

A message from the Headteacher

This term sees the return of public examinations and I could not be prouder of how our students have not only coped, but come together to support each other and focus on the task in hand. As Y11 continue to prepare for and undertake their GCSE examinations I would like to take this opportunity to thank the class of 2022 for contributing so much to the Cardinal Heenan community. During their five years we have faced significant challenges together, but seeing them make the most of every opportunity and their determination to succeed has been fantastic. There are still examinations to prepare for and undertake but I know our students' resilience and commitment to do their absolute best will serve them well.

I have been delighted over recent months to see so many of our students competing in a huge array of sports. Thank you to all the students who have trained and performed so well, constantly pushing each other to achieve; to all the staff who have coached our students and the parents/carers who have supported them. Seeing the excitement and anticipation on our students' faces as competitions drew into their final stages was fantastic, as were the fabulous results they achieved! Congratulations to everyone involved.

Finally, last term saw a tremendous amount of effort put into our Lenten fundraising. The commitment of both students and staff was fantastic. A huge thank you to everyone in helping us raise, £2,745 for both SVP and CAFOD's Walk Against Hunger (in total we walked/ran/cycled/swam/moved over 5,000km during the four weeks of the challenge before we broke up for Easter).

I hope you have a lovely half term break,

Mr Kelly, Headteacher



Follow us on twitter at @CHCHSLeeds

UPCOMING DATES

Term start: Monday 6 June

Y8 Parents' Evening: Tuesday 21 June (Virtual)

Sports Awards: Wednesday 29 June (evening)

Carnival Heenan: Friday 15 July (4-7pm)

Sports Day: Tuesday 19 July

End of Term: Friday 22 July

GOOD SHEPHERD APPEAL SERVICE

On 13 May Mr Kelly and Mrs Tiffany were joined by three of our students to attend Leeds Cathedral for the Good Shepherd Service. All Catholic Schools within the Diocese of Leeds attended and participated in a procession of the banners before each school presented their Lenten fundraising for the Good Shepherd Appeal. Thank you for helping us raise £1,600. Bishop Marcus thanked our whole community for such generous contributions.



REVELATION: JOURNEYING

Just before the Easter break some of our Year 9 Chaplaincy Team attended 'Revelation', organised by The Leeds Diocesan Youth Service it is an opportunity for young people across the Diocese of Leeds to enjoy an evening of prayer, games, and fun.

During the evening the Franciscan Sisters of the Renewal spoke, and the theme of 'Journeying' was explored? What every day journeys do we make? What makes a good Journey? Before a discussion about how we could make our lives a 'journey' closer to Christ.

We look forward to joining 'Revelation: Empowered' in June!



REVISION

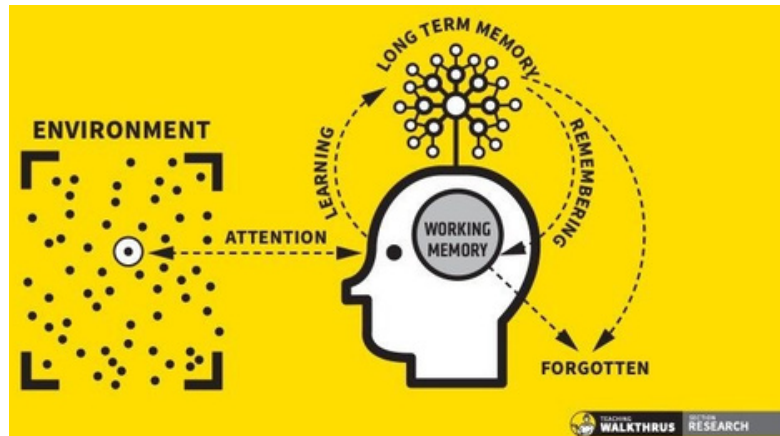
As we approach the end of the academic year, students across the years will be sitting end of year tests. The information and advice below has formed the basis of regular sessions throughout the year to help students understand techniques that will help them develop their long-term memory and support their revision.

UNDERSTANDING LONG-TERM LEARNING

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.



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

MAKING MISTAKES ARE ALL PART OF THE PROCESS



Using retrieval strategies in your revision will mean that **you will make mistakes**. This is to be expected, and research shows that you are **more likely to remember things that you once got wrong** (The Hyper-Correction Effect). Through using these techniques, that make you **think hard**, you are more likely to remember what you have learnt in the long term.

SETTING UP FOR SUCCESS



Make a Timetable

Making and using a revision timetable is an excellent way of ensuring you use your time effectively. Make sure to schedule breaks, extra-curricular activities and time with friends and family. For a revision timetable to be effective, you need to stick to it. A good way to do this is to **share it with your family**. This allows them to help you to achieve your aim.



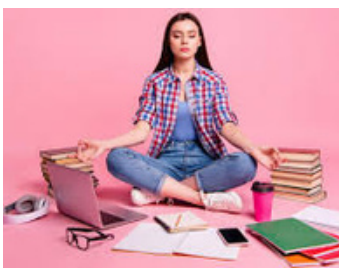
Little and Often

Most revision slots should last around 20-30 minutes to ensure that your brain is active and taking-in information. Aim to place the subjects and topics that you find hardest earlier in the day when your brain is more active. Spacing out revision means that you are more likely to remember things in the long term. You should aim to do little and often, particularly when you are trying to learn facts.



Get Organised

Before you start, make sure that you have all of the resources and equipment you need to hand. Think about: pens, highlighters and calculator; your exercise book and/or revision guide; websites (if appropriate); and revision lists. Make sure you have **removed any distractions** – this includes your mobile phone. This means that during your revision session you will be able to **focus on what you are learning** (and not the notifications flashing on your phone).



Look after your Wellbeing

It is **entirely normal to feel worried before an exam** – it is a sign that you care. This can be accompanied by physical symptoms such as a strong and fast heartbeat, stomach pain and nausea, or tension and headaches. The following strategies can **help to manage these physical feelings**. They will help you to feel better, refocus your brain and calm your nerves.

Diaphragmatic Breathing

This works by slowing your breathing and fully filling your lungs with air, increasing the amount of oxygen in your body

- Place a hand on your stomach
- Breathe in through your nose for the count of four
- Your belly should expand as you fill your lungs with air
- Hold your breath briefly
- Breathe out through your mouth for the count of 7
- Repeat

Grounding

This works by helping you to focus on what is around you, taking attention away from the intrusive thoughts in your mind. Look around you and notice:



THE RICS SCHOOL CHALLENGE



The Royal Institute of Chartered Surveyors (RICS) delivered a workshop to some of our Y9 students this week. The session explored the challenges faced to significantly reduce the global emissions that building projects cause, the need for new and innovative career paths and the demand to create sustainable solutions that maintain our biodiversity.

The students started the RICS Challenge to design a sustainable entertainment venue for young people. The completed projects will be submitted to the RICS for judging, and we look forward to hearing the feedback.



BOYS WILL BE BRILLIANT



This term has seen the launch of the Boys Will Be Brilliant scheme. The mentoring programme sees Y10 and Y7 boys working together to develop their teamworking and leadership skills. The boys are creating a transition project which they will deliver during our upcoming taster days to Y5 pupils. The scheme is helping shape our future student leaders and harnessing their potential as they move into years 8 and 11 respectively.

POLITICS MATTERS



Earlier this term six of our Y10 students attended a Politics Matter event at Leeds Beckett University. Several schools attended the event during which the girls had to develop a solution to an environmental issue and a presentation. The event challenged the girls, but they thrived under the pressure winning the event.

OUR GLOBE HAS ARRIVED!



The art department recently took delivery of a huge globe as part of the World Reimagined Learning Programme. The globe, once completed, will form part of a trail throughout Leeds from August. The aim of the programme is to empower students to overcome divisions and to take actions that make racial justice a reality in our society.

The students had the choice of nine different topics and have chosen to decorate the globe in the theme of 'Reimagine the Future'. Our students' concept is to highlight everyone's uniqueness and showcase that, regardless of background, we come together as one community.

The students started work on the project last week. They created a simple cartoon form of themselves which includes items illustrating their background; some have included flags, others objects or words to express who they are. Members of Art Club are currently working hard to add their designs to the globe before every student is invited to make their contribution to showcase the community we are. Keep an eye out for Twitter updates!

OUR MEMORIAL GARDEN AND WILDFLOWER PROJECT

During this academic year it has been wonderful to see all our lunchtime and after school clubs come back to life. This term sees the gardening club and the Chaplaincy group joining forces to restore our Memorial Garden.

The Memorial Garden will remember several students and staff we have lost; the victims of Covid-19 and be a place to remember those affected by all forms of war and conflict.

The garden will feature wildflowers. Cardinal Heenan have 100 seed balls from the BBC Green Planet which will be used in the Memorial Garden and in an area near our tree line. Whilst the flowers will look beautiful, they are nectar-rich plants which helps support dwindling populations of native pollinators including butterflies, moths and bees. The wildflowers will help to sustain insects that pollinate our food crops which is particularly important in increasingly built-up environments.



READING BUDDIES

Dr. Seuss comments, "The more that you read, the more things you will know. The more that you learn, the more places you'll go" which helps explain why our Reading Buddies programme is so important. Ensuring that all our students are strong, confident readers will not only help them in their studies but hopefully ensure that they enjoy reading for their own enjoyment throughout their lives.



The Reading Buddy programme launched several years ago and starts every September, with Y10 students applying to become mentors. The successful Y10 students undertake training sessions to ensure they can support their buddies with reading fluency, comprehension and a variety of other strategies. They also commit to attend twice-weekly sessions. Once trained, the Y10 mentors are paired with Y7 buddies; this pairing lasts for the whole of the programme. The mentors read with their buddies two mornings every week to help improve skills and confidence.

The feedback on the programme has been fantastic. Y7 students have commented that they feel much more confident in their reading and that their use and understanding of vocabulary has significantly helped them in their studies. Our Y10 mentors have enjoyed experiencing real responsibility, seeing their buddies' reading skills improve and having an opportunity to work with younger member of our community, often sharing their own experiences.

Celebrating the work and success of both the Y7 buddies and their Y10 mentors is always an event which those involved look forward to. This year, 62 students joined our celebration during which Mr Kelly presented them with certificates. We are proud of the achievements of the students on the programme and want to say a huge thank you to them all.



THE ENGLISH-SPEAKING UNION

PERFORMING SHAKESPEARE COMPETITION 2022



Congratulations to our talented students from Y8 and Y9 who made it to the North East Regional Finals of this year's ESU performing Shakespeare competition which was recently held at Durham High School. This is a nationwide competition for years 7, 8 and 9 students who perform either a monologue or duologue from a Shakespeare play.

Sophie Fox and Sophia Burns, Y8, performed their pieces beautifully. The girls gave a comic performance as the Nurse and Juliet from Romeo and Juliet and received some excellent feedback – including praise from the judges for the way they showed the characters' relationship.

Tom Conlan, Y9, gave an inspiring performance of the St Crispian's Day speech from Henry V and was thrilled to be given the Highly Commended certificate which is awarded to the second placed student. The judges were incredibly impressed with his piece.

The judges commented on the very high standard of all performances in this regional final, so our students have much to be proud of.

WORKING TOGETHER



As many of you know Cardinal Heenan have strong partnerships with our Catholic Primaries, which we value immensely.

Recently Mr Teggart took several of our Year 9 students to St Paul's Catholic Primary School to enjoy some friendly games including rounders with their Y5 pupils. It was a lovely afternoon with a really positive atmosphere between them.



Mrs Whitelaw has been working hard to come up with imaginative ways to support Y5 pupils at St Urbans Catholic Primary School in their understanding of matter, and Sacred Heart Catholic Primary School Y4 pupils understand sound waves. Everyone had an exciting time.

We recently welcomed six primary schools to the Leeds Catholic Skipping Festival organised by the Catholic Diocesan Supply Service. It was fantastic to see so many Y4 pupils together, with some impressive skipping skills on display!

DUKE OF EDINBURGH BRONZE AWARD 2022

This year we are incredibly impressed with the 77 students who have undertaken their Duke of Edinburgh Bronze Award. By completing the award, they will have developed a wealth of skills and experiences including self-confidence, teamwork, leadership skills, communication skills, problem solving, decision making and resilience.

The Bronze Award consists of four main sections: Volunteering, Physical, Skills and Expedition. Every student had to decide how they were going to fulfil each section over the course of three months and they were creative in their approaches!

Volunteering

Volunteering is simple. It is about choosing to give time to help people, our community or society, the environment, or animals. A number of students have volunteered to help sports clubs both in and out of school, including Guide and Scout groups, helping in the school library and various local charity shops. Several students chose to fundraise for expedition equipment for the school which will be a fantastic legacy for future year groups. They have been very committed to raising money through various events including a staff car wash, refreshments at discos and a stall at the Christmas Fayre raising £832.

Physical

In short, students had to undertake something that requires a sustained level of energy and physical activity. Students chose a variety of team and individual sports, ranging from hockey to running, circuit training to basketball.

Skills

Students chose a wide range of skills including drawing and painting, crochet, British Sign Language, cooking and baking. As part of this section, they all had to prove they have broadened their understanding and increased their expertise in their chosen skill. We certainly put some of the cooking skills to the test during the expedition!

Expedition

Students had to plan, train and complete an unaccompanied, self-reliant expedition. As part of their preparation they undertook a practise walk at Golden Acre Park, enabling us to test their navigation skills. They also practised putting their tents up, working out how best to pack their rucksacks and plan their routes.

During April students undertook their expedition starting at Coniston (Yorkshire Dales), camping at Appletreewick and finishing at Bolton Abbey.

Thank you to everyone for their hard work, including the parents/carers who have helped in so many ways and all the staff in ensuring the whole programme was the success it has



SPORTS NEWS

Both our girls' and boys' football teams have been excelling, with several trophies won. Football has been incredibly popular this year throughout the school and competition for the school teams has been strong.

U16 GIRLS' FOOTBALL SUCCESS



The U16 girls' football team has had a brilliant season, beating strong competition on their way to two finals this season. Congratulations to the team on their 3-0 victory securing the Leeds Schools' Girls' Champions League Trophy. There has been an amazing team spirit throughout the season, and they have been 100% committed to achieving their goals.

YEAR 10 BOYS WIN THEIR FIRST PIECES OF SILVERWARE



The Y10 boys' football team have had a fantastic season, with real discipline and determination to achieve. They won the Leeds Cup, with a strong 4-3 victory. The following week they played in the Leeds League Cup final, securing a fantastic 3-2 win. Congratulations to the boys for a fantastic season.

NETBALL



Congratulations to both the Y8 and Y11 netball teams. They have been competing in the Leeds Schools' Netball Association competitions with both teams coming second in their respective leagues. As competitive netball has returned to normal this year there have been some tough matches throughout the season, but the girls have shown real strength in character to come second over schools including Roundhay Academy, Allerton Grange, Mount St Mary's and Horsforth.

BASKETBALL

The Y7 basketballers have had a fantastic season, securing a place in the Leeds Schools finals tournament. The boys have shown real determination, they drew against Carr Manor and Morley Academy. The match with Ralph Thoresby was exciting; to see them work their way back from 6-0 down was brilliant, they came within a basket of drawing! Congratulations to all the boys, and we look forward to next season.

ATHLETICS

The Leeds Schools Athletics trials marked the start of the athletics season for two of our students. Orla Betts, Y10 and Evie Rose, Y9 competing at the South Leeds Stadium. They both gave strong performances with Evie finishing first place in the 800m and Orla finishing second place in the high jump.

JOHN F KENNEDY'S GAA



Several of our students are part of JFK GAA Leeds and it has been a busy couple of months. During the Easter holidays several students joined a trip to Ireland. They competed in several games in Sligo and Mayo with the Connacht Centre of Excellence proving to be a wonderful venue. All the games were played in a great spirit, competitive but fair and a credit to Gaelic Football.

Several students competed in the Northern Games in Manchester recently, they won every game and returned to Leeds with the cup. Congratulations to everyone involved.

Step right up to the
CARNIVAL HEENAN

Friends of Cardinal Heenan invite you to join us for our Summer Fayre, a fun evening of music, games, sports, stalls, tombola, BBQ and bar.

**Friday 15 July
4:00 - 7:00pm**

ART COMPETITION RESULTS

This term's art competition challenged students to create a piece of art based on anything suitable for a display in school. The theme and material used was up to the student.

The standard of entries was very high, with a huge amount of time and effort invested. Congratulation to our Y7 winner and runners-up.



DIRECTORS RECRUITMENT FOR THE ST GREGORY THE GREAT CATHOLIC ACADEMY TRUST

St Gregory the Great Catholic Academy Trust is seeking to appoint up to four new Directors with effect from 1 September 2022. The Trust wishes to increase diversity on the Board as well as looking for legal, environmental sustainability and risk management experience to add to the skill base which already exists, with appointments being made on merit. Women and people from ethnic minority backgrounds are currently underrepresented on the board, and we would welcome nominations of all suitably skilled persons from all sections of our communities. If you would like to know more, please send an email to directorrecruitment@stgcat.org.uk or visit the Trust website (<https://stgregorythegreatacademytrust.org.uk/governance/becoming-a-director/>) and register your interest.

www.cardinalheenan.com