

# ISLWYN NEWS

## SPORTING SUCCESS

This Spring term has brought some fantastic sporting success for Islwyn pupils.

Our Year 9 rugby side made it to the Caerphilly Plate Final with a dominant win against Cwm Rhymni earlier this term. Tries from Jayden Stebbins (3), Iestyn Alderson (3) Evan Maher, Jayden Bowden and Ollie Penney ensured victory against a difficult side and took our boys to the final. Jordan Walther received player of the match whilst Evan Maher got player of steel. Well done boys and good luck in the final.

Further to this, the Year 10 and 7 rugby teams are also through to the final of the Caerphilly Plate. Well done to all the boys who have put in fantastic performances so far.

The Year 11 Netball team represented S.E. Wales in the National and Smart finals in North Wales. All involved gave 100% and worked closely as a team to put in a fantastic performance. Well done!

Poppy Howells, Amelia Watkins, Jayden Morgan and Jayden Bowgen are all representing S. East Wales in the Cross Country championships. Well done all!



Lucy Malin and Paige Parsons were nominated for the Welsh School's Football trials earlier this term. Both girls put in a fantastic performance and were selected to play in the Under 16s Football Squad.

Maddison Perrot has represented Wales on a number of occasions during the last year. She has played for Wales against the Czech Republic, Portugal and Serbia. More recently she has competed for Wales in the Netherlands. We are so proud of you at Islwyn, Maddison. Well done!



Year 11 pupils, Georgia Owen and Jimmy McFadden competed in the WDO World Dance Championships in Blackpool as part of the KLA team. We are proud to say that Georgia and Jimmy put in a fantastic performance and their team came away with first place. What a fantastic achievement! Well done, both.



Head Girl Esther Knight-Webley and her dance partner Ffion Mayho competed in the Mid-Winter Dance Spectacular featuring the Cymru Open. The pair performed a number of dances including the Rumba, Samba and the Jive. We are pleased to say that Esther came away with first place and is now Welsh All Ladies Champion. Well done!



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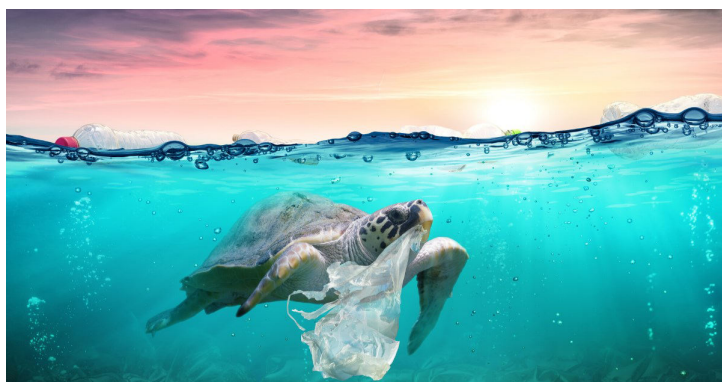
# Skills for Success

## Raising Awareness

Year 10 pupils have made a promising start to their Skills Challenge Certificate qualification with their Enterprise and Employability Challenge. This involved pupils creating a business from scratch and then using their skills to design, produce and sell their products at our Christmas Fayre. Products ranged from home made decorations, coasters to ornaments. The day was received well by all and the pupils certainly showcased their entrepreneurial skills.



Following the success of their Enterprise and Employability Challenge, Year 10 pupils are now working on their Global Citizenship Challenge. For this challenge, pupils are designing innovative ways to raise awareness of the global issue of marine plastic pollution. Did you know that more than 8 billion tons of plastic are dumped into our oceans every year? That's the equivalent of one rubbish truck full every minute. Year 10 are exploring ways to raise awareness of this issue and to reduce our plastic usage as a school. They will showcase their ideas at a Global Conference in which they will raise awareness of this issue with Year 7 pupils. Good luck Year 10!



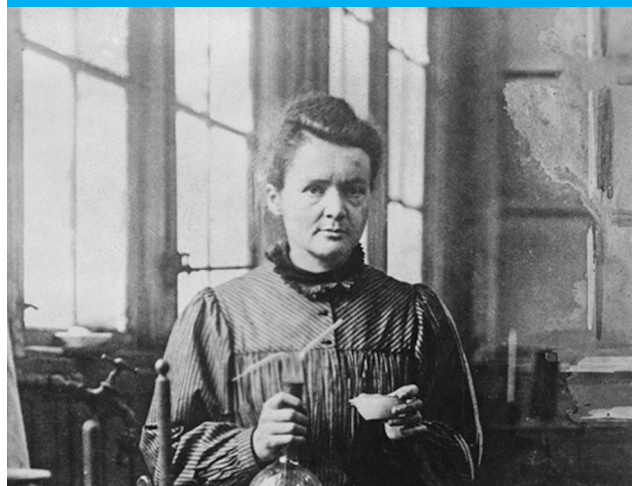
## Where Am I?

Do you recognise this section of photograph? If you know where this is found in the school, see Mr Thomas (Geography), the first to do so wins a prize.



## GUESS WHO?

Who is this person from history? If you know, head to Mr Morris' classroom (304) because the first person to name this person correctly will win a prize. A clue: this scientist looked positively radiant when she picked up her 2 Nobel prizes.



## NAME THE TEACHER

How well do you know your teachers? Read the answers to the questions below and try to work out whose answers they are! Once you think you've worked it out, head to the teacher's room. If you're right and you're the first there, they'll have a box of chocolates waiting for you!

**Do you have any pets?** I used to, a cat named Digby, but unfortunately he passed away recently.

**What weird and wonderful hobby do you have?** I collect Pokemon cards.

**What was your dream job when you were younger?** A football player for Arsenal.

**What was your favourite subject in school?** History

**What is your biggest fear?** People not liking my singing.



# LEARNING FROM THE PAST TO SECURE OUR FUTURE

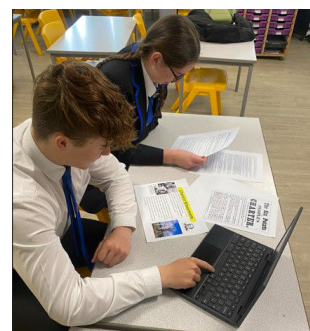


What is important to you? What are your rights? What should you expect of your school and education? These are the questions the School Leadership Council have been asking themselves this past term. The School Council have been researching their past and the links that Blackwood and Oakdale have to the rights and freedoms of the people who live there.

Using the Chartist Bridge as a starting point, the team have researched Chartism and how every day, working class people fought and died for the

rights of others. This is a sacrifice we cannot forget and it is important that future generations remember this. In 1839, a procession of Chartists marched to the Westgate hotel in Newport to free their leaders and demand better rights for the workers. The Chartists had 6 demands, 6 demands that we take for granted today.

The School Council aim to secure a similar legacy for pupils at Islwyn, and are working towards a Pupil Charter to be an integral part of the school.



# Medicine Through Time

Year 11 pupils were given the opportunity to attend the Medicine Through Time show in Bristol earlier this term. The pupils enjoyed the day and certainly took a lot from the activity.

They were treated to a show about how medicine has developed from the dark ages to modern times and the knowledge they picked up on this day will be integral to their GCSE exams this summer. Well done, year 11.

What a day!



## The Battle of Islwyn

Year 7 Pupils took to the battlefield earlier this term, to re-enact the famous Battle of Hastings as part of their Humanities course. The History Department were amazed by the swords and shields produced at home and the effort that pupils went through in order to create them. We'd like to thank all parents and guardians involved in the making of these weapons and contributing to an engaging educational activity. The pupils certainly enjoyed themselves.





# Working On Well-being

Islwyn High School held its PSE Well-being day this term. Mrs Edwards and Miss Cook organised a day of activities that helped pupils work on their health and well-being.

The day aimed to support pupils in building a number of aspects of health and well-being, including; mental health, physical health and the link between them both. Pupils also worked on resilience and tolerance.

A number of fantastic opportunities were provided on the day from a number of external and internal providers. Pupils explored issues including online bullying, homophobia, mental well-being as well as creating a water supply for a community .



Pupils were also provided with the opportunities to explore sporting activities that are not part of their normal curriculum. These included bench ball, cricket and boxing. The pupils were put through their paces and taught the links between physical well-being and mental well-being.



Year 11 pupils were taken to Crosskeys college and were given the chance to discuss life in Sixth Form with potential lecturers. This was a fantastic opportunity as pupils make final decisions in what is a very important juncture to their futures.

## Singing for Success

Euan Adamson, Lacey Leadbetter and Libby Taylor competed in the Rotary Young Musicians of the Year competition. Euan played clarinet, Lacey entered the vocal category and Libby played piano. The standard was incredibly high with the pupils competing against Sixth Formers. Lacey won her category and all pupils gave an excellent performance. **We are proud of you all!**



## Fighting Fit

Islwyn High Schools Boxing Club runs every Thursday between 3-4PM. The Boxing Club is a fantastic way for pupils to challenge themselves, keep fit and learn new skills.

The intense training sessions are open for all pupils, all we ask is that you give it your all. Mr Morris has been blown away by the effort and determination the pupils have shown so far and would love to welcome more new members to the club.



## Fundraiser for Dylan

Mr Brown organised a fundraiser to raise money for the Welsh Air Ambulance in appreciation of all they did to help pupil, Dylan Morgan.

Approximately 126 pupils volunteered to take part in the event which required them to complete a twenty minute session on the spin bikes at school.

The day was a massive success and Mr Brown and his team surpassed expectations, doubling their expected total mileage from 400 miles to over 800 miles, and raising over £1,000 for the Welsh Air Ambulance service.

This is a massive achievement for a fantastic cause and all involved on the day should feel incredibly proud of their achievements.

Well done!



## Making A Difference

Head pupils Esther Knight-Webley and Will Jones have added their voices to a gathering of schools from Caerphilly in the Caerphilly Youth Forum. Here, they have debated issues affecting Caerphilly and discussed suggestions on how to tackle the issues. Some of the issues raised include; the dangers of drug use, the dangers of vaping, the opportunities presented to young people to learn new skills, the cost of living crises and safe areas for young people to socialise. Esther and Will thoroughly enjoyed the experience and were proud to represent Islwyn High School at this event. They will continue to represent the school in this forum in the hope of securing a better future for youths in the local area. Well done, both!



## Writing our future

On the 8th and 15th of February, pupils in years seven, eight, nine and ten attended The Hay Festival's Scribblers Tour at Swansea University. Pupils were involved in creative writing workshops with various writers; namely, Maz Evans, Matt Goodfellow, Femi Fadugba and Caroline O'Donoghue. After the workshops, pupils got to meet the writers, purchase books and even get them signed! Then, they enjoyed a tour of the university and had a taste of what university life is like. The pupils truly were an asset to the school and some even read their writing aloud to the writers and many

other schools in attendance. I think we have some budding writers that may be on the Scribblers' stage in the future!





## The Big School Quiz

*How many can you get right?*

Quiz rules: Answer all of the questions below without using the Internet. You can ask your teachers, friends or family or read books. You can use any other means except using the internet. Good luck!

1. How many tonnes of plastic are dumped in the ocean each year?
2. What does the letter 'L' stand for in the acronym, PESTLE.
3. Name the third most common gas in the Earth's atmosphere after Nitrogen and Oxygen.
4. The Vedas are the oldest scriptures in which religion?
5. What is the only prime number that comprises two consecutive prime numbers?
6. How many Tudor monarchs were there?
7. The Picasso painting 'Guernica' depicts a scene from which war?
8. How many lines are there in a sonnet?
9. What is the highest waterfall in the world?
10. In which athletic event would you do a Fosbury flop?

# TRY THIS AT HOME

*Workouts at home for a fitter you*

As we know, regular exercise can have a significant impact on our health, both physically and mentally. Many of us feel like we don't have the time or opportunity to work out. No gym? Not enough time? No problem. Try the following workout at home, making sure you time yourself. Overall, you will complete 240 reps. Once you are done, record your time. Do this another two times in the first week, and then three times the second week (3 times a week). Your aim is to beat your time each time (If you can't complete 30 reps, you could always start with 10 reps of each exercise and then build from there).

**30 press ups (standard style or on your knees)**

**30 sit ups**

**30 leg raises**

**30 tuck jumps**

**30 squat thrusts**

**30 Burpees**

**30 squats**

**30 press ups (standard style or on your knees)**



## School Riddles

It has keys, but no locks. It has space, but no room. You can enter, but can't go inside. What is it?

What word is spelled wrong In the dictionary?

There were four girls walking to school, but only one had an umbrella. How did they not get wet?

You will always find me in the past. I can be created in the present, but the future can never change me. What am I?



### Crack the code using the clues



Enter code

**2 9 1**

ONE DIGIT IS RIGHT AND IS IN ITS PLACE

**2 4 5**

ONE DIGIT IS RIGHT BUT IS IN THE WRONG PLACE

**4 6 3**

TWO DIGITS ARE RIGHT BUT BOTH ARE IN WRONG PLACE

**5 7 8**

NO DIGIT IS CORRECT

**5 6 9**

ONE DIGIT IS RIGHT BUT IN THE WRONG PLACE