



WELCOME TO THE
SECOND EDITION OF THE
Porthcawl Post
FOR THE SCHOOL YEAR
2021 - 2022

Porthcawl Post *Porthcawl*



Porthcawl Comprehensive School Newsletter | Cylchlythyr Ysgol Gyfun Porthcawl

Headteacher's Address

As always, it gives me great pleasure to write the introduction to this Spring edition of the Porthcawl Post. At the time of writing this piece, we have just moved to Alert Level Zero which is great news for all of us. It is early March so we can begin to hope the worst of the pandemic is behind us. As you enjoy this copy of the "Post", I hope you will appreciate just how much our school has achieved, set against the most difficult of backgrounds.

Last November, a group of Year 11 learners sat their Mathematics GCSE. I am delighted that this group did so well with the A* - C grade rate of 72%. Given the Covid-19 pandemic, these were the first set of examinations sat for a very long time, so well done Year 11 and the Maths Department! On the subject of examinations, the Welsh Government are currently advising us that the examinations will take place this Summer. The school will do all we can to thoroughly prepare each learner for their examinations. We are currently planning tiers of additional support and we will publish more precise details in the coming weeks. As is our custom and practice, I will communicate via the "Parent App" so please ensure we have your correct and up to date contact details.

Currently we are preparing for two most enjoyable school events, the Eisteddfod and the Presentation of our School Awards. The school Eisteddfod would normally be held in the Grand Pavilion but current regulations mean we can't be certain of using it. As a consequence, we are preparing a virtual Eisteddfod which we will hope to film and share with you all. The Awards Evening is also being looked at and we will make a decision as to whether we have a live or virtual event. Whatever rules we have to use, we will ensure that the learners will receive their awards in the various categories. Again, we will send you advance notice of our plans via the 'Parent App'.

Andrew Slade
Headteacher



Housekeeping

Attendance

Parents /Carers are politely reminded to contact the school on each day of any absence. This will ensure the safety of pupils and avoid unnecessary messages being sent home. Another safety point to note is that any pupil who is unwell should go to first aid, where they will be assessed, and, if necessary, arrangements will be made for the pupil to be collected. In these cases, parents will be contacted by a member of staff. Pupils should not be making contact with parent /carers to arrange collection.

Uniform:

When purchasing new items of uniform, please refer to the uniform requirements on the website. Please note that the PE hoodie is to be worn for PE and games only and is not part of the daily school uniform.



A question that I am often asked is, "I want to go to university but can't afford it" or "how do I get money to do it" and "I am worried about going into debt".

Well www.studentfinacewales.co.uk is the first place to look. They explain the funding and depending on what your parent(s) earn, will determine what you are given. The Welsh Government's aim is for everyone going to university to have the same amount of funding, and it shouldn't be a barrier to progressing onto university. - While in Sixth Form the school will

Student Finance

also talk you through the financing for your studies.

Going to university can be an investment in your future. As it's your first time going to university you will be known as an undergraduate. Many universities offer bursaries and scholarships to undergraduates. You will need to look at the criteria on the universities' websites and how to apply. Some will depend on A Level results; some will encourage wider participation from low-income families. However, have a look, you never know what they have on offer!

Many students will work part time during their university course. This not only gives them extra money, but they gain skills that employers like when they then apply for work after graduating. The university year usually ends around April /May and many will find full time work until the course starts again in September - saving some of their wages for the following year. While at university, budgeting will be important - ie: don't spend ALL your money in the first month! Budgeting is also a skill that they will

learn ready for when they become fully independent. And it does depend on what they spend their money on - buying their food from a premier store will be more expensive than in the discounted stores.

There are a couple of other organisations that offer advice www.ucas.com/money www.propects.ac.uk - applying to university; Careers Wales - Funding for students at university/careers wales (gov.wales) and www.moneysavingexpert.com.

You may have heard about EMA - Education Maintenance Allowance. This is for Sixth Form and college students. It has been in place for a number of years to help students continue their education and can go towards expenses such as travel costs, books etc. It is means tested so receiving it does depend on the household earnings. Check out www.studentfinacewales.co.uk the further education funding tab is where you will find more information.

Debz Silk

School's Careers Adviser - Careers Wales

Porthcawl Regeneration Project

As a school we had the opportunity to watch a presentation delivered by the Porthcawl Regeneration Project. They took us through a detailed presentation of proposed changes they would like to make over the next 10 years. We had the opportunity to ask questions and express concerns surrounding the ideas they presented. It's was an interesting experience to see the types of changes they would like to make and e.g. making it more environmentally friendly and accessible for all. It was reassuring that they were interested in the views and opinions of young people and that they really took our ideas on board. To be able to see the presentation before anyone else showed that our opinions really mattered.

Wil Morgans - Year 10

Visit from Sarah Murphy MS

The School Council had the pleasure of talking to a Member of the Welsh Senedd, Sarah Murphy during her visit to the school. We were able to sit down with her and have an open conversation about her job in the Senedd and she asked us about projects we were working on as a team. It was reassuring to know that members of the Welsh Government are interested in the work young people are doing to help improve schools and to make our voices heard. It was an amazing opportunity to be able to ask questions regarding changes taking place in the Senedd and how we as young people can get involved.

Seren Cole, Amelie Symmons & Wil Morgans,
Year 10 & 11 School Council Members



Sarah Murphy's visit to Porthcawl Comprehensive School allowed us to show her the standards that we hold within our school. We discussed universities and future careers with our head team as well as our opinions of the regeneration project of Porthcawl. We were able to take her on a tour of the school where she took great interest in specifically music and drama and said how she had previously watched 'Sister Act' performed by the school and mentioned how much she enjoyed it. Sarah was able to see the different subjects that included languages, technology, and art as well. This allowed her to see the range of different subjects that we are able to offer at Porthcawl Comprehensive.

Kara Morgan-Rees ~ Student Leader



Keeping Safe online

In the know - the latest on apps, social media and games for families.

For young people, technology is central to everything they do. From connecting with friends on social media, to playing with other gamers from around the world on different multiplayer gaming platforms. For parents and carers, understanding this engagement with digital technology can be overwhelming and it can be difficult to establish boundaries.

The 'In the Know' project has been designed and created especially with parents and carers in mind, to equip them with the key information that they need to help young people embark on their digital journeys safely.

The collection of guides covers what all parents and carers should know about the most popular social media and gaming apps children are using today.

Each guide includes a detailed overview of the app, outlining the age rating and key terminology parents and carers should know. The guide also highlights the risks each app poses to young people and gives detailed instructions on how to enable parental controls and safety settings.

This article is taken from Hwb Keeping safe online zone <https://hwb.gov.wales/>

There are articles and advice on many topics and specifically for parents and carers.



Thank You to The Fishmonger's Cat

A big thank you to the Fishmonger's Cat on John Street in Porthcawl, for kindly donating nearly 20 fish heads to the Biology Department. Year 12 pupils enjoyed dissecting the specimens as part of the AS level Gas Exchange topic. The aim of the practical was to identify the location of the gills in relation to the buccal cavity (mouth) and operculum, before cutting and removing some of the gills, to examine their fine structure. By placing the gills in a dish of water and examining them under a microscope, the huge surface area that they provide could be appreciated, this allows fish to gain the oxygen they need from the water they live in. Some of the more adventurous pupils, (with strong stomachs!), chose to continue their dissection to other parts of the head, allowing them to examine the anatomy of structures like the eyes and teeth.

Mr Hutchison - Biology Department

Wellbeing Ambassadors

In the Summer term of last year, Year 8 had a virtual talk with Andy Caress. Andy works for the Charlie Waller Trust which promotes mental health and wellbeing. He talked to us about what may affect our mental health, especially about being in lockdown and a global pandemic. He also told us about his own struggles with mental health throughout the years.

After he talked to us, he told us about the possibility of having a group called the Health and Wellbeing Ambassadors which would represent the school. The training to become an ambassador goes over the span of two years (Year 9 and Year 10). If you wanted to be considered to become one you had to fill in an application form. There was a total of 7 applicants and all 7 of us were successful!

The first year of training is all focused on understanding what is mental health and wellbeing is and then going into local primary schools in the Summer term to talk to Year 6 about coming up to Year 7. The aim is to answer any questions they may have and make them as relaxed as possible about coming into Year 7. The second year is all about promoting and improving mental health and wellbeing within the school.

Over the past few months we've had a total of three sessions with Andy. The first two were focused on what is mental health and wellbeing and how can we improve our mental health and wellbeing. After the first two sessions our goal was to complete a survey for the Commissioner of Wales to find out what people our age knew about mental health and wellbeing. To find out about this we created a survey which we sent out to three form classes to complete with a range of different questions. We then had to look through the information we had collected and present it to Mrs Sloggett, Miss Owens, Mrs Morgan and Mr Price. The third and most recent session was focused on what it was like for us coming up to Year 7 so when we go into the primary schools, we can have a better understanding about what the Year 6 pupils might be worried about. We are planning to have a couple of other sessions so we can further prepare for talking to the Year 6 pupils.



Mindfulness Club

"Mindfulness Thursday helps me feel relaxed and calm."

This is why our learners enjoy Mindfulness Club:

"I love Mindfulness Club because it is time to relax and enjoy some time to myself, and then I get to spend time with my friends."

"Makes me forget about tests and work for a short amount of time."

"Helps me relax and take my mind off exams."

"I love Mindfulness Club because it helps me relax, laugh and everyone is so nice."

"It helps take my mind off stressful thoughts. Eg exams."

In Mindfulness Club, the aim is to enable our young people to access a space where they feel relaxed, safe and happy and to leave with a smile on their face. Participants are shown how to practise mindfulness by teaching them to focus on their breathing and to acknowledge whichever thoughts they have swirling around their minds, and then to bring their focus back to breathing again. We do this for just a minute while listening to some music. When everyone is relaxed and calm, we then enjoy a range of activities. Pupils then leave, feeling calm and happy as they head into their afternoon lesson, and are equipped with the skill of practising mindfulness for when it's needed.

Mrs Coles English Department

"I like Mindfulness Club because it calms me down if I am sad"

"Puts me in a good mood for the afternoon"

"I like Mindfulness because it's fun and relaxing"



Charities' Week

On the week of the 15th to the 19th of November, Porthcawl Comprehensive School took part in the annual Children in Need charity week. Children in Need are a UK charity whose mission is to help ensure that every child in the UK is safe, happy, secure and has the opportunities they need to reach their potential. They fund over 2,500 charities and projects which directly support children and young people who are affected by a range of disadvantages including poverty, disability, illness, distress and trauma.

Despite a last minute change to COVID regulations, the Head Team worked hard to organise events including Doughnut Sales, Leg Waxing, Guess the Number of Sweets in the Jar and Guess the Number of Balloons in the Car. It was fantastic to be met with such enthusiasm from the younger year groups - the rate at which our supposedly 'plentiful' supply of doughnuts was demolished in a matter of minutes was truly astounding!

Leg waxing was particularly popular. Thank you to all the Sixth Form boys who gave up their time and leg hair in order for this event to go ahead, (hopefully it will have grown back ready for next year!). I know many of the younger students took much pleasure in pulling off the wax strips a little too slowly, but all in all it was a success and made for an excellent afternoon.

The week was a success, with donations coming to a staggering £2,200 which, along with the leftover profits from last year's event, has been split between five charities; Children in Need; Cardiff Rivers Group; Noah's Arc Hospital; RNLI and MIND. Children in Need will receive all of the money made on the Friday from a non-uniform collection and the four other charities will receive an even split of the remainder.

Liv Geddes, Year 13



"We felt it was important to give back to the local community and this inspired us to select the charities we did" - Cerys Keeping, Year 13



About the Charities ...

MIND

In Porthcawl, we are very lucky to be close to two MIND services, one in Neath Port Talbot and the other in Swansea. Through their helplines and online platforms, this charity supports young people in their day to day lives. They provide advice and support to empower anyone experiencing a mental health problem, as well as campaigning to improve services, raise awareness and promote understanding. With MIND, it's easy to find information regarding the best way to support yourself, especially for teenagers during this rough and often mentally draining time. We thought that the best way to show our appreciation for these wonderful people giving up their time for young people throughout the UK would be to raise money in our charity week to help them help us. The fundraiser fell on the same week as World Mental Health Week so we felt that a donation to MIND would be fitting as we know it's so important to teenagers throughout Wales. For more information on MIND or support with your mental health, we have included their contact information below.

Call: 0300 123 3393

@mindcharity on Instagram and Twitter

Elin Jarman, Year 13

Cardiff Rivers Group

Cardiff Rivers Group comprises over 750 volunteers from all walks of life and ages - from toddlers to people in their 70s and beyond. They are involved in tackling litter and waste on paths next to watercourses, removing rubbish from rivers, streams and ponds, clearing blockages and improving water flow, lobbying to improve the quality of the environment in South Wales, as well as habitat management and access and amenity improvements.

<https://cardiffrivergroup.org.uk/contact-us/>

Noah's Ark Hospital

This superb charity is based in Cardiff and works with the NHS, aiming to provide the Noah's Ark Children's Hospital for Wales with state-of-the-art equipment, facilities and family support services. It helps to ensure the best treatment and outcomes possible for its young patients. Currently, 73,000 children are treated at the Noah's Ark Children's Hospital for Wales each year and we know that the money we donate will help to make a real difference, contributing towards specialist medical equipment and facilities and improving the lives of so many young children.

https://noahsarkcharity.org/donate_now/

RNLI

A charity at the heart of the Porthcawl community, we were pleased to be able to donate some of our money from the fundraiser week to the Royal National Lifeboat Institution. The RNLI play a vital role in keeping our beaches safe and educating the community through lifeguard training, youth education programmes and voluntary work. They are also responsible for the lifeboat station by the harbour and have been involved in many rescues and patrols.

<https://rnli.org/support-us>

We all thoroughly enjoyed charity week and can't wait to support more people over the year. Thank you to all that donated, helped organise and took part in our events.

Head Team 2021/2022



Eco-Schools Bronze Award

Congratulations to the Environmental Action Group on attaining the Eco-Schools Bronze Award. We meet every Monday lunchtime in P13.

Our priorities this year are:

- Developing sixth formers as environmental ambassadors
- Developing a school-wide campaign against litter
- Improving school-wide recycling
- Developing the garden as a relaxing space for anxious pupils

Come and see what we are all about!

Miss Raine



Seren has the Big Chop for Charity!

Interact Sixth Form Charity Group

The Interact Group were busy placing 'Candy Cane' orders with special Christmas messages before the Christmas break. The group were responsible for advertising the event, buying and collecting the candy canes, writing the pupil messages and coordinating the logistics of delivering them to pupils and staff throughout the school, just in time for Christmas. A great effort was carried out by the team and they raised £87 for charity. They will decide their chosen charities and pass on their donations later this academic year.

In February, they organised a doughnut sale for Valentine's Day, which was also a great success.

For many, many years, Seren would not allow the hairdressers to take much more than the bare minimum when tidying up her hair. Seren always said that when she was ready, she would have it cut and donate it to help others less fortunate than herself. Very bravely in December, Seren felt that the time was right to go for it! Incredibly, she managed to donate over 41cm of hair to the Little Princess Trust who will use the hair to make wigs for children and young adults who have lost their hair through cancer treatment and other medical conditions. Each wig costs £550 to make, so Seren set up a sponsorship page for the Trust. To date she has raised £850!

'I didn't initially set a fundraising target, because I didn't want to be disappointed if I didn't reach it,

but my parents encouraged me to set the target of £550 to cover the cost of the wig. I am so thrilled to have exceeded this and would like to thank everyone for their kind and generous support. It feels great to do something so positive for such a worthwhile cause.'

The Little Princess Trust aim to provide real hair wigs, free of charge to every child and young person up to the age of 24 who needs one. Since 2006, they have provided more than 12,000 wigs and have given grants totalling more than £15 million towards research projects focussed on finding more effective and kinder treatments for childhood cancers.

Well done Seren!



Christmas Foodbank Appeal 2021

This Christmas, Year 11 students wanted to give back to the local community and were delighted to organise a Christmas Foodbank appeal. With COVID preventing collections last year, it was great to be able to support this amazing charity once again.

Sadly, over 13 million people live below the poverty line in the UK, and the need for Foodbanks is increasing. The network of UK Foodbanks strive to promote long-term change and at present, they provide emergency food and compassionate, dignified

support to people locked in crisis.

Year 11 were kept very busy each day of the appeal, collecting the generous donations from staff and pupils before packing and preparing the items to be delivered. The appeal was a great success and Year 11 were thankful for everyone's support.

"It was lovely to see Porthcawl Comp coming together to help people in need especially after this hard year"
- Cara Wheatley & Isobel Evans

"Thank you to all the students and staff who helped our appeal to be a great success" Sofia Chayka

For further information about Foodbanks please visit:

<https://www.trusselltrust.org>

100 Miles for Mind

Miss Redmond took part in "100 miles for Mind" earlier this year. The target was to complete 100 miles within one month. Miss Redmond, not one to avoid a challenge, decided to complete one mile for every £1 raised. After family, friends and colleagues pushed her to the limit with their donations, she managed to clock up 440 miles in total, from running, walking and the odd cycle from Aberavon to Mumbles. Miss Redmond is very pleased to have donated £440 to this incredible charity that provides advice and support to empower anyone experiencing a mental health problem. They campaign to improve services, raise awareness and promote understanding which is invaluable considering one in four people struggle with their mental health.

Her next challenge was 1400 squats in February for Great Ormond Street Hospital and Children's Charity – we will hear more about that in the next edition!



ROHHAD Charity Update

ROHHAD is an acronym for Rapid-onset Obesity (RO) with Hypothalamic dysfunction (H), Hypoventilation (H), and Autonomic Dysregulation (AD). It is a rare, life-threatening syndrome that affects the autonomic nervous system (which controls involuntary actions like breathing and your heartbeat) and the endocrine system. The life expectancy for those with ROHHAD is just 10 years.

Sadly, my son Luca was diagnosed with ROHHAD when he was 2 ½ and at the time he was the 34th child in the world to have ever had ROHHAD, and the only child in Wales. Today, there are only approx. 100 children worldwide with this illness. It was extremely difficult to deal with when most doctors we met had not even heard of it. Luca passed away a month after his 11th birthday in 2017. His parting gift was to give the amazing gift of life through organ donation to a known three people (one of whom we know is a child), with the potential to save others, pending further tests.



Over the years I have taken part in a number of activities to raise awareness and funding for the charity. ROHHAD is classed as an orphan disease as less than 10,000 people worldwide have it. As a result, there is no government funding to help with research. The

ROHHAD charity donated a league and cup trophy to our school together with individual player medals and over the last few years, we have successfully run a Sixth Form Charity Football League, and I hope it continues.

Behind the scenes, my wife and I have been very busy and we helped setup the ROHHAD International Consortium with representatives from parents of children with ROHHAD and leading doctors around the world who share experiences and help direct funding to find a cause and hopefully, one day, a cure.

Within the consortium, we have a ROHHAD International Family Team (RIFT), consisting of parents of ROHHAD children around the world. We help to provide a voice and a resource base for all families who go through this difficult experience. We had our first meeting in January 2021 and have held six meetings to date. My wife and I represent Wales, there are two families in England, 1 in Scotland, 1 in Belgium, 2 in the USA and 1 in Australia.

The group have been working with doctors to setup a website which can act as a base for both doctors new to the disease, and as a signposting resource for parents. By the time this article goes to print, we hope the website is live. The website is <https://www.rohhad.org/>

You will notice Robert Downey Jr on the home page (aka IRONMAN) as he is involved in raising the awareness of ROHHAD.

A significant step forward for us is that this year, the ROHHAD Internal Consortium Virtual Symposium



was held on Saturday February 26th. This event was organised in recognition of the patients and families we serve. ROHHAD IC is hosting their first ever Rare Disease Day meeting. This event will bring stakeholders from around the world together to discuss how we can collaborate to advance ROHHAD care and research. More than a dozen research groups from around the world have already committed to sharing and discussing their research at the meeting. It is being hosted in Chicago and anyone can join by registering on this website https://whova.com/portal/registration/farsm_202202/ I would like to take this opportunity to thank Mr Slade and the Porthcawl Comprehensive School community for their ongoing support.

Mr Pucella

Sixth Form Charity Football League & ROHHAD Cup

Quarter Finals

Kante started the cup season strong favourites against the Year 13 side. However, it was Dai's on Toast who dominated the game and won 3-1, advancing to the semi-finals. Ath Utd were also too strong, winning 3-1 against Tref Wanderers.

The next quarter final fixture was Mundy FC Vs Azam Utd. Connor Mundy demonstrated his superb leadership skills and led them to a 3-1 victory. Netflix have been dominant in the league and clear favourites to beat Phil FC in the Cup. However, the match went to penalties with Netflix scraping through and winning 5-3.

Semi Finals

Ath Utd clearly had a strategy and I don't know what team talk went on in the dressing room, but they came out and sent the Year 13 team packing 3-1. Dai's on Toast were out! Netflix then went on to play Munday FC in the second semi-final. Netflix were dominating and were 4-1 up with 2 minutes to go. Munday FC dug deep and managed to end the match 4-4. Extra time was played and the score was 1-1. It came down to penalties and then sudden death penalties. The pressure was too much, Mundy folded and Netflix claimed a 4-3 victory.

3rd Place Play Off

Determined to come back from their penalties defeat, Mundy FC wanted to prove something. Dai's on Toast were too scared to show and Mundy FC claimed a 5-0 win.

Final

Ath Utd – Were they the new rising superstars about to knock Netflix off the top spot? Netflix have been undefeated but weaknesses have been shown. Could Ath Utd capitalise? Not a chance - Netflix were superior and romped to a 6-1 victory. The league title is also in sight. Could Netflix win the double?



League Update

Netflix are still top and heading for victory but statistically it is not over yet.

Porthcawl Comprehensive - 6th Form Charity 5 a-side LEAGUE TABLE									
Position	Team Name	P	W	L	D	F	A	Diff	Pts
1	Netflix	5	5	0	0	16	5	11	15
2	Azam United	6	3	2	1	11	7	4	10
3	Phil FC	4	2	1	1	4	1	3	7
4	Kante	4	1	0	3	5	4	1	6
5	Tref Wanderers	5	1	2	2	8	7	1	5
6	Mundy FC	3	1	1	1	2	6	-4	4
7	ATH.Utd	4	0	3	1	4	11	-7	1
8	Dai's on Toast	3	0	3	0	1	8	-7	0



The School Council

Who are we?

A group of pupils with a few representatives from each year that act on your behalf to make the school a better place. From a student point of view, we can see and understand your thoughts more than ever, with most age groups taking part.

What do we do?

Whatever you think needs to be changed! From anti-bullying campaigns to installing more shelters around the school, we do what you think is needed. We tackle some very serious matters, like bullying, racism, and more.

How do you contact us?

There is a suggestion box in reception where you can put your ideas in, speak to either Mrs Bishop in P5 or you could speak to one of your year representatives with a yellow School Council badge on. We meet up once a month so you can expect a response to your idea soon.

And remember, no suggestion is too silly, except for the really silly ones!

Jamie Beemer

Show Racism the Red Card



It was a very educational experience to be able to sit in on a session provided by the charity "Show Racism the Red Card". We as the School Council team have been planning on delivering resources and Health and Wellbeing lessons to all KS3 pupils to educate them on racism and hate crimes. Our hope for the future is to build upon the incredible work the charity has been doing and continue to do; in order to educate not just the pupils, but staff members and the wider community as a whole.

Amelie Symmons, Seren Cole & Sofia Chayka - Year 11



Odd Sock Day

Odd Sock Day 2021 was a great success! It encouraged people to express themselves and celebrate their individuality and helped us think about what makes us unique. Thank you to everyone at Porthcawl Comprehensive for participating. Let's continue to spread kindness, respect and support to everyone in all years and remember "kindness is contagious!"



We like to think of Tŷ Enfys as a sort of “one stop shop” at the heart of the school. The wellbeing of our pupils is one of our top priorities and within Tŷ Enfys we have brought together a whole host of services and highly skilled staff to enable us to offer the best support we can for Porthcawl Comprehensive pupils. Staff in Tŷ Enfys have been trained in ELSA, Thrive, as Mental Health First Aiders and Safeguarding Leads to name just a few aspects. Combine this with close links with our Education Welfare Officer, Counsellor, Lead Workers and Early Help Teams and we feel well equipped to support pupils when needed or perhaps to direct them to more specialist services in the community. Additional Needs staff are also based here and deliver bespoke support to pupils in literacy, numeracy, social skills the list goes on!

Anyone can access Tŷ Enfys at break or lunchtime for a chat or advice but we also run intervention groups and 1:1 sessions.

If you haven't been to see us yet, why not pop in and see what is going on!

Tŷ Enfys Team



Debz Silk, Careers Wales



Mrs Sloggett, Deputy Headteacher (Pastoral)



Jenna Mitchell, Lead Youth Worker



Lewis Rogers, Lead Worker



Mr Price, Pastoral Support



Paisley Price, School Counsellor



Mrs Morgan, Pastoral Support



Jessie, School Therapy Dog



Laurie Baldwin EWO



Visit from World Champion - Dan Chapman



Mrs Dancer LSA



Mrs Glastonbury LSA



Here at PCS we wanted to inspire and motivate our pupils that having goals, resilience and determination in life is so important. We asked Dan Chapman, World Bare Knuckle Champion, to talk a little about his life and how having goals took him down the right path as a child and adult. Dan was fostered from a young age and he could have chosen a very different path. He found boxing and now he wants to inspire young people that anything is possible with determination



Mrs Goodchild LSA



Mrs Kehoe ALNCo



and resilience. The pupils loved meeting Dan and were very impressed with my boxing skills.



'I really enjoyed it as it was nice to express my feelings' Lewis Scaccia

Ms Kehoe
ALNCo



Mrs Lewis LSA



Mrs Price, AN Teacher



Mrs Rowberry LSA



Hollie Rhodes LSA



Celebrating the need to read

There were celebrations in the English Department as they received a delivery of fresh new fiction books.

Fourteen class sets of books arrived for Year 7 and 8 covering a range of genres so there will be something for everyone! Titles range from classic fantasy series such as Harry Potter, His Dark Materials and The Lion, The Witch and the Wardrobe to dystopian favourites such as Divergent and The Maze Runner.

Each KS3 form tutor will be given a set of books so that they can enjoy reading as a class in form time.

KS3 English co-ordinator Mrs Kembery says the pupils are delighted with their new books.

"Developing and sustaining a love of reading is key not only to academic attainment but to health, wealth and happiness in later life," says Mrs Kembery.

"We are thrilled to give our students the opportunity to enjoy high quality literature and share our love of reading."



External Exams – Summer 22

GCSE, AS & A Level

Plans for exams are well underway and it is nice to have the normality of exams running once again at Porthcawl Comprehensive School.

BE PREPARED

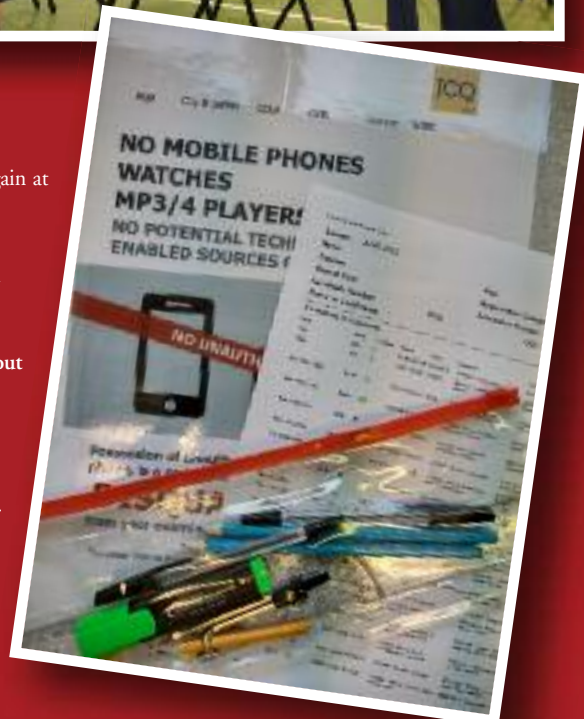
- Get all equipment/stationary needed for the exam ready the day before – write in **BLACK** ink
- Have a couple of copies of your timetable so you are prepared for the right exam
- Don't stay up until the early hours revising – get plenty of sleep
- Try and have something to eat before you come to school – you can concentrate better without a rumbling stomach!
- Wear full school uniform – usual rules apply
- Remember you **MUST NOT** have either a watch or phone in the exam venue
- Be punctual – it is much better to be early than late.

We are selling pencil case equipment sets for £2 and the Maths department have limited calculator sets for sale.

Timetables were given out in February – come and get another if it has gone missing.

We wish all pupils the very best of luck and if there any questions surrounding exams please see Mrs Henderson or Mrs Stephens.

Mrs Henderson – Examinations Officer



Lego League Challenge 2022



Let me introduce myself; I am Janakan Anpalakan from Year 9. What happened was that I just so happened to be around 5 or 10 minutes before lunchtime finished. My friends and I, (Theo Fox-Tatum and Luke Wilkinson), saw another group of my friends; (Finlay, Noah, Jamie, and Scarlett), working on a robot and coding with their computers. I decided to take a more detailed look at it, so I went in. I looked around and got quite interested and asked Ms Christopher about it, and I was instantly hooked. I entered the Lego League Challenge 2022 which involved designing, problem solving and programming Cargo using Lego.

It was fun working alongside my peers. It was stressful to try and get it done in 40 minutes at lunchtime and we were enjoying it so much as well that we didn't notice the time flying. But we did manage, and we had enough time to get something done. Because each of us was so different, we had different ideas and that's how we came about with the robot. We named it Walter. The original design was supposed to be a resemblance to Wall E. Then we made a few changes to it because it was too big and we couldn't get it to the destination we wanted without crashing. The outcome was made but I couldn't agree on the idea that it was great. It had its ups and downs one being the head was too heavy and ended up falling over and did so in the competition. Also, it couldn't turn properly. But we did manage and did the missions we could because we couldn't afford to lose time to change anymore. But not all the work was about the robot itself. We made presentations about core values, robot design, and our innovation project which were worth 25% each.

In the core values, we were required to talk about teamwork and how we all did the project using it and the innovation, which was about coming up with a solution for a problem that was themed with the topic. And I'd forgotten about the key thing. This year's theme was called Cargo Connect and the robot's missions had something to do with cargo and transporting it. There were 16 missions and you could choose how many you wanted to do. Unfortunately, due to our lack of time and key members being off, it

was difficult to do most of them. We did the ones which were quite easy, but that meant that we couldn't get lots of points because the hardest missions (which had most points) we'd have to spend a lot, and I mean a lot of time on. But it didn't mean we didn't attempt it! We tried to do one of, what I would say was the hardest part in the missions, but the modifications to adapt the machine to the mission alone took most of the time. So, we had to get back to the drawing board and think of a way where we wouldn't have changed the design completely while being able to do missions. So, we decided to settle on some of the ones on the lower tier. And, voila! That was where we got to build and do the missions.

But that wasn't it.

On the day we had to present what we did and show our robot completing the missions. It was a stressful but very enjoyable experience and one which I would recommend. We won a trophy for the Best Newcomers which made it all worthwhile.

"I found that this competition had helped me gain new friends, as it also helped with making me be more co-operative." Noah Williams

"My favourite part of the result was how adorable Walter ended up being. It seems I wasn't alone. It was one of the reasons why he won an award!" Scarlett Ryan

"It was a fun challenge that was very rewarding; we gained many skills from the challenge!" Finlay Mantegna

"I really enjoyed building and designing Walter!" Luke Wilkinson

"I really did enjoy it, as a lot of interesting things happened. It was an incredibly fun project to work on!" Theo Fox-Tatum

We all enjoyed showing Mr Slade our project when he came to present us with our medals!

Article by Janakan Anpalakan, revised by Scarlett Ryan





WRU Minecraft Win



You may remember reading that our pupils enjoyed a period of Minecraft Mania last Summer when Connie Howe, Seren Davies and Meryn Bridge, (Year 8 at the time), won the National Final of the WRU Minecraft for Education competition by designing their own virtual rugby club of the future. At the time, they were presented with their awards virtually, but in October, we were delighted to welcome Geraint John, Head of Participation at the WRU, into school to present them personally. The girls were delighted with their framed signed rugby shirt which is now proudly displayed in the foyer.

For details of this year's competition and further details of our winning project, check out:

<https://community.wru.wales/2021/10/20/club-of-the-future-competition-bigger-and-better/>
Or see Mrs Christopher in A5.



Christmas Tree Festival



The school was delighted once again to take part in the annual Porthcawl Rotary's Christmas Tree Festival at All Saints Church between 30th November and 5th December. Miss Davies, (Welsh), brought in the wood from her farm and 14 Year 7 pupils spent the morning making 'Rudolph the Red-nosed Reindeer' Christmas decorations. Pupils enjoyed cutting and drilling the wood by hand, personalising and assembling the reindeers and then hanging them on our tree to be displayed alongside other schools' work in the church.





Future Chef

The Future Chef Competition is a national competition that we at Porthcawl Comprehensive have entered for many years and is a fantastic way to inspire young people into the hospitality industry. Due to COVID, the competition was online last year, but when they contacted me to say the competition was back, I was so excited to enter the Year 10 Food and Nutrition group into the competition.

We conducted the school heat in our lesson, the pupils had to cook a dish of their choosing within an hour and for approximately £5. Year 10 rose to the challenge; they were fantastic, and the creativity was inspiring. Miss Lambert and I had to taste each of the dishes and judge the skills demonstrated, the presentation of the dish, the taste and flavour as well as the composition and colour.

After much deliberation Rose Munro and Ruby Lowri were selected to go to the Welsh heats in Bridgend College to compete for a place at the national final in London.

Good luck girls! Mrs Thelwell-Davies



French Bake Off Competition 2022



Another year, another Bake Off, and what a success! We had 16 entries battling for the prize of "Le Meilleur Pâtissier", The Best Cake Maker. The 16 competitors had to bake "La Galette des Rois", (The Kings' Cake), to celebrate the 6th of January, the Epiphany, which is a religious tradition in France.

It was very hard for the judges to try all the beautiful and scrumptious cakes, but they eventually managed to eat their way through them! They did come up with the final 3. Here they are:

1st place : Jake Osborne 7HG

2nd place : Lily Rees 7LK

3rd place : Poppy Jenkins 7LK

Congratulations!!

A massive well done to the top 3, and thank you to all the participants: Cerys Jones, Ethan Morris, Imogen Williams, Xanthe Spearing, Star Enos, Evie Knight, Holly Jordan, Emily Baker, Maisie Burge-Jones, Isabella Lewis, Lexie Dickinson, Libby Littlejohn and Luke Matthews.

You all did fantastically well!

Look out for the next Bake Off, coming very soon.

In the meantime, here is the recipe for this marzipan cake if you fancy trying it at home!

Bon appétit!

Madame Morgan



La Galette des Rois

Ingredients

750g of ready made all butter puff pastry
Plain flour for dusting
1 beaten egg to glaze

Filling

100g of softened unsalted butter
1 large egg, plus a second yolk
100g caster sugar
100g ground almonds
50g flaked almonds
1 teaspoon of almond extract

Method

1. Preheat the oven to 220°C and line a baking tin with baking parchment. On a floured work surface, roll out half of the pastry until it is measures about 25 x 25cm and is 2-3mm thick
2. Using a sharp knife, cut a circle from the pastry by cutting around the bottom of a 23cm cake tin. Place on the prepared baking tray and cover with cling film.
3. With the rest of the pastry, repeat the process and place the second pastry circle on top of the cling film. Cover with more cling film and chill until required.
4. To make the filling, use a wooden spoon or electric mixer to beat the softened butter until creamy. Then add the sugar and continue beating until the mixture is pale and fluffy.
5. Gently beat the egg with the egg yolk in a little bowl then carefully add it to the creamed mixture just a tablespoon at a time, beating thoroughly in between so that all the mixture is incorporated and until light and fluffy.
6. Gently stir in the flaked almonds, ground almonds and almond extract and cover with cling film and place in the fridge for 15-20 minutes to chill.
7. When nice and cold, remove the cling film from the pastry circles leaving one on the baking tray and spoon on the filling mixture, leaving a 2cm border around it and shaping it into a slight mound in the middle. Brush some of the beaten egg around the border and carefully place the second pastry circle over the filling, sealing the edges by pressing them together.
8. Holding a small knife blade at right angles to the pastry border, 'knock up' the edge of the pie by making little dents along the edge right the way around the pastry. Scallop the pastry edge by pushing the indentations in at regular 2cm intervals using the back of the knife. Brush the top of the galette all over with more beaten egg and then refrigerate it for half an hour.
9. Once chilled, brush the remaining beaten egg all over the top of the galette and with a sharp knife, score the top with a criss-cross pattern. Cut two small holes in the centre of the galette to let the steam out. Bake in the oven for 25-30 minutes until the pastry is golden-brown. Cool slightly before serving.



2022 LONDON TRIP TO THE FRENCH INSTITUTE



46 students and 4 teachers embarked on a day trip to London on Saturday 5th of February 2022 to visit the French Institute of London.

After a small lunch in the French cafés in South Kensington, the group headed to the Institute and visited the buildings where French courses take place, the beautiful "bibliothèque", and the cinema where the group watched a French film called "Fahim". It was based on the true story of a little boy from Bangladesh who moved as an immigrant to France and who became the under 12 Chess French champion. It was so good the pupils were applauding at the end! Shame we can't buy it on DVD!

Link is below if you want to watch the trailer.

<https://www.youtube.com/watch?v=GSc-416bz9o>

We had a great day!

Madame Morgan

French Pen Pal Exchange

This year, the MFL Department has successfully managed to forge a partnership with a school near Lyon, in France, and has set up a pen pal exchange with Year 9 pupils. Pupils are exchanging letters and videos to introduce themselves in French. They are now in the process of making videos of the school to show to the French students. How exciting!

It is such a great way to further improve language skills but also to have this authentic, "out of the classroom" experience as sadly the pandemic has stopped so many travels. Next step, the group will be making videos of Porthcawl to introduce the town to the French students. We will keep you posted!

A bientôt!

Madame Morgan



Das Leben in der DDR



Susanne Arenhövel was born in East Germany and was 9 years old when the Berlin Wall came down. She now lives in Swansea and is a German teacher. Susanne delivered an exciting and informative workshop to our Y13 German pupils, who were fascinated listening to her accounts of life in the GDR. Vielen Dank Susanne!



Bonjour/Hallo!



Last Christmas, in the Language Block, we hosted our very own foreigner. Basil, the 'elf on the shelf', from Switzerland visited for December to keep an eye on all of the pupils and staff in the run up to Christmas. He was a bit of a naughty elf and we are hoping that he'll be better behaved next year! Here's a few snapshots of what he got up to if you didn't spot him in the Language Block!

Dydd Santes Dwynwen



Love was in the air on January 25th, when the school celebrated Dydd Santes Dwynwen. Dydd Santes Dwynwen is celebrated annually in Wales and students learnt about the story of Dwynwen, a Welsh Princess, and how she became the Nawddsant Cariadon - Patron Saint of Lovers for Wales.

Students created cardiau arbennig in Cymraeg for their friends, family and loved ones and posted them into our new Blwch Post. Clwb Cymraeg members then acted as Cupid by delivering the handmade creations to their intended recipient.

The hwyl did not stop there. Year 7 students were able to use their creative skills even further through creating barddoniaeth Cymraeg and canu rap songs. The rap songs were particularly popular!

"My favourite part of our Santes Dwynwen lessons

was that we got to sing Welsh raps. It was a very fun lesson, but very loud. Still, it was funny and made us laugh while watching different children perform their versions of the rap." Cara Moulton Year 7

Newyddion Clwb Cymraeg

Clwb Cymraeg continued the theme of cariad this term through learning about the traditions of Llwyau caru - Love Spoons. We learnt how each symbol has its own special meaning and that they can convey secret messages and promise to its receiver. The students then had lots of fun creating their own version of a llwy garu using wooden spoons, card, ribbons and lots and lots of glitter!

If you would like to join Clwb Cymraeg come to P4 Wednesday lunchtime.

Geirfa - Vocabulary

Dydd Santes Dwynwen - St. Dwynwen's Day
Nawddsant Cariadon - Patron Saint of Lovers
cardiau arbennig - special cards
blwch post - Post Box
hwyl - fun
barddoniaeth Cymraeg - Welsh poetry
canu - singing
newyddion - news
cariad - love
llwy garu - lovespoon



Celebrating the Centenary of the Urdd

Urdd Gobaith Cymru is a National Voluntary Youth Organisation with over 55,000 members between the ages of 8 – 25 yrs old. Since 1922, the Urdd has provided opportunities for more than four million children and young people in Wales to enjoy sporting, cultural, residential, humanitarian and volunteering experiences through the medium of Welsh.

This year the Urdd celebrated their 100th birthday by breaking two Guinness World Record titles by singing together and uploading videos of the iconic song, 'Hei Mistar Urdd', onto the Twitter and Facebook social media websites. [unsabany](https://www.facebook.com/unsabany) tiMore info

Our fabulous senior singers and cast of 'Legally Blonde' made sure that we were amongst the 869 schools who took part in this record-breaking attempt.

Dathlu Canmlwyddiant yr Urdd

Mae Urdd Gobaith Cymru yn Gorff Ieuenctid Gwirfoddol Cenedlaethol â dros 55,000 o aelodau rhwng 8 a 25 mlwydd oed. Ers 1922, mae'r Urdd wedi darparu cyfleoedd i fwy na phedwar miliwn o blant a phobl ifanc yng Nghymru i fwynhau profiadau gwirfoddoli, dyngarol, preswyl, diwylliannol a chwaraeon drwy gyfrwng y Gymraeg.

Eleni roedd yr Urdd yn dathlu eu canmlwyddiant gan dorri dwy Record Guinness Y Byd wrth ganu ynghyd ac uwchlwytho fideos o'r gân eiconig, 'Hei Mistar Urdd', i'r cyfryngau cymdeithasol Trydar a Gweplyfr.

Gwnaeth ein cantorion hŷn a chast 'Legally Blonde' sicrhau ein bod ni ymysg yr 869 o ysgolion a gymerodd rhan i dorri'r record.



Carol Service

This time last year, I completed this article with the following line

Here's to a live performance with an audience for Christmas 2021!

Back in October 2021 when planning began, it was hard to believe that yet again, we were going to be unable to hold our much-loved Carol Service in the traditional way. We all wished for a 'normal' concert and an audience filling All Saint's Church but with the Omicron variant on the horizon, this was not going to be the case.

However, once again, we pushed ourselves to the limit. We pulled out all the stops to provide a virtual carol service and aimed to evoke the same feel and experience for pupils, staff, parents and those within the wider community who support us each year.

We were so thrilled to still be able to conduct the service at All Saint's Church, and as we were able to mix bubbles again, it felt as though we regained the traditional feel of the carol service with full choirs, dance and drama items, and even a full orchestra! Sadly, this year was Canon Masson's last carol service with us. We must thank Canon Masson and all at All Saint's Church, for always making us feel so welcome and allowing us to showcase the beautiful setting of the church.

The virtual carol service shows versatility from the pupils and staff, who were all passionate about continuing with our annual tradition despite the difficulties that were faced endless isolations, disruption to rehearsals, performance nerves! You name it, we faced it and overcame it!

Pupils across the school watched the carol service in their form classes on the last Friday of term, in keeping

with tradition. Again, it was so lovely to see all year groups and staff members sharing in this experience. The service was wonderfully received by pupils and staff, and the quality of each performance was highly appreciated.

A huge thank you to all of the pupils and staff who made this possible! The performances were truly outstanding. If you have not managed to watch it yet, please head to our website to find the link and see just how talented our pupils are at PCS.

Dare I say it here's to a live performance with an audience for Christmas 2022!

Mrs. Giles



Textiles Department

Textiles pupils have been very busy since our last update. After completing the Floral themed dresses, pupils have since completed two more outcomes.

Firstly, pupils were asked to complete a 'Beachscape' themed embroidery hoop, inspired by a visit to one of our lovely local beaches. Haven't they done a superb job – look at the amount of small stitches and detail that they have added!

We then had a mock exam day where pupils were asked to create a mini wall-hanging based on the theme 'British Wildlife'. I think you will all agree that the standard of work completed, and creativity of the responses is fantastic for only one day's work.

We have now begun the final project for the course, this is an individual project, where pupils have chosen their own theme and outcome. I will keep you posted on how they get on.

If anyone is interested in taking GCSE Textiles or A Level Textiles and would like to see some more of our pupils' amazing work, please feel free to pop over for a chat at any time!

Super proud Teacher,

Mrs Carson



Remembrance Day 2021



PCS marked Remembrance Day with the traditional two-minute silence and an absolutely stunning rendition of the Last Post, played by Beth Pickett once again this year.

Later on that day, Beth visited Danygraig Care Home to play the Last Post for the residents. Beth received glowing feedback from staff and residents, and many were overcome with emotion as it brought back many memories for them.

We are so going to miss Beth when she leaves us at the end of the year. We would like to thank her for her commitment to extra-curricular ensembles at PCS and representing the school at many music events and concerts throughout her time with us. Best of luck for the future Beth!

Also, many thanks to the Head Team who raised £421.10 by selling poppies – well done!

The Music Department



Year 10 Mock Devised Drama Exams



In December the Year 10 Drama Classes performed their Mock Devised Drama Exams. Each piece explored a range of teenage issues and were presented in the style of Theatre in Education.

"It was interesting getting experience with lighting design and applying it to our piece" Tammy Igbenhi

"I liked seeing how our creative writing translated to the stage" Ruby Richards

"I learnt how Theatre in Education is very impactful, especially in the times we are living in" Ella Verderame

"I liked being able to be creative whilst also tackling hard-hitting issues" Amba Thomas



Year 11 GCSE DRAMA DEvised PRACTICAL EXAMS



Last term, Year 11 Drama students undertook their Devised Practical Exams, worth 40% of their GCSE. It was a great project that stretched both the pupils' performance skills and their theatrical skills. There were a variety of stimuli to choose from and each performance presented their work, using a range of theatrical styles, from Frantic Assembly to Brechtian Theatre.

"I really enjoyed the independence we had as a group in making decisions about the development of our piece." Rei Watkins

"I enjoyed learning about the techniques used by the



Theatre Company 'Frantic Assembly' and incorporating them into our performance." Taya Beechey

"It was an opportunity to learn about how medicine has developed throughout time and many of the dangerous experiments that took place to get us where we are today." Zane Aldridge-McLean

"Purgatory has always been an interesting concept for our group and being able to convey some of our thoughts through a Brechtian Style made the rehearsal process worth it." Cameron Thompson-Burke



Year



Year 13 Scripted Examination Workshop



On Friday 7th December, the Year 13 Drama Class participated in a Workshop with Mrs Bev Roblin, (WJEC Chief Examiner for GCSE Drama), to help develop their Scripted Performance Pieces.

"My group were really struggling with our confidence, but she helped to boost our sense of self-belief" Cari Wilson

"Through a series of practical exercises, she helped us to understand our characters more fully" Ellie Cleverdon

"It was such good fun – I loved it!" Isabella Thomas



The Year 13 Drama class performed their scripted pieces on Friday 21st January. The class worked very hard throughout the rehearsal process and everyone gave a strong and focused performance.

"We really wish we could perform the whole play and not just an extract from John Godber's, Shakers"

Lucy Honey-Hall, Cari Wilson, Isabella Thomas & Evie Bennett



13 Drama



"Tackling a monologue by myself seemed impossible at first but in the end I'm really happy with how it turned out"

Regan Davies





Monster the Loch Report

by Libby Geddes

During the Autumn term my Dad and I paddled 21 miles down the length of Loch Ness, raising money for the charity Melanoma UK, in a race called "Monster the Loch". We were in a borrowed double Ocean Surf Ski. We'd had 3 or 4 practice sessions in the double in the week before, which were a bit... interesting.

The longest practice together was for about an hour and we both agreed that the boat was really heavy, and the seats were very uncomfortable. Normally I paddle 4 or 5 times a week either in a K1, (a flat water sprint kayak), with Cardiff Bay Kayakers or in a single Ocean Surf Ski - another type of kayak, very long and skinny and fast and

designed to cut through surf and catch ocean runners. So, it was a bit different and I was slightly worried about the whole thing. Thankfully when we got there, everyone was really relaxed and friendly and there was a great atmosphere.

Scotland was beautiful, it was the first time we'd been and my sister, Liv, and I travelled up on the train to Inverness together. Dad had driven up with the boats two days beforehand. The train trip was good because we could do all our schoolwork, and the views were amazing, especially when we got close to Inverness

BUT 10 and a half hours on a train is a really,

really LONG time, and by the end, my bum was going numb. We changed at Crewe and Edinburgh and arrived in Inverness at about 8pm and Dad picked us up from the station. We stayed in the Youth Hostel near Loch Ness and got up at 6am the next day and were down at the start for about 7.30am for the race briefing and kit check.

The start was beautiful. Loch Ness is surrounded by huge mountains and although it was dry there were clouds rolling down the slopes and over the pine forests. The water stretched out of sight and the horizon was shrouded in mist. It was calm and really flat - good if you're a rower, but not so good if you're on a surf ski, which is designed to catch waves and surf along runners.





There were about 80 boats competing altogether. If it floated and you could paddle it, you were allowed to enter. The Ocean Skis were some of the fastest. The winner this year was an 8-man coxed rowing team in a boat called Corpus Swifti, they finished in 2 hours 31. There were lots of rowers (some with big crews), Cornish Gigs (like the old style lifeboats), a raft full of Vikings, Skiffs, paddle boards, canoes, sit on top kayaks, and one man called Captain Dave, who did it in a single rowing boat with a Viking helmet, a stick on beard and a Go-Pro camera - he finished in 5 hours and 4 minutes.

It was a massed start on the water - we were all bobbing about while a man in a kilt and full Highland regalia, played the bagpipes on board one of the safety cover boats. Every time he finished a tune, everyone was poised to go, but then he'd start all over again. He stopped and started about 7 times and we had over 10 minutes of bagpipe tunes. The piper met us at the end and played for every single person as they crossed the line.

The race itself was hard but good fun. I really enjoyed it but throughout it all our boat was steadily filling up with water. We'd borrowed it from Dad's friend, and it had a leak. The Ocean Skis have a fibreglass hollow hull filled with air for buoyancy. Ours wasn't that buoyant by the end, but thankfully, we didn't sink... and we only capsized twice. Dad didn't tell me that we were slowly sinking until after we'd finished, I think I would have been slightly more worried if I'd known.

Libby competed with the under 18 GB Ocean Ski team. They were paddling Double Epic V12s (much newer, faster and crucially more watertight than our ski). She



was partnered with another girl, called Evie, who paddles with us at our club in Cardiff. They did really well and finished near the front in 2 hours 51. Drew Howells (Year 12) and his partner Rosie, were even faster and finished 5th overall in 2 hours 44.

Dad and I finished in 3 hours and 28 minutes, which we were really pleased with.

After we'd landed, they had a homemade pizza stall and we sat on the edge of Loch Ness, eating pizza and watching everyone else finish, wearing our medals (with tartan ribbons) and Monster the Loch T-shirts.

The next day (Sunday) the weather changed, the wind picked up and it was just perfect for a downwind paddle. Even though my shoulders were a bit tired, we all wanted to make the most of the weekend and I had the chance to paddle one of the GB squad's Double Skis with Matt Rowlands, one of the senior GB squad paddlers and one of our coaches at Cardiff. It was really fun, the boat was stable and we caught good runners and surfed a 25km section of the Loch. I'd definitely like to enter again next year, but in a faster boat and preferably one that doesn't leak.

I managed to raise £753 for Melanoma UK with my 'Monster the Loch for Melanoma UK' fundraiser, which I'm really proud of and I had a great weekend. It was tiring but I enjoyed it very much.

Thank you to the official photographer, Samuel Howard for the wonderful photographs.

Libby Geddes
Year 11



Sport

Bethan Deeks (8JS)

Last Summer, Bethan became the U13s 200m Welsh Junior Champion at Newport Athletics Stadium. On 7th November, she won the Welsh Schools Indoor U14G Combined Event in The National Indoor Arena in Cardiff. She accumulated the highest amount of points over the 4 events which included: long jump, 60m hurdles, shot put and 800m, and was presented with the gold medal. Congratulations Bethan!



U14s Hockey Update

The Year 9 girls played the first round of the Hockey Welsh Cup on Wednesday 2nd February. They were drawn against Bryntirion and Llangynwyd.

Llangynwyd and Bryntirion played against each other in the first game with Bryntirion coming out as clear winners with a 3-0 result. We then had to play Bryntirion. It was a very closely fought game and we missed a couple of goal scoring opportunities, Bryntirion were the eventual winners with a goal scored against play.

With Bryntirion guaranteed to go through to the next round, the girls just had their pride to play for in their second game against Llangynwyd.

They didn't disappoint and scored 2 fantastic team goals, both very well taken by Holly Wiseman.

It was lovely for the girls to get this experience after missing so much hockey over the past 2 years, they were disappointed not to win but finished the day with smiles all round! Well done and thank you to everyone: Holly Wiseman, Amber Hemsley, Macey Hardy, Nicole Redmond, Rubie David, Rachel Clear, Isla Ford, Tegan Thomas, Erin Thomas, Nia Card, Grace Taylor, Gwen Williams, Cerys Jones, Sofia Saunders and Seren Davies and Lucy Bradbury.



Basketball

New Jr. NBA Leagues



Basketball Wales have an exciting new initiative for schools and year groups 7 and 8. We are proud to be part of the new Jr. NBA Leagues in Wales, representing Bridgend, as one of 32 schools from all parts of Wales. There is at least one school from each of the 22 local authorities taking part in the North & South Conferences in March 2022.

The top four teams from each conference competition will qualify for the Finals Day which will take place at Aberystwyth University on 8 June 2022.

At the Draft Day we were selected to represent Washington Wizards and will play in their kit throughout the tournament.

Mr Stradling - Head of PE

U16s Hockey Update



After getting the go ahead to play fixtures again against other schools, we managed to organise a date to play the first round of the U16 Welsh Hockey cup here at Porthcawl on Wednesday 9th February.

We were drawn to play against Bryntirion, Y Pant and Cwm Rhymni. The first game was Bryntirion against Y Pant, this ended in a 1-1 draw. We were next up against Cwm Rhymni, which is always a close contest and this game was no exception and after they took the lead in the first half we managed a 1-1 draw with a well taken penalty corner in the second half leaving everything to play for.

Cwm Rhymni then beat Bryntirion 3-0 and we knew it could all come down to goal difference, a win wasn't good enough we needed the goals! The girls rose to the occasion and scored a superb 8 goals against Y Pant with a hat trick a piece from Jess Orum and Kirsten Daly, a goal from Izzy Evans and Mollie France.

Next up was Bryntirion, we fought hard in this game winning 1-0 with a goal from Alys Jones, it could've been more, with some missed opportunities on corners. But we were hoping the win was enough. We watched the last game between Cwm Rhymni and Y

Pant with bated breath knowing that Cwm Rhymni had to score 6 goals to draw with us and 7 to win.

It was end to end stuff and was 0-0 at half time. We were hopeful! The final score was 2-0 meaning that Porthcawl were through to the County Final. This was a superb team performance from all the girls involved with some fantastic hockey played.

With time constraints tight, the final was played the next day on Thursday 10th February.

The girls were feeling a little stiff and tired after the 3 games the day before but were up for the challenge against Brynteg who have always proved tough opposition. We held them to 0-0 in the first half with some fantastic marking and they were definitely under pressure.

Unfortunately the second half didn't go our way and Brynteg scored some well worked goals along with a penalty corner after the final whistle to win 4-0.

It was a fantastic experience for all the girls involved and they played some brilliant hockey.

Well done!

Mrs Stuart - PE Department

Winter Games





Pupil support of their houses was once again strong and committed and it was pleasing to note that there was excellent support shown to the house system.

As in previous years the old adage 'You have to be in it to win it' was borne out as the houses that were most strongly represented generally tended to go on and win.

However, everyone who took part should be very pleased with their efforts and whilst there was no dominant house, this meant that all games were very competitive.

Every single pupil who took part needs to be commended for how organised and committed they were to their house and their team mates.

1ST	GWYNEDD
2ND	MORGANNWG
3RD	POWYS
4TH	DYFED

WINTER SPORTS RESULTS 2021

House	Basketball	Rugby	Penalty	Hockey	TOTAL
DYFED	7	12	15	11	45
GWYNEDD	15	13	12	16	56
MORGANNWG	16	11	13	14	54
POWYS	13	14	10	10	47

*'You have to be in it
to win it'*



Sixth Form Matters

A Message from the Team

By Georgia Jenkins

Welcome to our inaugural issue of Sixth Form Matters! A collaborative project for Sixth Form pupils, by Sixth Form pupils, our purpose is to keep you informed on all of the latest news within the school, sharing any exciting upcoming events and reflecting on students' achievements. Our Year 12 team consists of a group of budding journalists eager to showcase all of the great activities that go on outside of the classroom. We are keen to expand our team and to create a platform where pupils can develop their journalistic knowledge whilst building effective teamwork skills. If you are interested in joining, please see Mrs Thomas in P27. We look forward to developing our Sixth Form Section of the Porthcawl Post and hope that the baton can be passed on for many years to come!

What's coming up...

Wales v Italy - 19.03.22

Last day of Spring Term - 08.04.22

Our Competition Deadline - 22.04.22

Design our logo

By Seren Roberts-Brown

We are hosting a competition! We are looking for aspiring artists to design a logo for our Sixth Form segment, and the winner's creation will be featured in the next edition of the Porthcawl Post. The logo design must include our name and relate to the Sixth Form in some way, shape or form. If you are interested, please submit your entry (along with your name and form class) to: 16browns@porthcawlschool.co.uk. The deadline is the 22nd of April. There are prizes available, so stay tuned for further announcements.



The DofE comes to Porthcawl

Year 12 have been given the exciting opportunity to participate in the Duke of Edinburgh Award. At the bronze stage, this scheme consists of 6 months volunteering, 3 months completing a weekly physical activity, 3 months developing a new skill and a highly anticipated 2-day, 1-night expedition. The DofE is a non-competitive challenge that gives young people the chance to discover new capabilities and is guaranteed to leave them with memories that will last a lifetime. Hopefully this will become an annual activity at PCS and younger years will also be able to enjoy this experience in the future!

Revision Tips

With just over 2 months until the exam season begins, it is vital to prepare in advance in order to keep calm and stay organised. Although everybody revises in different ways, here are a range of tips and techniques that may prove useful:

** Create a revision timetable - set aside a few hours a week to focus on certain subjects and allocate time slots for each of these sessions. Organising your time is essential so that you can find a balance between work and free time.*

** Do your research beforehand - find resources relating to your chosen subjects that are effective for you. This could be YouTube, Quizlet, BBC Bitesize - the list is endless! Discover activities that you enjoy to try and make revising as fun as possible. Some popular examples include completing past paper questions, making flashcards and using the Pomodoro technique.*

** Don't overwhelm yourself - make sure that you don't get too immersed in your school work as this can be detrimental in many ways. Take regular breaks, stay hydrated, get the right amount of sleep and have plenty of snacks on standby!*

** Create a tidy study space - a positive working environment is the key to a positive mental attitude.*

** Limit distractions - social media can be easily distracting, so ensure that your phone is turned off when studying.*



Platform Organisation Launch

During a tutor period last month, Year 12 & 13 were introduced to the new School Wellbeing Programme 'Platform' that strives to support social change and improve mental health amongst young people. Throughout your time in the Sixth Form and during the upcoming exam season particularly, it is easy to feel overwhelmed by the constantly amounting workload. However, mental health should always be the main priority and it is extremely important to put yourself first.

If you are struggling and feel the need to speak to somebody, Kate, a Platform ambassador, is in school and available every Friday. Please contact Ms Crook or Mrs Williams to arrange a meeting.



Darran's Dinner Delights

Hello! I am Darran Everall, the Catering Manager here at Porthcawl Comprehensive School. I have lived in Wales for 20 years after a long career in the Royal Air Force and have worked at PCS for 9 Years. I have lived and worked all over Europe and enjoyed the travel and food from around the world. Here are some of my favourite recipes to try at home.



CHICKEN KORMA (Serves 5)

INGREDIENTS

2-3 chicken breasts – cubed into chunks
15g fresh ginger
2 cloves of garlic crushed
1 ½ red chillies
75g onions
150g natural yoghurt
1 teaspoon each of ground coriander, turmeric and garam masala
400ml chicken stock
100g creamed coconut
2 rounded tablespoons of ground almonds
Salt & Pepper
30g fresh chopped coriander

METHOD

1. Mix a little ginger with the pureed garlic and yoghurt, add the cubed chicken, cover and leave in the fridge overnight.
2. Peel and finely chop the onions, chillies and remaining ginger, or blend until smooth if possible. Chop the coriander.
3. In a heated pan, add the oil, ground coriander, black pepper, turmeric, garam masala and fry for one minute over a low heat.
4. Turn up the heat and add the onion, ginger and chilli paste and stir-fry for about 10 minutes.
5. Add the chicken and stir-fry for another 10 minutes or so.
6. Add the stock and creamed coconut, stirring whilst bringing back to the boil.
7. Reduce the heat and simmer for 15-20 minutes until the chicken is tender. Season to taste.
8. Sprinkle with chopped coriander and serve,

Delicious with rice, naan bread, poppadum, raita and chutneys.



ONION BHAJIS (Serves 5)

INGREDIENTS

100g onions
100g garam flour or rice flour
Half a tablespoon of cumin
Pinch of turmeric
1 teaspoon chilli powder
Half a tablespoon of chopped coriander
A little water
Salt & Pepper

METHOD

1. Peel the onions and slice them thinly, then chop up the coriander.
2. Sieve the flour into a bowl and season with salt and pepper.
3. Add the spices, the sliced onions and the chopped coriander.
4. Carefully add some water, a little at a time until a thick batter is formed, and the onions are well coated.
5. Heat the oil hot, (180°C for an electric fryer).
6. Form the mixture into the desired sized bhajis and drop into the hot oil a couple at a time cooking evenly, turning all the time until golden brown and fully cooked in the centre.

Note: Please note that if the bhajis are too large and are cooked too fast this can result in them being raw in the middle.

FALAFEL (Serves 5)

INGREDIENTS

200g of chick peas
100g of onion
1 clove of garlic
Half a teaspoon cumin
Half a teaspoon coriander
1 ½ tablespoons of parsley
1 egg lightly beaten
50g of breadcrumbs
25g of flour
Salt & Pepper



METHOD

1. Peel and chop the onions then chop the parsley.
2. Drain the chickpeas and mash to a puree in a food processor or bowl.
3. Add all the other ingredients to form a paste and stir in the parsley, cumin, coriander and seasoning.
4. Shape into little balls and roll in the flour, egg and breadcrumbs and repeat.
5. Deep fry in hot oil (180°C for an electric fryer) for 2-3 minutes until golden brown.

Falafel is delicious served with salad, pitta bread, hummus and a wedge of lemon



FRUITY FLAPJACKS (12 Slices)

You will need a small/medium sized baking tray lined with grease-proof paper

INGREDIENTS

500g Porridge oats
190g caster sugar
275g butter
90g sultanas
190g golden syrup
Pinch of mixed spice

METHOD

1. Measuring the syrup directly into the pan if you can, melt the sugar, butter and syrup into a large pan.
2. Remove from heat and stir in the oats, fruit and spice and mix well.
3. Spoon into the greased, lined baking tray.
4. Bake at 200°C for 10-12 minutes or until golden brown.
5. Cool slightly before cutting into squares and then leave to completely set

This is also delicious topped with some melted chocolate! Make sure you cut the squares first.

Pupil Achievements

Spring 2022

Many congratulations go to the following:-

Bethan Deeks Year 8

U13's Welsh Junior Champion 200m
Winner of Welsh Schools' Indoor U14G Combined Event
at the National Indoor Arena, Cardiff in November

Jessica Orum, Isobel Evans & Molly Tweedy Years 10 & 11

Selected for U16 County Netball Squad
(Competition was very strong this year with
over 130 pupils competing for 30 places)

Lucy Bradbury, Sophia Evans & Gwen Williams Year 9

Selected for U14 County Netball Squad

Tom Attwood Year 12
Anna-Rose Merchant Year 10
Iwan Frole Year 9

All selected to represent Glamorgan Valleys in the
Welsh Schools Cross-Country Championships in
Brecon on 12th February

Ben Harvey Year 9

Broke the Welsh Deadlift record with a lift of 183kg
for the 93kg Sub Junior category (age 14-16 yrs)

Molly Prance Year 11

Selected for the Women's Osprey's Regional Squad (U18)

Instrument Exams

Congratulations to all musicians that have sat grade exams
over the past term! Well done for showing excellent
dedication to practising and preparing for these examinations
on top of your normal lessons.

Please can ALL pupils that have sat any external music or
musical theatre exams, please bring in your certificates to
reception to be scanned. They will be kept on as a school
record and count towards future UCAS points.

Remember to update your music teacher on any success that
you achieve or see Mrs. Giles so that she can update her
records and publish your achievement in the next Porthcawl
Post!

Diolch, Mrs. Giles

Name	Instrument	Grade
Dylan Ryell Year 8	Guitar	Grade 1 MERIT
Georgia Jenkins Year 12	Piano	Grade 5 MERIT
Hallie Maine-James Year 8	Saxophone	Grade 1 PASS
Anousha Cronje Year 12	Oboe	Grade 6 MERIT
Ffion Thomas Year 10	Clarinet	Grade 3 MERIT
Libby Geddes Year 11	Saxophone	Grade 5 PASS
Joel Griffiths Year 10	Clarinet	Grade 2 PASS
Ava Davies Year 10	Clarinet	Grade 3 PASS
Megan Tinning Year 10	Clarinet	Grade 1 DISTINCTION
Angelica Griffiths Year 10	Flute	Grade 3 PASS
Ellie Parry Year 10	Violin	Grade 5 MERIT
Poppy Shingler Year 11	Violin	Grade 5 MERIT
Daisy Barnfield Year 8	Violin	Grade 2 PASS
Adam Morris Year 8	Violin	Grade 1 MERIT
Jemima Dutton Year 9	Music Theory Flute	Grade 5 DISTINCTION Grade 3 PASS
Olivia Geddes Year 13	Violin	Selected for the National Youth Orchestra of Wales 2022

PARENTS/CARERS

We rely on you for our information! Has your child achieved
success or recognition relating to an extra-curricular activity?
If so, please email pressbox@porthcawlschool.co.uk

Design: adam@hathagraphics.co.uk

