

Lliswerry High School



Friday 10 October 2025

Headteacher's Update

Dear Parents and Carers,
Another great week, here's what has been going on!



LIVE

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GCSE Geography Fieldwork

The GCSE Geography course have been doing a river study along the Afon Lwyd, which runs from Blaenavon to Caerleon. The learners were required to take measurements along the course of the river which included width and depth, speed of the flow and the size and shape of the pebbles found on the river bed. This will all go towards their overall Geography GCSE. Despite a few wet feet, everyone did really well and collected lots of accurate data.



This week some of our School Council attended the Grand Council event run by Newport City Council. Schools from all over Newport met to discuss some important issues facing our young people. They discussed key topics and took part in activities such as 'zero waste cooking' and 'Energy Sparks'. We are looking forward to seeing how we can use these ideas within Lliswerry.

A determined and resilient performance from our Sixth Form football team, whose effort could not be faulted in a 4-2 loss to Caerleon. Well done to the 6 Year 11 boys who played up, with two of them getting on the scoresheet.



Seren y Gêm Bahar B.



Efforts to High Things

Year 7/8 Football

Well done to our Year 7 girls team, they won 4-1 v St Albans and are through to the 3rd round of the Welsh Cup.

★ Seren y Gêm Dakota W.-M.



Year 7 Football

The game ended 6-1 to Llanwern. It was a terrific performance considering it was the first time this team had played together with all involved showing amazing resilience throughout. On to the next one!

Goals - Damiola K. ⚽

★ Seren y Gêm - Damiola K.



World Mental Health Day takes place every year on 10 October. It's a reminder of the importance of good mental health and the need to prioritise and invest in good mental health. This week all learners have been doing some wellbeing activities in form time to help!

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.

FINISH



PE Kit Donations

If you have any spare PE kit that your child has grown out of we would be really grateful if you could donate it. please drop anything at reception.



**THANK
YOU**

Thanks to all families who attended Year 11 Progress Evening last night. Your support is vital at this important time in their school career. It was great to see so many of you.

Upcoming Dates

- **Friday 17 October - Year 10 & 11 Progress and Wellbeing update sent home**
- **Thursday 23 October - Year 7 Transition Wellbeing Evening 3.30-6.30pm**
- **Friday 24 October - Year 7 Progress and Wellbeing update sent home**

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

Best wishes,

Julia Fitzgerald
Headteacher

Efforts to High Things

