

A message from the Headteacher

As we approach the end of another successful term at Cardinal Heenan, I would like to recognise the commitment of our incredible staff and students in school every day. The enthusiasm, dedication and hard work that has been on show throughout the school this term has been wonderful to see.

Strengthening our relationship with Jesus Christ lies at the heart of everything we do throughout Lent. During this period, the Church offers three pillars to focus our efforts: prayer, fasting and almsgiving. These practices help us walk closer to Jesus by talking to Him, simplifying our lives and giving generously. This has been clearly on display in school this term, with staff and students throwing themselves into fundraising activities and many different groups of students taking an active role in leading prayers in school.

Our Year 7 students continue to settle into school life and have already made significant contributions to the wider school life. Year 8 and 9 pupils have demonstrated great maturity in their approach to the Options process, as they begin to think about their next steps. Year 10 students are in the process of arranging their work experience and applying for positions on the student leadership team for 24-25. Our Year 11 pupils continue to impress us with their kindness, resilience and commitment to their studies and extra-curricular activities. It was wonderful to see so many of them, along with parents and carers at our recent preparation event. As their GCSEs approach, I would like to reiterate the message I gave to them at Christmas - that results do not define the person that you are - actions and effort demonstrate your character far more. If you work hard and trust the advice that you are given, you will achieve everything that you deserve.

Finally, I would like to thank our parents/carers and wider family networks. We appreciate the ongoing support that you give to the school throughout the year and the sacrifices that you make on a daily basis for your children.

I would like to wish our entire school community a happy and holy Easter.



LENT AT CARDINAL HEENAN

Our students and staff have worked together to raise money for two charities: The Good Shepherd Appeal; the diocesan charity appeal that fundraises for Catholic Care, and CAFOD; the Catholic Agency for Overseas Development. The effort and imagination of students to either arrange events or participate in them has been exceptional. Thank you for your generous donations, which have meant that our Lenten Fundraising activity has raised over £1000.

Lenten Fundraising

The efforts of those organising activities and events must be commended and the support of our community has been second to none. From prizes including chocolate hampers, Amazon vouchers and jars of sweets to the Trick Shot challenge and football and UNO tournaments, the atmosphere in school has been brilliant. The large number of events and activities undertaken is demonstrated by the amount of money we have raised.

Easter Fundraising

Good luck to everyone who is taking part in St John Vianney Parish's Eccup Challenge on Saturday 13 April, to raise money for the Church Restoration Fund. To take part or volunteer please contact parishhalls@gmail.com or complete the sign-up sheet at the back of church. Volunteers are needed to help with marshalling, first aid, catering & baking. Donations can be made online via www.justgiving.com/campaign/SJV-walk24. Good luck also to Mr Moore, who is running the London Marathon on 21 April - look out for a bake sale in April to support his fundraising efforts for Tommy's.



LOURDES FUNDRAISING



On Saturday 24 February Fr Yemane, our priest chaplain, invited our Lourdes team to the Eritrean National Feast Day of Our Lady to sell cakes fundraising for Lourdes. We were very grateful for the opportunity as it allowed some of the students going to Lourdes with the Diocese in the summer to learn about each other and develop the virtues of solidarity and service.

Mr Tunnecliff, trip leader remarked "The students were excellent ambassadors of our school. We are especially grateful to them and their parents for supporting the Lourdes trip. We also thank Fr Yemane and the Eritrean community for their warm welcome."

£260 was raised from this event and will go towards supporting our students on the pilgrimage. The students were accompanied by Mr Easter, Mrs Wolliter, Miss Burns and Mr Tunnecliff.

LEEDS ECO SUMMIT

Seeking inspiration from other schools as to what is possible with regards to the Environment, Climate Change and schools, Mrs Gold jointly organised the Leeds Eco Youth Summit with Leeds DEC which took place on Monday 25 March at Leeds Civic Hall. 12 schools attended, as well as many leading industry experts. The day involved school Eco Councils from across Leeds sharing their successes and asking questions to experts regarding the challenges schools face when trying to think greener.



DRAMA SHOWCASE

Our Drama Club presented their first showcase earlier this week, with performances from a range of shows, plays and novels, ranging from Macbeth to Mamma Mia! Students demonstrated their musical and acting talents and had clearly worked incredibly hard under the excellent guidance of Mrs Phelan. Well done everyone!

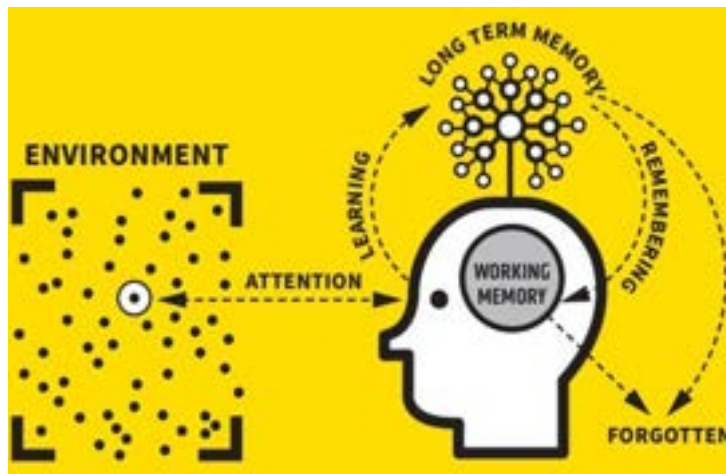


HOW TO REVISE

During the last week of term, Year 11 students and their parents attended our 'How to Revise' evening which included a range of practical information about how best to prepare for their forthcoming examinations. As we approach the summer term there are a number of assessments throughout all year groups and some of the strategies that are regularly discussed with students to develop their long-term memory and support their revision are summarised below.

REMEMBERING

When we learn something new at school we are moving that new information from our working memory to our long-term memory (the learning arrow). We do this through listening carefully and practising. The aim of revision is to retrieve that information from our long-term memory and move it back into the working memory (the remembering arrow) so we can use it in our answers. If we don't complete appropriate revision activities then there is a risk that this information will be forgotten.



WELLBEING DURING EXAMS



Stress can be a great motivator for some, but for others it can become overwhelming. We have used the analogy of the stress bucket with students in school to help explain how this affects us and how we can help ourselves. In this, the bucket is our stress tolerance, and this differs from person to person. The water is all of the different stresses that we experience; in Year 11, this could be school work, revision, exams themselves, decisions about the future etc. In order that our buckets don't overflow, it is wise to ensure that there are 'taps' or strategies to help us to cope. These include having a healthy sleep routine, getting organised early with a revision timetable, building in time for rest and relaxation and building in techniques such as diaphragmatic breathing and grounding.

RETRIEVAL NOT RE-READING

The best strategies to help us remember information are known as **retrieval activities**. Retrieval activities involve us checking our knowledge without looking at any notes. Many of the revision techniques that students prefer (such as re-reading notes and highlighting), require little mental energy. This is why they feel good. Unfortunately, this also means that they are **unlikely to lead to long term memory development**.

There are **lots of different ways to carry out retrieval practice** and it might look different for different subjects. Some retrieval activities include:

- Completing practice assessment questions
- Self-quizzing using the look, cover, say, write, check method
- The Lietner flashcard method

Online tests, available on websites such as Seneca Learning, MyMaths and BBC Bitesize.

NATIONAL CAREERS WEEK

Building on the success of our Green Careers Week in November, all pupils participated in National Careers Week at the start of March.

Lessons in all subjects featured activities showcasing the wide range of career options linked to each subject area. This was

consolidated during tutor time activities where students participated in a virtual careers fair and were encouraged to explore this in more depth at home. They also considered the skills and attributes that employers are looking for and discussed their own unique skills and attributes. They then moved on to thinking about the things that they can do to build the six most valuable skills to employers. They identified opportunities to do this within the curriculum and extra-curricular activities.

We linked Careers week assemblies to our mission statement, looking at how each individual could 'become the person that God calls us to be' by realising our special gifts and talents and using them in working towards a successful career in the future.



Throughout the term, students have had the opportunity to attend various careers events, including events on Medicine and Psychology at Leeds University, a presentation from BAE systems and a visit to Taylor's of Harrogate.



WORCESTER COLLEGE, OXFORD

A group of 25 Year 11 students visited Worcester College, Oxford, to discover more about the city of dreaming spires and explore possible options for future study. They met with the Senior Admissions and Outreach Officer, who talked to them about the wide range of subjects and societies offered at Oxford and about the lifestyle for students in the city. She also offered advice on choosing subjects and preparing for college and university applications.

We were given a tour of the Worcester College campus by a team of student ambassadors, before embarking on a city tour. The day was an excellent opportunity to explore a range of options for post-16 study and inspired many members of the group to consider applying to study at Oxford. The key message of the day was 'enthusiasm' - ensuring that you choose a subject which you are passionate about, celebrating your own unique talents and being proud of your interests.



COMMON GOOD LEADERS

VISITS TO PENNYFIELDS AND BRANDON HOUSE



BREARY MARSH

In February 15 students got the opportunity to visit Breary Marsh, a local nature reserve, to work with ranger David Preston on a range of conservation projects. They took part in dead hedging, constructing a natural boundary fence and carrying out repairs from coppiced wood.

Students were very proud of the work they completed, which will support the biodiversity of the area by ensuring that visitors stick to the designated pathways.

At Brandon House Care Home, we are building relationships and working to combat loneliness through talking and singing with the residents there. Penny Field is a school for pupils with complex needs. The same group of 9-12 students visit each week to build relationships over time through a combination of board games, sing and sign and other activities.

A few weeks ago, we held an Afternoon Communi-tea for our new friends from across the road to thank them for welcoming us. Our Year 7 and Year 9 Food Technology classes baked scones and cakes and another group of Year 9 students served these, alongside drinks, to our guests. It was a lovely opportunity to strengthen our relationships and meet new friends.

Over 100 students have been involved in visits to Penny Field and Brandon House this year and we hope that many more will join in future visits.

DUKE OF EDINBURGH PRACTICE WALK

Throughout last term, students working towards their Duke of Edinburgh Bronze award have learnt how to plan a route, use a map and compass to navigate and began their preparations for their expedition in June.

Last week, 80 students and 11 staff braved sun, rain and even hailstones on a 10km route from Golden Acre Park to Bramhope and back as the students put their learning into practice. Students are now beginning to plan the route for their assessed expedition. This involves learning basic first aid, tent pitching and meal planning to ensure that they are able to be self sufficient over two days of walking and camping in the Yorkshire Dales.

If anyone in our school community has any camping equipment (tents, sleeping bags, waterproofs, walking boots) which are surplus to requirements, please consider donating them to our Duke of Edinburgh kit store. Please contact Miss Burns in school for details.



YEAR 8 COMPUTING RESIDENTIAL



Over 50 of our Year 8 students went on a fantastic computing residential in London. They explored a range of cultural and technological sites and built strong friendships with all students on the trip. They left school at 8.45am on Friday for the long coach journey to London. On the way, they stopped off at Harry Potter Studios, where they explored the wizarding world of Harry Potter. They spent time interviewing the staff at the studios about their roles and finding out about what happened behind the scenes in the production of the films. Students had their photos taken riding on broomsticks and most people enjoyed a refreshing Butterbeer before getting back on the bus to the hotel.

LONDON IN A DAY

Saturday was a fun-packed day - starting off with a guided tour of Shoreditch, also known as 'East London Tech City', where students learnt more about the history of the area, its development into a thriving technological hub and the wide range of businesses which now call it home. Our students impressed the guide with their insightful questions and boundless enthusiasm, despite the terrible weather.



From there the group went on to the National History Museum, where they explored the wide range of exhibits and spent their spending money in the gift shop!

In the evening they enjoyed a quick visit to Trafalgar Square followed by pizza in Leicester Square, before walking to the Cambridge Theatre to watch Matilda - staff and students were terrified and amazed by Miss Trunchbull and the incredibly talented young actors.

THE HISTORY OF COMPUTING

On the Sunday, the coach picked the group up and took them to the National Museum of Computing at Bletchley Park where they enjoyed talks on the Turing-Welchman Bombe (the electro-mechanical device which was developed to crack the Enigma code during the Second World War) and the Colossus (the world's first computer, which was designed to decipher the Lorenz cipher and decode messages between Adolf Hitler and his generals). They also got the chance to see how computing and technology have changed over recent years. They loved playing on retro video games and comparing them to the ones that many of them have at home.



Thank you to the staff who made it such a fantastic experience and well done to the pupils who represented our school so well.



ESU PERFORMING SHAKESPEARE COMPETITION

At the start of March, we hosted schools from across the region in one of the North East Regional heats of the English Speaking Union's Performing Shakespeare Competition. We were so impressed with the standard of the competition and enjoyed a range of monologues and duologues from different Shakespeare plays.



Our performances came from Beth and Niamh, who impressed the audience with their portrayal of the tender relationship between Juliet and the Nurse in Act 2 Scene 5, and Eryn, who displayed a range of

complex emotions as Helena in Act 3 Scene 2 of A Midsummer Night's Dream. We were delighted when both performances were chosen to progress to the Regional Finals of the competition, which will be held in May.



RAISING OUR VOICES IN THE ESU PUBLIC SPEAKING COMPETITION

Our public speaking team started the term on a high note, winning their heat of the ESU's Churchill Public Speaking Competition.

Jayden's presentation on his chosen topic 'The Ends Can Never Justify the Means' was named as Best Speech and Lorna took away the prize for the Best Questioner on the night.

They have spent the rest of this term managing their revision and responsibilities in school alongside practising for the regional heat at Dame Allan's School in Newcastle, where they faced students from schools across the North East region.



Jayden's chosen topic for this round was 'The Truth has no Inherent Value' and he explored this through a variety of historical and contemporary examples, including the use of propaganda in Rwanda and Kenya and the impact of AI and so-called 'deep-fakes' on our political and social discourse. Lois expertly chaired for the speaker from St Peter's School, York. Lorna questioned the speaker on their chosen topic.

After a tough evening of discussion the team finished in second place, with Lorna named Best Questioner and Lois Best Chair. Well done to the team!



DEBATING SUCCESS AT THE LEEDS SALON COMPETITION

After a gruelling evening of debate covering a range of contentious issues from the risks of contact sport to statues of controversial historical figures, our debating team won the Leeds Salon final.

In addition to the team's overall success, Korede was also named as 'Highly Commended Individual'.

As part of their prize, the students received tickets to return to the Royal Armouries Museum for their jousting competition during the summer holidays, as well as Amazon vouchers and books. The competition provided a high standard of debate, as ever, and our students performed well in handling a range of sensitive and contentious topics.



MUSICAL MASTERCLASS

Well done to Year 7 student, Leon, who won the first place prize in the Rothwell Music Festival in Piano Recital Open category last week. He went on to compete against the other instrumental finalists, where he went home with the main prize. Congratulations!

CULTURE WEEK!



Across the week students learnt about different countries' traditions and customs, as told by our Year 11 culture week committee. On Thursday, all staff and students were encouraged to come to school wearing traditional cultural dress or clothing which represented their unique identity.

Thank you to our Year 11 student leadership team who put so much work into planning this excellent event celebrating our school community.

In March, we held our inaugural Cardinal Heenan culture week. This event formed part of our head students' manifesto for election last year and it has been planned and delivered by a group of Year 11 prefects and senior prefects. The week was an opportunity for all members of our school community to come together to celebrate the incredible diversity of our school community.



YEAR 10 MATHS FEAST

A team of 4 Year 10 students - Alice, Rachael, Emily and Ansa - travelled to Ralph Thoresby School to participate in Maths Feast, a competition which tested their teamwork and problem solving skills against other schools across North Leeds. The girls worked well and were competitive in each round. They excelled in the geometry round building 3D shapes, they won the logic round and Alice got a shout out for her effort whilst one-handed!



TOGETHER IN PRAYER



As a community, we pray together every day during tutor time and assembly. This is an opportunity for quiet reflection and to set our intentions for the day. This year, students are taking a more active role in planning these acts of collective worship. Different groups within school are given the opportunity to write the prayers each week. Some groups choose to link their prayers to the Gospel readings from Mass each week, while others reflect on the virtues or pray for those affected by events both globally and locally.

YEAR 10 ETHICS CUP

In January, a team of year 10 students represented our school in the Ethics Cup for the first time. Students worked with students from Leeds University to learn about a range of philosophical and ethical approaches to problems and applied this knowledge to a range of case studies. On the day, they visited Leeds University and defended their stance on assisted dying and ear piercing for children. They then enjoyed a campus tour and watched the semi-final of the competition before returning to school.



SPORTS NEWS:

This season the commitment and dedication of both students and staff have seen outstanding performances and results for all teams across a range of different sports. The PE department have been impressed with the levels of participation in training and matches across all year groups. All students try their best and represent our school with pride.

BADMINTON

A team of Years 9-11 badminton players travelled to Abbey Grange for a fantastic evening of sport. There was a lovely atmosphere with everyone enjoying their sport, Our Year 11 girls won all their games and the Year 9 girls won two of their games.

BOYS' FOOTBALL ROUND UP

KS3

Our football teams have enjoyed success across all year groups this season. The Year 7 boys have played 13 fixtures. They have turned their season around after losing the first 5 games - finishing third in the Leeds North West League. Mr Edney has been inundated with applications for the captaincy and will spend his Easter holidays sifting through these. We have been very impressed with the standard of football and commitment of the players.

The Year 8 boys have also had a successful season, getting through to the Champion of Champions competition having finished in the top two in their league.



KS4

The Year 10 boys have had a successful season, On Saturday 16th March they travelled to The Grammar School at Leeds, coming away 3-1 winners with a brace of goals from Joe C and another from Alfie. Both boys have also played for the Year 11 team this season. The team are also through to the Champion of Champions competition for their age category.

The Year 11s have won their league and will also play in the Champion of Champions competition. The team spirit shown by our Year 11 boys during a particularly busy year in school has been exceptional. Kai has been a standout performer all season, playing every game and always performing well.



GIRLS' FOOTBALL ROUND UP

Another action packed, rollercoaster term when it comes to Girls' football. We have seen the National Cup journey come to an end for the U13's at the Last 16 stage to a strong St Joseph's Academy who are now in the semi-final of the competition. The U13's also became Leeds EFL champions and went to Sheffield representing Leeds United in the regional final, where they suffered a penalty shootout semi-final defeat after going unbeaten in their 8 group games. In recent weeks, attention has been shifted to local tournaments with the U12 team sitting top of their league, the U14's chasing a top 2 spot and the U16 team also on track to reach the merit table final. Along with this the U14's and U16's have both made it to the semi-final of the Leeds Cup. An exciting end to the year is in store as we enter the summer term with 5 trophies still up for grabs.



YEAR 9 GIRLS' CRICKET

Our Year 9 students have been trailblazers in developing girls' cricket across the school. They have represented us in a range of tournaments across the region and the sport continues to grow in popularity in school.



YEAR 7 BASKETBALL



The Year 7 basketball team won their league to make it through to the Leeds Basketball finals. Markluy was a standout performer as the team beat Abbey Grange 27-17 in a thriller of a match to progress in the competition.

NETBALL

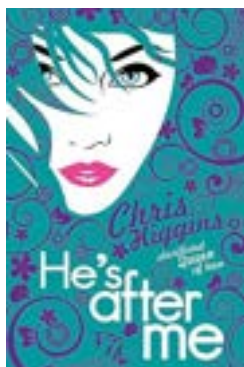
Netball Club continues to be well attended across all year groups. Our netball teams have played fixtures across the city and demonstrated excellent team spirit and determination. We recently hosted a U15 tournament involving 10 schools. Our Year 10 team had a great competition finishing third place within their group. Netball training will continue after the Easter break as our teams in Years 8, 9 and 10 prepare for their tournaments at the Conover Hall residential.

INDIVIDUAL SPORTING SUCCESS

Many of our students have achieved sporting success in their endeavours outside of school sport. Congratulations to:

- Aiden (Year 9) who has recently signed for Burnley FC's academy side.
- Isobel (Year 11) who signed a 2 year contract with Sheffield United Women.
- Orlaith (Year 10) and Eibhlin (Year 8) who have qualified for the World Championships in Irish Dancing
- Rosie (Year 7) who is Yorkshire Champion in her age category for 200m Individual Medley, 400m Individual Medley, 50m Breaststroke, 100m Breaststroke and 200m Breaststroke.
- Patrick (Year 9) who won 100m Butterfly (Gold), 800m Freestyle (Silver), 100m Freestyle (Bronze), 200m Freestyle (Bronze) and 50m Breaststroke (Bronze).

BOOK RECOMMENDATION - NUALA C



He's After Me by Chris Higgins.

This book seems like it's going to be a classic boy-meets-girl romance but all is not as it seems. When Anna meets Jem, he seems too good to be true. But soon, she and her sister start experiencing strange sensations and they keep seeing Jem everywhere. This thriller kept me hooked from start to finish.

INSPIRING YOUNG SCIENTISTS

Our Science department continues to work with our feeder primary schools to inspire a love of science and an interest in enquiry in their Y5 students. Students from Holy Name and St Paul's have visited Cardinal Heenan's science labs, where they conducted experiments including the 'iodine clock reaction' and extracting DNA from kiwi fruits.

Mrs Whitelaw has also visited Sacred Heart to support students in exploring a range of chemical reactions in our everyday lives, including the impact of rust on nails.

WHOLE SCHOOL EASTER SERVICE

We began and ended this half term in prayer together. Mrs Davies launched our Lenten fundraising during assemblies in February, with students setting their intentions for prayer, fasting and almsgiving during this period. Our Year 11 musicians set the tone with a range of beautiful musical reflections.



On Thursday, our entire school community came together for our Easter service to remember Holy Week. Pupils across all Year groups contributed to our service through many different forms of worship including readings, liturgical dance, drama and singing. It was a wonderful way to celebrate the Catholic life of our school and prepare for Easter.

UPCOMING DATES:

Year 8 Consultation Evening: Wednesday 8 May

Year 10 Exams and Revision Evening: Wednesday 15 May

Barcelona Trip Departs: Thursday 23 May



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