It was that time of year again, time to share in the incredible talent of our students. The big day, 22nd June, Bishop’s Got Talent 2016. We had many students with a variety of different talents audition this year from across the school and it was very difficult to narrow down our list of on and off stage performers.

Once the list went out time flew and before we knew, it was show time. A flash of lights, a buzz and blast of music, a few flips and somersaults later and BGT was done. We thank the students for sharing their amazing talents and hard work with us, the audience and thank those that helped us put on a smooth and highly entertaining evening!

Mrs Lloyd, Mrs Griffiths, Mr Smith and Mrs Heard

Here are some reflections on ‘BGT 2016’ from some of the students who were involved...

**The Gym Team (boys and girls)**

The show was really fun and enjoyable because we got to perform flips we wouldn’t normally do in a gymnastics competition. We worked really hard to get the show ready and we had to do more hours training than we normally would. The last minute decision to use finger lights during the display turned out well. They looked great and the audience loved it!

Kaden, Lex and Ed

Continued inside
Headteacher’s Welcome
Croeso’r Prifathro

It is my pleasure to introduce our final edition of The Mitre for this school year. There has been much to celebrate over the course of the year and we are incredibly proud of the achievements of students, both academically and across all other areas of school life.

We have thoroughly enjoyed our partnership work with Cantonian High School this year. It has been really helpful for our staff, as well as theirs (I hope!). However, at the end of the year the formal partnership will end. I am sure the professional friendships developed over the year will continue informally in the future. We are very excited and humbled to have been chosen as one of the new Hub schools within the region, recognised as a centre of excellence for English and leadership. This work will enable staff at the school to be actively engaged in ‘action research’ in the most effective strategies to help further improvement and share this with staff (at all levels) across the central south region.

Moving On

As is inevitably the case we are very sorry to be saying farewell to a number of colleagues this year. In the mathematics department, Geraint Jones, who has served as Head of Year and, more recently, as Acting Head of Maths leaves us to take up a post as Assistant Head at Cantonian, where he is joined by Alison Mann from the English team; Steve Rego leaves us having spent a number of years in the mathematics department and, more recently, in The Marion Centre to take up a post at Whitchurch; Gillian Davies departs to take up the post of teacher of Chemistry at Cardiff Sixth Form College; Katie Rees leaves her role as Head of Faculty: Business, Economics and IT following the birth of her son to take up a part-time position at Cardiff High; Hannah Heard leaves the performing arts department to take up a similar role at Corpus Christi; Lydia Davies leaves The Marion Centre to head for pastures new, while Teleri Davies in Welsh and Sean Smith in business leave their roles. Amongst our support staff, we say goodbye to Carlos Ruiz and Emyr Hopkins, who worked with our students in The Marion Centre as teaching assistants; Tamsin James and Adam Williams leave us, having supported students within the Inclusion department, to train to become teachers. Finally, Marlene Walsh retires from her role as Finance Officer having spent 23 years at the school. While it is always sad to see people go it’s good to know that they will be going on to spread the good work of the school to other places, or enjoying a different pace of life.

We are very excited by the new additions to our team from September and we will share details of these appointments in the autumn edition of The Mitre. We have also made a number of internal appointments and offer congratulations to the following members of staff on their recent promotions. Mr Howells, who has served the school as Head of English for many years will take on the role of Lead for English while Miss Lewis (2nd in English) will replace him as Head of English while Miss Ellis becomes our new 2nd in English; Mr Bassett has been appointed as Lead Practitioner of Science, while Mrs Emery will take on the role of Head of Science; Mr Wicks has been appointed as our Digital Competency Co-ordinator, while Miss Jones takes up the Welsh Baccalaureate Co-ordinator post; Mrs Biggs has been appointed as Head of Year 10, while Mr Elliott is our new Head of Year 11. This means that Mrs Sully will move to Head of Year 8, while Dr Isgrove will become Head of Year 12.

A number of staff had babies this year and we offer our congratulations to them and their families. Mrs Khan had a baby girl, called Jannah; Mrs Rees had a son, called Arthur; Ms Rowe had a daughter, Menna; Mrs Lee had a son, called Bodhi; Mrs Kaid had a son, Sebastian, Mrs Angel also a son named Joshua; Mr Davies a son, called Steffan and Mr Reynolds a daughter, named Connie.

We are all looking forward to working together with you again next year and I would like to thank you for all you do as parents and friends of The Bishop of Llandaff; we really couldn’t achieve any of what you will read about here without your support.

Best wishes for a glorious summer, and God bless.

Marc Belli
Headteacher
The Off Stage Performers

We may not have been on the stage during the show but we still enjoyed performing to an audience. Each performance was brilliant, full of enthusiasm and full of energy. The audience was kind and we can’t wait till next year to see what happens...

Abby, Bethan, Autumn, Amy and Shivam

Singers

Overall, we were really pleased with our rehearsals even though there were some difficulties at times. When we got to the performance, it went amazingly. We thought it was a great experience and we thank the teachers for letting us take part in the real show. I hope we can do it again next year and even sing on the stage next time.

Morgan and Bethan

Dancers

I felt so nervous before I got on stage: I knew the dance that I had to do but I just felt like I would forget it! But as soon as the curtains opened I just enjoyed my EXTREMELY bendy experience! I know a few of you must have been worried that I would break my back, but there is no need to worry. I am an invertebrate (I don’t have a back bone!) I hope you really enjoyed the whole show because I know we did. I really do hope I will see you next year for our afternoon of talent. (PS I actually do have a back bone!)

Amy

The Comperes

On 22nd June, we had the pleasure of hosting Bishop’s Got Talent 2016. The event was organised jointly by the Performing Arts and PE Departments, meaning there was a wide variety of acts both on and off stage from gymnasts to performances of Bohemian cello music. Hosting BGT means that you get many a privilege prior to the evening, such as early previews of the performances and all of the backstage gossip. But the best part of hosting is getting the chance to know the performers better and find out about what they do with their talents both outside and inside school. The evening was a great success as ever. We both thoroughly enjoyed getting to host and everyone gave it their absolute all. Roll on next year!

Tom and SeB
**F Block’s ‘Bottle Greenhouse’ appeal**

**Apêl ‘Ty haul poteli’ Bloc F**

F Block garden needs a greenhouse, a bottle greenhouse! Please save any clean, empty plastic bottles and drop them into F Block. We need about 1000 bottles, so if everyone could give us just one, we'll be growing our own vegetables in no time!

**Miss Dolan**
Inclusion Department

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**Bishop’s own Tate Modern**

**Tate Diweddar ‘Yr Esgob’ ei hun**

After we visited this year’s Art Exhibition on the English concourse, we were inspired by the different topics and use of materials. It was Adam’s work that really stood out for us – it was based on the homeless and portrayed the dangers of living on the streets. This inspired us because it made us look at homelessness in a different light. Another student who interested us with their work was Menna. One of her pieces particularly moved us as it related to the Paris attack. She showed this through using broken plates, mannequin hands and roses. Overall, the exhibition showcased the wide range of materials and techniques available to make your ideas come to life at A Level. Everyone who saw it was full of praise for the standard of work. It’s been another successful show of talent for Bishop’s Art students and also a reflection of the hard work of Ms Lamont and her colleagues.

**Laura, Annie and Eve**
Year 12

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**Engineering Trip Review**

**Adolyiad taith beirianneg**

At the beginning all we knew was that we would be going on a trip supposedly just about rubbish. We, like the majority of people, had thought of our black bin rubbish as ‘disgusting’, ‘unpleasant’ and ‘useless’. However, through our trip to Viridor – the renewable energy company – we discovered that 95% of all Cardiff’s waste is sent there and that without us knowing, our ‘rubbish’ is being changed into energy that supplies up to 50,000 homes.

We learnt about the process of making this energy and were then given a tour of the building. The piping was incredibly elaborate: we viewed a lifting claw (just like the one from Toy Story) and we then got to look at the furnace through safety panelling where all the rubbish was being burnt into energy. Following the tour we were challenged to build a stable structure out of spaghetti and marshmallows.

Overall we learnt that there are always people trying to help the environment and we thought it was a great experience for us. We were also really pleased that girls are being encouraged to study subjects such as Maths and Science.

**Minsol, Ruth and Ava**
Year 9

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**GCSE Drama students work with ‘Volcano Theatre’**

**Myfyrwyr drama TGAU yn gweithio gyda ‘Theatr Llosgfynydd’**

This term the Performing Arts Department took GCSE Drama students to see Black Stuff by Volcano Theatre in Cardiff Bay, an unusual promenade play based on the coal mining industry in Cardiff. We then had the amazing opportunity to work with the company in an energetic workshop run by the director Paul Davies.

The play took place in a building that had been abandoned for 35 years, which we explored to see the performers. The atmosphere was very unusual and it made us feel involved in the piece.

The following week, we took part in a workshop with the director of the play. He talked to us a lot about improvisation in drama and being confident in your performance. It was very interesting to be taught by a director and to see how the creative process develops in a dramatic piece. This was an experience that I am sure all of us would love to repeat!

**Miriam**
Year 10
**The Carnegie Shadowing Day**

**Diwrnod cysgodi ‘Carnegie’**

**At the end of May, I was part of a team of students from The Bishop of Llandaff High School, competing in the Carnegie Shadowing Day.**

The Carnegie Medal is awarded annually to the writer of an outstanding book for children. It was established in 1936 in memory of Andrew Carnegie who established a vast number of libraries across the English-speaking world. This event allows children to represent the books shortlisted for the Carnegie Medal, which were: *Fire Colour One* by Jenny Valentine; *Five Children on the Western Front* by Kate Saunders; *The Ghosts of Heaven* by Marcus Sedgwick; *Lies We Tell Ourselves* by Robin Talley; *The Lie Tree* by Frances Hardinge; *One* by Sarah Crossan; *The Rest of Us Just Live Here* by Patrick Ness; and *There Will be Lies* by Nick Lake. So if you’re stuck for some ideas for summer holiday reading, your problem may just have been solved!

This year, we competed against Cathays HS, Duffryn HS, Llanishen HS, Michaelston Community College, St Cenydd Comprehensive School, St Cyres HS, Whitchurch HS and Willows HS. The judges were authors Dave Shelton and Erica Hurley, Paul Came from Camelot Books, former school librarian Judi Davies and our very own Ms Richards.

So how did I get to be a part of the Shadowing Day? I read some of the shortlisted books and got a view of what they were about. I then reviewed the ones I had read. My best review, which was *Five Children on the Western Front*, was up against reviews by other people who had also read and reviewed the book. It was tough as I was competing against people from Years 8 and 9 to get a spot, but my review was judged to be good enough for me to be part of this amazing event!

On the first day we were put into our groups with students from other schools who were also representing the same book as us. We then started to put together our performances for the next day. We came up with what scenes we thought would show the story but not give away too much. We made sure by the end of the day we all knew what we were doing, where we were standing and what lines we needed to practise.

The next day, we arrived at the Gate Theatre, got back into our groups and went to our designated practice rooms. We practised for a bit and then were called to show our performance to one of the judges so they could give us some tips on what we needed to improve or change. We then went back to our rooms and improved what we could. We made our lunch and then it was our first performance, which was in front of students from Years 7, 8 and 9. It went well but we could have done better. We all needed to improve on certain elements. We watched the other groups perform in front of the judges and children. They were all great performances and unfortunately we did not come first. One person from each group was picked out for being a great performer. We still had a chance to do well as a group though!

We then had a group talk. We took on the judges comments and practised what we needed to improve. We then had a drama workshop, which was great fun. We then had our tea - it was sausages, chips and beans, which was delicious!

Next we had a talk from the author Dave Shelton. He showed us some of his illustrations from when he started out being an illustrator. I thought it was great because he did not care about spacing out his drawings or making everything perfect; he just let his hand run over the page.

The last performance for the day was great! We performed in front of the judges and our parents, so we wanted to do the best we could! I was the narrator, so I had to say my lines with confidence and make sure everyone could hear me. We performed really well and so did all the other groups.

At the end of the day, the judges didn’t pick us as one of the best groups but it didn’t matter. I was picked as the best performer from the night’s performance, which I am really proud of. The judges also picked a best performer overall.

I was really proud when it was announced that the best performer was from our school, a girl in Year 8!

I am really pleased that I got to take part in this event. Special thanks to Caitlyn of Year 11 and to Mrs Olivari.

**Holly**

**Year 7**

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**Making the news**

**Yn gwneud y newyddion**

Being a part of the BBC School Report Project 2016 was such an amazing experience, and one that I won’t forget in a hurry. Coming into school on March 10th, seeing Mrs Lloyd’s room dramatically transformed (quite literally overnight) from standard music room to professional broadcasting studio just made something inside me click, and a little voice inside my head said “My gosh, we’re really doing this, we’re really going to do a live radio show.” And we did!

The atmosphere over the day was one that words can’t quite explain. With SeB in charge, a fantastic team of editors to keep an eye on everyone, the tech support team doing… tech-y stuff, and of course our newsreaders and broadcast journalists, we became such a close-knit family within a matter of hours, and felt professional doing it. It was such a wonderful opportunity: for one day we had the chance to do what most people don’t get to do until much later on in their careers. Obviously it was a little hectic, and by a little I mean there were people running around everywhere, but we got the show live on air, uploaded our online reports and videos, and finished with a little time to spare.

A massive thank you goes out to the Sixth Form team for co-ordinating the day, the Music Department for letting us use their room, all the Senior Leadership Team for letting us be off timetable, and SeB for organising and directing the whole day. I had the most wonderful time; it was an experience I will never forget. With this year’s success story, hopefully we will be able to do it all again next year!

To listen back to our show, or to see the articles online, go to bishopofllandaff.wordpress.com or check out our twitter page @BOLHS_Report

**Elena**

**Year 11**

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**German Exchange, June 2017**

**Taith gyfnewid Almaeneg, Mehefin 2017**

Are you in 7BR, 7SG or 7EK? Would you like to go on the proposed German exchange for a week in June 2017? If so, ask your parents to email your interest to Mr Downs at downsg@bishopofllandaff.org before the end of the summer term.
Year 7’s Shivam rises to the Maths Challenge

Shivam Blwyddyn 7 yn codi i’r ‘Sialens Mathemateg'

Recently, Year 7 and 8 did the UK Maths Trust Junior Maths Challenge. This is a maths challenge which is a fun way to test out your skills in a different environment. The paper consisted of questions of different levels, so you never found it too easy or too hard. Some questions were basic adding and subtracting whilst others required problem solving and focus. Each question required a different skill set and it was great fun to stimulate your vast knowledge of maths so that you could complete each question.

Once I found out that we would do this test I was petrified as I had no idea what to do and what to write down! This was the first time I had done anything like this and I was frightened about how it would turn out. Luckily, my teachers encouraged me and told me it would be fun. I went into the exam hall still unsure, and I realised they were right - I would get to use maths in real life problems whilst sticking to the basics. The UK Junior Maths Challenge was lots of fun and I will certainly do it next year. I am sure that everybody is now aiming for a higher score as we develop our maths skills even more. I know now that there is nothing to be afraid of and that I have something to look forward to next year.

Shivam
Year 7

Mr Jones adds: Shivam achieved the highest score in the school, beating students in Year 8. He was one of six students to achieve a Gold award, which is given to the top 6% of students in the country.

Gold Medal for Fencing Team
Medal aur i’r Tîm ffensio

On 20th March 2016 Morgan, Oliver and James, all in Year 8, together with Ben from another school, competed as a team in the under 14 section of the Welsh Youth Team Foil Competition at Sports Wales National Centre in Cardiff, winning a Gold medal. This is a Welsh fencing competition open to all fencers in Wales.

The four fencers represented their club, Russell Swords. In February, the Year 8 Bishop students fenced together in the British Schools Team Fencing Championships, winning a bronze medal.

‘Au Revoir’ to French Assistante
‘Hwyl fawr’ i’r Gynorthwydd Ffrangeg

Our French Assistante for this academic year has been Marie Naumiak from Brittany, who has just written the following on her return home:

Je suis bien arrivée vivante en Bretagne et n’ai pas été retardée par les grèves dans les transports ni noyée par les inondations à Paris, je m’en tire pas mal! Merd beaucoup pour la lettre de recommandation! J’espère que vos vacances ont été régénérantes en terme d’énergie et que vous êtes motivés pour la dernière ligne droite avant les grandes vacances: quant à moi, je pars en vacances en Grèce la semaine prochaine, cela va être intéressant! Et bien sûr je souhaite rester en contact :) .

Marie has worked with all year groups, but specifically with exam classes in Years 10 to 13, to improve their standards of oral proficiency in the language. The Department presented Marie with gifts to mark the end of her time with us, and she is keen to get on with her ‘Colouring Book of Wales’! Here she is, at the centre of the photo with students from Year 12.

Mr Downs
Modern Foreign Languages Department

Read anything. Read anytime.
Just read

Darllenwch unrhywbeth. Darllenwch unrhywbryd. Ond dim ond Darllen

The Inclusion Department is in the process of collecting photographs of members of staff reading in unusual places. The photographs will form a wall display in F Block Reading Corner which promises to motivate even the most reluctant readers to pick up a book!

Spaces on the display have been reserved for any student who would like to submit a photo of themselves reading in an unusual place: in the rain, upside down, with a pet – the wackier, the better!

Please drop your photos into F Block, or email them from your school account to dolanm@bishopofllandaff.org

Miss Dolan
Inclusion Department
On Friday 29th April, Mrs Griffiths and 10 students from Years 7 and 8 travelled to Stoke-on-Trent to compete in the British Schools’ Floor & Vault and Sports Acrobatics competition.

Each student had previously secured their place to represent the school and Welsh Schools Gymnastics in the finals as a result of winning the respective Welsh Schools competitions earlier in the year.

The under-14 school and Welsh Schools girls’ team were Freya, Phoebe, Eleri, Lily and Lucy, while Lex, Christian, Kaden, Ed and Jed competed as the under-14 school and Welsh Schools boys’ team. Freya and Jed also participated as the under-14 school and Welsh School Sports Acrobatic mixed pair, and Kaden and Ed were the boys’ pair in the corresponding competition.

The Sports Acrobatics competition took place on Saturday 30th April, with Kaden and Ed performing a fantastic routine to achieve fourth place in the finals and narrowly missing out on third position. Both boys do not do any gymnastics outside school so to place so highly against club gymnasts in such a high standard competition is a huge achievement.

Freya and Jed competed a faultless routine to Balero and came second in the British Schools finals. This is an amazing but well deserved achievement after hours spent in the school gym perfecting the routine.

These four individuals’ scores were also added to ‘Team Wales’s’ overall marks in the under-14 age group. This resulted in Wales winning the regional trophy, which hasn’t been done for a number of years!

Sunday 1st May saw the floor and vault competition. The school had all 10 students competing in the under-14 age group (one boys’ and one girls’ team). Both teams performed extremely well and finished sixth and eighth in Britain.

It is an amazing achievement for students from our school to win the Welsh competitions and compete at British level. In fact, I believe that only three previous students have participated at this level. Therefore, to have ten competing in six finals this year is truly outstanding.

Most of the students that compete in the British finals are from private schools with purpose built gymnastics gymnasiums and external coaches training the students four times a week at school. In comparison, our facilities are basic and only one member of the boys’ team attends a gymnastics club outside school (once a week). However, as results have proven, we not only qualified for the finals but were also a difficult school to beat! This is a result of dedication, commitment and perseverance from all students striving for excellence in their performances. Well done to all involved. I am very proud of you all and look forward to seeing what you can achieve next year!

Mrs Griffiths
PE Department

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**Language Awareness Day**

*Diwrnod ymwybyddiaeth iaith*

Before Easter, a group of students from Year 8 went to the Cardiff City Stadium to participate in a Language Day. We started the day with a tour of the stadium, looking at the home and away changing rooms and the football pitch. Afterwards, we did two different workshops: German and Spanish. Our German workshop involved pronouncing different German words and then finding out more about German inventions such as Levi jeans, Audi, and Haribo Gummy Bears. In our Spanish workshop we learnt about two Spanish festivals: La Tomatina, a traditional festival where people gather in Valencia to throw tomatoes at one another, and San Fermin, where bulls are led to run through the old streets of Pamplona.

To end the day, we and two other schools joined head-to-head in a language themed scavenger hunt. We didn’t win but at the end of the day we were given Lonely Planet travel guides along with some French crêpes. Fantastique!

**Agnes**

*Year 8*
Meet our New Sixth Form Team
Cwrddwch â’n tîm chweched dosbarth newydd

The Sixth Form are delighted to announce our new Head Team for 2016-17. We would like to wish them well as they embark on the final leg of their journey at The Bishop of Llandaff High School and trust that their roles will not only be rewarding but satisfying as they enter their final year.

The new team are: Thomas (Head Boy), Hollie (Head Girl), Charles and Finlay (Deputy Head Boys), Jenat and Grace (Deputy Head Girls).

We would like to thank the outgoing team of John (Head Boy), Alex (Deputy Head Boy), Lucy (Head Girl) and Kendal (Deputy Head Girl) for all their hard work, enthusiasm and dedication as we wish them well on their new and exciting journey ahead. You have all been impeccable role models and you will be missed. Good luck on your adventure and realising your dreams. It’s been a pleasure!

Hiking up Pen-Y-Fan
Heicio i fyny Pen Y Fan

In April 2016, the young people at New Life Church went for a sponsored hike up Pen-Y-Fan in fancy dress in order to raise money for two causes. The first is to help the community of Rhema in Uganda. The money sent over there will help Rhema Junior School, which is helping educate children facing issues such as AIDS, poverty and starvation as well as teaching them basic life skills such as staying clean and healthy.

The second cause is to help fundraise for the young people of the Church to go away on a youth trip this summer. ‘Soul Survivor’ is a five day camp that encourages young people to grow in their faith by providing a safe place for worship and teaching. It’s also an amazing opportunity to get to know other young Christians around the world whilst tackling the often tough British weather.

You can also see a short video of our intrepid adventure by following this Youtube Link: https://www.youtube.com/watch?v=xRhaAkl0-D0

David
Year 11

Eisteddfod 2016

On the penultimate day of the spring term, our school community celebrated a successful, exciting and most enjoyable Eisteddfod. For many years, Eisteddfod day has been one of the major highlights of the school calendar. The Eisteddfod is the perfect opportunity for the school’s House system to fully and effectively operate and for our students to showcase their otherwise hidden talents. It is wonderful to experience seeing and hearing students in different contexts enjoying using these talents.

Eisteddfod day 2016 again saw some amazing performances from students across the 3 Key stages in music, oral presentations and dance. Ardderchog pawb!

Towards the end of the day The Bishop of Llandaff staff group once again enthralled the audience with their choreographic and singing skills and, as usual, commanded a standing ovation.

The standard of this event has risen year on year and continues to do so. As always it is an annual ‘You Tube’ sensation! Ardderchog Staff!

With an increasing school and all Wales emphasis on bilingualism, the Eisteddfod, as in every past year, has again successfully promoted the use and usefulness of Welsh in a cultural context. It’s a very tangible part of what it means to be ‘Cymry’ - Welsh people.

As the Eisteddfod co-ordinator I would like to say a big ‘Diolch yn fawr’ to all the staff and particularly the students, both on and behind the stage for their tremendous contributions that led to such a successful day.

Here are the important overall 2016 results for the various competitions that have made up this year’s Eisteddfod:

<table>
<thead>
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<th>Eisteddfod Yr Ysgol 2016</th>
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<tr>
<td><strong>St David</strong></td>
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House Choir: St Paul
House Group Instrumental: St David
Departmental Competition: St David + St Teilo
'Tocynnau Iaith' Competition Main School: St John
The House Banner: St John

Junior Eisteddfod Section: St Paul
Senior Eisteddfod Section: St Teilo
Eisteddfod 2016: St Teilo
Eisteddfod Chair Poem: ‘Matilda + Daisy Anthologies’
Tom (Year 13): St David

Mr Davies
Welsh Department
Suit the action to the word, the word to the action...
Cyfatebwch y Gweithrediad i’r Gair, y Gair i’r Gweithrediad...

In April, the English Department organised a visit to Stratford-Upon-Avon, where we participated in a workshop on Shakespeare’s great tragedy Hamlet and then saw a performance of the play at the Royal Shakespeare Theatre.

We thoroughly enjoyed the day that we attended, and even more so the spectacular performance in the evening. We took a lot from the presentation at the start of the day, which was very beneficial in aiding our revision. The drama workshops we attended helped us to break down the text and figure out the different ways in which the play could be performed. The best part of the day was meeting members of the cast, the composer and the assistant director. This Q & A session allowed us to explore the play from different perspectives.

In the eyes of some, Shakespeare’s texts are culturally inaccessible and still considered quite ‘highbrow’. We noticed throughout the day that we were the only black people and this meant it really hit home that Shakespeare is still regarded as ‘white’. However, in this production, we felt there was a perfect mash of cultures and it was really positive for us to be able to see our own race portrayed in such a good light.

In a superbly acted production, it was Paapa Essiedu in the title role who really stood out. We had already had the privilege of meeting Paapa in the afternoon’s workshops and his performance was incredible! It was really refreshing and he brought an air of comedy to the character of Hamlet that you can’t get when sitting in an English Lit A-Level class. It was amazing to be able to see the character come to life.

We particularly enjoyed seeing the ghost scene in the different variations! And of course, ‘the rest is silence’, as the line that totally detracts from the whole play (in our opinion) goes. However, we are no longer totally opposed to the line (having recently thought of it as pathetic). It is actually quite a powerful ending, having now seen it live, and it does bring a sense of vindication and peace for Hamlet whilst also possibly a confirmation that the afterlife is non-existent (even if Old King Hamlet makes it seem so).

Trianna and Mercy
Year 13

Turn on, tune in...

This September, The Bishop of Llandaff High School is launching its very own school radio station! BOL Radio will be broadcasting 24/7, via internet streaming, and you’ll be able to listen to it at bishopofllandaff.org. To keep up with everything that the team - made up almost entirely of Sixth Formers - is doing, follow us on Twitter. We’re @BOLHS_Radio.

The Big BOL Radio Launch Show will be broadcasting live at bishopofllandaff.org on Monday 12th September, from 08:00 until 08:45. Don’t forget to tune in!

SeB
Year 12
Giving students a political voice
Rhoi llais gwleidyddol i fyfyrwyr

Thursday 23rd June 2016 was one of the biggest days in modern British political history: the historic EU Referendum. However, the majority of students were not eligible to vote because they were under the age of eighteen, and we weren’t happy with that. We wanted to give all of our students the opportunity to express their opinions about whether the UK should remain in the European Union or leave it, so we held a mock EU Referendum in the foyer. Students were voting throughout the day, by means of a voting slip, to replicate the real-life experience.

The vote was a fantastic example of students at The Bishop of Llandaff Church-in-Wales High School taking the lead. The project was organised by two Year 12 students, Finlay and Harry. Fin said he set up the mock EU Referendum because "we thought it’d be quite a fun idea and would give students some political choice and engage them in politics".

When 292 students had voted (approximately 35% of students, due to Year 11 and 13 being absent), the votes were counted and the result was revealed on Friday 24th June...

The Result:

<table>
<thead>
<tr>
<th>Option</th>
<th>Votes</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>REMAIN</td>
<td>226 votes</td>
<td>77.7%</td>
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<tr>
<td>LEAVE</td>
<td>66 votes</td>
<td>22.3%</td>
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We produced a video, interviewing students and staff, and detailing the electoral process. You can find a link to this by going to twitter.com/BOLHS_Report.

SeB
Year 12
School Reporter
BBC News School Report Project Co-ordinator

‘Talkabout’ for Teenagers
‘Siop Siarad’ i arddegwyr

We are a small group of students who meet twice a week in F block and we would like to say a BIG THANK YOU to Tanaya, Adam, Sam and William for turning up twice a week, every week. Their listening skills have helped us feel better about ourselves and given us a space to talk without being judged.

Louise and Jade of Year 9 both said that they would like to keep going to the group next year and perhaps even run it one day, while Matthew, also of Year 9, added: “This is one of the reasons why I like coming to school.”

We are looking forward to meeting the new Sixth Formers who are interested in helping the group continue next year.

Geography Department Host Zoolab
Yr Adran Ddaearyddiaeth yn westeiwr ‘Labsŵ’

Zoolab are visiting the Geography Department on 15th July as part of their ‘Rainforest road show’, where they will be completing four fifty-minute workshops with Year 8. During this time they will present on different biomes of the world, the different animals found in each biome and how they have adapted to live there. All the students taking part will also be able to see, stroke and hold the animals should they wish to!

Ms Kettlewell
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Geography Department
National Volleyball status for ten students
Statws cenedlaethol pêl-foli am ddeg myfyriwr

Our student volleyball players have had another successful year, with Charlie, Tess, Elizabeth, Mayumi, Sam, Will, Adam, Kieran, Rhys and Jacob all selected to represent Wales and making it through to the National Volleyball Development Under 16 and 17 Squads. They all have the chance to develop further with the final selection taking place later on in the summer. The final squad will compete for Volleyball Wales against England, Scotland and Northern Ireland in the UK School Games which will be held in Loughborough in September. Every single player has improved throughout the year with some having only been playing for five months. The players attend weekly training sessions in school every Thursday and every Wednesday with their local club Cardiff Celts, with the national squad coming together twice a month. Congratulations to everyone! If you are interested in playing volleyball, it takes place every Thursday in the Gym from 3.30-4.30pm.

Mr Allman

Welcoming our new students
Croesawu ein myfyrywr newydd

Staff and students have been busy welcoming Year 6 students to F Block. They have visited on many occasions this term to familiarise themselves with the school. Each visit has a specific activity to focus on, such as getting to know you, gardening, literacy or art and craft. The Department now has a new vibrant sign in the main entrance produced during a transition visit to F Block. We think it looks fantastic. Thank you, Year 6 (soon to be Year 7). The feedback from our new students has been positive and many now feel more confident about the move to ‘Bishop’.

Mrs Bird

It's All in the Mind
Mae hi i gyd yn y meddwl

In May, a ‘mindfulness awareness day’ was held for Years 7, 8 and 9, with each class being taught an introduction to mindfulness. The taster session was taken from the .b curriculum which is designed by MISP. Further information is available on their website: http://mindfulnessinschools.org

The lesson involved:-
- Bringing awareness to the mind
- Recognising that the mind can be your best friend or your worst enemy
- Learning to train your brain
- Dropping out of doing mode into sensing/being mode
- Recognising what is going on in your mind can affect your body
- Doing a .b (Stop, Breathe, Feel your feet and Be)
- Learning that there is strength in silence

Staff and students were very positive about their experience on the day, as you can see from their comments:

"Year 7 responded well and there was a general sense of wellbeing in the room. As a member of staff I felt a sense of inner calm – for a short while!" – Mrs Lloyd

“It was good a good way for students to learn to look after themselves. As well as learning knowledge based information, it also gives them tools for the future.” – Miss Swales

“It was very interesting and also very relaxing. I enjoyed learning about mindfulness and if there is a course in school I would do it.” – Rebecca, Year 7

“I think the mindfulness lesson was good because now I know I can concentrate anywhere I want, I just have to put my mind to it! I think that everyone should have a mindfulness lesson.” – Anais, Year 7

“I thought that it was very relaxing and it made me very tired.” – Ella, Year 7

“I thought it was a great experience and I wouldn’t mind doing it again.” – Grace, Year 7

“I’ve learnt that mindfulness can be a good thing to calm people and control their anger like it did to me. It can also make people tired and bored.” – Josiah, Year 7

“It was very relaxing and it made you look at your mind from a different perspective.” – Ted, Year 7

“I didn’t learn anything but felt chilled.” – Josiah, Year 7

“Really liked it. Nice to think more about myself and watching what I’m thinking.” – Ayo, Year 8

“I found the class very good because it was teaching us how to control our mind and it is very relaxing.” – Deborah, Year 9

“Very interesting. Would love to learn more!” – Nancy, Year 9

Mrs Courtney
Marion Centre students’ photography success
Llwyddiant ffotograffiaeth myfyrwyr Canolfan Marion

Well done to all the Marion Centre students who entered the Beechwood College Photography Competition. They took some fantastic photographs based on the theme ‘My Community’ and were competing against entrants from all over the UK. Congratulations to Joseph, Claurindo, Kane and Adam, whose photographs were chosen to be exhibited in the Norwegian Church in Cardiff Bay.

Taste of success at the Marion Centre
Blas llwyddiant yng Nghanolfan Marion

The Marion Centre hosted its first ever pop up restaurant in April as part of our Autism Awareness Week. ‘Mariono Italiano’ was a resounding success. Parents, carers and friends of the Marion Centre students were treated to a delicious two course lunch which was prepared, cooked and served by students. They were also treated to mocktails made by our student mixologists. Just over £400 was raised in aid of Autism Awareness week. A great time was had by all involved and we are all looking forward to the next one!

Miss Bakewell
Marion Centre

Marion Centre sporting success
Llwyddiant chwaraeon Canolfan Marion

Congratulations go to two Marion Centre students for their recent sporting achievements.

Aisha attended a riding competition held at Bridgend College on 23rd May, coming first in the Countryside Challenge event and third in the Dressage. She has qualified for the National Championship at Hartpury in July. We would all like to wish Aisha good luck at her upcoming competition.

David gained first overall at a gymnastics competition held at his gymnastics club in Penarth. To achieve this, he was successful across five apparatus: vault, floor parallel bars, light bars, rings and pommel horse, gaining firsts in all disciplines. Well done, David.

Marion Centre Students Visit Storey Arms
Myfyrwyr Canolfan Marion yn ymweld à Storey Arms

At the beginning of May two groups from the Marion Centre set off for Storey Arms. The Key Stage 4 and 5 groups were split into two and went either caving or kayaking. Much fun was had by all. We saw water droplets sparkling like diamonds in the river cave, and Dominic shimmied through ‘The Letterbox’ without any difficulty. Whilst kayaking along the Brecon Canal we passed narrowboats and saw an abundance of wildlife. It was a great experience for the students – and fortunately no-one fell into the water this year!

Mr Thompson
Marion Centre