



The  
PHS

# NEWSLETTER

MONDAY  
6TH APRIL



## HELPING OUR NHS



By Mrs Stockman

**Our Science Department has ransacked their prep rooms for goggles. These have been boxed up and donated to two hospitals with connections to the school so that they can be used by heroic staff who are fighting the Coronavirus (Covid-19) on the front line.**

Firstly, The University Hospital of Wales in Cardiff will receive 125 pairs of goggles to support the staff there who worked alongside our school on the recent Moondance Bowel Cancer Project.

Secondly, Prince Charles Hospital in Merthyr Tydfil will receive 125 pairs of goggles to support the staff there who will be treating patients from Rhondda Cynon Taf areas as part of the Cwm Taf Morgannwg University Health board.

We are grateful as a department and a school to be able to support the NHS in any way possible and we know the goggles will be put to excellent use in supporting the local community and wider community of South Wales through this troubling time. ■

## Pontypridd High School



**We are calling for pupils to take part in our blog as part of their home learning. The blog does not need to be long and can be about anything you like.**

Blog Ideas could include positive messages, thoughts and Feelings, book review, film/TV review, physical activity review, cooking recipe you have tried, activities you think your peers may enjoy. You can add images, videos and links to your blog. Send your blog to Miss Griffiths - [griffithsr@pontyhigh.co.uk](mailto:griffithsr@pontyhigh.co.uk)

# ACHIEVERS

### Excellent Home Learning in Maths

Morgan Cannon, Alfie Churchill, Lucy Davies, Corey Foggarty, Lilia Fortt, Menna James, Nia Stacey, Jac Jones Sophie Bowden, Abigail Westwood, Jack Thomas, Tomos Jones, Evelyn Cartlidge, Demi Samuel, Mya Stapleton, Scott Dumphy-Wise, Audi Silsuktupapsorn and Shea Evans.

### Excellent Home Learning in Science

Harry Hughes, Kali Thomas, Sophie Burton, Courtney Chopping, Caitlin Scanlon, Megan Stock, Phillip Oloidi, Bethan Hall, Ella Jones, Demi Samuel, Alisha Hernandez, Sophie Morgan, Lauren Williams, Ben Green, Cassie Reardon, Ellis Holvey, Rachel Hyslop, Dylan Galazka and Jenna Coley.



# CORNER

By Mrs Sidoli

**Who doesn't love pizza? Here is a simple recipe for making a delicious pizza at home.**

### The ingredients

- 250g Strong Flour or Plain flour
- ½ Sachet quick action dried yeast
- 150ml warm water
- 1 tablespoon oil
- ½ teaspoon salt
- 2-3 tablespoons tomato puree (you could change the tomato puree base for BBQ sauce or pesto)
- 100g grated cheese
- 2-3 toppings

### The method

1. Preheat oven 200oC Gas mark 5
2. Sieve the flour and salt into a mixing bowl, add the yeast and oil.
3. Pour in 150ml WARM water and stir with a palette knife to make dough.
4. Place the dough on your surface and knead for 5 minutes.
5. Using your hands stretch the dough out over a greased pizza tray, and leave in a warm place.
6. Grate the cheese, chop the toppings into small pieces.
7. Spread a thin layer tomato puree on the dough.
8. Place the toppings on evenly and sprinkle the cheese on top.
9. Bake in oven for 15-20 minutes.





## ACHIEVER OF THE WEEK



By Miss Griffiths

**It has been lovely to see so many people getting involved with the first of the Discover More challenges and creating some fantastic rainbow of hope designs.**

I have been sent pictures of rainbows on paper, painted on windows, painted on rocks, made from wool and lots more. All pupils have been given an achievement point for their fantastic effort.

**Cai Phillips Year 7**

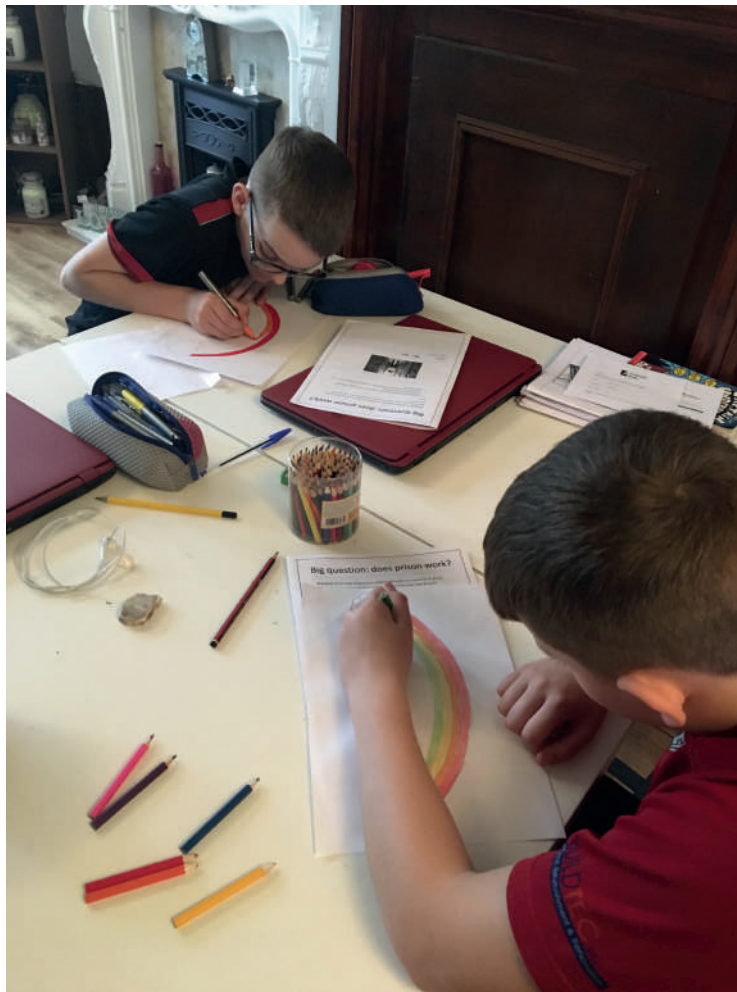
I was very impressed with the vibrant colours that Cai used in his rainbow of hope window painting (above). As you can see the whole family got involved with adding their handprints to the design.

Family is very important in this period of isolation and by doing activities together like these you can keep your spirits up. I think Cai and the Phillips family has spread hope within their street and to all of use.



# STAY SAFE STAY HOME

# AMAZING DISCOVER WORK







## WEEKLY CHALLENGE 2

By Miss Griffiths

**The Discover More 'Weekly Challenge' this week is fitness. It is very important for us to keep active every day, even though we are safe at home.**

### Your challenge:

- Take part in one of the fitness work outs. Take photographs/videos.
- Create a home fitness workout for your peers to follow. This can be a video that you record or written instructions.
- Write an evaluation of your work out using the PE fitness videos.

Take part in the PE Faculties home fitness work outs. Our amazing PE Faculty have been creating daily home fitness challenges and work outs for everyone to enjoy.

Send them to Miss Griffiths - [griffithsr@pontyhigh.co.uk](mailto:griffithsr@pontyhigh.co.uk)

Twitter - @PontyhighPE

Instagram - @pontyhighschoolpe



# SURVEY

By Mr Ivins

**Thank you everyone who took the time to complete our survey on the 'home learning' that has been completed in the last two weeks. In total we received 319 responses and amongst the many, very positive comments there were also suggestions for improvement which we will act on.**

## Over the 'Easter' break and the next 2 weeks

The response from students, parents, carers and staff over the last two weeks since our school was closed has been fantastic. However it would be sensible to review what has been achieved and there is a clear request from many families to have less pressure and demand for work to be completed, in particular for those studying GCSE courses in Years 9 and 10.

As such teachers will not be expecting any work to be completed in the next 2 weeks. If students want to complete any work then they can access what they want from the different tasks already available.

## Year 7 and 8 students

Over the next two weeks students may continue to work on Discover More activities. Through our weekly newsletter you will also be able to complete different challenges and please take part in our home learning blog to develop your reading and writing skills.

## Year 9 and 10 students

No new work will be set over the next two weeks by teachers though work is still available should you want to complete different tasks. However, from April 20th work will be set in order for courses to be completed in preparation for Year 10 and Year 11 respectively.

With regard to the awarding of grades and exams next year please look at the Qualifications Wales FAQs document on the school website

## Year 12 students

No new work will be set over the next two weeks by teachers though work is still available should you want to complete different tasks. However, from April 20th work will be set in order for courses to be completed in preparation for Year 13.

With regard to the awarding of grades and exams next year please look at the Qualifications Wales FAQs document on the school website.

## Year 11 and 13 students

In response to the guidance received from Qualifications Wales, teachers will review all the work you have done so far as part of the process to award 'fair grades' in each subject. **You do not need to complete any new work as this will not influence this summer's results.**

However, in some case teachers may continue to set you work to help prepare you for next year, such as for your preferred choice of A level courses. Teachers will contact you specifically about this.



- Mrs Kayleigh Oliver - [oliverk@pontyhigh.co.uk](mailto:oliverk@pontyhigh.co.uk) •
- Mr Rhys Ivins - [ivinsr@pontyhigh.co.uk](mailto:ivinsr@pontyhigh.co.uk) •
- Year 7&8: Miss Katie Pritchard - [pritchardk@pontyhigh.co.uk](mailto:pritchardk@pontyhigh.co.uk) •
- Year 9: Mrs Victoria Thomas - [thomasv@pontyhigh.co.uk](mailto:thomasv@pontyhigh.co.uk) •
- Year 10 & 11: Mr Tom Longden - [longdent@pontyhigh.co.uk](mailto:longdent@pontyhigh.co.uk) •





## STAFF BLOG

Hello everyone.

**I hope that you are all well and keeping safe. This has been such a strange and surreal week for all of us. Suddenly, we aren't following our usual routine and instead we have new rules that we must follow to keep ourselves and others safe.**

For those of us who are watching the news each day, we know that there only seems to be one story at the moment and so much of what is being said is upsetting to hear and all of the facts and figures can be a quite overwhelming. If this is how you have been feeling this week, please know that you are not alone. We are ALL feeling like this! But, please remember that it is important to focus on taking it one day at a time and always looking for the positives.

I started my week feeling a little bit out of control because my days weren't starting in the usual way, and anyone that knows me will know that I really like to feel in control, and I love to be organised. So, the first thing that I did was made myself an online planner. This meant that I could start writing my to-do list and give myself different jobs to do each day. Doing this really did make me feel better! (and helped to make sure that I didn't get distracted by the TV ... ) If, like me, you like

routine, planning your day might be a useful thing to do.

As you know, at the moment it is very important that we stay inside. However, the government know how important fresh air and a little bit of exercise can be, so they have said that we are allowed to go outside to do this once per day. Every day this week I have really looked forward to and enjoyed my hour in the fresh air. It has helped me to clear my mind, feel relaxed and regain my focus. My mam and I have been using this time to walk our dogs, Tyson and Bella, who have enjoyed being outside too!

This week has been a bit of a learning curve for me. I have improved my ICT skills by learning how to use Microsoft Teams and I even recorded myself talking through a PowerPoint for my year 10 class. But the learning doesn't end there; over the weekend I have had a go at being a nail technician, too! This is a skill that I must continue to work on ...

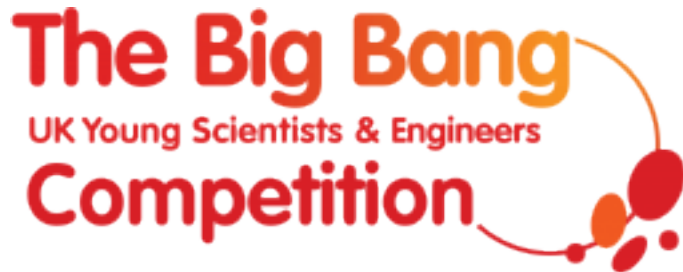
I think that the highlight of the week for me was on Saturday when I spent the afternoon playing Monopoly with my husband. It took a lot of concentration, a lot of time and possibly a tiny bit of cheating, but I was victorious in the end!

That's all from me! Keep safe, keep learning and remember that we are all in this together!

Love Mrs Enos x



# STEM 2020 WINNER



By Mr Van-Baaren

**Seren Hopkins in Year 13 has once again been recognised for her outstanding Product Design work by winning the 'The Young Scientific Instrument Maker Award' category as part of the Big Bang Digital Finals 2020.**

With the Big Bang Competition Finals at the N.E.C. Birmingham cancelled the organisers still wanted to recognise and reward students for their achievements in STEM. Seren was given the opportunity to present her work digitally to the judges.

Seren submitted a 5-minute video that showcased her project. In the video Seren explained the design journey she took, beginning with the research she carried out, the iterative designs, development and finally the manufacturing of the project itself.

Seren's AS Level project entry in the competition was the 'auto-inflatable car roof-tent'. This was an innovative project that demonstrated the practical application of scientific and engineering methodology to a real-world problem. The project considered the cost, marketability, potential impact and uniqueness of the solution.

Seren won a framed certificate, £500 and will also have the opportunity to become a SIM apprentice, where she will be linked to an experienced senior mentor, who will support and mentor her through-out her studies until university graduation. ■





## weekly UPDATE

**Please regularly check the school website for any new information. Below are just a few things that we would like to remind you about this week:**

### Health and Wellbeing Faculty

A fitness video will continued to be posted on Instagram and Twitter each day at 10am for all pupils to access.

Miss Edmunds has made a fitness time table which will be on the school website and social media so pupils know what exercises will be taking place each day.

### Whole School

Remote registration classes will continue running this week. Please access these at 9am Monday, Wednesday and Friday, access will be from the school website.

### ELSA/Thrive

There are now a wide range of ELSA/Thrive resources available on the school website for you to download and complete.

### Login Details

If you still need login details such as Class Charts, MathsWatch, Accelerated Reading or Office 365 usernames, please email Mr Nathan Griffiths and he will reply directly with any information you need.

griffithsn@pontyhigh.co.uk

### Technology & ICT Faculty

The Technology & ICT Faculty have lanuced a 30 day food challenge on their Instagram page. A fun way to do something 'foody' everyday. Do what you can, when you can - don't worry if not in order or if you have to adapt them to what you have available. Share your results with the faculty on their Instagram page.



## Education TV

### Whole School

The BBC will offer daily programmes to help parents and pupils with schoolwork at home during the lockdown.

Starting on April 20th , videos, quizzes, podcasts and articles will appear on BBC Bitesize Daily via the BBC iPlayer, red button, BBC Four and BBC Sounds. A fanastic range of resources to help you learn.



**Solving logic problems boosts brain power and keeps your memory strong. Answers to the following brain teasers in next weeks newsletter.** Last weeks answers: 1. River was frozen 2. The digits in the number are as per alphabetical order. 3. Nine.

1. What belongs to you, but other people use it more than you?
2. What is more useful when it is broken?
3. The water level in a reservoir is low, but doubles every day. It takes 60 days to fill the reservoir. How long does it take for the reservoir to become half full?



PRINTING • EMBROIDERY • SCHOOL WEAR  
TROPHIES • VENUE DRESSING  
BRANDED AND SUBLIMATED TEAMWEAR

6 WINDSOR PLACE, YNYSYBWL, CF37 3HR  
[WWW.MSTSPTS.CO.UK](http://WWW.MSTSPTS.CO.UK)

FIND US ON FACEBOOK  
01443 281066