ROUGEMONT TIMES

24.04.26 NEWSLETTER ISSUE 224

OUR CENTENARY CELEBRATIONS BEGIN

SPORTING SUCCESS

From rugby to swimming, Rougemont pupils celebrate an outstanding week of results.

REVISION TECHNIQUES

Tips from our teachers on how to prep for the upcoming exam season.

EESW EVENT

Sixth Form head to Swansea for a STEM conference

CENTENARY CELEBRTAIONS

We share Mrs Pritchard's reading from today's Service of Thanksgiving at Newport Cathedral.

"Today, we proudly celebrate 100 years of our remarkable school. The vision of so many over the past 100 years has made Rougemont the school it is today. To all the pupils, parents and staff who have played a part in Rougemont's history. Their journeys over the past 100 years form the foundation of the school we know and love today.

To all those before us who led with passion and vision, we thank you for our school. We thank you for the commitment to excellence in education and the commitment to the Rougemont family. Joining us today are prolific members of the Rougemont family. Mrs Tribbick and Mr Carnevale, Mr and Mrs Green, and Mrs Christine Thomas, all of whom have played an important role in the life of Rougemont over the past 60 years.

There is nowhere like Rougemont School. Our sense of family and friendship seeps from every corner, from Cleveden Road to Nant Coch House, Stow Hill to Llantarnam Hall and especially here in this sacred place that we are honoured to share a deep connection. We will keep the memories alive and celebrate the heritage of our school for generations to come.

We've shared the story of Rougemont today, the places across the city that have been home over the past 100 years but really, it is the people who have passed through the gates, the hallways, the classrooms since 1926 that make Rougemont what it truly is. A School for Life and today, I personally take this opportunity to celebrate all the remarkable journeys of the remarkable people that have made Rougemont School the school it is today.

On behalf of all the pupils, parents and staff of Rougemont in 2026, we give thanks for the past 100 years and ask for blessings as we look forward to the next 100 years."

WATCH THE SERVICE HERE

SERVICE OF THANKSGIVING AT NEWPORT CATHEDRAL

We joined together at Newport Cathedral today to mark our School's centenary year.

Rougemont School has a strong history and connection to Newport Cathedral over the last one hundred years and we were honoured to start the celebrations of our centenary year here today at this special service of thanksgiving.

Over the past 100 years, Rougemont has evolved into one of the country's leading schools, yet, we are proud to retain the core values upon which our school was founded back in 1926.

Today, as we celebrate our 100th birthday, we shared the story of Rougemont at a special Service of Thanksgiving, from its humble beginnings at Cleveden Road to the leafy campus we now call home on the outskirts of the city at Llantarnam Hall.

Today, we gave thanks for our school and for all those who have gone before us to help create Rougemont School as we know it today.

INCLUSION COFFEE MORNING
FRIDAY 1ST MAY
10:15 AM -11:45 AM
IN THE CONFERENCE ROOM
We are excited to welcome Chris Wade from South Wales Autism Assessments as our guest speaker.
All are welcome!

Year 11 boys attended the Urdd 7's on Wednesday, the largest 7's tournament in Wales, alongside 1000's of boys and girls in Years 7-11.

The boys travelled with a squad of 9 players on the day, hoping to end their rugby season in style. After recently winning the Newport Schools' 7's Competition and narrowly missing out on the Newport Schools' Cup final in 15s, the boys were ready to showcase what they were capable of.

After a tough four games in the group stages the boys finished third in the group which meant they were through to the Plate run. Top 2 teams went through to the cup, 3rd and 4th went through to the plate and 5th place went home.

The boys got together and decided they were going to give the plate run a good go and, wow, did they do that! Convincing wins in the last 16 and the quarter final led them to a semi final clash against Caerleon, who unfortunately they lost to in the Newport Cup Semi final just last week.

The boys unfortunately picked up another injury on the day, which meant they were going into the semi final with just 8 players available in the squad to play. A team huddle five minutes before kick off, talking about playing for the Rougemont badge and how much it means to play rugby with your best mates really did work. The squad stuck together and scored some fantastic team tries, and beat Caerleon 45-19 to take them into the plate final. The first time any Rougemont side has ever made the final at Urdd 7's.

Unfortunately, the boys faced a strong Ysgol Gyfun Rhydywaun who had a bench full of players ready to come on at half time, with the final ending in a 26-5 loss. Amongst a very proud side-line yesterday of Staff and Parents, watching the way the boys played yesterday really did show what being a Rougemont athlete is all about. We are so proud of this group of boys and have loved watching them grow into a talented rugby group over the years.

Their efforts, not only on the day, but throughout their Rougemont journey have been nothing shy of inspirational to other year groups. From drawing the Newport Plate Final in Year 8, to reaching a cup final in Year 9, to then reaching a Plate Final at Urdd 7's and another Semi Final in the Newport Cup in Year 11, boys you really have made your mark in Rougemont sporting history and have set the standard for the years coming through.

On behalf of the staff at Rougemont, thank you. We look forward to seeing your success next year as you step into the 1st XV side.

Mr Periam | Sports Coach

SWIM STAR

Incredible records set by Theodora.

CONGRATULATIONS, THEODORA!

Year 12 pupil Theodora shares her news!

At the Aquatics GB championships last week, I won a silver medal in the 50 freestyle, breaking a Welsh senior record, British age group record and posting a qualifying time for Senior European championships in August in Paris. In the 200IM, I broke a Welsh senior record and in the 50 fly and 200 freestyle I broke the British age group record. I posted multiple consideration times for the Commonwealth Games and qualifying times for European Junior championships in July.

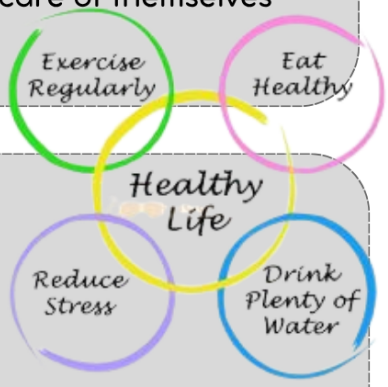
Revision Strategies

TEACHING & LEARNING Corner

YEAR 7

The Class code to join Year 7 Summer exams GC is – cukp2fyj

Recently, Year 7 students were given two talks about how to approach exams – when and where to revise, how to revise and, most importantly, the importance of taking care of themselves during exam time.



The links to both presentations are:

We are certain that the following suggested techniques will pay dividends and be useful to our students – Mindmaps with the use of colours, post-it notes, recording some information to retain on their phones, flashcards, revision cards with bullet points, mini whiteboards with friends testing each other, websites such as https://www.linguascope.com/ or https://www.bbc.co.uk/bitesize, and even designing a test for Mum or Dad!

We wish our students the best of luck and sincerely hope they can show off their skills and knowledge after a year of hard work. Mrs Carnevale & Mme Munro ♥

Revision Strategies

Teaching & Learning Corner

YEAR 8 & 9

The Class code to join Year 8 Summer exams GC is – qndccv4q
The Class code to join Year 9 Summer exams GC is – vr3xcwpp

Pupils have taken part in a presentation covering the importance of effective revision, the value of planning through a structured revision timetable, and the need to experiment with a range of revision techniques to find the approach that works best for them as individuals.

The Google Classrooms (enrolment codes above) contain a wide selection of resources and guidance to support the pupils in planning and completing their revision.

We also explored strategies for maintaining focus, as well as practical ways to reduce exam stress and anxiety. We emphasised the importance of seeking help when needed, their teachers are always available, and we strongly encourage students to ask for support.

With thoughtful planning and consistent effort, we are confident that every student can work towards achieving results of which they can be proud. I wish them the best luck. Mr Grimes.

Revision Sessions…….Work smarter not harder!

- **Be active**
- **Varied revision strategies**
- **Include regular brain breaks**
- **Consistent**
- **Start with the topics you find hardest**
- **Test yourself!**

Minimising Exam Stress and Anxiety

- Frequent rest breaks
- Free evenings
- Maintain hobbies + sport
- Exercise
- Eat well and stay hydrated
- Sleep well
- Chat with family and your teachers – seek help and advice

Revision Strategies

Teaching & Learning Corner

YEAR 10 & 11

Revision often involves learning key facts, dates, formulas and quotations, but one of the most effective ways to ensure this information is retained is through regular self-testing.

Completing past papers is particularly valuable, as it helps students identify the topics they understand well and highlights any areas that require further attention.

By actively testing their knowledge, students can monitor their progress and build confidence in what they have already learned.

It is also really helpful for students to use markschemes to self-assess their answers and make improvements to their answers. In addition, students can make use of a variety of revision techniques to find a technique that works for them.

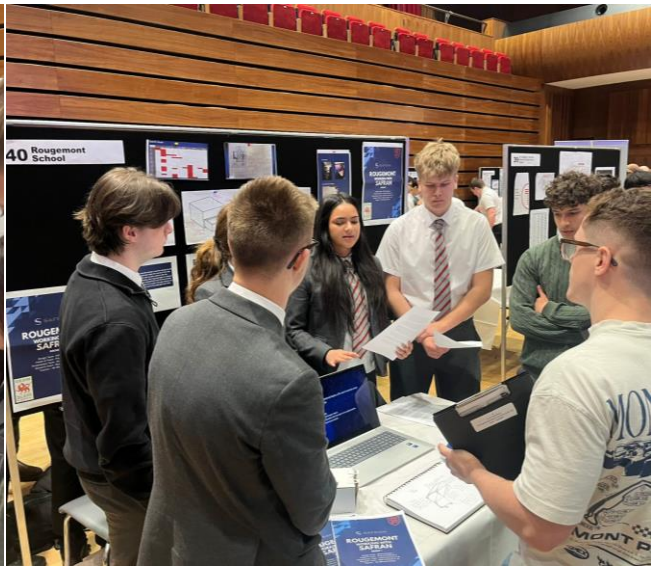
Exam boards have an excellent selection of digital resources for revision. If you are unsure of the correct exam board for a subject, you can find this information on your exam entries paperwork.

https://resources.wjec.co.uk/en
https://resources.eduqas.co.uk/

It is very beneficial for students to create a revision timetable. This helps to ensure that revision is completed regularly, spaced out over time rather than left until the last minute, and allows for planned breaks to support effective learning and wellbeing.

There is a free online planner on https://getrevising.co.uk/planner (You will need to create a free account)

STEM SUCCESS



Year 12 STEM pupils at the EESW event in Swansea earlier this week

EESW SWANSEA

Fourteen Year 12 students from Rougemont travelled to Swansea University this week to take part in the final of the EESW Engineering Competition - the leading engineering challenge for sixth form students in Wales.

Working in partnership with SAFRAN Seats in Cwmbran, the pupils were tasked with redesigning the emergency life-jacket storage and retrieval system for an airline seat. After several months of research, iterative design, testing and report writing, the teams presented their final solutions to a panel of industry judges.

Students also had the opportunity to tour a range of university departments, including Aerospace, Electrical and Semiconductor Engineering, gaining valuable insight into potential future pathways.

At the prize-giving ceremony, one of our teams was shortlisted for the 'Most Innovative Solution' category, an impressive achievement given the strength of competition on the day.

Although they did not take home the award, every student demonstrated exceptional commitment, producing work of a very high standard while developing skills that will serve them well in further study and future careers.

We extend our thanks to SAFRAN Seats for their support and for providing such an inspiring real-world engineering challenge.

INAYAH'S ST JOHN'S AMBULANCE CADET SUCCESS

We are incredibly proud of Year 9 pupil, Inayah, who has achieved outstanding awards as a St John's Ambulance Cadet.

Inayah is now one of the first cadet responders in Wales and has achieved certification in first aid, peer demonstration and youth empowerment.

Inayah's ambition is to join the paramedic service after Sixth Form and highlighted the wonderful leadership opportunities that the cadet service offers young people like her.

An incredible achievement, well done, Inayah!

TOMORROW'S LEADERS

Congratulations to our new leaders for KS3!

KS3 PREFECTS ANNOUNCED

This year, we introduced a new leadership programme for our Year 9 pupils.

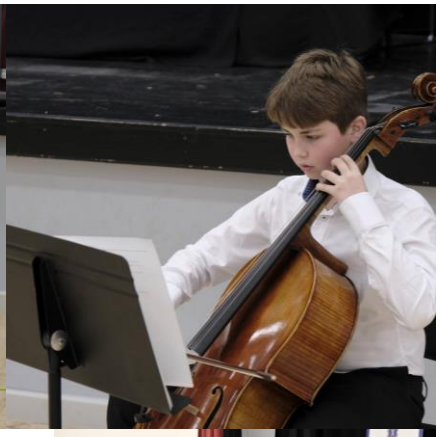
Last week, Heads and Deputies were appointed in Year 9 to reinforce the importance of leadership and taking responsibility.

Leadership responsibilities are a significant part of Year 9 because they allow pupils a real chance to step up and shape the school community. At this age, many pupils are starting to discover their strengths, build confidence, and figure out what kind of people they want to become. Prefect roles give them a structured way to practise responsibility, communication, and teamwork — skills that don't just help in school, but carry into later life. When younger pupils see Year 9s taking initiative, solving problems, and representing the school's values, it sets a powerful example of what positive leadership looks like.

Congratulations to Zuriel, Amelia, Sophie, Albie, Zach, Ananya, Freya, Elliot and Freya on their new appointments!

EVENTS AT ROUGEMONT

During the Easter holidays, we were delighted to host current parent, Shereen Williams, as she was sworn in as the new High Sheriff of Newport.



It was an honour to host the prestigious event for one of our Rougemont families. Mrs Williams' son Iesu, played a pivotal role at the ceremony as sword bearer, whilst younger brother Selyf played the cornet for the Welsh and British National Anthems. Fellow Year 7 pupils, Dan and Elliot played the harp and cello during the ceremony which was attended by over a hundred guests and dignitaries.

Mrs Williams worked with our new Events Manager, Rob Bridge, to create the perfect event for this very special moment. Thank you, Shereen, we were truly honoured to be part of your special day.

ALUMNI RUN LONDON MARATHON FOR MNDA

Rougemont alumni will be running the London Marathon this weekend in aid of the Motor Neurone Disease Association.

Year 7 pupil Finn's dad, Tomos (former Rougemont Head Boy), Uncle Matt and Aunty Natalie will be running this Sunday for MNDA.

They were featured on ITV's *This Morning* on Thursday to raise awareness of their upcoming race. Tom, Natalie and other team members will be proudly pushing Matt in a wheelchair for the whole marathon. Matt is facing MND like an absolute hero. Please read more about this story here.

Please consider supporting the team and raising funds for MNDA here. THANK YOU!

FUTURE FOCUS

ARCHITECTURE PATHWAYS

Another super session of pathways exploration for our Senior pupils.

We were delighted to welcome Mrs Brieger to host this week's Future Focus seminar.

Pupils packed the LRC to hear about pathways into architecture and beyond. Mrs Brieger stayed to answer questions from eager pupils keen to learn more!

Thank you, Mrs Brieger!

URDD RUGBY 7s

What a wonderful way to end the rugby season!

After a successful run at Rosslyn Park 7s as well as last week's superb Year 7 and Year 10 plate final wins, our rugby teams headed to the Urdd 7s at Llandaff Fields this week.

Joined by Mr Steadman, Mr Periam and Mr Robinson, pupils from Years 7 to 11 headed to Cardiff to compete in one of the largest school sporting events of the year.

Year 11 gave a superb performance narrowly missing out on the trophy in the plate final.

Year 9 had a great day competing in three tough group stage games. The boys showed huge improvement throughout the day and can be proud of their efforts!

Year 8 finished second in their group making it to the last 16 of the plate competition at the Urdd 7s.

Year 7 had a superb run narrowly missing out on the last 16 of the bowl competition.

Year 10 rugby season comes to an end with a brilliant day out at Urdd 7's today. The boys played some outstanding rugby and finished the day with a bowl semi final loss.

WELSH Schools Skiing

select SCHOOL SKIING

Competitions start in Pontypool and Cardiff this May for Primary and Secondary Age competitors.

Rougemont Ski Team has enjoyed much success over the past few years so why not join the team and see what you can achieve!

Ski into summer!

Contact: laura.jones@rougemontschool.co.uk