Year 10 & 11 Newsletter

YSGOL CALON CYMRU

December 2023

Message from the Head Teacher

After another busy terms work here at Ysgol Calon Cymru, I am pleased to be able to share with you our Autumn Term newsletter. Year 10 is an important year for our learners, the challenge in learning increases and learners have the chance to focus on subjects and passions of their choice. Already, I am pleased to see so many of our learners enjoying their lessons and continuing to be involved in the extra-curricular activities and clubs that we run. Our ambition is for every learner to be part of something, and I see on a daily basis, our Year 10 contributing and helping to shape our school and community. I look forward to being able to share with you more positive news about our Year 10 in the Spring Term.

I'd like to take this opportunity to thank you for the support that you give us, as it is through working together, that we will get the best from all young people in our care. From all our staff at Ysgol Calon Cymru, we'd like to wish you all a peaceful and relaxing Christmas with your family and friend

Neges gan y Pennaeth

Ar ddiwedd tymor prysur arall yma yn Ysgol Calon Cymru, mae'n bleser gennyf fedru rhannu cylchlythyr Tymor yr Hydref gyda chi. Mae Blwyddyn 11 yn flwyddyn bwysig, ac mae'n hanfodol bod pob un o'n dysgwyr yn canolbwyntio ar eu dysgu ac yn edrych ymlaen tuag at y dyfodol. Eisoes, mae'n bleser gennyf weld cymaint o'n dysgwyr yn ymgysylltu'n llwyr yn eu gwersi, ac yn cydbwyso ymglymiad i'r gweithgareddau a chylybiau allgyrsiol sydd yn yr ysgol. Ein huchelgais yw i bob dysgwr fod yn rhan o rywbeth, ac rwy'n gweld yn ddyddiol ein Blwyddyn 11 yn cyfrannu ac yn helpu i lunio ein hysgol a chymuned.

Hoffwn fanteisio ar y cyfle hwn i ddiolch i chi am eich cefnogaeth, gan mai trwy gydweithio y byddwn yn cael y gorau gan y bobl ifanc yn ein gofal. Hoffem i gyd, fel staff Ysgol Calon Cymru, ddymuno Nadolig heddychlon ac ymlaciol i bob un ohonoch gyda'ch teulu a ffrindiau

gcsepod education on demand

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

Credydau / Credits

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

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

100% Attendance Head Teachers Award

Year 10
Fiona Montana
J Geere
Tudor Lewis
Riley Hope

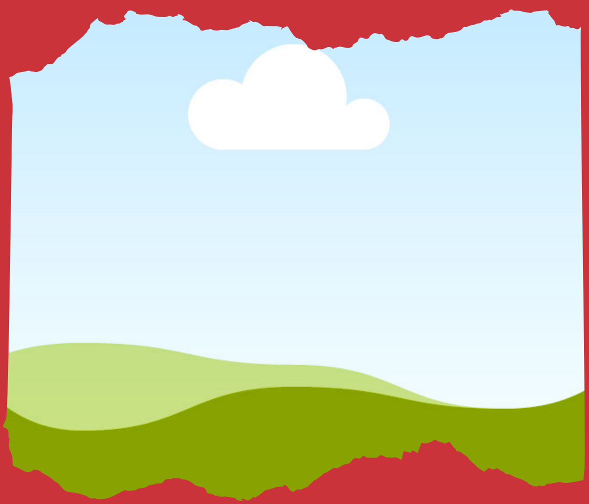
Year 11:
Daniel Havard
Andrew Wilson
Jago Mackenzie
Rebecca Willaims

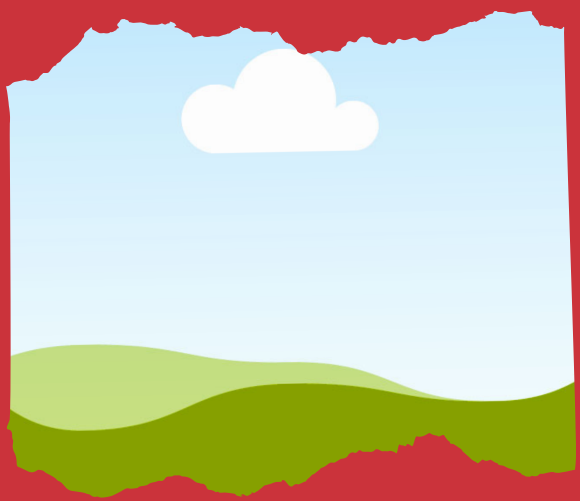
Congratulations!!

Year 11 DoFE

DoFE 2023

In September, we completed our Bronze DofE. We went in small groups starting along the taff trail continuing to pontsticill until 4.53 miles later we reached Talybont Reservoir's campsite using compasses and maps to navigate but also landmarks to find our bearings. Once we reached the campsite we began setting up our tents and preparing food for the night, we catered for ourselves using tangents to cook meals, making sure we stayed clean, washing everything once we were finished. On the second day, we woke up early making sure we prepared ourselves a full breakfast to provide us energy for the day, we then repacked our bags and tents and were ready to set off for the day. We started at Talybont Reservoir going along the Towpath, making sure we used our maps well to navigate our way, especially when in open fields. Finally we reached the Brecknockshire and Abergavenny canal, which we followed to the finish at the Brecon theater.





DoFE 2023

Ym mis Medi, rydym wedi cwblhau Gwobr Efydd Dug Caeredin. Aethom mewn grwpiau bach gan ddechrau ar hyd Llwybr y Taf ac yn parhau i Bontsticill a 4.53 milltir yn ddiweddarach cyrhaeddon ni faes gwersylla Cronfa Talybont gan ddefnyddio cwmpawdau a mapiau i ddilyn y llwybr ond tirnodau hefyd i ddod o hyd i'n cyfeiriad. Wedi i ni gyrraedd y maes gwersyll dechreuon ni godi ein pebyll a pharatoi bwyd ar gyfer y noson honno; roeddem wedi hunanarlwyo gan ddefnyddio cyfarpar i goginio prydau bwyd, a sicrhau ein bod yn cadw'n lân, a golchi popeth wedi gorffen â hwy. Ar yr ail ddiwrnod, roeddem wedi deffro'n gynnar a gwenud yn siŵr ein bod yn barod trwy fwyta brecwast llawn fel bo gennym digon o egni yn ystod y dydd, yna roeddem wedi ail-bacio ein bagiau a phebyll ac roeddem yn barod i gychwyn. Y man cychwyn oedd Cronfa Talybont gan fynd ar hyn y y llwybr halio, gan wneud yn siŵr ein bod yn defnyddio'n mapiau'n dda i ddilyn ein llwybr, yn arbennig trwy gaeau agored. Yn y diwedd, cyrhaeddon ni gamlas Brycheiniog ac Abergafenni, a'i ddilyn i'r man terfyn yn Theatr Brycheiniog.

Year 10 & 11 Sporting Successes

U14 and U15 Rugby Boys v Christ College, Brecon
South Powys Rugby League Competition
It was a pleasure hosting Christ College at the Builth Campus. Beating the predicted storms both age groups produced fantastic performances both as a team and as individuals. The U15 boys used their physicality to drive through the opposition and score many tries and not conceding any. Austin Turner and Griff Fletcher impressed. The U14s continued their promise from last season to produce some entertaining rugby. Gethin Shearman and Osian Davies scored 3 tries apiece, Rhys Powell scored 2 tries displaying superb attacking skills and Fin Lloyd picked up an incredible 32 points. A great start to the season. Well done boys!

South Powys U16 Girls Hockey Finalists
Calon Cymru hosted the U16 Hockey Tournament at the Llandod Campus Astro. The girls beat Crickhowell HS 3-0 in their first game, winning their pool, and taking them straight to the semi-final against Brecon HS. This was a closely contested game, with goals being scored in the first 10 minutes by both teams. Calon Cymru managed to score in the last 5 minutes and held off increasing pressure from Brecon to come away with the win. The girls then met Christ College in the final but lost to a much stronger and more skilful team.
Through the day the girls played well as a team, with the wings and midfielders maintaining width in attack allowing room for Erin, Seren, and Hannah to exploit the centre and drive the ball up the pitch. Seren and Hannah were the goal scorers and Izzie, Molly, and Tilly frequently pressurising the goal. The defence stepped up to the opposition pressure, particularly in short corners and successfully fed the ball to allow counterattacks.
Player of the Day was Seren Price and the Most Improved Player was Aelwen Davies. Well done girls!

Diwrnod Chwaraeon
Rygbi Bechgyn Dan14 a Dan 15 v Coleg Crist, Aberhonddu
Cystadleuaeth Rygbi Cynghrair De Powys
Roedd yn bleser croesawu Coleg Crist i Gampws Llanfair-ym-Muallt. Trechwyd y stormydd disgwyliedig a chafwyd perfformiadau gwych gan y ddau grŵp oed fel tîm ac fel unigolion. Roedd bechgyn Dan 15 wedi defnyddio eu gallu corfforol i yrru ymlaen trwy'r gwrthwynebwyr i sgorio sawl cais ac heb idlio'r un. Roedd Austin Turner a Griff Fletcher wedi creu argraff. Parhau ar argoelion y tymor diwethaf wnaeth y tîm Dan 14 gan gynhyrchu rygbi adloniadol. Sgoriodd Gethin Shearman ac Osian Davies 3 cais yr un, sgoriodd Rhys Powell 2 gais gan ddangos sgiliau ymosod rhagorol a sgoriodd Fin Lloyd 32 pwynt anhygoel. Dechrau bendigedig i'r tymor. Da iawn, fechgyn!
Terfynwyr Hoci Merched De Powys Dan 16
Croesawodd Calon Cymru y Twrnamaint Hoci Dan16 ar Astro Campws Llandrindod. Roedd y merched wedi trechu Ysgol Uwchradd Crughywel 3-0 yn eu gêm gyntaf, ac ennill eu grŵp, gan fynd â hwy'n syth i'r rownd gyn-derfynol yn erbyn Ysgol Uwchradd Aberhonddu. Roedd hon yn gêm agos, a sgoriwyd goliau yn y 10 munud cyntaf gan y ddau dîm. Llwyddodd Calon Cymru i sgorio yn y 5 munud diwethaf a gwrthsefyll pwysau cynyddol gan Aberhonddu i orffen yn fuddugoliaethus. Yna, roedd y merched wedi cyfarfod Coleg Crist yn y rownd derfynol ond collon nhw i dîm llawer cryfach a mwy medrus.
Gydol y dydd roedd y merched wedi chwarae'n dda fel tîm, asgellwyr a chawarweyr canol cae'n cadw at led wrth ymosod gan roi lle i Erin, Seren, a Hannah ymelwa ar y canol a gyrru'r bêl i fyny'r cae. Y sgorwyr gôl oedd Seren a Hannah ac roedd Izzie, Molly, a Tilly'n aml yn pwyso o gwmpas y gôl. Roedd yr amddiffyn wedi ymateb i bwysau'r gwrthwynebwyr, yn arbennig yn y corneli byr gan lwyddo i fwydo'r be1l er mwyn gwrthymosod.
Chwaraewr y Dydd oedd Seren Price a'r Chwaraewr oedd wedi gwella Mwyaf oedd Aelwen Davies. Da iawn, ferched!

Year 10 & 11 Sporting Successes

U15 Boys South Powys Rugby Champions
The Year 10 South Powys Qualifier for the Welsh National Schools Knockout Cup was held at Gwernyfed HS, where Calon Cymru, Gwernyfed HS, Crickhowell HS and Brecon HS competed in highly competitive matches. Calon Cymru played against favourites Crickhowell in their first match. The boys started strongly and led by a try for most of the match, however late in the game Crickhowell scored a converted try to go infront. Great determination was shown and in the last few minutes a strong run from Reuben Baker took him into the corner for the winning score which made it 10-7 and Calon Cymru held on for victory.
With the 2nd game against a dogged home team Gwernyfed, Calon Cymru led but then went behind but eventually made some strong forward runs giving great territory and allow Calon Cymru to come back and win 19-5.
Calon Cymru's last game was a convincing win over Brecon winning 35-5 and progress to Welsh National Knockout Cup. Impressively Year 9 pupil Junior Brain was the player of the competition. Well done all!

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Bechgyn D15 Pencampwyr Rygbi De Powys
Cynhaliwyd Rownd Ragbrofol De Powys Blwyddyn 10 ar gyfer Cwpan Knockout Ysgolion Cenedlaethol Cymru yn Ysgol Uwchradd Gwernyfed, lle bu Calon Cymru, HS Gwernyfed, HS Crucywel ac HS Aberhonddu yn cystadlu mewn gemau hynod gystadleuol.
Chwaraeodd Calon Cymru yn erbyn ffefrynnau Crucywel yn eu gêm gyntaf. Dechreuodd y bechgyn yn gryf gan arwain gan gais am y rhan fwyaf o'r gêm, ond yn hwyr yn y gêm sgoriodd Crucywel gais wedi'i drosi i fynd i'r blaen. Dangoswyd penderfyniad gwych ac yn y munudau olaf aeth rhediad cryf gan Reuben Baker ag ef i'r gornel am y sgôr buddugol a'i gwnaeth hi'n 10-7 ac fe ddaliodd Calon Cymru eu gafael ar fuddugoliaeth.
Gyda'r 2il gêm yn erbyn tîm cartref llawn Gwernyfed, Calon Cymru oedd yn arwain ond yna aeth ar ei hôl hi ond yn y diwedd gwnaeth rediadau cryfion gan roi tiriogaeth wych a chaniatáu i Calon Cymru ddod yn ôl ac ennill 19-5.
Roedd gêm olaf Calon Cymru yn argyhoeddiadol ennill dros Aberhonddu gan ennill 35-5 a symud ymlaen i Gwpan Cenedlaethol Knockout Cymru. Yn drawiadol, disgybl Blwyddyn 9 Junior Brain oedd chwaraewr y gystadleuaeth. Da iawn chi gyd!

Year 10 & 11 Sporting Successes

South Powys Cross Country League Fixture 1

Calon Cymru went to Christ College for the first fixture of the term. All pupils performed outstandingly well. The 2.4km course was flat and fast-paced which was hard to judge for the leaders to set a good pace but some notable performances by our boys and girls. In the Junior Girls Chloe Edwards (Year 8) finished 4th and Teleri Davies (Year 7) finished an amazing 7th. In Junior Boys, the Edwards brothers stormed through the pack with Kai Edwards (Year 9) finishing a solid 2nd place with great pace throughout with his younger brother Rhys Edwards (Year 7) finishing 13th. Potentially a good competition between the two brothers in later rounds. It was a close battle in the Senior Girls with Keira Owen (Year 11) finishing in 7th, Erin Coyle (Year 11) in 8th and Ella Lewis (Year 10) finishing just behind in 11th it was a great race to watch. In the Senior Boys, the Calon Cymru runners were really competitive, out in front was Finn Davies (Year 11) who finished a brilliant 5th position, Zack Palmer (Year 10) in 10th, Alex Hallam (Year 10) in 14th and Conor Walby (Year 10) in 17th. Well done to all boys and girls involved.

U15 Boys Football Match v Brecon HS

In a spirited football match, Calon Cymru managed to secure an 8-1 victory over Brecon HS. The standout player of the day was Harry Edwards, who impressively netted a hat-trick. Two newcomers had the opportunity to make their debut for the school football team, bringing potential and fresh energy to the squad, which hopefully will contribute positively in the future.

The victory was a result of everyone's hard work, as the team diligently executed attacking patterns. The players genuinely gave it their all, which contributed to the team's success.

Brecon, despite scoring first, played with determination and resilience throughout the entire game, which we commend them for. In the end, Calon Cymru managed to secure the win, well done boys!

Diwrnod Chwarae

Cynghrair Traws Gwlad De Powys Gornest 1

Aeth Calon Cymru i Goleg Crist ar gyfer gornest gyntaf y tymor. Roedd y disgyblion i gyd wedi perfformio'n dda tu hwnt. Roedd y cwrs 2.4km yn wastad a chyflym oedd yn gwneud y beirniadu'n anodd am fod yr arweinwyr wedi gosod cyflymder da ond cafwyd rhai perfformiadau nodedig gan ein bechgyn a merched. Yn ras y Merched Iau gorffennodd Chloe Edwards (Blwyddyn 8) yn 4ydd a gorffennodd Teleri Davies (Blwyddyn 7) yn 7fed rhyfeddol. Yn ras y Bechgyn Iau, roedd y brodyr Edwards wedi taranu trwy'r pac a gorffennodd Kai Edwards (Blwyddyn 9) yn gadarn yn yr 2il safle gyda chyflymder da gydol y ras a gorffennodd ei frawd iau Rhys Edwards (Blwyddyn 7) yn 13eg. Gallai fod yn gystadleuaeth dda rhwng y ddau frawd yn y rowndiau dilynol. Roedd yn frwydr agos ymhlith y Merched gyda Keira Owen (Blwyddyn 11) yn gorffen yn 7fed, Erin Coyle (Blwyddyn 11) yn 8fed ac Ella Lewis (Blwyddyn 10) yn gorffen un safle wedyn yn 11eg; roedd yn ras dda i'w gwylio. Yn ras y Bechgyn Hŷn, roedd rhedwyr Calon Cymru'n gystadleuol iawn, ar y blaen oedd Finn Davies (Blwyddyn 11) a oprffennodd yn wych yn y 5ed safle, Zack Palmer (Blwyddyn 10) yn 10fed, Alex Hallam (Blwyddyn 10) yn 14teg a Conor Walby (Blwyddyn 10) yn 17fed. Da iawn i'r bechgyn a merched i gyd oedd wedi cymryd rhan.

Gêm Bêl Droed Bechgyn Dan15 v Ysgol Uwchradd Aberhonddu

Mewn gêm bêl droed bywiog, llwyddodd Calon Cymru i sicrhau buddugoliaeth o 8-1 yn erbyn Ysgol Uwchradd Aberhonddu. Chwarewr disglair y dydd oedd Harry Edwards, a sgoriodd tair gôl drawiadol. Cafodd dau newydd-ddyfodiad gyfle i hymddangosiad cyntaf dros dîm pêl droed yr ysgol, gan ddod â photensial ac egni newydd i'r garfan, a gobeithio y bydd ganddynt gyfraniad cadarnhaol yn y dyfodol.

Roedd y fuddugoliaeth yn waith caled gan bawb, am fod y tîm wedi gweithredu patrymau ymosod yn ddyfal. Roedd y chwaraewyr wedi gwneud eu gorau glas, gan gyfrannu at lwyddiant y tîm.

Roedd Aberhonddu, er iddynt sgorio'n gyntaf, wedi chwarae gyda phenderfyniad a gwytnwch drwy'r gêm, ac rydym yn eu cymeradwyo am hyn. Yn y diwedd, llwyddodd Calon Cymru i sicrhau buddugoliaeth, da iawn, fechgyn!

Year 10 & 11 Sporting Successes

South Powys Cross Country League Fixture 3

Another fantastic cross-country event, this time in mud, at Crickhowell HS with a number of excellent finishes for Calon Cymru. We also had the largest turnout for entries! All boys and girls put in a great amount of effort and gave everything. Eifion Surian-Holder (Y9) and Kai Edwards (Y9) held the front of the Junior Boys (Y7-9) race finishing 3rd and 4th! With Rhys Edwards (Y7) not far behind finishing in 14th. In the Junior Girls (Y7-9) race Chloe Edwards (Y8) finished 5th, Teleri Davies (Y7) had another excellent race gaining an 8th spot. In the Senior Girls (Y10-13) Keira Owen (Y11) and Ella Lewis (Y10) supported each other throughout the race and had a 10th and 12th place finish. In the Senior Boys (Y10-13), there were some well-placed Calon Cymru runners, Finn Davies (Y11) finished, as he did in Gwernyfed HS, in 5th place, Connor Walby (Y10) finished 8th, Zack Palmer (Y10) 11th and Alex Hallam (Y10) in 12th place. . Well done all!

U16 Boys National League Football Match v Gwernyfed HS

Calon Cymru 7 Gwernyfed HS 2

The Calon Cymru boys played their second league game away to Gwernyfed HS. After a scrappy start and going down 1-0, Spencer Hyde scored a lovely flick header from a corner to level the scores. Again, Calon Cymru found themselves behind 2-1 but fought back just before halftime with Will Jones making it level once more. 2-2 Half Time.

In the second half Calon Cymru came out the much stronger team and took the lead with another goal from a corner by Ben Williams. Calon Cymru went on to score 4 more, 2 from Harry Bufton, 1 from Daf Price and another from Will Jones. The final score was a well-deserved 7-2 win.

Even with all those goals the Player of the Match went to the Calon Cymru's goalkeeper Jamal Eddin. Jamal pulled off some outstanding saves to keep the team in the game especially in first half and deny Gwernyfed any goals in the second. Huge congratulations to all the boys.

Diwrnod Chwaraeon

Cynghrair Traws Gwlad De Powys Gornest 3

Digwyddiad traws glwad gwych arall, mewn mwd y tro hwn, yn Ysgol Uwchradd Crughywel gyda sawl gorffeniad ardderchog i Galon Cymru. Gennym ni hefyd oedd y nifer fwyaf o gofrestriadau! Roedd y bechgyn a merched i gyd wedi ymdrechu'n galed ac wedi rhoi popeth. Eifion Surian-Holder (B9) a Kai Edwards (B9) oedd ar flaen ras y Bechgyn Iau (B7-9) gan orffen yn 3ydd a 4ydd! Nid oedd Rhys Edwards (B7) ymhell y tu ôl iddynt yn y 14eg safle. Yn ras y merched Iau (B7-9) gorffennodd Chloe Edwards (B8) yn 5ed, cafodd Teleri Davies (B7) ras ardderchog arall gan ennill yr 8fed safle. Yn ras y Merched Hŷn (B10-13) roedd Keira Owen (B11) ac Ella Lewis (B10) wedi cefnogi ei gilydd drwy'r ras a gorffen yn 10fed a 12fed. Yn ras y Bechgyn Hŷn (B10-13), roedd rhai o redwyr Calon Cymru mewn safleoedd da, gorffennodd Finn Davies (B11), fel y gwnaeth yn Ysgol Uwchradd Crughywel, yn y 5ed safle, gorffennodd Connor Walby (B10) yn 8fed, roedd Zack Palmer (B10) yn 11eg ac Alex Hallam (B10) yn y 12fed safle. Da iawn bawb!

Gêm Bêl Droed Cynghrair Cenedlaethol Bechgyn Dan16 v Ysgol Uwchradd Gwernyfed

Calon Cymru 7 YU Gwernyfed 2

Chwaraeodd bechgyn Calon Cymru ail gêm y gynghrair oddi cartref yn YU Gwernyfed. Wedi dechrau'n ddigyswllt ac yn 1-0 gôl lawr, sgoriodd Spencer Hyde beniad ymlaen hyfryd o'r cornel i lefelu'r sgorau. Unwaith eto, roedd Calon Cymru ar eu hôl o 2-1 ond ymladdon nhw nôl cyn hanner amser gyda Will Jones yn lefelu'r sgôr unwaith eto. 2-2 ar Hanner Amser.

Yn yr ail hanner daeth Calon Cymru allan fel y tîm cryfach gan gymryd y blaen gyda gôl o gornel gan Ben Williams. Aeth Calon Cymru ymlaen i sgorio 4 arall, 2 gan Harry Bufton, 1 gan Daf Price ac un arall gan Will Jones. Y sgôr terfynol haeddiannol oedd buddugoliaeth o 7-2.

Er yr holl goliau hynny Chwaraerwr y Gêm oedd golgeidwad Calon Cymru, Jamal Eddin. Cafwyd arbedion clodwiw gan Jamal i gadw'r tîm yn y gêm yn arbennig yn yr hanner cyntaf a gwarafun unrhyw gôl i Ysgol Gwernyfed yn yr ail hanner. Llongyfarchiadau enfawr i'r bechgyn i gyd.

On Wednesday 15th November, Ysgol Calon Cymru took two teams of the best Chemistry students to Llanidloes to compete in Top of the Bench Regional heat kindly run by the Royal Society of Chemistry (RSC). Representing year 11 from the Llandrindod campus was Seren Jones and from year 10 Harrison Powell.

The pupils battled through some tough rounds, with the competition ending too close for the organisers to call. Following the tie breaker question, "How many different acids can you name?", both campuses were unlucky not make it into the top three, with a very strong Welshpool High School team taking a well deserved win. They will proceed to the finals in Edinburgh and we would like to wish them the best of luck.

Ar ddydd Mercher 15fed Tachwedd, aeth dau dîm o fyfyrwyr Cemeg gorau Ysgol Calon Cymru i Lanidloes i gystadlu yn rownd gychwynnol Top Y Fainc Rhanbarthol a gynhaliwyd gan Gymdeithas Brenhinol Cemeg (RSC). Yn cynrychioli Blwyddyn 11 o gampws Llandrindod oedd Seren Jones ac o Flwyddyn 10 Harrison Powell.

Brwydrodd y disgyblion trwy rowndiau anodd, a gorffen gyda'r gystadleuaeth yn rhy agos i'r trefnwyr gyhoeddi'r enillwyr. Ar ôl cael cwestiwn arall i benderfynu, "Sawl asid gwahanol allwch chi eu henwi?", roedd y ddau gampws yn anlwcus i fethu cyrraedd y tri uchaf, a thîm cryf iawn o Ysgol Uwchradd y Trallwng gafodd fuddugoliaeth haeddiannol. Byddant yn mynd ymlaen i'r rownd derfynol yng Nghaeredin a hoffem ddymuno pob lwc iddynt.

Well done to Ysgol Calon Cymru's Silver Sport Ambassadors, who attended a Sport Powys conference at the Wyeside Builth Wells. The training day provided the students with the opportunity to learn numerous skills that will aid them in their new role in school and the community with leadership in sporting activities.

Da iawn i Lysgenhadon Chwaraeon Arian Ysgol Calon Cymru, a fynychodd gynhadledd Chwaraeon Powys yn y Wyeside yn Llanfair-ym-Muallt. Roedd y diwrnod hyfforddi’n gyfle i’r myfyrwyr ddysgu sgiliau niferus fydd o gymorth iddynt yn eu rôl newydd yn yr ysgol a’r gymuned o ran arweiniad mewn gweithgareddau chwaraeon.

Year 10 & 11 Sporting Successes

National U18 Girls Welsh Football League Match v Welshpool HS

It was fantastic to see the senior Calon Cymru girls' team turnout and play so well to beat a competitive opposition 4-2. Congratulations girls! Playing at Llandod the 1st half was a bit scrapping but very even although Welshpool scored at the half time whistle to lead 1-0. The girls came out with energy and in a better formation to begin to put many passing sequences together. Fenella Price equalised which was quickly followed by the opposition giving Calon Cymru an own goal and a 2-1 lead. Fenella and Lexie Morgan-Rogers linked superbly with Phoebe James which set up the other 2 goals from Nia Goodwin and Megan Roe. Next week the girls continue their league matches with a visit to Llanfyllin HS.

Special Announcements

Archie Morton (Year 10) took place in the British Transplant games representing Birmingham Children's hospital. He came home with gold medals in badminton, table tennis and front crawl and a silver in the swim relay. He had to fight hard against strong competition at his 1st games, learning a lot and showing that transplants don't have to hold you back.

Many congratulations to Annabelle Ealey-Fitzgerald who have successfully achieved their first Black Belt grading in Shushokan Karate. Anna-bell went on to win her first session in January 2019 with Sensei Al at the Llandrindod Dojo. They went on to achieve red stripe, red and yellow belts before lockdown forced all Dojos to close. During 2020 online zoom sessions with Sensei Paul commenced with over 60 participants from Powys, Shropshire, Herefordshire and Monmouthshire attending on a weekly basis so training and tuition continued allowing maintain and learn new skills. As the Dojos started to open up Builth were the first to offer safe distancing measures so the girls continued their studies under the leadership of Sensei Lou. They have since achieved orange, green, blue, purple and the 3 brown belts ready for the Black Belt journey that they are now on, having achieved the Shodan-Ho (Probationary Black Belt) on 2nd December this year. Both Annabelle and Charlotte now assist at the Ninja and Junior classes helping other youngsters with their training in the martial art before their own class. If you are interested in getting involved please contact the Sensei's at **https://shushokan-karate.co.uk/karate-clubs/**

Year 10 & 11 Sporting Successes

Gêm Cynghrair Pêl Droed cenedlaethol Cymru i Ferched Dan 18 v Ysgol Uwchradd y Trallwng

Roedd yn wych gweld niferoedd tîm merched hŷn Calon Cymru'n chwarae mor dda i drechu gwrthwynebwyr cystadleuol 4-2. Llongyfarchiadau, ferched! Roeddent yn chwarae yn Llandrindod ac roedd yr hanner cyntaf ychydig yn ddigyswllt ond yn gyfartal er i'r Trallwng sgorio ar chwibaniad chwiban hanner amser i arwain 1-0. Daeth y merched allan ag egni ac mewn trefniant gwell i ddechrau gan roi sawl dilyniant pasio at ei gilydd. Sgoriodd Fenella Price i ddod yn gyfartal a dilynwyd hyn gyda'r gwrthwynebwyr yn rhoi hunan-gôl i Galon Cymru i arwain 2-1. Cafwyd cysylltiad gwych rhwng Fenella a Lexie Morgan-Rogers gyda Phoebe James gydosod 2 gôl gan Nia Goodwin a Megan Roe. Yr wythnos nesaf bydd y merched yn parhau eu gemau cynghrair gydag ymweliad i Ysgol Uwchradd Llanfyllin.

CYHOEDDIADAU ARBENNIG

Mae Archie Morton (Blwyddyn 10) wedi cymryd rhan yng ngemau Trawsblaniad Prydain gan gynrychioli Ysbyty Plant Birmingham. Daeth adref gyda medalau aur mewn badminton, tenis bwrdd a nofio yn ei flaen ac arian yn y ras gyfnewid nofio. Bu'n rhaid iddo ymladd yn galed yn erbyn cystadleuwyr cryf yn ei gemau cyntaf, gan ddysgu llawer a dangos nad yw trawsblaniad yn eich dal yn ôl.

Llongyfarchiadau mawr i Annabelle Ealey-Fitzgerald sydd wedi llwyddo i ennill eu Gwregys Du cyntaf yn Karate Shushokan. Aeth y ddwy ferch i'w sesiwn hyfforddi cyntaf ym mis Ionawr 2019 gyda Sensei Al yn Dojo Llandrindod. Aethant ymlaen i ennill y streipen goch, gwregysau coch a melyn cyn i'r cyfnod clo orfodi pob Dojo i gau. Yn ystod 2020 cychwynnodd sesiynau zoom ar-lein gyda Sensei Paul gyda dros 60 cyfranogwr o Bowys, Shropshire, Sir Henffordd a Sir Fynwy'n mynychu'n wythnosol felly roedd yr ymarfer ac hyfforddiant yn parhau gan gynnal a dysgu sgiliau newydd. Wrth i'r Dojos ddechrau agor, Llanfair-ym-Muallt oedd y cyntaf i gynnig mesurau cadw pellter diogel felly roedd y merched yn medru parhau â'u hastudiaethau dan arweinyddiaeth Sensei Lou. Ers hynny mae wedi ennill gwregysau oren, gwyrdd, glas, porffor a'r 3 gwregys brown ac maent nawr yn barod nawr ar gyfer Siwrnai'r Gwregys Ddu, ac eisoes wedi ennill y Shodan-Ho (Gwregys Ddu Cyfnod Prawf) ar 2il Rhagfyr eleni. Mae Annabelle a Charlotte nawr yn cynorthwyo yn y dosbarthiadau Ninja ac Iau ac yn helpu pobl ifanc eraill gyda'u hyffroddiant yn grefft ymladd cyn eu dosbarth hwy. Os oes gennych ddiddordeb mewn cymryd rhan cysylltwch â'r Sensei ar https://shushokan-karate.co.uk/karate-clubs/

RSE

Each half term the whole school comes off timetable for two hours of the day to take part in RSE lessons. RSE stands for Relationship and Sexual Education and is now a mandatory part of the school curriculum from the ages of 4 – 16.

This gives pupils a chance to learn the information needed to keep them safe outside of school in their social lives and also be aware of dangers to themselves or others and understand how to prevent or stop any issues occurring in their lives in regards to any personal situations.

So far in year 11 we have looked at “Becoming an Adult”, “Relationship and the Law”, “Romantic Relationships”, as well as guest talks about “Under pressure and Staying safe in a sexual Relationship”, from PC Viv Ainsworth and Cariad Griffiths-Cox, YIS worker.

In year 10 we have covered, “How Social Media affects Me”, “Healthy Long-term Relationships”, and “Extraordinary Body and Minds”.

We hope that all the pupils walk away from these lessons with more insight into day to day issues and a better understanding of how to cope in the world when they are not in school and they are prepared for when they leave us and move on to their next stage in life.

ACR

Bob hanner tymor mae'r ysgol yn mynd oddi ar yr amserlen am ddwy awr y dydd i gymryd rhan mewn gwersi ACRh. Ystyr ACRh yw Addysg Cydberthynas a Rhywioldeb ac erbyn hyn mae'n rhan orfodol o gwricwlwm ysgol disgyblion 4 – 16 mlwydd oed.

Mae'n rhoi cyfle i ddisgyblion ddysgu am y wybodaeth sydd ei hangen arnynt i'w cadw'n ddiogel tu allan i'r ysgol yn eu bywydau cymdeithasol a bod yn ymwybodol hefyd am y peryglon i'w hunain ac eraill a deall sut i atal neu stopio unrhyw broblem sy'n codi yn eu bywydau sy'n ymwneud ag unrhyw sefyllfa bersonol.

Hyd yn hyn ym mlwyddyn 11 rydym wedi edrych ar "Bod yn Oedolyn", "Cydberthynas a'r Gyfraith", "Cydberthynas Rhamantaidd", yn ogystal â sgrysiau gan westeion ar "Dan Bwysau ac Aros yn Ddiogel mewn Perthnasoedd Rhywiol", gan PC Viv Ainsworth a Cariad Griffiths-Cox, gweithiwr y Gwasanaeth Ieuenctid.

Ym mlwyddyn 10 rydyn wedi ymdrin â, "Sut mae'r Cyfryngau Cymdeithasol yn fy effeithio i", "Perthnasoedd Hirdymor Iach", a "Corff a Meddwl Rhyfeddol".

Rydym yn gobeithio y bydd y disgyblion i gyd yn gadael y gwersi hyn gyda mwy o ymwelediad i faterion o ddydd i ddydd a dealltwriaeth gwell ynglŷn â sut i ymdopi yn y byd pan nad ydynt yn yr ysgol a'u paratoi am fywyd wedi iddynt ein gadael a symud ymlaen at gam nesaf eu bywyd.

Hello, my name is Emma Procter and I am the Family Liaison Officer for the Llandrindod cluster.

I am based in Ysgol Calon Cymru Llandrindod.

I am here to offer support to you and your family.

Please call in, say hello or you can contact me on or

01597 826385 or

emma.procter@powys.gov.uk

We have lots of support available for you and your family including -

- Applying for Free Schools meals or Pupil essential grant
- Support with sourcing essential provisions
- Applying for school place
- Cost of living support
- School readiness
- Contacting agencies
- Signposting to relevant organisations
- Support with engaging with school or external agencies
- 1-1 Targeted support sessions

Please get in touch to find out more about: -

- Family learning activities
- Positive parenting
- Cooking
- Food support schemes
- Team Around the Family
- Attendance
- Supporting your child in school
- Local parent groups

www.powys.gov.uk

01597 827460

Powys

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SGWRSIWCH GYDA NYRS YSGOL

CHAT TO A SCHOOL NURSE

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

Iechyd a Lles Emosiynol, Bwlio, Ysmygu, Hunan-niwed, Alcohol, Bwyta'n Iach, 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

biap.gig.cymru/sgwrsiechyd

SGWRS IECHYD POWYS CHAT 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 yn cysylltu â'r nyrs ysgol. Efallai y byddwn 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. Ein 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. Ni welir negeseuon testun y tu allan i oriau gwaith arferol, os oes angen help arnoch cyn i chi glywed yn ôl gennym ni, cysylltwch ag aelod o staff yr ysgol neu eich meddyg. Nid yw ein rhif testun yn derbyn galwadau llais na negeseuon llun MMS. Rydym yn cefnogi negeseuon o rifau symudol y DU yn unig (nad yw'n cynnwys negeseuon a anfonwyd o linellau tir, rhifau symudol rhyngwladol a rhai apiau symudol sy'n 'masgio rhif'). Os nad ydych 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. Out 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.

PTHB Engagement and Communication Team November 2022

Meet the Wellbeing Team Year 10 2023/24

Pwy all eich cefnogi?   Who can support you?

Miss R Rhys-Jones

Designated Safeguarding Officer
Prif Swyddog Diogelu

Senior Assistant Headteacher
Llandindod Wells Campus

Mrs V Phillips

Deputy Safeguarding Officer
Dirprwy Swyddog Diogelu

Associate Assistant Headteacher
Llandrindod Campus

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?

Meet the Wellbeing Team Year 11

Pwy all eich cefnogi? Who can support you?

Miss R Rhys-Jones

Designated Safeguarding Officer

Prif Swyddog Diogelu

Senior Assistant Headteacher
Llandindod Wells Campus

Mrs V Phillips

Deputy Safeguarding Officer

Dirprwy Swyddog Diogelu

Head of Campus

Associate Assistant Headteacher
Llandrindod Campus

Mrs M Payne

Behaviour Support Officer

Swyddog Cefnogi Disgybliaeth

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

Robertsj1047@hwbcymru.net

HardwickD12@hwbcymru.net

11D Form Reps
Paige Griffths & 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

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

Upcoming Dates

Return to school - 09/01/2024

Half Term - 12/02/2024 - 16/02/2024

End of Term -22/04/2024

Year 11 Parents Evening 18/01/2024

Year 10 Parents Evening 29/02/2024

Revision Times

History - Monday from 3:20 -4:20 in H1.

Math's - Wednesday from 3:20 -4:20 in M4