



The PHS NEWSLETTER

Edition 27
8th June



2185 VISORS MADE

By Lee Van-Baaren

In April we set up a funding page through social media that would enable us to purchase material to make P.P.E. and donate to local organisations.

Amazingly the target of £1,000 was reached in a matter of hours. After purchasing the material we begun production of protective face visors using machines and resources we have in our Technology faculty. We also received invaluable support from Aberdare Community School which provided additional equipment for us to use.

Thank-you once again to everyone that donated. The following organisations were able to benefit from the 2185 visors that we made:

Cwm Taf Morgannwg Health Board • Iceland, Pontypridd • ISS Healthcare • Taff Vale Practice • Hafan y Coed, Llandough • Foundry Town Clinc, Aberdare • Pontypridd Care Home • The Hollies Nursing Home • Cae Glas Care Home, Hawthorn • Friends Of Animals Wales, RCT • Cwm Gwynydd Surgery, Gilfach Goch • Talbot Green Group Practice • Ty Gwynno Care Home, Hopkinstown • The Ambulance Service • Pontypridd Care Home • Ty Nant Care Home, Tonypandy • Royal Glamorgan Hospital, Llantrisant.



ACHIEVERS

Excellent Home Learning in Welsh: Cole Saunders, Iwan Lewis, Sadie Howe, Courtney Chopping, Chloe Hayward, Jac Jones, Cai Phillips, Harry Hughes, Maddie Rees, Ruby Brookman, Ffion Davey, Evan Davies, Kali Thomas, Tilly Warne, Logan Woodford, Mckenzie Jones, Layla Thomas, Megan Stock, Sarah Beth Phillips, Corey Foggarty, Bethan Hall, Caysha Matthews, Phillip Oloidi, Nia Stacey, Kian Bishop, Caitlin Cartlidge, Jacob Griffiths, Mason Riley, Jack Phillips, Ellie Mitchell, Jack Greig, Joshua Lewis, Sophie Bowden, Millie Davies, Chloe Hazzard, Alisha Hernandez, Florence Morgan-Wood, Naseeb Randhawa, Ffion Rowe, Caitlin Smith, Kate Leeworthy, Libby Davies, Nia Monk, Kayleigh Suminski, Ashlee Edwards, Ben Dackins, Joseph Griffiths, Logan Batten, Sophie Evans, Carys Lewis, Elliemay Mann, Conor Whiles, Kecia Samuel and Keiran Howells.

Excellent Home Learning in Maths: Tiana Paull, Jac Jones, Kiy Ellis, Ellie Mitchell, Alisha Hernandez, Ffion Rowe, Shakira Duggan, Iwan Bedgood, Jack Phillips, Mason Riley, Jack Davies, Sophie Edmunds Aron Lewis, Nia Stacey, Isabelle Davis, Mia Crockett, Emillie Doxsey, Sadie Howe, Tomos Jones, Iwan Lewis, Cole Saunders, Joshua Warren, Caitlyn Howells, Tyler Hanes, Mya Stapleton, Briar-Rose Allen, Logan Batten, Sampreet Kaur, Ellie-May Mann, Caitlin Powell and Moli Turner.

Excellent Home Learning in English: Cole Saunders, Tomos Jones, Nia David, Evelyn Cartlidge, Ffion Davey, Logan Woodford, Sarah-Beth Phillips, Joshua Thomas, Jay Morgan, Calum Sharp, Caitlyn Howells, Tomas Dackins, Tillie Barker, Menna James, Tiffany Jones, Ryan Davies, Finley Prowle, Thea Davies, Sasha Bond, Caitlin Powell, Carys Lewis, Jack Kirby, Ben Dackins, Shakira Duggan, Keiran Howells, Joshua Lewis, Charlie Stott, Jessamine Davies, Nia Monk, Ella Hyde, Maddison Jasper, Abbie Edmunds, Ellie Mitchell, Charlie Nash, Millie Jones Molly Davies, Alisha Galea, Iwan Lewis, Megan Stock, Lily Williams, Jake Wood, Ella Jones, Cole Saunders, Ceri

Palmer, Kecia Samuel, Florence Morgan Woods, Alisha Hernandez, Mia Howells, Cally Morgan, Alexia Bindczus, Ffion Rowe, Ellie Mitchell, Nathan Batten, Demi Samuel, Logan Batten, Mckenzie Jones and Maddie Rees.

Excellent Home Learning in Science: Logan Woodford, Evan Daives, Ruby Brockman, Kali Thomas, Ella Price, Ffion Davies, Megan Mahoney, Harry Hughes, Leanne Humphries, Caitlyn Howells, Tomas Dackins, Mia Crockett, Tomos Jones, Nia David, Chloe Hayward, Daisy Moon, Ella hunt, Charlotte Hooper, Amy Hyslop, Ellie Mitchell, Nia Monk, Jess Davies, Levi Evans, Mia Howells, Iawn Bedgood, Lewis Jordan, Mollie Harris, Taya Davies, Lauren Williams, Ellie Mann, Logan Batten, Alisha Galea, Camron Davies, Millie Jones, Molly Davies, Finlay Mansfield, Rhianwen Allman, Miles Owen and Layla Bartlett.

Scientist of the Week

Year 7 Jack Thomas

Year 8 Caysha Matthews

Year 9 Ashleigh Edwards

Year 10 Carys Lewis

Excellent Home Learning in Product Design: Alexia Bindczus, Florence Morgan-Wood, Nia Monk, Natha Batten, Ffion Davies, Tyler Haynes, Alisha Hernandez, Grace Locke, Rio Newman, Ffion Rowe, Griffin Williams, Logan Batten, Kaur Sampreet, Carys Lewis, Evie Rixon, Joseph Griffiths, Ryan Watkins, Briar-Rose Allen, Bradley Markey, Finley Mansfield, Lowri Thomas and Ryle Baker.



STAFF BLOG

Since lockdown began, many people have been taking on different challenges to raise money for the NHS. In April I decided that I wanted to complete a challenge of my own that would really push me to my limits in order to raise a few more extra pounds for our amazing National Health Service.

At the beginning of April, I decided that I would run 10K everyday throughout the month of May. This meant I would run a total of 310K in a month. To those who like to measure in miles, that's over 192 miles. Running that distance needed training. I needed to find a safe route to reach the 10K mark. I needed to find the correct running trainers and clothing that would be comfortable for distance. I needed to adapt my diet to ensure that my body was fuelled with the best diet for energy to reach the daily distance. More importantly I had to download quality Spotify playlists and podcasts to keep me company. So, on May 1st, I ran my first 10K of the month. It was pleasant enough. The weather and temperature were good, and my chosen route was great for a 10K run!

As the days went on, the running was having an impact on my body. Most of my muscles were aching, and more and more blisters appeared on my feet each day. Each run became harder and harder. As we approached the end of the month the temperature rose to a seriously uncomfortable heat to run in.

At that point, I really didn't want to run anymore. After a few days, running was a real struggle. My main motivation was seeing friends and family donating on my GoFundMe page. Also, realising once I completed my 10K every day I could relax, and that wasn't the case for our amazing NHS workers. I really wasn't in a place to complain and moan.

With that, Sunday, May 31st came, and I had to run my

final 10K. My partner, Jamie, joined me on my final run who was great company and kept my motivation for my final few kilometres. He also secretly planned for my friends to meet me with posters along my route and cheer me on till the very end. (At a social distance and complying with government guidelines of course!)

At 8pm my challenge was over, and I felt amazing! I never thought I'd be able to complete this challenge, but I did! The other target I set myself was to raise £200. By the end of month, I raised over £600. This goes to show the true generosity of the wonderful community that we are privileged to be part of.

Stay safe, Gabi Jones x



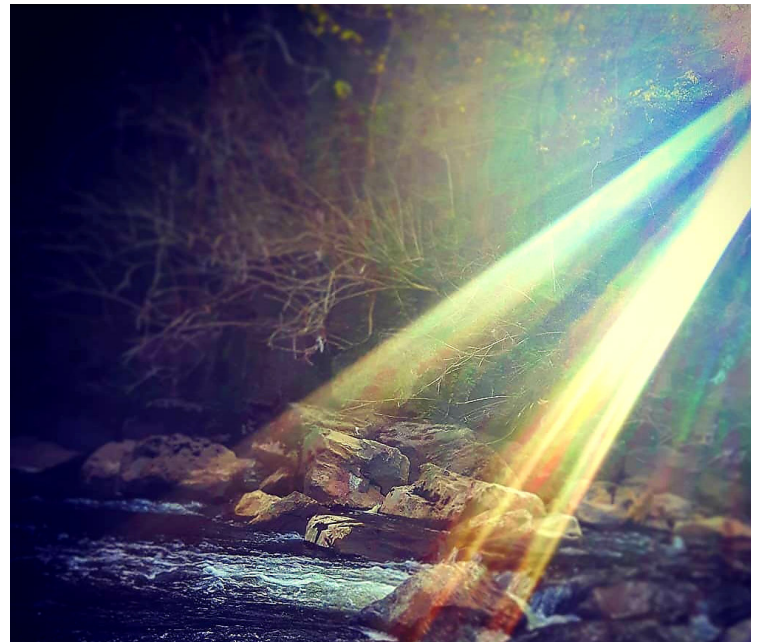
STAY SAFE STAY HOME

PHOTOGRAPHY SKILLS

By Miss Edmunds

Arwen Thomas from 7N has always had an interest in photography and since being in lockdown has been able to dedicate more time towards it.

Arwen enjoys taking photos of nature and people. Arwen never leaves the house without her camera she loves being creative with photos and will continue with this hobby in order to fine tune her skills. Below are some of the amazing photos taken by Arwen.



STAY SAFE STAY HOME

LEARNING FROM HOME

Pontypridd High School



Bringing a voice to our education.



Since schools closed, and Britain went into lockdown, all the advice I've seen has said that it's important to stick to a routine as much as possible. For me, I've tried to stick to my school timetable, but other pupils have found it easier to redesign theirs.

I found adapting to working from home quite difficult at first; it's a thing I've never had to do before (not including

homework tasks) but as the days and weeks have progressed, I've found working from home much easier. To keep myself away from all the distractions within my house, including my x-box and TV, I do my work in a place that I don't associate with fun; on a breakfast bar in my kitchen (sat next to my mum who's also becoming more accustomed to working from home!).

I'm really enjoying doing the work that my teachers are setting me, and I'm learning a lot of new facts whilst reading the extracts provided either in the packs given to us before the School closed or that are on the School's internet. It's also been great being able to stay in contact with my teachers through email or Microsoft Teams.

When I run out of work for a certain subject or I want to find out more, I'm using BBC bitesize (which is free to use through the internet). I've been quite surprised at the resources available; there's loads of different pieces of work to attempt, videos to watch and there's even quizzes to test your knowledge too. I'm excited because they'll be broadcasting lessons. Hopefully these will be fun – although it won't stop me from wishing I was sat in room 415 listening to Mrs Farrow telling me about the medieval kings and queens of England!

The other greatest disadvantage of working from home has been not seeing my friends but thanks to technology I'm keeping in touch with most of them through social media. Also, more importantly, I don't have to get up so early either!

I'm really enjoying working from home but at the same time missing the teachers and my school friends. I'm sure I speak on behalf of all the pupils at PHS when I say thank you to the teaching staff for keeping us smiling through this difficult period and putting together such a fantastic teaching resource.

Tomos Jones, Year 7.

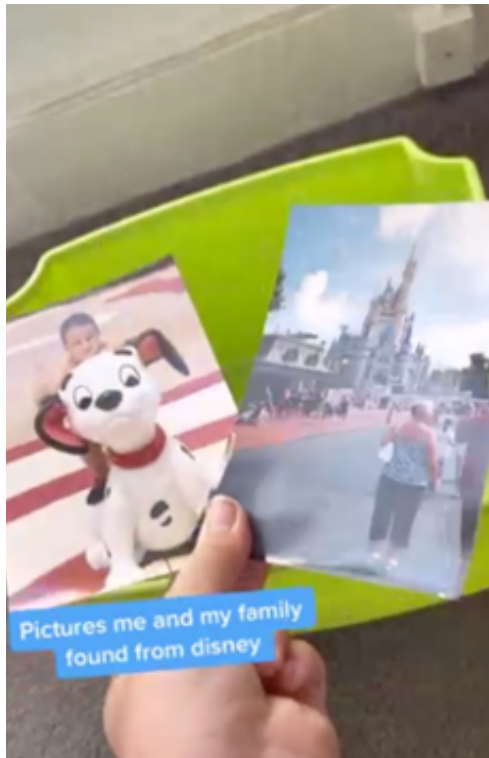
'DISCOVER MORE' TASKS

By Miss Griffiths

The Discover More challenge 9 was for our Year 7 and 8 pupils to create a lockdown time capsule.

I was impressed with the number of pupils who sent in their work showing off what they have included in their time capsule. I am pleased to see so many pupils being creative with their work and it's great to see pupils staying positive during this global pandemic. Some pupils created a video about their lockdown time capsule. Pupils have added photos, artwork, letters to future self and other objectives which they have used during their time in lockdown.

I was particularly impressed with these examples below from Logan Woodford and Cole Saunders in Year 7 and Morgan Fear, Alfie Fear and Mia Crockett from Year 8.



WEEKLY CHALLENGE 10

By Miss Griffiths

Imagine you are living in a busy city in the year 2050. Your challenge is to decide which problem in the pack sent to you via Classcharts you would like to solve.

• Use your science, maths, geography, product design, engineering or other skills to explain your idea – you can even include a diagram if that helps!

• Describe who might be involved in making your solution a reality. Would different experts, businesses, governments or technologies need to work together to make your solution happen?

• Describe who this solution will benefit. This can include all people or particular groups (elderly, students, families etc.), businesses or animals

Please send your entry form and supporting evidence to:
griffithsr@pontyhigh.co.uk



THE RIGHT TO VOTE

By Sean Moses (Former Pupil)

Last week, new legislation came into force in Wales which will allow 16 and 17 year olds to vote in next year's Senedd elections. Across Wales, around 65,000 16 and 17 year olds will be eligible to vote in the election next year.

The legislation also extends Senedd voting rights to legally resident foreign nationals. Campaigners have called the move a "victory for young people", bringing Wales in line with Scotland, where similar legislation is already in place. The Electoral Reform Society have now called on Westminster to follow Wales' and Scotland's lead, and introduce 'votes-at-16' for UK General Elections.



TRANSITION

By Miss Bartlett

Pontypridd High have created a DEN Instagram account with the aim of helping pupils to remember all the experiences that we have shared together, plus updates about upcoming trips and reminders about homework or key tasks.

To join the Instagram page you need to have an Instagram account. If you don't have one you can either follow the instructions on a browser or download the app to a smart device and create an account. Once you are on the Instagram app search @phs_theden and press 'follow'. You can then look through all the photos

of the staff and pupils and see how much fun learning can be at Pontypridd High. We have many different people following the account, including staff, pupils and parents/carers. The account has 249 followers, we would love to increase this to ensure that everyone is up to date with all our news. Please follow the page, it is an amazing way to keep up to date and in contact with people.

I thoroughly enjoy running the DEN Instagram page, and always willing to answer any questions you may have. You can contact me via the DEN's private message on Instagram. In the event that I can't answer your question, I will find the person who can!

We look forward to hopefully seeing some of you as new followers on the Instagram page very soon.

Stay Safe!
Miss Bartlett

PUPIL BLOG



My name is Seren Richards and I went to Coed-y-lan Primary school. Everyone thinks that high school frightening but when you start to make friends it's not scary at all.

I catch the bus to school at 7.45am. I didn't find that too difficult as I am always up early. I already knew almost everyone on my bus because they went to the same primary school as me.

When I arrived at the school we went straight to the hall for an assembly where we all sat down and the teachers told us where to go for registration. I had my friends from primary school with me as there was only 5 of us but I have made lots of new friends in my registration class. I did get lost a few times the first week finding where I needed to go but there are always teachers around to help you.

I enjoy all the different subjects it is a lot more interesting than being in Primary School. During lunch time the canteen can be really busy. In the beginning we were able to go in a little earlier which was great. There is a wide variety of different foods to choose from.

There are after school clubs that you can attend at Pontypridd high. I play football after school and I am going to join the basketball club when they start it next year. I am really looking forward to that.

Overall, I really enjoy being in Pontypridd high School. There is no need to be worried because you will make new friends and have your primary school friends with you too. I am looking forward to returning to school and seeing everyone again.





CORNER

By Mrs Sidoli

Why not treat your family to these delicious butterfly cakes.

Ingredients

150g soft margarine
150g caster sugar
3 eggs
150g self raising flour
12 paper cases
Butter icing:
100g icing sugar
50g margarine or butter
½ teaspoon water

Method

Preheat the oven 180°C gas mark 4 and place 12 paper cases in to a bun tray.
Weigh out all the ingredients.
Sieve the SR flour into a large mixing bowl.
Add the 150g margarine, sugar and eggs and mix until smooth and creamy with a mixing spoon.
Divide the mixture between the 12 cake cases using a teaspoon and place in the oven and bake for 15-20 minutes until the sponge is springy to touch.

Butter icing

Place the icing and 50g margarine into a bowl and mix together until soft and creamy. (add a little water if the mixture is too tough)
Place in fridge.
Remove cakes from oven and bun tray and place on a cooling rack. (leave to cool)
Using a sharp knife cut the tops of each of the cakes.
Spoon a teaspoon of butter icing onto each cake.
Cut the cake lids in half and place them either side of the butter icing. (They should resemble butterfly wings)

iDEA BADGES

By Mr Eldridge

ICT has been a constant go to for many of us during lockdown, for pupils and staff alike. Many are taking this time to enhance their digital skills and become familiar with new technology, new software, apps and tools. Developing our blended learning approach is going to be essential as we move forward through the coming months.

Many of you are enhancing your digital skills in a number of different ways. It is so exciting to see that this opportunity has created so many positive learning opportunities and outcomes through digital means.

I wanted to congratulate Tomas Dackins in Year 7 on achieving his PowerPoint Diploma and Staying Safe Online Certificate from the New Skills Academy. These two awards will support Tomas in his learning as he continues his education through Pontypridd High. I would also like to congratulate Tomos Jones in Year 7 on being the first pupil in the school to achieve the Silver award through iDEA's digital badges. iDEA Silver badges are scenario-based challenges that help you learn digital, employability and enterprise skills. Congratulations to both of you on achieving these awards!

The iDEA digital badges have been a great success over the last month since it was introduced. 150 pupil have registered to achieve their badges, with a combined total of 730 badges being awarded to date.

Congratulations to you all on your achievements and enhancing you digital, employability and enterprise skills.

STAY SAFE STAY HOME

weekly UPDATE

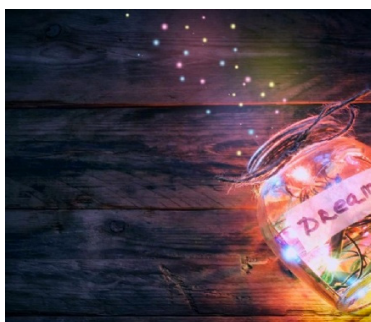
Please regularly check the school website for any new information. Below are just a few things that we would like to remind you about this week:

Health and Wellbeing

'Congratulations to all of you who contributed your steps to the 'Welsh Coastal Challenge'. I hope you're ready to walk the South West coast of England - email your steps to the Health and Wellbeing faculty, or comment on their Instagram or Twitter page.'

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. Last week pupils were treated to a star performance 'lockdown lip sinc' from the film 'The Greatest Showman'. If you missed it you can watch it on the school [YouTube channel](#).



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



Bringing a voice to our education.

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



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

Last weeks answer: The numbers were in alphabetical order. 8 = eight, 5 = five 4 = four, etc...

This weeks riddle... What 8 letter word can have any letter taken away and it still makes a word. Take another letter away and it still makes a word. Keep on doing that until you have one letter left. What is the word?



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