



# GWYN NEWS

Ysgol Uwchradd Gatholig **ST RICHARD GWYN** Catholic High School

24 May 2019/Mai 2019

Dear Parents,

As the first half of the Summer Term comes to an end, we have today been celebrating the outstanding contribution to the school made by our Year 11 and Year 13 students. GCSE, AS and A Level exams started on the 7 May and continue after half term until 17 June. So from today they are on study leave. Thank you to the many parents who were able to join us in school for the Year 11 Leavers Mass celebrated by Father Joe Stewart. The Year 13 Leavers Mass will be celebrated at the start of their Prom on Friday 21 June.

On behalf of the whole staff team, I wish our students every success in their final exams that remain. Whatever their next steps—returning to the Sixth Form, going to university, seeking employment—I take this opportunity to wish them every success and happiness. When they leave they will take their experiences and the values of St Richard Gwyn with them. Everyone here is very proud of their achievements and the people they have become.

Have an enjoyable half term.

*Mr P Heitzman*



**School re-opens Tuesday 4 June**

## Cheerfest Competition Cystadleuaeth Cheerfest

Congratulations to the Year 7 cheerleaders who placed 5th out of all the high school teams in Flintshire at Cheerfest in Deeside leisure centre, they are performing next term in assemblies and are keen to carry on training together, Anyone who wants to join can do so from September great job everyone we are proud of you. Congratulations to Grace Connor Yr 7 who won the fortnight dance off. Well done.



## Exam Stress! Straen Arholiadau!

Exam season is upon us and we know that it is a very stressful time for students (and parents too!). As a general rule preparing well helps to reduce some of the anxiety around exams so that is a good place to start.

We all manage stress in different ways and it is always a good idea to talk to someone about how you are feeling. Here are a few websites that offer help and practical advice about how to deal with the stresses of exams and maximise your potential to do well.

Childline.org.uk and Youngminds.org.uk both offer general help and advice about exam stress.

Themix.org.uk offers advice in addition to an online stress buster tool called "Stress head" and a smart phone app called "Motimator" that young people can use when the going gets tough to help with motivation.

**Keep Calm and Carry On Revising!**



## Year 6 Retreat Encil Blwyddyn 6

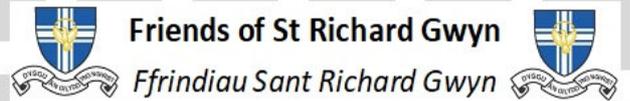
Last Friday our Catholic Partner Primary schools took part in the Year 6 Retreat at Pantasaph. Mr Davies started the day off with a Welsh themed ice breaker before learners experienced a series of different activities under the theme 'building bridges'. We closed the day by celebrating a liturgy together.

The children were fantastic, a credit to their schools. We look forward to welcoming them into our community over the coming weeks.

*Mr C Suddaby*

## Chester University Visit Ymweliad Prifysgol Caer

Last Tuesday saw a group of our most able learners visit Chester University for a fun-filled, informative and thought provoking 'experience' day. The event, designed to introduce the students to university life, was well received by all. Amber Beck, year 8, commented that it enabled her to 'consider her future' and the 'educational opportunities' available to her. Congratulations to all attendees for their enthusiasm and impeccable manners.



Summer BBQ and Quiz Night  
Flint Mountain Park Hotel



**Tuesday 2 July from 6pm**

£6 per person including BBQ and quiz!

BBQ from 6:30pm, quiz starts at 7:30pm.

£4 per KS4/KS5 pupil when accompanied by an adult.

Tickets available from Mr Crawley or by contacting school.