



# The Eastern Link

Dear Parents/Carers,

As we move further into the spring term, I wanted to take the opportunity to thank you for your support with implementing the reset to our school standards and expectations. It has been a pleasure to see our students positively representing our school community in their school uniforms and adhering to the changes made to mobile phone usage whilst at school.

I would like to thank everyone who attended our recent Meet the Tutor Day. We were pleased to see a 56% turnout and appreciate the positive feedback many of you shared about the event. We look forward to building on this in the future and to strengthen the partnership between home and school.

Our school priorities for next term will focus on ensuring that our students receive the best learning experience and continue to be fully supported with their well being and emotional needs. We will continue with our focus on having high expectations for all students in our school which are:-

- Ready to learn: arriving to school and lessons on time
- Ready to learn: behaviour for learning in the classroom
- Ready to learn and being respectful: appropriate use of mobile phones
- Being safe and respectful on our school site
- Being respectful by wearing our school uniform

We remain committed to providing a positive, engaging, and supportive environment for all learners and appreciate your ongoing support.

As always your feedback with regards to how we continue to improve the school is welcome.

Should you have any questions or concerns, please don't hesitate to contact us.

Yours sincerely

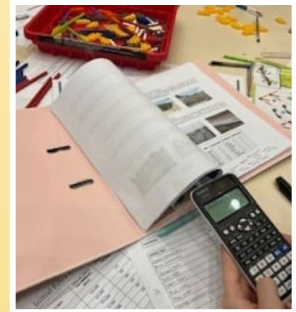
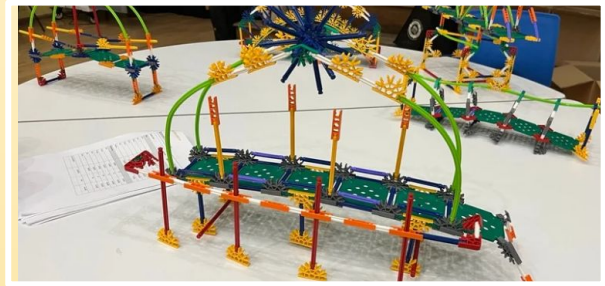
Mrs Adams  
Acting Headteacher Eastern High



# Bridging Creativity and Learning

In January, our Year 9 pupils put their creative minds to the test in a STEM workshop focused on bridge construction. From brainstorming ideas to balancing budgets, they explored the real-world challenges of designing and building bridges.

Working together in teams, the pupils took on the tasks of selecting materials, calculating costs, and presenting detailed project proposals. They then had the opportunity of turning their designs into actual prototypes! It was fantastic to see their problem-solving skills in action, as they combined science, technology, engineering, and maths with imagination and teamwork.



## Did You Know?

Cardiff's most iconic bridge is the Cardiff Bay Barrage, completed in 2001. It transformed Cardiff Bay into a freshwater lake and is now a popular spot for walking, cycling, and enjoying stunning views of the bay.

# Year 7 Adventure: Fun, Friendship & New Challenges



Our Year 7 pupils recently swapped their school bags for backpacks and headed off on a three-day residential trip to Llangrannog, the home of the Urdd Centre. From archery to abseiling and quad biking, their days were filled with exciting outdoor activities.

For many, it was a trip of firsts, first time abseiling down a cliff, first time conquering a fear of heights, and even the first night away from home. It was wonderful to see their confidence grow as they supported each other, embraced new challenges, and shared plenty of laughs along the way.

The trip wasn't just about fun it was about teamwork, resilience, and creating memories that will last long after the mud has been washed off their boots.



# Yr7 Crest Awards

On 23rd & 24th January, our Year 7 pupils rolled up their sleeves and got creative in a hands-on Crest Awards workshop. Building on the work they started in Year 6, they teamed up to tackle an important challenge: how to make our school more sustainable.

From brainstorming big ideas to conducting research and developing solutions, the pupils showed fantastic teamwork and problem-solving skills. Each group presented their proposal to a panel of judges and after much deliberation, one innovative project was crowned the winner.

Well done to everyone who took part—your ideas could help shape a greener future for our school.



The **CREST Awards** are the UK's leading science, technology, engineering, and maths (STEM) recognition scheme for young people. Run by the British Science Association, the awards encourage pupils to solve real-world problems through hands-on projects—just like our Year 7 pupils did!

# Our Pupils Get Published

Last year, our students undertook the challenge of writing short stories for a nationwide competition based on the theme "Fight or Flight." We're pleased to announce that 37 of our pupils have had their stories chosen for publication!

The collection will be released on March 31, 2025, and each successful participant will receive a special letter to celebrate their achievement.

A huge congratulations to all of our young authors



# Debate Mate Triumph: Words That Win!

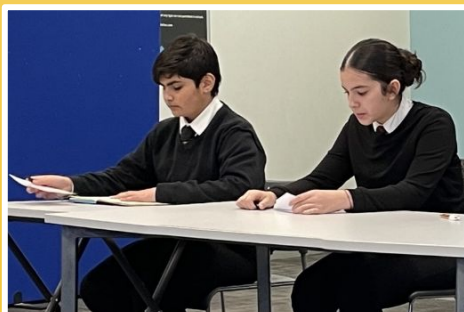


On January 30th, our Debate Mate team stepped into the spotlight for their first competition of the year, hosted at St. Teilo's. The motion up for debate was **"This House believes that international aid is most effective when delivered through local communities."**

In the lead-up to the event, the team prepared by crafting arguments, practicing rebuttals, and fine-tuning their delivery with help from their mentors and teachers. Their dedication was clear on the day; they were the first to arrive and used the extra time to polish their points and build their confidence.

The team won 3 out of 4 debates, impressing judges with their persuasive arguments and teamwork. Beyond the wins, we were proud of their positive attitude—encouraging other teams and showing true sportsmanship throughout the event.

Congratulations to the whole team on a fantastic start to the debating season!



 Interested in joining Debate Mate? Speak to Mr Major in F1 to get involved!



# Reading Superstar

This half term, we've seen some incredible reading achievements—but one stands out in particular. Since January, Oliver in Year 7 has read a whopping 138,303 words!

Well done, Oliver



In Year 8, Emmanuela has also made fantastic progress, reading an impressive 51,454 words this half term.



# Cooking Up Success: Ameleigh Shines at Future Chef



On January 27th, Ameleigh proudly represented Wales at the prestigious Future Chef Competition, held at Bridgend Catering College. The event brought together some of the most promising young chefs, all guided by top industry professionals.

Ameleigh impressed the judges with her innovative and delicious creations which earned her second place missing out on first place by just 2 points.

Ameleigh has already set her sights on next year's competition, with hopes of reaching the UK final.

Congratulations,  
Ameleigh 🍴🍴

# Netball Nets a Win & Rugby Rises to the Challenge

Our sports teams have been busy this term, showing fantastic teamwork and determination across the board.

## **Netball Victory**

On January 22nd, our Year 9 Netball Team celebrated a well-deserved 4-3 win against St Richard Gwyn in the league. Their strong communication, sharp passing, and never-give-up attitude delivered the win.

## **Rugby Resilience**

Our Year 7 Rugby Team took part in a tournament this January, putting in a tremendous effort against some tough opponents. They secured one hard-fought win in their four matches and showed incredible perseverance throughout. As their skills and game knowledge continue to grow, we're confident this team has a bright future ahead.

## **Football Triumph**

The Year 9 Football Team put on a fantastic display in February, securing a 5-3 victory over St Cyres in a thrilling cup tie. Their hard work and determination have paid off, and they now advance to the semi-finals of the Cardiff Cup.

Huge congratulations to the teams.



## Key Dates for Your Diary

### Careers Fortnight

3rd March to 14th March

Pupils from all year groups have the opportunity to book into these employer led daily sessions in F4 from 3pm to 4pm. More details on the school website

### January GCSE Exam Results

6th March – Results available.

### Inset Day (School Closed to Pupils)

10th March – Staff training day.

### HPV Immunisations

13th March – Online consent required. Visit our website for the link and QR code.

### Performing Arts Recordings Yrs 10&11

11th & 12th March

### Drama Controlled Assessment Yr10

13th March

### Welsh Oral Exams

Yr10 18th–20th March & Yr 11 25th–27th March

### Year 11 French Oral Exams

3rd–4th April

### Year 11 Welsh Baccaulaureate Controlled Assessments

7th–11th April

### Last Day of Spring Term

11th April



# Uniform Matters: Looking Smart, Feeling Proud

Eastern High's school uniform is compulsory. Optional elements of the uniform are shown in the poster opposite.

School uniform is essential in building a sense of unity, equality and community, in our school.

Following our school reset, we have made significant steps forward with all pupils adhering to our uniform expectations and we appreciate the support from pupils, parents, carers and staff with delivering this progress.

**UNIFORM**

**Compulsory uniform**

- Black blazer, school crest available from reception
- White long or short sleeved shirt
- House tie
- Black skirt - to the low thigh/ knee
- Black trousers only - no jeans, leggings or skinny fit
- Black shoes or trainers - completely black, including the sole

**Optional/ Allowed**

- Black V-neck jumper/ cardigan - no brand names/ no other colours/ no hoodies
- Black tailored shorts (summer uniform only)
- Only religious headwear to be worn

**Not Allowed**

- Cross (all colours)/ trainers that are not all black e.g. Converse
- Cycling or lycra shorts/ sports shorts. Short skirts above the low-thigh

A full guide to our uniform requirements, including information on where to purchase items, is available on our website.

## Attendance Matters

In order for pupils to perform their best academically, it is essential that they aim for their attendance to be at least 95%. Pupils who do not attend school frequently may fall behind with their work and be less likely to do well in their exams and assessments. In addition, those pupils who do not attend school for more than 5 days are at risk of a Fixed Penalty Fine from the Education Welfare Service.

We offer a variety of support and guidance if you are experiencing difficulties in getting your child to school. Please contact your child's Learning Family Tutor or House Manager for further information.

We understand that there are occasions that pupils are too unwell to attend school. If this is the case please can we remind you to call the school with your child's name and the reason for absence.

The school will require evidence of medical appointments such as a doctors note, appointment card or letter to authorise a child's illness/absence from school.

## Support Available



**0300 123 3393**  
Open 9:00 am - 6:00pm weekdays



**0800 0684141**  
Open 9:00 am - midnight

Cardiff **Family**  
**Advice and Support**



**03000 133 133**  
Monday - Thursday (8:30 am - 5 pm), Friday (8:30 am - 4:30 pm)



**0800 1111**  
Always open



**116 123**  
Always Open