



# Llais Penglais

Ysgol Penglais School newsletter

February 2020

The month of January is never an easy one to get through. The promises of new beginnings and fresh start at the start of the year always seem a long time coming through the long, dark days. However, at Penglais we always try to find the light shining through and find positive experiences to keep us motivated, focused and inspired. This newsletter has great examples of the type of activities our students have been participating in to beat the January blues—do enjoy reading it.

This term is also the term when things start coming together for the Year 11 and 13 students with assessment pieces coming to an end and oral exams starting to take place. We have been giving the Year 11 students plenty of opportunities to practice their exam technique through the various Maths and English Mocks and these help them to understand what they currently do well, what they need to do to make further progress and what is needed from them to get the grades they require.

As staff, we have been continuing with our learning through the research groups and are starting to see some of this week come to fruition. The new curriculum group have carried out a thorough review of the current key stage 3 curriculum; have involved a number of students in the review and are now considering what will be the basic principles moving forward. Next half term, there will be an opportunity for parents to have a say in how we develop the new Penglais curriculum—please look out for this event. As part of the preparation for the new curriculum, the Welsh Government have identified an extra INSED day for all schools in Wales. This is an extra day on Monday 6th July when the school will be closed to students.

This week we said farewell to two long-standing members of staff. Ms Sally Hutchings has been a career advisor at the school for over thirty years and has given advice to countless number of students over the years. Dr Ann Minchin has been at Ysgol Penglais for over thirty years, first as a Biology teacher and recently as a 6th form Learning Coach. She has contributed enormously to the school and has influenced the lives of many Penglais students. We wish them both all the best in the future and thank them for their great and long-standing contribution.

On that note, may I wish everyone a good break and we look forward to seeing the students back on Monday 24th February.

Ms M. Hughes  
Headteacher

## KEEP UP TO DATE WITH SCHOOL NEWS VIA SOCIAL MEDIA

We regularly post on Facebook and Twitter, so why not follow us or join our group to be kept informed with news from the school.

## UPDATE US WITH YOUR LATEST CONTACT DETAILS

Please keep us updated with your latest contact details by writing to, or emailing student services with your new details.

## IMPORTANT DATES THIS TERM

Last day of school: 14th February  
February Half Term: 17th –21st February  
Back to School: 24th February Week 2  
Easter Holiday: 6th April–17th April  
INSED Day—Monday 20th April  
NEW INSED DAY—Monday 6th July

## HEADTEACHER'S SURGERY

Headteacher's surgery is your chance to meet with Ms Mair Hughes every Thursday during term time between 5–6pm. No appointments are needed and everyone is welcome.

## PENGLAIS SENCO SURGERY

If you have specific concerns or issues related to your child's additional learning needs, then the SENCo surgery provides the opportunity for a chat or informal discussion. The SENCo surgery will run on a Wednesday from 3:15–4:30pm. To book an appointment to see Mrs Karina Shaw (SENCo) or Dylan Jones (LSC) please phone Mrs Donna Lewis on 01970 621126 or via email: LED@penglais.org.uk



Ysgol Penglais School



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# NEWS

## Summer German Exchange to Kronberg



I was fortunate enough to be a part of the German Exchange programme. I was part of a group of 6 students from both Penglais and Penweddig that travelled from Aberystwyth to Kronberg.

On arrival, my host family was very accommodating, and kindly welcomed me into their household. On the first night, they took me to their favourite restaurant and my exchange partner, Hanaa, showed me around the town a little. The next day, I spent a full day in their school. The school was modern, clean and the students were attentive and disciplined in lessons. There was a lot of relevant discussion (on the topic) between the teacher and the students (none of which I understood!). School started at 7:50 each day however, the length of a school day varied for instance, one day my exchange partner finished at 1 and on the day I spent in school she finished at 5! Each lesson was an hour and a half.

Whilst in Kronberg, we participated in a number of activities. For example, we visited the outdoor swimming pool, went on a bus trip to Speyer, another town around an hour and a half away, where a medieval festival was being held. We also visited the Zenkenberg museum and went on an open air bus tour of Frankfurt. One of my favourite experiences was exploring the city of Frankfurt by ourselves (with friends), as it was very interesting and gave us a lot of independence that was very liberating, and provided me with new and improved skills of travelling to a foreign country alone.

I got on very well with my exchange partner and believe I have made a lifelong friend. We still communicate on a daily basis. I did not know what to expect from this exchange trip, but I can assuredly conclude that it was an amazing experience and I thoroughly enjoyed every second of it. I would recommend participating to anyone and everyone as it is a valuable opportunity that I will cherish.

Madeleine, Year 12

The group in a picturesque town called Speyer where we had a day trip

Maddie

Alastair

Angelina

Wendy

Marcie

Ffion

+ their German partners



## Young Carers Academy

On the 19<sup>th</sup> November, we took part in a Young Carer event in Caernarfon. Dr Dee Gray is working on the idea of setting up a Young Carers' Academy and she wanted to gather opinions from Young Carers in Wales. We took part in a question and answer session to see whether we thought the Young Carers' Academy was a good idea. Dr Dee Gray explained that she would like to see Young Carers recognised for their caring roles in school through some form of accreditation. She also wants to provide opportunities for Young Carers to develop skills that will support their caring role and help Young Carers look after themselves and develop their resilience. It sounds like an interesting idea! We shared our stories of being Young Carers and we were filmed for a video sharing information about the idea of a Young Carers' Academy in Wales. We will be attending a conference next year to see how the idea of a Young Carers' Academy has been received and to learn more about what the Young Carers' Academy may look like. The meeting was held in a community building called Llety Arall. This is a hotel owned and run by the community. We learned a lot about what can happen when the community works together. We also got to see the castle. We'll keep you all updated about the Academy and what it might mean for Penglais Young Carers.



AJ Key Stage 4 Young Carer Ambassador

Tarran Key Stage 3 Young Carer Ambassador





## Life Skill Sessions

The Lunchtime Life Skills sessions have started this term for KS3 students. They give the students the opportunity to learn skills that are not on the curriculum from local businesses and organisations.

The first session was with an electrician from Bronglais hospital who came to school to teach the students how to wire a plug. All the plugs and equipment used was kindly donated by Edmundson Electrical so the students could carry out the activity. It was a very informative session and the students learnt a lot. A huge thank you again to Mike from Bronglais, this was a fantastic start to the Lunchtime Life Skills sessions!



The second Lunchtime Life Skills session was with Rob, a plumber and fitter also from Bronglais hospital. He brought with him some taps for the students to change washers and waste bends. He also explained how to isolate water services etc. Students were then shown how to apply what they had learnt in the workshop on a working tap and sink where they also got to clean a U bend.

A huge thank you to Rob - we have learnt a lot!



The latest session was run by St John's Ambulance. They covered DRSABC (Danger, Response, Send for help, Airway, Breathing, CPD) for attending the scene of an accident or injury; the recovery position, and how to measure a pulse rate. They got to compare pulse rates before and after exercise to feel the difference, and learnt about four different pulse points, including which is best for babies.



Other Lunchtime Life Skills opportunities include a vet, the fire service, a banker, child care and how to repair and maintain your bike. Thank you to Careers Wales for organising the sessions through the Education Business Exchange.

15 January	Electrician- change a fuse and wire a plug
22 January	Plumber- clear a U bend and change a washer in a drip-
29 January	First Aid Skills
5 February	Bank- finance
12 February	Vets- animal husbandry removing ticks, fleaing and
4 <sup>th</sup> March	Fire Service- fire safety in the home
11 <sup>th</sup> March	Basic bike maintenance
18 <sup>th</sup> March	RNLI/ Coast Guard- safety by the water
25 <sup>th</sup> March	Hairdressing- a variety of hair styles
1 <sup>st</sup> April	Childcare

## KiVa – Anti Bullying

As a school we are adopting elements of the KiVa anti bullying programme. KiVa is a research-based anti bullying program that has been developed in the University of Turku, Finland. Most secondary schools in Ceredigion are adopting KiVa.



The KiVa program involves both lesson content and a protocol of actions to prevent bullying and to tackle cases of bullying brought to the school's attention. Its purpose is to influence the group norms and to build capacity in all children to behave in constructive ways, to take responsibility for not encouraging bullying, and to support the victims.

What is bullying?

Harmful behaviour/degrading treatment which is:

- deliberate
- repeated
- targeted at a less powerful person

What is not bullying?

Bullying is not...

- a conflict
- an argument
- a fight

Bullying does not only concern the bully and the victim. In most bullying incidents there is a group of peers present. How peer witnesses respond in bullying situations is critical for how the bullied child feels, how the bullying situation proceeds and how long the bullying lasts.

Most children do not condone bullying – many do however end up following the bully's behaviour, laughing, or remaining silent. Bullying-related group research has shown that being the victim's friend is not allowed; you are not "supposed" to accept him/her. The KiVa lessons teach students how to read these situations and how to defend those that are being bullied, rather than supporting the bully.

The KiVa actions take place when bullying has come to the attention of school staff. Each particular case is handled through a series of individual and group discussions between the school's pastoral team and the students involved. When a suspected bullying case comes to the attention of the school, one of the pastoral team will consider whether it is bullying. If it is a bullying incident – and not conflict, an argument or a fight, then staff will discuss the situation with the bullied student, and also with the students who have taken part in the bullying. There will also be follow-up discussions with the students in order to resolve any issues and support the victim.

There is more information on the KiVa website: <http://www.kivaprogram.net/parents/>

## Restorative Practice

It is inevitable that at some point we will have to deal with conflict, either between students, or between staff and students.

As a school we are committed to working restoratively with students to manage conflict and enable students to understand their actions and consequences and to move forwards. We are doing this by using restorative approaches.

If there is a conflict between students then the matter is investigated and there may still have sanctions as a consequence of their actions. Students will be encouraged to undertake a restorative session which may be facilitated by the Student Support Managers or Head of Year.



All staff are encouraged to work restoratively with students to promote better behaviour and create positive relationships. Staff and students can request a restorative session if they feel there are unresolved issues. No one is compelled to take part.

The restorative process is based on key questions that explore issues and allow everyone to have a voice. These conversations follow this pattern:

What happened?

What were you thinking about at the time?

What have your thoughts been since?

Who has been affected by what happened?

In what way have they been affected?

What do you think needs to happen next?

Using a restorative approach to resolving conflict not only seeks to address what has happened and reflect on the needs of those involved, but aims to avoid the same situation happening again.

## Year 9 RE Holocaust Trip

We went to visit Martin Stern, a Holocaust survivor as part of Holocaust Memorial Day. It was a fascinating talk where we were able to ask questions at the end of the talk. There were many other schools there, both primary and secondary.

Mr Stern was five years old when he was taken away from his family and placed in a concentration camp with his two year old sister. He only survived because there was a woman who looked after them both and were therefore not in the children's camp when it was exterminated.

It was quite sad and upsetting to watch but it was interesting and I am glad I had the opportunity to go.



*By Kimmi and Amna*



## TT Rockstars

The following students are our TTRockstars Rock Heroes for November. Rock Heroes can answer times-tables questions in less than one second! Brilliant to see lots of Year 7 students on the leaderboard too!

Students who achieve Rock Hero Status have started to receive a Rock Hero pin. If you are a Rock Hero, come to see Mrs Williams (B9) to collect your badge!



Ethan  
Lucas  
Danny  
Malay  
Winnie  
Samson  
Paige  
Ahmed  
Layla  
Denis  
Jin

Taha  
Mariyam  
Ivan  
Owen  
Logan  
Zeb  
Ella  
Borui  
Carwyn  
Katie  
Ethan  
Anna

Here are the top ten students in the school with the most coins on TT Rockstars. First to become a MILLIONAIRE will receive a prize!

Rank	Name	Group	Rock Status	Coins earned since the start
1	Paige Daniel	9B/Ma1	Rock Hero	684739
2	Owen Harris	9A/Ma2	Rock Hero	681129
3	Winnie Chen	8B/Ma1	Rock Hero	654817
4	Katy Indeka	8A/Ma1	Rock Legend	619104
5	Jin Shen	11A/Ma1	Rock Hero	490903
6	Nana Tagoe	9A/Ma1	Rock Legend	433424
7	Oscar Lloyd-Williams	9A/Ma1	Rock Legend	428419
8	Glyn Clift	8A/Ma1	Rock Legend	421955
9	Zara Yousaf	9B/Ma1	Rock Legend	398566
10	Seamus Sayles	8B/Ma2	Rock Legend	389913



# SPORTS NEWS

## Football

The U13 (years 7 and 8) girls won on penalties in their last 16 Welsh Cup match after a really competitive game against a strong Llanfyllin side in poor conditions. They played some great football, with Elan and Millie scoring their penalties to win the game. Carys should have a special mention for saving every penalty they took against her. Carys and Elan were joint players of the match.

Squad included:

Chloe

Carys

Elan

Emily

Yazmin

Ella

Lily

Rachael

Katie

Mili

Abi

Taylor

## Cross Country

We had 3 students qualify for the next round, where they will be representing Ceredigion in the Dyfed Cross Country:

Dan

Lily

Tia

Well done to all who competed.

## North Wales Elite Team

Elan and Carys have been selected to play Football for the North Wales Elite Team.



## Football Boot Amnesty

### New Year sort out

The PE department are looking for old football boots that your son/daughter have grown out of. Please do not worry if they are dirty. We will be happy to clean them and give / lend them out to students who do not have boots.



# SPORTS CLUBS

## JANUARY-FEBRUARY



When/ Where	Monday	Tuesday	Wednesday	Thursday	Friday
Sports Hall	Football/ Basketball <b>OLH</b>	Basketball Yr 7-8 <b>Stefano</b>	GCSE Netball  <b>CAP</b>	Junior Netball  <b>S. Johnson</b>	Football Yr10/11 <b>KET</b>
Gym	Girls Gymnastics <b>CAP</b>		Year 7 Dodgeball <b>6<sup>th</sup> Form</b>	Year 8 Football <b>MDH</b>	Girls Benchball <b>Stefano</b>
Multigym	Boys Weights <b>OXD</b>			Yr 10/11 Boys <b>CAP</b>	Boys Weights <b>OLH</b>
After School	Inclusive Zone Basketball 'IZB' @ Plasrugg LC 3:45	Volleyball Yr7-13 <b>Stefano</b>		Badminton Yr7-13 <b>Stefano</b> <i>GCSE PE Theory Club OLH</i> <i>Girls Only Club 3:45 @ Plasrugg LC</i>	

# MEET THE FACULTY: LANGUAGES



¡Hola! I'm Lucy Carver and head of the Languages Faculty. I have been teaching for over 15 years and have a Spanish and History of Art degree from Bristol University. I completed a Masters in Hispanic Art, London and previously worked as a researcher in The Tate Modern and ICA. I have a passion for travel and have enjoyed living in several parts of Spain and South America, my favourite place being Ecuador where I worked on a teaching project with disadvantaged children in Quito and later spent time living in the jungle in Mindo. My daughters are being brought up in a trilingual household and I see the Welsh language as an integral part of our heritage. I enjoy introducing students to Hispanic culture and cuisine as I love to cook. I am a firm believer that language skills open doors for our learners.



Salut! My name is Daniela Lardieri and I started working as a MFL teacher in Penglais in September 2019. I come from the Italian island of Sardinia, where I grew up bilingually with a strong interest for minoritarian and endangered languages. After studying Latin and Ancient Greek as part of my classical studies diploma, I graduated in International cooperation at the University *La Sapienza* of Rome. As part of this program, I had the opportunity to study for one year at the Universidad Pontificia of Salamanca in Spain and to discover my passion for languages and travelling. In 2014 I landed in Wales where, having become a passionate linguist, I started sharing my language knowledge with great joy and enthusiasm.



Ni Hao! My name is Lucy Huws, and my path to teaching has been varied. I graduated in languages, specialising in Chinese from Edinburgh University, then taught in China, before taking up a post of interpreter and translator for development projects in that country. This work introduced me to many areas in China, and I developed a respect for the history, culture and the resilience of the people. I was based in Brussels for several years as part of a programme training interpreters for the E.U. With the many challenges facing our young people today, it is my belief that languages will give important skills that will certainly offer opportunities and broaden their horizons and outlook on life. I chose to teach languages because they will equip our young people to aim high and go further in life. I currently teach all the Mandarin courses in Penglais with the help of the Confucius classroom and organise trips to Beijing. I am a Welsh speaker and grew up in Ceredigion.



Hello. My name is Mrs Thomas and I have been teaching Welsh at Ysgol Penglais since 2001. I am also a senior leader and the school's safeguarding lead. This year I am also teaching some Welsh Baccalaureate lessons too. I encourage students to use Welsh language media and apps such as Duolingo to help develop their language skills and confidence. "Learning another language is not only learning different words for the same things but learning another way to think about things." – Flora Lewis



Helo! I'm Carys Davies and I'm Leader of Cymraeg First Language. I have been teaching in Penglais for 10 years, mostly Cymraeg but I also taught a lot of Music as well when I first started here. I have a degree in Welsh from Aberystwyth University and started teaching in the Foundation Phase before deciding to move on to the Secondary sector. I think that it is important to develop an understanding and appreciation of the history and literature of Wales as well as learning the language and I enjoy making these elements a part of my lessons. I am the school's Urdd coordinator which means that I make the arrangements for the Urdd Eisteddfod competitions as well as any sports events or trips abroad or to international football and rugby matches. I have a background in various areas of music so I also work alongside the Drama & Music departments during school productions, concerts and various events, which is one of the most enjoyable and rewarding aspects of my job.



Shwmae! I'm Hannah Parr and Head of Welsh Second Language. I have been teaching for 7 years and have worked in two other local secondary schools before Penglais. Many of you may not know that I am not born and bred Welsh and have not been raised with Welsh speaking parents. I moved from Birmingham when I was five to a small village called Llangeitho. From there I joined the local Welsh primary school and was thoroughly adopted by the local community and its language. I went on to study at Tregaron Secondary School where I studied my education through the medium of Welsh and then onto Aberystwyth University where I studied Drama and Performance Studies, again through the medium of Welsh. Penglais has given me an opportunity to, hopefully, inspire our students that learning Welsh is achievable, hugely beneficial and most of all possible, despite not having Welsh parents.



Hi, I'm Glenda Wyn Evans and I have been teaching Welsh at Ysgol Penglais for 25 years (I'm sure that's correct, it's been so many years, I've lost count!) After graduating from Aberystwyth University, my very first post was as teacher of Welsh at Penglais. I also undertook the role of Year Leader at the school for many years. I currently teach Welsh as a second language to students in KS3, at GCSE level and A level. I feel honoured and extremely lucky to have taught such a beautiful, unique language to so many students over the years. I can't emphasise enough how satisfying it is to watch a young person's confidence grow and to see their skills develop in the language. Teimlad gwyach!



Sut mae! I'm Mrs Roberts and I love being a teacher. Since I joined Penglais in 2004, my teaching groups include Welsh learners and fluent Welsh speakers. Preparation for exams, especially GCSE, is my strength and I do my best to build confidence in my students through care, giving guidance and practise. Outside school, my favourite things are walking on the paths and fields near home or a trip down to Llangrannog.



Shw mae! My name is Susan Rees-Butterworth and I joined Penglais in 2012. Prior to my current employment I served the Local Authority as a class teacher, spent 10 years as a peripatetic teacher of Welsh and 22 years as head of a Welsh medium primary school. My commitment to promoting bilingualism stems from a passion for celebrating and protecting cultural heritage and diversity not only here in Wales but globally. My three sons all benefitted from a bilingual education here in Aberystwyth. I am also a very proud Mamgu of five gorgeous grandchildren. When not teaching, my interests include spending time with friends and family, baking, walking, classical music and theatre.



## Modern Foreign Languages Student Mentor Programme

The Languages Faculty are delighted to be taking part in this programme for another year and already 24 Year 9 students have reaped the benefits. As part of the Welsh Government's Global Futures strategy to promote modern languages, we take part in an exciting initiative, partnering with our local University.

Selected students have the opportunity to be mentored by a modern language student studying from Aberystwyth University. The aims of the scheme are to raise students' educational aspirations; improve their motivation and take-up of modern languages and to broaden their horizons in terms of career opportunities and employability. Upon completion of this scheme, students are given the opportunity to attend an award and

recognition ceremony along with their mentor at our partner institution. This includes a tour of the university as well as interactive activities and a glimpse into university life.

University students mentor students in small groups over a period of six weeks for one hour per week. They deliver fun and engaging sessions which focus on several themes not typically explored in the classrooms. Our current project started in September 2019 and has given several students a real head start in developing their skills and fostering their curiosity. Feedback from the students is always positive. Viva las lenguas!



## Languages Faculty: Dumpling Workshop

To celebrate New Year of the Rat, students were invited to a dumpling-making workshop. Miss Chai our resident teacher together with her husband and friends prepared the ingredients, and the students created their own dumplings. Some very creative versions were made, and eaten. This was a real exercise of using chopsticks too. Some students took the dumplings home to share with family. Dumplings represent wealth and hopefully this will bring all who participated a good year ahead. We are very grateful to the DT department for the use of the cookery room.

新年快乐 *xīn nián kuài lè* to all.



# Hearing Resource Centre and Learning Support Centre

## Walking Basketball Festival

Students from the Hearing Resource Centre and Learning Support Centre attended a Walking Basketball Festival organised by Play Unified and held at the Aberystwyth University Sports Cage on December 9<sup>th</sup> 2019.

Matches were played 5-a-side and ran throughout the day. There were also many other activities for those not taking part in the matches. This was a fantastic event and a great time was had by all.



Nudd, Henry, Logan, Ida, Rhian, William, Mia, Laura, Hollie, Keeley, Jack, Skylinn, Hafwen, Kieran, Hayley

# English as an Additional Language

## Celebrating Chinese New Year



The date of Chinese New Year was the first of January in the Lunar calendar. In my country, we celebrate by putting red decorations on the front door of our house and we set off fire crackers during the day time and night. This is because of an old legend about a monster who always came out to eat people during Chinese New Year and it will be scared away by loud noises and red things. The elders give money to the younger generation in a red bag called 红包 (hong bao). During Chinese New Year, we always eat dumplings or tangerines. The family members who work in other cities always come back to their house to celebrate Chinese New Year together

*By Borui*



# Food Technology

## CogUrdd

### School Heats

The aim of the competition is to encourage young people to:

- Learn how to cook a healthy meal
- Develop food presentation skills
- Consider food hygiene issues
- Develop organisational and planning skills
- Develop an ability to cope in a demanding situation.

Students were required to cook two dishes from a selection of three Spanish recipes provided:

1. Patatas Bravas and Tomato sauce
2. Albondigas (Spanish Meatballs) and Tomato sauce
3. Tortilla.

School heats took place on the 22nd of January and the following are through to the Area heats on the 7th February:

Genny 1st Place

Layla 2nd Place





## The Young Chef Rotary Club Cooking Competition

One of our students, Poppy took a part in the Rotary Club Cooking Competition on 21<sup>st</sup> January 2020 in Carmarthen.

Poppy did extremely well and was a credit to our school. I have included a quote from Dewi Hughes a member of the Rotary Club who supported us during the School heats and the area final.

‘Poppy came an excellent second place – in a situation where both other contestants were A level students and one (who came third) had competed last year. The judges were very encouraging and I am sure that Poppy gained from their constructive comments and preparing food in that environment and under strict rules.

She equipped herself extremely well – confident, courteous and articulate ... and obviously skilled and creative. We had a taste of her menu – most tasteful and well presented. She did the school and herself proud and we as a Club.’



# Library

## Book Donations

The Library would like to take the opportunity to thank all of the parents, and staff, who have kindly donated their old books to the Library. The School, as a whole, greatly appreciates them and the books are being put to good use by our students already.

The Library welcomes book donations at any time and ask parents to further consider us when you are having a declutter or sort out. Please note that books should be in a good condition with no damage to the cover and no pages missing.

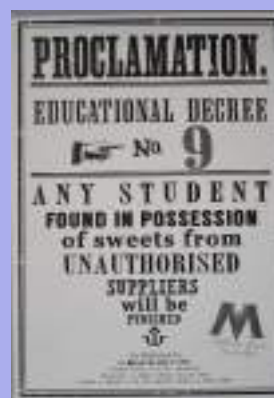
Thank you

Liz Kennedy  
Librarian



## Harry Potter

On Wednesday 5<sup>th</sup> February the Library held their first Harry Potter Book Event to tie in with Harry Potter events nationwide. The event was attended by fifty students who participated in a range of activities, such as computer quizzes, Harry Potter Pictionary, Would You Rather game and riddle solving. Students also had the opportunity to eat gillyweed, chocolate dragon eggs and Bertie's Botts jellybeans. Feedback from the students involved was fantastic and the Library hopes to hold more events in the future. Next date for the diary- World Book Day 5<sup>th</sup> March 2020 and a visit from Waterstones on the 6<sup>th</sup> March!



# Penglais Music Department

It has been another busy half term for the music department! Here is some of what we have been up to...

Rotary Club 'Young Musician of the Year' competition; A number of our students recently took part in a 'Young Musician of the Year' competition, organised by the Aberystwyth Rotary. Congratulations to Chrissie who took first place in the regional heats, and now goes through to the next round in Llandeilo.

Music at the Museum (20<sup>th</sup> January 2020): We recently held the next in our series of 'Music at the Museum' concerts, at Ceredigion County Museum. Many students performed, including lots trying new repertoire out for the first time in front of an audience. It was especially pleasing to have Year 7s wanting to sing, alongside our older students. A particular 'well done' to Abigail who performed a short solo set on her own.

In addition, particular thanks are owed to the GCSE and A Level musicians (and parents) who arrived early to help set up, and stayed until the end to help pack down again too. This is much appreciated - thankyou!

Our next 'Music at the Museum' concert is on Monday 16<sup>th</sup> March at 7.30pm. All are welcome to attend (free entry). This concert will feature our older musicians, performing a range of repertoire from their recent GCSE and A Level recitals. All are welcome - free entry.

Going Down T'Pit: Since 'Sister Act' in November, a few of our instrumentalists have expressed an interest in playing in musical theatre/'pit band' type ensembles. As part of this, we recently arranged to bring a small group of our musicians to visit the orchestra pit at Aberystwyth Arts Centre, during the week of the annual Warden's Pantomime. The visit was led by Louise Amery (Deputy Director of Aberystwyth Arts Centre, as well as playing keyboard in the panto band), who kindly showed us 'behind the scenes'.

We were able to view the orchestra pit from above, whilst listening to a short presentation about what life is like playing musical theatre in a pit. We were then taken down into the pit itself, to try it for size! It is certainly not as big as it looks from above, and gave us lots of things to think about - there were plenty of questions (sight lines with conductors, the logistics of doubling/tripling instruments, scripts and cues, organising of repertoire/pads etc).

In particular, we learnt about the importance of sight-reading; the Wardens band meet in the week of the show (for a 'dress and tech' rehearsal), and have very little if any time to rehearse.

Thanks to Louise Amery for facilitating the visit, as well as for showing us around.

Wardens Pantomime: Many of you will have attended the recent Warden's Pantomime. A number of our students took part; including Mollie, Sam, Lucille, Heledd and YoYo. Our own Elinor Powell (peripatetic singing teacher at Penglais) was the Musical Director, whilst Barrie Stott was also helping backstage.

Lynne Plowman - Composition Tutorials: We recently enjoyed a three day visit from composer Lynne Plowman, who is Head of Composition at the Royal Welsh College of Music & Drama. She worked closely with our GCSE and A Level students, leading individual tutorial sessions with 45 of our students over the three days. We are immensely grateful to Lynne for travelling to us from Cardiff, as well as putting in extra hours (both before and after the school day) to allow all of our students to be seen. We also gratefully acknowledge the work of the Dyfed Young Composers scheme, who facilitated this visit.



Lunchtime Concert, National Library of Wales: On Wednesday 22<sup>nd</sup> January, we were pleased to perform in a lunchtime recital at the National Library of Wales. This was as part of their regular lunchtime concert series, which attracts many prestigious guest artists.

Our musicians performed in 'Y Drym', in the heart of the library itself. We put on a cosmopolitan programme, showcasing the musical variety of the department; ranging from Faure to Lewis Capaldi, via chamber music and musical theatre! Almost twenty students took part, either performing on their own or in small groups. Well done to all who performed. Since the concert, we've had some really nice emails from library staff and the public who attended the concert, who enjoyed both the diversity of the programme and the enthusiasm of our students.

Our next concert in this venue is on the evening of Friday March 6<sup>th</sup> 2020, when we will be presenting an evening of Welsh music for the week of St David's Day. This will include a performance from our school choir, who will have performed earlier that week in the Senedd in Cardiff Bay. Tickets for this concert (Friday March 6<sup>th</sup> at 7.30pm) can be obtained from the following link; <https://www.ticketsource.co.uk/llgcnlw/t-vdpvrg>

In addition, tickets are also now available for our next lunchtime recital in the same venue (Wednesday 5<sup>th</sup> July 2020 at 1pm). To obtain one, click on the following link; <https://www.ticketsource.co.uk/llgcnlw/t-vdpvrg>



A 'team photo' from our lunchtime recital at the National Library of Wales on Wednesday 22<sup>nd</sup> January. It was great to see musicians from across the school (Year 7 to Year 13) Involved in the concert, playing an exciting variety of repertoire.

Jacob (trumpet), Alys (tenor horn), Celyn (guitar), AJ (voice), Tili (voice), Hugo (voice), Lucy (voice and guitar), Matilda (voice and cajon), Che (voice), William (voice and piano), Hugo (guitar), Skye (harp), Orla (flute), Emma (voice), Angelina (voice), Ilona (voice), Lucille (voice).

Sixth Form Open Evening; It was a pleasure to meet plenty of potential A Level music students, and their parents, at the recent Sixth Form Open Evening. It was great to meet a new group of instrumentalists and singers; we look forward to meeting you properly in September.

If you (or your child) are thinking about studying A Level Music at Penglais in the coming academic year (2020/2021), please do get in touch; I'd be happy to answer any questions that you have (p.budd@penglais.org.uk).

Dydd Miwsig Cymru - 7<sup>th</sup> February 2020: We will also be taking part in 'Dydd Miwsig Cymru' again this year, on Friday 7<sup>th</sup> February. During the day, students will be learning various Welsh language songs in their lessons. In addition, there will also be one or two 'pop-up' gigs around the school, in connection with the event - look out for details on our Facebook page.



'Talking Shop' – Catrin Finch; On Wednesday 29<sup>th</sup> January 2020, we were pleased to welcome harpist Catrin Finch to the department. This was as part of our 'Talking Shop' programme, where we invite professional artists and practitioners into Penglais to talk to our older musicians.

A group of GCSE and A level musicians took part in the afternoon workshop, and thoroughly enjoyed the experience. We listened to Catrin talk about her own experiences as a young musician, as well as her route into her career as a professional performer. She also talked about the importance of practice, as well as what her 'day to day' life is like. She described the process of preparing for concertos (memorising parts etc), as well as her various experiences collaborating with other artists.

She also showed us the technical abilities of the pedal harp as an instrument, which was of particular interest to composers. We learnt about the 'dos' and 'don'ts' of writing for the harp, as well as how to write various extended techniques (harmonics etc).

Catrin also told us that she is performing at the Glastonbury Festival this year! It was a pleasure to have her in the department, and some students were able to get photos/signed items from her etc. A few of us also enjoyed her concert that evening, in the Aberystwyth Arts Centre – a memorable day.



A photo from the 'Talking Shop' workshop with Catrin Finch on Wednesday 29<sup>th</sup> February.

YoYo, Freya, Priya and Heledd

Emma , Skye , Maia, Cara, Sabrina, Ella, Bryce, Celyn, Goncalo, Alys, Taylah, Nana, Will, Poppy, Catrin, Che, Ashe, Matteo , Lucy, Conor, Oliver, Andrew, Luke



A photo from the 'Talking Shop' session on 22<sup>nd</sup> January 2020; Catrin Finch demonstrating various extended techniques on the harp for us.

**Brass Band Festival:** On Saturday 25<sup>th</sup> January, many of our students took part in a 'Brass Extravaganza' at the Old College, organised by Aberystwyth Silver Band. The day saw a series of competitions and workshops, as well as a joint concert with the (world famous) Foden's Band.

It was a pleasure to see Penglais well represented in the competitions. Despite many entrants, Rhys took first place in the 'Solo 16 & Under' category, playing a beautiful rendition of the tune 'Carrickfergus'. Dylan also took first place in the 'Solo 21 and Under' category with 95 points, closely followed by Gregor in a narrow second place with 92 points. Well done to all three, as well as the other Penglais brass players who took part.

The adjudicators commented on the high standard of musicianship, as well as the amount of preparation that had clearly gone into each solo. Well done to Rhys, Dylan and Gregor.

**Choir trip to the Senedd:** We are really pleased that the Penglais SATB Choir and Chamber Choir have been invited to perform in the Senedd building in Cardiff Bay, as part of the St David's Day celebrations this year. It is a real honour to be able to sing in such a politically important building (especially for St David's Day), as well as to represent both our school and our country in this way.

The trip will involve an overnight stay at the Urdd accommodation in Cardiff Bay, as well as a tour of the Royal Welsh College of Music and Drama. We'll also be enjoying a concert at St David's Hall, featuring both the BBC National Orchestra of Wales and folk group 'Calan', who recently visited Penglais.

Details have been sent to the various choir members. Pictures to follow in the next newsletter!

If you would like to hear the concert programme, both choirs will be performing the same repertoire in a Welsh-themed concert at the National Library of Wales at 7.30pm on Friday 6<sup>th</sup> March 2020 - ticket link is above). We would love to see you there.

**Urdd Eisteddfod;** We have recently been collating all of our entries for the upcoming Urdd Eisteddfod. It is pleasing to note that we have almost 50 musicians from Penglais entering this year, from across the range of the school - including a variety of both singers and instrumentalists. We will also be entering a number of ensembles, as well as singers into the music theatre rounds.

To take part in this, all performers need to be registered as members of the Urdd. At the time of writing, there is still (just) time to be involved if you would like to be; instructions for joining are listed on our Facebook page.

If you are a singer competing in the Urdd, we have recently uploaded a set of resources to our online blog to help you. These include backing tracks, rehearsal tracks (in various keys) and Welsh translations of the lyrics. All the relevant rehearsal dates are included too. To find this, search for 'Cerddoriaeth Penglais Blog' - alternatively, it is linked from our Facebook page. <https://cerddoriaethpenglais.wordpress.com/>

The various rehearsal tracks, including piano accompaniments, can be found on the department's Soundcloud page, which is available here; <https://soundcloud.com/user-721876856>

**Rhys Taylor workshops:** In late February, we will be welcoming a two-day visit from professional musician Rhys Taylor. He will be leading a variety of workshops for small ensembles, focussing on ensemble skills and repertoire. A separate timetable for this is available, showing the various groups that will be rehearsing. If you'd like to be part of this, see Mr Budd to be involved.

**Llangrannog:** Lots of our instrumentalists will be off to Llangrannog over the weekend of 7<sup>th</sup>-9<sup>th</sup> February, to rehearse in the Ceredigion Symphonic Wind Orchestra, the Ceredigion Harp Ensemble and the Ceredigion String Ensemble. If you would like to hear their hard work, they will be playing in Aberystwyth Arts Centre on the evening of Tuesday 10<sup>th</sup> February at 7.30pm - there will be plenty of Penglais musicians on stage.

**Royal Marines visit - 12<sup>th</sup> February 2020:** On Wednesday 12<sup>th</sup> February, we will be welcoming C/ Sgt Mitchell from the Royal Marines, who will be travelling up to us from his base in Portsmouth. He will be leading a 'Talking Shop' session for our GCSE and A Level musicians on life as a services musician. He will also be leading both brass and woodwind workshops during the day - keep an eye on our Facebook group for more details and exact timings.

**KS3 lessons:** What have our younger students been up to during the last half term? Students in year 7 have been working on a composition project in pairs, writing a piece of programme music. They have learnt about graphic scores, studying examples online, as well as creating their own. Meanwhile, students in year 8 have been learning about traditional Celtic folk music this term. This has so far involved performing sea shanties, jigs and reels - as well as learning sets of tunes on a variety of traditional instruments.

Year 9 have also been working on composition; they have been learning about leit motifs, as well as creating an underscore for a scene from a 'Wallace and Gromit' film!

**GCSE and A Level recitals:** Our current Y11 GCSE music class will be performing their recitals on Wednesday 11<sup>th</sup> March - this is as part of the performance as part of their course. In addition, our AS and A Level students will be performing their recitals to a visiting examiner on Thursday 2<sup>nd</sup> April. Pob lwc!

**Donations:** We've recently had some donations to the department, both in instruments and in kind. We are extremely grateful to the parents of Kian for donating a set of steel pans, which are now in virtually daily use in the department. We are also indebted to Dr Debra Croft for donating a large pile of violin and music books, including ABRSM sheet music for various grades, as well as sheet music for folk violin. These are being used by our GCSE music students, as well as younger students - particularly those studying folk music in Y8. Finally, we have also been donated a set of instruments (a set of acoustic guitars, plus an electric keyboard) to the department; these are also in virtually daily use.

We are immensely grateful for these donations. If you have an instrument or sheet music lying around in your attic, we will gladly make use of it!



Keep in contact; If you'd like to keep up with what we are doing as a department, there are two main ways to do so. The first is to obtain a copy of our '2019-2020 Concert Diary', which contains all of our main dates and events. If you'd like an electronic copy, please send Mr Budd an email ([p.budd@penglais.org.uk](mailto:p.budd@penglais.org.uk)). Hard copies are also available.

Secondly, we also run a Facebook page for the department. On here, we post a daily 'what's on' guide – the idea is for students to know about rehearsals in advance, as well as for parents to know when students need to bring their instruments in! You don't have to subscribe to view it – simply search for 'Cerddoriaeth Penglais Music' on Facebook.

There are plenty of ways to get involved in the music department, if you're not already. Whether beginner or experienced, we'll happily welcome you and find something for you to be involved in. It's been great to see new faces this year, getting so 'stuck in'. Why don't you come and be a part of it too? No prior experience necessary – come and see Mr Budd for details. We look forward to meeting you!



A (belated) Merry Christmas from the music department! A photo taken in Llanbadarn Fawr Church, immediately prior to the 2019 'Penglais Carols & Candles' service.

Sarah (violin), Winnie (violin), Daniel (violin). Freya (clarinet), Charlotte (clarinet), Sarah (flute). Rhys (trombone), Isabelle (cornet), Sara (French horn), Alys (tenor horn), Andrew (trombone). Lucille, Hugo, Heledd, Maxita, Tili, Sabrina, Mollie, Mia, Ella, Lucy, Che, Matilda, William,

A photo from our visit to Aberystwyth Arts Centre, to look behind the scenes in the orchestra pit during 'panto week'.

AJ, Ella, Sabrina, Charlie, George, Emily, Will, Skye and Orla.





## Welsh Music Day- Dydd Miwsig Cymru – 10<sup>th</sup> February 2020:

On Friday 10<sup>th</sup> February 2020, the music department took part in Dydd Miwsig Cymru. The annual event celebrates Welsh language music, and is celebrated all over the country.

To mark the event, all KS3 lessons learnt and performed Welsh language songs for the day. Year 8 are currently studying a unit of work on folk music, and learnt a traditional Welsh reel called 'Hen Ferchetau' in the style of 'Calan'. This involved students performing on keyboards, bass guitar, guitar, drums, accordion, bodhran, ukulele and pipes. We also analysed performances by current Welsh bands 'Calan' and 'No Good Boyo'. Meanwhile, Year 7 learnt and performed a version of "Migldi Magldi" (a lively Welsh folk song in 2/4 time) on multiple instruments, as dancing the traditional steps. The GCSE music classes also learnt "Hen Ferchetau", as well as covering "Synnwyr Solomon" by 'Calan'. We also performed 'Handbags & Gladrags' as a class ensemble, made famous by the Stereophonics.

Our SATB choir also rehearsed in Welsh for the day, preparing an arrangement of 'Suo Gan'. They will be singing this in the Senedd in Cardiff Bay for St Davids Day, as well as in a concert at the National Library of Wales on 7<sup>th</sup> March. Throughout the day, numerous singers were also rehearsing solo repertoire in Welsh for the upcoming Urdd Eisteddfod.

We also had live music in assembly, courtesy of Lucy Johns (who sang her own arrangement of 'Calon Lan', to the tune of 'The Rose'). Meanwhile, various departments around the school played Welsh language music (courtesy of playlists curated by BBC Radio Cymru presenters), as well as running activities in connection with the day. There were also quizzes on Welsh music (again, provided by BBC Radio Cymru), as well as free 'Dydd Miwsig Cymru' plectrums being given out!

If you missed out, we will be putting a series of live recordings from the day up on our Soundcloud page in the next few days (<https://soundcloud.com/user-721876856>). We also have a few 'Dydd Miwsig Cymru' plectrums left, if anyone would like one – see Mr Budd to pick yours up.



# **“Talking Shop”**

A monthly series of industry professionals, visiting the music department at Ysgol Penglais.

<b>25/09/19</b>	“What is Music Therapy?” with Kate Andrews (Lecturer in Music Therapy, University of Wolverhampton)
<b>21/10/19</b>	“Studying Music at University” (with staff and students of the Bangor University Music Department)
<b>16/11/19</b>	“Studying Commercial/Popular Music at University” with University of South Wales staff & students.
<b>12/12/19</b>	“Folk Music” (with members of ‘Calan’)
<b>29/01/20</b>	“Collaborating as a musician” (with Carlos Rojaz Hernandez and Catrin Finch)
<b>12/02/20</b>	“Life as a musician in the Royal Marines” (with C/Sgt Sharp)
<b>26/02/20</b>	“Life at a conservatoire” with Roger Argente, Head of Brass Performance at Royal Welsh College of Music & Drama (including brass workshops)
<b>16/03/20</b>	“Working as a composer in Wales” - workshop with Sarah Lianne Lewis
<b>18/03/20</b>	Regimental Band & Corps of the Welsh Guards (including brass and woodwind workshops).
<b>02/06/20</b>	“Gigging as a freelance musician” - saxophonist Stacey Doherty

Each session will be interactive, with opportunities for questions at the end.  
Come along and find out more!

Recommended for GCSE & A Level music students. If you’d like to attend,  
email Mr Budd ([p.budd@penglais.org.uk](mailto:p.budd@penglais.org.uk)) .

# News from the 6th Form

Personally, the most challenging part of the application process for the University of Cambridge was actually choosing to apply there. Preconceptions I had of Cambridge held me back; I believed that Cambridge was 'too posh' and populated with people too different to myself, an image that ultimately turned out to be false. With my reasonable GCSE results, and 2 weeks until the application deadline, rejection seemed imminent. Fortunately, I had the encouragement of Mrs Trotter and the support of the Sixth Form staff.

The course I ended up applying for was Human, Social and Political Sciences. This subject encompasses Sociology, Social Anthropology, Politics and International Relations. To finalise my application, I had to submit two pieces of written work and complete an admissions assessment in school, a task that was significantly less complex than it initially sounded. Finally, after my application was reviewed, I was invited to attend an interview at Homerton College. Overall, the college was accommodating, open and friendly – much like the interview itself.

Now, I look forward to pursuing my passions with greater intellectual intensity at the University of Cambridge. All that I have experienced would not have been possible if I didn't have the courage to take the first step and apply.

*Lois—Cambridge University*



When I decided to apply to Oxford, I made sure I spent a lot of time preparing my personal statement. The course that I applied to (Earth Sciences) has no admissions test, so I knew that, other than my grades, the only evidence that I could give them that I was suitable for the university course that I wanted to study was my personal statement. Before leaving for Oxford, Dr Lewis and Dr Minchin conducted a practice interview with me which was useful experience of what an Oxford interview might be like and it enabled me to practise what I might say in response to questions about my personal statement. I also had an interview at another university prior to Oxford, so I did have some experience of what an actual university interview was like. During the interview process, I was expected to stay for two nights at Exeter College. In total I had two interviews, both of which were conducted in the Earth Science Department, and in each one I was interviewed by two academic members of staff. I would like to stress that the myths surrounding Oxford interviews are completely unfounded. The interviewers are extremely friendly and try to put you at ease; they want to see how you think, so to properly understand you they want you to be at ease. My interviews consisted of an academic conversation where I was asked some technical questions about subjects that I study but in the context of my proposed course at university. I would not have been able to have achieved what I have without my family, all of whom have supported me throughout the entire application process. I am very excited to have received an offer to read Earth Sciences however, I have a lot of hard work ahead of me to ensure I get there.

*Orin—Oxford University*



I recently attended the Cambridge University Shadowing Scheme, shadowing a 2nd year Natural Sciences student. It was an incredible experience and I loved every second of it. I learnt a lot about what the course entails and also about the university and what student life there is like, whilst also meeting some incredible people and making many new friends. This was an amazing opportunity, completely free of charge and I would highly recommend applying for it.

*Madeleine*

Last Monday I had the opportunity to talk to a former Penglais student, Ferdia, who is currently studying computer science at St Andrews. I've always been interested in computers and programming, but speaking to someone who actually has experience in this area was incredibly helpful. Several other students and I learned about the variety of amazing career opportunities for computer scientists, including some that I'd never even thought of, such as writing the code that runs prosthetic limbs, or programming SpaceX rockets. He told us about online resources that can help us learn to code, which is useful when you're trying to develop a new skill and aren't sure where to start! We also learned more about the specifics of a career in computer science. I didn't know how keen employers were to find people who can program, but now I realise just how many opportunities there are, either in the UK or abroad, with some impressive salaries on offer as well. Ferdia talked to us about his personal experience with studying and working in computer science, and he emphasised how it isn't just for people who like maths and physics or people who want to go to university – anyone can learn to code, and practical experience can be as valuable as a degree. In short, his talk was genuinely interesting and I learned a lot about the amazing possibilities in computer science, not to mention how helpful it was to speak to someone who is currently doing what I want to do in the future. If I wasn't sure that I wanted to study computer science, I certainly am now!

*Flynn*





# PTA NEWS

The PTA works to raise extra money for the school and to provide volunteers to help in the school in various ways. Recently we have campaigned for more funding from the LEA for the school and for more money to be spent on education nationally. This work is ongoing!

## Four ways you can support your PTA

- 1) Come to our annual Curry and Quiz night 6pm start 20/3/2020 £10 ticket per head available from reception (send your child with money and Julie will give them tickets!) Curry donated by The Shilam.
- 2) Sign up to [www.yourschoollottery.co.uk](http://www.yourschoollottery.co.uk) from just £1 per week that you can stop easily anytime. Entry into local draw each week and entry into £25,000 weekly National draw also.
- 3) Come to our next meeting to discuss allocation of funds and plan future events: Thursday March 6th Arts centre cafe 7pm
- 4) Contact us: [penglaisPTA@gmail.com](mailto:penglaisPTA@gmail.com) for future events/ideas or to be added to our mailing list.

Many thanks

PTA Committee



## PTA Funds

The PTA gave the Geography department £185 towards Kestrel weather recording instruments. This allows students to go outdoors to record micro-climate data. The instruments record temperature, wind, speed and humidity. They are very useful for year 8,12 and 13 work. The Geography department would like to thank the PTA for their donation.

## Lottery scheme

Joining the school lottery is another opportunity to raise money for the PTA to spend on projects in school. It's easy to sign up and easy to stop at any time. More information on [www.yourschoollottery.com](http://www.yourschoollottery.com)

## Communications

You can find contact details for the PTA on the PTA page of the school website, and there is also a Penglais PTA Facebook page if you'd like to be kept updated with events and fundraising opportunities.

## Volunteering

If you wish to be added to the email list to hear about opportunities to volunteer, or have comments and ideas for us to pursue, then please contact us on [penglaisPTA@gmail.com](mailto:penglaisPTA@gmail.com)



**PENGLAIS PTA PRESENTS THE ANNUAL**

# **CURRY AND QUIZ NIGHT**

**Kindly sponsored by:**



**Friday**  
**March 20th**

**All Tickets £10**

**To raise money for**  
**YSGOL PENGLAIS**

**In Penglais Small**  
**Hall Canteen**



**Bar Opens at 6:30pm**  
**Quiz starts at 7:00pm**

**Tickets available From Ysgol Penglais Reception 01970 624811**





# NOTICES TO PARENTS



The canteen runs on a cashless system for many reasons. Please can you make sure that your child either puts cash on their card or brings a cheque to the canteen in advance to be put on their account. The canteen cannot guarantee that they will always have change and are therefore asking you to remind your child that they **must use their card**. Also when sending in money to put on students dinner cards, cheques need to be made payable to Ceredigion County Council or CCC.

We need your help! If you shop online, please could you sign up to easyfundraising to support Penglais School?

It's a really easy way to raise money for us – you just use the easyfundraising site to shop online with more than 3,300 well-known online stores like Amazon, Argos, John Lewis, ASOS, Booking.com, eBay, Boden, and M&S. When you make a purchase, the retailer sends us a free donation, at no extra cost to you.

So far we've nearly raised £170. We want to continue to raise as much as possible for the school, so please visit our new easyfundraising page at

<https://www.easyfundraising.org.uk/causes/penglaisschool/>  
and click 'support us'. Thank you!

Penglais School's Class Charts is now available for parents to access. This provides you with up to date information to track your child's progress in school as well as displaying all homework that is set. It is a valuable tool for all parents/guardians.

Follow the link to the Class Charts homepage to log in!

<https://www.classcharts.com> We've also included a quick guide to class charts for parents which will be up on the school website.

The school is operating a no mobile phone policy.

All students are aware that the school is operating a no phone policy therefore we would like to remind parents of this.

Should a student need to make a call within school hours, they should speak to Student Services.





# Raise funds for PENGLAIS SCHOOL every time you shop online

Find us on easy fundraising to start:

<https://www.easyfundraising.org.uk/causes/penglaisschool>



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