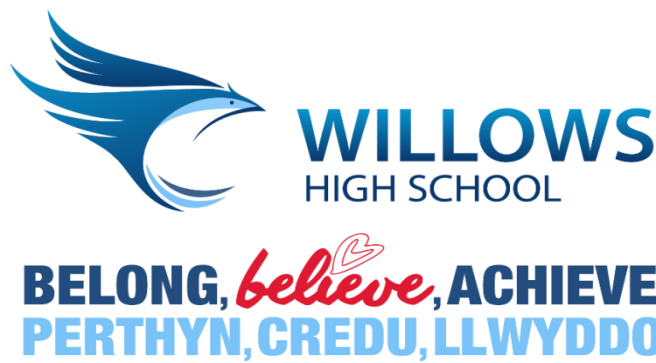


Willows High School
Willows Avenue
Tremorfa
CARDIFF
CF24 2YE

Tel 029 20414243
Fax 029 2041 4313
Email contact@willows.cardiff.sch.uk
www.willowshighschool.co.uk



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Dear Parent / Carer,

You may have already heard the announcement from the Cabinet Secretary for Education, Kirsty Williams, that all state schools in Wales will be closed after Friday 20th March.

We will do our utmost to keep the education of your children as normal as possible, although staff numbers are getting fewer as the days progress.

Your child was given an Independent Home Learning booklet yesterday morning, I would be grateful if you would read through it together to understand the process of our home learning arrangements. We believe that, during an unknown length of time in isolation, it will be important for your child to have a daily routine to ensure that their wellbeing is protected. If your child was not in school yesterday, the Independent Home Learning booklet is accessible using the QR code below or available through the One Drive linked to their school email.



All work will be accessed online, you can scan the QR code on the left to take you to their Microsoft Account, or log in at <https://login.microsoftonline.com>

If your child has forgotten their password contact:
password-reset@willows.cardiff.sch.uk.

Your child's teacher will email at the start of each lesson to outline the expectations of the home learning lesson, which booklet to work from, which pages and which questions to answer etc.

There are also times-tables to practise and spellings of words to learn along with a suggested list of useful websites that can keep your child engaged and productive.

We would be grateful if you would keep an eye on what they are doing and ensure that they are keeping up to date with the work. Questions can be asked of teachers between the hours of 9.30am and 3.30pm. If you or your child are unsure, please ask.

We will not be sending emails during the Easter break which lasts from the 4th to the 19th of April.

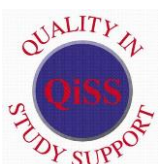
I will continue to keep in contact over the coming days and throughout the school closure to keep you updated, please follow our social media accounts www.facebook.com/willowshighofficial and www.twitter.com/willowshigh to get more regular updates.

In the meantime, I urge you to follow the advice from Public Health Wales and the Welsh Government. Stay safe and look after your family and other members of our community.

Kind regards,

Chris Norman

Facebook www.facebook.com/willowshighofficial Twitter [@willowshigh](https://twitter.com/willowshigh)



Awarded for excellen



Helping yourself-support services

Having trusted people around you who are able to offer support during difficult times is important, but we know that it's not always easy to open up to loved ones and talk about how you're feeling. The good news is that there are many ways you can help yourself, as there is a wealth of information, advice and self-help resources out there for you...taking a look can be the first step towards improved wellbeing.

Websites

There are lots of helpful websites online that provide information and support surrounding emotional wellbeing, all at a click of a button! Many websites also provide advice and guidance to parents and carers. Take some time to search for ones that may help and benefit you...here's a selection to get you started:

Mindhub Wales

A hub that's been created by young people for young people, providing quick links to local and national emotional wellbeing services, all categorised and easy to follow.

<http://mindhub.wales/>



Stepiau

A website providing really useful self-help leaflets and info sheets that cover a range of issues from anxiety, stress and low mood, to managing anger, bereavement and eating disorders.

<http://www.stepiau.org/>



Meic

The advocacy, advice and information helpline for children in Wales, providing the options to chat online, on the phone or through text.

<https://www.meiccymru.org/>



Young Minds

Lots of information, advice and guidance for both young people and their parent(s)/carer(s) surrounding mental health.

<https://youngminds.org.uk/>



The Mix

A support service for young people to help any challenges you're facing – from mental health to money, from break-ups to drugs.

<http://www.themix.org.uk/>



Teens Health

A general health website packed with useful hints and tips for all health and wellbeing matters.

<http://teenshealth.org/en/teens/>



YMCA Cardiff

Provides information on the current projects running in Cardiff and the Vale for young carers between the ages 7-18.

[YMCA Cardiff](http://ymca.org.uk)



dan 24/7 (Wales Drug and Alcohol Helpline)

A drug and alcohol website providing loads of information on substances, along with a 24 hour free and bilingual helpline and text service.

<http://dan247.org.uk/>



Apps

If you have access to a smart phone, then downloading apps can be a really easy and effective way to understand, manage and regulate your mood, no matter where you are. Here are a few of our favourite apps:



Calm

Designed to reduce anxiety and improve sleep and mood through meditation.



MindShift

Designed to help teens and young adults cope with anxiety.



Superbetter

Helps build personal resilience: the ability to stay strong, motivated, and optimistic even in the face of difficult challenges.



Headspace

Helps to train your mind through guided meditation to reduce stress and improve wellbeing.

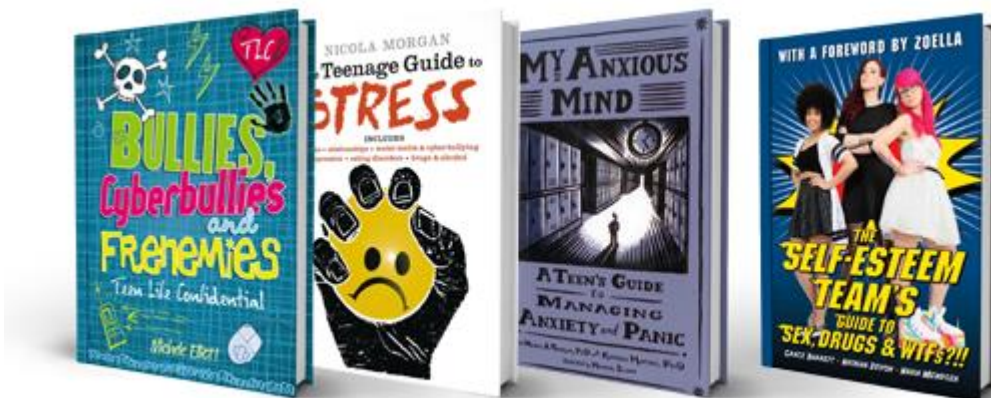


Rise Up + Recover

Helps those struggling with food, exercise, dieting and body image

If you'd like to take a break from technology then there are plenty of self-help books available providing excellent advice, support and information. The Book Prescription Wales scheme allows you to borrow specially selected books recommended by mental health experts, from any library across Wales. Ask your GP for more information.

[Click here](#) for a list of helpful books that cover a range of issues:



I need urgent help

If you are harming yourself in any way, or feeling like you no longer want to go on living then you may need to access support straight away. If you, or someone you know, requires immediate medical assistance you should either request an emergency GP appointment or present at Accident and Emergency (A&E).

Here are a list of helplines open 24 hours a day that offer a safe space to talk (everything you say is confidential and you won't need to give your real name) :

The Samaritans Freephone: 08457 909090

Emotional support to those who are feeling desperate and in need of someone to listen.

Childline Freephone: 0800 1111 (option to speak in Welsh)

A space for those up to the age of 19 to talk through problems, no matter how big or small, with trained counsellors.

Community Advice and Listening Line (C.A.L.L.)

Freephone: 0800 132737 or Text 'help' to 81066

Provides emotional support and information on Mental Health and related matters to the people of Wales.