

SUMMER 2019

the MARY IMMACULATE NEWSLETTER



St David's Day Festival in Paris!

40 Year 9 pupils visited Disneyland Paris for the
St. David's Day Festival



MESSAGE FROM THE HEAD TEACHER

With another year over, pupils and staff continue to thrive here at Mary Immaculate High School. Year after year we have received the coveted Green rating – meaning what we offer youngsters is excellent and our standards – both academic and pastoral - are highly regarded. We continue to offer support to many other schools, linked to our Green rating and we value those partnerships we have developed and continue to forge.

Our year 11 pupils have just finished their examinations – they have worked very hard with our teachers so their outcomes can be as high as possible– we were once again able to provide a free breakfast for all pupils prior to their exams, as well as ongoing private home tuition for some pupils in English and Maths. We wish them all the best for their results and for the new futures they are planning and thank all parents for their support over these last five years.

As of September, I am aware that the school will be the biggest it has been for many years – we were once again massively oversubscribed for September 2019. We look forward to our new Year 7 pupils starting, knowing that our exceptional pastoral support and academic challenge will continue to be at the heart of what we offer every child at Mary Immaculate.

What we give our young people here is too numerous to mention – but I have been very pleased by the many opportunities pupils have had with trips and visits this year – including the new skiing trip, sailing in Cardiff Bay (with a number of pupils gaining their skipper's licence) and Oxford University. We have also had another great school production and a fantastic celebration of Welsh language and culture in our Eisteddfod. We now look forward to the completion of all our transition events including the Summer School in July.

We were very pleased as a school that Mr Aldridge – the Head of the Humanities Faculty - was recently short listed for the Teacher of the Year Award. Although he was not ultimately successful, it is a matter of pride for him and the school that he made it to be one of the top three teachers in Wales. I want to thank all the staff and parents who contributed their time to supporting his nomination.



We have some staff who are leaving us this year and some new staff joining us. In Maths, Mr Saunders is moving to another school as well as Mr Hardee who is promoted to a school in Barry. Our school science technician, Miss Marshall is also on her way to undertake a teaching qualification in England.

Miss Major, our Food Technology teacher has taken early retirement this year and Mrs Davey one of the founding staff members of our Bridge facility is also retiring.

We of course welcome some new staff to the school – Mrs Lawrence joins the Maths department as Head of numeracy and Mr Perrett as our new Science Technician and Miss Wilson becomes one of our new teaching assistants. We also welcome Miss Barker and Mrs Hinder who are covering maternities at the school and Mrs Wilson our new technology teacher.

Among our internal appointments for September, Miss Gallagher becomes the new Head of Year 9, Mr Camilleri is the Head of Teaching and Learning and Mr Capel the Head of Media Studies. The new head of PSHE is Mr Hannah.

Finally – this year our school catering team became part of our school staff – we welcome the six new staff to the school and continue to look forward to the new menus – we are especially looking forward to the new coffee shop that is opening within the canteen for September 2019! There will be pictures in the next newsletter.

Speaking personally, my work with the National Academy for Educational Leadership has been very rewarding this year – including a research tour to Finland to examine their educational standards and the production of a report to support change in the Welsh educational system. It is hoped this will support change and development, especially around the new curriculum in Wales.

Can I wish all our pupils and parents a very happy and safe summer holiday. School reopens for pupils on Tuesday 3rd September.

Huw Powell
Headteacher

This newsletter has been printed on recycled paper



WELSH DISNEY VISIT 2019

In March, the Language Department took 40 Year 9 pupils to Disneyland to celebrate the St. David's Day Festival in Paris.

Disneyland offered pupils the chance to celebrate St. David's Day in the park with a variety of different events.

The weekend provided pupils with the opportunity to experience the different cultures of both Wales and France within a safe and secure environment, enjoying all the fun and festivities that Disney had to offer.

The pupils travelled overnight Thursday and arrived first thing Friday morning to enjoy two full days at the park. Feedback from the pupils has been extremely positive. An enjoyable time was had by both pupils and staff and the Languages Department are already organising a similar trip for next year.

Trip llwyddiannus iawn!

Diolch i bawb! Merci bien à tous!



RACE FOR LIFE



Mary Immaculate hosted a special event on Tuesday 16th July 2019 as part of the Race for Life's school programme. The pupils joined forces with the teachers to take on cancer and walked, jogged or ran 5km in aid of Cancer Research's life-saving work.

You can still support this amazing cause by donating using the web address below

<https://fundraise.cancerresearchuk.org/page/mary-immaculate-high-school-1>

Mary Immaculate Summer Camp

Tuesday 23rd, Wednesday 24th and Thursday 25th July 2019

9.00 am -3.00pm



Join us for a range of subject based activities including subjects such as Science, PE, Music, Welsh and Design Technology.

MARY IMMACULATE HIGH SCHOOL, CAERAU LANE, WENVOE CARDIFF. CF5 5QZ



SAILING AWAY IN CARDIFF BAY

In June over the period of three days, 48 of our year 9 pupils took the opportunity to become Royal Yacht Association Level 1 Skippers. The pupils, under the keen eye of “Captain” Gavin Gibson, attended the Cardiff Bay sailing centre where they were taught the fundamentals of sailing by the expert instructors.

They were then “let loose” upon the waters of Cardiff Bay in a type of small yacht known as a “Topper” to put into practice what they had learnt.



The Topper is an excellent yacht for beginners to start with being simple in design, easy to sail while still being fast and fun.

The training included water safety, sailing skills such as tacking and jibing, as well as the basics of the sailing rules and instructions.

The pupils had great fun despite getting quite wet, and were a credit to the school and themselves during the visit, being polite and well behaved.

All pupils who attended achieved the Royal Yacht Association Stage 1 Qualification and they all really enjoyed the experience and many have said they would definitely like to do more sailing in the future.



SKI TRIP TO SERRE CHEVALIER



In the February half term, 42 pupils and 6 staff travelled by coach to Serre Chevalier, France where they enjoyed 6 days of skiing on the slopes .

We caught up with Cameron Rees of Year 9 Romero to get his thoughts on the trip.

Q: Why did you choose to go on the school's ski trip?

A: I went on the school trip because it is an unforgettable experience to have and it is a really fun thing to do with all your friends.

Q: What were the highlights of the trip for you?

A: I have many amazing memories from the trip, but in my opinion the highlight of the trip for me was the evening entertainment. These I liked best because they were extremely funny, enjoyable and very crazy! Of course, actually going up on the slopes was also brilliant as well, the skiing instructors we had were exceptionally kind and very helpful throughout the week. It was a real privilege to learn to ski under these circumstances, and I would definitely like to do more skiing if the opportunity were to arise .



Q: What skills do you think you developed ?

A: The trip didn't just involve skiing, I also used the time to develop my social skills by making new friendships with other people on the trip. I also learnt to ski and surprised myself on how fast I picked it up as it looks so difficult to do. I fell many times during the week; you could say my physical and mental resilience was also developed by this.



(Continued from previous page)

Q: Describe some of the evening entertainment for us

A: Every evening on the trip we had some form of entertainment that was really fun. Examples include - ,

-“Bum-boarding”: basically sliding down a gigantic wall of snow on a tiny plastic board. This was fun to do and watch.

-Quiz night, this was not only fun, but it was also very competitive as teams competed for the win!

-On the last night every person got an award based on their personalities as observed during the week.

Q: Should others go if the opportunity presents itself again ?

A: You should definitely go on the next trip in 2021 because it is just one of the best experiences I have had. You will come home with fantastic memories and photos. You will also have a load of laughs with your friends. All of this means if the opportunity arises you should definitely go .You won't regret it.

SCALING THE PEAKS!



Three pupils from Mary Immaculate , Dewi Francis, Ruby Brydon and Jamielea Bennett were granted time off school in April and June to attend training walks up Mount Snowdon .

These trips were part of many mountain walks aimed at honing team work, navigation and survival skills in preparation for a trip to the Pyrenees in August .

On this trip these pupils will ascend the second highest peak in the Pyrenees mountain range. They will be accompanying the 30F Air Cadets .

The group will travel by mini bus to Cauterets in France spending the night in a gite. From there they will walk to a refuge, spending the night up in the hills before summiting the peak.

Well done to all three and good luck in your ascent in August.

ABOUT THIS ISSUE

This issue features several articles from pupils across a variety of year groups, and is the last newsletter of the 2018/19 Academic year.

Many pupils have contributed directly with articles , reviews and photographs. However all have contributed through their participation in the various activities undertaken and we thank them all.

You can also view a digital copy of this newsletter on our website:

maryimmaculate.org.uk

BON APPETIT !

As part of their GCSE, pupils in Year 11 Food Tech were tasked with creating 3 French dishes. Below are example of some of the fantastic dishes that were cooked over the 2 days.

Some highlights were a cheese soufflé cooked by Angel Dominguez and a chocolate fondant cooked by Joshua Hill.

Staff and parents had the opportunity to taste the finished dishes and all agreed the standard was fantastic.



Tres bien Year 11!

A TRULY MAGICAL TRIP



This year the English Department organised the most magical trip of the year. Pupils were spellbound as we headed off to the Warner Brothers Harry Potter Studio Tour to see the magic of the Harry Potter World come to life.

Excited, as if we were taking our first flight on a broom, we set off bright and early. When we arrived the coaches were full of 'oohs and aahs'. Huge monolithic statues of wizard's chess pieces guarded the doors as we entered. Inside there was every kind of magic you can imagine. We saw everything from Dumbledore's office to the spooky forbidden forest that left some shaking at the knees.

The highlight for many was taking some time to eat a butterbeer ice-cream as they explored the infamous Number 4 Privet Drive, the Hogwarts Bridge and the Night Bus. As well as the props and attractions, the gift shop was a real delight, with every Harry Potter themed item you could ever wish for.

"The spiders in the forbidden forest nearly gave me a heart attack! But it was really funny after." - Year 8 Pupil

"Getting a photo flying on a broom was really cool." - Year 7 pupil

So how can you ensure that you get a chance to experience a spectacular and extraordinary rewards trip by our English department?

Firstly, make sure your attendance is 96% or above. This means coming to school every day!

Secondly, you must have less than 10 referrals, being respectful and studious, just like Hermione Granger. What are you waiting for?



Welsh Eisteddfod 2019

On Friday February 22nd, Mary Immaculate enjoyed an early Eisteddfod celebration for St. David's Day. The Welsh, Music and Drama department arranged a day of fun-filled acts including solo and group singers, drama acts and musicians.

There were plenty of opportunities for pupils to enter competitions throughout the past couple of weeks and ACE points were given for each entry. Certificates were given for 1st, 2nd and 3rd prizes from each department on the day.

The pupils thoroughly enjoyed the day and our pupils all behaved outstandingly well.

An excellent co-hosting performance by Carly Rees and Ryan Conway was enjoyed throughout the show by the audience and helped to ensure that everything ran smoothly.

Gwlad, Gwlad, pleidiol wyf i'm gwlad,
Tra môr yn fur i'r bur hoff bau,
O bydded i'r hen iaith barhau.



Pupils were sat in their houses to add a competitive spirit to the day. Points were collated throughout the day on previous competitions they had entered for subjects across the board. The winning house was Badano. Head of House Badano, Miss Link, was very pleased. The Chairing of the Bard was given to Siddarth Yadav in Year 7 for an outstanding poem about Wales.

Da iawn Siddarth!



STUDENT PARLIAMENT NEWS

Wales' First Minister, Mark Drakeford visited our school in February to promote the importance of democracy and young people having a powerful voice. Our student Parliament spent the afternoon in discussion with the First Minister and enjoyed hearing his perspective on a wide range of issues and sharing their own views with him. It was fantastic to see our pupils take such an interest in debate and democracy.

After the visit Mark Drakeford, First Minister, said:

"The voice of young people in Wales is such an important issue and it is crucial that we encourage them to take an interest in political issues and democracy. I am very happy I was able to visit Mary Immaculate High School to meet the pupils and discuss with them the importance of their views and opinions and how to voice them and make them count."

Having the First Minister come to our school was an excellent experience and we are very grateful that he took the time to discuss such important matters with our pupils.



As a school we place great value on listening to our pupils and want them to voice their opinions on what matters to them. Members of our school parliament have had the opportunity to contribute their opinions to wider issues outside of our school by representing the school at Cardiff Youth Council events. These have included a conference at Technquest to contribute their thoughts on how STEM should look in the new curriculum. Pupils took part in workshops looking at brand new technology that could be used in schools.



In January, Sebi and Rhianna met the Children's Commissioner for Wales at a conference in the University of South Wales. They were able to share their ideas on how the rights of young people can be protected and celebrated in schools.

In June, members of our student parliament took part in the Cardiff 2030 education strategy event in City Hall. Pupils heard presentations about education in different parts of the world and considered how this compared to education in Wales. Our pupils worked with pupils from other local schools and made a really valuable contribution towards the pupil voice report for the Cardiff 2030 education strategy, a key document in shaping the vision for education in Cardiff.

We are looking ahead to another busy year for our school parliament guided by Martin Madamidola, our newly elected Head Boy and Ella Curtis, our newly elected Head Girl. Congratulations also to our Deputy Head Boy, Jordan Diaz Moriera and our Deputy Head Girl, Beatrice Melendez. Next year will also see the introduction of our new pupil leadership team of Cai Pugh, Jak

Kamphenkel, Alexia O'Sullivan, Elle Mordecai, Elliot Morrissey and Kia Jade Thomas. Congratulations to all pupils on your appointments. Representatives from the other year groups will be elected when we start back in September.



YEAR 10 MOCK INTERVIEWS

At the end of June, Year 10 took part in the annual Mock Interview day. This involves all pupils in the year group producing a CV and completing an application form before being interviewed by employers from a number of different sectors. This year employers included Capital Law, Principality Building Society, Lloyds Bank, Barclays Bank, Vinci Construction, Department for Work and Pensions, Rubicon Dance and the Copthorne Hotel. All pupils dressed in business wear and were extremely smart and professional throughout. The feedback from employers at the end of the day was superb and included;

"What an absolute pleasure this was. Every child was polite, prepared and performed excellently during the interview. I was genuinely impressed by all of them. A credit to the school" Capital Law

"The school put on a great day for the Year 10 mock interviews. The standard of the application forms was great but even more pleasing was the professionalism that was brought to interview by pupils. I've thoroughly enjoyed my day here at Mary Immaculate and it has been great interacting with such a variety of children on what was a well put together and invaluable day for both parties" Principality Building Society

"Excellent day! Students were extremely well prepared and had put a lot of effort into their performance and presentation. Great to hear some fantastic aspirations from your young people and some budding candidates for Cardiff Youth Council" Schools Advisor DWP

"I have thoroughly enjoyed my day at the mock interviews. The students I have met have been very engaging and a lot of fun to talk to. There are some exceptionally intelligent students here who will go far in their careers. I think a mock interview day is very beneficial as it helps build life skills and I wish I had the opportunity to do this in school as first interviews are terrifying. Students were excited and hopefully learnt things about themselves to take forward" Copthorne Hotel

Well done Year 10, Da iawn!



ART AND DRAMA'S FANTASTIC LONDON EXPERIENCE

The Art and Drama department took a trip to London to experience one of the biggest art museums in the UK and a fantastic musical!



Miss Gallagher, Mrs Dyer, Mrs Weare and Mr Troote took 31 pupils by coach to London for an overnight stay. On day one we left school at 8am and arrived at the Victoria and Albert Museum at 12.30pm. We were given a fantastic tour by a guide named Boe who explained lots of different exhibitions and artefacts to us. We then took a walk down one of London's busiest streets and spent some time in Harrods. Harrods is one of the biggest, busiest and most expensive shops in London and although we didn't buy any designer handbags, we got to try lots of chocolate and admire all the fancy cupcakes!



In the night we had a lovely meal at Planet Hollywood. The restaurant played lots of fun music and filmed our table singing and dancing to Mr Troote's delight. We then walked to the Prince Edward Theatre to see Disney's "Aladdin" the Musical. The musical was absolutely fantastic, every pupil and teacher (including Mr Troote) sang and danced along to the amazing show!



Day two we travelled by coach to Covent Garden. Covent Garden is a fantastic place to shop, eat and watch the street performers. The pupils had the chance to explore the market and buy presents and treats, then we got back on the coach for a (very long) journey back to Cardiff.

Overall, a fantastic opportunity and a wonderful visit!

The logo for the Victoria and Albert Museum, consisting of the letters "V&A" in a stylized, serif font.

THE CHAPLAIN'S CORNER



Lent and Easter were busy times for the school. After the Ash Wednesday Service each class committed to a project over the Lenten period. Some sponsored the Lay Chaplain to raise money for a defibrillator, other's brought in food to pass on to the local food banks.; some supported cancer charities and the list went on.

Congratulations to all those who helped in any way. The Lay Chaplain completed his sponsored walk and enough money was raised to purchase the defibrillators. One of these will be presented to St. Patrick's primary school hopefully before the summer break. Watch out for more news on this in the next Newsletter.

The culmination of Lent was our Easter celebration. Congratulations to all those who took part, especially the Year 6 pupils from our feeder primary schools. Special thanks to the Heads of the Religious Education, Drama and Music departments for all the help they gave in making this a wonderful celebration. If you missed it don't worry, we will have another one next year.



However, watch this space for news about our Christmas celebration.

Congratulations to Year 7 who, this term completed a course on Mindfulness. We will continue some more sessions next year and hopefully it will enable the pupils to deal with exam nerves and contribute to helping with their mental health.

FAIR TRADE MISSION

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, wear and use should get paid enough to live on and a chance to improve their lives.

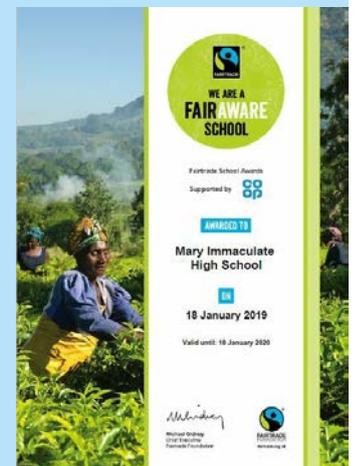
Fairtrade means better prices, better working conditions and support to develop local communities in some of the world's poorest countries.

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 Fair trade 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. As a result, Mary Immaculate High School is now a FairAware and FairActive School.





CLASS CHARTS APP

We use innovative technologies to help enhance the learning experience for our pupils at Mary Immaculate High School. To help pupils keep track of their progress in school they can download the Class Charts App. Once logged in, pupils will be able to see up to date information on the following key areas of their learning:

BEHAVIOUR

Pupils will be able to see positive and negative behaviours reported by their teachers. They can keep track of their progress over the term and be reminded of any detentions that have been set by their teachers.

The Class Charts App can be downloaded from the IOS store and Google Playstore. The QR codes below will take you directly to the app.

HOMEWORK

Homework is an important part of learning at Mary Immaculate High School and pupils can expect to receive homework regularly from their teachers. Homework tasks can be accessed via the Class Charts App or by following this link:

<https://www.classcharts.com/homework/calendar/Mary-Immaculate-High-School>

There is also a link to this on our school website. Pupils will be provided with the learning resources needed for each homework and a guide to how long they should spend on each piece of work. Pupils will not have a planner.

REWARDS

Each time a pupil receives a positive referral from a member of staff they will be awarded balance points. Pupils can keep track of their points through the Class Charts App and use it to access our rewards store. Pupils can then use their points to select rewards that can then be collected in school.

Download for iOS
Devices



Download for
Android Devices



JUST BE SMOKE FREE

BYW BYWYD | JUST B

Year 8 Smoke Free Programme

This new programme specifically designed for pupils in Year 8 has three core elements drawn from international evidence of effective interventions to reduce the uptake of smoking in children and young people.

Research has shown that smoking among young people is a group activity and that one of the predictors of a young person taking up smoking is their peers' smoking behaviour.

Public Health Wales worked with Year 8 pupils to enable them to discuss the risks of smoking and the benefits of being smoke free. Volunteers then put themselves forward to become "ambassadors".

These ambassadors first completed a tobacco audit and were offered guidance to ensure they were undertaking a whole school approach to tobacco control. The aim is to build a community of young pupils within the school that are knowledgeable about the damaging effects of the tobacco industry and are empowered to inform other pupils about them.

The ambassadors then attended a two day training course which covers a wide range of issues and topics relating to smoking and tobacco including:

- The health, environmental and economic effects of smoking.
- The tobacco industry, tobacco production, advertising, illegal tobacco and the tactics used to recruit young smokers.
- Working as part of a team and developing effective communication and decision making

The ambassadors then become knowledgeable, skilled and confident to talk to their peers about smoking and being smoke free. The ambassadors are also supported by a specially designed web based app which helped them disseminate messages and record their smoke free conversations with their friends.



A crucial part of the development of the programme has been the engagement with young people. They have been involved in every element of its development including the name, logo and app design. Their feedback is being used to shape and develop the programme content.



If you need SmokeFree advice, please contact one of the MIHS SmokeFree Ambassadors.

Cael help i roi'r gorau i ysmegu



TOY STORY 4

TOY STORY 4

PIXAR\WALT DISNEY

I thought "Toy Story 4" was really funny and entertaining. I think some of the details were a bit "extra," but other than that I thought it was great.

Forky was definitely my favorite character, although Duke Caboom was also quite funny. The reason I liked these characters is because they were really developed. Duke Caboom was not as major a character as Forky was, but in the little time they had to introduce his character, they squeezed in a lot of laughs. Over all, I rate this movie four stars.

"Year 7 pupil"



SUMMER WORD SEARCH!



Word List

CATERPILLAR	NEST	SPIDER
CLOUDY	OUTSIDE	SPRINKLERS
FARMER	PETALS	SUMMER
FISHING	PICNIC	TEMPERATURE
KITE	PUDDLES	WATERMELON

AWARDS EVENING 2019

On a warm Thursday Evening in July, hundreds of pupils and their families joined us in the Sports Hall for our Annual Awards Evening. It was lovely to welcome back the Class of 2018, who were presented with their GCSE certificates. Pupils from each Year group reviewed their year and reflected on all that they had achieved in the last 12 months. Mr Powell reminded us of all the successes we have enjoyed and the continued strive for excellence that Pupils, Staff and Governors at Mary Immaculate are all working together to achieve.

This year, we introduced a new award, donated to the school by Mr Peter Cochlin and his family, in memory of Mrs Julie Cochlin, former Head of Maths at Mary Immaculate, who died last year. The award was given to the pupil in the class of 2018 who had made the most progress in Maths. The first recipient was Emily Rohman. Miss Allen told of her commitment and determination to succeed and how her hard work had been rewarded when she gained two C grades in Maths and Numeracy, exceeding her target.

The choir, once again thrilled us with songs from two musicals and the evening was a true celebration of all that we continued to achieve as a school. Thanks to all those staff who contribute to making this evening a success. A special thanks to all those pupils who give of their best each and every day and who were, once again, recognised and acknowledged during the evenings celebrations.

Year 7 Pupil of the Year	Jenna Jones
Year 8 Pupil of the Year	Benjamin Wilcox
Year 9 Pupil of the Year	Leah O'Connell
Year 10 Pupil of the Year	Alana Date
The Bridge to Success Award	Ellie Mordecai
The Art and Design Award for outstanding work in Year 11	Elise Jones
The Performing Arts Award for outstanding performance	Jacques Marquis
The Father Fahy Trophy for outstanding sporting achievements	Elise Churchill
The Rotary Shield for all-round contribution to the school community	Oreoluwa Egbetola
The Rotary Shield for all-round contribution to the school community	Shandes Kafle
The Norah Hitchen Award for most progress made in school	Ryan Batten
The Father Christopher Delaney Award for resilience	Cerys Pellow
The Lauren Leigh Powell Award for Inspiration	Ella Curtis
The Julie Cochlin Award for most progress made in Maths	Emily Rohman

the MARY IMMACULATE SPORTSLETTER

The latest sporting achievements from MARY IMMACULATE HIGH SCHOOL



SPORTING ACHIEVEMENTS

Congratulations to Year 10 pupils Mackenzie Martin and Jack Grant (inset) on their selection for Cardiff Blues U16. After coming through a rigorous selection process including numerous trials and games they will represent the region for the 2019/2020.

Likewise, we also congratulate the following pupils;

Lennon Talbot ,Year 7 Romero

Adam Coomer, Year 9 Teresa

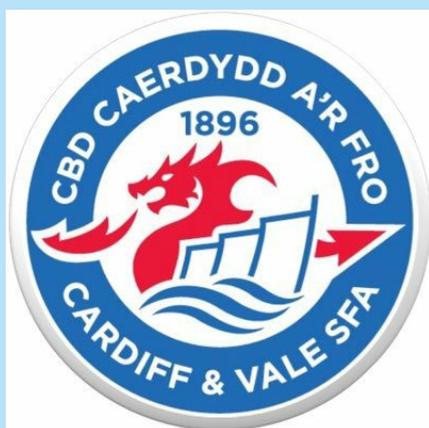
Josh Rasis ,Year 9 Badano

Jak Pride, Year 9 Romero

Freya Nurse, Year 7 King

Tia Dwyer , Year 7 Kolbe

They have all gained selection for Cardiff and Vale Schools football teams for the upcoming season, and will represent the county in the national championships.



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

(Continued from back cover)

finishing in the top 10 of such a prestigious competition. Victoria Sankah matched Martin's achievement of achieving 3rd in the county. Victoria competed in the high jump, long jump, 80m hurdles, shot putt and 800m. Strong performances across these events allowed her to amass enough points for a podium finish.



Sports Day took place on a scorching hot Friday 28th June. This involved pupils selecting their favourite activities from a huge list of 15. This included traditional games such as rugby, netball and basketball as well as those new activities that are now making their way onto our curriculum, including zorb football, ultimate frisbee and yoga. In the afternoon, pupils competed in Houses across a number of athletic events including 100m, 200m, 800m and 4x100m relay. It was a great day with lots of fun and competition and with the hot weather it was nice to see everyone sun-screened to the max whilst enjoying the day. No doubt some cracking sun tans were had !



Zorb football action



As representative rugby and football squads go through their trial process ahead of the upcoming season, we would like to wish Mackenzie Martin, Jack Grant and Cody Eltringham the best of luck as they endure a tough selection process for Cardiff Blues U16. Cardiff and Vale Schools football trials took place during June with thousands of boys and girls from across 30 high schools competing to be selected for next season. After a number of trials we'd like to congratulate Tia Dwyer, Freya Nurse, Lennon Talbot, Jak Pride, Josh Rasis and Adam Coomer on their selection for Cardiff and Vale Schools.



The end of another successful sports day



The sound shack A.K.A. Mission control

STOREY ARMS EXPEDITION 2019



StoreyArms 2019



In June a number of our Year 9 pupils headed to Storey Arms for a residential weekend. Those that attended were aspiring GCSE PE pupils and did so in preparation for the practical activities they will experience in years 10 and 11. Despite it being summer we got our usual dose of June wind and rain whilst there, which heavily influenced the activities we could do. However, all pupils still had a great time taking part in rock climbing, caving, gorge walking, cliff diving, orienteering and mountain walking. We look forward to our next trip for Years 10 and 11 in October.

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

the MARY IMMACULATE SPORTSLETTER

The latest sporting achievements from MARY IMMACULATE HIGH SCHOOL



This term has seen PE turn its attentions to summer sports including tennis, baseball and athletics. Clubs have been running in all three activities as well as brand new cricket and American Baseball clubs which have been coordinated by Year 10 pupil Elliot Morrissey. These have been really popular with pupils from all year groups and we look forward to playing our first American Baseball fixtures against some local schools before the end of term. We also have Welsh Baseball tournaments coming up for years 7 to 10 against Corpus Christi, Llanishen and St Illtyds.

Athletics has dominated the extra-curricular scene for the most part with competitions for pupils in all year groups. There have also been some superb performances from individuals and teams at county championships over the past few weeks.

These include the Year 9 and 10 boys' teams qualifying through the preliminaries and eventually finishing 3rd overall in the 2nd final.

This was a strong finish for us and was helped along by strong performances across a number of events including the 100m which was won by Lord Isay, the 200m won by Martin Madamidola and the shot putt which was won by Mackenzie Martin.

Both Martin and Mackenzie have had very strong summer seasons winning their events in both the preliminary and final stages of the cup competition. More impressively they both broke long-standing school records. Martin broke the 200m record which had stood since 1993 setting a new best of 24.8 seconds. In the shot putt Mackenzie broke the previous record set in 2005 with a distance of 12.66m. Martin backed this performance up by finishing 3rd at the county combined events competition. This is a real test of an athlete as the boys must compete in five events; 100m hurdles, long jump, 200m, shot putt and 800m. Martin performed exceptionally well in all of these events to claim such a high overall placing. Jack Grant also competed in this competition and finished 10th. It's a fantastic achievement to have two boys **(continued inside)**



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