

THE EIRIAS CHRONICLE



TERM 4

SUMMER 2025

**IN THIS EDITION OF THE
CHRONICLE:**

**DUKE OF EDINBURGH
EXPEDITIONS**

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WEEK**

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AND MORE!



WELCOME TO THE SUMMER CHRONICLE

Welcome to the last edition of this year's Eirias Chronicle!

This school year has truly been one packed full of activities and achievements. This term, alongside all the other events that you can discover more about in this issue, has been a busy one and there have been so many school occasions such as sports day, careers fairs, university seminars, rewards trips and more.

I'd like to thank the members of The Publicity Team and all the other writers that have written this year - your contributions have been extremely valuable. I'd like to also thank Mr Nicholls and Mr Jones for their support too. We hope that you all have a lovely summer and enjoy this final edition of The Eirias Chronicle!

See you all in September!





MEDICINE WORK EXPERIENCE AT GLAN CLWYD

Year 12 student Martha Owen had the opportunity to complete a few days of work experience at Glan Clwyd hospital. Here she recounts her experience of working alongside doctors, watching live surgeries and learning more about what it takes to be a medic.

Last week (7-9th of July), I and a few other aspiring doctors were given an amazing work experience opportunity at Glan Clwyd hospital. We were designated 3.5 days of work experience through the Seren Medics Programme. During this work experience, I got to shadow and talk to doctors in a variety of medical specialties.

On my first day, I was lucky enough to be able to observe a very complicated surgery. I was sent to an Oral & Max Theatre (which means the doctors are operating on people's mouths and faces), where I got to witness a few hours of a roughly 12-hour long surgery. It was extremely impressive, and the hospital staff were very accommodating and always made sure that we felt comfortable during the surgeries. The surgeons were kind enough to talk through their actions so that I could better understand what was happening, which gave me a real insight into the intricacies of a real surgery.

The morning of my second day, I went to a cardiac clinic. This means that I had the opportunity to listen to people's heart beats, see how consultations work, and ask the doctor I was shadowing any questions I had. It was amazing to see so much of the theory that I had learnt in biology lessons put into practice.

That afternoon I was allowed to go into a C-section. I cannot explain how beautiful it was to see a baby come into this world! I felt so lucky to have experienced this, and again, the surgeon was kind enough to talk through what they were doing so that I could understand.



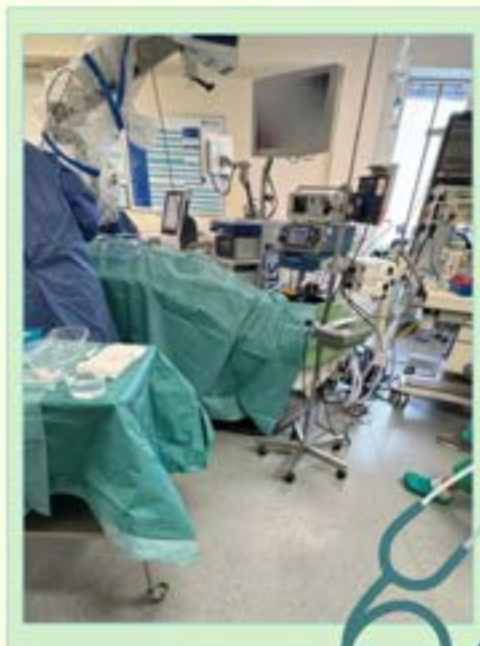


MEDICINE WORK EXPERIENCE AT GLAN CLWYD

On my last morning, I got to go to a breast clinic. This gave me another opportunity to see what consultations were like, but in a different department. I got to learn a lot more about women's health and was very pleased to hear about the support charities that exist to help people going through difficult treatments.

As I was also part of the Gold Duke of Edinburgh group that week, I couldn't make the last day of my work experience. I found that within the 2.5 days that I received, I had learnt so much. This experience really confirmed that I wanted to become a doctor, and I really recommend work experience to any other aspiring medics.

This opportunity is also extremely valuable if you would like to apply to medicine as it shows to universities that you have vocational commitment (where you show that this is definitely the job that you want to do), which is very important when applying to degrees that lead directly to a career (e.g. medicine, dentistry and veterinary medicine).





UNIVERSITY OF BATH OPEN DAY

In the summer term, many year 12 students attended university open days. One particular student and budding pharmacist, Tilly Davies discusses her visit to The University of Bath.

On the 13th of June 2025, my parents and I travelled to Bath to attend the University of Bath open day. We spent the Friday afternoon looking around the city and relaxing by shopping, visiting the parks and gardens and enjoying dinner at the 'Bonghy Bo' restaurant. I think this was important to do because it helped me familiarise myself with the area and see what facilities there are.

The university was then open to the public on Saturday. Early in the morning, we checked out of our hotel to take a bus to campus. We entered the university at 9:30am, the staff welcomed us in and were very friendly. We were given a map and a leaflet with the location of the accommodations and facilities. I had preregistered for the event and had been given a schedule beforehand.

A few minutes after arriving, I took part in the pharmacy webinar. Before going to the open day, I had attended the University of Bath Pharmacy webinar that I found through the Seren programme, so I already knew about the course they were offering. The professor spoke about how students are offered work and research experience and the value of having practical skills when applying for work. The seminar helped me consider my potential pathways after university and the professor discussed the positives and negatives of each pathway and how they benefit the wider community overall.

At 11am, I went to the 'Why Pick Bath?' seminar which was held in the university hall. The speaker detailed the many benefits of attending the University of Bath such as opportunities to work abroad, to gain local work experience and to aid researchers.

During the seminar, two students who had graduated from the university spoke about their positive experiences. They mentioned how they felt supported during their journey by the university staff, the mental health team ran by students and how they had the opportunity to study abroad in America where they went to Harvard to gain more valuable insight regarding their area of study.





UNIVERSITY OF BATH OPEN DAY

To summarise, I felt that I truly enjoyed myself at the University of Bath, the surrounding city is beautiful, and I believe that I could be comfortable there. The University has fantastic facilities such as a shop on campus and many quiet study areas.

I will admit that I initially felt overwhelmed given that it dawned on me that if I lived in Bath, I would have to leave my friends and family who live in North Wales. However, I pushed past this knowing that I would have to travel home during school holidays and would be able to connect with them then as well as being able to talk to them online. This change of mindset helped me become more confident with the idea of going to university after sixth form.



Attending open days are essential because it helps you familiarise yourself with a new area and feel more comfortable navigating it. At a university open day you can experience the campus environment and learn about what kind of accommodation and facilities a university is offering to help you make the right choice about higher education. It is also possible to attend seminars to learn more about the university and the course you will be applying to, some universities also offer things such as relevant work experience and opportunities abroad.





UNLEASH YOUR INNER ARTIST AT ART CLUB

Art club at Ysgol Eirias is a weekly club that takes place on Tuesdays after school in C34. The club is on from 3-4pm and it is an excellent way to improve your art skills, meet new people and try different styles.

Mr Ryder is head of the Art club. We think that he is a very fun teacher and he always gives us tips and tricks on how to improve our art. The club really allows you to experiment with art. For example, we try digital art as well as drawing on paper.

Art club also gives us an opportunity to complete projects. These projects can be individual or include all members of the club. One of the projects that we've completed most recently was making working kites. We really enjoyed making these kites as they allowed us to try a whole new style of art and construction that we had never done before.

If you are a budding young artist, then come to Art club on Tuesday in C34 and unleash your creativity!

Here are some wonderful pieces of art produced by some members of Art Club:





BRONZE DofE EXPEDITION

This term saw the success of three Duke of Edinburgh expedition trips. Members of Year 9, 10 and 12 took part in bronze, silver and gold practice expeditions respectively. Here are two accounts from the bronze expedition in June and the most recent gold practice expedition in July.

Our expedition kicked off to a slightly wet start outside of Llanrwst Co-op on Friday the 13th of June. After organising our groups and ensuring that we had everything that we needed, we set off.

Firstly we had to make our way through Llanrwst before entering the countryside landscape. We started to navigate towards our final destination of Aeldroch whilst passing through checkpoints such as Coed Newydd and Garthmyn.

After reaching these checkpoints, finding our way became a lot easier because there were fewer paths to confuse us and so we were able to make it through the rest of day one without too many issues, reaching the campsite at around 5pm.

Our campsite was scenic and calm with a flowing river and thick green trees dotted around the field. There was even a small area that was almost completely sheltered by trees which was a perfect place to hide from the rain.

We pitched our tents in the rain and then had a bit of fun with a football our group had brought. It was around 6:30pm when we had our evening meal but at around 7, we realised the only thing the camp seemed to be missing was drinking water. This led to the extremely long task of boiling water on the stove and then cooling the pan of water by floating it in the river, which took up a long part of our first evening.

At around 9pm we then went to our tents to go to sleep however it soon began to rain again. It rained all through the night and the sound of it hitting our tent was deafening. That and the hot temperature meant that nobody slept more than a few hours that night, and we woke up to more rain.





BRONZE DofE EXPEDITION

In the morning we were all tired and suddenly very cold after a disruptive night of heavy rain and high temperatures. We forced ourselves to tidy up and wrestle our tent down despite the pouring rain and muddy ground. It didn't take too long and before we knew we were ready to head off again at 9am.

Day two was much trickier and we took it much slower, stopping at a variety of scenic spots such as Llyn Parc and River Conwy. We went the first part of the day with very little water but luckily it wasn't too hot.

After a bit of an argument about a "path" that was pretty much just a very steep, mossy hill that involved crossing a sizeable river, we continued on our way to Betws-Y-Coed where we were able to refill our water bottles from a public water tap.

By now there wasn't long left until we had completed our challenge and our journey continued smoothly through sunny fields and hilltop views. We finally arrived back at Llanrwst Co-op at around 3pm where we finished our expedition and relieved our shoulders of the heavy bags we'd been carrying for two days.



Despite the rain, Bronze Duke of Edinburgh was a great experience and everyone massively improved many important skills such as teamwork and navigation, as well as making memories that will last a lifetime.





YEAR 9 HISTORY TRIP TO BELGIUM

On the 23rd of May, 40 history students and four teachers went on a 12-hour voyage to France and Belgium to learn about WW1 and WW2 history.

After an extremely long travel day consisting of a coach journey, a ferry to Dunkirk and subsequent coach transfer, we finally arrived in Belgium. We stayed in the Gasthof't Zweerd hotel which was situated near the Menin Gate and the Flanders field museum, making it extremely accessible for our visits to nearby destinations.

We visited multiple cemeteries, one of which included the grave a young soldier and Welsh poet Hedd Wyn. On these tours we had a lovely tour guide called Nick who told us all the facts about these multiple cemeteries. We were also able to visit preserved trenches and as it was raining the day that we visited them, we really got a feel for the harsh conditions that the soldiers would have faced in the trenches. We also got to look at pictures from the war through little wooden boxes and inside there were stations where you could listen to stories from different people describing various events during the war.





YEAR 9 HISTORY TRIP TO BELGIUM



During our trip we visited Sir John Monash Centre, in this museum we used our phones to go around and listen to stories of the people at the cemeteries.



The next day was the final full day in Belgium and we went to visit Museum Dunkerque. After we'd looked at all of the history artefacts, uniforms, weapons, and photos of different military operations, we walked to the beach just before we hopped back into the coach to Bruges. At Bruges we got the opportunity to go sight-seeing before the long journey back to Colwyn Bay.

We both found that this trip was very informative for us Year 9s and we found out lots of interesting facts, learnt more about the history of the places we visited, and the stories of the soldiers in the war. As well as sightseeing in Belgium we also spent evenings completing quizzes and playing games. It was a really enjoyable trip that we would highly recommend!





GOLD DofE PRACTICE EXPEDITION

Last week from Wednesday 9th of July until Saturday the 12 of July just under 20 Year 12 students completed their practice Gold Duke Of Edinburgh's award. The editor of The Eirias Chronicle Lucy Rothnie recounts her experience.

On Wednesday we all arrived at the Bron-Y-Gader bunkhouse in Llanbedr which would become our base for the next few days. The first thing that we had to do upon arrival was plan our routes for the next three days. Using our maps and compasses we had to fill out our route cards in order to figure out how long it would take us to get to various checkpoints, the distance we'd have to travel, overall incline and total journeying time. These sheets were vital for planning out routes as they ensured that we were confident with where we were heading. After numerous rounds of Cheat and many magic tricks later, we turned in for the night, ready for an early start the next morning.

On Thursday we were split into two groups. Luckily, it was extremely hot and dry outside meaning that we were in for the perfect camping weather (unlike Silver in which we received an amber warning for wind and rain). As Thursday was a skills and learning day we didn't have to bring our expedition backpacks which was extremely useful as we had to climb numerous peaks including Drum and Foel Fras, the latter being one of the Welsh 3000s.



The first day was extremely challenging due to high temperatures and steep terrain however, we did learn some extremely useful skills such as compass bearings, pacing, and how to aim off. After a long day of hiking, we returned to the bunkhouse, cooked our food on stoves outside and got ourselves ready for the next day.



GOLD DofE PRACTICE EXPEDITION

Friday was our first day of the official expedition in which we were in our groups, had to carry our backpacks and as it was The Gold Award, there weren't as many well-established footpaths and we only had 1 or 2 checkpoints (compared to the 6 or 7 encountered with Silver). We had to navigate our way across the countryside using the skills we'd developed the day before and ensure that we stayed hydrated and took frequent breaks as temperatures soared above 25 degrees.

As we'd left much later in the day (around 11 compared to the 8am the day before) it not only meant that we'd had more time to pack our bags and clean the bunkhouse but it also meant that we got to the campsite later which meant that the exposure to midges was kept to a minimum. We arrived at the wildcamp spot which gave us a real taste of camping in the wild without facilities such as water or toilets. To have access to water we had to purify the water by boiling and filter water from a nearby stream.

The final day began with a 5:45am start to ensure that we left camp by 7am to beat the midday heat. By the time we set off temperatures had already reached 25 degrees and with a steep incline to begin with, it was a difficult start to the day. Luckily we were only going uphill for just under an hour which meant that the rest of the day was relatively downhill. The views were panoramic and breathtaking, (like something straight out of *The Sound of Music*) and we saw wild horses, reservoirs, peaks and valleys - the landscape was truly incredible.

Overall I found this the most enjoyable and rewarding DofE expedition so far. I felt that the first day was extremely useful as I learnt so many new skills and techniques that became invaluable for navigating the trickier terrains in the last two days. This was also my first DofE in the sunshine which really made me appreciate the countryside views even more than before!

I now feel much more confident for the real expedition next year and would really encourage all students to get involved with DofE - it really was an amazing experience.



THANK YOU FOR READING THE EIRIAS CHRONICLE

BROUGHT TO YOU BY THE EIRIAS PUBLICITY TEAM

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