



# Governors' Annual Report to Parents 2023 - 2024



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# Chair of Governors Statement

Dear Families,

I am delighted to present this Annual Report to Parents for the academic year 2023-24.

At The John Frost School, the whole team works hard to provide a supportive, inclusive environment that nurtures individual growth and personal success, details of how this is done will be found in this document. The biggest lesson we have learned since the pandemic, is that if our students are not engaged, then they will not learn. Attendance is what will make your children successful; we are ready and able to provide excellent educational opportunities for every student who comes through our doors.

I must pay tribute to our senior leaders, teachers and support staff who care for your children by providing a safe, orderly, caring space in which they will do well. Our Governing Body has a sub-committee that ensures a continuing focus on the wellbeing of staff and students. Other governor sub-committees focus on the curriculum, teaching and the standards achieved.

I am sure that you will have noticed how exceptional the school site is looking at present. The Governors' Recruitment and Resources sub-committee works continually with the staff team to provide resources to keep our ageing estate in good order to provide a safe environment for teaching and learning. It also monitors our budget to effect best value for money in a period when finances in all state sectors are severely stretched.

Every student within The John Frost School continues to be valued from Year 7 to Year 13. Individually monitored, regularly counselled, continually encouraged and always praised, they will become valued contributors to their community.

All governors are volunteers, and my thanks must go as always to my colleagues who give of their time, energy and expertise so freely and enthusiastically. Thank you all.

This Report will detail how our community, students, parents and guardians, staff, leaders and governors have continued to prepare our students for a successful future in an ever-challenging world.

Any feedback about the information contained in this report would be most welcome.

Sue O'Brian

**Chair of Governors  
The John Frost School**

# The Governing Body

Name	Term of Office ends
<b>LA Appointed Governors</b>	
Charles Ferris	12/03/2027
Cllr Trevor Watkins	27/07/2028
Jan Atkinson	27/07/2028
Cllr Beverley Perkins	21/11/2026
Deborah Jenkins	24/11/2025
<b>Parent Governors</b>	
Laura Churchill	28/09/2025
Laura-Jayne Wheeler	14/11/2028
David Phillips	31/01/2026
Jeff Burgham-Malin	21/12/2026
Sian Lewis-Evans	21/12/2026
Kym Godwin	14/11/2028
<b>Staff Governors</b>	
Mark Tucker (Headteacher)	
David Thomas (Teacher)	20/01/2027
Louise Ogilvie (Teacher)	14/05/28
Iain Glover (Support)	02/03/2027
<b>Non-Voting Co-opted Linked Governors</b>	
Samantha Roberts	
<b>Associate Governors</b>	
Daryl Nyengani (Head Boy)	
Ruby Oaten (Head Girl)	
<b>Community Governors appointed by Governing Body</b>	
Anthony Boswell	25/06/2028
Robert Lynbeck	12/07/2028
Sue O'Brian	24/09/2025
Gareth Jenkins	24/03/2027
Heather Vaughan	26/05/2025
<b>Clerk to the Governors</b>	
Mrs Nia Dale	

## Contact Details

Chair of Governors:

Mrs Sue O'Brian - c/o the school

Clerk to the Governors:

EAS Governor Support - c/o the school

## Sub-Committees and Chairs

Recruitment and Resources Committee	Robert Lynbeck
Standards and Tracking Committee	Sue O'Brian
Teaching and Learning Committee	Jan Atkinson
Wellbeing Committee	Gareth Jenkins

## Policies

All school policies are reviewed on a regular basis by the Governing Body. All school policies are available on request. The following policies were reviewed by the Governing Body in 2023/24:

Attendance Policy, Behaviour Policy, Safeguarding and Child Protection, Education Premises Closure, Fire Safety, Anti Bullying Policy, Security Plan, Accessibility Plan, Toilet Policy, Strategic Equality Plan, Careers Policy, Corporate Health, Safety and Wellbeing Policy, Food and Fitness Policy, Publication Scheme, Charging Policy

## School Vision

The John Frost School believes that every student should seize every opportunity to be the best they can be. *'Together we shall seize each moment to shape our future.'*

*The John Frost School Charter* was produced in consultation with students, staff, governors and parents to encapsulate the school vision and values.

1. To instil respect and tolerance towards others
2. To provide a safe, caring and healthy environment
3. To foster pride in ourselves, our school, our communities and our city
4. To promote an inclusive, nurturing school where we all work together to achieve success
5. To enable all students to realise their potential
6. To encourage a lifelong love of learning to ensure students are: -
  - ◆ Ambitious and capable
  - ◆ Enterprising and creative
  - ◆ Ethical and informed
  - ◆ Healthy and confident

## Annual Parents' Meeting

There were no meetings during the course of this year.

## Parent Governor Elections

We had 2 Parent Governor vacancies and elections were held in November. There are currently no vacancies.

# Financial Statement

## Financial Statement for Year Ending 31st March 2024

2022/23		2023/24	
£	Employees	£	
4,620,220	Teachers	4,864,533	
1,704,189	Support Staff	1,741,365	
102,938	Caretakers	113,921	
31,313	Midday Supervisors	34,358	
150,718	Cleaners	187,670	
<b>Other Employee Costs</b>			
74,038	Supply insurance Premium	74,587	
261,995	Agency Staff	202,451	
784	Lunch Time Meal Entitlement	2,783	
30,298	Exam Invigilators	30,298	
986	Miscellaneous Employee Costs	850	
<b>Energy</b>			
15,282	Gas	27,334	
72,024	Electricity	163,501	
74,167	Oil	20,635	
353,487	<b>Capitation and ICT</b>	852,804	
0	<b>EIG and PDG Expenditure</b>	0	
<b>Premises Related</b>			
136,425	Rates	150,549	
143,177	Building Maintenance and Alarm Lines	210,072	
37,134	Grounds Maintenance	28,820	
16,008	Water	22,243	
27,624	Building Cleaning	15,643	
17,642	Refuse Collection	17,472	
23,515	Miscellaneous Premises	17,674	
<b>Communications</b>			
8,239	Postage	8,913	
23,822	Telephones/Broadband	20,374	
<b>Transport</b>			
2,776	Vehicle Maintenance	2,068	
32,370	Vehicle Hire	56,798	
79	Car Allowance	12	
433	Travel Expenses	713	

187,000	<b>Exam Fees</b>	188,743
<b>External Courses</b>		
16,216	School Funded Training	9,285
35,920	Sixth Form	22,750
206,055	<b>Central Services</b>	248,498
<b>Income</b>		
-62,387	Lettings	-32,860
-51,633	Sales Income	-68,300
-2,336	Music Service Income	-3,586
-1794	Donations	-16,501
-0	Miscellaneous	-169
-147,420	Supply	-151,603
-1,345	Interest	-21,354
-1,439,762	Welsh Government Grants	-1,485,896
6,693,761	<b>Total Net Expenditure</b>	7,557,450
7,011,586	<b>Total Funding</b>	7,267,939
317,825	<b>In-year Surplus / -Deficit</b>	-289,511
550,230	<b>Prior Year Surplus</b>	868,055
868,055	<b>Accumulated Surplus</b>	578,544
12.38%	<b>Balance as % of Funding</b>	7.96%

## Governors' Expenses

Members of the Governing Body have not received any payments for travel and subsistence.



# School Comparative Report of Performance

## Key Stage 4 Performance data

Measure	TJFS 2024	Newport	Wales	Target
Capped 9	361	347	352	372
Literacy Score	39.2	38.7	38.5	41.0
Numeracy Score	36.4	35.7	35.9	40.0
Science Score	37.0	35.5	36.0	38.5
Skills Challenge Score	37.3	27.4	30.2	38.5

## 6<sup>th</sup> Form Performance data

Measure	2024	Target
Level 3 Threshold	92%	100%
3 x A* - A	10%	12%
3 x A* - C	40%	60%

## Annual Attendance

The school recorded and attendance figure of 88.3%. Unauthorised absence was 6.4% and authorised absence scored 5.4%.

## The John Frost School Classification

School Type	Comprehensive 11-18
Linguistic Delivery	English Medium
Welsh Bacallaureate offered	Yes



**School Term Dates****September 2024 - July 2025****Autumn Term**

Term begins	Monday 2 September 2024
Half term begins	Monday 28 October 2024
Half term ends	Friday 1 November 2024
Term ends	Friday 20 December 2024

**Spring Term**

Term begins	Monday 6 January 2025
Half term begins	Monday 24 February 2025
Half term ends	Friday 28 February 2025
Term ends	Friday 11 April 2025

**Summer Term**

Term begins	Monday 28 April 2025
May Day	Monday 5 May 2025
Half term begins	Monday 26 May 2025
Half term ends	Friday 30 May 2025
Term ends	Friday 18 July 2025

**INSET:** 02/09/2024; 30/09/2024; 25/11/2024; 07/03/2025; 27/06/2025;

<b>Good Friday</b>	Friday 18 April 2025
<b>Easter Monday</b>	Monday 21 April 2025

**School Day**

<b>Registration/Tutor period</b>	08.40 - 09.00
<b>Lesson 1</b>	09.00 - 10.00
<b>Lesson 2</b>	10.00 - 11.00
<b>BREAK</b>	11.00 - 11.20
<b>Lesson 3</b>	11.20 - 12.20
<b>Lesson 4</b>	12.20 - 13.20
<b>LUNCH</b>	13.20 - 14.05
<b>Registration/Tutor period</b>	14.05 - 14.20
<b>Lesson 5</b>	14.20 - 15.20
<b>End of school day</b>	15.20

## Community Links

The school, its staff and students participate in many activities with our community. Some of these activities are continuous, some of them are for a specific period of time, some are repeated at regular intervals, and some may be one off activities. The table below gives an indication of some of the community activities we have been involved in over the last year.

Who or where in the community	How are we involved?
St. Woolos, Maesglas, Clytha, Pillgwenlly, Gaer and Tredegar Park Primary Schools	Senior members of The John Frost School staff as Governors
All community members (and beyond)	School website and school social media accounts. The John Frost School Community Sports Centre is open to the community in the evenings and weekends.
Parents	Parents' Evenings for all students along with written reports
Year 6 students and their parents	Year 6 transition activities
Parents	School video on website
Members of primary school staff	Attend half termly 'cluster' meetings at The John Frost School and concerts
Members of primary school/TJFS staff	TJFS staff as part of primary cluster professional learning communities
Parent volunteers and staff members	The Friends of The John Frost School supporting the school in many ways
Youth Service	Youth Worker support for school students
Youth Service	Academic support for students
Newport County AFC	Community coaches deliver training to students
Y6 students in our local primary schools	Year 6 into Year 7 induction visit
Students	Gwent Police talks
Asda	We are their designated 'Community School'

## Student Destinations

% NEET	2023-2024		
	TJFS	Newport	Wales
Year 11	4.50%	3.20%	2.40%
Year 12	0.00%	0.40%	0.90%
Year 13	4.10%	2.20%	3.20%

# Curriculum Organisation

## KS3 Curriculum

Year 7, Year 8 and Year 9 follow the new *Curriculum for Wales*. The *Curriculum for Wales* allows school to make decisions about the curriculum they provide for their students. These decisions have been made by The John Frost School through us working closely with Welsh Government and other educational advisory bodies, such as The Education Achievement Service. We have worked alongside our cluster primary schools, as well as with the other secondary schools in Newport, to design a curriculum that meets the needs of all of our students, with the *Four Purposes of the Welsh Curriculum* at the forefront of our minds.

These four purposes are to develop:

1. Ambitious, capable learners
2. Ethical, informed citizens
3. Healthy, confident individuals
4. Enterprising, creative contributors

Students follow a skills-based curriculum providing them with a range of learning experiences within Areas of Learning and Experience (AOLE). Departments work collaboratively within these Areas of Learning and Experiences to plan innovative and enjoyable lessons.

Subject	AOLE
Art	Expressive Arts
Drama	Expressive Arts
Music	Expressive Arts
Physical Education	Health and Well-being
SKL	Health and Well-being
Geography	Humanities
History	Humanities
RVE (Religion Values & Ethics)	Humanities
English	Languages, Literacy and Communication
MFL	Languages, Literacy and Communication
Welsh	Languages, Literacy and Communication
Maths	Mathematics and Numeracy
ICT	Science and Technology
Science	Science and Technology
Technology	Science and Technology

## KS4 Curriculum

The Key Stage 4 curriculum also teaches the same skills as Key Stage 3 and the knowledge and understanding required for each GCSE undertaken.

Subject
English
Games
Maths
SKL
RVE (Religion Values & Ethics)
Science
Skills Challenge Certificate (Welsh Bac)
Welsh
Option Subjects x 2

Two option subjects are chosen from the list below.

EXPRESSIVE ARTS
Art: Fine Art
Art: Graphic Communication
Drama
Music
HEALTH & WELLBEING
Food & Nutrition
Health & Social Care and Childcare
Physical Education/Sports Leadership
PSE (Agored)
HUMANITIES
Business Studies
Geography
History
SWEET
LANGUAGES
Spanish
MATHEMATICS & NUMERACY
SCIENCE & TECHNOLOGY
Computer Science
Digital Technology
D&T: Product Design
Fashion
Triple Science

## Sixth Form Curriculum

In the sixth form, the school is currently part of a collaboration group which allows us to offer an extensive range of Level 3 subjects. All sixth form students also take the Welsh Baccalaureate course.

We collaborate with Newport City West Consortium to deliver a wide variety of courses so that all students should be able to pursue their first-choice subjects. To view the current sixth form courses offered for the West collaboration, please visit the school website.

## Welsh Language

Although our students are taught predominantly through the medium of English, our students are encouraged to use Welsh, each day, in every class throughout the school. The school actively promotes the development of the Welsh language. Our annual Eisteddfod is a celebration of our Welsh culture and students have the opportunity, where appropriate, to apply their knowledge and understanding of the cultural, economic, environmental, historical and linguistic characteristics of Wales. All students study Welsh Language in Year 7 to 11 and most students are entered for GCSE Welsh Language at the end of Year 11.

## Toilet Facilities

Students have toilet provision in four buildings on school site. Toilets are accessible at all times. Students are encouraged to use the toilets during break, lunch or between lessons. There are disabled access toilets in all four buildings.

A full-time member of staff cleans the toilets throughout each school day to ensure that they are kept in the best condition possible for students. Additionally, the school council has been consulted on toilet facilities in school and their views taken into account in the management and development of the school's toilet facilities.

## Healthy Eating and drinking

The school works closely with the school meals provider, Chartwells and Newport City Council, to deliver a wide range of healthy foods in the canteen. All students must remain on site during the day and are encouraged to eat healthy foods. The school has 7 water fountains on site.

## Hwb

The school has moved all the IT systems into the Welsh Government digital platform Hwb. This has enabled the school to provide high quality blended learning to students.

## School Prospectus

This is available on request.

## Progress on the School Action Plan (Inspection March 2020)

Estyn conducted an inspection of The John Frost school in March 2020. A copy of the school inspection report is available from the school.

The inspection report produced the following recommendations:

- ◆ R1 Improve pupils' standards, particularly in their speaking, writing, and information and communication technology skills
- ◆ R2 Improve teaching and assessment
- ◆ R3 Strengthen the work of the student council
- ◆ R4 Improve the effectiveness of a minority of middle leaders
- ◆ R5 Ensure that reports to parents meet statutory requirements

The school has embedded its post inspection action plan into the school development plan to address the recommendations.



## Summary of School Development Plan

Priority 1 Area of Focus	Priority 2 Area of Focus	Priority 3 Area of Focus	Priority 4 Area of Focus	Priority 5 Area of Focus
<p>To raise standards in all subjects in Key Stage 3. (R1)</p> <p>To improve performance in the Capped Nine Points Score for students in Y11. (R1)</p> <p>To improve Average Capped Point Score of FSM and CLA students. (R1)</p> <p>To improve academic performance of FSM and CLA students in Key Stage 3. (R1)</p> <p>To raise standards of numeracy skills (R1)</p> <p>To raise standards of literacy skills (R1)</p> <p>To raise standards of Welsh language skills</p> <p>To improve the academic performance of ALN students</p>	<p>To raise whole school attendance via a focus on vulnerable groups</p> <p>To raise awareness of new Keeping Children Safe in Education guidance amongst staff</p> <p>To implement the Whole School approach to emotional wellbeing</p> <p>Develop practices to support students with protected characteristics</p>	<p>To improve the consistency of high-quality teaching and learning in all lessons. (R2)</p> <p>To develop the KS3 curriculum in line with Curriculum for Wales</p> <p>To embed the DCF (R1)</p> <p>To improve students' integral skills (R1)</p>	<p>To improve student engagement and the impact of the student council (R3)</p>	<p>To improve self-evaluation and improvement planning at all levels (R4)</p> <p>To develop the school as a learning organisation (R4)</p>

## Additional Learning Needs (ALN)

The John Frost School is committed to providing a high quality, appropriate education for all our students. We believe that all students should have access to a broad and balanced curriculum. We strive to eliminate all forms of discrimination and prejudice and develop an environment in which all students can flourish and reach their potential.

Students' additional learning needs are identified through:

- Transitional visits to all cluster primary schools
- Information from parents
- Information from teachers and outside agencies
- Screening tests (Internal and external screening tests)

In January 2022 a new ALN system was introduced whereby IDPs began to replace plans that currently support children with ALN. This process will be completed for all year groups by August 2024. In accordance with Chapter 12 of the *Additional Learning Needs Code for Wales 2021*, our duty is to establish whether a child has additional learning needs. All parents of children with ALN will be contacted to gain parental consent to enable us to be able to approach other professionals for information about their child. A step-by-step process will then be implemented to ascertain if the child does have ALN. ALN Children who will lose their status under this new system will still be supported in class by their teachers.

Seventy-one students were in receipt of an LA Funded IDP, School Based IDP or a Statement of Educational Need as of 1st January 2024. The number of students without an IDP or statement who were maintained on the ALN register fluctuated but was 236 in November 2023. Therefore, at that date the total was 307 students, 122 of which were supported at the SA+ and targeted stage of the ALN register.

Seventy-two students were granted special arrangements for undertaking GSCE and A' Level examinations. Concessions included four readers, one scribe, two use of a word processor, two use of rest breaks, and sixty-three extra time.

Learning Support Assistants delivered programmes in Literacy, Numeracy, Communication and Social and Emotional aspects of Learning. Specialist LSAs worked on individual programmes for students with dyslexia and dyslexia-related difficulties and dyscalculia or specific numerical difficulties.

LSAs supported students holding LA IDP, school based IDP's and Statement of Special Educational Needs and students on the ALN register. Their methodology ensured that maximum support was given to both the teacher and the students within each class. All LSAs worked across a variety of the curriculum areas and year groups. LSAs monitored *One Page Profiles* and contributed to relevant statutory assessments and review meetings.

Staff development opportunities included Accelerated Reader, Epilepsy and Epi Pen Training, First Aid, alongside on-going in-house professional learning sessions such as RADY, Child Protection and Behaviour for Learning.

The ALN support structure comprises of the mainstream Additional Learning Needs (ALN) team, the Autism Spectrum Disorder (ASD) base team, the Pastoral Hub team, the Learning Support Base Manager and Family Engagement Officer. Excellent communication between

these teams, within the school and with external agencies, such as EWS, Youth Service, Educational Psychologist, Visual Impairment Service, Hearing Impairment Service, School Health Nurse, Careers Wales and other relevant agencies, ensure the needs of students are met.

The school follows Newport City Council's Admission Policy. The school has an extensive transition and admission programme for all students with additional learning needs. This includes visits to the school and discussions with the home school.

The school provides a range of facilities to allow access for students with disabilities, including ramps to all buildings, disabled toilets in each building and a lift in the Frost building. The school has an ASD base, ALN room and intervention rooms to support students with additional learning needs.

The school has updated its ALN policy in line with Welsh Government and Newport City Council guidance. The policy has been scrutinised and adopted by the Governing Body.

## Sport and Extra-Curricular

In 2023-24 numbers at our extra-curricular clubs continued to go from strength to strength with many occasions when we had over 200 students attending PE clubs on a single night.

Football, rugby and netball proved most popular, but we hosted many other types of clubs such as swimming, fitness, dance, basketball, badminton, cricket, baseball, dodge ball.

We worked closely with Newport Live to provide a rich and varied programme which we believe has a considerable impact on our students' mental, physical and social well-being.

An influential reason for our increase in numbers at clubs was once again providing late buses every Tuesday and Wednesday. In 2023-24 we continued with our Well-being Wednesday initiative first developed by the PE department the previous academic year. We also encouraged other AOLEs and departments to offer clubs, for example chess club, film club, business, and financial health. Every Wednesday there was a real 'buzz' around the school, which was wonderful to witness and be a part of. In addition, with the extra late bus day on a Tuesday we have seen numbers at PE clubs' soar.

In terms of mass participation 2023-24 was certainly successful. However, we did enjoy competitive success too.

Boys' Rugby saw another substantial improvement in 2023-24 season, with four year groups reaching the Newport Plate Finals. The most notable performance was with Year 7 who won the Newport Plate. We also took Year 10 to the WRU Urdd 7s at Pontcanna Fields in April for the first time and reached the Bowl Quarter Finals. Overall, we played 65 matches across all year groups. Our student **Ryan S** was involved with Newport Schools U16s and Dragons U16s, whilst three Year 10 students **Sam B**, **Nathaniel H** and **Julius E** were all involved with the Newport *Emerging Player Programme*.

Girls' Rugby saw another improvement on the previous year, which saw us enter the regional rounds for under 14s and under 16s national cups. The girls really enjoyed these events. In June we took the under 12s to Cwmbran High School for rugby, where we entered two teams; one reaching plate semi-finals and the other reaching the plate final.

2023-24 saw a significant improvement in football results and performances for all year groups. 82 fixtures played; 46 wins; 34 losses; 2 draws; 268 goals scored.

Our Year 7 football team did particularly well, progressing to the last 16 in Wales, just losing out to the eventual winners of the Welsh Cup. Even more pleasing though, were the improved numbers at extra-curricular training, where we continue to engage and provide playing opportunities for all students.

**Ryan S, Sam J, Finley P, Ashton T and Lenny S** all represented Newport schools in their respective age groups.

Students were also given the opportunity to represent the school at a national 5-a-side tournament at Shrewsbury Town FC in June. It was an excellent day where Years 7-10 battled against the elements and some of the best footballing schools across the UK. Year 10 did particularly well, losing out on penalties to the eventual winners.

Netball has continued to go from strength to strength this season, with students developing and progressing through the county selection process. All the teams competed in the Southeast School Leagues and took part in the area tournaments. From Year 7 - 11 there are over 75 girls participating in extra-curricular netball. Across the year groups we had many students selected through the first stage of area trials for school's county. Congratulations to **Eva L** and **Chidinma T** in Y11 who was selected into the Southeast Wales Netball U16 County squad along with **Inara D** who was selected for the Y8 Development County Squad in June. An extended congratulations to **Chidinma T** who has made the U16 Regional Academy for the Welsh squad.

Girls' football has continued to develop with well-established U13 and U16 sides. There are over 40 girls attending football regularly and engaging in both training and fixtures. The teams have had the opportunity to compete in county-wide tournaments, the Welsh Schools Cup, and the Newport Schools Cup. We now have our greatest number of female students participating in external clubs, extending their passion for football outside of school hours. Students have also had the opportunity to experience the Wales Women in action as they attended an international match in Cardiff. Congratulations to **Hibba A** who is representing Newport Schools District in football.

In summer sports, we hosted several cricket fixtures, played internal Welsh Baseball matches year versus year, which were great fun!

The numbers for cross country have improved again this year. The department have had over 50 students competing in competitions. Students have thoroughly enjoyed the experience, and we hope to see this enthusiasm continue.

For athletics, the department hosted several successful triangular fixtures providing students with an opportunity to compete in a range of disciplines across track and field. The commitment from our students to these fixtures was excellent, with rising stars in Year 7 and 8 showing promise.

We also enjoyed several notable individual successes at the South-East Wales County athletics championships. **Hollie T**, after stepping up into the next age category placed 2<sup>nd</sup> in the 100m and earned her spot at the Welsh Schools Athletics Championships. Hollie placed 4<sup>th</sup> in the 100m and 2<sup>nd</sup> in the 4x100m relay. Hollie then represented her club at the Welsh Championships where she won a Bronze Medal in the 200m.

**Kynan M** became the district champion over 300m and placed 3<sup>rd</sup> at the Welsh Schools Athletics Championships. After his success, Kynan has now joined an athletics club outside of school where he continues to train regularly.

After outstanding performances in our triangular fixtures, **Moridiat O** in Year 7 joined Newport Harries AC. She attended the Welsh Championships in August where she was victorious in both the 100m and 200m, not only becoming Welsh Champion, but running the fastest times for her age group across these distances.

## International Honours

Congratulations to **Shae H** who achieved international honours, representing Wales in Basketball and to **Thomas M** who represented Wales in cricket.

**Moridiat O** was a double Welsh international in Gymnastics and Athletics; a phenomenal achievement.

Well done to **Eric G** who gained international honours in Boxing and to **Harley G** who represented Wales in Pool.

In June 2024, the PE department ran a successful residential weekend trip with 63 students attending JCA Shrewsbury. Male students took part in a football tournament at Shrewsbury Town FC's ground, with three teams competing in this tournament against schools across the UK. The Y11 boys team reached the semi-final losing out in penalties. Our girls represented the school in a UK national Netball tournament, with teams in Year 7,8,9 and 10 competing against teams from all over the UK. The Year 7 team gained success and reached the final and narrowly missed winning the tournament and gained runners up medals. All the students gained experience in representing our school in competitive games and enjoyed taking part in adventurous activities such as abseiling, high ropes, zip wires and archery etc. The students also gained valuable experience, building independence and strengthening friendships.

Further evidence of how sport and health and wellbeing had become an even more significant feature was how successful our health and wellbeing week was, culminating in a fantastic Sports Day. All students in Year 7-10 were involved in physical activity, a day of immense enjoyment for both students and staff.





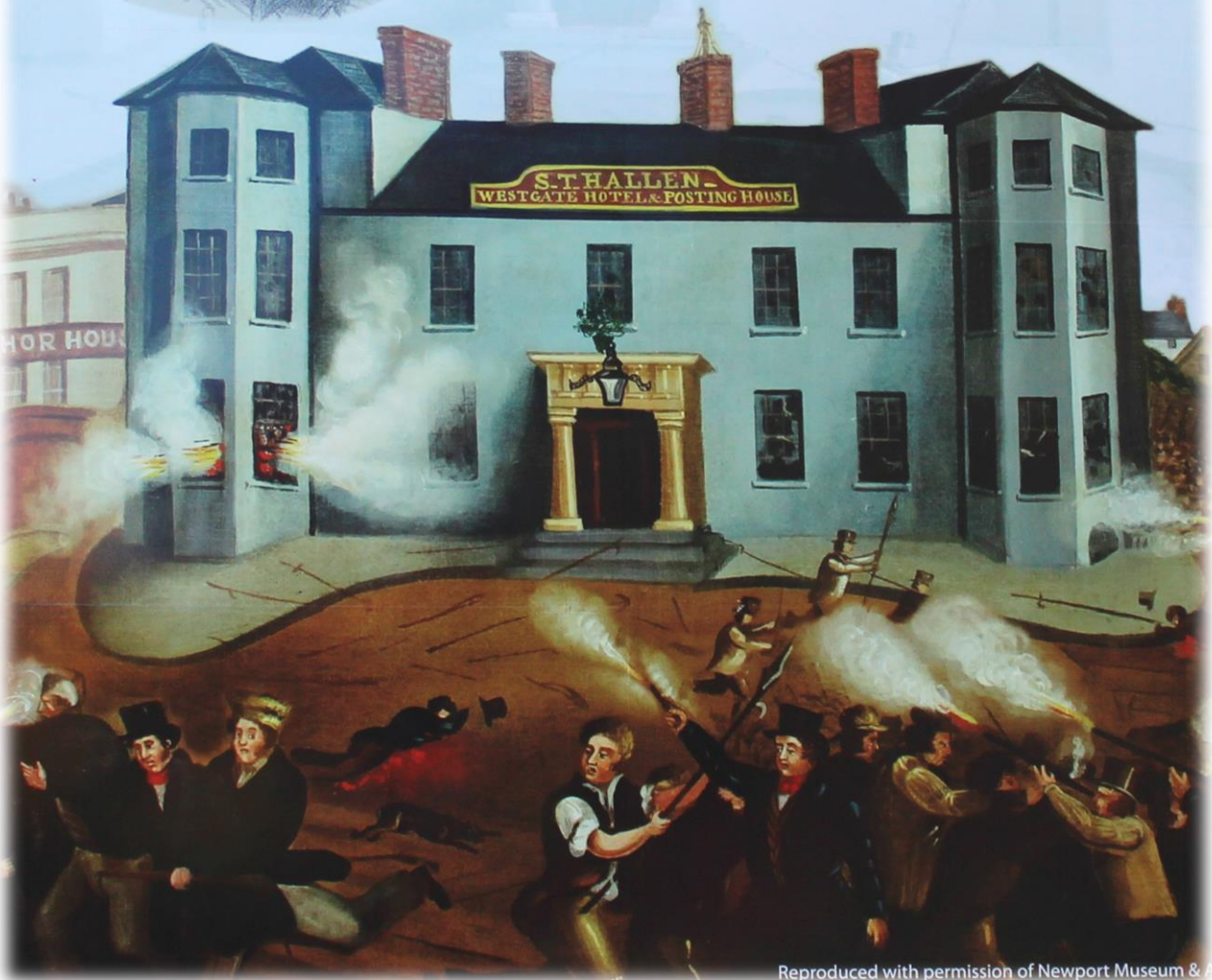
# JOHN FROST

## The People's Charter Six Demands

- Secret ballot
- Votes for all men over 21
- Payment for MPs
- Equal size constituencies
- No property qualification for MPs
- Annual Parliamentary elections

EPHANIAH  
WILLIAMS

JONES  
THE WATCHMAKER



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