



VERITAS

NEWSLETTER

A message from the Headteacher

As we reach the end of another successful term at Cardinal Heenan, I would like to pay tribute to the incredible staff and students we are privileged to work with every day. The hard work, positivity and commitment shown by all members of our school community is truly remarkable.

Our Year 7 students have settled into life at Cardinal Heenan extremely well and are already making valuable contributions to the wider school community. Our sports teams continue to excel in local, regional, and national competitions, and our students consistently impress me with their ambition, resilience and kindness.

I was particularly proud of our Year 11 students, who made a fantastic start to their mock examinations with their English Language papers. This was their first experience of sitting examinations in the sports hall and this process will be replicated in January for their remaining mock examinations, beginning on Monday 5 January. It was also encouraging to see such strong engagement from Year 11 students and their families at the Consultation Evening and Exam Preparation Evening. Pupils who have made the most progress in their GCSEs over the last three years have all had 100% attendance at events such as parent consultation evenings, options evenings and revision sessions. Working in partnership with parents and carers really does make a difference.

At this important stage of their school journey, I would like to remind our Year 11 students that examination results are important, but they are the product of the effort you put in over your time with us. Our actions, attitudes and effort are a true reflection of our character and define us as people. If you attend school every day, try your best in every area, work hard and trust the guidance you are given, you will achieve everything you deserve and become the person God has called you to be.

The staff at Cardinal Heenan continue to impress me with their dedication and talent. It is a privilege to walk around the school each day and witness their unwavering commitment to our students. It has also been wonderful to see new members of staff settling into their roles and becoming part of our strong and supportive community. I would also like to thank our Governing Body, who generously give their time to support the school. Finally, I would like to take this opportunity to wish Miss Richardson all the very best as she leaves us to enjoy her time as a new mum.

I would like to extend my sincere thanks to our parents, carers and wider families for the continued support you provide throughout the year and for the sacrifices you make every day to give your children so many opportunities.

Thank you to everyone who attended our Advent Service on Wednesday, including Father Chris from St Urban's. As always, it was a beautiful occasion that brought us together as a faith community, and it was wonderful to see so many families beginning the Christmas period in such a reflective and prayerful way. The talent of our readers, performers and musicians is second to none, and the dedication they showed in making this event so special was appreciated by all. I would also like to thank Fr Yemane for celebrating our whole-school Mass this morning and for the support, joy and guidance he brings to our school community throughout the year.

I wish everyone in our community a safe, happy and holy Christmas, and a happy and prosperous New Year. I look forward to welcoming students back to school on Monday 5 January 2026.

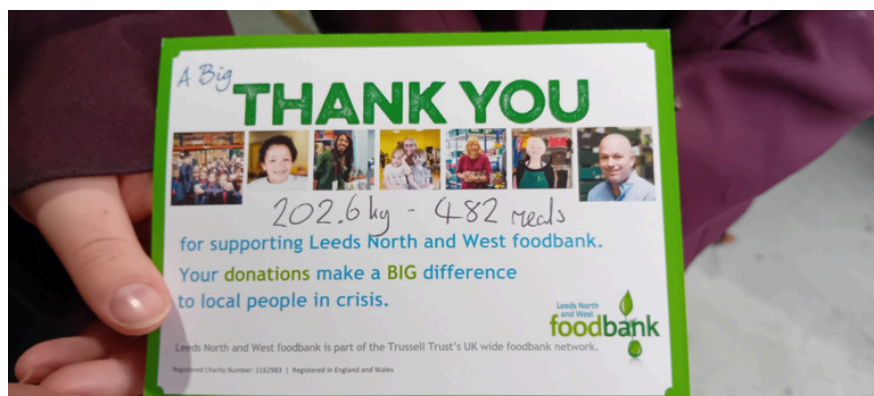
Mr Kelly, Headteacher

HAVE A PEACEFUL & HOLLY
Christmas
 AND A
 HAPPY NEW YEAR
 FROM EVERYONE AT
 CARDINAL HEENAN CATHOLIC HIGH
 SCHOOL

LIVING OUR MISSION THROUGH....

ADVENT DONATIONS

Our Common Good, Chaplaincy and Faith in Action groups have been collecting items to be donated to SVP and Leeds North&West Foodbank. Students then sorted donations into hampers and travelled with Mr Gaffey to deliver them to SVP and Leeds North&West Foodbank, where they will be distributed to those in need in our local community. The charities estimate that over 700 meals can be made from the items donated by our school community, with all tutor groups donating at least one hamper and many groups collecting enough items to fill multiple hampers. Thank you for your generosity, which will support so many people in our local area this Christmas.



LIVING OUR MISSION THROUGH....

CELEBRATING SUCCESS

CLASS OF 2025 PRESENTATION EVENING

It was great to see our class of 2025 at their Presentation Evening. On the night students received prizes and shields for achievements in all aspects of school life, as well as their exam certificates. Following opening speeches from Mr Kelly, Mr Easter and Mr Warren, Fr Yemane delivered a keynote address and presented the awards. The evening closed with last year's head students Eoin and Sophie addressing the year group for the final time, before passing on to new head students Tilly and Olly for the final prayer. As a year group, they have set high standards for those who come after them and have demonstrated and shared the best traditions of our school. It was wonderful to share such a special evening with so many students and their families. As they continue with their next steps, we continue to pray for them and all past members of our school community. As Mr Warren put it: "Once a pupil of Cardinal Heenan, always a pupil of Cardinal Heenan. You remain part of this community - and we are so proud of you."



**I HAVE COME THAT THEY MAY HAVE LIFE AND HAVE IT
TO THE FULL.**

JOHN 10:10

LIVING OUR MISSION THROUGH....

PRAYING TOGETHER

REMEMBRANCE SERVICES



Our entire school community came together in November to observe our annual Remembrance Day services. Our head students read from our book of remembrance, reminding us to pray for all past members of our school community. We also reflected on the impact of conflicts from the First World War until the present day and prayed for peace in our world. Students from uniformed organisations proudly wore their uniforms and Year 10 students led reflections about their visit to the battlefields of France and Belgium last year. Two students also performed 'Green Fields of France' as a duet, which has been a long standing tradition on this occasion. All members of our school community also observed a period of silence as part of these services.



CHAPLAINCY GROUP POPPY APPEAL

Members of our Faith in Action and Chaplaincy groups sold poppies to support the Royal British Legion throughout October and November. Staff and students wore poppies during the Remembrance services.



COLLECTIVE WORSHIP

This half term, collective worship has been planned by Year 11 students, who helped us to consider ways in which we can serve our community throughout Advent, Year 10 students, who prayed for those who are suffering through loneliness, poverty or conflict during this season of joy; and 8EMY, who prayed for the environment and the courage to be good stewards of the earth. Students spend part of an RE lesson in the chapel, reflecting on the message of the gospel and discussing the ways they can put this into practice through prayer and action.

LIVING OUR MISSION THROUGH....

PRAYING TOGETHER

ADVENT SERVICE

Our Advent Service on Wednesday was a celebration of the hope and light of Advent. The choir led us in song and students prepared and led the prayers, while the Common Good Influencers served refreshments. The service was well attended by families and members of our wider community and visitors were treated to dramatic performances from Y10 and Y7 students alongside carols and reflections. After the service, our talented musicians performed some popular Christmas songs, including a show-stopping finale featuring a solo from Year 10 student, Esosa. It was great to see so many different people from our community - including families, governors, current and former staff members, staff and students from our feeder primary schools and priests from across the Diocese.



ADVENT MASS

We ended 2025 with our traditional Advent Mass. Fr Yemane led the Mass, ably supported by a team of students. As always, this was a wonderful, reflective occasion, with the choir leading us in carols and the entire school community sharing in the joyful waiting of Advent.



LIVING OUR MISSION THROUGH....

CAREERS GUIDANCE GREEN CAREERS WEEK



We celebrated Green Careers Week (3-7 November) in school. This event offers students the opportunity to explore careers which contribute towards sustainability and preserving or restoring the environment and our planet. These roles may be in any sector, not just those traditionally seen as 'green'.

Across all subjects, students looked at careers related to the curriculum which work to support sustainability and environmental protection. They looked at ways in which different subjects can support green careers and the wide variety of roles which impact on the environment.

Year 8 students were involved in a STEM day with Smallpeice Trust, giving students chance to explore careers in technology and engineering which promote environmental awareness and greener futures.

Year 9 students also enjoyed workshops with Leeds University and assemblies for all year groups focused on green careers and the factors to consider when considering future careers. This was linked to the virtues and the idea of moral ambition - choosing a career which will allow them to use their unique talents to improve the world around them and become the person God calls them to be.



GCW
GREEN CAREERS WEEK

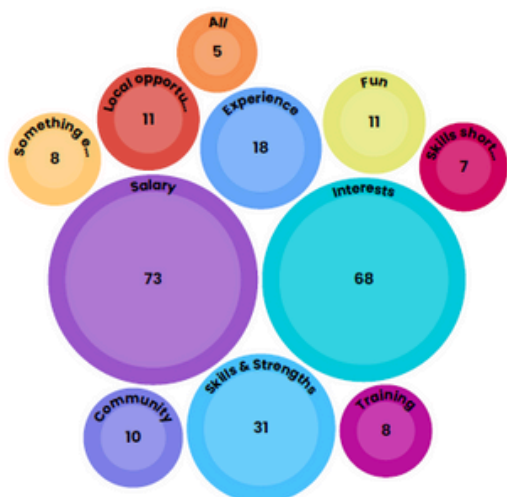


YEAR 10 AND 11 CAREERS FAIR

Students in Year 10 and 11 took part in our in-school careers fair in November. Representatives from local employers, colleges, sixth forms and universities came into school to speak to students about the opportunities for further study and employment in Leeds and beyond. It was fantastic to see so many former students returning to Cardinal Heenan to share their experiences in education and employment with younger students. As part of the fair, students took part in a survey about the factors which influence their decisions about future careers. The results are shown below.



CAREER INFLUENCES



● Interests

Having an interest in the role was important to the majority of you, if it paid well! You can read more about your career ideas on <https://nationalcareers.service.gov.uk/>

● Salary

Financial security was the highest rated factor. Did you know in 2024, the median gross annual salary in Leeds for men was £38,756 and for women was £32,850?

● Skills Shortages

This could be worth considering, as it links to where there might be a higher availability of jobs and the government are focusing on these sectors in terms of investment.

● Fun

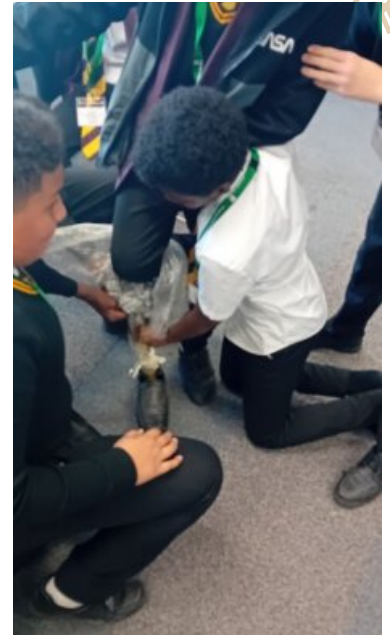
We love that one of you added this factor to the list. It is important to enjoy your work!

YEAR 10 WORK EXPERIENCE

Our Year 10 students continue to apply for work experience placements for 13-17 July 2026. Alongside events in school, such as Year 10's Green Careers Week assembly about the ways in which our career choices impact on our local area and the wider world, work experience provides an excellent opportunity for students to experience the process of applying for a job, as well as gaining a unique insight into the workplace. Last year, pupils gained valuable employment skills with placements at local primary schools, restaurants and sports clubs. Many also went on to gain part time employment or internships through their work experience placement. If any local businesses or employers would be able to support a Year 10 work experience placement, please contact Mr Gaffey on kgy@cardinalheenan.com.

YEAR 7 VISIT TO LEEDS UNIVERSITY

A group of Year 7 students followed up their Green Careers Week work with a visit to Leeds University for their Alternative Materials day. During the day on campus and a session in school, pupils learnt more about the wide variety of new and more sustainable materials being used in manufacturing and the role of engineers in developing these materials. Topics on the day included energy efficiency in computer, biomimicry and medical engineering.



PERSONAL DEVELOPMENT PASSPORTS

Students in all year groups continue to use their Personal Development Passports to celebrate their successes both in school and outside. The passports offer an invaluable opportunity for each student to reflect on the person God calls them to be. Students are encouraged to consider the ways in which they have lived the virtues of faith, hope, love, justice, solidarity, courage and practical wisdom.

YEAR 7 CATCH PROGRAMME

A group of Year 7 students have started a 6 week animal nurture programme with CATCH Leeds. The weekly sessions are aimed at building confidence through working with others and learning about animal care.



LIVING OUR MISSION THROUGH....

EXPLORING SUBJECTS IN MORE DEPTH: FOCUS ON LANGUAGES

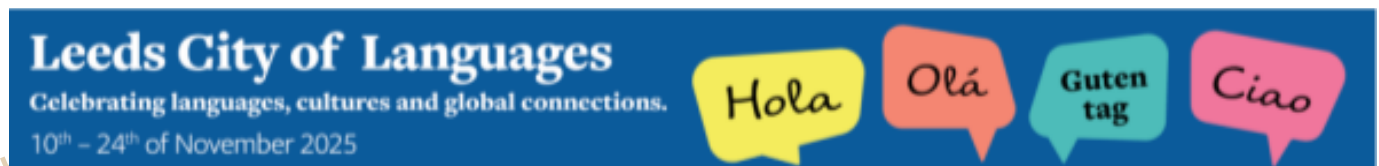


YEAR 8 LEEDS CITY OF LANGUAGES TASTER DAY

Leeds City of Languages is a vibrant celebration of the city's languages, cultures, and communities, highlighting our connections with the world.

On Wednesday 19 November, we welcomed Ambre and Marie from the Leeds University Languages department who delivered a fantastic French taster workshop to Mrs Dwyer's Year 8 class.

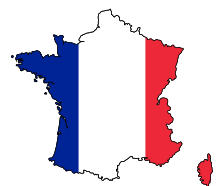
The session was really engaging, incorporating a quiz and interactive speaking elements. The Year 8 students were really looking forward to the session and afterwards were asking whether Ambre and Marie would be back again – they clearly enjoyed the novelty factor of having a guest teacher for their language lesson! The Year 8 students were interested in the cultural aspect of the workshop and all learnt something new about France and where French is spoken around the world from our native speaker visitors.



YEAR 9 FRENCH DAY AT NOTRE DAME



A group of Year 9 students attended Notre Dame's French Day. At this event, students attended talks and workshops hosted by the University of Liverpool, Manchester Metropolitan University, Lancaster University and the University of Leeds. They played French language games and learnt about French culture through songs, films and television. The day focussed on the benefits of language learning and gave students an insight into further study, both at college and university. Students also enjoyed a campus tour with Notre Dame students on hand to answer any questions they had about campus life or foreign language studies.



LEEDS UNIVERSITY STUDENT AMBASSADORS

On Monday 3 November Leeds university students, Shakayla and Lizzie, came to talk to Year 9 students about their experience of studying languages at university and spoke about:

- Their journey studying languages at both undergraduate and post-graduate level.
- The benefits of continuing to study languages at GCSE and beyond.
- The skills you gain studying a language.
- What careers are open to you if you learn languages.
- Life on campus and the university experience.



UNIVERSITY OF LEEDS



LIVING OUR MISSION THROUGH....

COMMUNITY ACTION

Advent is a time of hopeful waiting. As well as donating items for the advent hampers, various student groups have come together to support our local community during this festive period through fundraising or by giving up their time to support those in need in school and in our wider community.

YEAR 7 DISCO

Our Year 7 disco was a roaring success. Students danced the night away to music provided by our Year 11 DJs, while raising money to support St Gemma's Hospice.

Year 9 and 11 students organised a tuck shop and dance off, raising over £200 for our Duke of Edinburgh kit fund and minibus appeal. Well done everyone!



READING LEADERS

Our Year 10 reading leaders have completed their training and have started supporting their Year 7 buddies. They work with them in a mentoring capacity twice a week, supporting their decoding and comprehension skills and recommending books to them. These sessions help younger students to gain confidence and have a more positive attitude towards reading. For the Year 10 students, this is a great opportunity to develop leadership skills and communication skills. Many of our Year 10 students were supported by older students when they were in Year 7 and see the reading buddies scheme as a great way to build on the best traditions they have inherited.

Alongside this, another group of dedicated Year 10 students visit our feeder primary school, St. Urban's, once a week during form time to read with a group of Reception children. Their commitment reflects the values of service, kindness, and the Common Good, a key principle of Catholic Social Teaching which encourages us to work for the wellbeing of all. Their actions echo the words of Jesus: "Let the little children come to me" (Matthew 19:14), reminding us of the importance of supporting and nurturing the youngest members of our community.



LIVING OUR MISSION THROUGH....

WORKING WITH OUR LOCAL COMMUNITY

COMMON GOOD INFLUENCERS



**THIS HALF TERM'S COMMON GOOD UPDATE WAS WRITTEN BY
NIAMH, A COMMON GOOD INFLUENCER IN YEAR 9.**

This month in Common Good we have continued crisp club at lunch times with Dr Free where we clean crisp packets that have been put in our boxes in the canteen and staff room to recycle them. After cleaning them, we iron them to make a blanket to help keep the homeless warm in these cold months.

Alongside this, in groups we have started researching different projects in the local area. We have also planned for many different groups of students to go to Penny Fields and we love seeing their smiling faces when we walk in.

There is also a group of students who go to St Urbans and help with sports clubs like football after school and reading during tutor time.

Some of our Year 7 have put together a collection of men's clothes for the Horsforth Town of Sanctuary appeal, they started by encouraging Year 11 to collect clothes in form time and this week they are working with Mrs Dwyer to encourage Year 7 students to donate.

More recently in Common Good, we have helped the Faith in Action group collect and sort out advent hampers to donate to SVP and Leeds North&West Food Bank. Finally, this week we have had many students help with Leeds Irish Health and Homes afternoon tea with Miss Goode.



CHRISTMAS JUMPER DAY

Our Christmas jumper day raised £1709 for our minibus appeal. It was great to see so many members of our school community getting into the Christmas spirit.



MINIBUS FUNDRAISING

Alongside this, 10JCO and the Duke of Edinburgh fundraising group brought festive fun to the school with their brilliant fundraising activities. Students enjoyed mini challenges such as "Guess the Teacher from the Baby Photo" and "Pin the Nose on Rudolph," which sparked plenty of laughter and competition. The week ended on a high with an exciting Top Baller 1v1 football tournament, where students from both KS3 and KS4 showed off their skills and sportsmanship. They have raised £127 in total. A fantastic effort from everyone involved —well done, all!



LIVING OUR MISSION THROUGH....

DEVELOPING CREATIVITY

DRAMA

Our drama club continues to go from strength to strength with over 50 students attending each week. This half term, they have prepared monologues from Shakespeare plays in preparation for the Performing Shakespeare competition, and have performed sections from A Christmas Carol.

In Drama lessons, Year 10 students are studying Willie Russell's Blood Brothers and have prepared scenes from the play.

ANTARCTICA DAY

We celebrated Antarctica Day in December. Students designed flags to enter into UK Polar Network's competition in the hope that some of them will travel to Antarctica.



DEBATING AND PUBLIC SPEAKING

Our debating society is increasingly popular with students in Years 9-11. This term, they have discussed topics ranging from tourist taxes to freedom of speech online.

Our two public speaking teams performed well in the first round of the ESU Public Speaking competition, with Nicholas speaking passionately about the death of the cinema and Eoin discussing the role of NATO in the modern world. We also hosted the ESU's Schools' Mace competition, with debates on the environmental impact of short haul travel and the impact of reality television shows on participants' mental health. Our team did not progress to the next round, but were praised for their "degree level" research into their debate topic.



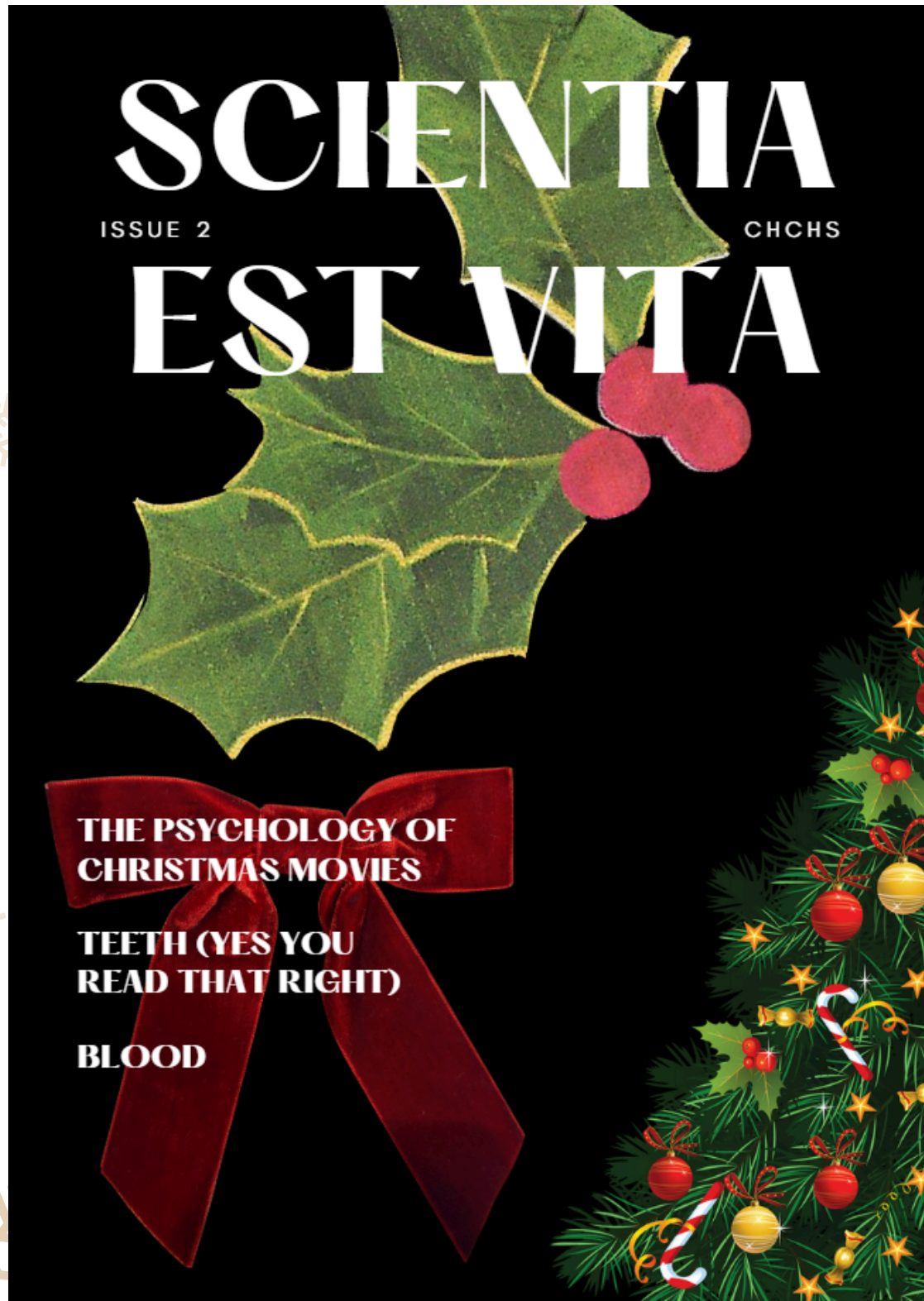
After Christmas, a team of students will travel to Leeds University to compete in the Ethics Cup. This competition encourages students to think philosophically about topics ranging from the use of mitochondrial donation in IVF treatment to whole life prison sentences. We will also host the first round of the Leeds Salon debating competition in January.



In preparation for the Ethics Cup, the team have worked with Leeds University students, Alice and Audrey, who demonstrated how to construct an ethical argument and helped them to understand the competition format. They have also had regular Zoom meetings with a PhD student from St Andrew's University, helping them to develop their ethical reasoning.

SCIENTIA EST VITA

Our budding scientists have been hard at work creating the second issue of the Science Magazine, and it is packed with festive fun and fascinating facts! This edition explores the science behind Christmas movies, the chemistry of tooth whitening, the journey of blood, the role of medicines in everyday life, and even takes inspiration from Adam Kay's witty medical stories. It's a brilliant read that combines curiosity, creativity, and a touch of holiday sparkle! You can check it out here - <https://www.cardinalheenan.com/wider-curriculum/science-magazine-scientia-est-vita/>



LIVING OUR MISSION THROUGH....

LIVING THE VIRTUES



Our virtue in focus for this half term is SOLIDARITY

Definition:



The commitment to the common good, and the belief that everyone should work together and care for each other.



The winners of the tutor group virtues prizes for this half term are:

Year 7	Year 8	Year 9	Year 10	Year 11
Maja	Marisa	Precious	Chloe	Sarah
Ava	Thomas	Kaima	Michelle	Chidalu
Abbie	Jaxon	Natalia	Eryn	Amelia
Taya	Grace	Annabel	Ericka	Oliver
Aayan	Shay	Leon	Eoin	Emeka
Eleanor	Adeline	Audrey	Sophia	Jenson
Sofia		Daniel	Jazara	Joshua



Students from all year groups have demonstrated solidarity by supporting their friends and members of our wider community. Every lunchtime, you will find groups of students in the Library and Homework Club helping each other with revision. At lunchtimes and after school, Duke of Edinburgh participants support younger students in PE clubs and raise money for our minibus appeal.

The Chaplaincy group have also worked to support a number of charities, including collecting food bank and hamper items to be distributed by SVP and Leeds North and West Foodbank.

Many students have participated in activities organised by the Common Good Leaders, ranging from collecting crisp packets to be recycled into blankets for homeless charities, to our regular visits to our friends and neighbours at St Urban's Primary School, Penny Field School and Brandon House Care Home. Through these events, our staff and students continue to build strong ties with our local community.

**SERVE ONE ANOTHER WITH WHATEVER GIFT
EACH OF YOU HAS RECEIVED.**

PETER 4:10



LIVING OUR MISSION THROUGH....

PARTICIPATION IN SPORT

CROSS COUNTRY

Three of our students were selected to run in the West Yorkshire Schools Championships. They were Alaska (Year 7), Oscar (Year 8), and Leon (Year 9) who all placed in the top 12 to qualify.

At both races so far this season we have had over 22 students representing the school with around 30 attending training every Thursday after school. As a team, we are currently sitting in first place in Leeds for Year 9-10 boys and girls and fifth in Leeds for Year 7-8 boys and girls. A huge success!



A STUDENT'S PERSPECTIVE: OSCAR (YEAR 8)

This year, I have competed in two cross country races for school. In the first race at Cardinal Heenan, I came fifth. Then the second race was at Woodhouse Grove. This race was the qualifier to run for Leeds and represent the city at the West Yorkshire regional trials. In that race, I came sixth out of all the Year 8 and 9 students running. I was also the first Year 8 student to finish and I am now looking forward to racing for Leeds. As well as running I play football and swim and both of these sports contribute towards my fitness for running.



SPORTS JOURNALISTS: HALF TERM REPORTS

The team round ups below were written by students who have volunteered to become sport journalists and are now covering sports fixtures in the newsletter and on Instagram. This involves attending fixtures with a school team and submitting a report after the match or at the end of a half term. The role offers invaluable experience for students who may wish to pursue a career in the media. If you would like more information about becoming a sports journalist, please speak to Mr Scott or Miss Burns.

YEAR 8 BOYS FOOTBALL - OLIVER

Unfortunately, this half term has not been the greatest for the team in terms of progression in the cups. During this half term, we have been knocked out of all of our cups, after losing twice to Garforth, as well as losing against Ilkley Grammar in the National Cup. However, we still got pretty far in all competitions and are proud of ourselves for challenging in all of these cups.

However, the league is looking much more positive, as we have only lost of game so far in the league. We are hoping we can continue to challenge ourselves and keep going until the end of the season.



YEAR 9 BOYS FOOTBALL - WILL

Year 9 boys have played 13 fixtures this term and have made it through to the third round of the Leeds Cup where they will face Ralph Thoresby in January. Our manager, Mr Edney, has used a squad rotation system to allow more of us to play and there is now healthy competition for places in the side.

YEAR 11 BOYS FOOTBALL - SAM

The Year 11 football team have had a great year so far. We have won many games. We hope for this to continue to the end of the year.

YEAR 7 BOYS FOOTBALL - RILEY

The Year 7 football team at Cardinal Heenan has enjoyed a season filled with excitement, challenge, and growth. For many of the players, this has been their first taste of competitive football at secondary school level, and the squad has quickly bonded into a determined and spirited group. Training sessions have been lively, matches have been hard-fought, and the team has shown a clear progression in skill, teamwork, and confidence as the weeks have gone by.

A huge part of this success is down to our coach, Mr Coe, who generously gives up his own time to guide and support us. His dedication goes far beyond simply running training drills. He has instilled discipline, encouraged resilience, and helped each player to understand their role within the team. Whether it's staying late after school to run extra sessions, offering tactical advice before matches, or motivating us when spirits are low, Mr Coe has been the cornerstone of our development. The team is deeply grateful for his commitment, and we know that without his encouragement we would not have achieved what we have this season.

Our journey in the County Cup was one of determination and pride. Round after round, the team displayed grit and skill, overcoming tough opponents and proving that Cardinal Heenan can compete with the very best. Reaching the final was a huge achievement in itself, and although we unfortunately lost, the experience was invaluable. The final tested our resilience and showed us the importance of perseverance, teamwork, and learning from setbacks. While the defeat was disappointing, it has only strengthened our resolve to come back stronger.

Looking ahead, the squad is determined to bounce back after the Christmas break. Training will focus on sharpening tactics, improving fitness, and building confidence. Every player is motivated to push harder, knowing that the second half of the season offers fresh opportunities to prove ourselves. Importantly, we are still competing in the Leeds Cup, and the team is full of belief that we can go all the way. The Leeds Cup represents another chance to showcase our progress, and the players are united in their ambition to bring the trophy back to Cardinal Heenan.

Beyond the results, this season has been about more than just football. It has been about building friendships, learning to trust one another, and representing our school with pride. The support from parents, teachers, and classmates has been incredible, and every cheer from the sidelines has lifted our spirits. The players know they are part of something bigger than themselves — a tradition of Cardinal Heenan football that values effort, respect, and sportsmanship.

As we move into the new year, the Year 7 team is excited for what lies ahead. With the guidance of Mr Coe, the encouragement of our supporters, and the determination of every player, we are confident that Cardinal Heenan will continue to grow stronger. The County Cup final may not have gone our way, but the Leeds Cup is still within our grasp, and we are ready to give everything to make it ours.



GIRLS FOOTBALL

Our girls football teams are celebrating a successful start to December with all age groups through to a cup final.

YEAR 7 GIRLS - ALASKA

This term, the Year 7 girls have done well and made it through to the next rounds of the Leeds Cup and County Cup. We were knocked out of the County Cup but are through to the quarter finals of the Leeds Cup. Hopefully we can continue in the cups and play well. We are aiming to win all of our matches.



YEAR 8 GIRLS -SOPHIA



So far this season the Year 8 girls football team have been amazing, winning all of their games and managing to keep their heads up even when it got tough. The girls have participated in county, national and league games, maintaining their winning streak throughout the season. They ended the year with a superb win against Garforth in the County Cup final. It was a close game and the opposition tried hard but still Cardinal Heenan persevered and managed to push through to bring the trophy home for the second year in a row. We are also through to the fifth round (last 32) of the ESFA National Cup.



YEAR 9 GIRLS - ALICE

The Under 14s have had a great start to the season. We have played two matches and unfortunately lost one but thankfully won the other. We were unlucky to lose the first game on penalties. However, in the second came, we won 1-0 when the ball came in from a corner and their goalkeeper was unlucky, fumbling the ball which thankfully ended up in the back of the net! Overall, we've had a good start to the season when we have stayed strong and put up good fights. Hopefully we can continue to give 100% and have a successful season!

YEAR 10 GIRLS - JANE

This half term, we made it through to last 32 of the ESFA National Cup. Our County Cup final was postponed and will now take place in the first week in January. We have won every game so far and are also through to the quarter finals of the Leeds Cup.



NETBALL

MATCH REPORT FROM NIAMH, YEAR 9

YEAR 8 ROUNDHAY VS CARDINAL HEENAN

The first half started with a strong team in positions. With some quick accurate passes from both teams over head, chest, shoulder and some unexpected bounce passes making it easier to get past their players with really good defensive actions.

The second quarter started with a few position changes from both teams but shots were getting put in left right centre. Roundhay's shooting D was very strong.

But Cardie's defence were fighting for the rebound. Half way through the match but half way to go with a quick team talk and straight in for the centre pass, it was a game of who could get to the ball faster with some feisty centre court action and some awesome work saving shots by hitting them back in before the ball went out.

When the last and final quarter started, the nerves were there with a few silly mistakes but every last pass mattered as Roundhay were very good at winning the ball in the centre pass. When the final whistle went all the girls went to shake hands and choose their player of the match, which for Cardies was Eva.



BASKETBALL

Year 7 boys have won all but one of their games across two tournaments, competing against Abbey Grange, Leeds West and Leeds City. They have demonstrated their commitment in training and represented school with pride.

Year 9 boys have also competed in two tournaments, winning 5 out of their 6 games, most notably a 14 - 4 victory over Abbey Grange.

BOWLING

We took a team of Year 7 and 8 students to compete in an inclusive bowling tournament at Kirkstall. Over 30 teams from across the county took part and our students represented us well.

INDIVIDUAL SPORTING SUCCESS

- Jaxon (Year 8) participated in the World Karate and Kickboxing World Championship over the half term break, returning as silver medallist in Light Contact and bronze medallist in the Points category. An amazing achievement for his first time competing at this level - well done Jaxon!
- Many students are playing for academies at professional football clubs. They include: Luke (Year 11) at Doncaster Rovers, Aiden (Year 11) at Burnley who have both been offered scholarships for next season, Jane and Leon (Year 10), Nelson and Olivia (Year 8) at Sheffield United, Markluf (Year 9) at Bradford City and Louis (Year 7) currently on trial at Leeds United.
- Niamh (Year 9) has competed at European level in Brazilian Jiu-Jitsu, winning Gold in her category.
- Year 8 students Grace and Alana (Under 13s) and Year 9 students Niamh and Grace (Under 15s) have been selected for the Leeds District Netball squad. Well done!
- We also have many students representing Leeds Schools FA. These include: Manus, Jacob and Pierce who are part of the unbeaten Year 10 team expertly managed by our own Mr Easter! Other students who have represented Leeds Schools FA this season include Marluv (Year 9), Kryssle and Olivia (Year 8) and Edward (Year 7).
- James (Year 10) plays pool for England Under 18s.
- Grace (Year 9) represents Leeds City in 100m breaststroke, 200m breaststroke and 400m individual medley. Her breaststroke time was 1-second off the qualifying time for Commonwealth Games trials. Patrick (Year 11) competed in the British and English National Final;s in 1500m freestyle, 400m individual medley, 800m freestyle, 100 my butterfly and 200m individual medley. Jonathan (Year 7) also swims for Wetherby Swimming Club, competing in 400m front crawl, 100m breaststroke and 200m backstroke.
- Amelia (Year 9) represents Team GB in trampolining and recently competed in a tournament in Spain, where she was ranked fifth in the world.



We are always delighted to hear about our students' sporting successes outside of school. If you have any sports news stories about current or former pupils, please email them to newsletter@cardinalheenan.com and we will share them with our school community.



LIVING OUR MISSION THROUGH....

CONVERSATIONS WITH OUR COMMUNITY

AN INTERVIEW WITH OLIVIA (YEAR 8)



This term, we spoke to Olivia, a student in Year 8, about her experiences of balancing school work with training at Sheffield United FC Women's Academy.

Thank you for agreeing to talk to us today. Please can you tell us a bit about your experience at Sheffield United?

The Under 14 experience at Sheffield United has been amazing so far! It can be difficult though, because I have to set off from home at 4.30pm to do 30 minutes in the gym, 30 minutes of classroom study and 90 minutes of football training. I then get home about 10.00 - 10.30pm!

How do you manage to fit all of your school work in?

It can be really difficult with homework because I have to do this journey 3 times a week. I haven't had any homework comments this year though, so I make sure I get my schoolwork done.

What do you enjoy about training with the Academy?

It's been a great opportunity to make new friends. Also, it's a really high calibre of football because I'm training with the year above. The squad is really strong - so good, in fact, that we beat Liverpool 3-2 recently!

What position do you play?

I mostly play right back but can also play in midfield.

Do you have any other hobbies apart from football?

I don't really have time to do anything else at the moment!

Who is your role model in football?

Gemma Bonner - she came to this school and now plays for Liverpool.

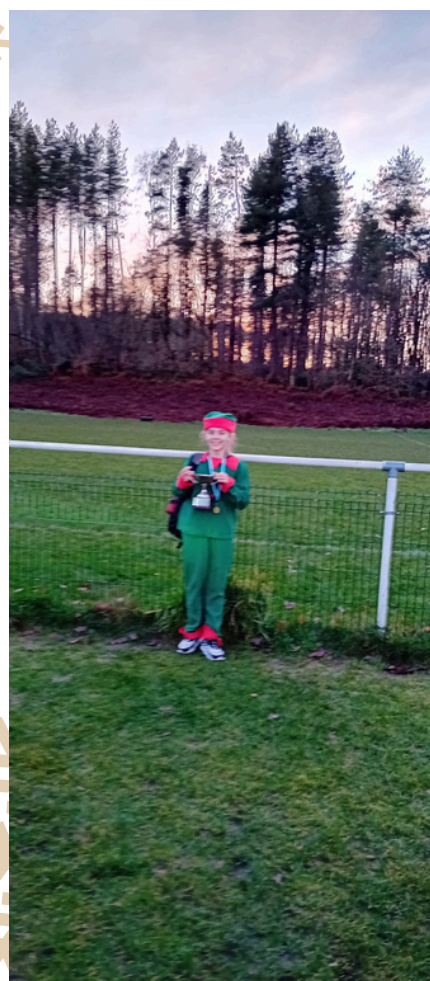
Do you also play for the school team?

Yes - I usually play centre mid for school - we won the County Cup final yesterday!

What are your hopes for the future?

I am looking forward to learning new things and developing my game even further.

Thank you for taking the time to talk to us.

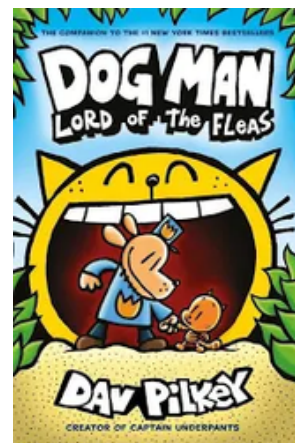


LIVING OUR MISSION THROUGH....

STAFF AND STUDENT WELLBEING BOOK RECOMMENDATION -

ISABELLA AND PRECIOUS (YEAR 9)

Isabella and Precious recommend the Dog Man series by Dav Pilkey. They enjoy the illustrative style, the range of characters and wide variety of stories, all based on classic fiction. They said the books were all humorous and easy to read.



STAFF WELLBEING COMMITTEE

We are committed to supporting all staff and our staff wellbeing committee meet on a termly basis to plan and promote activities to support staff mental health and wellbeing. This term, staff have participated in a 'Secret Buddy' scheme and raised money for charity through raffles, quizzes and games in the staffroom. We have also hosted 'Hygge Thursdays' and 'Cake Fridays' in the staffroom to give all staff the chance to sit and chat with colleagues during this busy time of year.



CURRICULUM SUPPORT CHRISTMAS PARTY

Our curriculum support team held their annual Christmas party on Tuesday. They enjoyed party games, a dance off and festive snacks to celebrate their achievements throughout the year.



KEEP IN TOUCH

We love hearing good news stories from our former staff and students. If you have any news stories related to current or past members of our school community, please send them to newsletter@cardinalheenan.com.

UPCOMING DATES:

Friday 19 December: Last day of term, students finish at 1pm
Monday 5 January - Friday 16 January: Year 11 Mock Exams
Wednesday 7 January: Year 9 Reports issued
Wednesday 14 February - Wednesday 28 February: Year 9 Options Guidance Meetings
Wednesday 21 January: Year 7 Reports issued
Wednesday 28 January: Year 9-10 Options Evening
Friday 30 January - Sunday 1 February: Year 8 Computing Trip to London
Wednesday 4 February: Year 11 Reports issued
Tuesday 10 February: Year 8-9 Options Evening
Thursday 12 - Monday 16 February: Spain Trip
Friday 13 February: Last day of half term, students finish at 3.20pm
Monday 23 and Tuesday 24 February: Staff Training, school closed to pupils

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