

Llswerry High School



Friday 7 March 2025



Headteacher's Update

Dear Parents and Carers,

I hope you all had a relaxing half term break, it's been a great first week back and the sun has been shining!



WELCOME BACK

A Night at the Musicals

Wow, what a night! Our 'Night at the Musicals' was a great success thanks to all of the families that attended. It was wonderful to see so many of our learners taking part, not just on the stage but behind the scenes as well. Thanks to Mrs. James-Williams, Mrs. Maynard and all of the staff who supported too.



South East Wales - Year 9 Netball Tournament

On Tuesday, over 22 schools took part in the South East Wales tournament. We had 4 matches to play in a round robin competition and, after a disappointing start, our girls managed to finish 3rd in our group with the results as follows: 1 win, 1 draw and 2 losses. Some lovely netball was played, and resilience was shown by all to finish the day on a high. Next week we look forward to the year 8s taking part in their tournament and wish them the best of luck.



Efforts to High Things



Year 8 Football

A great action shot from yesterday's Year 8 cup match against Caldicot High School. The boys put in a brilliant performance and displayed amazing levels of teamwork throughout the game. Unfortunately, not a win this time.



No Smoking Day

As part of our learning about the dangers of smoking this week, we have also been encouraging learners to be more healthy and active. Perhaps you can do some of these things with your children at the weekend!

ACTIVITIES

- The 20-Minute Walk:** Take the class on a 20-minute walk around the school grounds or a nearby green space. Encourage students to notice their surroundings and discuss the benefits of fresh air and movement.
- Active Circuit Challenge:** Set up five movement stations such as star jumps, lunges, skipping, or a balance challenge. Rotate every four minutes for a fun and active 20-minute session.
- Mindful Breathing and Stretching:** Guide students through a gentle stretching routine followed by simple breathing exercises. This helps them understand how healthy lungs work and promotes relaxation.
- Quickfire Team Games:** Organise a quick game of tag, rounders, football, or dodgeball. Split students into teams and keep the energy high with short, engaging bursts of activity.
- Step Challenge:** Challenge students to count their steps in 20 minutes, either as individuals or in small teams. At the end, compare results and discuss ways to stay active every day.
- Relay Races:** Organise simple relay races with a mix of running, hopping, skipping, and balancing to make it inclusive for all abilities. Keep it light and fun.



Lateness

Unfortunately, there are still a few learners who are persistently late for lessons. This is unfair and disruptive to learning and teaching. Sadly, it is the same learners who deliberately choose to be late. To help support them to make the right choices, we will be introducing the rule of 3 rule from Monday 10 March. We have been practising this week. If learners are late 3 times they will spend time in the inclusion room.

WJEC Training Day - Friday 7 March

Today's training day was an important one as staff are learning about the new GCSEs that will be delivered in September 2025. The training is a joint session across Newport, Torfaen and Monmouthshire. It was lead by WJEC colleagues and we hosted the Geography subject team at Lliswerry with 45 teachers from schools across the three local authorities



A big shout out and well done to 3 of our members of staff who took part in the Seville marathon over half term. Here are their finishing times. Well done to Mr Palmer for his first marathon. Mr. Palmer 4 hours 15 mins, Mr. Coughlin 3 hours 51 mins and Mr. Powell 2 hours 59 mins

Upcoming Dates

- **Friday 14 March - Y10 Progress and Well being update sent home**
- **Thursday 20 March - Y10 progress Evening 3.30-6.30**

Thank you to all our families and our community for your continued support.

Best wishes,

Julia Fitzgerald
Headteacher



Efforts to High Things