



CARDINAL HEENAN  
CATHOLIC HIGH SCHOOL

# VERITAS

## NEWSLETTER

### A message from the Headteacher

Deepening our relationship with the Lord lies at the heart of Lent. During Lent, the Church offers three pillars to focus our efforts: prayer, fasting and almsgiving. These practices help us walk closer to Jesus by talking to Him, simplifying our lives and giving generously.

During this time of year, the true ethos of Cardinal Heenan is clearly on display through the actions of our students and staff. We have been unable to run events and fundraise as normal over the last two years, and it has been incredible to see how students and staff have whole-heartedly supported the Lenten fundraising (as you will see the efforts really have gone above and beyond the norm!)

May the Lord's blessings guide your ways this Easter and always.

**Mr Kelly, Headteacher**

### SERVICE FOR PEACE



On Wednesday 23rd March, we were delighted to host our friends and future classmates from our partner primary schools; Sacred Heart, St Paul's, The Immaculate Heart of Mary, St Urbans, St Augustine's and Holy Name for a Service for Peace led by Fr Henry Longbottom. We worshipped together, praying for peace in Ukraine, singing our hearts out and saying a decade of the rosary to Our Lady of Unfailing Help. It was truly lovely to have the chance to get together as a body of Catholic schools and every single student involved was a credit to themselves, their schools and their parishes. We were bowled over by the generosity of our community in collecting donations for children who are desperately in need due to the war.

### UPCOMING DATES

**Summer term start: Tuesday 19 April**

**Bank holiday: Monday 2 May**

## TENEBRAE SERVICE

Our Chaplaincy Team and Fr Henry put together our Easter Service in the form of an adapted Tenebrae on the last day of term. This consisted of readings and music that took our students and staff through the journey to the cross and Jesus' passion, powerfully represented by the extinguishing of candles throughout. Our students read, played and sang beautifully to help us reflect, as a school community, upon Christ's love for us at this special time of year.



## LENTEN FUNDRAISING

The enthusiasm demonstrated by staff and students in their Lenten fundraising has been fantastic to see. The commitment shown to ensure that the fundraising activity has been well promoted, the products freshly baked (occasionally with a lunchtime tutor group baking session in the food technology room to ensure homemade cakes!) and purchasing clean sponges for Splat the Teacher has been steadfast.

The only way our Lenten fundraising can be successful is for students and staff to get involved and to play a part, and, whilst the efforts of those organising activities and events must be commended, the support of our community has been second to none. The supporters for the five-a-side tournament, the music concert, the student v staff dodgeball and netball matches were certainly very vocal! The raffles, cake sales and tombolas have all been well supported with long queues and the Splat and Pie the Teacher events have attracted huge crowds. The Lenten fundraising has been a fantastic way to raise money for SVP but also for our community to come together.

We have also been undertaking the Walk Against Hunger to support CAFOD. Students and staff have been walking, jogging, cycling and running. Collectively we have moved 5,106km. Donations can still be made via ParentPay as we continue our Lenten fundraising activities.

## STUDENTS V STAFF MATCHES WERE FIERCELY CONTESTED





## BAKE SALES



## SPLAT THE TEACHER



## MUSIC PERFORMANCES



## YEAR 7 DISCO



## EASTER EGG HUNT



## CHCHS 5-A-SIDE CHAMPIONS



# REMOVING LITERACY BARRIERS: SUPPORTING YOUR CHILD AT HOME

We realise that many parents would love to know how best to support their children with homework and general learning. Sometimes, a lack of confidence with literacy can be a real barrier to being successful in all subject areas. Our Removing Literacy Barriers programme aims to help our students improve their access to an ever complex curriculum by supporting them at school and at home with clear guidance on a range of cross-curricular literacy issues. The programme consists of a suite of resources which have been specifically designed to help students to improve their skills in the areas which commonly cause problems. These resources are being used in class and can be very easily reinforced at home.

**The most common literacy barriers have been divided into the following categories:**

- Spelling, Punctuation and Grammar
- Speaking and Listening
- Writing
- Vocabulary (both understanding complex words and using them in writing)
- Reading and Understanding (comprehension)

**How to access the materials:**

The Removing Literacy Barriers area on our website has everything you need. Each section is clearly labelled and corresponds to one of the literacy areas in the list above. All you need to do is click on the category and this will take you to a resource you can use; these can be used online or printed out so they can be referred back to. All resources are accessible and easy to follow as they have been created with the students in mind. There are also tips and suggestions to help you make the best use of the resources.

**Removing Literacy Barriers**  
CARDINAL HEENAN CATHOLIC HIGH SCHOOL

Description of barrier	Spelling, punctuation and grammar	Speaking and listening	Writing	Vocabulary	Reading and Understanding	Link to resource
	<p><b>Literacy Barrier:</b> Writing clearly and accurately</p> <p><i>If your child is finding it difficult to write with accuracy in spelling/punctuation/grammar:</i></p> <p>Go to the relevant sheet in the: <b>Spelling, punctuation and grammar worksheets.</b></p> <p><b>Tip:</b> Ask them to check some of their recent work and correct any errors using their green pen (GPoP).</p>	<p><b>Literacy Barrier:</b> Responding in speech or in writing in an appropriate and effective tone</p> <p><i>If your child is finding it difficult to express themselves effectively when responding in speech or in writing:</i></p> <p>Go to the <b>Using different language for different situations worksheet.</b></p> <p><b>Tip:</b> Encourage them to use this when they are discussing, answering in class or writing. Perhaps you could practise with them at home.</p>	<p><b>Literacy Barrier:</b> Structuring a piece of writing effectively</p> <p><i>If your child is finding it difficult to structure a piece of writing:</i></p> <p>Go to <b>The Discourse Markers sheet.</b></p> <p><b>Tip:</b> Explain that they can use this to help sequence/organise their writing.</p>	<p><b>Literacy Barrier:</b> Complex/unfamiliar vocabulary</p> <p><i>If your child is finding it difficult to understand a whole text due to complex vocabulary:</i></p> <p>Go to the <b>Subject Specific Glossary sheet</b> which they can use to record unfamiliar vocabulary and its definitions/uses. For high-level vocabulary, use the <b>synonyms sheet</b> to improve their understanding of a variety of words.</p> <p><b>Tip:</b> Encourage them to update their glossary as they learn new words.</p>	<p><b>Literacy Barrier:</b> Understanding some sections of a text</p> <p><i>If your child is finding it difficult to understand the meaning of some parts of a text:</i></p> <p>Go to the <b>Comprehension Strategies sheet</b> which gives simple, useful ways they can try, to help them work out key meanings.</p> <p><b>Tip:</b> You could work on this by discussing the questions and the text with them.</p>	

Description of barrier

Tips for use

Link to resource



## OPERA NORTH – DEBATE TRIP

Earlier this month three of our Year 9 students, Lois Priestley, Evie Rose and Tom Conlan attended a debating session with the Speaker of the House of Commons. The purpose of the meeting was to allow students to debate with other like-minded debaters across the city, as well as to be given the opportunity to speak to Lindsey Hoyle, the Speaker of the House of Commons.



The event began with students asking questions of Lindsey Hoyle, followed by a debate. The motion was: "Should all Exams be Scrapped?" Lois Priestley spoke against the motion, laying out very clear arguments with confidence. The arguments against the motion were compelling and won the debate; students believed that exams were the only standardised system in place that could depict the potential of all students within the country.

## LUFC BUSINESS FINANCE TALK



Our Year 9 and 10 business studies students recently welcomed Nigel Thewlis from LUFC. The talk was designed to help the students learn about managing money and understanding, from an early age, the role that their credit report and score can play.

Nigel explored through his presentation the need that whilst we all pay close attention to being both mentally and physically fit but equally important is that we are financially fit too.

## WORLD BOOK DAY: MASKED READER



To celebrate the 25th anniversary of World Book Day staff and students enjoyed a quiz and tried to uncover the identity of our Masked Readers. Dr Castelino, Mrs Spellman, Mr Jones, Miss Gallagher, Miss Burns, Dr Bradley and Miss Goode read extracts from a range of books including 'The 1000 Year Old Boy', 'Harry Potter and the Deathly Hallows' and 'Little Manfred'.

## ST PATRICK'S DAY



Our Year 7 and 8 art club were hard at work recently creating fantastic table centre pieces for the Leeds Irish Health and Homes St Patrick's Day lunch.

## DUKE OF EDINBURGH AWARD



Students participating in the Duke of Edinburgh Award have been working hard to continue their fundraising activity. With increasingly innovative ideas, the car wash for staff cars was very popular with all the proceeds going toward expedition equipment.

### Practice walk

Last weekend we were fortunate to enjoy some sunny weather for our practice walk. As part of the preparation for our expedition next term we honed our map reading skills and enjoyed walking a 10km loop of Golden Acre Park, there were a few navigation issues but everyone had a great time.



### Expedition preparation

As we prepare for our Duke of Edinburgh Award expedition at Conistone after Easter the students are practicing how to pitch their tents; plan their routes and sort out all the kit they will need to take. We look forward to seeing how it goes.

## PREPARING FOR EXCELLENCE

Understanding the institutions that comprise Oxbridge and the Russell Group universities; the courses they offer; the application process and how to stand out from the crowd comprises our 'Preparing for Excellence' programme run by Mrs Tiffany. The sessions started this week and will continue next term, if you are in Year 11 and interested further information will be available through daily notices.

## UNIFORM NOTE

We are pleased to inform you that from the 1st April our uniform supplier, Uni Wears, will stock a longer length skirt. The school skirt will now be available in length 20", 22" and 24"(new).



# ETHOS DAY



Our community comprises many people, and the whole staff body are crucial to everything we achieve with our students. As such it was incredibly important that our whole staff body came together recently to participate in our Ethos Day.

Ethos day comprised a broad range of sessions; we hosted Tom Dickenson as a guest speaker who talked from the heart about his mission to improve mental health awareness, we launched the Personal Development Passports to staff and welcomed the Leeds Diocesan Youth Service who spoke about Catholic Virtues and how they come to life, both within Cardinal Heenan and out in the diocese. We also enjoyed a range of activities including sport, music, meditation and afternoon tea and a quiz to promote staff wellbeing before concluding the day with a Staff Mass led by Fr. Henry.



Examples of Year 7's recent study of Romero Britto

## OUTSTANDING SUCCESS IN FOOTBALL

Congratulations to all the football teams and a huge thank you to the parents and staff who have supported the students. It's been great to see all the fixtures back up and running. It has been a busy and successful end to the football season.

Our Year 8 boys' team have won the Under 13 Leeds Cup. The team have had a fantastic season with several very competitive matches beating Priesthorpe, Leeds West, Pudsey Grammar and Crawshaw along the way. They have also played some great friendlies, winning against Roundhay, Allerton, Prince Henry's, Lawnswood and last weekend they beat GSAL with a late winning goal from Alex Appleyard.

Year 10 have also won their league and play their quarter final against Abbey Grange on Friday 1 April. They also secured an impressive win against GSAL last weekend.



## GIRLS' FOOTBALL

This season Cardinal Heenan have seen over 100 girls from across the school represent our school teams and they have certainly excelled themselves. Their commitment to training and determination to develop and improve throughout the season has been impressive.

Our Yr 7 team are through to the u12 cup semi-final to play Dixons. They have had some fantastic matches beating Guiseley, Cockburn and Bishop Young.

The Year 10 and 11 team are through to the u16 final to play Boston Spa, having beaten Dixons, Brigshaw and Ralph Thoresby along the way.



## TABLE TENNIS

The table tennis teams have had a strong season with the Year 9, 10 and 11 teams through to the finals next term.

The teams have shown real commitment to the training and have done well to beat strong competition. Good luck in the finals.

## BASKETBALL

The basketball season has been very competitive this season with Year 7 through to the finals next term and our Year 10 and 11 team have one game to play to secure a spot in the finals evening.

The finals evening is being played on the 27th April at Leeds Beckett University, Headingley Campus, good luck to everyone involved.

## YORKSHIRE SWIMMING CHAMPIONSHIPS SUCCESS!



Congratulations to Patrick O'Hara who represents the City of Leeds Swimming Club and is part of their Regional Performance squad.

In February, over the course of three weekends he competed in the Yorkshire Swimming Championships at Ponds Forge, Sheffield. Patrick came second in the 50m Backstroke and was two times Yorkshire champion in both the 200m Freestyle and 200m Individual Medley relay teams.

## GOLF

On the 21st March Howley Hall golf club hosted the West Yorkshire schools' boys' championship. 59 golfers took to the greens with Jack Ellis and Mia Lomotos from Year 10 competing. The golfers comprised a wide range of ages, Jack Ellis came an impressive eighth.

## SUMMER TERM

Next term sees the start of the athletics season, which looks to be exciting with a range of talented athletes throughout the school. The Leeds Schools Athletic Championships & Trials held in May will see both Evie Rose and Orla Betts compete in the 800m and hurdles respectively.

Summer also sees the cricket season commence and with our recent delivery of cricket kit which has been generously



sponsored by Bellrock, the schools facility management service. We hope you agree that the kit looks very smart, and we look forward to seeing the cricket season progress next term.

[www.cardinalheenan.com](http://www.cardinalheenan.com)