



The
PHS

NEWSLETTER

MONDAY
11TH MAY



REMEMBERING VE DAY



By Miss Griffiths

On Friday 8th May Britain celebrated with 'Stay at home' parties to commemorate the 75th anniversary of VE day. Year 7 and 8 were given a challenge to commemorate this event in any way they wish to celebrate the victory 75 years ago.

There were so many wonderful entries and it was lovely to see lots of pupils and families getting involved to celebrate VE and learn a bit more about the victory, whilst safely celebrating at home. The entries ranged from posters, bunting, poems, diary entries, 1940s hairstyles, 1940s dance routines, VE day inspired cakes, tea parties and 1940s fancy dress. (Continue on page 3)

ACHIEVERS

Excellent Home Learning in English

Faye Mor O'Brien, Mckenzie Jones, Maddie Rees, Cai Phillips, Abbie Edmunds, Jac Jones, Chloe Hayward, Courtney Burton, Sophie Burton, Jay Thomas, Nia David, Tomos Jones, Estelle Highgate, Ella Hyde, Megan Stock, Sarah-Beth Phillips, Nia Stacy, Evelyn Cartlidge, Ellie May Davidson, Eva Lewis, Ryan Hill, Adam Harries, Gethin Morgan, Taya Davies, Layla Thomas, Menna James, Jack Greig, Joshua Lewis, Macey Webb, Billy Mckenna, Mason Riley, Charlie Nash, Millie Davies, Dylan Langmead, Naseeb Randhawa, Alisha Hernandez, Cally Morgan, Alfie Churchill, Caysha Matthews, Alisha Galea, Molly Davies, Sampreet Kaur, Thea Davies, Ellie-May Mann, Shakira Duggan, Sasha Bond, Oliver Lloyd-Thomas, Mia Cartlidge, Samuel Greening, Jack Davies, Joseph Griffiths, Carys Lewis, Sophie Edmunds, Lowri Thomas, Brandon Carter, Sophie Evans, Daniel Halling, Omaira Khalid, Briar-Rose Allen and Ben Dackins.

Excellent Home Learning in Maths

Emile Doxsey, Iwan Lewis, Joshua Warren, Tomos Jones, Daniyal Malik, Levi Evans, Nathan Jones, Briar-Rose Allen, Logan Batten, Caitlin Powell, Lowri Thomas, Tillie Barker, Alfie Churchill, Lucy Davies, Isabelle Davis, Alfie Fear, Lilia Fortt, Chloe Green, Nia Stacey, Mia Thorne, Ethan Nurton, Jack Grieg, Mason Riley, Ceri Palmer, Sam Price, Macie-Jo Parfitt, Owynn Dixon, Chloe Hayward, Courtney Chopping, Caitlin Smith, Jacob Griffiths, Gabrielle, Mardon-Hughes, Charlie Nash, Aisha Malik, Millie Davies, Alisha Hernandez, Kate Leeworthy and Shakira Duggan.

Excellent Home Learning in Product Design

Briar-Rose Allen, Ffion Rowe, Cody Jones, Carys Lewis, Connor James, Joseph Griffiths, Kaur Sampreet, Alexia Bindczus, Florence Morgan-Wood, Chloe Hazzard, and Alisha Hernandez.

Excellent Home Learning in Humanities

Joshua Leach, Courtney Gillard, Aron Lewis, Rhianwen Allman, Mason Riley, Lewis Rees, Ffion Jones, Florence Morgan-Wood, Thea Davies, Jac Jones and Evan Nurton, Tilly Warne and Taliea Kemlo.



CORNER

By Mrs Sidoli

Fiery ginger nut biscuits are a staple of the biscuit tin and are super-easy to bake at home yourself.

These simple biscuits are crisp on the outside and slightly chewy in the middle, just right alongside a cup of tea.

Ingredients

- 100g self-raising flour
- 1 level tsp bicarbonate of soda
- 2 tsp ground ginger
- 40g caster sugar
- 50g unsalted butter, melted
- 2 tbsp golden syrup

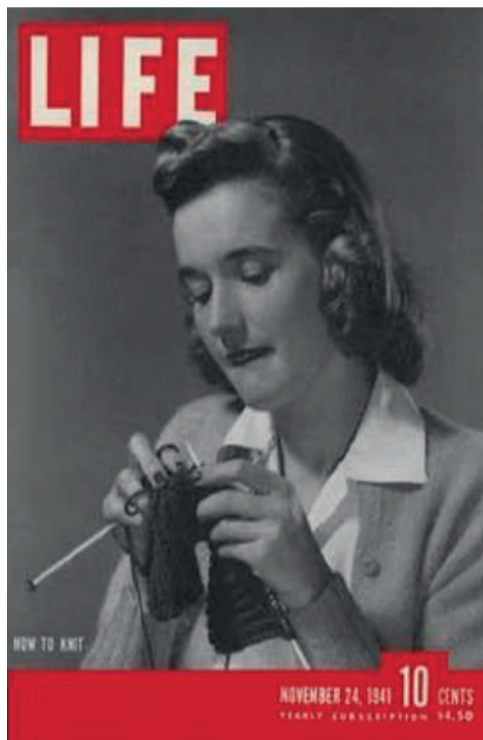
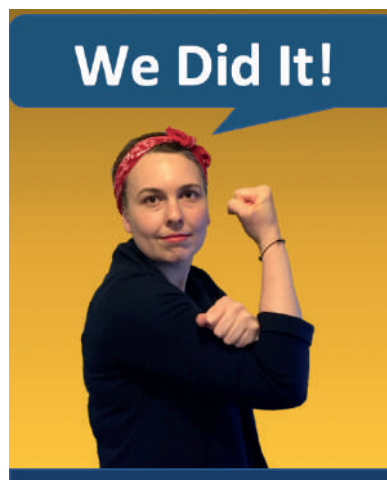
Method

1. Preheat the oven to gas 5, 190°C, fan 170°C.
2. Line 2 large baking trays with nonstick baking paper. Sieve the flour, bicarbonate of soda and ginger into a bowl, then stir in the sugar.
3. Make a well in the centre of the dry ingredients and add the melted butter and the syrup. Stir until the mixture comes together to form a soft dough.
4. Divide the dough in half and cut each piece in 8. Roll each portion into a ball and place well apart on the baking trays, then flatten slightly.
5. Bake for 12-14 mins until golden and cracked on top. Leave to firm up on the trays for 10 mins, then transfer to a wire rack to cool completely.

ACHIEVERS OF THE WEEK

There were some excellent VE Day Discover tasks from Nia David, Emilie Doxsey, Chloe Green, Megan Stock and Joshua Lewis.

Tomos Jones in Year 7 and his family decided to have a bit of fun in celebrating VE day by recreating some iconic war-time postcards. Very creative indeed!



STAY SAFE STAY HOME

THE V.E. DAY SPIRIT



WEEKLY CHALLENGE 7

By Miss Griffiths

Lock down and home learning is an experience that we have shared together and will go down in history.

Your challenge this week is to share your experiences of lockdown and home learning for our school blog. You can create a letter, diary entry, poem, or any other ideas you can think of.

Please send in your work to: griffithsr@pontyhigh.co.uk

You could include:

- Activities you have enjoyed.

- Thoughts and feelings.
- What you have missed.
- Things that have been inspiring to you.
- Have you done anything to help others?
- Memories from lockdown with family.
- What you have been doing for exercise and to keep you healthy.
- There are lots more ideas you could think of!



STAFF BLOG

When the Government announced that all schools were to close on Friday 20th March, I was a little more prepared than most people for a long stay away from school as I was due to go on maternity leave at the end of term to have my baby.

It was announced that pregnant women fell into the 'vulnerable' category and so I began self-isolating, along with my partner who also works in a school. Like a lot of other people we began working from home, making the most of our daily trip out for exercise and shopping for essential food only.

I still had hospital appointments to attend and was shocked at how much daily life had changed. I had to attend on my own, the midwives wore full PPE, waiting rooms were rearranged so patients sat 2 metres away from each other and I received a phone call the day before each appointment to ensure I wasn't suffering from any Coronavirus symptoms.

Our little boy Harry was born on 10th April – Good Friday. I had been in hospital since the night before. No visitors were allowed and my partner was only allowed to join me a few hours before Harry was born. He then had to leave 6 hours later and wasn't allowed to see me or our baby again until we were discharged the next

day. It was very upsetting when he had to leave us.

There has been a lot of praise for NHS staff in the news but I don't think you appreciate how brave they are until you experience it for yourself. The staff I met were amazing. They didn't appear to be concerned about catching Coronavirus although they all had to wear masks, gloves and aprons to protect both themselves and us. To them it was just business as usual with patients to care for and newborn babies to monitor. I was so grateful for them to provide us with such care despite the current situation.

Since we came home from hospital, not only have we been getting used to living as a family of 3 but also living with a newborn in 'shutdown'. Harry has 'met' so many of our family and friends through Facetime and WhatsApp, through windows or from a distance. Most of our medical checks have been completed over the phone to keep contact with others to a minimum. We walk around our village for our daily exercise and look forward to our weekly trip to 'click and collect' our shopping. Each Thursday evening we join the rest of our neighbours to clap for carers.

We cannot wait for the shutdown to be over so Harry can meet all our family and friends in person. He has so many cwtches waiting for him! Having a baby during the shutdown has been challenging but we fully understand the importance of 'Staying Home, Protecting the NHS and Saving Lives'.

Love Nicki Pickens x



YEAR 6 TRANSITION

By Mrs Enos

Hello everyone, we hope that you are all safe and well. We know that there are times when pupils will need to bring money or cheques into school with them and this can be a worrying thought for pupils and parents. Therefore, this week we would like to share some information with you on how pupils at Pontypridd High make payments for lunches, trips, stationery and more.

Buying food and drinks

Pupils at Pontypridd High School use our voluntary Biometric Recognition System as a means of paying for their food and drink at all times of the day. The IMPACT Software we use allows the system to recognise each individual pupil by their fingerprint. Each pupil has an individual cash balance which records cash spent and cash received, where money is spent and on what food at any specific date and time of day. Pupils simply place their finger on a scanner at a point of sale; a display will show the server the pupil's name, class and current balance held within the system. The selected food items are entered into the system from an itemised keyboard while the amount spent and the new cash balance shows on the display.

There are three ways in which money can be entered into the system:

1. By Cheque—A post box to receive payments is in the Main Reception
2. By Cash—Terminals are located in the Main Hall and Bytezone.
3. Online payment – Payment is made via RCT website

There is a limit of £5.00 that can be spent each day.

The system works exactly the same for all pupils

whether they pay or have a free school meal. The amount allocated for the free school meal will be entered into the system daily and will be accessible at break-time and lunchtime.

There are many benefits to the Cashless System, such as:

- Discourages the use of school dinner money spending in shops outside of school grounds
- Alleviates many of the associated problems with the use of cash in school eg loss or theft
- Specific food allergy ingredients can be barred automatically
- Automatic free meal allocation with the pupil remaining anonymous
- Detailed reports are available to analyse all aspects of the use of the system

Payments for School Trips and Visits

Throughout a pupil's time at Ponty High they will have the opportunity to join many different trips and visits, with most of these requiring a payment. We know that carrying money to school and being responsible for making payments can be a little daunting. This is one of the reasons that we have a dedicated area of the school known as Pupil Services. Pupil Services opens at 9am each day and is the place in which all pupils make payments for trips and visits. Pupil Services also stock stationery which can be purchased using cash. We will be giving you more information on Pupil Services at Ponty High in the next few weeks. We hope that this information was useful and if you have any further questions, please don't hesitate to contact the PHS Transition Team.



**Curriculum
Travel**
EDUCATION • EXPLORATION

WELLBEING INTERVENTIONS

By Miss Lee

The emotional health and wellbeing of our pupils is of utmost importance to us and we have several successful interventions in place to help support pupils in this area. Our wellbeing interventions are in place to help pupils to build and maintain relationships, improve their communication skills, develop their own emotional awareness and improve their self-image.

One of our most successful interventions, Lego therapy has had a big impact on some of the pupils who have taken part. It has improved the social skills and communication of our pupils through developing teamworking skills. It works by assigning pupils a set role within a team, giving clear and specific rules and ensuring everyone works together to solve a problem. Lego therapy interventions can be of particular use for children and young people who have received a diagnosis of an autistic spectrum condition.

Many of our pupils also receive ELSA (Emotional Literacy Support Assistant) support. The ELSA programme was developed by educational psychologists who recognised that children learn better and are happier in school if their emotional needs are also addressed. We have dedicated areas of the school to deliver ELSA, and the pupils who take part are assessed before and after the programme to review the impact.

For most pupils, we see a significant improvement in their wellbeing after completing the programme.

Many of our wellbeing interventions take place not only in school, but in a variety of other settings. Recent examples include a residential trip to Jamie's Farm and an eight week 'Fighting Chance' training programme with Empire boxing.

As a department we make sure that we keep up with recent research, and our staff regularly attend training events to ensure we can offer the very best support to our pupils. We very much look forward to getting to know and working with the current year 6 pupils and families and we will always be there to provide the support to those who need it.

Links for information

www.jamiesfarm.org.uk
www.thewackywarehouse.com/lego-therapy
www.empirefightingchance.org
www.legotherapy.com
www.elsanetwork.org/about

If you have any questions, please contact:

leec@pontyhigh.co.uk – Emerging leader ALN
finneyc@Pontyhigh.co.uk -ALNCO

VIDEO MESSAGE

As we have previously mentioned, over the next few weeks many of our staff and different teams within our

school will be making videos to introduce themselves to you, give you some important information and hopefully answer some of the questions that you may have. We hope that you enjoyed meeting the PHS Standards Team last week! This week's video is an introduction to the Additional Learning Needs Team! Just a reminder, these videos will be posted on a Monday morning on the PHS Website and PHS Transition Instagram Page.

YEAR 7 PUPIL BLOG



My name is Logan Woodford and I came to Ponty High School from Abercynon Community Primary. I am currently mid-way through my first year at the school and I can tell you for a fact it's been amazing.

All the rumours you hear about going to High School aren't true. I will

admit the first day is a little nerve wracking and I was a little anxious. I was worried about fitting in and finding my way around and was worried about making new friends. However, by the end of the first week I had already made lots of new friends from lots of different primary schools. Everyone is friendly and in the same situation as you.

On the first day of school you'll get put into a form group, I'm currently in 7Y with Mr. Smith. The school tries to put you in a form with one of your friends or someone you know from Primary school so that you have a familiar face to put you at ease. However, your form tutor will do lots of different tasks with you for everyone to get to know you and you will move around

chatting to different pupils which helps you make a lot of new friends.

Pontypridd High School have an amazing way to sort out their classes. They have two buildings which are known as 'Lower block' and 'Upper block' trust me with in a couple of days you will know the place like the back of your hand. Some of the older pupils in the school will help you out on your first week until you find your bearings.

Everyone always says that high school work is really hard and 'solid' but trust me its not that bad, some work can be challenging but the teachers are there to help and as long they can see that you are trying your best they will always be happy with your work.

If I was going to give any advice about transitioning to High School from Juniors, I would say to join lots of the different clubs that the school offers which includes everything from sports clubs to art clubs. I joined four different clubs and they helped with making new friends.

Overall, I most certainly recommend going to PHS, its got a great set up the staff are really friendly the school grounds is easy to navigate and you will meet new friends in no time. Hopefully I will see you there in September.



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

As a school we are going to try and walk the 'Welsh Coastal Path' which is 870 miles = 1,740,000 steps.

In order to achieve this, we'd like you to send us your steps each day via email or social media and at the end of each week we will update the pupils where we are on the map.

We have set ourselves a target of 1 month to achieve this and so this will begin tomorrow 1st of May. We would be really grateful if you could promote this on your social media pages and more importantly to send us your steps.

Whole School

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

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

Whole School

All pupils in Years 7-11 should have received a message about their remote registration this week, please log in and have a chat with your form tutors. This will be done through Microsoft teams!

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



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Solving logic problems boosts brain power and keeps your memory strong. Answer to the following brain teasers in the next newsletter.

Last weeks answer: 1. 40 squares.

This week, a difficult maths question. What are the missing numbers?



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