



## BUDGET 2010-11

This year's available budget was significantly lower than last year's although the number of pupils is about the same. The post-16 budget was reduced for the second year running, there were Welsh Assembly government 'efficiency' savings, rising costs of examination fees and unfunded pay rises to cover in 2010. The school had anticipated that there would be a reduction and had accumulated reserves from the last two years to deal with this unwelcome development. In deploying these reserves the school has avoided significant damage but some reductions in staffing are inevitable. A total of five teaching posts and ten support staff posts will be lost this year. At the time of writing these reductions have been achieved by resignations, reductions in contracts, early retirements and voluntary redundancies.

The school has **NOT** cut curriculum provision – in fact the number of courses available will increase slightly. The savings will be made by increasing teaching loads and some class sizes. There has also been a reorganisation of support staff posts. Many other budget headings have been frozen at 2009 levels. Without the deployment of reserves the situation could have been much worse. As always the school has carefully planned its allocation of resources to ensure that pupils' education does not suffer and that will continue to be the priority. It has been a tough budget round this year, probably the toughest I have ever had to implement. We will need to be vigilant next year.

## PENGLAIS STAFF AT INTERNATIONAL UN CONFERENCE

Two members of Penglais staff, Jacqueline Minchin (Clerical Assistant) and Dr Ann Minchin (6<sup>th</sup> Form Learning Coach) were invited speakers at a UN conference organised by the International Labour Office (ILO). The meeting, on "People with Intellectual Disabilities – Training and Employment in the African Region" was held in Lusaka, Zambia and was used to develop best practise for promoting the employment of people with intellectual disabilities in the developing world. This involved the participation of ministers, senior administrators, educationalists, trade unionists and employers from seven African countries, as well as observers from China, Vietnam and Thailand.

The Penglais representatives were invited to present a case study of successful employment of a person with an intellectual disability in the UK. Jacqueline introduced a video showing her daily work activities in Penglais. This video was made by Ms Sarah Webster (Media Studies teacher) and Paola Toy (IT Training Officer) and was so well received by the meeting that all extra copies were snatched up by other delegates and more had to be downloaded onto pen-drives. The video was followed by a talk from Dr Minchin on the input and support that went towards making Jacqueline's employment a success. Dr Minchin also reported back to the conference from a workshop on what States could do to implement the educational rights of people with an intellectual disability. Suggestions from this and other workshops



Jacqueline and Dr Minchin with the Zambian minister for Community Development and the Director of ILO in East Africa.

were incorporated into a "Lusaka Declaration" which will form part of ILO's strategy for including people with disabilities in general society.

## PENGLAIS SCHOOL DOES SPORT RELIEF

Year 12 students organized an Own Clothes Day and a disco in order to raise money for Sport Relief. The theme of the Own Clothes Day was Sporting Heroes, with many staff and pupils dressing up. Pictured are Leanne Edwards and Melanie Owen from Year 10 who came dressed as boxers.



The students are also supporting two former pupils who are raising money for charity by running the London Marathon. Hayley Revell will be running for Get Kids Going, providing sporting equipment for disabled children and Layla Mangan will be running for MIND.

## SUCCESS AT THE COUNTY URDD EISTEDDFOD

Penglais pupils were very successful at the County round of the Urdd Eisteddfod at Pontrhydfendigaid

Ceri Davies and the year 7-9 group were successful in the Disco Dancing competitions. As individual instrumentalists Grady Hassan on the tuba and Thomas Matthias on the violin were awarded first prizes. Leanne Davies won the individual learners recitation as did the Year 10 – 13 Learners recitation party. The Cerdd Dant Years 7-9 party was also successful. Sophie Rudge won the individual solo and the individual cerdd dant solo and she also won the duet and the cerdd dant duet with Katherine Lewis.

These will now be representing Ceredigion at the Urdd National Eisteddfod in Llanerchaeron in May.

## CONGRATULATIONS

Imogen Jones 9NG has been nominated by the Federation of International Basketball Association (FIBA) to represent Wales in the Europe Basket Ball Camp. Imogen is one of two girls (under 15s) that will go to Slovenia in the summer. Imogen was headhunted by the top coach of the IBA to represent Wales – 30 girls were considered. She will be away in Camp from 3<sup>rd</sup> – 8<sup>th</sup> July.

## MACBETH PRODUCTION FOR YEAR 9 AT UWA

Year 9 were recently treated to a performance of Macbeth at Aberystwyth University given by Richard Cheshire's Drama students. The pupils first attended workshops before seeing the play. This was the pupils' first taste of Shakespeare – they will be studying Macbeth in Year 10 as part of their GCSE English syllabus. They were an enthusiastic audience who appreciated the performance.

## RAISING MONEY FOR

## MUSCULAR DYSTROPHY

Recently the Community Services group in Year 12 raised £600 for Muscular Dystrophy UK. Pictured are some Year 12 students and Mrs. Anne Hughes from the Aberystwyth group who came to speak to the group about Muscular Dystrophy UK's work.



## CULTURAL EXCHANGE

### VISIT TO JAPAN

Last October, I was fortunate to gain a place on a 10 day exchange visit to Yosano, Japan.

Six students were selected in all, 5 from Ysgol Penweddig and myself representing Penglais School. Mr Arwel George, former Head of Penweddig and Chair of the Aberystwyth Yosano Friendship Association led the group. Miss Mererid George also accompanied the group, having previously spent some time in Japan as part of her language studies; she was therefore able to help with translation.



Exchange between Aberystwyth and Yosano began in 1984 when the late Frank Evans, of Capel Bangor returned to Yosano (previously known as Kaya) to attend the unveiling of a memorial plaque for his fallen comrades. He had been a prisoner of war himself and had experienced working at the Oheyama Nickel mine in Kaya. He then became actively involved in the promotion of peace and friendship between the two towns. The very first cultural exchange visit took place in 1985 when the Mayor and the President of the Kaya town council visited Aberystwyth.



A buzz of excitement ran through our small group as we met on Aberystwyth station that cold October evening. This was the first long haul trip for most of us and we were all aware that to visit a country like Japan was a wonderful opportunity. After an overnight stay in a hotel in Birmingham we flew with Lufthansa to Frankfurt and then after a 2 hour break flew on to Kansai International Airport, in all a flight of 16 hours! We spent the time going over the most useful phrases in Japanese. Most of us had studied the language although at a pretty basic level. We also tried to get as much rest as we could, as we knew that the Japanese had prepared a full itinerary for their guests.

Upon arrival at Kansai Airport, we were greeted by Taka and Teiji, representatives of the Japanese branch of the friendship association and then whisked off to visit Osaka Castle which was built in the Edo period. This was absolutely amazing and very well preserved. Later in the day we went on to Yosano (population approx 25,000) where we met our host families. I stayed with Yuki Adachi, his mother and father, older brother and younger sister.

Their home was a mixture of modern western and traditional Japanese style. When you enter a Japanese house you have to remove your shoes and place them neatly side by side, then put on your slippers. In Yuki's home there were also 'tatami' floor areas where it is necessary to remove your slippers and in the bedroom there was a 'futon' in place of a bed. This was rolled up and kept in a closet when not in use. I was pleasantly surprised to discover how comfortable these were to sleep on. In the bathroom, the arrangements were quite different. The Japanese shower first to wash themselves and then bathe to relax in very hot water. You never put soap in the bath and you never pull the plug as the same water is used by all!

Japanese cuisine was something else! Rice was served with virtually everything. Dishes like raamen (egg noodle) and yaki-niku (grilled beef) were popular. We visited a sushi bar where I had my first taste of octopus and squid and we were also taken to a Japanese style barbecue restaurant.



Over the next few days we visited a number of schools in the area. The children gave us a warm welcome and we exchanged small gifts as is the Japanese custom. We were so impressed to discover that at the end of the school day the children actually clean the schoolroom and generally tidy up before they go home. Can't see that catching on here! We also visited the town hall where we were received by the Mayor and local dignitaries. Again we observed the Japanese custom of exchanging gifts. Everywhere we went, we were warmly welcomed and treated like VIPs. Rather than shaking hands, we had to remember to bow. The Japanese also bow to express gratitude, apologies, and requests.



A trip to the impressive nickel factory of Oheyama was most interesting. Employing only 100 men, it produces 1% of the world's nickel and is typical of Japanese efficiency and hard work. We also visited the Frank Evans memorial for peace and friendship where we laid a small bouquet of flowers.

There were so many wonderful sights and sounds that it was hard to take it all in. The Izumo Shrine of Migochi, a Shinto shrine, was also part of our itinerary and we also tried our hand at T-shirt pattern dyeing.

Another marvel of Japan was the bullet train, which we took from Shin-Osaka to Hiroshima. It was due at 8.46 and arrived at precisely 8.46 and took next to no time to reach its destination due to its speed and efficiency. Everything worked like clockwork.

The visit to Hiroshima is something that will stay with me always. The city has now been rebuilt better and bigger than before the tragic events of 1945 when at 8.15 on August 6th the world's first atomic bomb was unleashed. We visited the peace museum which not only tells of the horrors of that catastrophic event but also relates the history of 20<sup>th</sup> century Japan.

My lasting impressions of Japan are of a people whose very society is built on a foundation of honour and respect. As we travelled around I noticed how clean the streets were how punctual the buses and the trains were and how generally well maintained everything was. Everywhere we went people were polite and generous spirited. I made many friends who I email regularly and although this was my first trip to Japan it certainly won't be my last.

*Gwydion Morgan*

*Ebenezer, Penglais School*

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## ICELAND PAYMENT REMINDER

Please remember that a total of £400 should be paid by June.  
Many thanks. Mrs. J. Elgood.

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## LOST PROPERTY

We have a significant amount of lost property at the school which we have been keeping for a long period of time. If parents or pupil wish to look at the lost property and claim their belongings they can do so any day between 1.00 and 1.30pm. Any clothes which are not claimed after 14<sup>th</sup> May will be sent to charity.

## SOPHIE RECEIVES TOP CHORISTER PRIZE

Sophie Rudge, a Year 9 pupil at Penglais School, attended the Easter course of the National Children's Choir of Great Britain at Seaford College in Surrey.

Sophie was selected to sing a solo at the concert last Sunday. She sang 'Cilfan y Coed' by Rhys Jones.

This is the third time that Sophie has been invited to sing solo at one of the choir's prestigious concerts. This is unprecedented. During the concert the Music Director Lissa Gray spoke of Sophie's achievements and awarded her the top Chorister Prize for her musicality and singing. The award also recognised the contribution made by Sophie to the pastoral care of younger choristers and her enthusiasm during the Easter course.



## BAG COLLECTION

A big thank you to all those who participated in the recent 'Bag Collection'. Penglais School collected 385kg of clothing which translates into the sum of £173.25 being collected. This money will go to YUWO School near Wondo Genet in Ethiopia.

## YEAR 11 GCSE TIMETABLES

Year 11 have just been given their GCSE timetables. They have been given two copies: one for themselves and one for their parents. Please ask your son/daughter for a copy!

## UN CLIMATE CHANGE CONFERENCE IN COPENHAGEN

Recently Penglais Sixth Form Community Services group made a donation to help a Mongolian youth delegate attend the UN Climate Change conference in Copenhagen.

Erdenechimeg Baasandamba met with environment ministers and is now trying to create a Youth Forum for Sustainable Development in Mongolia. Isobel Bottoms, a past Head Girl and a Director of the Wales Youth Forum for Sustainable Development was instrumental in organizing this and met her at the conference.

Erdenechimeg asked Isobel to present the school with a handmade felt picture of the Mongolian countryside as a token of her gratitude.



Without our donation Mongolia would not have had a youth representative at the conference.

Isobel Bottoms presenting Sofia Ropek-Hewson, Head Girl, with the picture.



## CUSTOMER SERVICE / RETAIL

Whilst attending work experience for her NVQ Level 2 in Customer Service, Natasha Crees, Year 11, successfully passed “The Property Misdescriptions Act Online training course”. This qualification is normally undertaken by full time employees. Many thanks to Charles Raw-Rees and Wendy Phillips for their support and encouragement and well done Natasha.

The department would also like to take this opportunity to thank all of our work placements who generously offer guidance, support and experience. Without these local organisations, the school could not continue to offer such a wide choice of vocational education to our pupils. Many thanks to them all.

Beauty Spot	Morrisons
Brantano Shoes	New Look
Cancer Research	Oxfam
Charlie’s Stores	Padarn Letting
Columbine Florist’s	Plascrug Leisure Centre
C.R.A.F.T	Polly’s
Halfords	Rich Lloyd Hair Studio
Hendre Stores, Waunfawr	Superdrug
Hyfforddiant Ceredigion Training	W.H. Smiths
Jim Raw-Rees	

## PENGLAIS STUDENTS TAKE PART IN VIDEO CONFERENCE WITH CERN.

Year 13 Physics students took part in an all Wales video conference with Dr Lyndon Evans who is the project leader for the Large Hadron Collider at CERN. Dr Evans presented a one hour long session on the reasoning behind CERN and what they may hope to discover. At the end of the session students from across Wales were able to ask Dr Evans their questions. Dr Evans was so impressed with the interest from students about the workings of the LHC he promised another conference to explain how it all works. Penglais students found the conference very interesting and informative and have asked to be part of the second conference.

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## YOUNG COMPOSER OF DYFED 2010

We were delighted to hear of Yasmin Eva’s success in this competition. Yasmin, a Year 13 A Level Music student, won the Sixth Form prize for her composition “Saxtravaganza” for Saxophone quartet.

Yasmin’s composition was highly commended by the adjudicator and as part of her prize she was able to spend a day working with the professional saxophone quartet, “Lunar Quartet”. The day was spent

preparing the performance of Yasmin’s winning composition and a recording was made at the end of the day. Yasmin’s composition was also performed as part of a special concert held at Rhos Gilwern, Cardigan.

Over the years Penglais has had many winners in the ‘Young Composer of Dyfed’ competition and we congratulate Yasmin on her success. The photo shows Yasmin with two members of the Lunar Saxophone Quartet.



## SCIENCE

**Science Week** – On the 17<sup>th</sup> March 60 pupils from Years 7 and 8 visited a hands-on science exhibition at Aberystwyth University. Pupils saw exhibits ranging from 3D cameras to parasites, and took part in a pollination game.

**Top of the Bench Competition** – While the rest of the school were starting their Easter holidays, four pupils: Grady Hassan, Paige Smeaton, Rhys Elgood and Nicholas Erskine were travelling to Loughborough University to take part in the national final of the Royal Society of Chemistry ‘Top of the Bench’ competition.

The team travelled to Leicester first to visit the National Space Centre, and then on to Loughborough to take part in the competition. This

involved sitting an exam paper and then taking part in some practical activities. Although the team didn’t win any prizes they enjoyed the experience and were a credit to the school and should be congratulated on reaching the final stage of the competition.



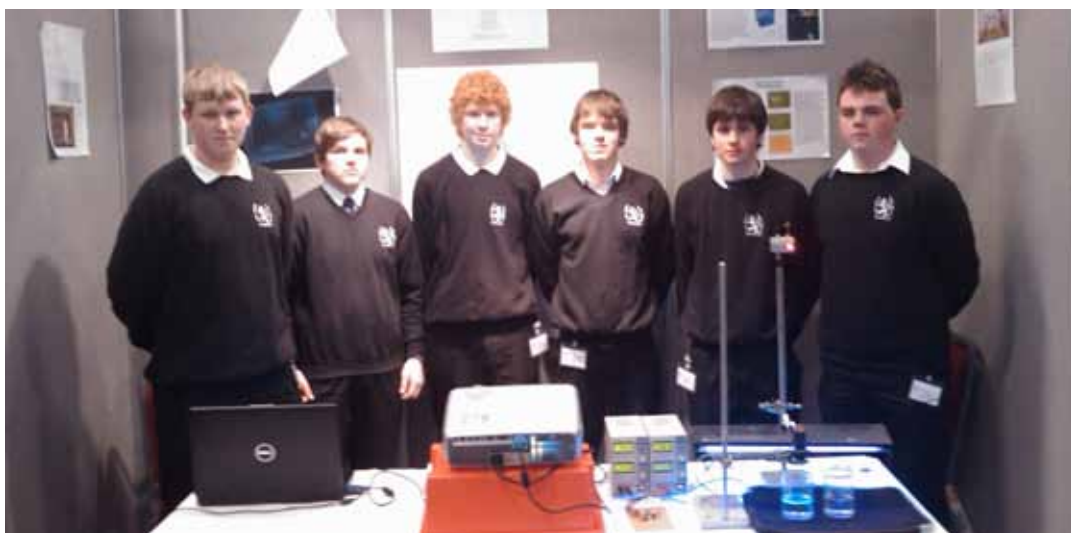

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## THE PHYSICS DEPARTMENT AND THE ENGINEERING EDUCATION SCHEME OF WALES

Six year 12 students studying Physics have participated in an engineering course organised by the Engineering Education Scheme of Wales. The students completed the course with a presentation of their engineering project in the Venue Cymru in Llandudno. The team along with fourteen other teams from North Wales delivered several 10 minute presentations of the design and application of their product to various sponsors including The Welsh Assembly, Airbus UK, The Royal Navy and Institute of Mechanical Engineering.

The project started last October when the six members of the team were given a brief which was to design a device to detect oil on water in the Hydro-electric power station’s sumps at Cwm Rheidol. The device needed to trigger the oil removal system once the oil had been detected. The team achieved this by giving up their free time to complete research, develop and construct the device. Gareth Jones from Statkraft, the sponsor for Penglais School was extremely impressed with their presentation and the innovative design of

the system. The team thoroughly enjoyed themselves and learnt a tremendous amount about engineering skills during the course. The team would like to thank our Physics technician Mr Dave Ball for giving up his own time to provide invaluable support to the team during the course.



Photograph: Members of the EESW Team. Left to Right: Stephen Wood, Gwydion Ebenezer, Daniel Dupont, Evan Rowbottom, Edward Williams, Richard Lewis

# CATERING

The controlled test has started this half term and is worth 30% of the final GCSE grade. Pupils will need to attend all lessons. 15 hours has been allocated to this task. Absence will mean loss of time. The practical examinations will be held on 7<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup> and 10<sup>th</sup> June. Details to follow.

## Year 10 Catering – Summer Term – Practical and Written Work.

Week 1 Mon 5, Tue 2 and Fri 3, Week 2 Tue 4 and Fri 1

Date	Lesson	Practical	Homework	Comments / Ingredients
20 <sup>th</sup> April	Introduction Fruit and Vegetables		Make sure all work from Spring term is completed and handed in for marking	
23 <sup>rd</sup> April	Research into Salad Dressings	Knife skills; vegetable crudités	Research salad dressings and write up work done in class	You need to keep a record of all the work you do in class and homework
26 <sup>th</sup> April	Personal research into fruit and vegetables		Record research and bring in ingredients for 27 <sup>th</sup> April	Choose one simple and one medium skill dish. You will have only 45 minutes.
27 <sup>th</sup> April	Practical lesson	Fruit and vegetable dish	Complete research and write up practical	
30 <sup>th</sup> April	Whole group in D17 Fruit and vegetable display	Identification and Sensory Evaluation. Use fruit and vegetables from display	Evaluate work done in the lesson	Individual research
4 <sup>th</sup> May	Practical	High skill vegetable dish	Evaluation	Hand in homework
7 <sup>th</sup> May	Practical	High skill fruit dish	Evaluation	
10 <sup>th</sup> May	Research		Ingredients for vegetable dish 11 <sup>th</sup> May	Start writing a summary of your research
11 <sup>th</sup> May	Trialling and testing	Vegetable dish	Evaluation	Ingredients for fruit dish
14 <sup>th</sup> May	Trialling and testing	Fruit dish	Evaluation	
18 <sup>th</sup> May	Trialling and testing	Fruit and vegetable dish	Evaluation	Bring your summary of your research
<b>21<sup>st</sup> May</b>	<b>Controlled Test</b>	<b>Summary</b>	Reasons for choice	
24 <sup>th</sup> May	Individual research		Time, plan and order of work	Bring in reasons for choice for Controlled test
<b>25<sup>th</sup> May</b>	<b>Controlled Test</b>	<b>Reasons for choice</b>	Shopping list	Bring in reasons for choice for Controlled test
<b>28<sup>th</sup> May</b>	<b>Controlled Test</b>	<b>Time, plan and order of work shopping list</b>		
<b>7<sup>th</sup> June</b>	<b>Practical examinations</b>	<b>Groups 1-2</b>	Evaluation	
<b>8<sup>th</sup> June</b>	<b>Practical examinations</b>	<b>Group 3</b>	Evaluation	
<b>9<sup>th</sup> June</b>	<b>Practical examinations</b>	<b>Group 4</b>	Evaluation	
<b>11<sup>th</sup> June</b>	<b>Controlled Test</b>	<b>Evaluation</b>		



## YOUNG AMBASSADORS – by Isabella Hughes 11MC

Recently I was elected by Funky Dragon (National Youth Welsh Assembly) to be a representative of Wales In Young UK Ambassadors. My first meeting was in Belfast, Northern Ireland. There are three representatives for each national organisations. There were Northern Ireland Youth Forum, Scottish Youth Parliament, British Youth Council, UK Youth Parliament and Funky Dragon.

After a disastrous wait in the airport, which included four delays and a change of planes, we finally arrived in Belfast. We stayed just outside Belfast in a place called Ros Trevor in little cottages. For the first day we talked about our organisations, learned about participation and looked at what we could expect from Young UK Ambassadors. Over the course of the weekend we looked at ways we could represent young people abroad, the current issues in the UK and reporting back. One issue that was brought up was that most countries considered a young person to be between the ages of 18 and 40, whereas in the UK it is between 13 and 25. The age group in Young UK Ambassadors is 16-25, this means we want to put pressure on people to realise that ‘youth’ starts at an earlier age.

We also participated in a few activities which included jet skiing, canoeing, jumping off a 50ft drop and bowling. The experience was unforgettable and it was very interesting talking about issues on a national level.



### BIOLOGY

Congratulations to David Cuttress (year 13) for achieving “Commended” status in the national British Biology Olympiad competition run by the Society of Biology. The standard of competitors is always high with many of the winners going on to study Biology at Oxford and Cambridge so David’s success is impressive.

### FREE TO GOOD HOMES!

Young guppy fish (need to be kept in freshwater tropical tanks). Contact Mr. Bonsall in the sixth form centre or Ms. Edwards in C5.

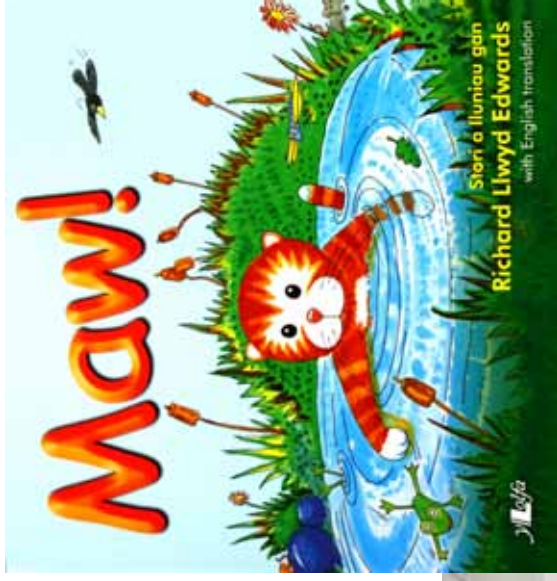
We also have a few wooden bird boxes made by pupils – suitable for small birds such as blue tits etc. Contact Ms. Edwards in C5.

### PHYSICAL EDUCATION

Imogen Jones is a member of Basketball Wales and has been selected to take part in the 4th FIBA Europe Basketball Camp for under 15 girls. This takes place in Postojna, Slovenia between the 3rd - 8th of July. Imogen is one of two British girls selected to attend, there are twenty other National Basketball Federations attending the camp. Imogen is really looking forward to the summer and is very excited to be taking part in such a big event.

## ART

Mr. Edwards, Head of Art, entered a cartoon project with Year 8 in the Autumn term. He drew his own cat, 'Maw', who was given to him by Sam Thomson. This character Maw has now been made into a children's book and it is bilingual for anyone who is learning Welsh. It costs just £2.95 and is in bookshops or you can purchase it from [yloffa.com](http://yloffa.com). Mr. Edwards has promised to sign copies for everyone at no charge!!



## LIBRARY – WORLD CUP 2010

The library is participating in World Cup 2010 madness, promoting a new range of footie fiction, a World Cup Quiz with a chance to win the official FIFA World cup poster and daily downloads of Tom Palmer's new story *Foul Play: The World Cup Mystery* which will be published between 7<sup>th</sup> June to 12<sup>th</sup> July.



## ENJOY A DAY ON THE BEACH WITH PENGLAIS AND TYWYN SURFERS!

Penglais School will take on Tywyn High School in the first annual surf competition and fun day. Compete for pride and for prizes!

An invite to spend a day at Borth beach and in the surf is extended to all. All levels of surf competitors are encouraged to enter, from beginners to advanced. Several different categories of heats mean that you DO have a chance of being a prize winner! Go on! Have a go!

Spectators, families and friends are encouraged to bring picnics and pompoms and take part in beach volleyball games, extreme Frisbee, enter the sand castle competition or help to make a large scale beach art attack!

Entry to the surf competition costs £15 per person. Spectatorship is free! Surf comp entrance costs include Aber Adventures surf equipment, including boards and wetsuits. Aber Adventures are qualified surf coaches and beach life guards and will be judging the event and monitoring the beach to ensure that the competition is safe and enjoyable for all.

Saturday, 12<sup>th</sup> June.  
Registration for competition entrants = 8.45am. Heats begin at 10am. (If the surf is flat, the event will be postponed to the following Saturday. Listen out for confirmation on Friday 11<sup>th</sup> June.)

Hope to see you there!  
Surf comp entrants – see Mrs Price, E8 for registration forms ASAP!

**Japanese Exchange Group**

### CAR BOOT SALE

On

**Saturday 12th June**

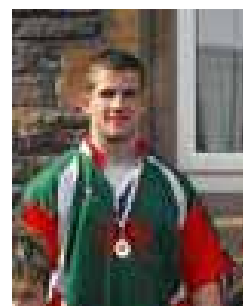
Between

**10am and 1pm**

**At Penglais School  
(lower courts car park)**

**ALL WELCOME - £5 per car,  
pay on the day.**

### Rugby



Sam Hughes-Evans was selected to play for the Wales ACF team in the UK Rugby 7s Grand Slam competition and the team came home as winners.



The 5x60 scheme in Penglais School is going from strength to strength with a record number of participants taking part this year. Activities available so far have included Hip-hop, Bench ball; Girls Football and Badminton; all of which helped over 450 pupils (45%) to take part in 5x60 this year! As a result of the weekly Basketball sessions on Mondays a Penglais team was entered into the Basketball Wales Competition and won the Ceredigion tournament by beating Tregaron, Lampeter and Cardigan Schools. This success meant the team progressed to the National semi-finals day in Swansea, where Penglais came third in the group and were unlucky not to qualify for the Finals.

### Penglais Basketball Squad

Following on from the success of the Basketball, Penglais pupils also participated in the 5x60 Spring Festival in April to compete against other schools from Ceredigion. The Tournament was a great success with the team returning with the Badminton trophy!



### Penglais Badminton Team – 5x60 Festival Winners

There's much to look forward to during the summer term with a 5x60 Mountain biking club running for Years 7 – 11; thanks must go to Mr. G Davies who will be running the sessions every Friday up at Nant yr Arian. Mr. A Fisher has also organised for a group of 32 pupils to complete a 6 week surfing course with *AberAdventurers* this term. Other activities available during the summer include Swedish longball, tennis, golf (beginners), Kwick Cricket and taster sessions with Cardigan Water sports club in New Quay!

Information on all 5x60 sessions can be found on the 5x60 noticeboard in school and also on the school's website. If you have any suggestions for future sessions or are a parent, pupil or teacher who would like to help out with any activities in school please do not hesitate to contact me on 07973984734, or email [catrinjon@ceredigion.gov.uk](mailto:catrinjon@ceredigion.gov.uk).

**Catrin Jones, 5x60 Officer**