

YEAR 10 & 11 NEWSLETTER



March 2024



<https://www.gcsepod.com/>

Pupils can use their Hwb E-mail and set up their own password to log in

Gall disgyblion ddefnyddio e-bost Hwb a gosod eu cyfrinair eu hunain i fewngofnodi

As we approach the end of the Spring term, I'd like to take this chance to wish each and every one of our KS4 pupils the very best for the future. As ever, this newsletter is a celebration of the opportunities available in Ysgol Calon Cymru and of the wide ranging talents of our pupils. School years are precious years, and I hope that all our pupils use their time in school to not only achieve academic success, but also to discover new talents and passions. Good luck to all our KS4 pupils, especially our Year 11s who will be sitting their external examinations this summer. Keep up the effort, it will pay off in the long run. Diolch yn fawr. Mr Jones

Wrth i ni nesáu at ddiwedd tymor y Gwanwyn, hoffwn fanteisio ar y cyfle hwn i ddymuno'r gorau i bob un o'n disgyblion CA4 ar gyfer y dyfodol. Fel erioed, mae'r cylchlythyr hwn yn ddatliad o'r cyfleoedd sydd ar gael yn Ysgol Calon Cymru ac o dalentau eang ein disgyblion. Mae blynyddoedd ysgol yn flynyddoedd gwerthfawr, a gobeithiaf y bydd pob un o'n disgyblion yn defnyddio eu hamser yn yr ysgol nid yn unig i gyflawni llwyddiant academiaidd, ond hefyd i ddarganfod talentau a diddordebau newydd. Pob lwc i'n holl ddisgyblion CA4, yn enwedig ein disgyblion Blwyddyn 11 a fydd yn sefyll eu harholiadau allanol yr haf hwn. Cadwch yr ymdrech, bydd yn talu ar ei ganfed yn y tymor hir. Diolch yn fawr. Mr Jones

Credydau / Credits

Congratulations to 10 & 11 for achieving the highest credits This Year.

Llongyfarchiadau i 10 ac 11 gael y nifer fwyaf o gredydau'r blwyddyn hwn.

**100%
Attendance
Head of Year Award**

**Year 11:
Andrew Wilson**

Congratulations!!

Year 10 & 11 Sporting Successes

South Powys Girls Netball Competition

Caitlin Wallace, Ruby Vermeire and Evie Gray all represented the Llandrindod campus for Calon Cymru who entered an U15 girls' team into the South Powys Competition hosted at Christ College. The U15 girls finished a creditable 3rd place and were competitive throughout. It was really pleasing to see this age group rallying together and showing excellent team work. A well deserved visit to Llanfaes Dairy for the team after!



Cystadleuaeth Pêl-rwyd Merched De Powys Cynrychiolodd Caitlin Wallace, Ruby Vermeire ac Evie Gray gampws Llandrindod ar gyfer Calon Cymru, a ymgeisiodd am dîm merched dan 15 yng Nghystadleuaeth De Powys a gynhaliwyd yng Ngholeg Crist. Cwblhaodd y merched dan 15 safle clodwiw 3ydd ac roeddent yn gystadleuol drwy'r amser. Braf iawn oedd gweld y grŵp oedran hwn yn ymgynnull ac yn dangos gwaith tîm rhagorol. Ymweliad haeddiannol i Dairy Lanfaes

Calon Cymru U16 Girls Hockey v Gwernyfed HS

Tilly Lawrance, Mollie Williams, Martha Lewis and Olivia Heighway all represented the Llandrindod campus and played hockey against Gwernyfed HS to prepare for their moderation and to internally moderate marks for their GCSE PE exams. The girls played with determination and flair, winning 5-2. Gwernyfed applied pressure throughout the game, particularly in the second half, but the Calon Cymru attack dominated well in the circle.



Hoci Merched dan 16 Calon Cymru v HS Gwernyfed

Cynrychiolodd Tilly Lawrance, Mollie Williams, Martha Lewis ac Olivia Heighway gampws Llandrindod a chwarae hoci yn erbyn Ysgol Uwchradd Gwernyfed i baratoi ar gyfer eu safoni ac i safoni marciau mewnol ar gyfer eu harholiadau TGAU Addysg Gorfforol. Chwaraeodd y merched gyda phenderfyniad a dawn, gan ennill 5-2. Rhoddodd Gwernyfed bwysau trwy gydol y gêm, yn enwedig yn yr ail hanner, ond roedd ymosodiad Calon Cymru yn dominyddu yn dda yn y cylch.

Year 10 & 11 Sporting Successes

Treble Powys Badminton County Champions!

Lucas Malin, Alex Hallam, Cara Dunne, Fiona Montana, Sophie Stuart represented the LLandrindod Campus in the Badminton Welsh county Championships

Congratulations to the U15 Girls and the U15 Boys for winning the Powys Badminton Competition hosted at Brecon Leisure Centre. The Calon Cymru teams played Crickhowell HS, John Beddoes HS, Gwernyfed HS, and Brecon HS. The Treble Champions beat the other schools in all their matches in a very competitive competition.

The Calon Cymru teams now progress to play in the South Wales Regional Finals in Cardiff this Friday, 21st March. Good luck to them all.



Trebl Pencampwyr Sir Badminton Powys!

Cynrychiolodd Lucas Malin, Alex Hallam, Cara Dunne, Fiona Montana, Sophie Stuart Gampws LLandrindod ym Mhencampwriaethau Badminton Sirol Cymru

Llongyfarchiadau i'r merched dan 15 a'r bechgyn dan 15 am ennill Cystadleuaeth Badminton Powys a gynhaliwyd yng Nghanolfan Hamdden Aberhonddu. Chwaraeodd timau Calon Cymru HS Crucywel, John Beddoes HS, Gwernyfed HS, ac Aberhonddu HS. Curodd y Pencampwyr Treble yr ysgolion eraill yn eu holl gemau mewn cystadleuaeth hynod gystadleuol. Mae timau Calon Cymru nawr yn symud ymlaen i chwarae yn Rowndiau Terfynol Rhanbarthol De Cymru yng Nghaerdydd ddydd Gwener yma, 21ain Mawrth. Pob hwyl iddyn nhw i gyd.

South Powys U18 Boys Basketball Competition

Caleb Potgieter Lewis Spacey Ashleigh O'Reilly Jago Mackenzie Jack Smith Monty Buncombe from year 11 represented the school in U18s Basketball Competition. Congratulations to the Calon Cymru boys involved in the U18 Basketball Competition. Despite playing against stronger opposition both the A team and the B team acquitted themselves really well and all boys can be proud of how they represented the school. Well done.



Cystadleuaeth Pêl-faged Bechgyn dan 18 De Powys

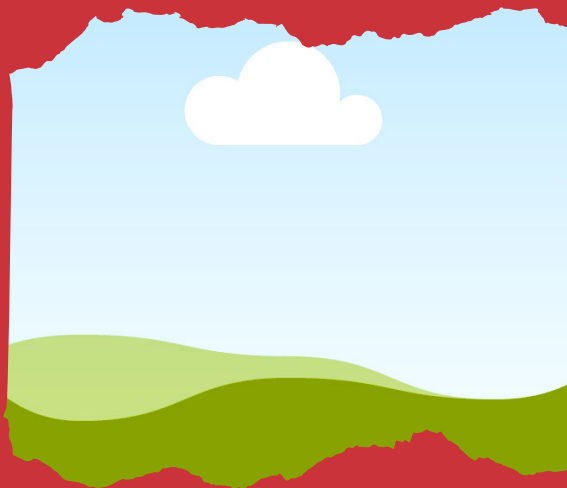
Bu Caleb Potgieter Lewis Spacey Ashleigh O'Reilly Jago Mackenzie Jack Smith Monty Buncombe o flwyddyn 11 yn cynrychioli'r ysgol yng Nghystadleuaeth Pêl-faged dan 18 oed.

Llongyfarchiadau i fechgyn Calon Cymru fu'n rhan o'r Gystadleuaeth Pêl Faged dan 18 oed. Er gwaethaf chwarae yn erbyn gwrthwynebiad cryfach fe ryddhawyd tîm A a tîm B yn dda iawn a gall pob bachgen fod yn falch o sut y bu iddynt gynrychioli'r ysgol. Da iawn.

Year 10 & 11 Sporting Successes

Calon Cymru Pupil International Bowling Success

Recently in Lawn Green Bowling, Cara Dunne played in the British Lions team alongside the Welsh Under 18s bowls team. In February she then travelled to Belfast to play for the Under 25s Welsh Ladies Bowls team. This is an incredible achievement especially with the obvious age gap. Well Done Cara!



Llwyddiant Bowlio Rhyngwladol Disgybl Calon Cymru Yn ddiweddar yn Lawn Green Bowling, chwaraeodd Cara Dunne yn nhîm y Llewod Prydeinig ochr yn ochr â thîm bowlio dan 18 Cymru. Ym mis Chwefror fe deithiodd wedyn i Belfast i chwarae i dîm Bowlio Merched Cymru dan 25 oed. Mae hwn yn gyflawniad anhygoel yn enwedig gyda'r bwlch oedran amlwg.

Congratulations to Ysgol Calon Cymru basketball student, Conor Walby and receiving their Basketball Level 1 refereeing award funded by Sport Powys. This award will allow Conor to referee school games and junior basketball. For further information, contact Maggie Trainor (Sport & Active Community Officer): maggie.trainor@powys.gov.uk



Llongyfarchiadau i Conor Walby, myfyriwr pêl-fasged o Ysgol Calon Cymru, ar dderbyn eu gwobr dyfarnu Pêl-fasged Lefel 1 wedi'i ariannu gan Chwaraeon Powys. Bydd y wobwr hon yn caniatáu i Conor ddyfarnu gemau ysgol a phêl-fasged iau. Am ragor o wybodaeth, cysylltwch â Maggie Trainor (Swyddog Chwaraeon a Chymuned Egnïol): maggie.trainor@powys.gov.uk

Leadership in our Community

During the last couple of weeks of this term, the LLandrindod Sports Leaders visited some of the local primaries to deliver some SKIP training sessions to the Year 3 classes in Cefnlllys and Trefonnen school. SKIP sessions help to develop essential skills needed for pupils to learn and improve their physical abilities such as running, throwing skipping, jumping, catching and more. At the age of 7 pupils are at a crucial development stage which is key to their future physical progression. Our High School Sports Leaders have been trained by our PE Teacher Mr Roberts and Sports Powys Office Maggie Tranior to help deliver sessions and promote this development in our Primary schools. YCC PE team and Sports Leaders hope to work a lot more in the future Primary school to help promote a healthy physical lifestyle in the community. For more information check out the work University of Wales Trinity St. Davids is doing:

<https://www.uwtsd.ac.uk/wahpl/early-childhood-physical-development#:~:text=Our%20work%20here%20at%20UWTSD,of%20research%20in%20the%20field.&text=SKIP%2DCymru%20trains%20adults%20to,a%20range%20of%20physical%20activity.>



Yn ystod wythnosau olaf y tymor hwn, ymwelodd Arweinwyr Chwaraeon LLandrindod â rhai o'r ysgolion cynradd lleol i gyflwyno rhai sesiynau hyfforddi SKIP i ddsbarthiadau Blwyddyn 3 yn Ysgol Cefnlllys a Threfonnen. Mae sesiwn SKIP yn helpu i ddatblygu sgiliau hanfodol sydd eu hangen ar ddisgyblion i ddysgu a gwella eu galluoedd corfforol fel rhedeg, taflu sgipio, neidio, dal a mwy. Yn 7 oed mae disgyblion mewn cyfnod datblygu hollbwysig sy'n allweddol i'w dilyniant corfforol yn y dyfodol. Mae ein Harweinwyr Chwaraeon Ysgol Uwchradd wedi cael eu hyfforddi gan ein Hathrawes Addysg Gorfforol Mr Roberts a Maggie Tranior o Swyddfa Chwaraeon Powys i helpu i gyflwyno sesiynau a hyrwyddo'r datblygiad hwn yn ein hysgolion cynradd. Mae tîm Addysg Gorfforol YCC ac Arweinwyr Chwaraeon yn gobeithio gweithio llawer mwy yn yr ysgol gynradd yn y dyfodol i helpu i hyrwyddo ffordd iach o fyw yn y gymuned. Am ragor o wybodaeth edrychwch ar y gwaith y mae Prifysgol Cymru Y Drindod Dewi Sant yn ei wneud:

<https://www.uwtsd.ac.uk/wahpl/early-childhood-physical-development#:~:text=Our%20work%20here%20at%20UWTSD,of%20research%20in%20the%20field.&text=SKIP%2DCymru%20yn%20hyfforddi%20oedolion%20i,amrediad%20o%20gweithgaredd%20gweithgaredd.>

Eisteddfod

Our Llandrindod Campus Eisteddfod took place on Friday 8th March at The Pavilion, Llandrindod Wells. The pupils in the crowd were so supportive and those on stage put 100% effort into their performances. In KS4 we had some great musical, speaking and singing performances from Annabell Ealey Fitzgerald, Qainaat Munir and Baydon Cruise.

Even our Head of Year Mr Roberts and Year 10 Tutor Mr Hillier took to the stage to join in the festivities!



Cynhaliwyd ein heisteddfod ar Gampws Llandrindod ddydd Gwener 8 Mawrth yn Y Pafiliwn, Llandrindod. Roedd y disgyblion yn y dorff mor gefnogol a rhoddodd y rhai ar y llwyfan ymdrech 100% i'w perfformiadau. Yn CA4 cafwyd perfformiadau cerddorol, siarad a chanu gwych gan Annabell Ealey Fitzgerald, Qainaat Munir a Baydon Cruise.

Daeth hyd yn oed ein Pennaeth Blwyddyn Mr Roberts a Thiwtor Blwyddyn 10 Mr Hillier i'r llwyfan i ymuno yn y dathliadau!

Eisteddfod

Year 10 GCSE 3D design students were fortunate to experience working in a real ceramics studio alongside artist Alex Allpress Pottery this Term. Alex visited the pupils in the classroom to develop skills in coil and slab building, followed by the first of two visits to the studio to produce their own ceramic outcomes. This has been made possible by the Cyngor Celfyddydau Cymru | Arts Council of Wales 'Have a Go' grant



Roedd myfyrwyr dylunio 3D TGAU Blwyddyn 10 yn ffodus i gael profiad o weithio mewn stiwdio serameg go iawn ochr yn ochr â'r artist Alex Allpress Pottery y Tymor hwn. Ymwelodd Alex â'r disgyblion yn yr ystafell ddosbarth i ddatblygu sgiliau adeiladu coil a slabiau, ac yna'r cyntaf o ddau ymweliad â'r stiwdio i gynhyrchu eu canlyniadau cerameg eu hunain. Gwnaethpwyd hyn yn bosibl gan Gyngor Celfyddydau Cymru | Cyngor Celfyddydau Cymru



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd
Addysgu Powys
Powys Teaching
Health Board

SGWRSIWCH GYDA NYRS YSGOL

CHAT TO A SCHOOL NURSE

Tecstiwch **07312 263 050** i siarad gyda nyrs ysgol drwy Sgwrslechyd. Mae nhw'n gallu helpu gydag amryw o bethau, gan gynnwys:

Iechyd a Lles Emosiynol, Bwlio, Ysmygu, Hunan-niwed, Alcohol, Bwyta'n lach, Iechyd Rhywiol, Cyffuriau, Atal Cenhedlu a mwy.

Mae'n gwbl gyfrinachol ac am ddim

Text **07312 263 050** to talk to a school nurse. They can help with all kinds of things including:

Emotional Health and Wellbeing, Bullying, Smoking, Self Harm, Alcohol, Healthy Eating, Sexual Health, Drugs, Contraception and more.

It's confidential and free



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd
Addysgu Powys
Powys Teaching
Health Board



Sganiwch i fynd at y wefan

blap.gig.cymru/sgwrslechyd

SGWRS POWYS CHAT IECHYD HEALTH

Scan to link to the website



pthb.nhs.wales/chathealth

Nid ydym fel arfer yn rhoi gwybod i'ch rhieni, athrawon nac unrhyw un arall os ydych chi'n ysgrifdu â'nyrs ysgol. Efallai y byddwch yn rhoi gwybod i rywun pe bai pryder yn codi am eich diogelwch, ond byddem fel arfer yn siarad â chi'n gyntaf. Mae eich negeseuon yn cael eu storio a gellir eu gweld gan staff gofal iechyd eraill sy'n dilyn yr un rheolau cyfrinachedd. Em nod yw ateb eich neges o fewn un diwrnod gwaith a dylech gael neges awtomatig yn syth i gadarnhau ein bod wedi derbyn eich neges. Nè welir negeseuon testun y tu allan i oriau gwaith arferol, os oes angen help arnoch cyn i chi glywed yn ôl genym ni, cysylltwch ag aelod o staff yr ysgol neu eich meddyg. Nid yw ein rhif testun yn derbyn galwadau llain na negeseuon llun MMS. Rydym yn cefnogi negeseuon o rifau symudol a DU yn unig (nad yw'n cynnwys negeseuon a arfonwyd o linellau tr, rhifau symudol rhyngwladol a rhai apiau symudol sy'n 'maigo rhif'). Da nad ydych chi am dderbyn negeseuon gan y nyrs ysgol, tecstiwch STOP i'n rhif. Parchwch bolisi ffôn symudol eich ysgol. Codir negeseuon ar eich cyfradd arferol.

We do not usually inform your parents, teachers or anyone else if you contact the school nurse. We might inform someone if we were concerned about your safety, but we would usually speak to you first. Your messages are stored and can be seen by other healthcare staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate bounce-back to confirm we received your text. Texts will not be seen outside of normal working hours. If you need help before you hear back from us, contact a member of school staff or your doctor. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages from landlines, international mobile numbers and some 'number masking' mobile apps). Prevent the school nurse from sending messages to you by texting STOP to our number. Please respect your school's mobile phone policy. Messages are charged to your usual rate.

MEET THE WELLBEING TEAM YEAR 10 2023/24

PWY ALL EICH CEFNOGI? WHO CAN SUPPORT YOU?

Mr Lee Powel



**Head Teacher
Prifathro**

Miss R Rhys-Jones



**Designated
Safeguarding Officer
Prif Swyddog Diogelu**

Mrs V Phillips




**Deputy
Safeguarding Officer
Dirprwy Swyddog Diogelu**

Mrs M Payne



**Behaviour Support
Officer
Swyddog Cefnogi
Disgybliaeth**

Mr J Roberts
Progress Leader Key Stage 4
Arweinydd Cynnydd CA 4



Robertsj1047@hwbcymru.net

PowellK140@hwbcymru.net



**10A Form Reps
Ella Dadson & Tomos Jones**



**10B Form Reps
Ruby Vermeire & Robert Lewis**

ReynoldsJ113@hwbcymru.net



**10C Form Reps
J Greere & Ali Khalaf**



nicholasg26@hwbcymru.net

**10D Form Reps
Lewis Flynn & Vex Fofeldea**

HillierR15@hwbcymru.net

Sut i ofyn am gymorth Lles?
How to request wellbeing support?

**WELLBEING SUPPORT
CEFNOGAETH LLES**

IF YOU WOULD LIKE TO REQUEST WELLBEING SUPPORT PLEASE COMPLETE THE FORM BELOW OR SCAN THE QR CODE:
OS HOFFECH WNEUD CAIS AM GYMORTH LLESIAN, LLENWCH Y FFURFLEN ISOD NEU SGANIWCH Y COD QR:



A MEMBER OF THE WELLBEING TEAM WILL BE IN TOUCH SHORTLY.
BYDD AELOD O'R TÎM LLES MEWN CYSYLLTIAD YN FUAN.

MEET THE WELLBEING TEAM YEAR 11

PWY ALL EICH CEFNOGI? WHO CAN SUPPORT YOU?

Mr Lee Powel



Headteacher
Pennaeth

Miss R Rhys-Jones



Designated
Safeguarding Officer
Prif Swyddog Diogelu

Mrs V Phillips



Deputy
Safeguarding Officer
Dirprwy Swyddog Diogelu
Head of Campus

Mrs M Payne



Behaviour Support
Officer
Swyddog Cefnogi
Disgybliaeth

HardwickD12@hwbcymru.net



11D Form Reps
Paige Griffiths & Harvey Colley



11B Form Reps
Aleisha Jones & Ellie Davies



hobbym8@hwbcymru.net

11B Form Reps
Jacob Hobbs & Monty
Buncombe

lewism727@hwbcymru.net

11D Form Reps
Rohan Buncombe & Oliver
Brown



Simpsonk27@hwbcymru.net

Mr J Roberts
Progress Leader Key Stage 4
Arweinydd Cynnydd CA 4



Robertsj1047@hwbcymru.net

Sut i ofyn am gymorth Lles?
How to request wellbeing support?

**WELLBEING SUPPORT
CEFNOGAETH LLES**

IF YOU WOULD LIKE TO REQUEST WELLBEING SUPPORT PLEASE COMPLETE THE FORM BELOW OR SCAN THE QR CODE:
OS HOFFECH WNEUD CAIS AM GYMORTH LLESIAENT, LLENWCH Y FFURFLEN ISOD NEU SGANIWCH Y COD QR:



A MEMBER OF THE WELLBEING TEAM WILL BE IN TOUCH SHORTLY.
BYDD AELOD O'R TÎM LLES MEWN CYSYLLTIAD YN FUAN.

Upcoming Dates

Return to school - 8/4/2024

Half Term - 27/5/2024 -31/5/2024

May Day Bank Holiday - 6/5/2024

Year 11 Leavers Day - 23/5/2024

Spring Bank Holiday - 27/5/2024

Year 11 Prom - 25/6/2024

Year 10 Work Experience - 8/7/2024 - 12/7/2024

End of Term -19/7/2024

Royal Welsh Show - 22/7/2024 - 25/7/2024