



## CHALLENGING OUTER MONGOLIA

**D**uring the summer holidays five intrepid explorers from Whitchurch High School ventured deep into Mongolia in search of the ultimate in hardcore travel experiences. This is their story!



Mark Gambold (Physics teacher), Ed Goode, Kate Lynch (Year 13), Hannah Walford and Bill Williams (Year 12) joined forces with Axton Chase and Woodbridge High from London on a 32 day expedition to China and Mongolia. The expedition was led by World Challenge, a highly experienced organisation who specialise in world wide adventures.

The team left Heathrow on the 20 July for Beijing (China) and then on to Ulaan Bataar (capitol of Mongolia), where supplies and equipment were gathered. A three day journey across plains, mountains and desert took us to Rechenlum, a small village near the Russian border. The team, accompanied by Mongolian wranglers trekked for 5 days on horse-back through the wilderness, cooking on open fires, washing in rivers and camping under the stars.

On returning to Rechenlum the team worked for five long hard days to build a greenhouse for local school pupils who had never seen such a building! (Cheers Ed!). The project was a huge success (Please see Chris Harris, D&T for lessons).

The last part of the expedition involved trekking for 5 days with pack horses across mountains up to an altitude of 3000m over a pass to the largest mountain lake in Asia and a well earned swim!!



To finish off this awesome adventure the team spent 5 days chilling out in Beijing, soaking up the culture, exploring the Great Wall and Forbidden City, kite flying in Tienemen Square and shopping for pressies in the Silk market.

The team all experienced the opportunity of a lifetime and miss all the new friends that they made and the places they saw. It truly was a World Challenge!

If you would like to experience the adventure of a World Challenge and are presently in Year 10 or 11 and would like to join World Challenge 2: the Himalayas, please contact Mr Mark Gambold, Science Department. (Rm 117)



Genghis Khan fight, Ed can't!

Our newsletter this term is packed full of information about activities and events that have taken place recently. It also highlights some of the special achievements of our pupils. One of our key aims at Whitchurch is that each pupil should receive a broad education, with every opportunity for them to develop their skills and talents.



In our recent examination results newsletter we highlighted the excellent academic achievements of our pupils. Many of the features in this newsletter show pupils' wider achievements, including trekking in Mongolia, abseiling from the roof at the Millennium Stadium for charity, filming, debating and organising mock elections.

Music and sport, of course, are key features of our wider curriculum. On the music front we were delighted when our school wind band won the Music for Youth "Highly Commended" category at this year's competition held at the Festival Hall in London. They were subsequently invited to feature as the opening item at the annual Schools Proms, held at the Albert Hall. A very proud moment for everyone.

Our PE Department is always very busy during lunch periods and after school, coaching teams and taking part in competitions. Winning the u14 Welsh Schoolboy Hockey Championships this year was a major achievement. The boys in the team, and their coach Neil Potter, can feel justly proud of their efforts in reaching the final and in securing the trophy for the school.

One of the key skills for life is the ability to work with others, and in particular to work as part of a team. Many of our departments in Whitchurch, like PE and Music, are at the forefront in helping pupils to develop this important life skill.

This term a new PTFA Committee has been elected. In the chair is Tracy Evans, who is keen to see more parents participating in PTFA activities. So please do your best to support this dedicated group of parents who work tirelessly for the school in raising money, and in helping to maintain a link between parents and teachers.

Finally, I would like to welcome the parents of pupils who have joined the school this term. I look forward to meeting you during the year ahead at parents' evenings and other school functions.

Gareth Matthewson  
Headteacher

## SUN SPOTTED AT WHITCHURCH

Pupils in the Year 7 Science Club have been fortunate enough to use a special Solar Telescope to view sun spots and monitor them. The equipment was purchased from a grant awarded to the Science Department from National Science Year, Wales. Although the weather has not been that reliable we have managed to find the sun and track some spots. We are now in the process of calculating the orbit time of the Sun. In the future the Science Club plans to observe other astronomical bodies. Happy star gazing!!!!

**WARNING:** Looking at the sun without special equipment is very danger

Eric Coombes  
Head of Physics



## JUBILEE CELEBRATIONS

A sixth form pupil has been mixing with royalty this year. Rachel Morgan tells her story.

*"In July, I was privileged enough to be chosen from our school to be at the Queen's Jubilee visit to Cardiff. I was representing the school in the "VIP" viewing area. I was chosen because of the charity and voluntary work that I have done in and out of school. I was lucky enough to stand very near Her Majesty and spoke to the Duke of Edinburgh. We then went into the City Hall for a Civic Reception which was wonderful! When we went outside again, it was raining. However, the Queen still came out of her marquee, complete with see through umbrella! I was then standing very close to the plaque which she unveiled with the Lord Mayor of Cardiff, Russell Goodway. This ended her visit of Cardiff and everyone waved her and the Duke of Edinburgh off on a safe journey home".*

Rachel Morgan  
Year 13

# NORMANDY LANDINGS



Pupils at the Eiffel Tower

On Monday 1 July 3:00am, 50 history pupils and 5 teachers eagerly left Whitchurch High School en route to Normandy, France, to get a better insight to how the D-day landings took place on June 6 1944.

When we arrived later that day after a six hour ferry crossing and coach ride we went straight to Arramarche, the Museum of Embarkment, where we looked at the different displays and then viewed a short film capturing the essence of the landings.

We then headed to the 360° cinema in Arramarche, which contrasts modern day with 1944 Normandy, where we can see the effects and aftermath. This was particularly moving as the images were perfectly timed to music and sound effects to create a solemn but realistic recreation. We then retreated to the youth hostel for the night.

On Day 2 we visited the British Cemetery and Omaha beach. This cannot be described in words, it has to be visited. The number of graves at both sites needs to be seen to be believed. We then visited the Peace Memorial at Caen. Back at the hostel we embarked upon a few games of tennis and football and even twister.

On Day 3 we made an early start, we were leaving for a 3 hour drive to Paris. Once there we went on a boat trip on the River Seine, visiting all the main sites including the Eiffel Tower, which we later ventured to the second floor of, revealing great views.

We got back to the hostel quite late but we still managed a group karaoke of "You're the one that I want" from Grease.

On Day 4 we packed up as we were departing that day and we visited a french hypermarket for a well needed shopping spree! After leaving, we had a surprise visit to Sword beach, one of the British landing beaches. Being a beautiful day we lazed on the beach before boarding the Portsmouth ferry.

The trip was brilliant and a big thank you is owed to all the staff involved.

Lucie Deacon, Aneka Jugessur, Kirsty Wilsher



The American Cemetery at Omaha Beach

## MUSICAL YOUTHS' TRIP



Few professional musicians have the chance to perform at London's Festival Hall, but a group of our talented teenagers did just that.

Whitchurch High School Wind Band was chosen from groups across the country to take part in the Music for Youth National Festival, Europe's largest youth music event.

Around 45 pupils performed a medley of songs from Miss Saigon and were awarded second prize against tough competition

Eric Phillips, Head of Music said "It was an honour to be invited to the festival". "It was a once-in-a-lifetime experience for our pupils to play in such surroundings".

Pictured are some musicians from the Wind Band. Congratulations to them all.

## TV DANCING STARS

Whitchurch pupils participated in filming with a Welsh film company during the October half term. The pupils, who perform with the Debbie Chapman dancers will be featured in a programme to be transmitted by HTV on Christmas Eve.

Pictured are Jessica Good, Laura Williams and Tom Veasey (whose seventies wig must be the envy of all teachers who remember that decade!)



# OUR SCHOOL TRIP TO FRANCE

For two weeks in October, we (the IB Year 13 French class) had the opportunity to test our skills on real life French people. The four of us, with our energetic teacher Madame Munro, travelled to Normandy by coach to spend a fortnight staying with the families of our penpals. We arrived in Neufchatel-en-Bray to be greeted by the first of many rainstorms. But the weather couldn't dampen our spirits.

During the first week, we spent the mornings in the local high school with our penpals, sitting in on their lessons in economics, philosophy and English (very weird). In the afternoons we went to our work experience placements (café/bookshop/electrical shop and primary school).

The trip certainly helped with our French and thanks to out to all those who gave us the opportunity to take time off from school to take part in such an amazing experience.

Grace Ferguson-Thorne, Dan Harris, Rachel Lahey, Helen Price.

# THE WIMBLEDON EXPERIENCE

My day at Wimbledon was on the second Tuesday, July 2 2002. The matches to be played on that day were V.Williams (USA) versus E.Likhovtseva (RUS), M.Seles (USA) versus J.Henin (BEL) and Doubles D.Prinosil (GER) and M.Knowles (BAH) versus D.Riki (CZE) and D.Nestor (CAN).

I was lucky enough to watch the final set of the unfinished match from Monday of X.Malisse (SWI) against G.Rusedski (BR).

Due to rain delaying the Williams versus Likhovtseva match it was interesting to see the work involved in taking the covers off Centre Court.

Also due to rain interrupting the Seles-Henin match I had the opportunity to get autographs, visit the museum and have a look around Wimbledon in general.

Although it rained now and again I had a wonderful and thoroughly exciting day at Wimbledon.

Ceri Williams  
Year 11

# A JAPANESE VISIT



A delegation of 22 Japanese visitors arrived on Wednesday 30th October. All were teachers or Headteachers in the Kagawa Prefecture which is located in the North Eastern part of Shikoku Island in the South West of Japan.

They were keen to learn more about British education and were spending one week in Cardiff and one in London. During the day they observed a Biology lesson with the use of the interactive whiteboard, a lesson on Shakespeare and an IT lesson in Lower School. Finally, the group observed a Geography lesson in which they showed particular interest in the teaching of thinking skills and were looking at ways to broaden and liberalise the curriculum in Japan. They presented the 7R Geography class with letters from children in their schools. 7R have now written replies saying what they are covering in Geography and providing information about themselves. Who knows what will develop from this!

The delegation were fascinated by the fact that the class were handing in models made to represent length and contour lines and were further amazed that these had been completed outside school hours with materials supplied by the pupils themselves.

They showed considerable interest in the fact that within all our classes pupils were working at different speeds and at differing ability levels and explained that children in classes in Japan all progress at the same level and speed.

They were surprised that pupils had a choice of subjects from Year 9 and at the enormous range of options available to students in Year 10.

Gifts were exchanged at the end of a very full day and the group left with an abundance of documentation.

On their final evening in Cardiff the delegation invited a group of 9 senior staff to the Holiday Inn for a presentation and meal. This was followed by a somewhat remarkable session of Japanese 'party games'. The senior management team of Whitchurch have truly never experienced anything like this!! There is rumoured to be a black market in photographs!!

Heather Guy  
Deputy Headteacher

# LEARNING FROM EACH OTHER

Over 300 teachers gathered together on November 8 at Whitchurch to discuss what is being taught at each Key Stage of our pupils curriculum and ways in which the transition from Primary to Secondary can be made to be as smooth as possible. Teachers from Whitchurch and our feeder Primary Schools had a very positive and constructive day gaining a greater understanding of the demands of each other's jobs and sharing ideas and teaching strategies.

# THE ISSET COMPETITION 2002-11-05

ISSET is the International Space Science Education Trust which runs an annual competition to encourage students' interest in science. Last April, Year 11 pupils Randall Smith and Tom Hedges, together with Ona Flindall from Year 12 successfully entered the competition and won the chance to take part in a trip to the NASA Space Centres in Cape Kennedy and Houston, USA. The group was made up of other competition winners from all over Wales and England. Mr Spear from the Physics Department also came along to enjoy the free food!

Over the course of the two weeks we were taken on tours of the space centres as well as other facilities such as the Florida Solar Energy Centre where they are doing lots of research trying to find more eco-friendly ways of powering homes. However, for most people, the highlight of the first week was meeting engineers and astronauts involved with the space program; we were given the opportunity to hear them speak and were able to ask many thoughtful questions like, "How do you go to the toilet in space?" We attended a talk from a real life astronaut, Sam Durans, whose work in space helped to prove the Big Bang theory.

On our fifth day we were due to see a shuttle launch; the mission of this flight was to install the first of nine trusses on the International Space Station. These trusses are the first part of the expansion of the Space Station that, when it is finished, will be visible in the sky during the day. Unfortunately, the flight was postponed due to a hydrogen leak, however if all went well we stood a chance of seeing the launch on the Sunday before we left for Houston.

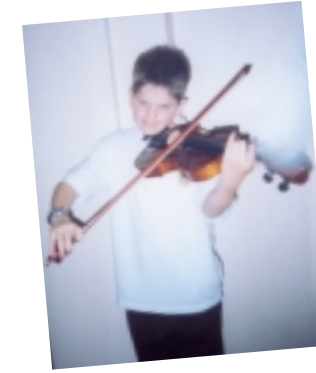
During our time at Kennedy Space Centre we were taken on tours of the rocket garden where we were able to walk along the same gangway that the Apollo astronauts walked on. We saw the shuttle on its launch pad (albeit 3 miles away) and stood next to a Saturn V rocket, the rocket used in the Apollo missions.

We truly had a fantastic week and all felt very privileged to have been able to see such amazing things and speak to people directly involved with the program. The launch had been postponed to the day we flew out to Johnson Space Centre, as the flight began and people started to enjoy the in-flight entertainment, the captain came over the tannoy and advised us to look to our left. There was the shuttle flying through the air on its way to International Space Station, and, after all, we had the best view of the launch. However, some of the group were caught napping, literally!



Randall Smith  
Year 12

# COMMUNITY CONCERT



Whitchurch High school invited its local residents to a free concert on Thursday 14 November 2002 as part of National Inclusion Week. This concert is an annual event in memory of Matthew Pasley a Whitchurch pupil who died in 1989 whilst in Year 8. Matthew was a talented cornet player

and made a valuable contribution to the musical life of the school. Every year a concert is held at which the Lower School Orchestras and Choir perform and an award is presented to the outstanding Lower School musician. This year the winner was Thomas Graff (pictured).

Matthew's parents attend the concert every year, pleased to know that their son is still remembered by the school.

National Inclusion Week is part of the Centre for Studies on Inclusive Education's bid to encourage schools to involve communities in their activities.

Whitchurch High School is renowned for the high standard of its musical concerts.

On Tuesday November 5, the School's Senior Wind Band consisting of some 60 players, performed in a Schools Prom Concert at the Royal Albert Hall. They were invited as a result of the Highly Commended Award they received at the National Festival of Music for Youth held at the Royal Festival Hall in London last July.

Congratulations to all the pupils involved in these prestigious events.

# CITIZENS OF THE 21ST CENTURY

Pupils in 9H staged their own General Election after participating in "Citizenship" lessons as part of the PSHE curriculum. They discussed the roles of local councillors, members of the Welsh Assembly and MPs before producing their own candidates for election. Thanks are given to Tom Carter who provided a brilliant improvised commentary on the event.

(In case you are wondering, Labour had a landslide victory!)



Pictured are Katherine Musa (Plaid Cymru), Paul Fisher (Labour), Mark Ions (Liberal Democrat) and Rebecca Deacon (Conservative)

# NEW STAFF



Welcome to the following new members of staff who have joined the School this term:

Simon Major	Biology Department
Paul Hughes	Mathematics Department
Michelle Perry	English Department
Karen Jordan	Business Studies Department
Mal Evans	Chemistry Department
Kirsty Heavyside	English Department
Monica Brown	English Department
Catrin Lewis	English Department
Emma Martin	ICT Department
Jenny Lemon	MFL Department
Rachel Attwell	PE Department
Janet Allen	PE Department
Claire Hollings	RE Department
Bethan Turner	Welsh Department
Jane Savage	Special Needs Department
Kevin Mulford	D&T Department
Victoria James	Sociology/Psychology Department

We said goodbye to the following colleagues at the end of last term, thanks are extended to them all for their hard work during their time at the school.

Sian Elin Griffith	Maths department
Joanne Jones	English Department
Angela Luxmore	Economics/Business Studies Department
Wilf Bryant	Chemistry Department
Kathryn Thomas	English Department
Lynn Morgan	English Department
Richard Baker	ICT Department
Carys Lloyd	MFL Department
Johanne Williams	PE Department
Sophie Clayden	RE Department
Eleri Shepherd	Welsh Department
Eileen Young	Special Needs Department
Julie Lanigan	D&T Department

## A NEW CAREER FOR OWEN EAMES



In the summer term Mr Owen Eames, Head of Careers retired after 30 years at Whitchurch. His teaching life began with Maths and PE, but sport was always a major interest both inside and outside school. As well as coaching school teams he played for Clwb Rygbi for many years and

## WHITCHURCH SAYS FAREWELL TO A RARE SPECIMEN



At the end of the summer term, the rare specimen of the almost extinct species *Brindus peterii* (commonly known Peter Brind, Head of Biology) was sadly relocated to more favourable conditions of semi-retirement. The specimen needed special attention, uprooting him from his position at the front of the Biology department

after 13 years, and he was relocated to the Bahamas for two months. Since then, the unique *peterii* has been re-rooted back in Cardiff and is spreading his roots and branches into helping the growth of young Christians. The specimen can still be seen in Whitchurch High School from time to time when *peterii* visits to give one of his famous assemblies.

It was with great sadness that we said farewell to such a special specimen since we in the Biology department, and throughout the school, had become very fond of him. Certainly, we valued and respected the great contribution that *Brindus peterii* had made to the nurturing and development of thousands of younger specimens that had made their way through Whitchurch High School throughout the years he spent here. The Biology department will greatly miss him as head specimen and everyone at the school wishes him all the very best that life holds so that this specimen may continue to flourish.

Ceri Taylor Ball  
Head of Biology

was also Manager of the Welsh Swimming team. He was a stalwart of the staff cricket team – a mighty hitter when the occasion required but also played a deft late cut and kept wicket. Owen gradually moved into the Careers department eventually becoming Head of Careers. He had a huge commitment to the pupils of Whitchurch High School and was always keen to give them good quality work experience and honest advice about their future plans. He was a perfectionist both in his work and now in his leisure – though now it's golf rather than cricket or Rugby which gets his attention!

In Owen's final year at Whitchurch he played soccer for the school staff and broke his elbow! He will be greatly missed by pupils and teachers and we all wish him well in his retirement.

Colin Morgan  
Head of Economics/Business Studies

## DEBATE CLUB SUCCESS



Pupils of the debating clubs are pictured with Sarah Brown of the English Department

Since April two very successful debate clubs have been running in the school, one in Upper School and one in Lower School. These clubs are always interesting and enjoyable and are very popular.

At the end of the last school year, two evenings were held to celebrate the achievements of pupils in these clubs, sponsored by Cardiff Breakfast Rotary Club.

Six teams took part in the Lower School competition, an excellent response from our younger pupils. The winners were Adam Johns (now 8H), Timothy Johnson and Alan Jones (both now 8L), with their motion "Ban the World Cup", a very topical and controversial subject at the height of the 2002 football competition.

There were five teams taking part in the Upper School debate, where competition was fierce. The final victors were Matthew Barry, Hannah Walford and Sara Nourizadeh, who have now all joined the sixth form, with their motion "The Royal Family have had their day". The judges were also very impressed by the runners-up, Sian Evans (11C), Danielle Burke (11B) and Aneka Jugessur (11B), who debated the issue of legalising cannabis.

All pupils who took part in the competition should be congratulated for their hard work and dedication. We would also like to thank the Cardiff Breakfast Rotary Club for their support in the events.

Debate clubs will continue to run this year so whether you are an old member or a prospective new member, come along and join us.

Lower School Tuesdays 12.45pm Room 51  
Upper School Thursdays 12.45pm Room 185

Sarah Brown  
English Department

## ECHO NEWS

On Wednesday 9 October an Editor from the South Wales Echo and the Education Officer came into school to talk to the Media Studies group about how to make their paper appealing to young people.

The Whitchurch pupils gave them some sound advice which included reviews of pop concerts, sport and less "boring" news! We wait to see if the advice has been taken on board!

# SUMMER SPRINGBOARD 2002

During the first two weeks of the school summer holiday, a literacy scheme took place in the Lower School Library. Thirty current Year 7 pupils attended the scheme, which was aimed at easing their transition from primary to secondary school as well as improving their literacy skills.

The two-week programme based on the Harry Potter collection of books was organised by Mrs Lyn Mills and run by Mrs Lyn Morgan and Miss Sarah Brown.

Pupils, despite having to attend during their summer holidays, were enthusiastic and hard working. Activities organised included IT and literacy exercises, a visit to St Fagans and visits from Leon Charles, a rap artist, and a cricket coach.

The scheme was very successful and beneficial for the Year 7 pupils.

Thanks must go to the current Year 11 pupils who acted as mentors in the scheme.

Sarah Brown  
English Department

## THE SOUND OF AFRICA

Recently, a renowned and respected musician from South Africa, Trevor Sampson, visited the school. He spoke about how drug abuse and gang warfare is rife in the townships and his latest venture to try and contribute to something in the community. He has set up an academy "The Sound of Africa" to enable young people to train as musicians and give them a sense of purpose. Trevor has been over here to raise funds and collect instruments. **If you have any instruments that are not being used and in good condition, please donate them to the South of Africa and take them to Lower School/Upper School main offices or the Music department.** Hopefully next Autumn, Trevor will be bringing back a band of musicians to play at Whitchurch High School who have trained on the very instruments you donate!

## OVER THE TOP

In the summer term one Year 7 pupil raised £250 for Marie Curie Cancer Care. The event was a sponsored abseil from the roof of the Millennium Stadium. At the age of 12, Jenny Jenkins of 7L was the youngest person to take part. Anxious supporters waited in the stands to watch her appear over the edge of the roof, slide down a 150ft rope and finally touch down on the hallowed turf.

*"The worst part was going over the edge, but after that it was fun!" said Jenny.*

Congratulations to Jenny on her impressive performance.

## I WENT UP TO LONDON TO MEET THE QUEEN



Athela stands behind Prince Charles

Whitchurch High School's RE department was nominated to send a representative to a major young People's Faith Forum in London in June. This was a great honour as our pupils' would represent the whole of South Wales. 'A' level Religious Studies student Athela Hussein describes the experience.

In June, I was invited to attend the Golden Jubilee "Young People's Faith Forum". I had been selected as one of 80 young people across the country to attend the Forum at St James Palace and then a reception at Buckingham Palace in the evening. The objective of this Forum was to increase awareness and understanding between the 9 major faith communities in the U.K. I would be representing the Muslim Community.

On the first evening, all 80 of us met and got to know each other. We were split into 10 groups of 8, each person a representative from a different religion and greeted by the Secretary of Culture.

In the morning we made our way to St James Palace and began discussing questions about faith, worship and community which we had been sent in advance. We would discuss these topics within our groups then get back as a whole and debrief each other on what had been discussed. We ended by listing ways of increasing tolerance between different religions.

The Prince of Wales then arrived and spoke to us about the day and what we'd talked about. A group photograph was then taken of us with the Prince and James Naughtie, who'd chaired the Forum.

We then made our way to Buckingham Palace where a reception was held by the Queen for us and 700 representatives from the nine major faith communities. There were many famous and influential people at the reception. I managed to speak to the Archbishop of York, the Editor of the Muslim News as well as the Queen and Prince Philip.

Attending the Young People's Faith Forum was an amazing experience where I met many interesting people and learned about things I wouldn't have normally thought of.

**Athela Hussein**  
Year 13D

## COMPETITION WIN THE COUNCIL FOR CHRISTIANS AND JEWS



The Council for Christians and Jews was formed in 1942 as a response to the dreadful atrocities of the Holocaust in the second World War. The organisation

exists to promote harmony between people of different cultures and to combat prejudice and discrimination in society. To celebrate its Diamond Anniversary a competition was run across Britain encouraging pupils to produce posters showing how their school makes links

with the community and breaks down the barriers of intolerance in society. Year 9,10 and 11 RE pupils produced some wonderful posters and twelve of these were chosen by the RE department to be sent off for the competition. We are pleased to announce that Whitchurch was awarded joint first prize and on November 6 Mrs Anthea Parker travelled to London with Kyle Smith and Jessica Good, (Year 11 GCSE RE students). We were invited to the house of the Chief Rabbi Dr Jonathan Sachs, where a cheque for £250 for the RE department and a certificate to commemorate this outstanding achievement were presented.

Congratulations to all pupils whose work was submitted for this competition. You all convinced the judges that Whitchurch is a school which thinks about these important issues and acts upon them. The posters will be displayed on Upper and Lower sites over the coming months. Kyle and Jessica are pictured outside the Chief Rabbi's house.

## ROME

GCSE and A level RE pupils are travelling to Rome for a five day visit next February. We hear a rumour that the Wales/Italy rugby match just happens to be the same week-end!

## HOLOCAUST MEMORIES

50 Year 9 pupils visited the Imperial War Museum with members of the RE department in November. They were taken on a guided tour of a special exhibition which featured the horrors of the Holocaust and why it must never happen again. All those who went agreed that it was an extremely moving experience and one which will be remembered for many years to come.

## 7E'S WONDERFUL WINDOWS



Pupils in Years 10 and 11 enjoyed a visit from a practising Buddhist monk in the summer term. Gelong Thubten came to talk to GCSE RE pupils and he answered questions on social moral issues and the Buddhist response to them. He also visited a Year 11 PSHE lesson and gave pupils advice about coping with the stress of exams, showing them some meditation techniques to help them. Gelong used to be an actor based in America and lived "life in the fast lane". In his early twenties he decided to take time out to think about his life and what he wanted from it. He went to Scotland to a Buddhist retreat and was so impressed by what he saw that he decided to adopt the lifestyle of an ordained Buddhist monk and now spends a great deal of his time visiting schools enlightening them about Buddhist teachings and views on life. Buddhist and Christian perspectives on contemporary moral issues are studied by our GCSE RE pupils and so Gelong's visits have been particularly useful. Pictured are GCSE RE students Sarah Rees, Alan Daly, Ed Hampson, James Hughes and Mrs Anthea Parker with Gelong during one of his visits.



Pupils from 7E have visited St Mary's Church in Whitchurch on two occasions this term. Canon Rowlands gave them a guided tour explaining the symbolic features of the beautiful building. The pupils later designed their own stained glass windows which were truly impressive.

Congratulations to 7E for the wonderful work they produced and for their impeccable behaviour on both church visits.

## BAR MITZVAH AT EGLWYS WEN



Malkit Singh of Year 7 is pictured proudly holding the 5 K's which are symbols of his religion.



Earlier in the year I was invited to a special play performed by pupils of Eglwys Wen school which showed how a Bar Mitzvah ceremony is celebrated. Members of the local religious community were also invited and we were all treated to a special meal afterwards.

Thank you to Eglwys Wen for your invitation. You had all worked extremely hard and I had a wonderful time.



Pictured are Year 8 pupils who enjoyed a visit to the Butetown Mosque earlier in the year.

**Anthea Parker**  
Head of RE

# SPORTS DAY 2002

The annual Sports Day on the Lower School site provided its usual batch of sporting heroes listed below. Congratulations to all who took part.



Jessica Howells, Jade Abdullahi and Sophie Brown celebrate success, Starters Assistant: Jo Treeweeks "helps" Steve Williams Year 10 GCSE PE boys attempted to show their balancing techniques.....not very good by the look of it!

Year 7 GIRLS		BOYS		Year 8 GIRLS		BOYS		Year 9 GIRLS		BOYS	
<b>100M</b>											
1 Jenny Basset	P 14.79s	Michael Paglionico	P 12.93s	1 Emily Owen	G 13.51s	Adam Foley	F 12.43s	1 Rachel Jenkins	F 13.63s	Carl Murray	P 12.25s
2 Katie Wooton	N 15.31s	Chris Fido	F 13.47s	2 Nicola Cozens	K 13.94s	John Evans	R 12.52s	2 Hannah Cooper	L 13.85s	Harry Hog	R 12.34s
3 Toni Donoghue	L 15.38s	Ben Swallow	R 14.02s	3 Antonia Micallef	J 14.05s	Sam Warburton	M 13.02s	3 Stephanie Bassett	W 14.05s	Michael Greene	G 12.57s
<b>200M</b>											
1 Lucy Phillips	K 32.77s	Michael Paglionico	P 28.25s	1 Abbi Hollingworth	R 30.51s	Adam Foley	F 26.68s	1 Gabby Ireland	M 28.49s	Michael Chapman	G 25.97s
2 Rhian Harding	M 34.22s	Chris Fido	F 29.80s	2 Kate Todd	L 30.86s	Ben Warburton	N 27.62s	2 Steph Bassett	W 30.95s	Lee Timothy	T 27.67s
3 Toni Donoghue	L 34.71s	James Lane	L 29.91s	3 Jade Davies	W 32.52s	Daniel Watts	T 28.19s	3 Rebecca Machon	C 31.07s	Charles Moore	F 27.68s
<b>300M</b>											
1 Jasmine Rundle	M 56.11s	Steven Davies	N 47.86s	1 Jade Rundle	M 49.79s	Lee Debono	T 50.66s	1 Lydia Roche	P 51.61s	Nick Stubbs	T 41.50s
2 Cari-Anne Harris	P 58.10s	Thomas Cole	L 50.91s	2 Saphia Akbari	R 51.52s	Chris Body	J 50.99s	2 Carly Jones	W 52.62s	Sam Mc Donnell	P 44.80s
3 Candice Weymouth	T 58.74s	Alex Griffin-Griffiths	F 51.77s	3 Lauren Shields	F 53.68s	Jason Ferreira	M 51.15s	3 Lyndsey Milsom	N 55.08s	Nathan Pleece	G 46.77s
<b>800M</b>											
1 Jasmine Rundle	M 3m01.23s	2 Hannah Walter	V 3m 8.99s	3 Jessica Walters	W 3m30.98s	1 Laura Davies	L 2m59.37s	2 Heather Lewis	N 3m00.89s	3 Katie Lowe	R 3m17.59s
<b>HURDLES</b>											
1 Laura Seary	J 12.31s	2 Jenny Basset	P 12.48s	3 Hannah Walter	V 12.68s	1 Abbi Hollingworth	R 12.27s	2 Emily Owen	G 13.10s	3 Hollie Spermaes	F 13.63s
<b>1500M</b>											
1 Lucy Phillips	K 6.02s	Hywel Dinnick	W 5m.42s	2 Bonnie Wainright	N 6.13s	Carl Nealon	P 5m.59s	3 Maria Laffalan	M 6.41s	Tom Bishop	6.00s
<b>JAVELIN</b>											
1 Amy Calaway	V 17.21m	Ashley Pearce	N 21.75m	2 Kelly Winter-Hayes	M 16.38m	Liam Dean	H 17.75m	3 Carian Harris	P 16.33m	David Cooper	V 17.45m
<b>DISCUS</b>											
1 Jessica Flanigan	J 15.92m	Richard Myers	N 18.20m	2 Holly Brinkworth	H 13.22m	Kieran Flynn	W 17.90m	3 Kelly Winterhayes	M 13.16m	Jamie Shaw	T 17.70m
<b>SHOT</b>											
1 Sarah Richards	G 7.62m	Michael Paglionico	P 9.38m	2 Helena Reid	P 6.46m	Darren Thomas	T 9.33m	3 Clare Eveleigh	T 6.35m	Jo Hair	N 8.69m
<b>LONG JUMP</b>											
1 Carian Harris	P 3.27m	Gavin Stewart	R 3.73m	2 Rhian Harding	M 3.24m	Jo Brazier	F 3.73m	3 Lydia Sommerfield	K 3.17m	Ryan Thomas	W 3.62m
<b>HIGH JUMP</b>											
1 Laura Seary	J 1.30m	Tom Cole	L 1.34m	2 Hannah Walter	V 1.10m	Chris Fido	F 1.28m	3 Lauren Baker	W 1.10m	Josh Flynn	J 1.25m
<b>TRIPLE JUMP</b>											
1		Jo Brazier	F 8.49m	2		Gavin Stewart	R 8.20m	3		Ryan Thomas	W 8.08m
<b>RELAY</b>											
1 T	1m04.45s	F	59.97s	1 F	1m02.13s	M	56.68s	1 L	60.48s	G	52.63s
2 W	1m06.09s	N	60.17s	2 M	1m02.64s	T	56.79s	2 G	60.56s	T	53.13s
3 L	1m07.65s	L	60.65s	3 G	1m02.71s	G	56.99s	3 N	60.61s	p	53.31s

# WHITCHURCH HIGH SCHOOL - U14 BOYS HOCKEY CHAMPIONS



Bay in the final.

The squad have played extremely well throughout the season, but really showed their team spirit and character in the final against a strong St Eiras side who took the lead in the first 2 minutes.

The goal scorers were Jamie Woodrow (5), Gareth Bale (2) and Josh Davies.

This win is a fantastic achievement for the boys and the sport at Whitchurch High School, with the number of boys playing hockey being extremely high all year.

I am expecting this success to be continued next year and would like to invite anyone who is interested to come along to training.

## The u14 squad

Jamie Woodrow  
John Hiles  
Jordan Baber  
Dominic Baber  
Josh Davies  
David Clements  
Craig Chambers  
Gareth Bale

Chris Fido  
Gareth Welsh  
Sam Rice  
Michael Jones  
Adam Unitt  
Joe Brazier  
Brendon McIntosh  
David Sadler

Neil Potter  
Hockey Coach, PE Department

Whitchurch High School has retained the u14 Welsh Schoolboy Hockey Championship after defeating Ysgol St.Erias of Colwyn Bay 8-5 in a thrilling Welsh final at Newtown in May. This is a fantastic achievement as Whitchurch are the only school to win both the South Wales final and the Welsh Cup final in successive years, a feat that no other school has managed. The squad remains unbeaten all year; indeed the only goals they conceded were in the final.

The team secured wins against Stanwell, Wye Dean, Cardiff High School, Sir Thomas Picton, Ffyonne House of Swansea in the South Wales final and St Erias of Colwyn

# COMMONWEALTH ROWING CHAMPIONSHIPS

race at lightweight the next day. The Canadians who won the event were twice their size!

On Sunday 18 August Elin competed in the women's lightweight quadruple sculls with three of her team mates. This proved to be an exciting race, but they were narrowly beaten into second place by England.

It was a fantastic occasion and a very proud moment receiving the medals and watching the Welsh flag being raised.

Elin has decided to go out on a high with her Silver and Bronze Commonwealth medals and has hung up her oars.

If anyone sees her go near a boat.....

During the summer holiday, Mrs Elin Davies of the Mathematics Department competed for Wales at the Commonwealth Rowing Championships. On Saturday 17 August she competed in the women's double sculls and gained a bronze medal. This was an unexpected achievement as it was a heavyweight event, but both Elin and her partner were having to diet to

# BECKHAM AT WHITCHURCH

This "David Beckham" looks suspiciously like Mr Andrew Clarke of the Art Department.

Along with Lower School pupils, the teachers also enjoyed the breakfast offered by the canteen staff and the big screen event of the England v Brazil match last term.

There were some Brazilian supporters lurking in the crowds as can be seen by our picture!



# WHITCHURCH'S PROMISING POETS RECEIVE A SPECIAL VISITOR



Dorothea inspires the Whitchurch pupils

Pupils at Whitchurch High School took part in a series of Poetry Workshops in the Upper School Library last July. Dorothea Smartt, a young London poet with a Barbadian background visited the school for a day and worked with pupils selected from each year group. The pupils were chosen to take part by their English teachers because they had displayed a great effort throughout the year or because they had demonstrated a keen interest in poetry.

Dorothea has run many workshops in schools throughout Britain and has just finished a term as London's Brixton Market Poet in Residence. She has an

anthology of poetry published by Peepal Press entitled "Connecting Medium" and is a rising star in poetry circles. However, this did not stop her from being impressed by the talent of our young poets at Whitchurch. When asking them with a smile if any of them had yet been published, she was overcome by the sea of hands as many proud pupils were quick to tell her that they were winners in the National Zodiac Poetry Competitions and had been published in Zodiac anthologies.

During the sessions, Dorothea read some of her own poetry as well as the poetry of other black British writers. This was of particular interest to Year 10 pupils who study poets from other cultures as part of the GCSE syllabus. But much of the focus was clearly on fun and pupils were encouraged to work in groups to write their own poems which they did with many impressive and amusing results.

At the end of a very energetic day, Dorothea told me that she thought our pupils were lovely.....so keeping this firmly in mind, maybe we'll have another poetry workshop next year!

Hayley Long  
Literacy Co-ordinator

## EATING ITALIAN

9E Special needs class visited Villaggio's Italian Restaurant in October as part of their Geography study of Italy. The staff at Villaggio's gave all twelve pupils a real taste of Italian cuisine from pasta to pizza. The whole experience was captured by Joshua Burford of 9E with his comment, "superbio spaghetti Sir!".

Cris Evans  
Special Needs Department



The pupils of 9E sample Italian food

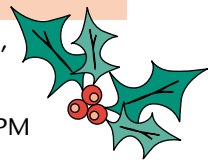
## ASSEMBLING TOGETHER

Tom Veasey, Adam Vaughan and James Grindle visited Eglwys Wen school last term and led an assembly with Mrs Anthea Parker. The boys improvised a play about coming to Whitchurch and performed some musical numbers for the pupils. Thanks to Eglwys Wen for your wonderful welcome. We are hoping to visit all of our feeder Primary Schools over the coming year.

## DIARY DATES

### DECEMBER

- 18 Sixth Form Presentation Evening, Upper School Hall, 7:30PM.
- 19 Llandaff Cathedral Service, 7:30PM



A HAPPY CHRISTMAS TO ALL OUR READERS

## CHARITY UPDATE


The Noah's Arc appeal total is now approaching £23,000. We are nearly at our total of £25,000 which will mean Whitchurch High School can have a room named after it in the new children's hospital.

Thanks again to everyone involved in recent fundraising. Particular congratulations to Cassie Evans of 7W who helped her form raise £137.70p. A fantastic achievement!

### DON'T FORGET TO SEND ARTICLES TO:

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