



CARDINAL HEENAN  
CATHOLIC HIGH SCHOOL

# VERITAS

## NEWSLETTER

### 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 phenomenal. Thank you for your generous donations, which have meant that our Lenten Fundraising activity has raised a fantastic £2,669.66. If you would still like to donate you can via ParentPay.

#### Walking in the footsteps of Cardinal Heenan

This year, students have participated in CAFOD's annual 'Big Lent Walk' and by doing so walked in the footsteps of Cardinal Heenan. In the run up to the Easter break, students learnt about significant moments and places in the life of John Carmel Heenan, whilst in year groups competing to see who can accumulate the highest number of miles walked. The results are in and in total our students walked 12,296 miles during Lent. The Year groups competed against each other to walk the furthest and the competition has been fierce! Our wonderful Year 7s walked the furthest, though, clocking up an impressive 3336 miles.

#### 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 and jars of sweets to Easter egg hunts and staff v student netball matches to sponge the teacher, the atmosphere has been brilliant. The large number of events and activities undertaken is demonstrated by the amount of money we have raised.



## LOURDES FUNDRAISING



On Sunday 19 and 26 March students and staff served hot drinks and cakes after Masses. Parishioners from Holy Name of Jesus, Cookridge and St Urban's Meanwood were treated to the finest hospitality in return for donations that will go towards the cost of our trip to Lourdes in July.

As well as generating funds, the coffee mornings have provided an opportunity for the team to collaborate and learn more about one another in preparation for working together in Lourdes. In July 28 students from our school will travel to the shrine of Lourdes in the south of France to help the elderly and sick pilgrims from our diocese. It is a life-changing event and one that will remain with the students for a long time.

Our next planned coffee morning is at St Anne's Cathedral in Leeds on Sunday 23rd April after the 11am mass. All are welcome. There will also be a raffle and we are accepting donations of chocolate and sweets for this.

Thank you to Miss Goode, Miss Burns and Mr Jones for their help and for Fr Henry and Fr Gerard for inviting us.

## MASS TO CELEBRATE THE LIFE OF TONY HARTIGAN

On Tuesday 7 March, the Cardinal Heenan community came together to remember and celebrate the life of our former headteacher Tony Hartigan. It was wonderful to welcome returning staff members to the Mass, said by Fr Henry Longbottom, and our Chapel was packed, showing the high regard that Tony was held in. It was particularly lovely to hear memories from two members of our current English Department who started, under Tony, on the same day in 1993, Trish Gallagher as an NQT and Phil Teggart as a Year 7 student!



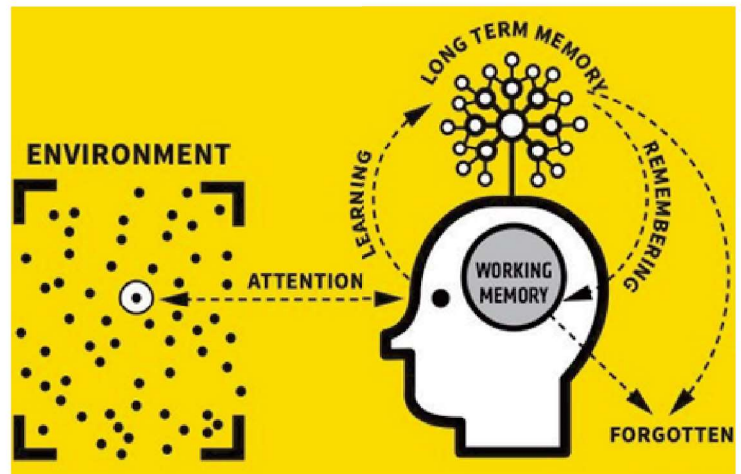


## HOW TO REVISE

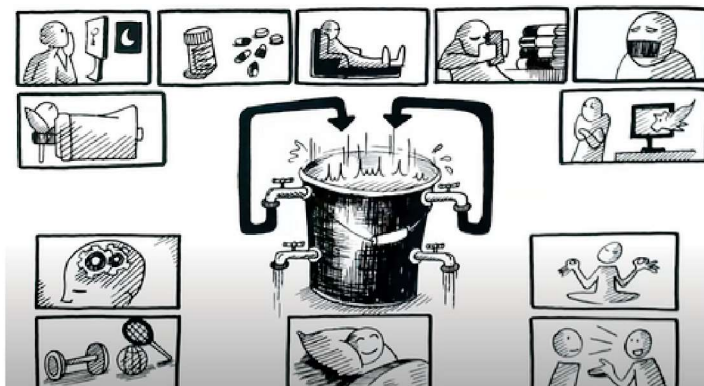
During the last week of term, Year 11 students and their parents attended our 'How to Revise' evening which included a range of practical information about how best to prepare for their forthcoming examinations. As we approach the summer term there are a number of assessments throughout all year groups 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 Y11, 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.

## ECO SCIENCE WEEK

Our Eco Science week aimed to empower students and staff by helping them better understand how the choices they make impact our planet.

The week was led by the Cardinal Heenan Eco Council, a group of students from all year groups. Over recent weeks they undertook a whole school survey to learn more about what our students and staff understand about our environment and how we interact with it. This information has provided valuable information to plan the activities during the week and looking further ahead about how we as a community can reduce our impact on the environment.



Throughout the week, in tutor time, students used a range of resources to gain fascinating insights into the connections between food and climate change, an understanding of what our environment consists of and the potential green career pathways they can follow especially through apprenticeships.



Several members of the Eco Council presented an assembly to their peers to highlight further the impact of food production on the climate and how having a meat-free day once or twice a week makes a significant impact if becoming Vegan is a step too far. Thank you to all the students who participated in developing a very informative assembly and delivered it to each year group throughout the week.

Students particularly enjoyed the meat-free samples available at lunchtime, including vegetable ratatouille and a lentil & Quorn bolognaise. Did you know on average spaghetti bolognaise with beef mince contributes 218% of an individual's CO<sub>2</sub> emissions daily target compared to 32% for spaghetti bolognaise made with lentils?

Rounding off the week students enjoyed debating the motion: This House would ban the sale and consumption of meat which saw some very lively discussions.

Thank you to everyone who supported this initiative and we hope that our community has learnt more about what we can do to help our planet.





## BUS TO THE FUTURE



Recently, we were delighted to welcome volunteers from the transport sector including the Ahead Partnership to deliver a workshop to some of our Year 9 students. The session saw our students challenged to think of and present 'the next big innovation in bus travel, to improve customer experience'. The students worked in teams to come up with ideas to tackle anti-social behaviour, building bus confidence and the dream journey.

The students came up with a range of ideas including tinted glass for security so people cannot see who is on the bus; new app features; a bus for the homeless and a sensory area for anxious travellers, where some of the innovate concepts.

The winning idea is being taken forward to compete in an inter-school competition with the potential for the idea to be developed on implemented on our buses.

## 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.

In March, 75 students and 15 staff walked a 10km route from Golden Acre Park to Bramhope and back and the students put their learning into practice. Despite the forecast of heavy rain, the day started brightly. Unfortunately, the good weather didn't last and everyone was glad of their waterproofs when the rain came!

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.

## YEAR 7 MEDICINE DAY



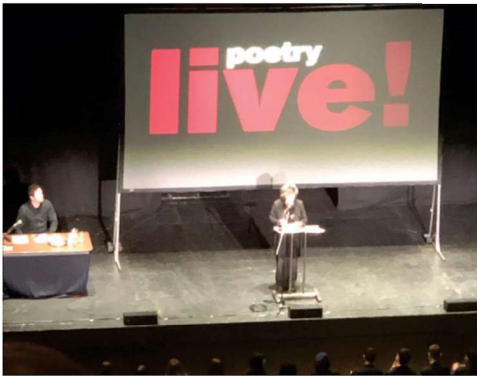
Some of our Year 7 students attended the School of Healthcare at the University of Leeds for a taster day in March. They started with a presentation about potential Healthcare courses followed by a lively Q&A with some interesting questions! The students then enjoyed a tour of the campus followed by lunch in the Refectory which provided them with an insight of what life at University might be like.

In the afternoon, the students enjoyed two taster sessions including Adult Nursing and Social Work. The students were also joined throughout the day by several student ambassadors from related fields including Medicine, Audiology and Cardiac Physiology and they provided further insight to being a student at university.





## POETRY LIVE



Over 50 of our Year 11 students recently attended Poetry Live. The annual event is a great experience for our GCSE English Literature students as they heard readings from many well-known poets including Simon Armitage, Carol Ann Duffy, Daljit Nagra and John Agard.

The students were also spoken to by the chief AQA Examiner for this section of the course, he talked through examples of unseen poetry, provided valuable tips on how to manage time in an exam and plan answers effectively.

## POETRY SLAM

Our Year 7 poetry slam team competed in the final of the Leeds 2023 Poetry Slam Final at Left Bank in Burley. Their poem 'Parents' reflected on the freedoms they might have if they weren't restricted by their families' rules, before coming to a realisation that these rules and boundaries are the things which help them to thrive.



The competition was fierce and the boys did an excellent job of opening the evening's entertainment. They may not have come home with a trophy, but they have all developed a love of performance and are hoping to compete in slam events again in the future. Thank you to their families who supported them at the event. Well done team!

## ROYAL COLLEGE OF ORGANISTS YOUNG PERFORMERS CONCERT

Congratulations to Frankie Tempest, one of our Year 11 students, who was selected to perform at the Royal College of Organists Young Performers Concert representing the Diocese of Leeds.

Frankie has made a huge contribution to music at Cardinal Heenan, playing the piano and accordion at many performances. Last term he was appointed as the Cathedral's Junior Organ Scholar and helps with accompaniment of both the Senior and Junior Girls Choirs. Frankie performed two pieces: Johann Sebastian Bach's Passacaglia and Fugue in C minor, BWV 582 and Maurice Duruflé's Fugue sur le thème du Carillon des Heures de la Cathédrale de Soissons at the Royal College of Organists Young Performers Concert held at Leeds Cathedral.





## ESU PERFORMING SHAKESPEARE COMPETITION



Last term, four students attended the north East regional heat of the ESU performing Shakespeare competition at Hymers' College in Hull following our recent school heat. The winner of the the Cardinal Heenan heat, Eryn C beautifully performed her Helena monologue from A Midsummer Night's Dream and our school runners up Ene O and Sophia B gave a wonderful comic performance as the Nurse and Juliet from Romeo and Juliet. They managed to get quite a few laughs from the audience! Thanks also to Poppy S who came as our trusty reserve.

Despite the outstanding performances, the standard was exceptionally high and we did not make it through to the regional finals this year. The students did themselves proud

and the judges commented on the excellent standard with over half an hour of deliberations to decide the winners. It was a brilliant event and we look forward to next year's competition.

## EXCELLING AT THE ESU PUBLIC SPEAKING REGIONAL FINALS

Cardinal Heenan recently participated in the North East Regional Final for the English-Speaking Union's Public Speaking Competition hosted by St Peter's School, York.

The final consisted of five speakers, presenting their chosen topics. Each school's speaker was matched up with a chairperson and questioner from an opposing school to provide 15 to 20 minutes of insight and discussion.

Cardinal Heenan's team of students Jayden, Lois and Lorna qualified for the regional final earlier this year for a chance to compete in the Grand Final later this year. The team were runners-up but missed out by the finest of margins, with the judges struggling to choose between the top two.



Jayden argument was "The most Potent weapon in the hand of the oppressor is the mind of the oppressed." Lois expertly chaired for the speaker from Dame Allan's School. Lorna questioned the speaker with the discussion focusing on the power of trade unions and whether modern TUs can be seen as political or social pressure groups.

The other discussions were eye-opening – including will Artificial Intelligence result in higher or lower living standards for future generations, whether a public health approach can combat violent knife crime in the UK and the extent to which our ability to vote is hampered by our ability or inability to pay.





## DEBATING SUCCESS AT THE LEEDS SALON COMPETITION

After a gruelling evening of debate covering a range of contentious issues from free speech to the role of government in our lifestyles, CHCHS won a fiercely contested final debate on the topic "Western museums should repatriate cultural artefacts".

In addition to the team's success, our students won two individual prizes. Sam A was named 'Highly Commended Individual' while Korede A was 'Best Individual' - the judges couldn't believe that this was her first competitive debate!

As part of their prize, the students received tickets to return to the Royal Armouries Museum for their jousting competition during the Easter holidays and were also invited to visit Baroness Claire Fox for afternoon tea in the House of Lords. Korede was also offered a four-day internship with headline sponsor Womble Bond Dickinson.



## CARDINAL HEENAN VISITS ANTARCTICA!



Last December the Geography department sent out competition details for students to design a flag for Antarctica. Emeka Okonkwo (8RBP) won this competition, and his flag can be seen here held by a lab technician aboard the RSS Sir David Attenborough (The flagship for Antarctic exploration and scientific research).

Antarctica is over 10,000 miles away and to have part of our school community reach this last wilderness area is phenomenal. The flag is being returned to school for display purposes and to aid in the inspiration of the next wave of explorers.





## SPORTS NEWS:

### FOOTBALL THROUGHOUT THE SCHOOL GOES FROM STRENGTH TO STRENGTH

This season the commitment and dedication of both students and staff have seen outstanding performances and results for all teams in football. Two teams have excelled in the English Schools' Football Association (ESFA), the Year 11 boys' reached the last 16 of the very competitive ESFA National Cup and the Year 7 girls' have reached the final of the ESFA National Cup. Congratulations to everyone involved and for the continued support of parents/carers.

### YEAR 7 GIRLS' - ESFA SEMI-FINAL MATCH REPORT

Newcastle was the destination, with Valley Gardens Middle School hosting the ESFA U12 Girls National Cup semi-final. A close game was to be expected and that was certainly the case with Cardinal Heenan prevailing 3-2 winners to book their place in the final and a shot at being crowned National Champions.

Mary K got the girls off to a strong start with a composed finish to open the scoring. An equaliser arrived shortly before half time but that would not dampen the spirits as the girls came out even stronger in the second half, showing the incredible resilience that has seen them to this point of the competition. A spectacular strike from Jane put Cardinal Heenan back ahead before the 2 goal scorers combined to add a third with a clever finish from Jane from a Mary K corner.

With Cardinal Heenan now firmly in the driving seat, back came Valley Gardens with a barrage of pressure. Their efforts were rewarded 10 minutes from time as they pulled a goal back to make it 3-2. The last 10 minutes seemed to pass by very slowly with Valley Gardens throwing everything at finding an equaliser, but the team stood firm. An inspired goalkeeping performance from was provided by Sandra, who produced some exceptional saves at crucial times, not least denying an attacker in the last 5 minutes with the score at 3-2. The defensive qualities, team spirit and character the Cardinal Heenan team display is admirable and their spot in the final is thoroughly deserved.

The countdown now begins to Monday 22 May where a trip to The Hawthorns, the home of West Bromwich Albion FC, is in store for the showpiece of the National Competition. 202 schools entered, only 2 remain and Eggbuckland Community College from Plymouth will be our opponents.



## YEAR 11 BOYS' FOOTBALL

The Year 11 boys' football team has played exceptionally well to reach the last 16 of the English Schools' Football Association (ESFA) Boys Under 16 Cup. The competition started with 633 teams from across the country and to successfully progress through to the seventh round is incredible; we are extremely proud of the team.



The team can hold their heads up high as, throughout the cup, they have played as a unit, supporting each other and demonstrating excellent football throughout with some very memorable games. The squad's determination to dig in and take every opportunity is demonstrated with 11 different goal scorers throughout the competition, although with 8 goals in five games Aidan D is the top scorer for Cardinal Heenan. The resilience of the team was clear to see during the second-round match against Fulford, coming from 1-0 down, Harry A put Cardinal Heenan 2-1 up with only minutes to spare in the game before Alan M scored a decisive third goal to secure a strong win.

Here are the stats:

Round 1	bye	Round 5	beat High Storrs School, 6-2
Round 2	beat Fulford School, 3-1	Round 6	beat Hungerhill School, 8-2
Round 3	beat Immanuel College, 11-0	Round 7	narrowly defeated by St Cuthbert's High, 1-0
Round 4	beat Garforth Academy, 1-0		

Three of the squad have signed scholarships with professional football clubs which will start in the 2023/24 academic year. Rhys Chadwick Chaplin has signed with Leeds United, Alfie Bradshaw, Bradford City, and Aidan Durkan with Hull City, congratulations and good luck!

The squad are still competing in the Leeds League and Cup, defending their titles from last season.

## YEAR 7 BOYS' FOOTBALL

The Year 7 boys have had a fantastic season, having conceded only three goals all season they are top of the League and through to the Leeds Cup Final next term. In the recent friendly against GSAL they won 7-0. The squad work as a team with everyone contributing to the wins.

## YEAR 8 BOYS' FOOTBALL

The Year 8 boys are having a storming season, winning 8-0 against Leeds West during the last week of term which cemented their top of the league spot!





## YEAR 9 BOYS' FOOTBALL

The Year 9 boys are through to the Leeds Cup Final following a fantastic semi-final against Wetherby, winning 3-1. The team have finished top of the Leeds West league and are looking forward to testing themselves against the winners of the other respective leagues in the summer term.



## YEAR 10 BOYS' FOOTBALL

The Year 10 boys have shown fantastic commitment, spirit and teamwork in every game they have played and are genuinely a pleasure to coach. The team have topped their league with 4 wins out of 4 and a positive goal difference of 21. They narrowly lost the Leeds Cup semi-final to Ilkley Grammar last week, 2-1. The target remains to win some silverware and the team are aiming to get to the league cup final.

## CROSS COUNTRY



The final cross country race of the season was held at Woodhouse Grove School with schools across Leeds represented. Cardinal Heenan fielded a team of 5 strong athletes who were challenged with woodland ascents, running between 3km-4km and hurdling over hay bales in order to complete their race. The boys showed amazing resilience, never giving up and were supported by friends and family.

U13 boys results; Max finished 10th, Abrham 13th and Gabriel 17th. The U15 boys finished with Matthew finishing an impressive 8th and Seb closely following in 11th.

With the conclusion of the cross country season training shifts focus to athletics for the summer season.



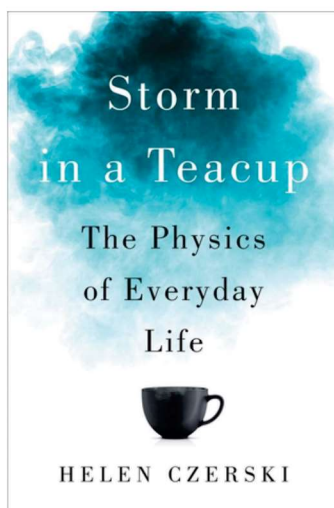
## NETBALL



As the netball season concludes, congratulations to our U14 Netballers who are runners up in their division. They have had a fantastic season, they have worked well as a team and have shown real determination.

The girls aren't only an amazing team on the court, they are impressive off it, also, as this year they have done lots of fundraising in order to buy new kits and equipment. Look out for their next Quiz Night in June!

## BOOK RECOMMENDATION - ALICE L.



### **Storm in a Teacup by Helen Czerski.**

Storm in a Teacup is a non-fiction book all about the physics of our lives. Helen Czerski uses small, everyday items, such as popcorn to help explain complex sciences that affect us every day.

In chapter 5 of the book, she talks about waves, and how they seem to go on forever, without the water itself moving. She helps us understand this by mentioning pelicans, and how they don't move when the waves do. She also uses simple examples of things we can do ourselves to see how it works, like how we can easily prove that water can slow light down using a coin and a mug.

Overall, I found this book really engaging; it covers a wide range of topics in a way which is easy to understand, and it is very interesting.

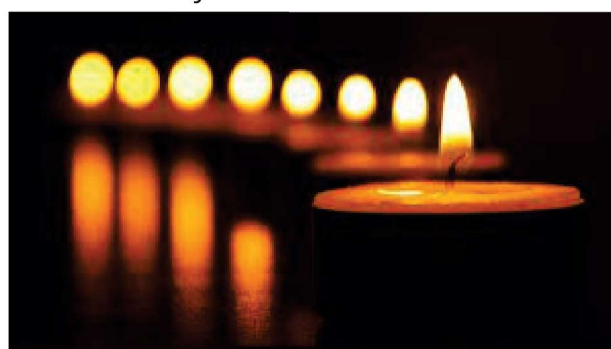


We were delighted to welcome Jo Stow from the Together for the Common Good Project into school to train some of our staff on the principals behind the project and how they can be applied practically. Our Y8 Girls Will Be Great group will be working on a community plan using the principles of T4CG. Watch this space for more information!

## WHOLE SCHOOL TENEBRAE SERVICE

We finished our spring term by preparing for Easter with a whole school Tenebrae Service, or Service of Shadows. This involved readings, prayers and reflections which told the story of The Passion of Our Lord, accompanied by solemn Taize chants and hymns. After each event in the story, a candle was extinguished to show our sadness at Christ's suffering, until only the Christ candle was left. This was then covered from view to symbolise His death.

Fr Henry presided over the service, which involved our wonderful students reading and lovely choir singing, alongside staff leading the congregation in prayers. It was incredibly special to hold this service for our whole school body at the most important time of the year to us.



## UPCOMING DATES:

Y8 Consultation Evening: Thursday 4 May

Y10 Exams and Revision Evening: Wednesday 24 May

Iceland Trip Departs: Thursday 25 May



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