team compete in the Urdd WRU National Rugby 7s

They played Eastern High in the last 16 and put in an excellent performance to win 34-5 which meant they qualified for the quarter final in which they met Cowbridge. The boys once again played some great rugby but went down 24-19 with Cowbridge scoring in the last play of the game. Cowbridge eventually went on to win the shield competition.

The Year 9 rugby boys recently played in the Cardiff Schools 7s Plate tournament. This involved them playing a total of 6 games over the course of the day. The boys started very strongly overcoming St John's College 22-0, followed by more wins against Eastern High 24-10 and Bro Edern 12-10. They followed this up with wins against Plasmawr 24-0 and Cardiff High 22-10 but lost out in an extremely narrow game against Llanishen which finished 12-7.

The boys played some great rugby over the course of the day and finished second overall. Those involved were Steve Keuni, James George, Cody Eltringham, Liam Skene, Ashtone Parris, McKenzie Martin, Martin Madamidola, Lord

Isay, Isaac Malunga, Robert Young, Jordan Dias Moreira and Louis Cardinale.



At the end of January, the Year 11 boys competed in the Cardiff and Vale schools 5-a-side football tournament. The boys finished second in their group and in doing so, they qualified for the Plate semi-final. A great performance saw them reach the final and they were very unlucky to eventually lose out in a tight game.



A special mention goes to for Year 10 pupil Ryan Kavanagh who has been putting in some outstanding performances for Cardiff City U15s recently. His Cardiff team have been playing in the Premier League floodlit cup and have qualified from their group with Ryan scoring crucial goals in wins against Swansea and Coventry City.

As always, don't forget to follow the official MIHS PE Department twitter for more news updates, results, photos and information on upcoming games and events! Simply follow [@mi_pe_dept](https://twitter.com/mi_pe_dept) on Twitter.

MAKING A SPLASH!



At the end of 2017, Year 11 pupil Elise Churchill won the title of Canoe Wales Paddler of the Year. She also finished fifth at the Olympic Hopefuls World Regatta, which was held in the Czech Republic.

The judges were very impressed with Elise's performances over the year at international tournaments and felt that her invitation to the Olympic Hopes camp over the summer was a remarkable feat for someone who only took up paddling a few years ago. Elise has also been an inspiration to other young paddlers coming through the sprint programme and this was a major factor in the judges' decision.

“Dedicated and someone to aspire to.”

Some of the comments made in Elise's nominations included:

“Dedicated and someone to aspire to.”

“Amazing paddling and just an amazing person overall.”

“She has been hugely self-motivated, travelling all over the place to events -and is now looked up to in the sprint team.”

Congratulations to Elise - we're excited to see where your future adventures in sprint paddling take you!

the MARY IMMACULATE SPORTSLETTER

The Latest sporting achievements from MARY IMMACULATE HIGH SCHOOL



SCORE!

Ryan Kavanagh continues to shine
in Cardiff City Under 15's



STEPPING UP

Year 7 Netball girls become ball girls for a day

It has been a busy and exciting start to 2018 for the Mary Immaculate PE department, with so many matches and events taking place this term.

In January, Mr Crimmins and Mr Camilleri took a number of pupils to watch the British basketball Final in Birmingham between Cheshire Phoenix and Worcester Wolves. It was a great day out with our pupils having the opportunity to watch some outstanding basketball with Cheshire Phoenix eventually winning 99-88.

In January, a number of the Year 11 GCSE PE pupils completed a 10km walk over a number of mountains in the Brecon Beacons. This was a very difficult challenge as it was -12 and snowing at the peak

of Fan Fawr. All pupils successfully completed the walk and the heating in the minibus was set at full blast on the journey home!

In March, our Year 7 netball girls were given the opportunity to be ball girls for the Celtic Dragons in their Super League match against Severn Stars. The girls were treated to meeting the team and provided with the opportunity to experience top level netball with many international players. The Celtic Dragons were very accommodating and our girls had a great time. Many thanks to Mrs Eltringham for arranging the trip and Mr Camilleri for accompanying the girls.

(Continued Inside)



For all the latest sport news follow the PE Dept @MI_PE_Dept