



# The Eastern Link

Dec 2025



## Dear Parents/Carers

As we reach the end of this term, I want to take a moment to celebrate the hard work, achievements, and perseverance shown by our pupils. They have shown tremendous effort and resilience, whether through academic progress, creative projects, sporting success, or contributions to school life. It has been wonderful to see their confidence grow and their enthusiasm for learning.

Your continued support—through attending events, encouraging learning beyond the classroom, and collaborating with us—remains vital to helping every child thrive. It's this teamwork between home and school that helps every child succeed.

We look forward to building on this success in the new term and wish you and your families a restful and Merry Christmas.

Yours sincerely

**Mrs Adams**  
Acting Headteacher

## Year 11 Leavers' Awards Evening

On 27th November, our school community gathered to celebrate the achievements of our 2025 Year 11 Leavers at their Award Ceremony.

The evening was hosted by Mr M. Roberts, with awards presented by Chair of Governors, Mr G. Plant, and Acting Headteacher, Mrs K. Adams. Pupils proudly collected their GCSE certificates and received Subject Awards, recognising the commitment and success they have shown throughout their time at Eastern High.

Parents, pupils, and staff filled the hall, creating a warm and supportive atmosphere. Smiles, applause, and a few happy tears made the event truly memorable. It was a wonderful opportunity to celebrate the achievements of our leavers and reflect on their journey through school.

We are incredibly proud of all our Year 11 pupils and wish them every success as they move forward into the next exciting chapter of their lives.

More photos from the evening are available on our school website.



# Animal Encounters



This term, A&S Animal Encounters returned to Eastern High, giving Yr7 pupils the unique opportunity to come face to face with a range of fascinating animals that are currently endangered in the wild.

The visit linked directly to work in English and Geography, where pupils have been exploring the themes of Survival and Climate Change. Seeing these animals up close helped bring classroom learning to life in a powerful and memorable way.

Pupils learned about the real world challenges these species face, such as habitat loss and rising global temperatures, and were encouraged to think about the part we all play in protecting the environment.

It was a hands on experience that not only captured pupils' curiosity but also deepened their understanding of some of the most important issues facing our planet today.



## Geography Hits the Beach

Our Year 11 Geographers took their learning outside the classroom with a fieldwork visit to Porthkerry Beach. Pupils had the chance to put their knowledge into action by carrying out 'Transect Studies' and exploring how physical geography can be seen and measured in real environments.

The trip gave pupils a valuable opportunity to see first hand how the concepts they learn about in lessons apply to the world around them.

Working directly with the landscape helped deepen their understanding and showed just how important fieldwork is in bringing geography to life.



# Skills, Interviews, and Aspirations



Back in October, our Year 11 pupils took part in a fantastic Careers Day, where they had the chance to engage with a wide range of employers and learn more about different industries and career paths.

The event was a great opportunity for pupils to explore the skills and qualifications they might need for the future, while also building confidence through a structured mock interview process.

It was a valuable and encouraging experience that helped pupils start thinking about their next steps and all the exciting possibilities ahead.



## European Day of Languages 2025

In September, Eastern High celebrated European Day of Languages 2025 with a vibrant and creative day led by our enthusiastic Year 7 pupils.

This year's theme "Languages Open Hearts and Minds" inspired a range of activities that explored how language learning connects cultures and broadens perspectives.



Pupils got involved in creating posters, presentations, and interactive tasks, all celebrating the rich diversity of languages spoken across Europe and beyond.

The energy and positivity throughout the day reflected just how engaged our Year 7s are with language learning.

It was a great reminder that languages go far beyond the classroom they help us connect, understand, and appreciate the world around us.

# Employer Encounters: Real -World Learning for KS4

## Catering Masterclass

This term, pupils had the chance to work with a five star chef, who brought in a range of fresh fish and delivered a masterclass in professional filleting techniques

The session gave pupils a glimpse into the wider world of hospitality, with small groups taking part in cooking the fish, tasting fresh herbs and vegetables, and learning how to plate dishes to a five star standard.

As well as supporting key revision topics for the GCSE Hospitality and Catering course, the experience gave pupils a real insight into the skills, creativity, and standards expected in the industry.



## Architectural Design Challenge

This term, our Year 11 pupils were visited by the architects involved in designing and building Eastern High. The team gave a fascinating presentation about the development of the school, while also highlighting the wide range of creative and practical careers in construction and design, along with potential work experience opportunities.

Pupils then took on a design challenge to create a proposed extension to the school that met a set of specific criteria.

They presented their ideas to both the architects and their classmates, receiving valuable feedback and insight into how real design processes work.

The session gave pupils a genuine taste of what it's like to work in the design industry, encouraging them to think creatively, problem-solve, and consider how their own skills might translate into future careers.



## Future Chef

In October, five of our talented Year 10 pupils took part in the Eastern heat of this year's Future Chef cookery competition.

Lacey Smale, Trey Cornwall, Noah Dutton-Henry, Shealtiel Malgwi, and Jayden-Lee White all impressed with beautifully presented, flavour packed dishes. The standard was incredibly high, giving the judges a real challenge in selecting the finalists.

We're pleased to share that Noah Dutton-Henry and Jayden-Lee White will go on to represent Eastern High in the Cardiff finals this December.

Well done to all five pupils for their creativity and skill, and best of luck to Noah and Jayden-Lee in the next stage of the competition.



# Creative Showcase: Art & Design

Pupils have been busy showcasing their creativity through a wide range of imaginative and skilfully produced work in Art and Design. We're pleased to share a selection of these pieces in this newsletter, offering a glimpse into the originality, effort, and thought behind each one.

It's a great reminder of the creativity and talent flourishing across our school community.

## Year 9



## GCSE ART



Diana Cristescu Year 11

Lana Murdie Year 11

Austin Herbert Year 11



Charlotte Bear Year 11

Lucas Leonard Year 11

Gurneet Arura Year 11

Nathanael Ojerinde Year 11



Chloe Roomus Year 10

Victoria Olatunbosun Year 10

Sammie Rowley Year 10

Sienna Carvalho Year 11

# News from the Performing Arts Department

Shout out to Michael Sartin who has recently operated lights for a local theatre company 'Revival Theatre Cymru' during their run of Little Shop of Horrors, which we hear was a big success!

Olivia Pugsley is one of 12 talented young people to gain a Level 3 bursary (through Rubicon Dance) with other dancers from Wales, Manchester, Cumbria, Leeds, Yorkshire, Newcastle and North Lincolnshire. She will follow a bespoke program and take part in training, workshops and theatre trips.

## Classroom Success

In Drama Lessons this year our Year 7's have been learning essential drama and social skills including their use of Facial Expressions, Voice, and Body Language. In their first assessment of the year they truly wowed us with their 'Willy Wonka and the Chocolate Factory' performances.

Year 8 pupils have been working on movie making looking at 'Guardians of the Galaxy Volume 2'. Pupils took on various production roles including Directing, Acting, Sound Engineering, Light Operating, Line Prompting, Camera Operating, and Scene/Take recording.

Year 9 pupils have been looking at Theatre and Politics' with 'The Radicalisation of Bradley Manning'.

Year 10 performing arts students devised a great Pantomime performance for their first assessment, with Evie Pierce leading the formulation of ideas and writing. While Year 10 drama pupils have begun devising their own theatre pieces based off stimuli for their Unit 1 assessments.



## Commonwealth Theatre: Demand the Impossible



Our Year 11 GCSE Drama group experienced a fully immersive theatrical experience by the Commonwealth Theatre Company (which is a local theatre company) called Demand the Impossible.

The performance was about very real topics, including the BLM cause, here in Cardiff and the central role was performed by Bianca Ali herself who has been a prevalent voice of the Black community in Cardiff.

Our students are very much looking forward to participating in a workshop by the Commonwealth Theatre as an extension of the performance they watched and to further inspire their own performances. This will hopefully initiate a firm and ongoing collaboration between Eastern High and the Commonwealth Theatre Company.



**Welcome to  
the  
Department**

Welcome to our 3 new tutors in drums, voice and guitar. They will work exclusively with Year 10 and 11 in the first instance, but will roll out more lessons to younger students in the new year.



# Christmas Production

This year's Christmas Concert, organised by the Performing Arts Department, featured a programme of carols and a combined performance of The Nutcracker and A Christmas Carol. The event was a sell out, showcasing impressive acting and musical talent from our pupils. Thank you to the Performing Arts staff and students for their hard work in delivering a successful and memorable evening.



# Psychology Pathways Presentation



Consultant Clinical Psychologist Dr Kerry-Ann Holder along with Specialist Clinical Psychologist Dr Sarah Rook and their team visited Eastern High in December to discuss education and career pathways relating to psychology.

The students benefited from discussing the myths and reality of working in a clinical psychology field. As well as, exploring pathways to careers and salaries in the field. They also explored clinical specialisms and what working in a health setting looks like, including the desirable skills required for a psychology study/career pathway.

In addition, post-psychology degree routes were discussed, including: Counselling Psychologist, Educational Psychologist, Forensic Psychologist, Health Psychologist, Occupational Psychologist and Sport and Exercise Psychologist.

The pupils enjoyed the presentation and those planning to follow this route felt more confident in doing so after the talk. Thank you to the sociology pupils for displaying impeccable behaviour during the visit, and to Sorana Andriuca and Aisha Bahwish for asking lots of questions.

We look forward to future visits from the Clinical Psychologist team!

## Year 9 Options

In January, Year 9 students will start to consider their GCSE option choices. To launch the process, they will attend an assembly with Mr Johnson, who will explain how the options system works. Following this, pupils and parents are invited to a **Parents' Evening and Options Fayre on Thursday 15th January, 3:30pm –7:00 pm.**

During the evening, families will have the opportunity to:

- Discuss your child's progress with their English, Maths, and Science teachers
- Speak with subject teachers about the courses available.
- Learn what pupils can expect to study over the two years.
- Gain valuable insight into the GCSE subjects on offer, helping pupils make informed decisions.

After the event, pupils will receive access to the Options Booklet and an online link to submit their choices. The submission window will remain open for two weeks, with the deadline set for Friday 30th January.

Please note: after the deadline, pupils who have not submitted their choices may be placed in classes they did not select, as some subjects have limited spaces and will be allocated on a first come, first served basis.

If you have any questions about the options process, please contact the school at [info@easternhigh.org.uk](mailto:info@easternhigh.org.uk).



# Christmas Jumper Day

The Christmas spirit was alive throughout December, with students and staff donning their ugliest sweaters to celebrate the season. Pupils joined in Morning Bingo, competing for selection boxes, and had the chance to lead the hall in Christmas Karaoke to win prizes.

To round off the festivities, Mrs Adams and the Canteen Staff served a delicious Christmas dinner, adding to the enjoyment of the celebrations.



# Royal Navy Workshops



In December, Eastern High welcomed the Royal Navy to deliver workshops for our Year 9 pupils. The sessions focused on the theme of Disasters and Humanitarian Aid, exploring how the Navy provides vital support in the aftermath of natural disasters such as hurricanes.

Pupils gained insight into crisis response and the importance of teamwork when supporting communities in need. Under the guidance of Navy instructors, pupils were put through their paces as they took part in drill exercises and learning how to act quickly and effectively in challenging situations.

The workshops were both energetic and thought-provoking, giving pupils a unique opportunity to experience the discipline and resilience required in humanitarian aid and disaster relief.



## School Processes

Please can we take the opportunity to remind parents of some of the school processes that we have in place in order to safeguard pupils and manage our resources.

- First aid - If your child calls home asking to be collected, as they are feeling unwell please can you encourage them to attend first aid for assessment. Our first aiders will then contact you if they feel that your child needs to be collected.
- Collecting pupils before the end of the day - unfortunately we are unable to release pupils after 2.15pm and before the end of the school day without prior notification of an appointment. If you have not advised the school of an early collection then you will need to wait until the school bell at 3pm.
- Outside sports fixtures & matches at Eastern High - unfortunately for safeguarding reasons we are unable to allow home or away families to spectate at the school
- This is a reminder that physical education is mandatory for schools to deliver until children leave secondary school. Therefore any notes received from pupils asking to be excluded from a PE lesson will result in a follow up phone call from that class teacher. As per our school policy, if the issue persists for more than 2 weeks a doctor's note will be required to support your child's request not to participate in PE lessons.

We thank you for your support.

# Eastern High Sports Celebrating A Term of Achievement

It has been an outstanding term for Eastern High sport, with 51 opportunities for pupils to proudly represent our school across a wide range of competitive events. We are incredibly proud of every pupil who has stepped forward to compete, challenge themselves and demonstrate the values of teamwork, effort and ambition. Their sporting accolades continue to shine a brilliant light on our school community.

## Year 10 Girls' Netball League Finalists



A huge well done to the Year 10 girls' netball team, who have reached their league finals, set to take place after Christmas. With an impressive squad of 18 talented players, their commitment, teamwork and enthusiasm have been fantastic. Congratulations, girls!

## Year 11 Football National stages



Well done to our Year 11 football team, who have progressed to the national stages of the Welsh Cup. They will face tough competition against West Monmouth and Treorchy Comprehensive in the coming weeks. We wish them the best of luck as they continue their strong cup run.

## Eastern Table Tennis

Congratulations to Mason Marshall, Jayden Chichester and Nico Adams, who all remained undefeated until the knockout stages of our Year 11 table tennis competition. In a tense and exciting final, Nico narrowly beat Jayden to take the top spot. Fantastic effort from all players!

## National Golf Success

A huge congratulations to Oscar Mordey, who has been selected to represent Wales U14s in golf. This is an exceptional achievement and reflects the dedication and skill Oscar brings to the sport. We are extremely proud—well done, Oscar!

## British Ju Jitsu Championships



We would like to wish Josh Baker (Year 10) the very best of luck as he competes in the British Ju Jitsu Championships in December. Josh has worked incredibly hard to earn his place, and we are all rooting for him. Good luck, Josh!

## Cardiff Schools Challenger Cup

A massive congratulations to Rio Tobenas, Ben Abbott and Dewi Healan in Year 11 for representing Cardiff Schools in the Challenger Cup Final against Neath. Rio unfortunately missed out on the final due to injury, but we are told he's played an instrumental part in getting the team to the final. Both Ben and Dewi gave an outstanding performance, narrowly missing out on the trophy with a close 22-20 result at Merthyr Rugby Club on Monday. An incredible achievement—well done, all three of you!



## Eastern Cross Country

Our internal cross country competition was a great success, with brilliant participation from pupils across the year groups. Please see below for our podium places. Well done to everyone who took part and pushed themselves on the course!



# Key Dates for Your Diary

## November GCSE Results

8th Jan

Year 10 and Year 11

## Year 9 Parents and Options Evening

15th Jan

3:30pm - 7:00pm

## Seren Academy Oxford Visit

27th Jan

Year 10

## Year 9 Options Deadline

30th Jan

3:00pm

## Year 8 Parents Evening

5th Feb

3:30pm - 7:00pm

## Half Term

16th - 20th Feb

School Closed to Pupils

## Eisteddfod

27th Feb

In school events and trips

## Inset Day

9th Mar

School Closed to Pupils

## HPV Vaccination

12th Mar

## Careers Fayre

18th Mar

Years 8&10

## Year 10 and Year 11 Parents Evening

26th Mar

3:30pm - 7:00pm

## Last Day of Term

27th Mar

# 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