



The PHS NEWSLETTER

Edition 28
15th June



Stay Local
Together we'll Keep Wales Safe

CREATIVE IN LOCKDOWN



By Katie Holmes

Playing with knives is not something to recommend to anyone. However, with the right PPE, creativity and support from your uncle then why not?

Estelle Highgate in Year 7 has been busy during the 'lockdown' learning a new skill – whittling! Whittling is not something you pick up over night; it requires a lot of patience and practice. What you will find, like anything else you try, is that the more you practice the better

you become. It's an enjoyable and relaxing activity that I am sure Estelle would recommend to anyone who is interested in learning a new skill.

With guidance from her uncle, Estelle has been busy using sharp craft knives to carve intricate designs in the wooden pegs she has at home. She has also been busy painting some and making little outfits for them.

This is a fantastic example of being creative, well done Estelle.

ACHIEVERS

Excellent Home Learning in Welsh: Ceri Palmer, Evelyn Cartlidge, Kali Thomas, Logan Woodford, Ruby Brookman, Evan Davies, Sophie Burton, Courtney Chopping, Amy Hislop, Remy Tobin, Phillip Ololdi, Jacob Griffiths, Mason Riley, Jack Greig, Joshua Lewis, Sophie Burton, Sophie Harris, Mia Howells, Naseeb Randhawa, Cally Morgan, Florence Morgan Wood, Ffion Rowe, Alisha Hernandez, Alexia Bindczus, Taya Davies, Nia Lewis, Jack Davies, Molly Davies, Lucia Davies, Conor Whiles, Carys Lewis, Elliemay Mann and Sophie Evans.

Excellent Home Learning in Maths: Harry Hughes, Molly Davies, Maddison Jasper, Cai Phillips, Ellie Mitchell, Kian Bishop, Courtney Burton, Kate Leeworthy, Shakira Duggan, Sasha Bond, Mason Riley, Jack Greig, Mia Crockett, Sadie Howe, Seren Richards, Cole Saunders, Joshua Warren, Caitlyn Howells, Nevaeh Howells, Levi Evans, Riley Robinson, Daniyal Malik, Briar-Rose Allen, Logan Batten, Aimee Hughes, Caitlin Powell, Nathan Batten and Aron Lewis.

Excellent Home Learning in English: Caitlin Smith, Mia Howells, Alisha Hernandez, Kacey Boyle, Jack Davies, Kayla Jones, Connah Evans, Daniel Hill, Ffion Davey, Kayla Norton, Danny Webster, Cole Saunders, Gracie Griffiths, Mckenzie Jones, Courtney Chopping, Nevaeh Howells, Jac Jones, Charlie Nash, Ellie Mitchell, Gabrielle Mardon-Smith, Iwan Bedgood, Alisha Galea, Millie Jones, Molly Davies, Joshua Lewis, Ella Hunt, Jack Greig, Rhys Humphries, Milena Dudek, Levi Evans, Jessamine Davies, Rhys Norris, Aron Lewis, Shakira Dugga, Ffion Davies, Keiran Howells, Caitlin Powell, Sasha Bond, Connor Jones, Lucy Taylor, Briar-Rose Allen, Sophie Edmunds, Sophie Evans, Moli Turner, Carys Lewis, Lowri Thomas, Jack Kirby, Jack Davies, Samuel Greening, Evy Rixon, Joseph Griffiths, Ben Dackins, Oliver Lloyd-Thomas, Daniel Halling, Sonny Dowdall, Logan Batten and Conor Whiles.

Excellent Home Learning in Science: Grace Morgan, Ceri Palmer, Daisy Moon, Casey Lindsey, Abbie Edmunds, Logan Woodford, Evan Daives, Ruby Brockman, Kali Thomas, Ella Price, Ffion Davies, Solomon Thomas, Sophie Burton, Tilly Warne, Joshua Walker, Megan Mahoney, Harry Hughes, Leanne Humphries, Josh Lewis, Ella Hunt, Lana Davies, Charlie Nash, Jacob Griffiths, Aron Lewis, Ffion Rowe, Alexia Bindczus, Taya Davies, Riley Price, Emily Jade Baker, Iwan Bedgood, Lewis Jordan, Dylan Langmead, Nia Monk, Jess Davies, Amelia Lloyd, Anna Osborne, Jessie Rowe Jones, Alisha Galea, Lydia Parry, Molly Davies, Rhianwen Allman, Miles Owen, Millie Jones, Jacob Jones, Camron Davies, Jae Neck, Adam Harries, Joshua Thomas, Jay Morgan, Lauren Williams, Ellie Mann

Scientist of the Week

Year 7 Abbie Edmunds

Year 8 Megan Stock

Year 9 Nathan Batten

Year 10 Jay Morgan

Excellent Home Learning in Product Design: Estelle Highgate, Nathan Batten, Alexia Bindczus, Daniel Birch, Chloe Hazzard, Alisha Hernandez, Grace Locke, Nia Monk, Florence Morgan-Wood, Naiya Partington, Nia Prichard, Ffion Rowe, Griffin Williams, Logan Batten, Carys Lewis, Connor James, Evie Rixon, Jay Morgan, Joseph Griffiths, Oaklan Dee, Sampreet Kaur, Briar-Rose Allen, Bradley Markey, Cody Jones, Finlay Mansfield and Lowri Thomas.



A MESSAGE HOME

Dear Parent / Carer

Since the announcement that schools will be returning from Monday, June 29th staff have met each day to discuss plans which will ensure we provide the best learning experiences alongside the essential personal protection and social distancing that keeps everyone safe. I can assure you that this is a very detailed and thorough process which will certainly take all the time we have between now and June 29th.

My thanks to everyone who took the time to complete our parent / carer survey earlier this week. We had close to 500 responses and whilst close to half of responses were positive about a return to school, there remains a high number that are either undecided or reluctant at present about sending their child back to school. It was clear from all the questions raised that the way in which we manage social distancing is a key factor in whether your child returns. As you can imagine this concern is shared by staff also and I can assure you we will do all that we can to ensure the site is safe for everyone.

Our plans will be based around information from the Welsh Government and also that from the Local Authority. Next Tuesday, June 16th I will be meeting with school Governors to discuss our plan and our intention is to share that information with you once it has been agreed. It is likely we will then send out another survey to confirm your thoughts about your child returning or not.

I can confirm from the guidance already received that the expectation is that any child will most likely attend school on 3 separate occasions during the course of the opening from June 29th to July 24th. We also know that Sixth form students will not be allowed to travel between sites and that no Year 6 children will be able to visit us at Pontypridd High during those weeks. All

of the final details will be presented to you next week and this will include details of how the school site and classrooms will be managed as well as times of day and how we would like students to arrive and depart .

I trust you will understand there is a great deal of planning to be undertaken in a short space of time. We are all committed to providing the safest and best experiences we can each day and my thanks to all staff for the time they are spending working this out.

As always, thank you for your support and I will be in contact again next week with final details of our plan and what that means for your child(ren) returning to Pontypridd high from June 29th.

Many thanks

Huw Cripps

Headteacher



STAFF BLOG

Day 77 of lockdown and I'm missing school, missing my colleagues and of course, missing all the pupils. It's been great that we have all been able to keep in touch via the website, Class Charts, teams etc and I have loved being able to take part in the assemblies and enjoy watching them regularly.

Lockdown life for me has been quite a learning experience. I have learned the value of friends and family even more during these difficult times. It brings people closer together even though we are apart, thank goodness for technology! I have learned that you don't need a lot of material things and not wearing make-up and having messy hair is ok! I will appreciate things I have taken for granted a lot more. I have kept a daily diary of my thoughts and activities and will look back on these one day and remember what I have learned from this.

Last week the Discover More theme was making a Time Capsule. So, I thought what better time to unearth the time capsule I have been keeping for 25 years. I started it when my daughter Amy-Jane was little (some of you will remember her working at the school last year in the Den.) I wanted to create something that she could keep which would act as a piece of history captured from when she was young. I began collecting newspapers reporting on things of historical significance that were happening in the world.

As you can see there are quite a few and no doubt I could have added a lot more. These are a few examples:

Disasters: The terrorist attacks on the World Trade Centre, New York, The Indonesian Tsunami, The terrorist attacks in London and Paris.

The Monarchy: Death of the Queen Mother, The Queen's Golden Jubilee, Death of Princess Diana, Marriages of

Princes William and Harry Births of the future heirs to the throne Prince George, Princess Charlotte and Prince Louis.

Deaths: Pope John Paul II, Margaret Thatcher, Pop Star Michael Jackson

Appointments of the Presidents of the USA: Barack Obama and Donald Trump.

Although not all the features here are happy ones, they are still part of our history and will be talked about and remembered for many years. I remember lending my newspaper about the Tsunami to Mrs Farrow when she was teaching her class about it so they could see it.

The happy news articles have brought a lot of joy, like the Royal Weddings and the London Olympics. If you are interested in any but can't remember them, why not ask your family members or even google them.

I will keep adding to my time capsule although I really should buy another box.

Stay safe and I look forward to seeing you all again soon.

Debbie Davies – Team Attendance



STAY SAFE STAY HOME CYCLING FOR THE NHS

By Mr Eldridge

On June 20th Mr Longden and myself are taking part in a 12 hour Zwift (online cycling platform) cycling challenge which is equivalent to an NHS worker's shift time.

We will begin our challenge at 7 in the morning and cycle till 7 at night, with a few pit stops along the way of course. We are hoping to cycle around 200 kilometres each during the challenge.

For those of you who are unfamiliar with Zwift, it is a platform where you connect your bike to a turbo trainer and the Zwift app reflects your power, speed and distance within the Zwift virtual Worlds. Mr Longden and

I will be in our own houses cycling, but will be together in the same virtual World within Zwift.

The money they raise will go towards supporting our local community through Pontypridd Food Bank. Please support them and the local community during these unprecedented times through donating on our GoFundMe page: (scan the QR code).

Thank you all in advance for your donations to this cause.

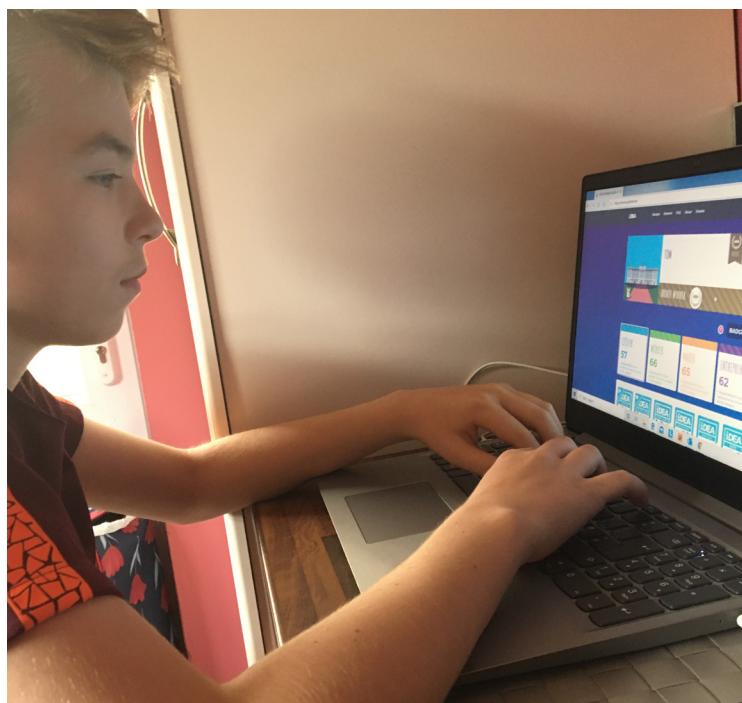


STAY SAFE STAY HOME LEARNING FROM HOME

Pontypridd High School



Bringing a voice to our education.



A digital badge is like an online lesson that teaches you cool new things linked to the badge subject. For example, when I did the bronze badge on problem solving, I learnt about different problems companies had faced and how they overcame them.

For Bronze, each badge is very independent of each other but for silver badges there are three badges per category and the learning is continuous through all three badges with a final challenge at the end to see if you can put the skills you've learnt into practice. You achieve each badge by reading through information,

answering related questions and then completing a final task to check you can demonstrate you have learnt the skills needed. Once you complete, you are awarded points that contribute to you achieving the overall bronze or silver certificate.

My favourite badge was the Silver Gamer Resolution badge where I got to design my own game using the learning from the Gamer foundation, activation and resolution badges. The badge was fun and interesting and has made me think about whether I would want a career in designing games or computer programming.

Completing the bronze certificate gave me a really good insight into what skills I may need for the future and what skills employers look for. I particularly enjoyed completing the cyber spies badge and learning about how companies stop cyber attacks but I found the Silver award more structured and felt that I had a good understanding of the subjects I worked through where as the bronze was just a basic introduction.

Completing both certificates has built up my digital and enterprise skills and I was very surprised to learn that my mother has undertaken similar training sessions at work so I think many of the badges will help me in my chosen career in the future.

Completing the badges was a real fun way to learn, at my own pace and I was able to choose the subjects that interested me. Once I completed one badge and got that sense of achievement I just wanted to complete more until I got the overall certificate. I would definitely encourage my fellow classmates and other pupils at school to either continue or to start working on their iDEA badges because they'll enjoy them and gain good skills which they can transfer into their class work or future employment.

Tomos Jones, Year 7.



A VIEW FROM ABOVE

By Mrs Davies

We do not often get to see our school grounds from above so we are delighted that Stephen Hillier has sent us some incredible photos of our school in all its

glory last week. Thank you very much Stephen.

We are so lucky to have such wonderful grounds and look forward to filling it with happy and enthusiastic pupils and staff as soon as we can.



'DISCOVER MORE' TASKS

By Miss Griffiths

Discover More challenge 10 was entries to the Bright Ideas Challenge. This is a national competition that lots of our pupils have now entered.

The challenge was to imagine that you live in a busy city in 2050 and to think about the problems that city would have, an example is the energy consumption. The pupils then had to use their STEM skills to come up with an idea or design to help solve this problem. Some pupils even discussed ways that different experts, businesses, governments or technologies need to work together to make their solution happen.

I was very impressed with all the imagination and how well our pupils thought about these issues and really cared about the future of our planet. I particularly like 'The Underground School' design by Danny Webster in Year 8. It is a very unusual take on schooling but it does help to reduce energy consumption and work towards solving the issues we may face by 2050. You never know, this idea may become a reality. Well done Danny!

I also really liked the idea that Calum Sharp in Year 8 came up with where they would use the rainwater from the busy city to be collected and turned into renewable hydroelectric power! You can read what Callum wrote below.

Describe the energy problem a city in 2050 will face (that your bright idea will solve): In 2050 the population will reach around 9.8 billion compared to today's which is around 7.7 billion. For a bigger population more and more and more housing needs to be built, more cities are going to need to be constructed and this leaves little room for wind turbines and solar farms. The increased population will also require more electricity and the world will be fully electric, electric cars, busses, lorries, cookers, doors. This increase in electric devices requires more and more electricity. If the problem does not get solved billions of people worldwide will go without electricity, and only the top 20% will be able to afford it, it will be as rare as gold.

Describe your bright idea – how will it solve the problem you've outlined above?: My idea is to collect rainwater from busy cities and turn it into hydroelectricity. The water will be collected in drains along roads, the water will then flow down a series of pipes until it gets to the centre the centre is where all the road drains in the area meet up before it gets turned into hydroelectricity.

Tell us about the research you did. Reference the sources you used during your research, and any scientific theories that support your idea: The research I undertook was looking at how I could optimise the way electricity is created. Through looking at different ways to create electricity one stood out to me hydroelectricity, the other renewable sources such as wind and solar take up too much land and are expensive. To understand how hydroelectricity works I watched several documentaries on the topic. Also, through my research I saw that Japan already had a system that could be turned into a renewable energy source. Japan has several underground networks that help store water to prevent a flood, they have drains at the end of street that all connect to a massive central room underground that is used to store water.





WEEKLY CHALLENGE 11

By Miss Griffiths

Since lockdown lots of jobs have been greatly affected! This could be due to working from home, having to be redeployed to a different field, being furloughed or changing the way they deliver services.

Your challenge is to research up to 3 careers/jobs and explain how they have been affected to due lockdown.

Ideas to present your research include:

- Video
- Presentation
- Interviews
- News article
- Poster
- Blog

Please send you entry form and supporting evidence to:
griffiths@ponthyhigh.co.uk



THOUGHTS AND FEELINGS



By Miss Ford

Mindfulness exercises and activities can help pupils get in better touch with their thoughts and feelings.

With increased awareness of how they are feeling in the moment, comes less emotional reactivity and a greater ability to listen and communicate more thoughtfully and effectively. With this in mind, we practice a variety of mindfulness techniques.

Yoga - This has been one of the most popular approaches to mindfulness enjoyed by pupils. It helps to enhance the pupil's strength, coordination, and flexibility. It also encourages body awareness and self-esteem.

Meditation - Using the Headspace app we have been teaching pupils how to mediate and learn breathing

exercises. These can help manage stress and reduce anxiety. Pupils enjoy the sense of calmness and relaxation it gives them.

Art - We use a range of arts and crafts activities to help pupils explore their thoughts feelings and emotions. Favourites with pupils are rock painting, clay model making, mandala colouring and Hama beads.

We hope by giving pupils the tools to improve their physical and emotional well-being they will continue to practise them and see improvements in their memory, attention span and academic performance.

If you have any questions, please contact:

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

PUPIL BLOG

When I first came to Pontypridd High School, I was very nervous about many different things like: will I be able to find my way around easily? Will I meet new friends? Will I get bullied by the older kids? The answer was yes, yes and no.

Firstly, the teachers will help you find your classroom if you can't find it. Secondly, there will be many other children from many other different schools who are feeling just like you, so don't just think it's only you because you're all going through the same thing. And thirdly, the older kids all went through the same thing you're going through now, so they won't bother you. I'm not aware of any bullying amongst people I know. I saw about three of my friends in the whole day on my first day. I was really nervous to start with, but after about 2 weeks it was as if it was normal.

Another thing I was worried about was catching the bus to and from school; what if I missed the bus? If you miss the bus, you have 2 choices, go to school in your parents/grandparents/guardian's/siblings car, or walk to school. And maybe get up a bit earlier the next morning! Another new thing introduced to me in high school was form classes. Form classes are the classes that you are in for 20 minutes before lessons start. Your form tutor takes the register with your you and your classmates, waits a few minutes 'til the bell rings and off you go to lessons. Personally my favourite thing about Pontypridd High School is having the chance to meet so many new friends from all different schools.

Whether you like academic or non-academic activities, there is something that you can do. There are classes from maths to science to geography and more in class time. Not only those, there is also an opportunity to join different clubs/groups such as the rugby team, gaming club, art club and others outside of class time for fun.

Joshua Warren, 7T.





CORNER

By Mrs Sidoli

Makes these tasty savoury tarts the centrepiece of your summer spread. Filled with fresh veg, cheese and herbs, they make a filling and moreish dish to share.

Ingredients

- 1 packet ready made shortcrust pastry (or home made with 200g plain flour, 50g butter, 50g lard and a pinch of salt, water to bind)
- 4 Eggs (2 yolks/2 whole eggs)
- 150ml single cream

Optional fillings

- 100g mild goats cheese, 1 tbsp basil, 6 cherry tomatoes (sliced in half).
- 1 leek, 5 slices bacon, 100g cheddar cheese.
- 100g ham, 100g grated cheese, 2 tsp mustard.



Method

1. Preheat the oven to 180oC/Gas Mark 4.
2. Lightly grease a 12 hole muffin tin.
3. Roll out the pastry onto a floured surface.
4. Cut out 12 circles using a 9cm pastry cutter.
5. Loosely press the pastry circles into the muffin tin.
6. Chill in the fridge.
7. Beat the whole eggs, egg yolks and cream in a mixing bowl. Season well. This is your basic mixture, ready to add your chosen flavours:

Goats cheese and tomato – crumble the goats cheese into the pastry cases, scatter with basil, pour over the egg mixture and top with a tomato.

Leek and bacon – wash and slice the leeks, chop the bacon finely, fry the bacon and leeks together, spoon into the pastry cases along with the grated cheese, pour the egg mixture over.

Ham, cheese and mustard – cut up the ham and grate the cheese, stir the ham, cheese and mustard into the egg mixture, pour into the pastry cases.

Bake for 30-35 minutes until the pastry is lightly golden and the eggs have set. Cool for 10 minutes before removing from the tin. Serve warm or cold.



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. Have you seen the star performance 'lockdown lip sinc' from the film 'The Greatest Showman'? If you missed it you can watch it on the school [YouTube channel](#). Click the link.



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 word is starting! starting, staring, string, sting, sing, sin, in, I.

This weeks riddle... Carl is trying to find solutions to a geometric puzzle. He has a square plot of land that he needs to reserve 1/4 for himself and divide the remaining 3/4 equally and in similar shape, among his 4 children. There are two possible solutions. Can you solve the puzzle?



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