



Weekly Newsletter

April 8th

2022

Hello and welcome to the last newsletter of the Spring Term 2022. I hope that you and your families are all well and I wish you all a relaxing, peaceful and enjoyable Easter break. And, of course, Ramadan Mubarak to all our Muslim families.

GCSE / AS / A2 Examination timetables

All KS4 / KS5 students have now been sent their individualised examination timetables for the summer exams. They have been sent to the students' school e-mail addresses. Please check to know when your child's / children's exams are and notify the examinations office if there are any possible issues as soon as possible.

BTEC Science results

The results of the BTEC Science exams that were sat in January were issued to the students via their school e-mail addresses on Thursday 7th April. Please can Parents / Carers check that they have viewed their e-mails. Any concerns, please contact the examinations department.

Yr 12 UCAS Convention at Cardiff Metropolitan University (Cyncoed Campus) – Tuesday 26th April 1.30 – 3pm

If Parents / Carers have not already given permission for their child to attend this event, please do so via this link. <https://forms.office.com/r/OfPHuK7r07>

Letters regarding the convention were sent to all InTouch contacts at the start of April.

Year 13 Leaver's Ball

Advanced notice. The Year 13's Leavers Ball has been booked for Friday 24th June in the Park Hotel. The cost of the tickets will be £30. More details will be sent to all Year 13 students and in touch contacts after the Easter break.

Reports

Interim reports for students in year 12 have been issued this week.

Fundraising

Firstly, thank you so much for your donations towards the humanitarian crisis in Ukraine. This week, we delivered a minibus-load of donations to a charity who will include them in their convoy of aid through Poland. We have also been able to donate to the Disaster Emergency Committee for use in humanitarian work in Ukraine (sum below). We are delighted by the way that students have got involved in this appeal, through direct donations, sport, craft, math and volunteering. We hope that their experience of working together will help them to broaden their understanding of world events and will give them courage that they can make a positive difference in their communities. As a final thank you, at the end of the newsletter we have included a recipe for Borscht provided by one of our Ukrainian members of staff. We hope that you will enjoy trying it out with your families over the holiday.

As promised in last week's newsletter, below is a summary of many of the funds raised for good causes in the last few years. Many of these were driven by the students in terms of identifying the chosen charity, devising the fundraising activity and seeing it through. I think you'd agree that this level of altruistic activity speaks volumes about the kindness and generosity which exists in our school community.

Children in Need - £915.21

Macmillan Cancer Support (Year 7) - £1,239.79

Noah's Ark Children's Hospital (Year 8) - £1,501.32

Alzheimer's Society (Year 9) - £1,216.77

Cancer Research (Year 10) - £1,147.47

Young Minds (Year 11) - £1,147.47

LATCH (6th Form) – £1,244.94

Velindre (whole school) - £1,559.03

Velindre (Skills Challenge) - £649.00

Stroke Foundation - £213.42

Halle Appeal - £383.95

Total raised for the Ukraine Appeal - £6,287.25 and the Mathathon £1,879.38 this will all go to DEC.

Study Leave and Year 13 Induction

Year 11 study leave starts on Monday 16th May.

Year 12 study leave starts on Monday 16th May, ends on Friday 9th June.

Year 12 induction to Year 13 and Careers Planning week will run from Monday 13th June – Friday 17th June. Details to follow.

Year 13 Study leave starts on Monday 6th June.

Information regarding how parents can support year 10 students to prepare for the forthcoming exams has been sent to all parents this week.

Young Carers

At Whitchurch High School we are aware that some of our pupils are young carers.

A young carer is someone under 18 who is caring, unpaid, for a family member, or friend, who is mentally or physically unwell, frail, disabled or who misuses substances.

They often take on practical and/or emotional caring responsibilities that would normally be expected of an adult.

We know that young carers may need a little extra support to enjoy and do well at school. At Whitchurch High School, we are committed to ensuring that all pupils who are young carers are identified and supported effectively.

We have a responsibility for ensuring all young carers can enjoy school and make good progress. If you think your child might be a young carer or could be affected by any of the issues we've highlighted, please let us know by contacting Mr A. Horgan on the following email address

horgana@whitchurch.cardiff.sch.uk

Any information which is given to us will be treated sensitively and no information will be shared without your knowledge.

Kind regards



Mark Powell

Borscht

Borscht is originally Ukrainian but it is made by most Slavic people and is a very common food in Russia. The list of ingredients looks lengthy but they are simple. Serve hot with fresh sprigs of parsley or dill and a dollop of sour cream if desired.

Ingredients

1 lb Beef: sirloin, stew meat, or whatever kind of beef you like (bone-in or boneless *see note)
14 cups cold water
1 Tbsp salt + more to taste
2 large or 3 medium beets, washed, peeled and grated
4 Tbsp olive oil
1 Tbsp vinegar
1 Tbsp sugar
2 Tbsp tomato sauce, or paste (or 3 Tbsp ketchup)
1 Tbsp butter
1 medium onion, finely diced
2 carrots, grated
2 large or 3 medium potatoes, peeled and sliced into bite-sized pieces
1/2 head of small cabbage, sliced
2 tomatoes, peeled and diced (**see note)
2 bay leaves
1/4 tsp freshly ground pepper
1/4 cup chopped fresh parsley + more for garnish
2 cloves garlic, pressed
Garnish: Sour cream and fresh sprigs of parsley or dill.



Instructions

1. Wash meat in cold water, cut into 1" pieces and place in a large soup pot with 14 cups cold water and 1 Tbsp salt. Bring it to a boil and remove the foam as soon as it boils (if you wait, it will be hard to get rid of foam as it integrates into the broth and you'd have to strain it later). Reduce heat, partially cover and simmer 45 minutes - 1 hr, periodically skimming off any foam that rises to the top.
2. Grate beets on the large grater holes (a food processor works amazingly well). Place them in a large heavy-bottom skillet with 4 Tbsp olive oil and 1 Tbsp vinegar and sauté for 5 minutes, then reduce heat to med/low and add 1 Tbsp sugar and 2 Tbsp tomato sauce
3. Mix thoroughly and sauté until starting to soften, stirring occasionally (about 10 min). Remove from pan and set aside.
4. In the same skillet (no need to wash it), sauté onion in 1 Tbsp butter for 2 min. Add grated carrot and sauté another 5 min or until softened, adding more oil if it seems too dry.
5. Once the meat has been cooking at least 45 min, place sliced potatoes into the soup pot and cook 10 min, then add cabbage, sauteed beets, onion & carrot, and chopped tomatoes. Cook another 10 minutes or until potatoes can be easily pierced with a fork.

6. Add 2 bay leaves, 1/4 tsp pepper, and more salt to taste (I added another 1/2 tsp salt). Chop parsley and pressed garlic then stir them into the soup pot, immediately cover and remove from heat. Let the pot rest covered for 20 minutes for the flavours to meld.

Recipe Notes

*Pork can be used also. And if your meat has a bone in it, place it in the water whole. After it boils for 45 min to 1 hour, remove it from soup, cut away and discard the bone and cut meat into 1" pieces).

**To peel whole tomatoes, blanch them in boiling hot water for 30-45 seconds, then transfer to cold water and the skin should peel right off.