



# The Eastern Link



Dear Parents/Carers

I hope you had a pleasant and restful half term break.

We said goodbye to our Year 11s at the end of the last term who have now officially begun their study leave. Their conduct has been outstanding throughout the exam period and it was clear they had taken their revision and exam preparations seriously.

We are looking forward to seeing them dressed up in their formal wear and welcoming them to their Prom on 27th June.

The interview process will be beginning to appoint our new Student Leaders on 20th June and I am looking forward to hearing the student views on how we can further improve the school. I would just like to personally thank this years Head Students Alex Rowley and Evie Wigley for working with the student council on the Student School Development Plan for the next academic year, which I will share with you in due course.

As we begin to approach the final weeks of a very productive and busy term, it is important that our standards with regards to learning, uniform and conduct remain consistent to ensure a strong end to the academic year for our students.

Thank you for your continued support.

Mrs Adams  
Acting Headteacher

At Eastern High, we are committed to working in partnership with families to support every students' learning journey. As we begin planning for the next academic year, we would like to hear your views on how we can best structure our parent and teacher meetings.

We recognise that families have different schedules, responsibilities, and availability. By gathering your preferences, we aim to create a calendar that allows every parent or carer the best opportunity to meet with their child's teachers at key points in the year.

Please take a moment to complete the short, anonymous survey linked below. Your feedback will help us shape a more accessible and supportive system for all families. The results will be shared at the beginning of the academic year, giving you plenty of time to plan ahead.

[Parent Teacher Meeting Survey](#)

Url: <https://forms.gle/Ga73rH4Vps5inasu5>

Deadline to complete: 20th June 2025



# Digging Into History

Clad in helmets and headlamps, our Year 7 pupils took a step back in time as they descended into the depths of The Big Pit National Coal Museum. Guided by staff and underground experts, they explored the tunnels of the former working mine and discovered what life was like for miners in Wales during the industrial era.



The visit offered a hands-on insight into the harsh conditions miners faced, the essential role of pit ponies, and the everyday routines of workers underground. Pupils also toured the washing facilities and learned about the experiences of children who once worked in the mines.

Many pupils faced their fears of the dark and tight spaces, showing real bravery underground. They returned with new knowledge, thoughtful reflections, and plenty of stories to share about life as a young miner in Wales.

## Did You Know?

Big Pit was a working coal mine from 1880 to 1980, and it was opened to the public in 1983 as a museum.



# Recipe for Success

In April, our talented Year 10 Hospitality and Catering pupils put their skills to the test by planning, preparing, and serving a three-course meal from scratch. They converted Eastern High into a fully working restaurant for the evening, welcoming 15 guests from the Rotary Club and local community.

As well as cooking, pupils created mocktails, welcomed and hosted the guests, served food, and undertook a range of roles found in the hospitality and catering industry. They worked hard all day in warm conditions and showed fantastic teamwork, confidence, and professionalism throughout.

The standard of food was excellent, with flavour, creativity, and presentation all shining through. The atmosphere was brilliant, and the pupils received great feedback from their guests, who were impressed by both the food and the service.

We are really proud of everyone who took part. Their effort, enthusiasm, and commitment made the event a huge success and a brilliant experience for everyone involved.



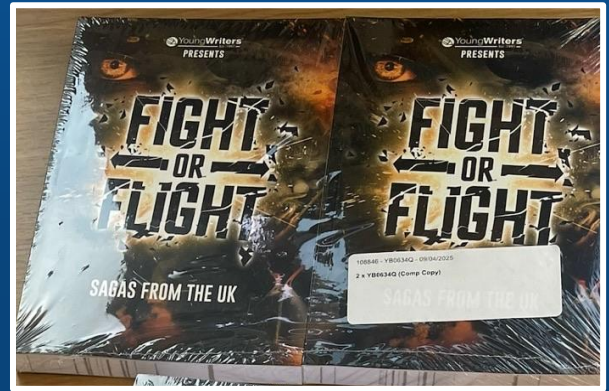
# Dark Stories, Bright Talent

Our talented students recently took on the Grim Tales challenge as part of the national Young Writers competition. Each pupil created a unique short story with a dark or unexpected twist on a classic fairy tale. All entries have now been submitted, and we are currently in the process of securing publication for selected pieces.

We are also pleased to confirm that permission has been granted for our student authors whose work was chosen for the Fight or Flight competition. Their stories have now been published, and we are incredibly proud of their creativity, commitment, and growing success through the Young Writers programme.

Here are a selection of their published work, and we look forward to sharing more updates soon as our Grim Tales authors are announced.

Congratulations to everyone who took part, and thank you for representing Eastern with such imagination and flair.



**THE FUN CAMPING TRIP, WE THOUGHT**

After a long trip there we burst open the cabin door with excitement. I couldn't believe how warm and cosy this place was, with the sound of sizzling logs in the fire. We all chose our bedrooms, and then settled down to watch a movie, when all of a sudden, we heard a bang at the door. We went to look, shaking with fear. It was a black figure with a knife. Our options were to try to escape out the back or confront it. But after debating, we came to a decision to go, but all I heard was... Bang!

**Chloe Potter (12)**  
Eastern High School, Rumney

**FLIGHT TOWARDS FREEDOM**

With the sirens surrounding me, I, in shock of course, stood in the middle of it all, knowing that the blood was on my hands this time. I had perhaps thirty seconds to decide whether to follow my father's footsteps and rot between cell walls for the rest of my life, or run free while I still could. With the sound of footsteps closing in on me, I chose to screw everything I'd ever worked for and take my chances. Now sprinting into the new chapter of my life, completely unaware this decision might haunt me until death.

**Amanda Franek (14)**  
Eastern High School, Rumney

**DEAR DIARY**

Dear Diary,  
What's the worst thing that could happen? Today was the most brutal day of my life.  
5th December 2008.  
I stepped on a bomb that'd been planted. I had a mild brain injury and had to get my foot amputated. My uncle was the only one there for me. He's my best mate. His name's Adrian Carew. I flew onto the top of the big vehicle.  
Yours sincerely,  
Sgt Darren Carew.  
I work as a coach in rugby for special kids and I'm also in the Paralympics for the para-athletics.

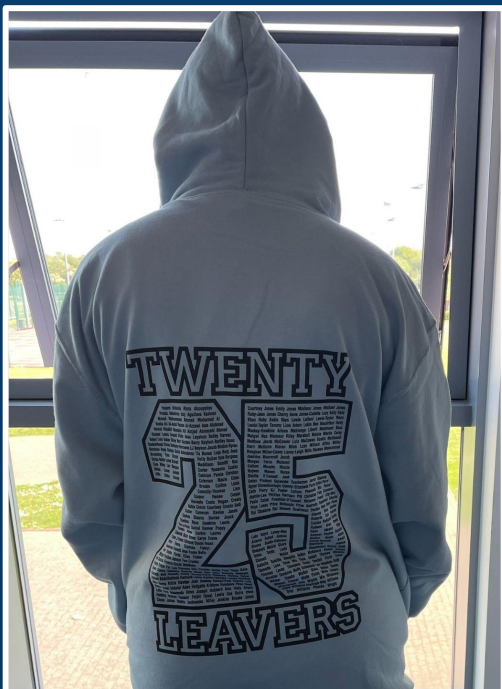
**Hope Reed-Carew (12)**  
Eastern High School, Rumney

**FIGHT OR FLIGHT?**

As the fire raged, I heard a scream. It was my sister's. "No!" I shouted, running back into the burning building. I ran, ignoring the fire around me and the sweat dribbling down my back. As I rounded the corner, I saw her trapped in a ring of flames. I tried to reach her but the fire was too big and I could see the walls beginning to crumble. I had seconds to decide. Should I run, or save her? It all came down to this: fight the fire to save her or flee to save my own, useless, worthless self.

**Kristen Foy (12)**  
Eastern High School, Rumney

## Class of 2025



Our Year 11 leavers' hoodies have arrived and look fantastic. They are a brilliant way to mark the end of the school year and celebrate the journey our pupils have taken during their time at Eastern.

We would like to wish all our Year 11 students the very best of luck in their upcoming exams. We are also looking forward to celebrating together at the Year 11 Prom.

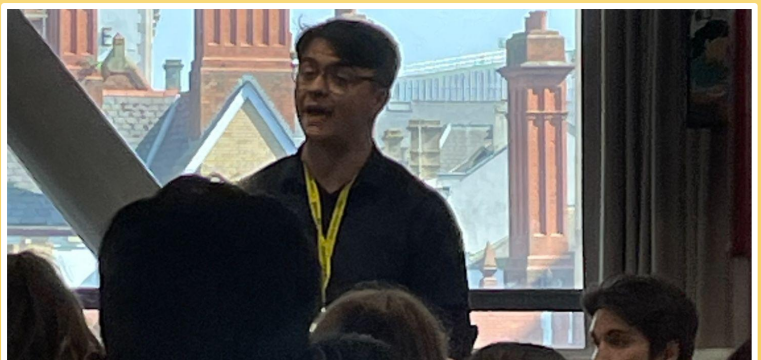
# Speaking Up at the Stadium

On 3 April, our Year 7 and 8 Debate Mate team took part in the Debate Mate Cup Final, held at the Principality Stadium. Over the course of the day, pupils competed in three rounds, debating motions on topics such as independent energy sufficiency, presidential use of social media, and pay disparities between athletes and public sector workers.

Although Team Eastern didn't make it through to the grand final, they secured two wins, built new friendships with pupils from across Cardiff, and gained valuable experience. Their commitment, confidence, and teamwork earned praise from Debate Mate staff and volunteers, and we are incredibly proud of the way they represented the school.

A huge thank you goes to our Debate Mate mentor, Joseph, for his support and encouragement throughout the programme. Congratulations also to Mr Major, our English teacher and Debate Mate lead, who took part in the show debate. This was a brilliant chance for pupils to see their teacher modelling the same skills they have worked hard to develop and they were thrilled to cheer him on.

Well done to everyone involved.



## Did You Know?

Studies have shown that students who take part in structured debates develop stronger analytical reasoning, public speaking, and active listening skills, which benefit them across all subjects.

# Pitch Perfect

Our Year 10 GCSE PE students have shown great enthusiasm this term as they completed their practical moderation assessments. A wide range of sports were showcased, including badminton, netball, rugby, baseball, football, table tennis, and cross country running.

It has been fantastic to see such variety, commitment, and energy and we would like to congratulate all students for their dedication, the effort they put into their performances, and the extensive preparation they have undertaken.

In regular PE lessons, pupils had the opportunity to develop their skills in javelin. What began with a few nervous throws and plenty of laughter soon turned into competitive sessions as confidence and technique improved.

While the school netball season has now come to an end, the baseball season has just begun. The team played their first match of the season against St Teilo's on 21 May, marking the start of another exciting run of fixtures.

## Year 9 Football Team Reach Cup Final



Despite showing excellent teamwork and determination, our Year 9 football team were narrowly defeated in the cup final on 8 May against a strong Stanwell side. Although the result didn't go their way, the players can be proud of a fantastic season and the significant achievement of reaching the final.

Special recognition goes to Oscar, who was named Player of the Match for his outstanding performance in goal.

Well done to the whole team for their effort, resilience, and commitment throughout the season.

## Here to Help: Safeguarding Support at Eastern

At Eastern High, the wellbeing of our pupils is always a priority. If parents, carers, or pupils have any safeguarding concerns, they can speak with our Safeguarding Officer, Charly Flynn-Giles, or our Family Liaison Officer, Erin Gough.

Both members of staff can offer advice, signpost to further support, and draw on their excellent local knowledge of services available to young people and families.

Erin also runs our Pantry service, which offers food support for pupils and their families. The Pantry is open every Friday from 9.00 to 9.30am at the front of the school building.

You can reach Charly or Erin via the email addresses listed below for any support or guidance

[cflynn-giles@easternhigh.org.uk](mailto:cflynn-giles@easternhigh.org.uk)  
[egough@easternhigh.org.uk](mailto:egough@easternhigh.org.uk)

### Cardiff Family Advice and Support



**03000 133 133**

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



**0800 0684141**

Open 9:00 am - midnight



**0800 1111**

Always open

# Key Dates for Your Diary

## Year 11 Welsh and Health and Social Care Exams

2nd June

Welsh AM

Health and Social PM

## Year 11 Digital Technology Exam

3rd June

AM Exam

## Year 10 & 11 Numeracy Exam

4th June

AM Exam

## Year 11 History and French Exam

5th June

History AM

French PM

## Year 11 English Language and Geography Exam

6th June

English AM

Geography PM

## Year 10 and 11 Biology Exam

9th June

AM Exam

## Year 11 History Exam

10th June

PM Exam

## Year 11 Maths Exam

11th June

AM Exam

## Year 11 Hospitality & Catering Exam

12th June

PM Exam

## Year 10 and 11 Chemistry Exam

13th June

AM Exam

## Year 10 and 11 Physics Exam

16th June

AM Exam

## Year 11 Maths Exam

17th June

AM Exam

## Year 11 DT Exam

18th June

AM Exam

## Sports Day / Year 11 Prom

27th June

## Year 6 Induction Week

30th June to 3rd July

## Inset Day - school closed to pupils

4th July

## Inset Day - school closed to pupils

7th July

## Progress Leader Pupil Awards Evening

9th July

## Summer Show

15th & 16th July

## Whole School Trip Day

17th July

## Last Day of Term

18th July

## Results Day Yr10/11

Thursday 21st August

Yr 11: 9:30 - 10:00

Yr 10: 10:00 - 10:30