



Welshpool High School

Ysgol Uwchradd Y Trallwng

Raising Achievement By Raising Expectations

Codi Cyrhaeddiad Trwy Godi Disgwyliadau

NEGES O'R PRIFATHRO MESSAGE FROM THE HEADTEACHER

It has been a pleasure recently to talk to many of our Year 13 students who have received offers and have attended University interviews. The excitement that they have about the future can be felt in these conversations



After a half term in which once again so much has gone on in school, it is time for a rest and a re-set for the students and staff. Many year groups have had examinations of one sort or another again during this half term. From Year 10, through to Year 13 they seem to come thick and fast at the students, along with all the other opportunities that they seem to cram in.

This week we are holding our Annual Achievement Evening; this is an occasion where we see lots of smiles and hear many congratulations. But behind getting nominated or chosen for any award lies an incredible amount of hard work, and it is important not to overlook this fact. That hard work is often borne out of being driven to succeed or being supported to succeed. This support can come in many ways. The lifts, the treats, the re-direction where necessary, the listening ear. All our students need these elements sometimes to be able to flourish, and we are very grateful for the tireless support you provide as parents/carers.

After half term we will be looking again to find new ways of hearing from parents as regards their suggestions for the school and I urge you to please look out for parental surveys and opportunities to tell us what you think to help shape the continued upward trajectory of our school (these will be communicated via future issues of the School Bulletin).

I hope everyone has a fantastic break and comes back to school raring to go.

Upcoming Events

**Monday, 3rd and
Thursday, 6th March**

Design & Technology NEA Practical
Cooks

Thursday, 6th March
Year 9 Options Evening

Thursday, 13th March
Year 9 Parents Evening

Friday, 14th March
GCSE PE Practical Moderation

Monday, 17th March
A-Level PE Practical Moderation

Friday, 21st March
Non-Pupil Day

**Monday, 24th and
Tuesday, 25th March**
Year 10 Dragons Den Presentations
(Welsh Baccalaureate)

Wednesday, 26th March
Years 9 and 10 Boys Powys Rugby
Tournament, Llanidloes

Thursday, 27th March
Year 7 Parents Evening

bwletin ysgol

school bulletin

21.02.25

ARHOLIADAU BLWYDDYN 11 / YEAR 11 EXAMINATIONS

When the students return to school after the February half term, it is hard to believe that there are only two months left before the start of the Summer Examination period.

With a child myself in Year 11, I sometimes think to myself, where did that time disappear to? But here we are, it's crept up on us and every moment in school now counts even more than ever.

Our students have shown fantastic commitment to their learning again this term, we have had an extremely well attended Parents Evening recently and more and more students have attended the additional sessions that have been put on to help support the revision process.

In this final push, we want to encourage as many students as possible to have a clear revision programme at home, to be organised and focused in lessons and also to attend as many additional revision sessions as possible before school, at lunchtime and after school.

Please see the latest version of the Year 11 Exam Revision Support Sessions - (3rd March - 11th April 2025)

	Monday	Tuesday	Wednesday	Thursday	Friday
Before School					
Break Time	History (drop-in) – F3		History (drop-in) – F3 Geography (drop-in) – F5	History (drop-in) – F3 Geography (drop-in) – F5	History (drop-in) – F3
Lunch Time	Welsh Bacc (drop-in) - F25 IT (drop-in) – D3 Art & Photography (drop-in) – D21 History (drop-in) – F3 Engineering, Product Design & Hospitality	Welsh Bacc (drop-in) – F25 Numeracy for girls (intermediate level) - RP Art/Photography (drop-in) History Catch-up Club 13:15 to 13:45 – F3 Drama Rehearsals/Revision Engineering, Product Design & Hospitality	English Literature 13:10–13:45 – D28 Art & Photography (drop-in) History (drop-in) – F3 Engineering, Product Design & Hospitality Geography Revision – F5 Music – D4	Art & Photography (drop-in) History (drop-in) – F3 Engineering & Product Design Drama Rehearsals/Revision	Welsh Bacc (drop-in) – F25 Art & Photography (drop-in) History (drop-in) – F3 Engineering, Product Design & Hospitality Business (drop-in) – D1 Music – D4
After School	GCSE PE Revision (JA) 15:30–16:15 - Meeting Room	Set 2 Maths - MD Set 5/6 Maths - RA Engineering – D10 Spanish Revision Club – RW – C25 Health & Social – D2	English – VJ – D28 Art & Photography Coursework Year 11 GCSE Art & Photography Exam Prep Business – D1 Music – D4 Product Design – D7 Welsh GCSE support – 15:40- 16:30 GCSE PE Revision – B22 – 15:30-16:30 Geography Revision – F5 – 15:30-16:15	Art & Photography Coursework Year 11 GCSE Art & Photography Exam Prep Maths (sets 3 & 4) – A5 Year 11 Set 2 Biology (commencing 27/3/25) Maths Set 6 – E2	

We also have a dedicated section for revision for Year 11 pupils on the school website:

<https://www.welshpool-hs.powys.sch.uk/revision/>

Mr J Arnold
Headteacher

TAITH SCRIBBLE 2025 / SCRIBBLERS' TOUR 2025

On Monday, 3rd February, 24 Year 7 pupils, along with 22 pupils from our Cluster Primary Schools, attended the Hay Festival Scribblers' Tour at Wrexham University. This event gives pupils the opportunity to listen to authors and poets who talk about how they create their work and pass on tips for successful creative writing. The pupils also have the chance to meet the authors and purchase copies of their latest books.

Our first speaker this year was Steven Camden, an author and poet who led a lively session on using mind mapping and association to create a storyboard. His lively and interactive style ensured everyone was full of inventive ideas. The second author, Liz Hyder, talked about the power of an object and how a 'hag stone' provided her with inspiration for writing. When she invited the pupils to try the same idea, they were again full of wonderfully imaginative ideas.

The trip also gives an insight into a day in university and the university Student Ambassadors were on hand to answer the many and varied questions from our learners. This is now a regular transition event for our Year 7 pupils and we look forward to inviting the Year 6 pupils who accompanied us to our annual writing workshop in the summer term.

Mrs V Jones



GWOBRAU CHWARAEON / SPORTING ACHIEVEMENTS

Beatrice Jones-Burles and Nancy Corbett attended Kelsall Equestrian Centre on 18th January to compete in the NSEA Arena Eventing classes representing Welshpool High School's Equestrian Team. Bea has recently partnered with her horse, PLS Brodys, and they made their debut appearance in the 70-75cm class where they took 2nd place and qualified for the Championship to be held at Hickstead in May this year. Nancy and her horse, Freddie, had a flying round and finished well but missed out on a placing this time.

Chloe Jones and her horse, Tango, travelled to Allen's Hill in Worcester for the National Inter-Showjumping County Championships, where she represented the county of Powys & Monmouth. Chloe competed in both 80cm & 90cm classes which were both large classes of over 50 participants in each. They had a clear round in the 80cm class to finish in the top 10 and had an unlucky pole down in the 90cm class but with a quick time to still qualify in both classes. They are now Powys & Monmouth Champion and will go on to Hickstead in May to represent Welshpool High School and to compete against all winners from every other county.



NHS Online Cognitive Behavioural Therapy Service to Support Young Minds



1 in 6 young people experience mental health challenges

If your child is experiencing symptoms of anxiety or low mood, they are not alone. As a parent or carer trying to support them, help is here for you.

Cognitive Behavioural Therapy (CBT) can help young people manage anxiety by encouraging them to understand how they think, feel and behave.

Parents can sign up for a free 12-week online CBT programme to support children and young people aged 4-18 who are experiencing mild-to-moderate anxiety.

Teens aged 16-18 can also sign up for their own free programme independently of a parent.

Helping you help them

Programmes feature tools and activities to try at home. Support your child to build skills to manage their anxiety and thrive.

Access anytime, anywhere

Sign up for free online therapy via smartphone, tablet, laptop or desktop computer. It's available 24 hours a day, 7 days a week. No need to be referred by a GP.

Go at your own pace

Family life is busy. Complete online programmes at your own pace over 12 weeks. For best results, use it for 15-20 mins per day, three to four times a week

Online therapy with a human touch

You'll be allocated a SilverCloud Supporter who will check in with you online every two weeks to review your progress and provide feedback.

Sign up here: nhs.uk/silvercloudhealth/signup



Gwasanaeth Therapi Gwybyddol Ymddygiadol Ar-lein y GIG i Gefnogi Meddyliau Ifanc



**1 ym mhob 6 person
ifanc yn profi heriau
iechyd meddwl**

Os yw eich plentyn yn profi symptomau gorbryder neu hwyliau isel, nid yw ar ei ben ei hun. Fel rhiant neu ofalwr sy'n ceisio ei gefnogi, mae help ar gael i chi.

Gall Therapi Gwybyddol Ymddygiadol (CBT) helpu pobl ifanc rheoli gorbryder drwy eu hannog i ddeall sut maen nhw'n meddwl, yn teimlo ac yn ymddwyn.

Gall rhieni gofrestru ar gyfer rhaglen CBT 12 wythnos ar-lein am ddim i gefnogi plant a phobl ifanc 5-18 oed sy'n profi gorbryder ysgafn i gymedrol.

Gall pobl ifanc 16-18 oed hefyd gofrestru ar gyfer yr rhaglen am ddim, yn annibynnol.

Helpu chi i'w helpu nhw

Gallwch roi cynnig ar offer a gweithgareddau gartref trwy'r rhaglen. Cefnogwch eich plentyn i feithrin sgiliau, rheoli gorbryder ac i ffynnu.

Ar gael bob amser, ym mhob man

Cofrestrwch ar gyfer therapi am ddim drwy eich ffôn clyfar, llechen, gliniadur neu gyfrifiadur. Mae ar gael 24 awr y dydd, 7 diwrnod yr wythnos. Does dim angen atgyfeiriad gan Feddyg Teulu.

Ewch ar gyflymder sy'n siwtio chi

Mae bywyd teulu yn brysur. Cwblhewch y rhaglenni ar-lein ar gyflymder sy'n siwtio chi dros 12 wythnos. Ar gyfer y canlyniadau gorau, defnyddiwch y rhaglen am 15-20 munud y dydd, rhyw dair i bedair gwaith yr wythnos.

Therapi ar-lein sydd â naws personol

Byddwch yn cael Cefnogwr SilverCloud penodol a fydd yn gwirio gyda chi ar-lein bob pythefnos i adolygu eich cynnydd a rhoi adborth.

Cofrestrwch yma: nhs.wales.silvercloudhealth.com/signup



SIARTER IAITH GWOBR EFYDD YSGOL UWCHRADD Y TRALLWNG

SIARTER IAITH BRONZE AWARD FOR WELSHPOOL HIGH SCHOOL

On Monday, 17th February The Criw Cymraeg at Welshpool High School were successful in achieving the Bronze Award for the Siarter Iaith.

The Siarter Iaith is a framework designed to promote and increase the use of Welsh in schools across Wales. The Bronze Award marks the first formal step in a school's journey toward creating a strong Welsh language ethos and demonstrates a commitment to developing bilingualism.

Our journey to achieve the Bronze award began with establishing a Criw Cymraeg (Welsh Crew) from our student body. This group led regular Welsh language assemblies and helped incorporate basic Welsh phrases into daily routines. We also introduced a reward system to encourage Welsh language use and actively participated in Welsh cultural events. These included celebrations of Santes Dwynwen and Diwrnod Shwmae, during which we organised cake sales to support various charities.

The Criw Cymraeg conducted a baseline survey of current Welsh Language use where 170 students took part in 2023, we identified areas for improvement and set realistic targets for development.

The Criw Cymraeg implemented a range of strategies activities, held regular review of progress meetings to increase staff and pupils confidence in using Welsh, improve cultural awareness and develop the use of Welsh across the curriculum.

Pupils at Welshpool High School did the survey again in 2024 where participation increased to 417. Students showed increased awareness and appreciation of Welsh culture, greater participation in Welsh traditions and celebrations and enhanced sense of Welsh identity among pupils. Furthermore, across the school we saw higher engagement in Welsh lessons, improved confidence in using Welsh across the curriculum and increased willingness to attempt Welsh conversation.

We are now developing strategies for Silver Award achievement, planning additional Welsh Language events and creating more opportunities for community involvement. Ysgol Uwchradd y Trallwng success demonstrates that with committed leadership, creative approaches, and whole-school involvement, the Bronze Award is achievable even in predominantly English-speaking areas. Our journey provides an inspiring example for other schools beginning their Siarter Iaith journey.

Ms C Tibbot

DISGYBL Y CHWECHED DOSBARTH YN ARCHWILIO DARLLEDU AR BBC SIXTH FORMER EXPLORES BROADCASTING AT BBC TASTER DAY

One of our Year 12 students recently participated in a taster day at BBC Shrewsbury, gaining valuable insight into the broadcaster's production apprenticeship programme.

"Everyone was very welcoming and made the day really enjoyable," they shared. "I spent time in the studio and met sports and political reporters, as well as a former apprentice who had been in my position just a few years ago."

The day provided hands-on experience in various aspects of broadcasting, from technical production to presenting. "I got to experience life as a presenter and learned how to use some of the equipment. We spent time in the auxiliary control room, and I even had the opportunity to deliver a traffic report."

The experience proved valuable for their career exploration, leading them to apply for the apprenticeship programme. They have since progressed to the second stage of the selection process. **Ms M Jones (Head of Sixth Form)**



SWYDD WAG JOB VACANCY

Temporary Attendance Officer

To start as soon as possible. For further details, please see the full advert and job description on the school website:

<https://www.welshpool-hs.powys.sch.uk/vacancies/>

NEWYDDION CHWARAEON SPORTS NEWS

North Powys Badminton Tournament

U13 Girls - 2nd place

U13 Boys - 2nd place

U15 Girls - 1st place

U15 Boys A Team - 1st place

U15 Boys B Team - losing semi-finalists

**All teams that finished in the top two now progress to the
North Wales Finals in Deeside**

NEWYDDION CHWARAEON SPORTS NEWS

U14 Boys Rugby vs Ysgol Brynhyfryd - Lost 35-19 in the Welsh Cup

Commiserations to our U14 Boys Rugby Team, who lost in their Welsh Cup game, away against Ysgol Brynhyfryd (Ruthin).

In a closely fought contest, our boys put in 100% effort right up until the final whistle, but unfortunately lost the match 35-19, which saw their excellent cup run come to an end.

Tries were scored by Borys Jedrzejewski, Eli Pryce and Theo Hodgkiss, with Theo also adding two conversions.



U12 Boys Football vs Ysgol Bro Teifi - Won 6-4 - Now through to the last 8 in Wales

A massive congratulations to the U12s for securing their win in the last-16 game of the Welsh Cup with a thrilling 6-4 victory.

The game started off with Welshpool displaying some fantastic football, leading to Alexander Morrison scoring twice early on - first in the 9th minute, and again in the 11th minute. The team kept the intensity high, with Harry Windsor combining beautifully with Alexander in the 20th minute to slot the ball into the bottom corner, making it 3-0.

Bro Teifi responded strongly, with their striker scoring a hat-trick to bring the score level at half-time.

After the break, Welshpool came out with renewed determination. Mason Wygold got on the scoresheet first, turning in a ball from a corner to make it 4-3.

Welshpool kept up the pressure, with Ben Turner's impressive dribbling causing problems for the opposition, and Alexander slotting home another goal to give Welshpool a 5-3 lead.

Bro Teifi again brought themselves back into the game and finished off a chance to make it 5-4. However, in the final minutes, Ben's pace and skill led to a brilliant cross that found Alexander's head, sealing the win with a 6-4 scoreline and booking their place in the quarter finals.

Thank you to Year 12 students Cian, Josh and Zak for their help on the day! Also, a huge thank you to Tanat Valley Coaches for sponsoring our new football kit! I am sure you will all agree that it looks very smart and the boys were very pleased to wear it for the first time.



NEWYDDION CHWARAEON SPORTS NEWS

U12 Girls Netball vs Oswestry School - Won 14-2

U13 Girls Netball vs Oswestry School - Drew 8-8

The girls are pictured below ahead of their games against Oswestry School. The girls looked especially smart in their brand new netball dresses that have been kindly sponsored by SDW. A huge thank you for your kind donation!



U18 Girls Football – Lost 7-2 in the Quarter-finals of the Welsh Cup, away to Monmouth Comprehensive School

The U18 girls made the long trip to Monmouth Comprehensive High School for their Welsh Cup quarter final match.

The girls battled hard and had the better chances in the first half but unfortunately couldn't find the back of the net. A powerful shot by Monmouth left us trailing 1-0 until Evie Foster struck the ball on the edge of the box to make it 1-1!

Monmouth came out strong in the second half and scored two goals early on, but Maisy Jones pulled one back with a skilful dribble past two defenders. Unfortunately, more goals came for Monmouth and we ended the game with a loss.



Although a frustrating game, the girls should be extremely proud to have made it this far in the Welsh Cup. Da iawn pawb!

NEWYDDION CHWARAEON SPORTS NEWS

Powys Indoor Athletics Championships

We had an excellent day at the Powys Indoor Athletics Championships in Newtown, with lots of strong performances throughout the day. The championships included a combination of track events and field events and finished with the relays which provided an exciting end to the day. Again, we cannot fault the effort levels of all of our athletes as they continue to represent Welshpool High School to the highest possible standard. Notable results from the day included:

1st Place:

Charlie Lewis - 6 lap race
Rubie Wygold - 2 lap race
Ben Turner - Speed bounce
Niamh Reynolds - Shot put
Tom Rushton - Shot put & triple jump
Ruby Gill - Vertical jump
Tilly Jones - Shot put
Charlie Lewis and Dylan Carpenter - 8 lap relay
Eli Pryce and Henry Ryder - 8 lap relay
U13 Boys - 4x1 lap relay

Selected for Powys - National Finals in Llantrisant:

Tomas Rushton
Lacey Evans
Charlie Lewis
Rubie Wygold
Ruby Gill
Ben Turner
Kiarra Manuel
Niamh Reynolds



NEWYDDION CHWARAEON SPORTS NEWS

U13/14 Boys Football vs St Martins - won 8-2

A combined team of Year 8 and 9 boys took on St Martins School from across the border in a friendly match. It was a very entertaining game with plenty of goals and Welshpool coming out on top. No photo for this one

U15 Girls Netball vs Oswestry School - won 30-22

Well done to the girls, who played some excellent netball from start to finish against a well-organised Oswestry team.



U18 Girls Netball vs Oswestry School - lost 32-6

The girls significantly improved as the game went on and kept up the high intensity right up until the final whistle, however Oswestry proved just too strong on this occasion.



U16 Girls Netball vs Shrewsbury School - won 22-9

The girls travelled to Shrewsbury for a fixture in preparation for their Powys final at the end of the half term. Lots of positives to take from the game which saw Welshpool win 22-9.

Well done to all players and keep up the good work.



On Wednesday 12th February we hosted Ellesmere College for some friendly netball matches. Overall it was a very positive afternoon with both teams taking the victory. It was great to see everyone working so positively together and preparing well for future fixtures. Also a huge thank you to Sixth Formers Izzy Jones and Evie Jones who were fantastic umpires and coaches.

U14 Girls Netball vs Ellesmere College - won 13-3



U15 Girls Netball vs Ellesmere College - won 9-8



NEWYDDION CHWARAEON SPORTS NEWS

Badminton club has been very popular this year with almost 30 regular players attending on a rota basis. After some competitive club trials, twenty players took part in the annual North Powys Badminton Tournament in Newtown on Wednesday, 5th February. The tournament was split into four sections - U13 Boys (Year 7/8); U13 Girls (Years 7/8); U15 Boys (Years 9/10) and U15 Girls (Years 9/10). We were able to enter a team into each section, with two U15 Boys teams. All pupils were a credit to Welshpool High School in terms of their behaviour, effort and supporting each other during the day.

The sports hall was filled with energy as numerous players from across North Powys gathered to compete. Despite the crowded venue, students from all participating schools demonstrated exemplary behaviour, which contributed to making the day enjoyable for everyone involved.

It was particularly special to see our younger players making their debut representing Welshpool High School, their excitement and enthusiasm clearly evident throughout the day. After overcoming initial nerves in the opening games, the team found their rhythm and began achieving impressive results.

The Under 15 Boys tournament was split into two pools. WHS Under 15 'A' Team won their pool with the 'B' Team coming 2nd in their pool. This led to a friendly but competitive play off between the two Welshpool teams, with the 'A' Team being the overall winners of the Under 15 Boys Tournament.

The Under 15 Girls supported each other really well throughout the day and after a tense final match were the overall winners in their tournament.

Both winning teams go forward to the next round to represent North Powys in Deeside on 12th March.

The younger players also achieved remarkable success, with both the Under 13 Boys and Girls teams securing second place in their respective tournaments. Their strong performances earned them spots in the next round, much to their delight!

Huge thanks also to Cerys Ebrey of Year 12, who not only helps out at the club on a weekly basis, but also accompanied pupils to the tournament and worked hard all day keeping score for many of the girls' matches.

It is great to see a wide range of pupils enjoying badminton and the club continues to be very popular across KS3 and KS4.

Ms H Bridgland



Key Contacts

Main switchboard: 01938 552014

Office email: office@welshpool-hs.powys.sch.uk

Head of Sixth Form: Mrs W Jones/Miss M Jones

Head of Year 11: Miss G Charles Head of Year 10: Mrs L Frank Head of Year 9: Mrs R Aldridge

Head of Year 8: Mrs J Loxam and Mrs S Lewis Head of Year 7: Ms J Haycock