



## Headteacher's Message

When we started this term, we were very much looking forward to welcoming parents and guardians back onto school site and also resuming all the extra-curricular activities and trips that offer so much to our students. I am delighted that we have been able to do both of these in many different ways this half term.

We were really pleased to see many parents and guardians attend our curriculum evenings for each year group at the start of the half term. These were valuable in sharing with families the curriculum that their children will be following this year as well as key dates and key information. All of the Curriculum Booklets and the presentations from the evenings are on the website so please look at them if you weren't able to attend the evenings. We have also welcomed our Year 7 families in twice, for an informal conversation with staff over refreshments and then for the Parents' Evening. It was really lovely to meet families and to hear how well our Year 7 students are settling into the life of the school. Our Open Evening for prospective students in Year 5 and 6 was also a very successful evening and it was a pleasure to meet our future Penglais families and community.

Our extra-curricular activities have re-started with a bang! There are many clubs and activities for your children to join during lunchtime ranging from Chess and Rubik's Cube club to choir, from knitting club to Dungeons and Dragons, as well as the more usual sport clubs. There is something for everyone and those who attend certainly enjoy the experiences. The Ceredigion sporting fixtures have resumed, and we are very proud of so many of our students who have represented the school in the games. Many of our Year 7 students went on a day trip to Llain for a team bonding day and had a great time. All of Year 8 students have had a geography field trip in Borth and our first longer-distance trip took place this week with a group of Drama students going to Liverpool to watch Blood Brothers. Finally, it seems as if some sense of normality is returning.

However, it has also been a fairly exhausting and long half term. I hope that students and staff will have the opportunity to recuperate and rest over the next week, and we look forward to seeing everyone back on Monday 7th November.

## Key Dates

- Monday 7th November - students return to school (Week 2)
- 8th November - 6pm 50th Celebration meeting followed by the PTA AGM at 6.30pm
- November - Year 10 Progress report 1
- November - Year 12 Progress report 1
- November - Year 8 Progress report 1
- 21st Nov to 2nd Dec - Year 11 Mock exams
- 5th Dec to 9th Dec - Year 12 Mock exams
- 8th December - Year 10 Parents Evening
- 12th to 16th December - Year 13 Mock exams
- Date to be confirmed - Christmas Carol Concert in Llanbadarn church
- 20th December Certificates Evening
- December - Year 9 Full report
- December - Year 7 Progress report 1
- 21st December - last day of term
- Students return to school on 9th January 2023 (Week 1)



# Sports News

## Extra-Curricular

Having endured a difficult two years without any fixtures and extra-curricular activities due to the Covid-19 pandemic, Penglais school pitches for Season 2022 are displaying quite a different picture. Every Tuesday, students have the opportunity to attend rugby training, with the support of our new Rugby development officer, Lewis Ellis-Jones; hockey practice (all age groups) and netball practice. Thursdays are dedicated to football training for both girls' and boys' teams. A number of dedicated staff help the PE department to run the clubs every week and we are very thankful for their continued support. Our thanks go to Paul Stubbs, Rob Rudge and Josh Jones.

## Rugby

Lewis Ellis-Jones, who is the new Hub officer for Penglais school, started his new role at the start of this academic year. His role in the school is to promote and develop rugby in curriculum time, and to establish extra-curricular activity which engages boys and girls of all abilities within a fully inclusive rugby programme. This half term he has taken a girls U14 side to St Clears to take part in a tournament and entered the team for another County tournament after half term.

Boys U15 team have won 3 out of 4 matches so far this season: NCE away 48-5, Bro Teifi 29-7 and Tregaron 50-20. They lost 7 tries to nil against Penweddig. Teams left to play are Lampeter away, followed by Cardigan and Aberaeron at home.

The U13 played their first game of the Season against Tregaron and won 40-33.

## Welsh Cup Football

Penglais have entered in total two girls' teams (U13 and U15) and 5 Boys teams (U12, U13, U14, U15 and U18) in this annual knock out-competition.

The Girls U13 team travelled to Aberaeron for the 1st round of the Welsh Cup. At half time, the girls found themselves 1-0 before Aberaeron doubled their lead early in the second half. The girls showed great determination and four goals from Lita Egan late in the second half saw the girls travel home victorious. Unfortunately, they lost 3-0 in the second round to a very strong BroTeifi team.

U15 Girls had a bye in the first round and later played Tregaron away in a nail-biting affair. They will play against Bro Teifi in the 3rd round after half term.

U12 Boys won 10-1 away at Cardigan in the 1st round and played Aberaeron in round 2, winning the match 2-0.

U13 Boys won in the 1st round 5-0 at home against Tregaron, they then won 9-2 against Lampeter in round 2 and now play Penweddig in the Ceredigion final after half-term.

U14 Boys started their campaign away at Aberaeron, winning 3-1 after receiving a bye in the 1st round.

U15 Boys won in the 1st round against Lampeter away 1-0 with Zac scoring the winner, they now play Cardigan in round 2 before half-term.

Penglais U18 side won the first round of the Welsh Cup last Friday, October 14th against Penweddig. They were 1 -0 down in the second half, however they showed resilience, persistence and control throughout the whole game and produced some fantastic football. At full time, the score was 1-1, Eddie scoring the equaliser in the 70th minute. The game went to penalties, Penglais winning the match 5-4.

# Sports News

## Hockey

Penglais U14 side are currently undefeated in the Ceredigion league and will play the final match at home against Lampeter on Wednesday 26th October. The teams entered this year include, Penweddig, Tregaron, Bro Teifi, Aberteifi, Aberaeon and Lampeter.

## Volleyball

Aberystwyth University Volleyball club delivered a workshop for students in KS3 to attract new members for an inclusive after school club to be held in Penglais on Mondays from 3.15 to 4.30. The students learned the basic techniques to play the game and performed a variety of different drills to familiarise themselves with this exciting sport. All students are welcome to join.



**Volleyball sessions**



**Netball team**

## Netball

This half term we have seen great participation rates at both the KS3 and KS4 netball club, its lovely to see so many pupils enjoying the sport.

Year 8 won have made great progress over the season and I know they will continue to develop with their hard work and determination.

Year 10 have had a very successful season beating every team they have faced. We hope to see continued success in the upcoming tournament next half term.

## Freya - Year 9 student

Year 9 student Freya has been selected to compete in the SPARTAN WORLD CHAMPIONSHIPS to be held in Sebring, Orlando, Florida later next year. Spartan mud runs are a series of races varying in difficulty and lengths. They consist of various obstacles including walls, monkey bars and rope climbs. Freya started running races in 2016 at the age of 7 and was inspired by her father who also competes. Freya's bronze medal achieved in her latest race has got her a place in the World Championships! We wish her every success.

## SPONSORS WANTED!

Following the enormous success of all football teams, Penglais PE department are looking for sponsors to purchase new football kits for the following teams:

- U13s girls (year 7&8) football kit
- U15s girls (year 9&10) football kit
- Year 7 boys football team
- Year 8 boys football team
- Year 9 boys football team
- Year 10 boys football team
- Senior boys football team

If you are interested in contributing to the purchase of any new football kits, please contact [cap@penglAIS.org.uk](mailto:cap@penglAIS.org.uk) for more information.

# Year 7 -Llain Trip

Year 7 visited Llain Activity Centre on Friday 7th October. They took part in exciting team building activities such as Wacky Racers, Raft Building and Climbing/High Ropes. It was a great opportunity for the students to get to know new people and develop their communication and problem-solving skills. Everyone had a great day and thoroughly enjoyed the experience!



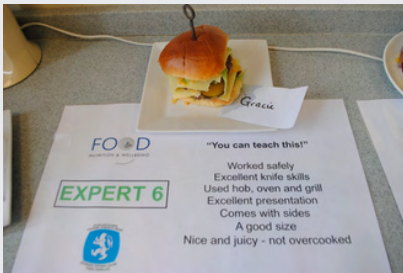
# Food, Nutrition & Wellbeing



Hello and thank you for reading our first news article of the school year. It certainly has been a very busy half term and I think our food students and staff are all ready for the break ahead.

We have had a little rebranding within school with the production of a new logo and the launch of our new Facebook page. Please look us up on Facebook and give our page a like - you can find us by searching for Ysgol Penglais Food, Nutrition and Wellbeing. We regularly post pictures of the great work our students produce in class so it's a privilege to now be able to share that with you all.

The **Year 7** students have been undertaking our new curriculum lessons. They have been getting more comfortable moving around the kitchen and working on new skills such as safe cutting techniques, sauce making, different methods of heat transfer and they have just completed their assessed practical where they had to create their own unique burger and present this attractively. They did really well and were quite pleased with their outcomes.



**Year 8** have also been building on skills learnt in year 7. They have been making fruit crumbles, fresh potato gnocchi, Bolognese and have also just completed their assessed practical of homemade pizza. Year 9 have also been learning about Natasha's law which you may have come across in the news. They have been looking closely at food labelling and working from an assessment brief. They have also produced some great products such as samosas, spring rolls, swiss roll, brioche buns and have looked at different coatings on white fish.



So, there we are, a busy first half term. Well done to everyone! We hope you have a lovely half term, get lots of rest and enjoy spending time with family and friends. We look forward to seeing you all after the break.  
Mr J Retter - Food, Nutrition and Wellbeing Teacher

# Food & Nutrition News

Year 11 have been very busy undertaking their first assessment work of the year. They are fully concentrating on their food science investigations exploring what happens to the outcome of a bechamel sauce if you change various variables within the recipe. They have also been practising their presentation skills - they were given a presentation challenge involving an egg, slice of bread, herbs and sauce in which they had to present these in the best way that they could. They let their imaginations run wild and we had some fantastic results.



# Black History Month



During Black History Month, Penglais School History Department has been exploring how Black people in Britain and America have overcome persecution to reach positions of prominence in society. The Cube in the foyer has displayed information boards that describe some of the key moments in the persecution of Black people in Britain; the story of a new Black person of prominence has been added to the display for each day of the month. They include members of the king's household, nurses, activists, politicians and many more who have all demonstrated courage and dedication despite the prejudice they faced along the way. In addition, students in the sixth form have delivered assemblies to each year group, highlighting the origins of Black History Month, why we celebrate it, and asking for ideas about how we can celebrate it in the future. Lectures were arranged for the A Level History classes with Aberystwyth University who delivered insightful ideas about Slave Narratives and Emancipation.

## Parent Information

### Polite Notice

Please could we remind parents/guardians to regularly check your child's account on ParentPay to ensure there are sufficient funds to purchase food from the canteen. This will allow students to be served quickly and to avoid unnecessary delays at the tills. Your ParentPay account will also allow you to see what your child has purchased from the canteen on a daily basis.

# ALN News

## ALN Department – Visit from Nationwide



This half term staff from our local Nationwide branch came in to teach a numeracy session to our Year 7 and 8 skills classes. Students were taught about the basics of money and how to keep them and their money safe as part of Nationwide's community outreach work.

The students learnt about the type of accounts, basic money values and saving. They then completed a budgeting task whereby they had to make wise decisions in planning a day out to Drayton Manor. They were given a budget of £75 to spend and the aim was to stay under budget. This made for a great discussion between students as to what they'd spent money on and what they needed versus what they wanted.

Our students also learnt about staying safe online, keeping your card safe and online scams. They then finished off with a board game to recap on all that was learnt during the session. The students thoroughly enjoyed and learnt a lot from the session. Thank you to the members of our local Nationwide branch for coming in to see us!





# ALN News

## ALN Department – Kai Hamilton Frisby takes part in the Rickshaw Challenge

On Wednesday 19th October, Kai took part in the Rickshaw Challenge in aid of Children in Need. Kai undertook a 12-mile journey. Kai was part of a group of 5 young people who took on the challenge alongside Matt Baker this year. Each rider takes a section of the journey, travelling through their hometown. Kai finished his journey on the prom to be greeted by his family, students from HRC, LSC and Sixth Form, as well as members of the local community. Students from the LSC and HRC enjoyed making posters and flags to wave and celebrate as Kai crossed the finish line, and they loved meeting Pudsey. A massive well done to Kai on a huge achievement!!



### **The Rickshaw challenge by Kai, Year 12**

The rickshaw challenge was a fantastic opportunity for me and I absolutely loved the experience, initially they reached out to me because they have been long-time supporters of Aberystwyth wheelchair basketball club.

I was a bit sceptical at first for the obvious reason that I'm in a chair, I wasn't a confident bike rider. My concern rose after being told that I was going to cycle 12 miles. I had never ridden that far before.

However, I think I was concerned for no reason because as soon as I got on the rickshaw, the worry disappeared. As far as the ride is concerned, it was great to see the overwhelming support, especially from the school and I thoroughly enjoyed my time with Matt Baker. I cannot thank the amazing team for what they did for me, and I have made great connections with the other riders.

It was a pleasure to meet them and to hear their stories as well as getting to share my own. I'm very great full for the opportunity and I'm so proud of the rest of the riders. I'm looking forward to seeing how much money we have raised.

# ALN News

## ALN Department Surgery

The ALN Department surgery will be held on **Tuesdays between 3.30pm – 5.30pm** when you will have the opportunity to meet the ALN Coordinator, ALN Manager or ALN Intervention Manager.

# Sixth Form News

## Early UCAS successes for Year 13 students.

We are delighted to announce that a number of year 13 students have already received offers from prestigious UK universities. Earlier this month 19 of our year 13 students submitted their applications through UCAS around the October 15th deadline, and of those 8 have already received offers. Students have applied for a range of subjects including, Medicine, History, PPE, Dentistry and Law. One student has already received four out of five offers, while others have had up to three. This is a great start for our students, and, in order to build on this success, we are encouraging all year 13 students to get their applications under way as soon as possible.

Mrs J Elgood - Head of Sixth Form

## Macmillan Coffee morning

The Sixth Form prefects ran a successful Macmillan coffee morning and raised £220 for cancer support. They showed their great baking skills by donating a range of tasty cakes for staff and Sixth form students to eat. Thanks to all who supported the event by baking or eating the produce!



# Eisteddfod yr Urdd

Bydd Eisteddfod Genedlaethol yr Urdd yn cael ei chynnal yn Sir Gaerfyrddin ar ddiwedd mis Mehefin, 2023.

This year the National Urdd Eisteddfod will take place at the end of May, 2023 in Carmarthenshire.

Mae yna lawer iawn o gyfleoedd i gymryd rhan:

- canu a llefaru – unigol ac mewn grŵp, clasurol, gwerin, cerdd dant a phoblogaidd;
- drama – monologau ac ymgom;
- unawdau a grwpiau offerynnol;
- dawns – unigol a grŵp
- cystadlaethau gwaith cartref ysgrifennu, celf, dylunio, coginio a gwallt & harddwch;

There are lots of opportunities to take part:

- singing and recitation – solo and group competitions, classical, folk, cerdd dant and pop music;
- drama – monologues and group performances;
- solo and ensemble instrumental;
- dance – individual and groups;
- homework competitions such as art, creative writing, design, cooking and hair & beauty;

## Oes diddordeb gyda ti?

Yn gyntaf, rhaid bod yn aelod o'r Urdd ar gyfer 2022-23. Os nad ydych wedi gwneud hyn yn barod, dilynwch y linc yma. Ymuno | Urdd Gobaith Cymru

Dewch i siarad gyda Miss Davies yn A5 am fwy o wybodaeth neu os oes diddordeb gyda chi yn unrhyw un o'r gweithgareddau neu gyfleoedd sydd gan yr Urdd i'w cynnig.

## Are you interested?

Firstly, you need to be a member of the Urdd for 2022-23. Follow this link if you haven't already done this. Join | Urdd Gobaith Cymru

Come and speak to Miss Davies in A5 for more information or if you are interested in any of the activities and opportunities that the Urdd offer.

