



St Martin's School

Autumn Term

Healthy Schools

We have been recently awarded the Phase 3 for the Healthy Schools Accreditation. We as the school council helped to develop a whole school approach to health through elements of the 7 key areas. We had a specific focus on the food and fitness policy in which we presented to the Governors. This was approved by the governors and now has been implemented into school. A new Food and Fitness Committee is going to be established in the new year and will contribute effectively to important aspects of school life. Watch this space for a Fitness Week! Thank you for all the hard work from the school council so far.



Health and Wellbeing News

Cheshka Podosek, pictured to the right, won the World All girls Latin under 16 championship in Paris. A huge congratulations from the PE department at St Martin's School to Cheshka for a tremendous achievement!



Two outstanding students winning the Latin closed Welsh Junior Championships were Rachel Hayward and Alex Morris. Well done girls!! Also Crystal Williams winning a street dance and cheerleading competition. Watch this space for Dance GCSE appearing in the options block for next year.

St Martin's World Champions!

On Saturday 8th December our year thirteen PE student, Chloe Wallen travelled with her dance partner Sophie Thomas (from Bedwas High) to compete in the Latin World Championships in Paris! During the finals day, the pair performed three dances, namely the 'cha

cha', 'rumba' and 'jive'. After three superb performances, and a tense few hours, the pair were awarded 1st place, and are now World Champions!! A huge congratulations from the PE department at St Martin's School to Chloe and her dance partner Sophie for a tremendous achievement!

Well done to Ruby Carter in winning four medals at a World Championships in Athens Greece. It shows that hard work, over months and weeks and extra time on weekends has paid off. A huge congratulations from the PE department at St Martin's School to Ruby and Kickboxing Club for a tremendous achievement!



Results

Boys

Year 7 Rugby verses Newbridge lost 10-5 (Caerphilly cup) Thursday before half term

Year 7 Rugby verses Heolddu lost 5 - 0 (Caerphilly cup) Thursday before half term

Year 9 Rugby verses Newbridge lost 45-5 (Caerphilly cup)

Year 7 Rugby verses Lewis Boys lost 24-21 (Caerphilly cup)

Year 10 Football verses Afon Taff lost 2-1 (Welsh Cup)

Year 8 Football verses Heolddu won 5 - 4 (Welsh Cup)

Year 8 Football verses Hawthorn lost 6-5 (Welsh Cup)

Year 11 rugby verses Lewis Boys lost 21-20 (Caerphilly cup)

Girls

Year 7 'BC Netball Tournament'

Year 7 were invited to play in their first netball tournament during their first half term at St Martin's. The pupils were kindly driven by Tina the caretaker to Pontllanfraith leisure centre on a rainy Friday morning and played against teams from Cwm Rhymni, Bedwas, St Cenydd and many more. The two St Martin's teams participated in seven games each, and even enjoyed a match against themselves!



Year 8/9 Netball

From the beginning of term, the year 8 netball players have been very keen to learn from their older counterparts in year 9, so a 'triangular' match was organised for the mixed yr8 and yr9 team to play at Bedwas against the hosts themselves and Heolddu.



The circumstances were not what the girls had been used to, due to the games being played inside on a slightly smaller scale, but nevertheless, they adapted to the circumstances and persevered. The girls enjoyed having strength in depth, by being able to chop and change different players into different positions. Unfortunately the girls lost by a narrow margin..but hope to be able to re-play the matches in the same set up in the near future.

Year 9 Netball

Netball club has been running since the start of September for all year groups every Wednesday, and there has been a huge focus on improving game play in preparation for fixtures. A highlight of the term was when the yr9 team hosted Heolddu at the start of term. The match was extremely tense, but all players from St Martin's persevered and due to Danni Reed's steady head, and Katie Morris' consistency, the girls managed to win the match by one point!! Well done to all the girls involved in the game.

Clubs

Boxing Club every Wednesday after school meet in new boxing facility. No changes to the Boys extra Curricular Clubs.

On Mondays Dance club will continue to run after school in the gym from 2.40 until 3.40 with Miss Harris. We will continue to practice the street dance in preparation for competing against other schools in a street dance festival in March. In addition to this, we are hoping to put on a St Martin's school dance show in 2019, which will feature latin, ballroom, street, jazz, modern and contemporary routines. If you want to join dance club, please come along.... any ability and year group is welcome!

On Tuesdays Miss Harris will continue to run hockey club on the red gra from 2.40-3.40 in preparation for many upcoming fixtures. Miss Harris has been really impressed with the improvements from all the pupils who currently attend, and was amazed at the standard of play when we had 22 attendees across many year groups in our most recent training session. A big thank you to all the girls who come along week in week out! For anybody that fancies having a go, please pop down to the red gra on a Tuesday



Scarlets Trip

30 pupils and 3 staff were fortunate enough to attend a Scarlets home game vs Ulster on 23rd November. The group was made up of those studying GCSE PE and those with an interest in rugby. After battling the M4 Friday night traffic, and feeding the troops, the group walked in full voice to Parc Y Scarlets ground. With seats right behind the post, we were able to watch a strong Scarlets side claim their victory 29-12 over a good Ulster side. Our pupils, as always were a credit to the PE department and to the school. A huge thank you to Mrs Jolliffe and Miss Morgan who gave up their Friday night to support the PE department.



New facilities in School

As part of the Health School accreditation the school have purchased some new equipment to keep the pupils active at lunchtimes. Year 12 pupils have also been recently trained up to be coaches so will be running some extra clubs at lunchtimes and after school look out for the announcement via Twitter.

