



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

I find myself writing this piece, a few days away from the School Production of Into the Woods. The production always lends so much to the positive ethos that exists in the school. It has been a joy to listen to the practices and walk in whilst the pupils are in the middle of practices, just so that I can get a sense of the journey that takes place before the final performances. The hours spent learning lines and getting the delivery right are so important ahead of the big night. It should also be recognised that so much work has gone on behind the scenes. The preparation of the scenery, the evenings and weekends of time to support performers both from staff at school and parents/carers at home and the missed lunchtimes and the staying behind after school. We really hope that you get to enjoy being part of the audience to celebrate the fruition of this hard work.



This sense of community was equally evident in our recent Achievement Evening, which celebrated so many outstanding contributions from students across the curriculum. One of my favourite things about this particular evening is to watch and see how proud the parents/carers are when their child goes up on stage.

It also amazing to have a former student back at the school (as we do every year) and listen to their fantastic tales of school and life beyond school. This year Sarah Williams gave an inspiring speech that enthralled the audience. Just as amazing from my point of view was to be able to watch how proud of her, her mum was in the audience, even though she had left the school many years ago.

When you add to these events, more sporting success that has been enjoyed once again recently, it does give a real sense of pride in our school and our community. I cannot list them all, but I would like to mention particularly the U18 Netball squad who have reached the National finals last weekend and also the U18 girls football team, who play in the semi-final of the National Cup just after half term.

Upcoming Events

Tuesday, 24th February

- Design and Technology Pancake Sale

Thursday, 5th March

- Year 9 Options Evening

- U12 and U14 Boys Hockey Regional Finals

Friday, 6th March

- Non-Pupil Day

Week Beginning Monday, 9th March

- Year 8 Drop Everything and Read Week

Tuesday, 10th March

- Music GCSE Moderation Day

- Year 7 and 8 Boys Powys Rugby Tournament, Llanidloes

Tuesday, 10th to Thursday, 12th March

- Welsh GCSE Oral Exams Unit 1

- CSE PE and A Level PE Practical Moderation

Thursday, 12th March

- Year 9 Parents Evening (4.30 - 7.00 pm)

Friday, 13th March

- Year 11 Photographs

Monday, 16th and Tuesday, 17th March

- Year 10 Welsh Baccalaureate Dragons Den Challenge

Tuesday, 17th to Thursday, 19th March

- Welsh GCSE Oral Exams Unit 2

Thursday, 19th March

- Year 9 and 10 Boys Powys Rugby Tournament, Llanidloes

Week beginning Monday, 23rd March

- Design and Technology Years 11, 12 and 13 NEA Practical Cooks

Thursday, 26th March

- U13 and U15 Boys Rugby - North East Wales Finals

- Year 11 Learning Game

- Year 7 Parents Evening (4.30 - 7.00 pm)

Friday, 27th March - School Eisteddfod

- Year 12 Duke of Edinburgh Training Walk

Newyddion Gan Gyfeillion Ysgol Uwchradd Y Trallwng

News From The Friends Of Welshpool High School

The Friends of Welshpool High School had a wonderful day at the Welshpool Winter Festival, serving teas, coffees and hot chocolate alongside some truly amazing mince pies baked by students at Welshpool High School.

The Christmas Draw was a great success and raised well over £1,000 for the school.

Presenoldeb

Attendance

We would like to take this opportunity to congratulate our pupils and to thank parents/carers for their continued support with attendance. This is always going to be high profile within our school due to the links with wellbeing and achievement and we are making strong progress with our overall percentage.

Attendance data is also added to every report that you receive for your child, and we ask that you make reference to this when discussing your child's progress with them.

Cymorth i Rhieni a Gofalwyr

Support for Parents and Carers

Have you claimed all the support you can get with school costs?

At Welshpool High School, we want to ensure that every child receives the help they need.

The Welsh Government offers support with Free School Meals and School Essentials such as uniform, kit and stationery.

Make sure you've checked your child's eligibility for Free School Meals. If eligible, you can get up to £200 per child for School Essentials, plus extra funding for our school.

Education Maintenance Allowance (EMA) is also available for sixth form students to help with costs such as travel, books, and equipment.

Check eligibility for all of the above using this link: www.gov.wales/get-help-school-costs

Ysgol Uwchradd Y Trallwng - Noson Cyflawniad

Welshpool High School - Achievement Evening

On Thursday, 22nd January we held our annual Achievement Evening. The evening celebrated the achievement of students from Years 7 to 11 over the last twelve months. Certificates, cups and special prizes were presented to the pupils in recognition of their commitment and achievement. The School's Jazz Band also performed several excellent musical items.

During the evening, the audience listened to an inspirational talk from a past pupil, Miss Sarah Williams, where she explained her career pathway to becoming a clinical research assistant.

As always, it was an honour to celebrate the academic achievements with staff, parents/carers and pupils. The evening once again was very enjoyable and a great success because of the dedicated team effort of the staff, the excellent support of parents and most importantly the talent and consistent effort from the pupils.

Well done to everyone.



The evening was concluded with the 'Ardua Semper' prize. This celebrates outstanding achievement, and the successful student receives a prize of £1000 very kindly donated by a past pupil and friend of the school, Mr Murray Chapman. This year's recipient was William Tuffin in Year 10.



Head Students, Hope Williams and Josh Evans also gave an inspirational speech and congratulated the pupils for their achievements and thanked all the teachers and parents for their continued support.

Criw Cymraeg

On Wednesday, 28th January, we welcomed Kate Thomas into our Key Stage 3 assembly who spoke with students about the brilliant work the Welsh Air Ambulance do. Some members of the Criw Cymraeg were also invited to present Kate with a cheque from our 'Diwrnod Shwmae' cake sale held in October. Students at Welshpool High school supported the cake sale brilliantly, helping us to raise £130 for the Air Ambulance. Kate discussed how important fundraising like this is for the service, in order for the ambulance to keep going. Each flight for the ambulance costs around £2,995 as well as each mission by the critical care car being £288.



RALI CAR GOGLEDD CYMRU NORTH WALES CAR RALLY

North Wales Get Jerky Car Rally 28th March 2026

Our High School community has an exciting opportunity to gain skills and raise money for Friends of WHS, but we need your help to do it!

On Friday 27th March, some older students who are interested in engineering can participate in the rally car scrutineering which is taking place at Welshpool Livestock Sales (WLS). Of course, everyone under 18 needs to be accompanied by their parent or guardian. For any sixth formers who have a free afternoon they may find this a valuable experience.

Saturday 28th March is the day of the rally. Volunteers are needed in Dyfnant Forest and in town.

Dyfnant Forest – voluntary car parking stewards in teams of 6 will manage the car parking from 6.30 – 4pm, so ideally just a 2.5 hour shift for each team. Parking is £10 per car and WHS will keep 50% of all money taken. Can you help, please? Again, all under 18s need their parent/ guardian/ responsible adult.

Welshpool Town centre – Rally programmes will be on sale from early March and all profits go to WHS, so we need to sell as many programmes as we can! Can your family help, please?

Last year one of the rally drivers, Guy Butler, visited WHS and gave an inspirational talk about his businesses and life experiences, sharing lots of tips and advice.

This event offers some great opportunities to be involved in aspects of the rally, such as media, commentating, learning about the organisation involved etc as well as strengthening and making new connections with some of the drivers and businesses participating.

We have the chance to gain new experiences, get involved in an international rally and raise money for WHS. Your family can be involved, and we need your help.

Please contact Alison Davies DaviesA2162@hwbcymru.net or Mary Owen mary.owen@welshpool-hs.powys.sch.uk

Alternatively text 07834 209161 and we will get back to you

TAITH SGŌ

SKI TRIP

Ski Trip (Sestriere, Italy) January 2026

On Sunday, 25th January, a group of fifty Welshpool High School pupils, along with five members of staff, gathered in the school bus park, ready to embark on an unforgettable week in the Italian alps.

The Welshpool High School Ski Trip 2026 proved to be an unforgettable experience for all pupils and staff involved. Across the week, pupils embraced every aspect of mountain life, developing new skills, building confidence, and enjoying a wide range of activities both on and off the slopes.

Each day consisted of four hours of high quality ski instruction, delivered by experienced instructors who quickly recognised the determination and positive attitude of our pupils. Every group made impressive progress throughout the week. By the end of the trip many pupils were confidently skiing red slopes and a number even progressed to tackling black runs, showing outstanding resilience and rapid development. Their progress was matched by their behaviour as the staff received numerous compliments from the ski instructors regarding the pupils' excellent conduct, enthusiasm and teamwork.

We were fortunate to enjoy a variety of alpine weather conditions that only enhanced the skiing experience; several days of beautiful blue skies, offering perfect visibility and stunning mountain views and a significant dump of fresh snow on Wednesday, which transformed the slopes and created ideal skiing conditions for the final part of the week.

The combination of sunshine and fresh powder helped make the 2026 trip particularly memorable. Each day, pupils enjoyed a hot lunch at the base of the slopes - always welcomed after an energetic morning session. Popular favourites included: pizza, burger and chips and lasagne, which kept everyone fuelled and ready for the afternoon of skiing.

The fun didn't stop when the boots came off. Pupils took part in a varied and exciting programme of evening activities, including:

- Winter sports adventures which involved a snowmobile ride, a snow scooter competition, which were followed by a warm hot chocolate to end a chilly day.
- Relaxed, social evenings which included a pizza night, a quiz night and an opportunity to enjoy the hotel swimming pool

These activities helped foster strong friendships across year groups and added to the overall sense of adventure.

Throughout the entire week, pupils represented Welshpool High School with pride. Their excellent behaviour, respect for staff and instructors, and willingness to challenge themselves made the trip an outstanding success.

The Welshpool High School Ski Trip 2026 was a fantastic week filled with achievement, laughter, personal growth, and unforgettable alpine experiences. All pupils should be commended for their effort, behaviour, and positive attitude.

We look forward to building on this success for the 2028 trip.

Mr A Humphreys
Ski Trip Leader

TAITH SGİÖ

SKI TRIP



FROM WELSHPOOL TO THE WINTER OLYMPICS

CELEBRATING THE SUCCESS OF PAST PUPIL ADELE NICOLL



Welshpool High School is incredibly proud to be celebrating the outstanding achievements of former pupil Adele Nicoll, who has recently been selected to represent Great Britain at the 2026 Winter Olympics in Milano Cortina.

Adele, who attended Welshpool High School between 2008 and 2013, will compete in two events: the two-woman bobsleigh and the monobob. In doing so, she will make history as the first ever British woman to compete in the monobob event at the Winter Olympics — an extraordinary milestone in British sport.

Adele's journey to the Olympics has been anything but straightforward. She discovered her passion for sport at a young age and began competing in athletics with Birchfield Harriers, specialising in shot put and discus. Alongside her sporting career, Adele demonstrated exceptional academic commitment, studying Clinical Neuroscience at Cardiff Metropolitan University and later achieving a Doctorate in Clinical Psychology in 2023 — all while training and competing at an elite level.



Like many high-performing athletes, Adele faced setbacks along the way. Despite already reaching finals of major events, including the World Youth Championships in 2013 she narrowly missed selection for the Commonwealth Games in 2014 and 2018, describing the transition from junior to senior sport as one of the most challenging periods of her career. However, her resilience paid off when she was selected to represent Wales at the 2022 Commonwealth Games, finishing eighth in the shot put final.



In 2020, Adele's sporting journey took an unexpected turn when a video of her sprinting was spotted on social media, leading to an invitation to try bobsleigh. Starting as a brakewoman before making the bold decision to retrain as a pilot, Adele quickly made her mark, winning a World Cup silver medal and becoming the first British woman in 13 years to medal at a Bobsleigh World Cup. She narrowly missed out on competing at the Beijing 2022 Winter Olympics, travelling as a reserve, this disappointment only strengthened her determination.



To celebrate Adele's remarkable achievements and to inspire our current pupils, Welshpool High School has spent this week hosting our very own Winter Olympics celebrations. During form time, pupils learned about Adele's journey and the values it represents — resilience, adaptability, ambition and belief.

As part of the celebrations, forms across the school took part in a Winter Olympics Challenge, transforming classrooms into lively "curling arenas" for a Speed Curling competition. Working in house teams, pupils competed with enthusiasm, teamwork and plenty of good humour, while staff also joined in.



NEWYDDION CHWARAEON

SPORTS NEWS

Powys Schools Cross Country Championships:

We had an incredible afternoon at the Powys Cross Country Championships in Newtown. We are hugely proud as a department of how all of our athletes ran. The effort levels and determination from every single pupil was second-to-none and the conduct throughout the afternoon was exemplary. We had some fantastic results with plenty of podium and top 10 finishes, which means that we will have a strong representation in the Powys team at the Welsh Schools Championships later this month.

Well done again to everyone who took part and we hope you all enjoyed the experience.

Notable results and team results were:

2nd - Middle Boys Team

4th - Jude White

5th - Evan Davies

2nd - Middle Girls Team

2nd - Bella Roberts

7th - Lwsi James-Stafford

8th - Jodie Addinall

1st - Junior Boys Team

4th - Seb Loxam

5th - Charlie Lewis

8th - Fred Roberts

9th - Dylan Carpenter

5th - Junior Girls Team

1st - Year 7 Boys Team

2nd - Teddy Langford

8th - William Woolf-Farr

8th - Year 7 Girls Team

10th - Isla Langford



NEWYDDION CHWARAEON

SPORTS NEWS

U13 Boys Rugby - 2nd place in North Powys, now through to the Plate final for North-East Wales.

Well done to our U13 Boys who recently took part in the North Powys Qualifier for the North Wales Cup. With one win and one loss, this means that the boys now progress into the plate competition. An excellent experience playing 15-a-side rugby and a big well done to the Year 7 lads, who have represented the school for the first time!

The team looked particularly smart in their new kit, kindly sponsored by Tanat Valley Coaches. Thank you very much for the support, we are very grateful and I am sure many Welshpool High School rugby teams will benefit from this kit over the coming years.



U15 Boys Football

Won 7 - 0 vs Ysgol Penglais (now through to the last 8 in Wales). Well done to our U15 Boys Football Team who booked their place in the last 8 schools in Wales, after a convincing 7 - 0 victory over Ysgol Penglais (Aberystwyth).

The team started with a bang with a quick fire goal from Will, shortly followed by an impressive volley from Leon. From this point on, the boys never looked back, with complete control of both possession and territory resulting in a steady flow of goals. Despite the windy conditions, it was a fantastic team performance and we look forward to the next round.

Thanks again to Welshpool Town FC for the use of their facilities.

Goals came from: Will
Leon (x2)
Theo
Robin
Ollie (x2)



U14 Girls Rugby - 5th place in the North Powys and Meirionydd Schools Tournament.

Recently our U14 Girls rugby team competed in the North Powys & Meirionydd Qualifier (Road to Principality) at Ysgol Llanfyllin.

After this tournament had been rearranged due to poor weather, the girls were excited and ready to show their determination. It turned out to be a tough tournament with well organised and experienced teams. However, Welshpool never gave up and stayed positive throughout, growing in confidence as the day progressed. Da lawn merched!

A huge thank you to Fin Kaye (Year 11) for coaching and refereeing throughout the tournament. He had excellent feedback from multiple schools for his decision making and communication.



NEWYDDION CHWARAEON

SPORTS NEWS

Powys Indoor Athletics Championships:

Our students were a credit to the school with everyone supporting each other throughout and giving 100% in every event. There were some excellent team and individual results. Successful athletes will go onto represent Powys in the Welsh Finals later this year.

Thank you to everyone involved, a hugely positive and successful day!! Well done all.

Notable results were:

U13 Girls

1st 8 Lap Paarlauf
2nd 4 x 2 Lap Relay
2nd 4 x 1 Lap Relay
1st Obstacle Relay

Megan Parr: 1st 2 Lap Race
1st Long Jump
Sophia Karrafova: 3rd 4 Lap Race
3rd Long Jump
Isla Langford: 2nd 2 Lap Race
1st Vertical Jump
Rosie Pritchard: 3rd 2 Lap Race
Emily Torry: 3rd Shot Put

U13 Boys

1st 8 Lap Paarlauf
1st 4 x 2 Lap Relay
2nd 4 x 1 Lap Relay
1st Obstacle Relay

Ben Turner: 2nd 2 Lap Race
1st Speed Bounce
Oscar Atkinson: 3rd 2 Lap Race
3rd Vertical Jump
Harry Windsor: 3rd 4 Lap Race
Seb Loxam: 1st 2 Lap Race
1st Triple Jump
Teddy Langford: 2nd 2 Lap Race
Jax Jones: 1st Shot Put
Niall Hopwood: 3rd Shot Put
Fernando Jestin: 1st Vertical Jump

U15 Girls

1st 8 Lap Paarlauf
1st 4 x 2 Lap Relay

Rubie Wygold: 3rd 2 Lap Race
Lacey Evans: 2nd Shot Put
Imogen Morris: 3rd Long Jump

U15 Boys

3rd 8 Lap Paarlauf
5th 4 x 2 Lap Relay

Eli Pryce: 3rd 2 Lap Race,
1st Speed Bounce
2nd Triple Jump
Harry Agnew: 3rd Shot Put
2nd Long Jump



NEWYDDION CHWARAEON

SPORTS NEWS

U18 Boys Football

Lost 4 - 3 vs Eirias High School (Colwyn Bay) (Last-16)

Our U18 Boys fought hard in their National Cup Last-16 game but unfortunately succumbed to a last-minute goal, which saw Eirias take the victory.

Credit to our boys though as they came back from being 3 - 1 down to get it to 3 -3.

U18 Girls Football

Our U18 Girls Football Team are now through to the semi-finals of the Welsh Cup. Due to unforeseen circumstances, the opposition for the quarter final had to forfeit the game which meant our girls got through without even kicking a ball! The semi-final will be played at Latham Park, Newtown in the first week back after half term. Good luck girls!

U13 Boys Football

Lost 5 - 4 vs Cyfarthfa High School (Merthyr Tydfil)

Our U13 Boys bowed out of the Welsh Cup after a thrilling and gruelling game in their Last-16 tie. The game was nip-and-tuck all the way and was somewhat of an emotional roller coaster, that ended with us conceding a last-minute goal from a corner to lose the match.

The team were a credit to the school and demonstrated how much resilience and determination they have as they never gave up right the way through the game. Although we lost 5 - 4, we are sure that anyone who witnessed the game will agree, our pupils put on a fight and were fantastic against a very tough team.

U18 Girls Netball

Won 27 - 13 vs Christ College now Powys Champions and through to the National Finals. A huge congratulations to our U18 netball team who beat Christ College (Brecon) in the Powys Final.

Making the long trip down to Christ College, the girls were ready to play an important game, which meant they would qualify for the Welsh Schools National Tournament on Saturday, 7th February in Bangor. Everything clicked for us, our two shooters were accurate with their shots, defenders winning every rebound and centre court moving the ball around smoothly. Welshpool came in ahead during every quarter with the final score 13 - 27.

The school could not be prouder, with several of these girls involved in the national tournament last year at U16 level, meaning they have back to back National achievement!

A huge thank you to Mrs Loxam for her help taking the girls down and helping to coach to success, and Lisa Trigg for umpiring the match.

The girls' effort and determination has allowed them to achieve as much as they have; what excellent role models for younger pupils!

We wish them all the best for the National Finals, which will have been played by the time this bulletin has been published.



NEWYDDION CHWARAEON

SPORTS NEWS

Just before the Christmas break we had a talented group of Year 7's travel down to Cardiff to represent Welshpool High School in the British Schools Gymnastics Association Championships. This was the Welsh Final and National Qualifier in the Milano and U13 Floor and Vault Team Competition.

The top two Welsh schools qualify to represent Wales as a region. The students were competing against other Year 7 and 8 pupils in a very difficult competition. Having spent hours preparing at lunchtime and after school they put themselves in a great position to be successful.

Results:

U13 Floor and Vault 12 schools in this category. With only 1st place qualifying for nationals and the students competing against older students, this was always going to be challenging! Welshpool finished 3rd in this category.


U13 Mixed Milano (Freddie, Isla, Adelaide) 3rd overall! Just missing out on the top two places for nationals.

U13 Girls Milano (Tilly, Harper, Meg) 2nd overall! There was only 0.4 between 1st and 2nd place! Welshpool had the highest group score of the day and Harper had the highest individual floor score so super positive to take forward. This meant that they have qualified for the British Schools National Finals which will be on Friday, 6th March at Fenton Manor, Stoke on Trent.

A huge well done to our fantastic Year 7's. A credit to the school and we cannot wait to see more of their talent.



YEAR 11 & SIXTH FORM SUPPORT SESSIONS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAK	All Year Groups HOMEWORK CLUB D3	All Year Groups HOMEWORK CLUB D3	All Year Groups HOMEWORK CLUB D3	All Year Groups HOMEWORK CLUB D3	All Year Groups HOMEWORK CLUB D3
LUNCH TIME (1.10pm)	ENGINEERING NEA Prep time D10 PRODUCT DESIGN Technology SPANISH Year 11 Revision C24 PE GSCE PE Coursework support GCSE ART/PHOTOGRAPHY Drop In Exam Project ETHICS Year 11 Drop in F25	ENGINEERING NEA Prep time D10 MUSIC Live Lounge (D4) GCSE ART/PHOTOGRAPHY Drop In Exam Project HOSPITALITY & CATERING NEA/Exam Prep BUSINESS Drop in Year 11 SPANISH Year 11 Revision C27	ENGINEERING NEA Prep time D10 GCSE ART/PHOTOGRAPHY Drop In Exam Project	ENGINEERING NEA Prep time D10 GCSE ART/PHOTOGRAPHY Drop In Exam Project HISTORY NEA Catch Up F25 WELSH BACC NEA Catch Up F25 SPANISH Year 11 Revision C27 MATHS Year 11 Higher Tier Revision	ENGINEERING NEA Prep time D10 WELSH BACC NEA Yr 10/11 Catch Up F25 ICT Coursework Catch Up
AFTER SCHOOL (3.30 - 4.30pm)		ENGINEERING NEA Prep time D10 CHEMISTRY Year 11 Mrs Frank MATHS Year 11 Set 2 Revision DRAMA Year 11 Revision (starts after February half term) PE Year 11 Revision B22	GCSE ART Exam Project Support GCSE PHOTOGRAPHY Exam Project Support ENGLISH Year 11 Revision	MATHS Year 11 Set 4 & 5 Revision MATHS Year 11 Set 1 (alternate numeracy/ additional maths)	

* Music – half term - Year 11 coursework catch up (tbc), Revision skills and coursework session for Year 13 Thursday (10-2) and for Year 12 Friday (10-2)

* Art/Photography – Sixth form open door any time for study!