



# The Eastern Link

## Looking Back, Moving Forward

As we come to the end of another busy and successful school year, we want to say a huge well done to our pupils and school community for making it a memorable one. From exciting trips and cultural celebrations, to sporting achievements, creative performances, and acts of kindness, this year's newsletters have been full of the stories that reflect the spirit of Eastern High.

Each article has showcased the pupils experiences of wonder school life, beyond the classroom. These opportunities have built confidence, character and a sense of belonging. Whether it has been pupils representing the school on the stage, in competitions, or through acts of leadership, their accomplishments continue to make us proud.

As we head into the summer break, we wish all our pupils, families, and staff a restful and safe holiday. Take time to relax, recharge, and enjoy the holidays before we return refreshed in September.

For your information, here are some key dates for your diary.

### August

**Results Day Yrs10&11**

Thursday 21st August

Yr 11: 9:30am - 10:00am

Yr 10: 10:00am - 10:30am

### September

**Inset Day**

Monday 1st September

School closed to pupils

**Year 7 Induction Day**

Tuesday 2nd September

Yr 7 Only

**Start of Term - all pupils return**

Wednesday 3rd September

**School Photos**

Thursday 18th September

**Year 10 and Year 11 Parents Evening**

Thursday 18th September

3:30pm - 7:00pm (last entry

6:30pm)

### October

**Open Evening**

Thursday 9th October

4pm - 7:00pm

**Inset Day**

Friday 10th October

School closed to pupils

**Year 7 Meet the Tutor**

Thursday 16th October

3:30pm - 7:00pm



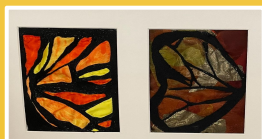
## Artists in Action

Our GCSE Art and Textiles pupils have been working hard over the past two terms on their final coursework and exam piece. The results are outstanding.

Their work reflects not only their creativity and technical skills but also a huge amount of effort and personal expression.

Here is a small selection of their incredible work. We are so proud of what they have achieved.

Congratulations to all our young artists and designers!



# Royal Showcases for Safeguarding Success



On Tuesday 1st July, Eastern High was represented by Mr Roberts at a round table event in Sheffield hosted by HRH Prince William, linked to Upstream's safeguarding initiative. The event brought together schools and organisations from across the UK to share best practices in protecting and supporting young people.

Eastern High was invited to share its experience in implementing the Upstream provision, an innovative approach to early intervention and safeguarding. At the heart of this success is Erin, our Family Liaison Officer, whose work has been instrumental in embedding the programme into our school community. From building trusted relationships with families to coordinating support networks, Erin's commitment has made a tangible difference in the lives of many students and their families.

A key focus of the Upstream provision at Eastern High is supporting families through early mediation and tailored interventions. By working closely with parents and carers, the school helps to resolve challenges before they escalate, ensuring that students remain safe, engaged, and well-supported both at home and in school.

The round table provided a valuable opportunity to highlight the impact of Erin's work and the wider efforts of the Eastern High team.



# Hay Festival 2025

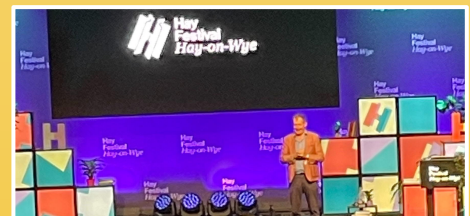
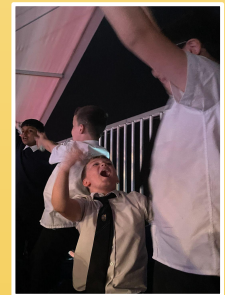


On 23rd June, a group of Year 7, 8, and 9 pupils, selected from our most committed readers, had the opportunity to attend our annual visit to the Hay Festival.

During the day, pupils had the opportunity to listen to Alastair Campbell speak about his career, and were particularly inspired by his message on the importance of using one's voice to create positive change. The enthusiasm and engagement shown by our students was lovely to witness.

In addition to the talks, pupils enjoyed browsing a wide range of books, taking part in signings, and collecting an impressive selection of festival badges.

It was another successful and enriching visit to the Hay Festival—an experience that continues to encourage and develop a love of literature in our students.



## Grim Tales

Following their hard work on their own twist on classic fairy tales, writing their very own Grim Tales, 30 of our pupils have been selected for publication from the Young Writers Grim Tales competition.

The book is due to be published in August, and we cannot wait to receive our school copy.

Congratulations to all of our authors.



## Cooking with a Catch

This term, our Year 10 Hospitality and Catering students had the opportunity to work with the Head Chef at the Park Gate Hotel.

Chef Rob delivered an engaging masterclass, demonstrating a range of advanced culinary techniques. From expertly filleting and cooking fish to butchering and sectioning chicken, and enhancing dishes with herbs and seasoning. The session was full of professional insight and a hands on practical experience.

Students were able to sample the freshly prepared fish dishes, gaining a taste for high-end cookery.

We're incredibly grateful to Chef Rob for sharing his time and expertise.



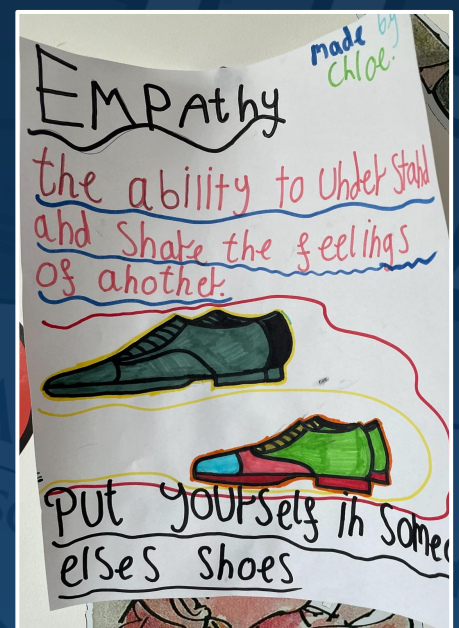
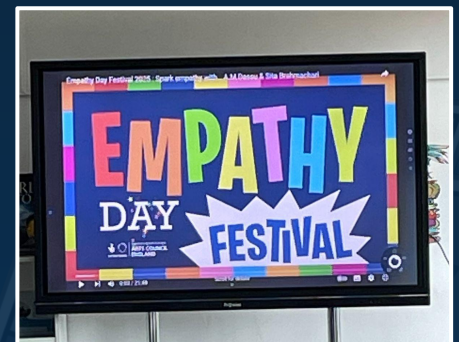
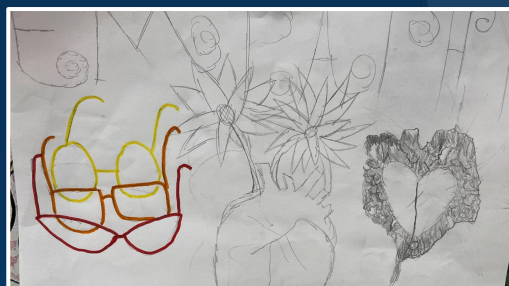
## Think, Feel, Understand

From Monday 2nd June to Wednesday 12th June, Eastern High was proud to participate in the Empathy Festival—a powerful initiative designed to help students explore and embrace the importance of empathy in their everyday lives.

Throughout the festival, students took part in a range of activities aimed at deepening their understanding of what it means to see the world through someone else's eyes.

Each lunchtime, we were honoured to host talks from inspiring authors and festival organisers, who shared personal stories and thought-provoking insights. Students engaged with empathy-themed stories, made personal pledges, and created artwork that visually expressed what empathy means to them.

This enriching experience not only promoted emotional awareness and kindness but also helped to strengthen the sense of community across the school.



# Sports Day – Spirit and Teamwork

A huge congratulations to Ty Melyn, who were crowned winners of this year's Sports Day! It was a fantastic effort from all Houses, with pupils giving it their all despite the warm weather.



Mr Sale, Progress Leader for Ty Melyn, was delighted with the win.

Students across the school showed outstanding teamwork, resilience and House pride. Some even went the extra mile by preparing Sports Day presentations and designing custom-made House sunglasses, proudly modelled here by our Acting Headteacher, Ms Adams.

We're always proud of the sense of belonging, enthusiasm, and friendly competition this day brings. Well done to everyone who took part and made it such a memorable event.



## Champions Among Us

We're thrilled to celebrate the fantastic achievements of two of our pupils in their sporting activities outside of school.

Allana played a key role in her team's incredible victory, winning the U14 Welsh Schools FA Cup with a 1-0 win against Swansea.

Meanwhile, Lexi and her team, The Cherubs, are now officially the U14 Welsh National Netball Club Champions. A huge congratulations to both girls, your commitment, talent, and hard work make us incredibly proud.

Our Year 7 rugby team were the embodiment of teamwork, securing a brilliant 12-4 victory against Llanishen. Impressively, many of the players only picked up a rugby ball for the first time this season, making this result even more remarkable.



## How Did We Get Here?

We used to walk the earth so light  
Barefoot on grass, heart in flight  
The sky was wide, the air was clear  
We never thought that change was near

But somehow, here we are today  
With smoke and fire in the air  
The ocean rising, and the sky turning grey  
How did we get here, unaware?

We took and took, without a thought

There's still time I think  
To turn this ship around  
To plant the seeds of something new  
A world where hope can be found

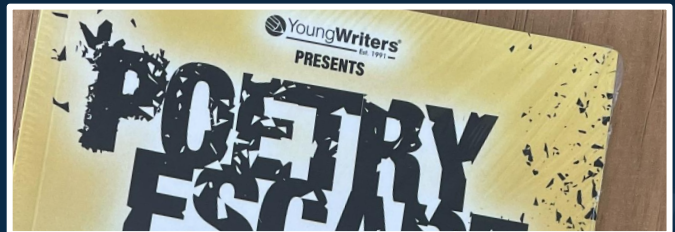
But first we have to stop and ask  
How do we get here?  
And then decide  
How do we get back?

## Pages of Pride

Years 7, 8, and 9, students entered the Young Writers Poetry Competition, and we are proud to announce that we now have published poets at Eastern High.

The students have received their personal copies of the published anthology - congratulations to them all!

A huge well done to all of our young poets—we're so proud of your creativity and commitment. Two copies of the book are available in our school library for everyone to enjoy.



## Another Chapter of Success

Our students have continued their impressive work with the Young Writers competitions, achieving a second publication this term with the Empowered: Poetry collection.

It is fantastic to see the growing enthusiasm our students have for the written word. Congratulations to all of our soon-to-be published poets—we are proud of your hard work and look forward to receiving our school copy in the library.

16th June 2025

Dear Miss Myles,

Thank you so much for entering your students' poems into *Empowered*. We loved reading every single entry we received and we have some really exciting works for you...

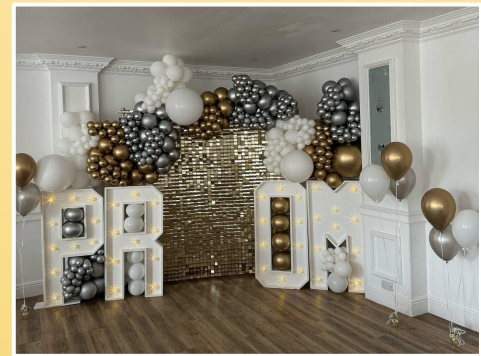
We are delighted to let you know that we've chosen all of the work you entered for publication in *Empowered - A Poetic Canvas*, which is amazing! You'll find enclosed a bookmark and certificate for your students to celebrate their achievement in your lesson or assembly.

Having all your students' work chosen is something to be proud of, it doesn't happen every day! We were impressed with their writing and it's clear that you've really inspired & engaged them with poetry.

# Year 11 Prom



Our Year 11 Prom was held at St Mellons Hotel. The impressive venue provided the perfect setting for what was a memorable evening. The beautifully decorated venue created an amazing atmosphere for our students to celebrate the end of their school journey.



Over 160 of our Year 11 pupils attended, arriving in spectacular fashion with entrances ranging from Lamborghinis and Ferraris, to party buses, limousines, sports cars, and even a truck! One of the most talked-about arrivals came from our Head Student, Alex who made a dramatic entrance by jumping out of a car boot dressed as an inflatable shark.



The evening was filled with laughter and joy, featuring student awards, a photo booth, a delicious buffet and plenty of dancing. It was a wonderful way to mark the end of an important chapter in their lives.

Congratulations to all our award winners, and a huge thank you to everyone who made the night such a success.



# Celebrating Culture

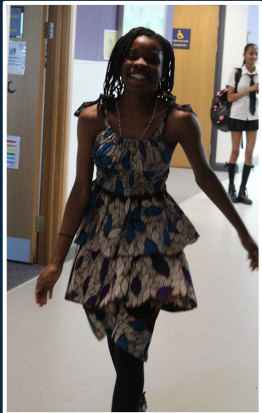
We were proud to host a vibrant and joyful Culture Day at Eastern High, celebrating the rich diversity that makes up our school community. Organised and led by our EAL teacher, Ms Andrews, the day brought together students and staff to explore and share the traditions, food and stories of cultures from around the world.

Throughout the day, students took part in a wide range of engaging activities including braiding workshops, belly dancing classes, henna tattoo art, traditional board games, singing, musical performances and storytelling sessions. The highlight of the day was a spectacular fashion show, where pupils proudly showcased traditional dress from their heritage.

In addition to the performances and activities, students shared delicacies from their cultures, giving everyone a chance to experience new flavours and learn about different food traditions.

Students showed a genuine interest in each other's backgrounds, traditions, and stories, helping to build understanding and appreciation across our school.

A huge thank you to Ms Andrews and all those who took part and helped make the day so special.





## Rocking the Stage

This year's school production brought the house down with an electrifying performance of "We Will Rock You", reimagined with a bold post-apocalyptic twist. Set in a future world where music is forbidden, a rebellious band of students reignite the spirit of rock 'n' roll and discover the power of friendship, courage, and self-expression through song.

Our talented students have spent months rehearsing, and their passion and dedication shone throughout the performance. From powerful vocals and high-energy dance routines, to dramatic fight scenes and unforgettable Queen covers, the show had it all.

Performed across two evening shows and a special matinee for local primary schools, the production was a huge success. Students showcased exceptional talent with their singing, dancing, and acting.

The performance was led by the Performing Arts Department: Ms Pawsey, Ms Edwards and Mr McKechnie, supported by the technical brilliance delivered by our student-led lighting and stage crew.

Parents, carers and staff beamed with pride, and rightly so. It was a celebration of teamwork, and talent at its finest.



## Support Available



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

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



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



**116 123**  
Always Open