Ever believed a plant could talk? You certainly would if you’d been part of the packed audiences who enjoyed the school production of the hit Broadway musical Little Shop of Horrors in February.

The production, which was the result of many months of hard work by the cast, crew and band, and an intense rehearsal schedule co-ordinated by Head of Performing Arts, Mrs Lloyd and teacher of Drama, Mr Smith, was acclaimed as “excellent” with “top performances from all”. Students from some of our feeder primary schools enjoyed a special matinee performance which they thought was “great fun, very entertaining and professional.”

On these pages you will see a selection of items by members of the cast and band, as well as Mrs Lloyd’s and Mr Smith’s thoughts about the show.

Incidentally, there is no truth in the rumour that the plant (aka Audrey II) is suffering from indigestion following its close encounter with Mr Hughes.

The week of the production is a blur of moments and faces, rushing past in the clamour to make sure every prop, every line, every note was in its proper place.

In the aftermath of a show, when the lights have dimmed, the applause has died down and the set begun to be put away, we begin to reflect - to look back. We go back to teaching and the everyday hectic school life a little lighter from the weight of putting on a show, but also a little empty.

Working on a show like this with such an amazingly talented cast and crew, eliciting those incredible performances, creating that special world, you become a family. Like any family you have rocky emotional moments, but those bring you together in that one unified goal – aiming for excellence in every area.

The performance comes and goes, but the show lingers with you long after. We will always cherish the memories given to us in staging this show. They were the most precious gift we could ask for.

Mrs Lloyd
Producer and Musical Director

Mr Smith
Theatrical Director
Headteacher’s Welcome
Croeso’r Prifathro

Welcome to our Spring Edition of The Mitre. It is hard to believe that we are fast approaching Easter and there has been much to celebrate at school during the early part of 2016. I hope you find time to read about these events in this edition and keep abreast on our website, which is updated regularly.

Our Year 11s have performed incredibly well in their examinations to date. In English, mathematics (where nearly half the grades are at A*/A) and science, students have achieved excellent outcomes already and they are increasingly edging closer to the ‘final push’. For those students who do not yet have the grade they wish, there is still plenty of time to improve and search for excellence. The best way to learn the value of hard work (with the rewards of successful outcomes) is by working hard! In other year groups, our sixth form students have performed very well in pre-public examinations and, at key stage 3, students are making fine progress against their individual targets. Well done everyone.

Throughout the year we have had many more examples of excellence to share. These include numerous sporting achievements, both at individual and team level, along with our fantastic production of Little Shop of Horrors, which showcased the amazing talents of our students (and staff).

At the end of the term we say goodbye to Richard Martin, one of our teachers in The Marion Centre. We also say goodbye to Grant Pritchard in English. We thank them both for their service to the school and wish them well in the future.

Please let me offer, on behalf of everyone here at school, my thanks for all your support. I wish you and your families a peaceful Easter break. We very much look forward to seeing our students at the start of the new term on April 11th, week A.

Marc Belli
Headteacher

Editors’ Note
Neges y Golygydd

Welcome to the Easter edition of The Mitre. We hope that you enjoy reading these articles as much as we enjoyed editing them. Happy Easter!

Alice, Mercy, Lucy, Trianna, Mariah and Ting Ting

Congratulations to our international athletes!
Llongyfarchiadau i’n athletwyr rhyngwladol!

Congratulations to Ben and Sarah of Year 11, who have represented the school and their country in the under 20 age group in a number of international competitions. Ben has represented Wales in the 200m and relay teams, whilst Sarah has represented Wales in shot put. Well done both!

PE Department

Guten Morgen Klasse 7...
Bore da, Blwyddyn 7

... is German and means “Good Morning Year 7”.

I used these words very often in the past two weeks to greet you and to be part of your wonderful community which welcomed me warmly. My visit to your school was due to a teacher exchange programme (‘Host a German Teacher’) which allowed me to get insights into the Welsh school system and to teach German to you as a native speaker of this language. Being part of your school gave me excellent insights and enriching experiences into Welsh school life and further ideas for my teaching, thanks to your excellent students and your dedicated staff.

At the same time, you also learnt about what school life is like in Germany and got to know some of my German students, who prepared presentations and videos for you. Hence I think this exchange is a mutual benefit to both. I also hope that you became excited about learning this lovely and useful language as it opens new doors and perspectives to you!

Back home in Germany I teach English as a foreign language and History at a grammar school in the north-west of Germany (Esens, Lower Saxony). I hope we do keep in touch and establish further links, such as exchange programmes with students, sharing of teaching ideas and more.

Andreas Stekker

Eco-Committee Grows Up
Mae’r Pwllgor ‘ECO’ yn tyfu i fyny

Since being established in October, the Eco-Committee have been hard at work analysing the school’s environmental situation. The first step of this process was setting up the committee itself. After gathering a team of committed members, it was time for us to carry out an environmental review, highlighting how green we are as a school and further ideas for my teaching, thanks to your excellent students and your dedicated staff.

The GREEN stands for Global, Respect, Environment, Efficiency, Nature. Looking ahead, we are hoping to work further towards gaining the Bronze Eco-Schools award. We are always open to new members and look forward to watching our school as a whole grow.

BOLHS Eco-Committee
Little Shop of Horrors Wows Audiences continued

Y Sioe ‘Little Shop of Horrors’ yn gwefreiddio'r cynulleidfaoedd parhad

We really enjoyed rehearsing the exciting and varied music for Little Shop of Horrors. Coming together towards the end of last year, it took some rigorous practice as an ensemble to put together quite complex show tunes, so fraught with drama. For some, it was a first taste of playing in a show, while others are old hands. Either way, collaborating with the on stage talent was an exciting change; it was striking how seamlessly the vocalists worked with the band and vice versa, though some songs were more challenging than others. The final performances were some of the best musical experiences of my life.

As a musician, the drama taking place on stage is only amplified by your contribution to it. After a lot of hard work, some really enjoyable rehearsals, and working with a team of great people, I couldn’t be more proud of what we put together. We’ll need to find an excuse to keep playing together: it’s been great fun!

Ben
Year 12

Little Shop of Horrors: the memory of it now seems almost sore with loss. Bright lights and shaking hands, the flick of hair - details are faintly ingrained in my memory like the smudge of lipstick on my dress, loud with colour and creased with use.

The immediate image I have is of us all pacing through the show week as blushing cheeks looked out to the warm glow of the audience, a sea of shadowed faces. We would wrestle with time, wanting just a moment more under those glaring stage lights. But alas, time was not to be reckoned with and the week sped along at a rapid pace that seemed so unfitting for us lovesick performers. You fall in love with the crowd, the simple repetitive nature of performing. Although somehow the beauty was in the process; becoming familiar with the lives of others, letting it bleed into fiction until the show became something we lived with and the audience almost forgotten. Friendships were formed through our many blunders, with the rise and fall of emotion concealed with a rehearsed nonchalance.

In just a fraction of our lives we were tied together with songs and hairspray, the feeling of which I will not forget.

Sophie
Year 11

Little Shop of Horrors was an experience I will never forget. It was the best school experience of my life and I would happily do it all again. The show itself was amazing and everyone involved was amazing too! So many new friendships were made which won’t be lost.

All the rehearsals were worth it and now they’re over it feels a bit empty and although I didn’t think so at the time, I miss the constant repetition of the songs and running scenes over and over again.

Thank you so much to everyone who made it so special and for the great memories we now have that won’t be forgotten, from the auditions in September to the last minute hair and makeup five minutes before curtains up.

Thank you.
Grace (Audrey)
Year 12

The Clothes Show 2015

Y Sioe Ddillad 2015

The Clothes Show 2015 at the NEC (National Exhibition Centre) was an experience to remember - the perfect way to spend the end of a good year with all the girls, at Christmas time. We started off getting the coach for a two and a bit hours’ journey, jamming to Christmas music at 10 in the morning! When we arrived we all split off in our own groups. As soon as we walked into the main centre, there was a huge buzz of fashion! There were stalls left, right and centre, jam packed with high street makeup, designer clothes, beauty parlours and even pancakes! Everything there was on sale at very affordable prices and it was the perfect place for the annual Christmas shop ‘till you drop! Not only this, but there were some celebs as well: Jamie Laing from ‘Made in Chelsea’ made an appearance with meet and greets, and was also the host of the main show.

Moving on to the main fashion show, the inspirational part of the day, Jamie Laing started off with a few prize giveaways, with a few shirtless men ;) Then as we got deeper into the show we discovered the amazing designers of the catwalk and their designs. These trendsetting items were designed by main street fashionistas such as designers from River Island, New Look, Debenhams and so on. The advantage of seeing them live on the catwalk was that we could immediately purchase any of the items there and then. All of the products were modelled through song and dance, showing an extremely creative and fun side to fashion! Each outfit had a story behind it and they were all clear to see.

I thoroughly enjoyed this day out and I’m sure all the girls did too. Coming back with 4-5 bags of beauty was amazing!

All that’s left to say is, I CAN’T WAIT FOR NEXT YEAR!

Lucy
Year 10
Christian Union
Yr Undeb Cristnogol

We know that Christian Union may not sound like the most riveting way to spend your Wednesday lunchtime. We understand that for some, it may sound ‘boring’ or ‘un-cool’. We completely get that you perhaps may think we’re slightly crazy. But please, before you pass by this article, give us a chance.

We’re not your stereotypical boring Christian group, we don’t spend our Wednesday lunchtimes on our knees, asking the Lord for forgiveness. We’re not the kind of folk that spend hours in silence, waiting and hoping for something amazing and miraculous to happen. And we are not going to judge you if you don’t necessarily agree with us.

We’re a group of honest, friendly people. We like to get together to discuss things that matter in our world. We enjoy answering your questions about Christianity. We won’t exclude you if you are not a Christian, and your viewpoints matter to us. Whilst we are a Christian group, we’re not boring. We want to change the perception that being a Christian is boring, and that it is ‘un-cool’ and stupid.

Our sessions tend to form up as general chat and Question and Answer meetings. We will often be social before we start, and we provide food for all who attend. At certain times of the year, we come and join up for social party events. We have adopted an open door policy, so do not feel as though you can’t come because you didn’t start at the beginning of the year. We want to help you in your faith walk, so please don’t be afraid to come and join us.

If what you’ve read appeals to you, please come and join us in C24 on Wednesday lunchtimes.

The Christian Union Team

Former Students Go for Gold
Cyn-fyfywyr yn mynd am yr Aur

On Tuesday 23rd February, Harriet, Chris and I were invited to St. James’ Palace to be presented with our Duke of Edinburgh Gold Awards. We all travelled to London for the day, each with one guest to accompany us to the ceremony. After security and ID checks, we were shown to the cloakrooms where we dropped off our belongings. There were four presentations taking place simultaneously in different rooms. The presentation for us, along with the other Welsh recipients, took place in the Throne Room, which is used for many official court functions, including the receiving of ambassadors! Following a brief introduction from Wales’ D of E co-ordinator, His Royal Highness the Duke of Edinburgh (Prince Philip) arrived. He was very friendly, and asked us a few questions in small groups. He was really interested in what we had done to achieve the Physical, Residential, Volunteering and Skill sections of the Award, as well as where we had completed the Expedition.

Then the Duke moved on to the next room and our dignified guest Martyn Ashton, a professional mountain biker who was paralysed several years ago, gave a motivational speech.

He then presented our certificates to us and we were free to talk to him until it was time to leave the palace.

A good day was had by all, and I would highly recommend anyone who has started their Gold D of E to finish it, as the day at the palace makes all the mud, sweat and tears really worth it!

Emily Cheer
Former Student

Engineering the Future
Yn Peiriannu’r Dyfodol

Recently, we spent a day at Cardiff University to explore the opportunities offered by the engineering profession and allowing us to utilise the modern equipment in the University’s Engineering Department.

During the day we took part in numerous tasks which enabled us to develop and finalise our product. We had the chance to meet with various engineering professionals and university graduates, which enhanced our knowledge about potential career paths within engineering.

We feel that this experience has been extremely beneficial, with one student saying “the two days proved challenging yet rewarding” and Mr Hughes adding “I was extremely proud of the way the engineering teams engaged with the professionals available, maximising the developments of their projects.”

We would like to thank Cardiff University for the opportunity.

Ilhaam and Freya
Year 13
Art Department Achievements
Cyrhaeddiadau’r Adran Gelf

Some of you may remember Ellie Staniforth’s work, which we last saw on display as part of the A level Art summer exhibition in June last year.

Ellie was an enthusiastic and hardworking student who left us after achieving A* at GCSE and A Level to take up a place to study for an Art Foundation. We are delighted to report that she has continued to flourish and has recently secured a place to study Fine Art at Oxford. She has sent us some images of her current achievements, which you can see on this page.

Ellie said “When studying art in school I was given the freedom to choose what I wanted to do. Through studying art at GCSE and A Level I learnt how to think creatively and independently. I decided which direction I wanted my work to take and I was given the freedom and support to explore the things that directly interested me. Studying for a foundation diploma in art has allowed me to continue to grow as an artist and to experiment with my ideas. What I have learnt through this has made an invaluable contribution to my personal development”.

Well done, Ellie! We wish you every success with your future studies at Oxford.

This month we were also very pleased to have two of our very talented Year 11 students accepted into the Sorrell Foundation Saturday Club, which is organised and run by Cardiff Metropolitan University. This was excellent news, particularly as the initial opportunity stated that only one student would be considered for a place from each school. Well done to Rhiannon and Molly. We look forward to seeing your work and to teaching you A - Level Art in September.

Ms Lamont
Art Department

Celebrating St David’s Day – in Paris
Dathlu Dydd Gŵyl Dewi ym Mharis

To celebrate the Welsh St David’s Day festival we went on a trip to Disneyland Paris. There were lots of things to see, including welsh choirs, vocalists and parades focusing around Wales. The rides were amazing, with most people liking Crushes Coaster in the Walt Disney Studios Park. However, Space Mountain in the main Disneyland Park, a rollercoaster themed on travelling into space was also enjoyed by all. In the evenings we all enjoyed spending our money on Disney souvenirs in the Disney Village for ourselves, our friends and our family.

To finish the weekend we all watched the fireworks and laser display, which was projected on the castle in the main Disneyland Park. The video shown on the castle was all about spring and Wales, including the Welsh Dragon and daffodils for St David’s Day! The fireworks were all orientated around the colours of Wales: red, white and green. Even the teachers went on the rides, and got into the Welsh spirit by getting dragons painted on their faces. It was an amazing experience that everyone enjoyed and we would love to go back next year!

Catrin and Hollie
Year 7
Sixth Formers Explore the Pas de Calais region
Myfyrywr y 6ed dosbarth yn archwilio ardal Pas de Calais

13 students and a few members of staff enjoyed half a week exploring this enchanting part of Northern France. The lodging for the sojourn was the Chateau d’Ebblinghem, which despite its name was in fact a castle.

The first full day kicked off with a visit to Le Touquet, a nearby town. Here we got our first taste of French commerce, visiting a market. The students welcomed this opportunity to practise their French and try some delicious food. An expedition onto the seafront yielded several group photos, amazement at the yellow-white sand, and for the bravest, a wade into the waters of the English Channel. That same day, we went to a village where we experienced a traditional French bakery, which exceeded all expectations. We were fascinated and the students and staff all left feeling enriched, in terms of French culture and their stomachs.

An early start to Friday ensued as we sampled modern art at the LaM museum. The morning continued with a short coach journey to the city of Lille. The big-city experience did not disappoint as we went around the shops and saw the sights.

In the afternoon we crossed the border to Zonnebeke, where we were moved by the mass graves of WWI soldiers from different nations. Insight was gained into the history and the contrast between the German and British methods of remembrance.

A stop at one of the two memorials for Welsh soldiers in Europe, a stunning sculpture of a dragon where we laid a wreath, and a carved bench, preceded our arrival in Ypres, the town nearest to the salient battlefield of the Great War. We were met by a vibrant Belgian town, with lights and modern attractions sitting side by side with old and grand architecture.

Saturday consisted of a trip to Boulogne-sur-Mer. We had a guided tour of the medieval castle, saw the town hall from the inside, and of course sampled the *gastronomie*.

Ed
Year 13

Another Busy Term for Dosbarth Bevan
Tymor prysur arall i Ddosbarth Bevan

As part of our Agored Cymru PSE healthy lifestyles unit, Dosbarth Bevan have had a busy term. We have been trying our hands at new sports such as climbing, hockey, table tennis and gymnastics. We have also been exploring leisure activities and have been trying yoga as well as taking trips into town to eat out and visit the cinema.

Dosbarth Bevan have also been hard at work fundraising this term and last term. Last term we successfully organised a Text Santa Christmas jumper event and raised over £750! The event was supported by the whole school and was a huge success. Thank you!

This term our fundraising is in support of Sport relief and Autism Awareness – during the week of 21st March we are planning to travel the distance from Cardiff to London, by cycling, rowing or running, using the equipment in the school’s wellness suite.

We will be organising a restaurant event to showcase the cooking talents of the Marion Centre students and raise money for a worthy cause. The students will be planning, cooking and serving a delicious two course meal with ‘mocktails’, forming part of their Agored Cymru units.
En Garde!
Ar warchod!

Fencing is a fast and dynamic sport that requires speed and agility. I started fencing two years ago and have been to lots of competitions. I train three times a week and at home with my 14 year-old brother, who also fences. I have been to competitions in Cornwall, Manchester, Bath and even Scotland! Each competition, known as the Leon Paul Junior Series (LPJS), carries ranking points. At the end of 2015, I was in third place in the GB rankings for under-11 girls. This year I have fenced in the Cornwall LPJS (third place) and was first in the Welsh Youth Championship. Recently I went to the BYC (British Youth Championship) qualifiers and I came first. The top three people qualify to represent Wales in the finals, which take place in Sheffield in May. I will keep working hard and maybe one day I will represent Great Britain in an international competition.

Amy
Year 7

'Bishop’ team win fencing Bronze
Tîm ‘Yr Esgob’ yn ennill medal efydd ffensio

On 27th February, Morgan, Oliver and James (all in Year 8) competed as a team in the U13 section of the British Schools Team Fencing Championships at Brunel University in Uxbridge, winning a Bronze medal.

Seventeen teams were entered for the U13 Boys’ Foil Fencing in this national competition open to all schools in the UK. The standard of fencing was very high, as was to be expected from the large numbers of public and independent schools entered which include fencing as part of their PE curriculum. The boys fenced to an extremely high standard, bettering their performance last year, when they came eighth. They were the only non-fee-paying school team to gain a medal in the boys’ U13 section. Although most schools had their coaches with them to provide additional support to their teams, The Bishop of Llandaff team did not, so to reach the semi-finals and win a bronze medal for the school was a huge achievement.

Morgan, Oliver and James are part of the Russell Swords Club, but were very proud to be able to represent the school.

All three boys will be representing the Wales region and their club in the British Youth Championships in Sheffield on 1st May.

Mrs Louise Kloss

Looking Ahead to the Eisteddfod
Edrych ymlaen at Yr Eisteddfod

At the beginning of the Spring Term each year we see the start of preparations for the annual whole school Eisteddfod and this year has been no exception. The Welsh Department has been busy in preparing the documentation used in the run up to the Eisteddfod, which this year is held on Wednesday 23rd March.

Since the start of term the Sixth Form Eisteddfod officials have been working tirelessly in promoting the Eisteddfod and the various competitions and, most importantly, arranging practice sessions and rehearsals with the various participants. As a Department we greatly value the hard work of these Sixth Form students in making the Eisteddfod a success at an already busy time of the year. Without you Eisteddfod officials, the Eisteddfod would not be possible.

This year the theme for the banner competition is ‘Gwedledigaeth i Gymru – A Vision for Wales.’ As always, the Sports Hall will be transformed by these banners into a colourful, attractive and creative venue.

Students have been hard at work in completing the tasks required for the different departmental competitions. We cannot stress enough the importance of these competitions as they allow students who lack the confidence to compete on stage to make a valuable contribution to the Eisteddfod. I wish to stress as always with students the importance of really making a big push with the collection of ‘Tocynnau Iaith’ in the run-up to the Eisteddfod. The ‘Tocynnau Iaith’ result has a significant impact on the overall Eisteddfod totals – so keep up the efforts!

I’m sure that this year’s Eisteddfod will be a success yet again and we look forward eagerly to the various competitions which will allow for our students to display with pride their musical, dancing and performing talents.

You will be provided with the results of the various Eisteddfod competitions in the next edition of The Mitre.

Mr Davies
Welsh Department
More Success for Bishop’s Future Chef
Mwy o lwyddiant am Gogydd dyfodol ‘Yr Esgob’

On Friday 12th February, I attended the Welsh final of the Springboard Future Chef Competition at the Cardiff and Vale College.

There were already a few competitors there when I got to the kitchen we were going to be cooking in. We had an allocated time before the competition started to set out our ingredients and equipment and we then had to get changed into the chefs’ jackets (that they had given us), aprons and hats. The competition started after the safety talk.

Firstly I made my sweet pastry for my chocolate tart as it would have to have chill to be ready to roll later. Then I progressed onto making my orange crisps that were for decoration. I had to cut the blood oranges very thin so they would work. After that I started to make the lime jelly. I then made the potato fondant for the main. After that I cut the plaice that I would be cooking later and I also fried the spinach and put the plaice and spinach on the salmon and seasoned. I then took the pastry from the fridge then rolled it to the thickness needed. I blind baked the pastry until it was golden brown and made the blood orange sauce and then the filling for my tart. I prepped the veg. I poured the filling into the tart cases and then put them into the oven again. I put the fish onto cook and made the mussel sauce whilst it was cooking. I cooked the veg, then after that I started to plate my dishes up. When we were cooking the judges would ask questions about what we were making, if we wanted to be a chef when we’re older and so on. They also gave some tips about things whilst we were making them.

When we had all finished cooking, plating up and washing up, we were given a certificate of participation, a hamper of Welsh food from one of the sponsors and a Future Chef knife kit. After that they announced that I was the winner and awarded me a winning certificate, a plate saying I had won the Welsh final and a fantastic knife set. They then gave us advice about what we did well and could improve on next time. I wouldn’t have had a chance of winning without the astounding help of my mentors, Keith and Rachel, and help from some more of the chefs from the Hilton: Garran and Liam, and also Mrs Rees. Thank you to them for sorting everything out and teaching me the wonderful menu they created. I have had an amazing experience so far and by the time you read this I will have been to London to compete in the UK final.

Imogen
Year 9

French Exchange Student gets a Taste of Wales
Myfryriwr cyfnewid Ffrengig yn cael blas ar Gymru

Former head girl at The Bishop of Llandaff, Bethan Price, now in her final year studying French & English at Exeter University, spent last academic year in Dijon in France as an English Assistant. From this contact has grown an exchange between the daughter of a member of staff in the French school where Bethan worked and Katie, a student in our current Year 10. This is what Katie has written about her experiences so far:

During half-term, my family and I had the pleasure of hosting a French exchange student. Judith, from Dijon in eastern France, stayed with us to learn English and to experience Wales and its culture. Throughout Judith’s week-long visit, we showcased our Welsh heritage, such as visiting Cardiff Castle - only to discover that it was partially built by the Normans!

We went to a trampoline park, cycled through Cardiff Bay, visiting the Norwegian church and the Senedd ‘en route’, and saw a gig at Clwb Ifor Bach. With some of my friends, we showed her around town and had a meal. We also went to see an opera – a new experience for me - at the Millennium Centre (better than it sounds!), and had a final family meal at Bella Italia before waving a teary goodbye at the airport on the last Sunday of the holiday.

Although she stayed for only a week, I’ve had an unforgettable experience of making a new friend and appreciating my own city. And I am really looking forward to the return visit in April when I will be sure to eat the mustard as well as improve my French!

Katie
Year 10
Our Day at the Theatre

Ein diwrnod yn y theatr

At the end of February Mrs Olivari took a group of students from Reading Club to the New Theatre to see an adaption of David Walliams’ brilliant novel Gangsta Granny.

We arrived at the theatre to find lots of other school groups eagerly anticipating the performance. As we settled into our comfortable velvet seats all we could hear was excited whispering from the audience. Suddenly, the curtains opened, the lights dimmed and some peculiar music started playing in the background.

Warning – spoiler alerts ahead if you haven’t read the book yet! The first character, Ben, appeared on stage and the first part of the show was all about him moaning that old people, and especially Granny, were booooring! But the second part was all about Ben discovering that Granny was in fact a Gangsta who stole diamonds. The actors’ voices and timing were fabulous all the way through the show.

After the interval, the third part of the show was where Ben and his Granny tried and failed to steal the Crown Jewels. This was my favourite part of the show because Ben and his Granny put in so much effort to do it. The funniest part, I thought, was when Ben had to dance for a competition. The actor played his role really well. Personally I thought the ending of the show was a little sad but I’m not going to reveal any of the details just in case you still want to read the book!

After seeing this fantastic performance, we headed towards our coach and during the journey back to school I thought what a dumbfounding day it had been!

Keya
Year 7

A Level Geographers Investigate Cardiff

Daearyddwyr Lefel A yn archwilio Caerdydd

The A Level geographers have just returned from a fieldtrip to study how levels of deprivation differ between Cardiff’s central business district and its suburbs. We were lucky enough to have a day of sunshine and ended up doing about eight miles of walking between each study site! At each site we conducted both environmental and housing quality surveys, questionnaires and we took photographs. Well done to everyone!

Next stop… The Gower!

We will be donning our wellies to go to complete fieldwork on the Three Cliffs River. We are hoping for sunshine again!

Girls’ Sport Round-Up

Newyddion Chwaraeon y Merched

Netball

We have had a great Netball season this year, with a number of wins from all teams in Years 7 to 10. There have been some particular outstanding performances from Year 7, starting with a fantastic 16 -2 win over Fitzalan.

All teams have competed in their regional tournaments and did themselves and Bishop proud. Keep up the good work, girls! #futureisbright

Girls’ Rugby

On 26th February the girls of The Bishop of Llandaff High School had an experience of a lifetime. Ex-student Philippa Tuttlett came to visit! She captained Wales in Rugby Union and Rugby 7s, was the 2014 player of the year and has scored a try at the Millennium Stadium!

Over 100 girls took part in Philippa’s rugby taster session including skills, drills and games. The girls’ rugby team then had the opportunity to meet Philippa. They discussed tactics and training methods as well as inspiration and desire to achieve. In the words of Mia: “I think it’s fair to say that she inspired us all.”

Mrs Sully
PE Department

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Mrs Sully
PE Department
The school gymnastics team have had an incredible few months. Since the 25th January they have represented The Bishop of Llandaff High School in three Welsh Schools' gymnastics finals, competing against students from both public and private schools from all over Wales. All students have worked extremely hard, attending training sessions at lunchtime, after school and even during school holidays! Their determination, perseverance and dedication have paid off and our teams won all the Welsh finals. This has resulted in the students qualifying for the British Schools finals in three different competition disciplines. This is an amazing achievement and opportunity. This is not only a first for The Bishop of Llandaff but I believe it is also a first for any other school in Wales! The Bishop of Llandaff have only previously qualified for one British final with two students in 13 years, so for 11 students to qualify in three finals is extremely impressive!

I would personally like to congratulate all the students involved and wish them good luck for the finals. I am really proud of all your efforts and would like to take this opportunity to thank you for being such a fantastic group of students to work with.

Finally, huge congratulations to Jed (Year 8), who finished in the top six in the under 14 age group in the Cardiff and Vale Tumble and Vault Gymnastics competition. As a result, Jed was selected to represent Cardiff in the Welsh finals, along with other students from Ysgol Plasmarw and Bro Morgannwg. Jed's team finished second overall and their scores were added to the county results to enable Cardiff to win the overall competition.

See the next edition of The Mitre for the results of the British Schools finals. Alternatively, follow us on @BOLHS_PE for up to date information.

Mrs Griffiths
PE Department
An Invitation to Iceland
Gwahoddiad i Wlad Yr Iâ

The Geography Department would like to invite students from Years 10, 11, 12 and 13 on a five day and four night trip to Iceland in the Easter holidays of 2017. You do not need to be taking Geography to take part in this trip. This once in a lifetime opportunity will include a trip to the Blue Lagoon for a dip in the water, a tour of geothermal areas including geysers and volcanic craters, visits to four waterfalls including Gullfoss, a tour of the country’s capital Reykjavik, walking across Solheimajokull glacier and visiting the black sands of Reynisfara Beach, plus much more! The truly stunning area being visited can also be viewed at www.visiticeland.com/DiscoverIceland/about-iceland. Letters are available from Miss Kettlewell and Mr Gardiner.

Miss Kettlewell
Geography Department

Marion Centre Achieves ‘Agored Cymru’ Accolade
Canolfan Marion yn derbyn acolâd ‘Agored Cymru’

We are delighted to announce that The Marion Centre has successfully achieved Agored Cymru Centre recognition. Agored Cymru is the Welsh awarding body of choice for education and training providers in Wales. As a registered charity and social enterprise, they are committed to ensuring that learners of all ages and abilities maximise their potential.

Agored Cymru offer over 400 nationally recognised, quality assured qualifications across a wide range of subjects ranging from Essential Skills to Sustainability. They provide people of all ages the opportunity for life-long learning, whether they are in full-time education, employment or trying to find a job.

Agored Cymru qualifications are widely recognised, valued and respected by employers. This means that Agored Cymru accredited learners are in a strong position to find a job or progress in their careers.

Student of the Month
Myfyriwr y Mis

As part of our continuing efforts to recognise the positive contribution our students are making on a daily basis in school, and to further ensure all our students access a wider variety of rewards and recognition, our ‘Student of the Month’ initiative is now in action. Each month staff are invited to nominate a student in each year group who are diligent in all aspects of school life and who go above and beyond to look out for others. They are considered as excellent role models whilst also being recognised for demonstrating our core values of respect, caring, integrity, responsibility and self-discipline. So far, the following students have been recognised: Rebecca, Ewan, Elizabeth, Luke, Laura-Jayne, Evie, Bradley, Jayce, Chloe, Tom, Aderyn, Jacob, Bethan and Matthew. Well done everyone!

Mrs Bowen Jones
Assistant Head

Marion Centre Gymnastics Success
Llwyddiant gymnasteg Canolfan Marion

In February, Jak and David, took part in the Rotary Welsh Schools Disability Gymnastics Championships. They were entered into the Silver KS4 Category and competed in Floor, Vault and Bench events. David placed joint first in Vault, second in Floor and second in Bench, while Jak placed joint first in Vault, first in Floor and first in Bench. The boys received ribbons for these events. Finally, the top three gymnasts from each category made it through to the National Finals. David placed second overall and Jak came first winning a trophy, so both boys represented the school in the finals on 17th March: a report will appear in the next edition of The Mitre. Well done, Jak and David!

Ms Geary and Mr Martin
Marion Centre
Maths Challenge

Sialens Mathemateg

Congratulations from the Mathematics Department to students from Years 9, 10 and 11 who took part in this year’s Intermediate Challenge. Students across the country sit a particularly tricky paper with top performing students achieving Bronze, Silver or Gold certificates. Congratulations to all students who took part, in what is considered to be a particularly gruelling hour of completing very hard mathematics problems that aim to spot able mathematicians from an early age. A special mention to the following students: Edward (best in Year 11); Samuel and Kieran (joint best in Year 10 and the whole school); and Matthew and Jee-Soo (joint best in Year 9).

Below is one of the questions our students will have attempted. Can you solve it?

Tweet answers to @BOLHS_Maths

Mr Ashton
Mathematics Department

Tae-Kwon-Do

I am going to tell you all about my achievements in the sport of Tae-Kwon-Do. Tae-Kwon-Do is a Korean martial art that is now an Olympic sport. I have been doing Tae-Kwon-Do for just over a year. I have recently been to the English championships, which was a great experience, but unfortunately I didn’t come back with anything. In other competitions, I have won third place in my age group and my instructor tells me that it is an amazing achievement just to attend tournaments as I am only a yellow belt with a green stripe. I am going for my green belt in April and will be going to another tournament in Worcester in March – hopefully I’ll come back with something this time!

Mollie
Year 7

Support Your PTFA
Cefnogwch eich CRAFF

We are back and we are making a difference!

We are The Bishop of Llandaff High School’s Parents, Teachers and Friends Association, the PTFA.

In our fledgling year, 2014–15, we launched the first ever ‘Bishop School Summer Fayre’ as well as providing refreshments at two parents’ evenings, ‘Bishop’s Got Talent’ and the Key Stage 3 Celebration Evening. We managed to raise a massive £1600!

This year we aim to do this all over again but even better! Having already supported the music department by selling ice-creams and popcorn at their outstanding production of ‘Little Shop of Horrors,’ we launched the ‘Grand Prize Easter Draw’, which took place at the end of the Spring Term.

Next year we would like to add to our repertoire with a social event in the Autumn Term. As parents ourselves we have already seen the benefits of mingling with other parents at our PTFA meetings, and would like to re-create this opportunity on a larger scale, whilst also raising money for our school. Please let us know of any ideas you have for an event, or if there is anything you would like us to do.

In the meantime, please feel free to come along to any of our meetings or to email us your suggestions or offers of help to bowenjones@bishopofllandaff.org or ptfa@bishopofllandaff.org

Email us your questions, suggestions or offers of help to bowenjones@bishopofllandaff.org or ptfa@bishopofllandaff.org

Also, you can follow us on Twitter: @BOLHS_PTFA

Dates for the Diary, Summer Term 2016

18th April PTFA Meeting
13th June PTFA Meeting
16th June ‘Bishop’s Got Talent’
23rd June New Parents’ Evening
29th June Year 8 Parents’ Evening
7th July Awards Evening, Llandaff Cathedral
9th July PTFA Summer Fayre

MATHS CHALLENGE 2016

TAE-KWON-DO Student of the Year 2016

And a final request.... Last year we received a large donation from Admiral Insurance, who run a corporate ‘Treasure Trove’ which donates money to groups and charities. This was applied for by one of our parents, who is an employee. We are sure there are other similar opportunities out there, such as corporate community funds and charity ‘matching’ schemes. Please enquire at your place of work and, if possible, put an application in for our school.

Elspeth Roots
Chair, BOL PTFA

Elspeth Roots (Chair)
Mary Walters (Treasurer)
Simon Haslam (Secretary)
Mrs Bowen Jones (School Liaison)

Plus a strong parent committee and support from teachers and staff.

PTFA meetings are held on the second Monday of each half term, at 6.30pm in the Marion Centre. Everybody welcome.

Next meeting: Monday 18th April 2016, when we will be discussing refreshments for ‘Bishop’s Got Talent’, ‘Easy Fundraising’ and similar schemes and the Summer Fayre.

Email us your questions, suggestions or offers of help to bowenjones@bishopofllandaff.org or ptfa@bishopofllandaff.org

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Make a difference and join our PTFA

Elspeth Roots
Chair, BOL PTFA
Our Triumphant First Year as a WRU Rugby Hub School
Ein blwyddyn gynfai fuddugol fel Hwb Ysgol Rygbi URC

September 2015 marked the start of the next stage in the development of rugby at the school. The appointment of Mr Connor as the school’s first Rugby Officer has seen the number of students involved in rugby throughout the school increase significantly. This increase in participation has also included the introduction of our new girls’ rugby initiative, with over twenty players already taking part in regular training and inter-school competitions. Our new state of the art strength and conditioning suite has also been fully utilised by students through regular pre-school training sessions and PE lessons. The efforts made by the players this year has been rewarded by Years 7, 8 and 9 winning their respective age group Cardiff Schools Rugby Union plate competitions; with the boys playing the finals at Cardiff Arms Park. The senior rugby squad have also enjoyed a very successful season, qualifying for the Blues region Division One play-offs by finishing in the top four in the region and reaching the Welsh Schools Rugby Union Plate semi-final.

A massive ‘well done’ to all those who have taken part in our rugby programme so far this year! If you haven’t yet but would like to try, it’s never too late! See Mr Connor or the PE Department for details.

Mr Gardiner
PE Department

Jolly hockey sticks
Ffyn Llawen Hoci

The girls’ hockey teams have had a great season, winning 60% of their matches.

Notable performances include the Year 10/11 teams beating our two rival schools Plasmawr and Whitchurch, 3-0 and 4-2 respectively.

We have also had success in the county hockey tournaments, with Year 9 placing third and both Year 10 and Year 11 coming second. Year 10 and 11 both narrowly missed out on reaching the final and I am sure that next year we can get there with some dedication and hard work!

I would like to express my gratitude to the following pupils; firstly to the Sixth Form students who have helped coach the Year 7s and who have moulded them into a very promising team, and secondly to all the captains and vice captains who have worked hard to help organise their teams for games and training and who also motivated and directed their teams on the pitch (Abby, Hollie, Jade, Catrin K, Catrin T, Ashley and Bethan).

Finally to all the players of the matches, of whom there are too many to mention, well done for your excellent displays of skill in your games!

The girls have been a pleasure to coach and I look forward to our remaining fixtures this year and the Year 7 county tournament in March.

Hockey will start again in September and I look forward to seeing you ready and raring to go - this also includes any existing or budding hockey boys!

Anyone up for pre-season training in July? Keep your eyes peeled and those hockey sticks ready!

#letswineverygamenextseason

Miss Jones
PE Department

Year 9 go Adventuring on the Brecon Beacons
Blwyddyn 9 yn mynd ar daith antur i’r Bannau Brycheiniog

On Monday 30th November 2015, 46 Year 9 students set off on a five day residential visit to Storey Arms Centre, an outdoor adventurous activity centre based in the Brecon Beacons. The trip offered the students an opportunity to take part in a range of challenging activities that would test their physical, social and team building skills. After a short trip by minibus to the centre, the students were able to meet the team of highly skilled instructors before making themselves at home in the shared accommodation. Each day the students took part in a main activity and an evening activity, before having the chance to relax at the end of a hard day’s work!

Although at first the torrential rain was unexpected, it allowed the students to take part in activities including white-water rafting, gorge walking, caving and kayaking. Along with team-building games, night crossings, orienteering and the ‘adventure string trail’, it is fair to say there was no shortage of exciting and challenging activities on offer.

A big thank you must go to Andy Meek (Centre Manager) and the staff at Storey Arms, who planned and led a fantastic week for us and treated us brilliantly. However a big thank you must also go to the Year 9 students, who acted as great ambassadors for the school throughout the visit. The students would agree this was a ‘once in a lifetime’ experience!

You can find further pictures of this trip in the ‘Media’ section of the school website.

Mr Elliott
PE Teacher
In the Swim
Yn nofio

On Sunday 24th January, a selection of students from Years 7 to 9 represented the school in the Urdd Schools’ National Swimming Final at Cardiff International Pool. After qualifying from the regional round in November, the students were eager to demonstrate their ability against the best in Wales. Each swimmer performed fantastically on the day, acting as great representatives for the school. A special mention goes to Kaden and Noah of Year 7 and Ben of Year 9, who all qualified through their heats for the finals. In particular, Kaden won a Bronze medal in the 100m Backstroke in the Year 8 age group!

If any students swim competitively for a swimming club and are interested in taking part in next year's competition, please let me know.

Mr Elliott
PE Department

Year 9 Students Become ‘Language Ambassadors’
Myfyrwyr Bl 9 yn mynd yn Llysgenhadwyr Iaith

On Friday 5th February, five Year 9 students attended Pupil Language Ambassador Training at City Hall. Pupil Language Ambassadors encourage other students to take up or continue languages in school and later life, and also promote the importance of foreign languages in work and life.

When arriving we were greeted by representatives of Routes into Languages, who organised our training. Throughout the day we were sitting with students from other schools who were also becoming Language Ambassadors. One talk really stood out to us, Paul Kaye works as a translator for the EU Commission. Mr Kaye started learning languages in school and pursued languages through to university. He started his career as a radio host in Slovakia and it took off from there. Mr Kaye returned to the UK to further his education where he started his work for the EU as the correspondent for a news service in Brussels, doing translation work for Sir Alex Ferguson. He then decided that he wanted to use his language skills on more of a daily basis, so he entered an EU translator recruitment competition and got through. We found this very inspirational as it showed us how languages can take you all through life and open up so many opportunities.

Towards the end of the day we discussed in our group what we were going to do in our school as Pupil Language Ambassadors. We have many ideas in the pipeline and hope we can make languages a fun and interesting experience for everyone.

At the end of the day we fed back our ideas to the rest of the schools and officially became Pupil Language Ambassadors.

Alexandra and Will
Year 9 Pupil Language Ambassadors

#proudtoplay
Yn falch i Chwarae

As part of Hockey Wales’ inclusivity drive back in ‘Hocktober’ I was given 20 pairs of Hockey Wales rainbow laces to give out - congratulations to all the girls who entered the competition and won a pair of rainbow laces for their dedication to training and matches. Be proud to wear them and don’t forget to #proudtoplay to support Hockey Wales in their campaign. Look out for more competitions and events in ‘Hocktober 2016’.

Miss Jones
PE Department

More Marion Centre Sporting Success
Mwy o Iwyddiant Gymnasteg Canolfan Marion

Congratulations to Jak from Dosbarth Penderyn for winning the Welsh Gymnastics Disability Elite Trampolining competition on Saturday 23rd January. Jak will represent the school in the final, which will be held in Wigan in March. Best of luck, Jak!

Mr Martin
Marion Centre
Our Assembly About Compassion

Ein gwasanaeth am Drugaredd

On the 3rd of December five Year 7 students from The Bishop of Llandaff went to Llandaff City Primary School to lead assembly. The students involved were: Bethan, Rebecca, Jack, Lillibelle and me.

We were picked to take part in the assembly by our Head of Year, Miss Swales. Our assembly was about compassion, which means having sympathetic concern for others.

On the day, we walked down to Llandaff City with Mr Joyce. We performed the assembly in front of the whole school and also showed a video demonstrating how you can show compassion in school.

We all enjoyed taking part in the assembly, and it was lovely to go back and visit the school and see the teachers.

Megan
Year 7

Sixth Formers Train as First Aiders

Myfyrywr y 6ed dosbarth yn hyfforddi gyda chymorth cyntaf

After a successful term of rock climbing, a number of Sixth Form students have started First Aid training. This involves the students being committed to attend a four week block of First Aid training, where they gain knowledge and skills dealing with severe bleeding, choking and an unconscious casualty as well as CPR and AED (Automated External Defibrillator) training. If successful at the end of the course the students will receive the recognised Emergency First Aid at Work qualification that will be valid for three years.

Mrs Griffiths
PE Department

‘Bishop’ takes the Capitol
‘Yr Esgob’ yn mynd â’r Capitol

During February half term, we flew to Washington DC for a Year 11/Sixth Form enrichment trip. After landing in Washington we set off to find the White House… and we managed to find ‘a’ White House but not ‘the’ White House (thanks to Mr Joyce’s and Rev Williams’ navigation skills).

On the first day we woke up to snow! We travelled to the Smithsonian Museum, which was very interesting, and we even managed to hold some strange looking bugs. We eventually found the real White House, which was an amazing experience.

Everyone was really excited for Tuesday - shopping day! We headed back to the hotel to drop off our bags (there were lots!) and finished the day with a nice Italian meal in Georgetown.

To celebrate Tom’s, Charlotte’s, Megan’s and Evan’s birthdays we went to the Hard Rock Cafe and enjoyed an authentic American meal.

The next day we caught the metro to the Arlington cemetery, where Mr Belli nearly got his head trapped in the metro door. It was a very moving place, where we saw John F Kennedy’s eternal flame and the tomb of the unknown soldier. We also visited the Lincoln Memorial, which everyone seemed to enjoy the most.

It was an amazing experience getting to know everyone and the memories will last a lifetime. We will never forget our time in DC.

The Bishop Graduation Programme
Rhaglen Raddio ‘Yr Esgob’

This year has seen the launch of The Bishop of Llandaff Graduation Programme, which is designed to celebrate students who are frequently contributing to the wider life of the school and the surrounding community.

All students are part of the scheme, and recognition is given for demonstrating achievement in the core strands of leadership, initiative, community and learning. Activities can be undertaken either in the local community or the school environment: playing in a school team, helping at a charity event at church, or going up a grade in music or dance are just some of the ways in which the award can be achieved.

We congratulate all students who achieved the award and we look forward to celebrating with more students in the near future.

Dr Isgrove
Graduation Programme Co-ordinator
In February Mr Gardiner organised a sports trip to Italy for students from Years 8-11. Here are some of my thoughts on the visit...

**The Italian Job**

**Y Gwaith Eidalaidd**

**Days 1 and 2**
The trip began with a long and gruelling journey from Cardiff to Lake Garda, a journey which took over 26 hours with several stops. The first couple of hours we thought were fine but as we progressed further in our travels we realised that this bus ride wasn't for the faint-hearted. As we reached the Eurotunnel we had almost lost the will to live but some unreal stories from Ben and Seb made the two hour delay a little easier to deal with.

Eventually, after hours of travelling, we had finally arrived in Lake Garda where we were quickly rushed into our rooms to drop our things off and prepare ourselves for dinner. Unfortunately the food tasted like it had been sitting there for at least two hours but we carried on and got back on the buses where we ventured for another half hour to the local bowling alley. Of course I was the best but, by a fluke, I was beaten by the one and only Kane, who finished the game off with three strikes in a row. After an eventful night we went back to the hotel and relaxed ready for a 6am wake up call for our day trip to Venice.

**Day 3**
The day started with a rude awakening for Mr Connor, who seemed to have bashed the door in with the number of knocks he gave it. But eventually we went downstairs to the dining hall where breakfast was being served. Luckily on day three the food was edible and in all honesty a decent start to the day. We left the hotel at 7am and began our trip to Venice, which, we were told, would take three hours. Fortunately, everybody was tired and wanted to sleep so there wasn't much chaos on the bus. After the long trip we arrived in the outskirts of Venice where we got on a boat and headed towards the city of canals.

The place was stunning with some amazing historical sights but the highlight of my day must have been the Hard Rock Cafe where we ate; this was the first time of the trip where I was wowed by the quality. The day trip was coming to an end and after a shopping trip where I don't think anyone had bought anything, the journey back to the hotel had begun. We arrived at the hotel, where dinner was being served. I hoped and prayed that this time the food would be good and this time it tasted better than last time but it still wasn't up to my standards. After dinner a speech was given by Mr Gardiner to inform us that on day four we would have to get up at 6:30am ready for the next day's trip to Milan.

**Day 4**
The next day, we left the hotel at 7am and headed for Milan once again, a long journey of two hours to the San Siro (the football stadium for Inter and AC Milan). When we arrived at the stadium everyone was in amazement and was excited for the tour, which was to proceed after the visit to the intriguing stadium museum which had some unbelievable memorabilia from both clubs. Next we went into the stadium where we saw the changing rooms, press room and even the pitch! Once we had finished in the stadium we had the chance to buy merchandise from the stadium store, an opportunity taken by many with plenty of money being spent.

That evening, we went to the astroturf pitch where the fixtures would take place. As a supporter on the day I wanted to take part with some others so we were appointed coaching staff leading three teams. Two of our teams won (Year 10/11 and Year 9) with one team unfortunately losing after dominating most of the game (Year 8). After some pretty successful fixtures we went back to the hotel where it was decided that the next day we would go to Verona and Lake Garda.

**Day 5**
Today we ventured to Verona, which was around 30 minutes away. When we arrived in the heart of the city we saw the amphitheatre, which had been built thousands of years ago, and spent some time looking around and trekking to the top to see the views. After this we went to many shops, including one in which I bought myself a wallet (Emporio Armani).

Later, we headed to our main destination, Lake Garda, which did look beautiful but was sort of spoilt by the cold and wet weather. Unfortunately this was our final full day in Italy, but it was a good one.

**The Journey Home**
On our last morning we all had to pack, which was a bit chaotic with people losing things left, right and centre! But luckily we did all get out with all the things we came with plus the new purchases we had all made on our trip. Once again the trip was 26 hours long but with fewer stops. To be honest it was more enjoyable than the trip to Italy as we all had quite a few laughs talking about the trip we had just been on. When we arrived back home it felt like we were celebrities with the number of people waiting at the school gates and we all got off the buses, said goodbye and went our own ways after a very enjoyable and successful trip.

**Callum**
**Year 11**