A few words from the station manager.

12 weeks – 100+ hours of live & original content...

Since our launch on Monday 19th September, we’ve produced three programmes per day, every day that we’ve been in school, most of them live. With a team of about 25 presenters, producers and journalists, we’ve been live for The BOL Radio Breakfast Show and Break-time Bite every morning and a variety of specialist programmes in the afternoon, and we replay all our programmes in the evening from 5pm, and at the weekend from 9am on a Saturday and 8am on a Sunday. You can view a full schedule at bishopofllandaff.wordpress.com.

We sent a roving reporter to different departments in the school, finding out what they were offering to Year 6 students and their parents. We also broadcasted our first ever #BOLLiveSessions programmes, and marked national silences for Aberfan and Remembrance Day, but you can read more about both of these elsewhere in this fabulous edition of The Mitre.

Over the Christmas Holiday period, we’ll be re-playing all of our content from the last week of term on Saturdays and our Christmas special show on Sundays and Mondays.

Remember, keep up with everything we’re doing by following us on Twitter @BOLHS_Radio, or send us an email on RadioStation@bishopofllandaff.org.

You can also head to News and Events on bishopofllandaff.org, and find ‘School Radio’ to stay in tune.

SeB
Year 13
Station Manager: BOL Radio

Continued page 2
Editors' Note
Neges y Golygydd
As an editorial team, we have really enjoyed exploring the exciting things that have been happening in school this term. It truly has been eventful with lots of things for students to involve themselves with throughout the school. We hope you enjoy this issue of the Mitre Newsletter, have a very merry Christmas and there will be more to hear about next term.
Sophie, Bethan, Abbie and Jack

Continued from page 1

Going Live...
Mynd yn fyw...

With the sheer number of talented musicians in our school, it's a fantastic use of this exciting new platform to share their performances. The live sessions do just this, using the school radio station to provide new experiences for radio staff, performing opportunities for musicians, and most importantly, good music for all of our listeners. Our first live session, featuring We'll Talk About It Later, was an unqualified success. Despite the absence of one of their lead vocalists, the band put on a great show, even playing an encore with 'Mountain At My Gates' by Foals. The audio from the show is available from soundcloud.com/bol-radio/wtail. Head to bishopofllandaff.wordpress.com to see a video of the performance. We're now looking to put on many more fantastic performances, so stay tuned!

Ben
Year 13
Editor (music): BOL Radio
Bassist: We'll Talk About It Later

Hardly anyone could have predicted the outcome of the American election, but thankfully BOL Radio was on hand to explain the surprising result. Our news bulletins the next day were mostly focused on American politics, and the week after the election I presented a twenty-minute long report entirely about the result that shocked almost every political commentator around. I explained the American electoral system (thank you for the help, Mr Morgan!) and I interviewed two Year 13 Government and Politics students about their opinions on the American political system and the two main candidates. So, if you want to learn about the Electoral College or if you're interested in the result of the election, listen to our extended report at Soundcloud.com/BOL-radio/USElection

Róisín
Year 13
Editor (news), BOL Radio

Marc Belli
Headteacher
Royal Recognition for A Level Stardom
Cydnabyddiaeth Brenhinol am Serennu Lefel A

In August 2016, Hannah, one of our students from last year’s Year 13, achieved an A* in A Level Food Technology. This was a superb outcome, but in September she learnt that it was the best result in the whole of Wales! This led to Hannah being nominated by the WJEC to receive a prestigious British Nutrition Foundation Drummond Education Award.

Both Hannah and Mrs Rees were invited to the BNF Annual Day at the Royal College of Physicians in Regent’s Park, London. This is an opportunity to celebrate the achievements of the prize winners and to congratulate them. The day also provided a chance for individuals from many different organisations involved in nutrition to meet.

After a reception and lunch all the guests were invited to a rather glamorous lecture theatre where HRH Princess Anne presented the students and teachers with an award. She took time to make small talk with every student and teacher. As if this wasn’t a reward in itself, Hannah and the Technology department received a cash prize.

Hannah commented: “It was such an honour to receive this award and the ceremony was an experience I will never forget. I want to say a massive thank you to the Technology department for their help and support in enabling me to achieve this.”

The day ended with a fantastic lecture by Professor Philip Calder, who spoke about the importance of Omega 3 in the diet. Every day is a school day, even after lunch with HRH!

Mrs Rees
Technology Department

The School Falls Silent
Yr ysgol yn cwympo’n dawel

How can silence have such a sobering effect on a mass of people? On the dates of two major historic events during the Autumn Term, BOL Radio broadcasted to commemorate two national silences. Students throughout the school were provoked to thought and to consider why we fall silent and how past events shape the world we see today.

On the 21st October, 50 years after the Aberfan Disaster took place, we joined the nation in solidarity with the lives that were lost and torn apart by the tragedy. I wrote and read a report to reflect upon the day where a landslide of mud and debris flooded into the classrooms of the Pantglas Junior School in Aberfan and children, just like our own students, lost their lives at the hand of pride and human selfishness. The response from students and staff was overwhelming; many were profoundly moved as we stood as one, the bustle of our day to day ceasing so we could hear the cries of a nation in anguish and those who did not live to mourn with them.

Similarly, on the 11th November we stood without words to remember the lives laid down for a greater cause, the bloodshed that shaped the world we know today and the sacrifice of others. We interviewed a reserve soldier from the Royal Welsh Regiment and the two-minute silence was introduced by our IT technician Mr Ward, who served in the Falkland Islands conflict. I again wrote a report to achieve a situation where everyone in school had a chance to stop and really consider this act of remembrance. We stood together as the commonwealth; we reflected on past conflict; the men and women who actively took up arms for a cause and the loss many faced as a result of this. And we, together in our silence, stood as a generation choosing to remember.

You can listen back to the reports here:
soundcloud.com/BOL-radio/Aberfan
soundcloud.com/bol-radio/remembrance2016

Our Remembrance Day broadcast was also written about in an article on the Church in Wales website. Have a look:
churchinwales.org.uk/news/

Sophie
Year 12
News and Feature Producer
The sky's the limit at the Careers Fayre
Yr awyr yw’r terfyn yn yr wyl yr yafadd

Our annual Careers and Higher Education Fayre was held on Wednesday 5th October. Students from Years 9, 11, 12 and 13 were given the opportunity to discuss their future career options with exhibitors in the fields of engineering, medicine, journalism, business and more, while at the same time exploring the offerings presented by a diverse range of UK universities, such as Plymouth, Surrey, Oxford, UWE, Gloucester, Cardiff, Swansea and Aberystwyth. This year, Gloucester University also gave talks on student life, which should help students know what to expect with their next big step after leaving The Bishop of Llandaff. It was a great event and students came away with armfuls of prospectuses and other literature which will keep them busy over the coming weeks!

Mr Hughes
Assistant Head

Dish Up with Bishop
Platio lan gyda’r Esgob

‘Dish up with Bishop’ is a cookbook designed by our Year 10 Asdan class, which is full of teachers’ favourite recipes. The money we make from the cookbook will go towards Help for Heroes and Holme Tower as they are very close to all of our hearts.

We all had different parts to play; for example, two of us emailed staff to ask them for their favourite recipes. We were amazed at how many responded! The communications team also wrote thank you emails to staff who replied - we really enjoyed taking this role.

The editors thought of the book’s name and made the final decision on the charities who will receive the profits from the book. They also wrote the introduction to the cookbook, which explains a bit about its background.

The design team worked together to make the template for the recipes and discussed designs for the front cover.

The book is fantastic value at just £3! Keep an eye out for details of where and when it will be for sale – we think it’s the perfect Christmas present!

Ms Kettlewell
Geography Department

Geography Trip to Tenby
Taith Ddaearyddiaeth i Dinbych Y Pysgod

On Thursday 20th October 2016, Year 10 Geographers spent the day on a field trip in Tenby. The day was a huge success. The sun was shining as students conducted environmental surveys, pedestrian counts, traffic counts, landscape surveys and questionnaires. It was another brilliant day spent putting what students had learnt in the classroom into practice. We also had the chance at the end to enjoy an ice cream on the beach!

Ms Kettlewell
Geography Department
Marion Centre Restaurant Raises Funds
Tybwyt Canolfan Marion yn codi arian

The Marion Centre hosted their second pop-up restaurant, ‘Mariana Mexicana’, in October to help continue to raise money for the Marion Centre garden fund. The event was a great success, thanks to our top chefs and fantastic waiters and bar staff! Also thank you to the students who worked behind the scenes to help prepare for the event. Parents, families and friends were served a delicious two course Mexican meal and treated to fruity mocktails. Thank you to everyone who attended the event - we raised £350! Hope to see you at our next pop-up restaurant in April.

Miss Bakewell
Marion Centre

Drop-in Homework Help Sessions
Sesiynau galw i mewn gwaith cartref

Next term, we will be holding tutor lessons/drop-in (homework help) in Mr Ashton’s room, to help students with homework and revision. These will take place on Tuesday and Thursday lunchtimes, and we will be staying all lunchtime, so students can come and go. The club is for Key Stage Four students, although students in Key Stage Three are also welcome. We can provide help in all subjects, and awards will be given out to students who attend for more than seven weeks.

These help sessions will be useful for those searching for a quiet place in school to study and do homework, whilst the motivation to study is there, during school hours. For those in younger years this is a rare opportunity, and so it is something to take advantage of.

Tadi and Kestrel
Year 12

Inspiring a New Generation of Geographers
Yn ysbrydoli cenhedlaeth newydd o ddaearyddwyr

On 23rd November, A Level Geographers were lucky enough to have a lecture from Professor Mark Whitehead from the University of Aberystwyth Geography Department during their enrichment time. The talk was above and beyond all expectations. In the first half of the session, Mark gave an interactive lecture on sustainability to aid students in their A Level study but also to give them an experience of what teaching and learning at degree level will be like. In the second part of the session he gave students a talk on how to pick the best university for them.

Professor Whitehead commented: “I will be driving home this afternoon with a huge smile on my face. The students are an inspiration and it has been an absolute pleasure to be here!”

Students added: “Amazing!”; “Wicked!”; “I actually really can’t wait to go to university now! Mark was so funny and I found it so informative about what I want to take!”; “I really think I want to study something to do with sustainable earth sciences now.”

Ms Kettlewell
Geography Department

Pioneering the Graduation Programme
Yn arloesi'r Rhaglen Graddio

The Graduation Programme is designed to recognise excellence within all areas of our students’ educational experience in order to develop the whole person. We would like to congratulate the following students who have already achieved the Novice Award:

Ellie J, Dafydd, Amelia, Ellie W, Evelyn, Simeon, Ellie D, Morgan, Lewis, Abbie, James, Jack, Samuel and Bethan.

Additionally, the following students have also achieved the Apprentice Award:

Gregor, David, Seb, Jacob, Grace and Ioan.

Our congratulations to all of them for their hard work and commitment.

Mr Hughes
Assistant Head
Welcome, Morgane!
Croeso, Morgane!

Bonjour! We would like to welcome our new French assistante, Morgane, to our Modern Foreign Languages department. She has come here to develop and improve her understanding and use of the English language so that she can gain her Masters degree in English.

Morgane, who is from Paris but is living in Cardiff at the moment, feels very "privilégiée" to have been given this opportunity to improve her linguistic skills here in Wales.

As well as improving her English she is also helping to improve our French by assisting the teachers in our department and has also hugely benefited our "leçons de Français" – particularly in GCSE and A level classes. During lessons, Morgane works with small groups to make improvements to their work and take part in oral activities that refine our pronunciation.

We are all gaining from Morgane’s help in improving our French writing and also our spontaneous speaking.

Merci, Morgane!!

Will, Alexandra, Imogen, Emma and Holly
Language Ambassadors
Learning and Teaching News  
Newyddion Dysgu ac Addysgu

This term teachers have been working hard to develop strategies for effective feedback. These have included the use of W3 (what went well) and EBI (even better if) across departments, and the use of DIRT (Dedicated Improvement and Reflection Time). The verbal feedback stamp has also been introduced so that students can act upon specific advice during lessons.

During the October Inset Day teachers had the opportunity to share experiences and effective practice. The thoughts of students formed an important part of the day and were considered in the planning of our next steps.

All teachers have also had the opportunity to observe and provide feedback to their peers, whilst after school learning groups have focused on improving practice, providing training to wider staff. Early morning TeachMeets continue to provide another useful forum for discussion.

Finally, we have enjoyed visits from a range of visiting teachers from schools in England, Poland and Spain. We also had the pleasure of hosting a Focus Day for trainee teachers from the University of Wales Trinity Saint David. We are now looking forward to sharing more practice next term.

Miss Leighfield  
Assistant Head

Teacher Training In Mindfulness  
Hyfforddiant dysgu gyda Lleddfu’r Meddlw

A three day training course for teachers to teach mindfulness to primary school children was held in the Marion Centre in November. Participants from all over the UK, including 17 from Wales, were able to enjoy the Teach Paws b training. There were also two people from abroad - Singapore and France.

Many more primary schools will be able to experience mindfulness and develop their own toolkit of practices to help them deal with difficulties and enhance their students’ wellbeing. The Mindfulness in Schools Project trainers would like to “thank the staff of Bishop, and especially the Marion Centre staff, for hosting such a great course.”

In February 2017 there will be another thirty teachers training in the .b curriculum from around the UK.

Mrs Courtney  
ELSA/Mindfulness Co-ordinator
A Few Words from the Head Team

Ychydig o eiriau gan y Prif Dim

For all six of us, being on the Head Team has been an incredible opportunity to give back to the school community. Already, we've given speeches to the parents of upcoming Year 7 students, to prospective sixth form students and we've spoken at awards night. Though at first the prospect of speaking in front of a few hundred people was rather daunting, we've each found ourselves growing in confidence in front of a crowd to the point where we actually look forward to the next chance to brag about the school!

The first major event we organised as a team was the September Bonding Bash in Cardiff Bay; a major success thanks to so many of the sixth form coming to support it (thank you!). The night raised £1500, to be put towards our upcoming prom in the National Museum of Wales next July. We're hoping for Bonding Bash Round 2 to go ahead in the new year. Meanwhile, our new notice board in the sixth form area is proving useful in advertising news about our leavers' yearbooks and hoodies… ahhhh! It's scary to think our time at Bishop is running out; this first term seems to have flown by. For now though, Happy Christmas from us all and we hope to serve you all as best as possible in 2017!

The Head Team

Geography Trip to Ogmore

Taith Ddaearyddiaeth i Ogwr

On Tuesday 11th October 2016, Year 10 geographers spent the day out of school, investigating the River Ewenny. The day was a huge success: the weather was on side for the whole day and with the sun beaming down, students investigated the upper, middle and lower courses in preparation for their fieldwork exam. The River Ewenny was brilliant as it was shallow and had a slow velocity, meaning students could get in and put into practise everything that we have been learning about in a controlled environment. Year 10 were amazing and were a credit to the school. The picture shows them all "dabbing" on the stepping stones across the river Ogmore. There were a few damp feet by the end of the day!

Ms Kettlewell
Geography Department

Skills Cymru

Sgiliau Cymru

On a Wednesday afternoon in the Autumn Term, we took Years 9, 12 and 13 down to the Motorpoint Arena to attend the annual Skills Cymru careers event. The event was packed full of employers, training providers and advisors, ranging from BBC Wales and GE Aviation to bomb disposal teams and the ambulance service. They were all on hand to offer advice to young people getting ready for the next step. The students thoroughly enjoyed the afternoon, gaining some vital information which will help them navigate their way to the next step.

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Year 12 Theatre Trip

Taith theatr Blwyddyn 12

Year 12 Drama and Drama Enrichment students had a successful trip to see a charged performance of the play Spine by Clara Brennan. Students thoroughly enjoyed watching the excellently performed one woman show.

Mr Smith
Performing Arts Department

Try Something New at Year Seven Art Club

Ceisiwch rywbeth newydd yn y clwb arlunio

The Sixth Form led Art Club takes place in C14 on a Monday lunchtime. It is aimed at Year Seven students, so that they can have the chance to come along and try new things! We demonstrate skills needed in GCSE Art to show how to create things you don't get to try in Year Seven Art lessons. We plan to make prints, batiks, models and paintings throughout the year, based on drawing skills learnt at the beginning. If you're in Year Seven, and you are interested in art or just want to try something different and fun with your friends, come and have a go!

Mia and Ailsa
Year 12

Brush Up Your Skills

Adnewyddu’ch sgiliau

Are you in Years 7 to 11? Do you feel that you could do with a little extra help with Maths, English or social skills?

We're running a club that focuses on these three vitally important areas. We’ve created this club because we believe that students should get the best opportunities possible and that social skills are an essential part of everyday life. We want to work to build these skills in order to give students a chance to develop within themselves.

Our sessions will be on Wednesdays for GCSE students, and Fridays for Key Stage 3 students, at lunchtime from 12:40 to 1:15 in EO3. Everyone welcome!

Caitlin, Molly, Connie, Hiba, Ellis and Becky
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Caitlin, Molly, Connie, Hiba, Ellis and Becky
Year 12
Trip of a Lifetime on Offer to Students
Taith fywyd ar gynnig i fyfyrwyr

The Geography Department are pleased to offer students in Years 10 and 11 the opportunity to take part in a trip to the west coast of America, scheduled to take place during the summer holiday in July 2018. The exact dates will be finalised in due course. Further details can be found on the tour operator’s Twitter page twitter.com/greatgrouphols.

The trip of a lifetime includes the following:

- All transport, executive coaches and air travel;
- 11 days/10 nights bed and breakfast accommodation;
- Tours of the states of Nevada (including Las Vegas), Colorado, Utah, Arizona and California (including Los Angeles and San Francisco);
- Tour of Beverly Hills;
- Universal Studios, California;
- Tour Hoover Dam;
- Powell Hyde Line San Francisco Tramway;
- Tour of Alcatraz, San Francisco;
- Colorado River smooth water rafting;
- Yosemite National Park;
- Grand Canyon;
- Jeep safari in Monument Valley.

Please see Miss Kettlewell (EO5) or Miss Evans (EO4) for more information.

Visiting Tate Modern
Yn ymweld a’r Tate diweddar

Once again this year the Art Department took the sixth form art classes to the Tate Modern gallery on London’s South Bank. For all the students it was an eye opening experience, to see the world of contemporary and modern art. The Year 13 class, having been before, have had a wider understanding of the art itself and have already been influenced by artists and types of art and were able to choose what they wanted to see. For Year 12 the trip was an eye opening experience; it helped as they were able to gain a clearer understanding to the work they wanted to pursue as well as discovering unknown artists to them at the time. One student said: ‘It was an eye opening experience; it helped me greatly to identify and discover how I wanted to pursue my work.’

Throughout the trip the students gained a whole new perspective on how their art could be produced. A range of techniques shown in the Tate from 3D to sculptures, cubic, pop-art and photography highlights the diversity of the works and how artists create a physical object from their imaginations. This influenced us all to create our own works that represented exactly what we as artist want to create.

Students commented:

“**My philosophy on art has changed for the better; new art and a new experience have helped me improve my own art.”**

“**My personal favourites included the Picassos and also Phyllida Barlow- Upturned House. I like its eccentricity and oddness.”**

“**Solution for Clips by Běla Kolářová was a very interesting piece, especially as the room was quiet enough to look at it closely.”**

Ms Lamont
Art Department
\textbf{Not all who wander are lost}  
\textit{Nid yw pawb sy’n crwydro ar goll}

In October 2016 the Year 11s completed their Silver expedition for the prestigious Duke of Edinburgh Award. For us, this experience was really vital to our growth as students as we progress through our GCSE year and was definitely one that we will never forget.

For the expedition, we had to walk for three days and camp for two nights; and although it was tough, we got through it with a good old sing song and food. For instance, on the second night, after a long walk we sat around a campfire for several hours enjoying the beautiful scenery of the valley, roasting marshmallows in the crackling fire and singing songs together. It was so motivating to work together with our peers and help each other out, allowing us all to become close friends. Maybe that was partly because it was so cold – we all had to band together under one blanket in the evening! Overall, it was eventful and gratifying and I doubt we will ever forget it.

\textbf{See you @ CU}  
\textit{Gwelwn ni chi @UC}

Maybe you’ve never thought seriously about God, and maybe he’s completely irrelevant to your day to day life. Whatever your religious beliefs, everyone is searching for something. Jesus made all sorts of radical claims about himself which, if they are true, change everything. Perhaps they are worth looking at.

The Bishop of Llandaff Christian Union (CU) meets every Wednesday lunchtime in the Drama Studio, where we provide space for eating lunch (and free cake), relaxing and talking. We normally invite an external speaker to talk for a few minutes, and discuss different parts of the Bible to try and get to the bottom of this – who Jesus is, and what possible difference he makes for teenagers in the 21st century.

\textbf{‘Launchpad’ Does the Business for Students}  
\textit{Mae ‘Launchpad’ yn gwneud y tro i fyfyrwyr}

This term, our enterprise enrichment programme, Launchpad, has provided us with numerous skills and opportunities. Many successful Welsh entrepreneurs have visited us from different industries to expand our knowledge of business. For example, Karen Del’Armi, who designs her own jewellery, helped a group of us to develop a business strategy for a new business idea. Shauna Guinn, an award winning restaurateur from Hangfire Pump House, inspired us with her story of her road trip across America discovering new BBQ techniques and flavours. She taught us the importance of having a unique selling point and showed us that by taking a risk you can really gain huge rewards. We are all very excited to visit Shauna’s restaurant in April to present our unique business ideas in Bishop of Llandaff’s own ‘Dragon’s Den’.

\textit{Emily}  
\textbf{Year 13}

\textbf{The Winner Takes it All}  
\textit{Mae’r ennilydd yn mynd â'r cyfan}

In the last edition of The Mitre, we ran a ‘Read Anything, Read Anywhere’ competition. The winner is John of 7BHR. Congratulations John – and thanks to all of you who submitted your photos.

\textit{Miss Dolan}  
\textbf{Inclusion Department}
The PTFA proudly present their 1st ever Curry and Quiz night

Friday January 27th 2017, 7pm

£10 per ticket (to include curry n rice and a glass of wine or soft drink)

Tickets available from main School Office

The Great Bishop Bake-off
Cystadleuaeth bobi fawr Yr Esgob

Year 10 students Alexandra and Imogen recently represented The Bishop of Llandaff High School in the Future Chef competition held in Cardiff.

They competed against seven other students cooking up a storm! Alex made a Brazilian Salmon dish followed by a zesty lemon posset. Imogen made the most delicious chicken dish stuffed with spinach and goats cheese with a beetroot purée. This was topped off with a salted caramel brownie that was gobbled up by the judge.

The competition was fierce and unfortunately we didn’t retain the title as Welsh Winners. But look out in 2017 - we will be back!

Mrs Rees
Technology Department
As usual, the staff and students of the Performing Arts department have been busy this term with a whole variety of events, which are listed here:

- **Staff Worship, September**
  As always, a wonderful way to start our school year, reflecting on our young people and their development. The staff choir and band helped to set the scene for a thought-provoking day.

- **Year 7 Eucharist in School Hall, September**
  Da iawn and diolch! The first of many positive acts of worship, enhanced by a wide variety of music performed by students, led by our newly formed Year 10 Worship Band.

- **Year 6 Open Evening, October**
  The Bol 'Big Band' and Junior choir, together with a variety of other musicians, performed at the successful evening in the hall and classrooms, receiving much praise from parents, staff and governors.

- **Sixth Form Eucharist in the Cathedral, October**
  A wonderful atmosphere at the Cathedral for sixth form worship. A truly inspired act of worship, enhanced with a wide variety of music performed by sixth form students, with reflective music, readings and many thoughtful moments.

- **Year 11 GCSE Early Evening Music Recital, October**
  This was the second early evening Music Recital to be performed by this group. The GCSE musicians provided an excellent array of musical talent for family and friends to enjoy. Many congratulations and positive comments were received.

- **Armistice, November**
  Our act of Remembrance was led by the BOL Radio Team and was a very poignant occasion.

- **Sixth Form Open Evening, November**
  Members of Years 12 and 13 performed a selection of music for the parents and students, from Mozart to Pop. Many positive comments were received.

- **Christmas Carol Service, December**
  In Llandaff Cathedral, a wonderful evening full of the Christmas Message.

- **School Carol Celebrations, December**
  In the school hall. Students in all year groups came together to sing, play, listen to readings and absorb dramatic productions; a really inspiring way to finish the Autumn Term.

Well done to all!

*Mrs Lloyd, Mr Ashment and Mr Smith*

Performing Arts Department