

EASTERN HIGH

NEWSLETTER



DECEMBER 2022

Estyn

As you know the school was visited by a team of inspectors from Estyn for 5 days from the 5th December. Thank you to those parents that came and spoke to the inspectors and completed the inspection questionnaires.

The inspectors spent a lot of time observing lessons as well as talking to learners about their lessons and the school in general. They met four students from each year group to discuss their books and work in lessons and had a lunch meeting with the School Council. The inspectors were very keen to say how polite and helpful the students were, not just in the meetings but in lessons and when they were spoken to by inspectors around the school. The inspection report will be published on the 10th February 2023 and we will share the report with you then.



Animal Encounters

Year 7 pupils had the opportunity to learn about climate change in November and met a range of exciting and exotic creatures, including a binturong, gecko, armadillo, meerkat and a snake!



YEAR 11

The school recently invited 23 employers from a variety of sectors to meet with our Year 11s this term. The students had the opportunity to participate in an hour-long workshop with each employer which offered different skills, information and techniques for our students to adopt.

Our Year 11s then had the opportunity to have 1:1 professional interviews with the employers following the completion of a practice application form.

The students also enjoyed four taster sessions of their choice in a number of A level and Post 16 subjects including Criminology, English Literature, Performing Arts, Construction, Hair and Beauty, Politics, Automotive and Catering.



SCHOOL PRODUCTION POSTPONED

Due to illness within the cast, it was unfortunate that our school concert had to be postponed to the New Year. Tickets for the rescheduled show will be available to buy on ParentPay when we return in January. Any tickets already bought for the December performances will be honoured. The performance dates have been rescheduled to Mon 16th January and Tuesday 17th January.

We will assume that tickets bought for the 13th Dec show will attend 16th Jan and 14th Dec will now attend 17th Jan.

Please be aware of the symptoms of scarlet fever at this current time. Guidance from Public Health Wales/Cardiff Council can be found on the school website.

Understanding the symptoms of iGAS and Scarlet Fever



Treat at home

If your child has any of the following:

- Sore throat
- Headache

Cold and flu like symptoms are very common at this time of year, especially in children.



[Read more](#)

Most will have a common seasonal virus, which can be treated at home by keeping the child hydrated, and with paracetamol.



Contact NHS 111 Wales

If your child also develops any of the following:

- Fever
- Nausea or vomiting
- A fine red rash, which typically first appears on the chest and stomach. Older children may not have the rash.



Contact NHS 111 Wales or your GP for advice.



Contact GP straight away

If your child has any of the following:

- Fever (a high temperature above 38°C)
- Severe muscle aches
- Localised muscle tenderness
- Redness at the site of a wound

Contact your GP or get medical advice straight away.



GIG
CYMRU
NHS
WALES

Iechyd Cyhoeddus
Cymru
Public Health
Wales

SPORTING SUCCESS

We were proud to give our students the opportunity to enjoy a shared experience as a whole school by watching Wales in their first World Cup game in 58 years! We celebrated the journey the Welsh team pursued to get there with Welsh themed events in lessons and talked about our values of grit and determination when they lost!



Netball Champions!

Our Year 10 Netball Team are the Urdd Plate champions, defeating Treorchy, Tonyrefail, Llanhari, Duffryn, Caerleon on the way to the final.

The final against Bae Baglan ended 6-7 to Eastern with some standout performances from our girls on an action packed day of netball!

Welsh Judo Champion

A massive congratulations to our student Alex Lee for winning the Welsh Judo Championships at the end of November.



Year 8 Rugby Success

Our Year 8 Boys Rugby Team put in a great performance to beat Plasmawr in the School Rugby Cup and now move into the next round in the New Year.



Year 11 Cup Football

Our Year 11 boys football team set a new record for an away fixture, clocking up 5 $\frac{3}{4}$ hours on the road for their Welsh Cup fixture at John Beddoes School in Mid Wales. Eastern High narrowly lost 2-1, but the team showed great character in defeat.



Mr Lowe's Challenge of a Lifetime!

Our Geography teacher Mr Lowe embarked on the challenge of a lifetime by completing a 250km ultra-marathon across the Antarctic continent in November. He was raising money for Sobell House Hospice and is looking to race even more in the future!



SCHOOL EXPECTATIONS

Please could we ask for your support in the following key areas in 2023:

MOBILE PHONES - These are not permitted to be used during the school day. If students are seen with their phone between 8am and 4pm, they will be confiscated and kept in a safe location until the end of the day, when they can be collected. To support the school in managing this, please could we ask that you do not contact your child during the day on their mobile phone. In the case of an emergency where you may want to contact your child urgently, please contact our reception team who will be more than happy to facilitate calls and will pass on a message accordingly.



ATTENDANCE - 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 Team for further support.



UNIFORM - We encourage all of our pupils to be proud of their school and our uniform represents our school identity and House structure. We would be grateful if you could support us in ensuring that your child wears their school uniform. Please put your child's name on their uniform/coats/bags to prevent loss. Should you need support in purchasing a uniform, please inform your child's Learning Family Tutor.



FIRST AID - If your child contacts you to advise that they are unwell at school, please can you encourage them to be assessed by our first aider before coming to collect them from school. If we feel that your child is not well enough to be in school, we will contact you.



PARKING - The school is receiving an increasing number of complaints from local residents regarding parent parking whilst dropping off and collecting their child from school. Please can we ask you to be considerate of the residents needs to access their properties.



FIND ALL THE LATEST NEWS AND DOCUMENTS ON OUR SCHOOL WEBSITE

TWITTER: @EASTERNHIGHCDF
EMAIL: INFO@EASTERNHIGH.ORG.UK
CALL US: 02920 792751



IMPORTANT DATES



Monday 9th January 2023 - All years return to school as normal

Wednesday 11th January - Year 10 English Literature Exam

Monday January 16th & Tuesday 17th January - School Production of Scrooge

Thursday 2nd February - Year 11 Parents Evening - 3.30pm-7pm

Weeks commencing 6th & 13th February - Year 10 & 11 mock exams across a variety of subjects

Friday 17th Feb - Inset Day - School closed to pupils

Monday 20th February - Friday 24th February - Half Term holidays

Wednesday 1st March - St Davids Day: School Eisteddfod & World Book Day Events

Monday 20th March - Inset Day - School closed to pupils

Thursday 23rd March - Year 8 Parents Evening

Monday April 3rd - Friday April 14th - Easter Holidays

