



CARDINAL HEENAN  
CATHOLIC HIGH SCHOOL

# VERITAS

## NEWSLETTER

### A message from the Headteacher

I could not be prouder of our community and the huge amount we have achieved this term. We have recently held our Year 9 and Year 8 options evening, our sporting teams continue to excel, and our extra-curricular activities are incredibly varied and popular. In January our Year 11 students undertook their mock examinations and every Year 11 student has just met with a member of the Senior Leadership Team to discuss their progress and help support them as they prepare for the forthcoming examinations in the summer. School life certainly feels more 'normal'!

However, as we all strive to 'return to normal' the last two years have left enduring, serious issues that we must work together to address. The wellbeing of all our community is vitally important but over the last three years, the likelihood of young people having a mental health problem has increased by 50%. Now, five children in a classroom of 30 are likely to have a mental health problem.

Young people have opened up conversations about wellbeing and mental health, they have helped move society forward, reducing any stigma but there is still more work to do. Last week we celebrated Children's Mental Health Week, it provided an opportunity to ensure that everyone in our community knows that that it is ok to struggle and ask for help, and that there is help. As a school we are acutely aware that it is only when our students and staff are happy, healthy and feel safe that they can excel and realise their dreams and ambitions.

When we return from half term we prepare to observe Lent, we are planning activities to raise funds for CAFOD and SVP. One of the initiatives is CAFOD's Walk Against Hunger campaign. So, keep an eye out and be ready for some walking, jogging, cycling, running, moving to help our community walk (at least!) 200km in support of stamping out hunger!

In the meantime, I hope you have a lovely half term.

God Bless,

**Mr Kelly, Headteacher**



### UPCOMING DATES

**Inset Day (school closed to students): Monday 28 February**

**Options Deadline: Friday 4 March**

**Friends of Cardinal Heenan meeting: Wednesday 9 March at 6pm**

**Year 10 Consultation Evening: Wednesday 16 March**

**Easter Holidays start: Monday 4 April**

## GROWING TOGETHER

The theme of Children's Mental Health Week was 'Growing Together' and exploring the different ways that we can grow and help others to do so.

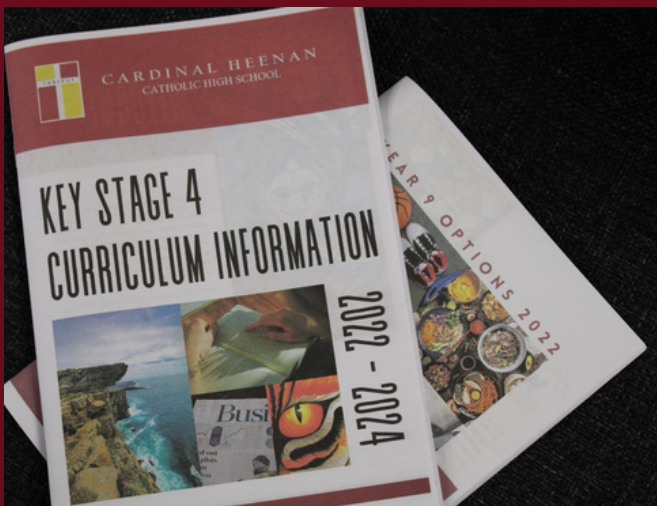
The national charity Place2Be coordinated a wide range of fantastic activities. The week kicked off with a virtual assembly hosted by Emma Willis; she commented during the assembly that "when I think 'failure' I change it to 'growth' because even if we fail, we learn and we move on from that, and growth will happen." The assembly explored what helps us feel really positive and how to try and support that.

The focus of the week was not about specific mental health issues but techniques to reduce anxiety and to support your wellbeing. During tutor time this included mindfulness colouring and talking about how to be kind to each other, which as one of our key principles of behaviour, was interesting to discuss. Several English groups also participated in a virtual session about "books for the brain: reading and young people's mental wellbeing," the session included several authors including David Harewood.

Thank you to everyone who has supported this.



## OPTIONS EVENTS



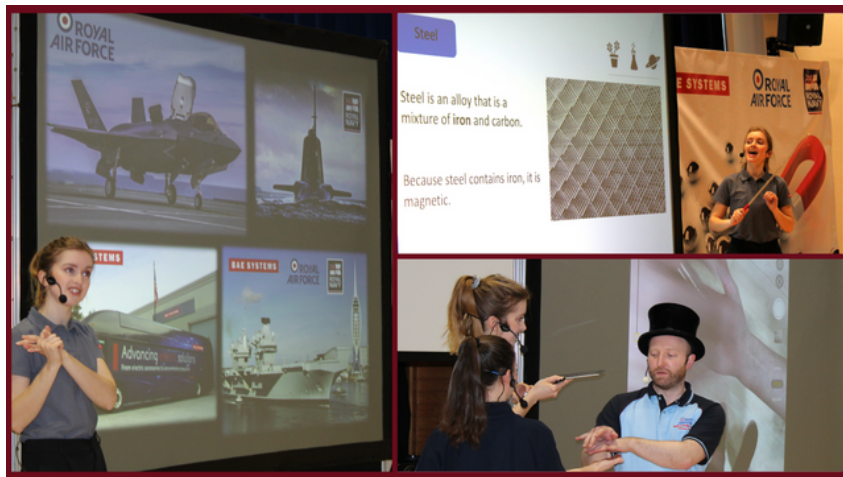
It was wonderful to welcome the families of our Year 8 and 9 students to the respective options evenings in school. During this term students make their GCSE option choices in Year 9 and in Year 8 select subjects that they may want to pursue at GCSE.

All students attended an options fair, during which students in either Year 9 or Year 10 showcased each option with an interesting stand, information about the subject and, most importantly, answered questions about what studying that option was like. As always it provided a fantastic insight for students in a more relaxed format.



All of the subject videos and information booklets are on our website and the deadline to submit your options preference form is Friday 4 March 2022.

## BRINGING SCIENCE TO LIFE



In January the BAE STEM roadshow team presented two fantastic assemblies to our Year 7 and 8 students. With the aim of opening the eyes of young people to the career possibilities of studying science, technology, engineering and mathematics (STEM) subjects the assembly certainly brought the opportunities to life.

The theme of the roadshow was magnetism and a series of magic tricks were completed to showcase the power of magnetism including suspending a man in air! The session really showed how magnets work, how they relate to our life and the work at BAE Systems.

## “TO BE, OR NOT TO BE, THAT IS THE QUESTION”

The English-Speaking Union's Performing Shakespeare Competition is for students in Years 7, 8 and 9. The competition celebrates the joy of the spoken language and all it could achieve.

Eleven students entered the first heat and performed a monologue or duologue from one of Shakespeare's texts. The choice of text was broad and included *A Midsummer Night's Dream*, *Othello*, and *Romeo & Juliet* and the standard of the students' performances was exceptional.

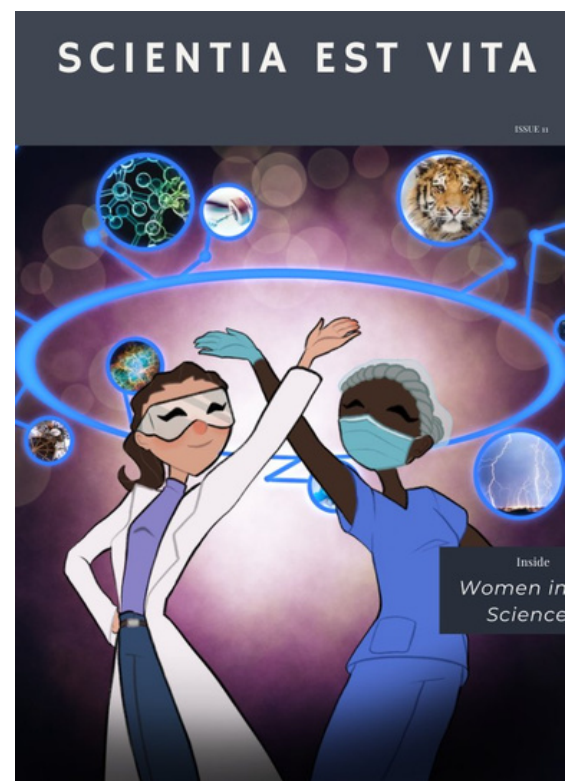
This year we were lucky to have two guest judges: Mr Graham Hamlyn, from the Dramatic Arts department at Notre Dame and Mr Pete Whelan, our former Headteacher.

The overall winner was Tom Conlan of 9AWA who performed a wonderful speech from *Henry V*. We will find out in March how many performers go through to the regional finals which are being held in May.

A huge well done to everyone involved!

## INTERNATIONAL DAY OF WOMEN AND GIRLS IN SCIENCE

International Day of Women and Girls in Science is an opportunity to promote full and equal access to and participation in science for women and girls. To celebrate this and a selection of influential female scientists, the science magazine club produced a special edition. The growing group of students from all year groups have designed, written, produced drawings and edited the issue. The latest edition is on our website, it provides a fascinating insight, and we are looking forward to the next edition already.



## LEEDS APPRENTICESHIP RECRUITMENT FAIR

Apprenticeships are an exciting option - you get hands-on training and also the chance to put your skills into practice whilst being paid. The annual Leeds Apprenticeship Recruitment Fair was held with over 80 employers and apprenticeship providers including PWC, Leeds City Council, IBM, West Yorkshire Police and the Yorkshire Building Society.

Fourteen of our Year 10 and 11 students who are considering the apprenticeship route attended the fair and gained a good understanding of the opportunities available to them. There are around 450 apprenticeship vacancies currently advertised in a huge range of roles from law and finance to construction and publishing. The discussions with potential employers really gave the students the opportunity to understand the possibilities that apprenticeships provide.



## SPORTING CAREERS



In January one of the LLS coaches spoke to a number of our Year 10 and 11 students. LLS are a global leader in sport-specific Post 16 education programmes and students who successfully secure a place on the course will have the opportunity to gain the BTEC Level 3 Extended Diploma in Sport (coaching & fitness). Alongside their study, students access weekly work experience in the local community. The course is a fantastic opportunity for anyone looking at a career in the sports industry and it certainly proved to be of interest to a number of students.

## DEBATING CHALLENGES

Our Year 9 debating team were in action in January having successfully secured a place in the second round of the English Speaking Union's Schools' Mace competition. They were opposing the motion, "This House would prevent MPs from holding any other paid employment". They delivered a compelling argument, and St Peter's School in York proved to be very strong competition. Our team received some useful and positive feedback from the judge. Next term they are participating in a debate with the Speaker of the House of Commons.

A poster for the Breakfast Club. On the right, a young girl in a blue nurse's uniform smiles while holding a stethoscope. The text on the left reads: 'Breakfast Club', 'Join us our breakfast club in the food tech room from 8.15am.', 'Breakfast consists of a bagel and fruit juice.', and 'Did you know, eating a healthy breakfast before starting the school day is linked to improved concentration, better test scores and increased energy.' On the right side, it says 'To reach your dreams, start with Breakfast.' Logos for 'family action' and 'National School Breakfast Programme' are in the top right corner.



## CHAPLAINCY TEAM

During January we celebrated the feast days of our school Saints – St Thomas Aquinas and St John Bosco. Our Year 9 Chaplaincy Team took over the writing of our Daily Prayers that week to learn more about our saints. They also enjoyed putting together the Daily Prayer slides to share with the school the special qualities of St Thomas Aquinas and St John Bosco. St John Bosco loved the circus and enthusing young people in the Gospel – so combined these two loves to share the word of God! St Thomas Aquinas was dedicated to studying and teaching about the truth of the Bible. The Chaplaincy Team also share the enthusiasm and dedication of our saints!

## YORKSHIRE GAMES FESTIVAL

On Wednesday 16 February, a group of 46 Year 7 students attended the Yorkshire Games Festival Schools' Day at the Science and Media Museum. We learnt lots about coding and games design and the day was crammed with fun as students attended a science showdown, a wonderlab live session and had buggy battles that they had coded themselves. We finished the day in the Games Lounge, where students could have a go on retro classics like Pacman and Sonic the Hedgehog!



## LOVE IS IN THE AIR

Valentine's Day provided some fun to the last Monday of this half term. The Duke of Edinburgh students, who are working hard to raise money for DofE equipment, organised a bake sale and sold roses. The demand for roses was huge and they sold out within the first five minutes of lunchtime!

The jazz band also provided some wonderful background music at breaktime and they raised over £90! Well done DofE Team!



## NETBALL

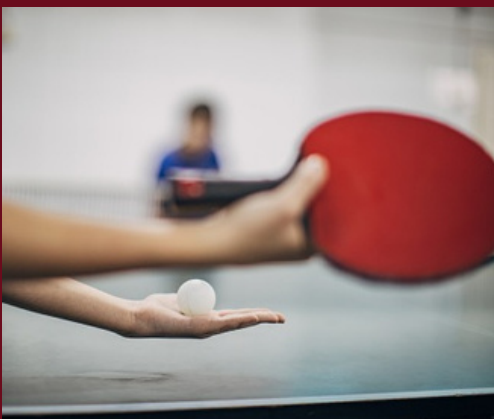
Our U13 netballers recently played a netball tournament at Woodhouse Grove School. The girls played several matches against schools across Leeds and made a marked improvement in each game. Their ability to develop as a team was impressive and they have a strong determination for the rest of the games this season.

## BADMINTON

As we approach the halfway point of the badminton season all the teams are working so hard and performing very well with the real prospect of topping their respective leagues.

Our KS4 boys have made a very promising start with three wins from four games, closely followed by our KS4 girls with a 50% win rate.

## TABLE TENNIS



On 31 March Cardinal Heenan are hosting the Leeds table tennis finals and our Year 9, 10 and 11 teams are battling hard to secure a place.

Our Y9 team performed brilliantly and, following some very close games, came second to a very strong Abbey Grange team. They may still make the finals as we await results from other leagues.

Our Y10 and 11 teams are challenging for the top spot in their respective leagues. After the first event both teams are tied top of the table with one more evening before the finals. Good luck.

## NATIONAL FOOTBALL TALENT CAMP



Congratulations to Issy Stewart who has been selected for the National England Football Talent Camp during half term. The camps are part of the FA Lioness Talent Pathway which identifies and prepares talented young players with the potential to become a senior Lioness.

The residential camps provide players with the opportunity to come together to train and play alongside their peers whilst gaining access to technical and multi-disciplinary team support to help their development.

Issy is absolutely delighted, and we are all very proud of her. Whilst Issy has worked hard as part of the Leeds United Girls Academy her contribution to her school team has been fantastic.

## YORKSHIRE RUGBY UNION

The Yorkshire Rugby Union Developing Player Programme is designed to provide a first opportunity to those players with the greatest potential to enter the pathway towards the professional game and England. George Bolton has been selected to join the under 14 squad and will have the opportunity to attend a series of regular training sessions and gain some match experience. Congratulations on this fantastic achievement and we hope you enjoy the experience.

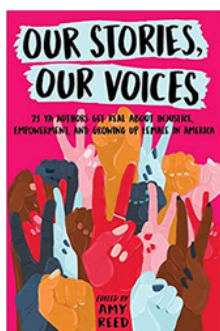
## 'ME AND MY DISABILITY'



We were delighted to welcome Eleanor Redding back to Cardinal Heenan. Eleanor, a former student, spoke to Year 10 on the topic 'Me and My Disability.' Eleanor has recently excelled in her A levels, achieving 3A's and is currently preparing to study Counselling Psychology at Worcester University. Eleanor spoke eloquently about how she wants to challenge attitudes towards people with disabilities. Her open approach throughout the presentation and Q&A's helped our students to understand that it is important to ask questions and to understand other people's situations in order for us to progress and become a truly inclusive society.

Eleanor discussed the importance of equity and highlighted the significance of events such as the Winter Olympics to ensure that everyone has the same opportunity and resources to reach an equal outcome. Eleanor spoke of the breadth of the term disabilities, that they are all different and that they are not a barrier to excelling. Her final message 'treat others as you wish to be treated' is a sentiment we could not agree with more. A huge thank you to Eleanor and her assistant Catherine for coming into Cardinal Heenan.

## BOOK RECOMMENDATION FROM MAKAILAH IN Y7



My favorite book is 'Our Stories, Our Voices.'

I would recommend this book to anyone with an interest in politics, including racism, injustice, empowerment and growing up as a black female.

There are different types of stories in this book, so my favorite is 'Black Women Becoming' by Tracy Deonn Walker.

## FREE ONLINE COURSE TO SUPPORT PARENTS

AIM

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### ADVERSE CHILDHOOD EXPERIENCES

LEVEL 2 | EDUCATION COURSE | LENGTH DEPENDENT ON LEARNER ABILITY

#### ABOUT THE COURSE

Adverse circumstances can have a negative impact on anyone's life, but children and young people are particularly vulnerable. They might face difficult circumstances such as the death or divorce of parents, domestic violence, or natural and intentional disasters. These types of adverse childhood experiences can have an impact on their development and mental health, which may continue into adulthood and affect their life chances. This fully online course will give you the skills to support children and young people affected by adverse childhood experiences. You will gain insight into how to strengthen their resilience and empower them to overcome the challenges they face.

**BENEFITS**

**COURSE UNITS**

• Achieve a nationally recognised Level 2 qualification

• Unit 1 - Exploring childhood and family structure

The Aim group provides a range of Free online Level 2 CACHE/TQUK/NCFE Accredited Courses available to help better understand some key issues around young people's mental health and wellbeing. They include Understanding Autism and Understanding Children and Young People's Mental Health among many others.

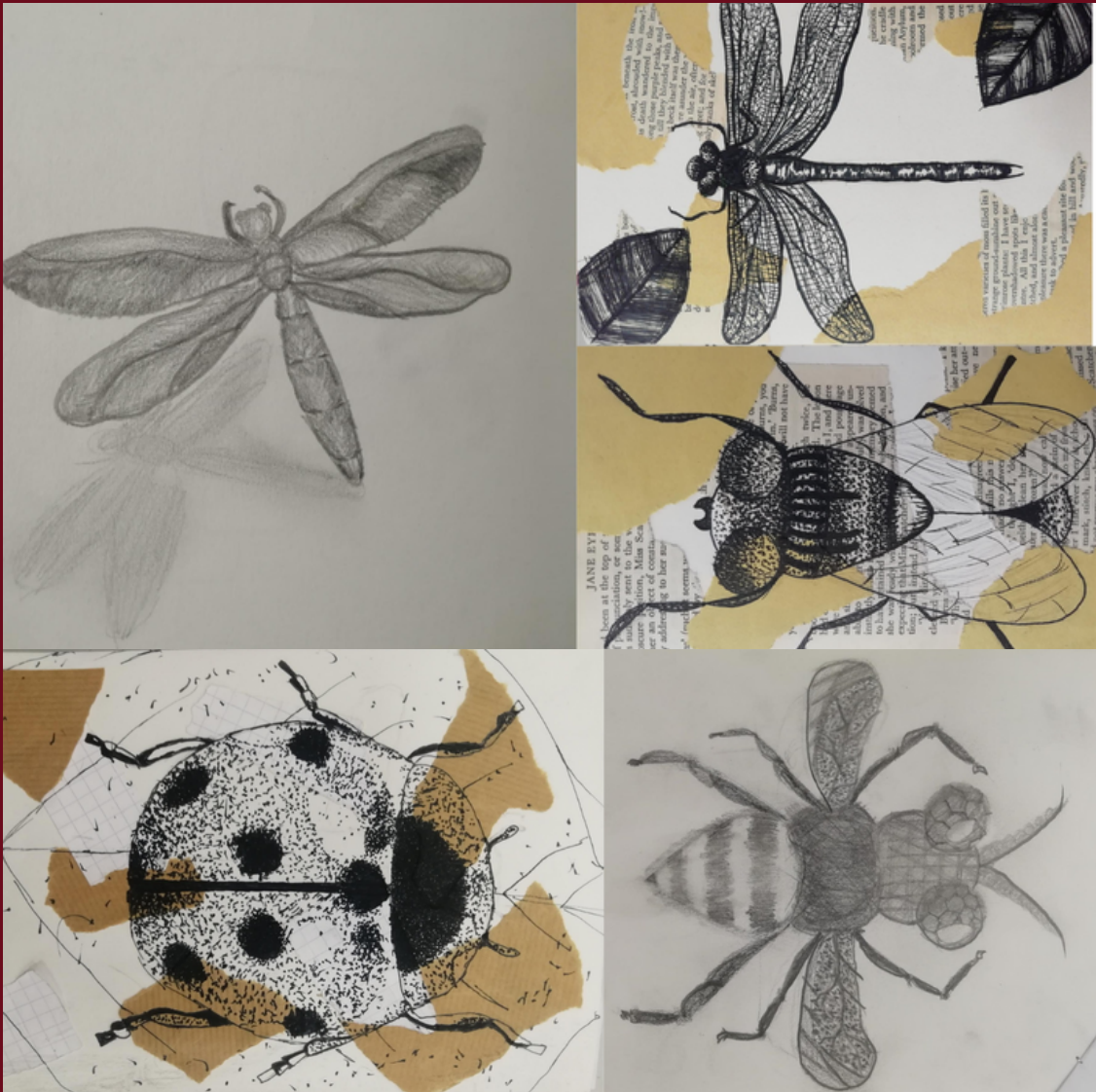
To be eligible you must be:

- Aged 19 or over on or before 31 August 2021
- Have lived in the UK/EU for 3+ years
- Not already on a Government funded course

If you are interested in undertaking one of these Free online courses, then please complete the form at <https://theaimgroup.co.uk/booking-form/0014j00000hBqoa>

## ART GALLERY

Year 8 have been studying insects this half term, working in a range of media from primary sources and making up their own creations as well. We hope you agree that the work is beautiful.



## FRIENDS OF CARDINAL HEENAN

On Wednesday 9 March at 6pm Friends of Cardinal Heenan are meeting to discuss plans for future events and activities to bring our school and local community together. Coffee and cake will be served, and everyone is very welcome.

[www.cardinalheenan.com](http://www.cardinalheenan.com)

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