




WILLOWS
HIGH SCHOOL



 Use Google Translate to change to your preferred language.

BELONG, believe, ACHIEVE
PERTHYN, CREDU, LLWYDDO

Weekly Newsletter – 19.1.24

Hello! مرحباً! Ahoj! Ola! Dzień dobry! Salut! Helo!

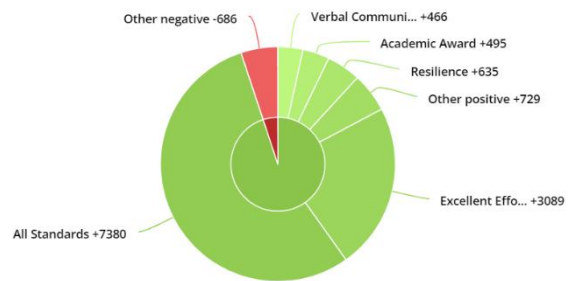
Belong, Believe, Achieve:

This week, our pupils have been sitting their GCSE Science Practical exams and have been taking part in mock interview sessions. Our assembly this week has been about Routines for Success and has been prepared by Mr. Lo Celso.

Merits – 15.1.24 – 19.1.24:

We respect the effort that our pupils are putting into their character and studies. A huge Willows well done to all of this week's merit winners.

Willows High School Conduct Overview



Year Group	Total	Excellent Effort	Merit Champions
Year 7	2729	7Cyrraedd	Azeem Ololede-Ankirun
Year 8	3568	8Hepworth	Sharvil Shah
Year 9	2537	9Curie	Ethan Goodwin / Reyo Cook
Year 10	2446	10Farah	Glory Oyebanji
Year 11	1514	11DeBeauvoir	Vivian Ojo

Dates for your Diary:

- 22/1: Year 8 First Give Genius Hour Final
- 22/1 – 24/1: Year 10 Science Practical Exams
- 24/1: Chartered Surveying Career Talk for Year 11
- 25/1: Football - Year 8 v Fitzalan (Away)
- 25/1 – 30/1: Year 11 English GD NEAs
- 29/1 - 2/2: Catering Mock Exams
- 31/1: Welsh Government Careers Talk
- 31/1: Football - Year 7 v St. Teilos (Away)
- 31/1-1/2: Year 10 Poetry NEAs
- 5/2 – 6/2: Year 11 Group Discussion NEAs
- 6/2: Football – Year 7 v Cathays (Away)
- 8/2: Year 9 Parent Evening (online)
- 9/2: INSET day



Our Valued Partners



School News:

Mock Interviews

This week, Year 11 pupils were involved in a Mock Interview Day. A few weeks prior to this event, the pupils had a visit from some employers who explained the importance of promoting yourself at an interview and how to present yourself properly to make a good impression. They also gave the pupils ideas of the types of questions they would be asked on the day.



In attendance were members of staff from an array of different companies who all came in to help us run the interviews with over 100 pupils. The companies represented were:

- Screen Alliance Wales
- CatSci Laboratories
- Viridor
- Atkins Realis Civil Engineering
- Cardiff Community Housing Association
- Lloyds Banking
- Admiral Group
- Welsh Government
- Wates Construction
- Aldermore Bank
- Hafod Housing

Throughout the day the pupils conducted themselves in a very professional manner. Their maturity and attitude throughout the entire day was superb. Here's some of the feedback we received from the visitors, illustrating how well the pupils reacted and engaged in the event:

The pupils I spoke to were all fantastic, they had thought carefully about their future careers and what they needed to do to realise them. They came across as polite and well-spoken and asked me some great questions.

Cat Roberts (Hafod Housing)

The pupils I spoke with were well mannered and a pleasure to speak with

Verity Lewis (Screen Alliance Wales)

I thoroughly enjoyed my time at Willows High holding mock interviews for Year 11 pupils yesterday.

I was really impressed with the attitude of the students as well as the preparation that clearly took place. We had a lot of pointers and feedback to give to help them with future job interviews and everyone listened as well as asked questions.

It was great to hear students tell us their future visions as well as what makes them proud. I feel these sessions are beneficial for students to practice talking about themselves – which isn't always the easiest to do!

Charlotte (Admiral Group)

When coming into the school I could see that there was a great relationship between the teachers and the pupils. This was evident already, but then several of the pupils mentioned that the teachers were a great support to them.

Amanda McConnell (Lloyds Bank)

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The students at Willows were really impressive – all came so prepared and were far more self aware than I was at that age. I spoke to a lot of students who had recently moved to the country, were young carers or had gone through significant learning curves early on in life, and they all took it in their stride and have wonderful ambitions for their future. It was a pleasure to meet them all!

Bethany Brown (Motonovo Finance)

When looking to take on young people into companies, employers acknowledge the reality that is a lack of experience. However, when a young person is able to demonstrate their transferable skills set, and personal qualities, this gives a window into their work ethic, and potential for being shaped into the employees each company is looking for. A student from yesterday's session that comes to mind is Julio. His wealth of extra-curricular involvement will prove him in excellent stead for the next part of his career journey. I appreciate that not every student is able to have such influential roles within the school community, and it was evident from the student that we had the pleasure of working with, that they are being given an array of opportunities to become well-rounded citizens.

Thank you again for the great experience. I hope to see you soon.

Kind wishes,

Sophie Paterson (Wates Construction)

A massive thank you to Adrian Cole for organising visitors for the event and to the companies who all freely gave up their time to work with the Year 11 pupils.



Year 8 Football

It was a brilliant start to the new year for our Year 8 football team, winning 7-3 away at Plasmawr. This result puts Willows joint top of the league. There were fantastic performances throughout the team but our Shout Outs go to Michael, Armani and Flyn. The coaches, Mr. Gill and Mr. Smith, also had a lovely comment from a parent of a Plasmawr pupil who said of our team: 'their attitude and the way the players encourage each other is joy to watch'. This was lovely to hear and testament to the culture that Willows has created both on and off the pitch.

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Specialist Resource Base

This term our pupils in our SRB have been reading the winter stories; *Lost & Found* and *One Snowy Night* - as a class they created an igloo and learnt that igloos are made of snow and ice - the melting snow makes it stronger and warmer.

Saturday the 20th of January is Penguin Awareness Day. Every year the penguin population shrinks at an alarming rate and

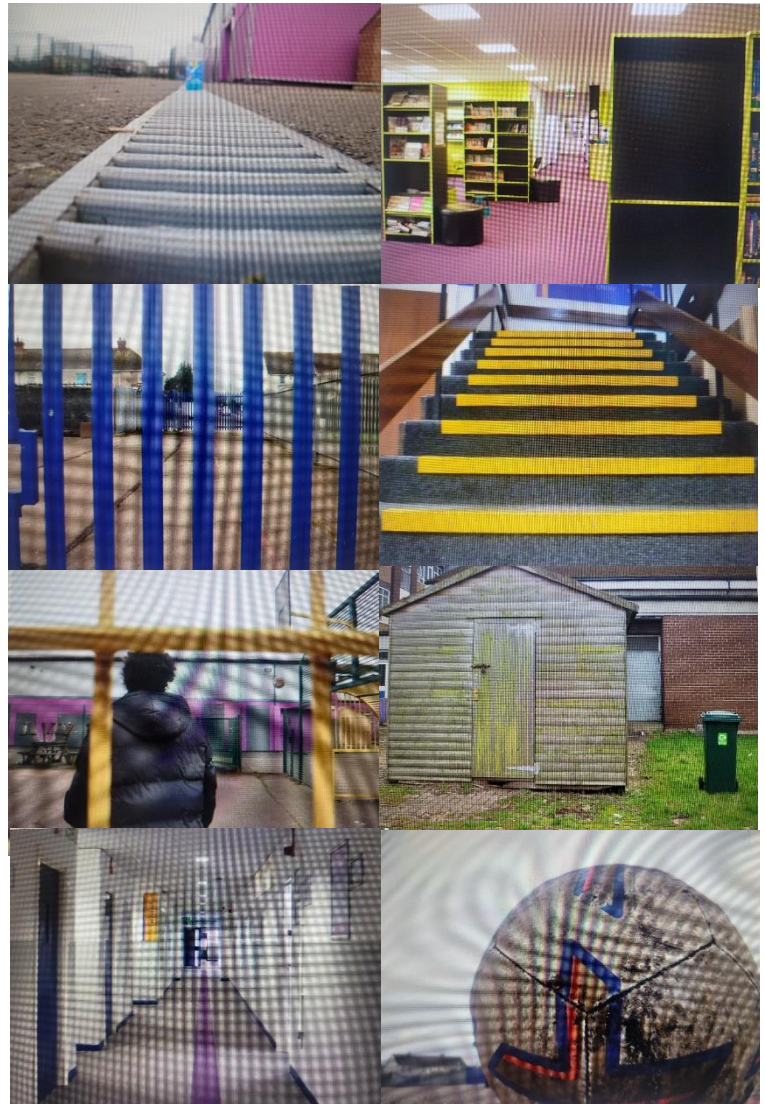


most of the world does not realise this because they don't get to see "real penguins" in their natural habitat. The class have done some research to find out important facts about penguins. "A group of penguins in water is called a raft and on land, that group is called a waddle!"



Year 10 GCSE Photography Project

Cath, a professional photographer, came in to school from Ffotogallery (an Art gallery based in Cardiff) and worked with Year 10 GCSE Photography pupils, delivering a fantastic photography workshop using perspective, a variety of viewpoints and camera angles. The pupils then presented their photographs in a Zion format (which is a small, folded magazine). the pupils really enjoyed the experience and learned many new photography skills and techniques.



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The Brian Rees Bursary

Brian Rees had a distinguished career in medicine and was so impressed by our pupils when he presented trophies and certificates at one of our Awards Evenings, that he wanted to do something to ensure that there were no barriers for our pupils to aspire to careers in medicine themselves. Sara, his wife, fulfilled his wish by setting up the Brian Rees Willows Bursary in his name. The Bursary funds course fees and living costs for successful applicants from Willows High School for the duration of their studies. This is



an absolutely generous and kind thing to do and we are so grateful to Sara and Brian for seeing the potential in our pupils and caring enough to lend a hand where needed.



Daniella Nakazzi, now studying at St. David's College, is the first recipient of the Bursary and met with Sara this week to thank her for the generosity of her and her husband and told her that Brian is an inspiration and she is aiming to follow in his footsteps. The Bursary is administered by Communities Funding Wales.

Lousha Liddell

We sadly lost one of our ex-pupils, Lousha Liddell, at the beginning of this month. Lousha's life was tragically cut short by a motor vehicle accident in London. Lousha was a director, model, dancer and choreographer. Known in the hip-hop world as Lady Lousha, she danced in Ed Sheeran's performance of Bad Habits that opened the Brit Awards in 2022. She was also photographed as a model for Gap, L'Oreal, Nike and Shuh in a promising, distinguished career. The thoughts of the whole school community are with her family and friends. A GofundMe page has been set up for the family, if you would like to support it, the link is here: <https://www.gofundme.com/f/lousha-liddell>.



New Courses at the Learning Lounge

Managing Children's Behaviour Level 1

Wednesdays
09:30 – 11:30
For 10 weeks
At

Willows High School Learning Lounge



On this course, learners will begin to gain an understanding of the influence of different parenting styles on children. You will learn about behaviour that is linked to a child's development and behaviour that challenges parents. You will discuss effective ways of communicating with children, how to use play to support a child's behaviour and also ways to reduce disruptive behaviour.

Child Psychology Level 1

Wednesdays
12:00 – 14:00
For 10 weeks
At
Willows High School
Learning Lounge



This course is designed to help you understand some of the methods used in the study of child psychology. It will help you to understand the process of attachment, language acquisition and gender role acquisition and gender role acquisition.

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BBC



ARUP



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Wimpey

Exam Certificates



Certificates from the Summer 2023 examination season are now available to collect from school.

Please contact Leah at leah.maidment@willows.cardiff.sch.uk in the first instance, so they can be prepared for you to collect from Reception.

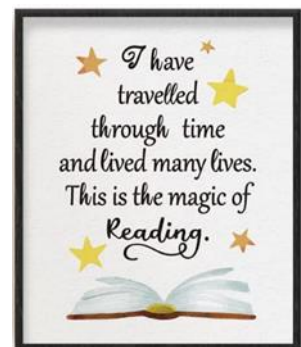
English Department

Reading is everything!

Did you know that there is a link between your child reading for pleasure and their GCSE success? At Willows, we take every pupil in KS3 to the school library once a fortnight to choose a new book. We STAR test the pupils every term to check on their reading levels – this should help them to choose books at the right level.

Your job as families?

- Check that your child has their book and is reading it every night!
- Ask questions about the book: about the plot or characters
- Listen to them read – check the book isn't too easy or too hard for them
- Make sure they are in the good habit of reading regularly



Remember, there is international evidence to suggest that this will help your child not just in English, but in *all* of their exams.

Most importantly...

Don't let your child take his/her phone to bed – take a book instead!



Cardiff Council Budget Consultation

The Local Authority has made a number of proposals to reduce its spending over the next financial year and it would like as many people as possible to have their say. Please make your voice heard by taking the short survey here: [Budget Consultation 2024-25 CFC \(snapsurveys.com\)](https://snapsurveys.com)

It is important that Cardiff residents of all ages get their voices heard. The survey is child friendly.

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WALES

CANOLFAN MILENIWM CYMRU
WALES MILLENNIUM CENTRE

ARUP

JOHN
LEWIS
& PARTNERS

STOWE
FAMILY LAW

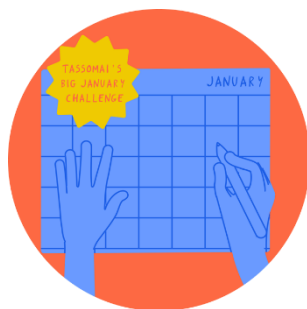
Taylor
Wimpey



What is Tassomai?

Tassomai is an **online multiple-choice quizzing tool** that is powered by an adaptive algorithm.

All Year 11 students have been provided a login and should be using it as part of their regular revision afterschool.



Tassomai January Challenge

Tassomai users can win big prizes in our prize draw this new year. Just 20 or more Daily Goals in January to be in with a chance of winning.

How do you win?

Very simply, students will need to complete their Daily Goals 20 times 1st and 31st January in order to be in the running for the prize draws

What are the prizes?

Tassomai are starting the prize fund with £500 worth of Amazon vouchers:

- £100 - first prize
- £50 x 3 - second prizes
- £25 x 10 - runners up prizes

Click the following link below to read more about it: [Tassomai's January Challenge! — Tassomai](#)

Welsh Department

Why not practise your Welsh at home? We will provide a variety of terms and phrases weekly. Use the phonetic column to see how it should be pronounced. Send any queries or questions to:

willowswelsh@willows.cardiff.sch.uk



Welsh Terms of the Week

Week Sixteen

Welsh	Phonetic	English
Nofio	Nov 'e' oh	Swimming
Pêl droed	Perl droid	Football
Darllen	Dar-ll-enn	Reading
Siopa	Shop-ah	Shopping
Gwylio teledu	G-willy- oh tel-eddie	Watching television
Rygbi	Rugby	Rugby

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Mathematics Department

Numeracy Enrichment

Numeracy Boost Session (NBS):

Using a variety of digital (e.g. TT-Rock Stars) and non-digital resources, all pupils in Years 7, 8 & 9 will benefit from using laptops in Numeracy Boost Sessions to enrich their Mathematics skills; they are delivered fortnightly by Mathematics teachers. It is a great opportunity to support pupils with skills gaps further and stretch high attaining pupils.

Internal Numeracy Competitions – Pupils in Years 7, 8 & 9:

Various Numeracy competitions are taking place throughout the year. Pupils in Years 7, 8 & 9 been provided with relevant resources that can be used to prepare for the quizzes. Relevant emails with details will be sent to pupils and to parents through Classcharts.

Junior UKMT Challenge – Year 7 and Year 8 MAT pupils:

UKMT Challenge is an external Mathematics competition giving Year 7 and Year 8 More Able and Talented pupils the opportunity to tackle a variety of mathematical activities which inspire their love of problem solving. It will take place in April. Below is the link to the UKMT website where pupils can familiarise themselves with the challenge and can practise as much as they need to increase their confidence. Relevant emails will be sent to pupils.

<https://www.ukmt.org.uk/competition/solo/junior-mathematical-challenge/archive>

(Go to - View past papers)

For any related question, please contact Mrs Ait-Brahim at: halima.ait-brahim@willows.cardiff.sch.uk

Numeracy Terms and Question of Week 15, starting 15/1/24:

To help our pupils boost their mathematical vocabulary and Numeracy skills, The "Terms of the week" will be emailed to them in a daily basis, and the "Question of the week" will be emailed in a weekly basis.

Any questions, please email: halima.aitbrahim@willows.cardiff.sch.uk

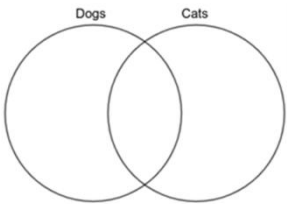
Question of the week
Week 15 – Starting 15.01.24

Pet Problem:

There are 30 students in Ms. Chan's class. They were discussing their pets. They were asked three questions and the results are shown in the table below:

Question	Number of Students Who Answered Yes
Do you have at least one dog at home?	16
Do you have at least one cat at home?	19
Do you have both at least one cat and at least one dog at home?	11

How many students have neither cats nor dogs at home?
You may use a Venn diagram to help solve this problem.



The solution to the actual weekly question will be emailed to pupils on **Monday** with the new question.

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Mathematics Terms of the Week

Terms of the week
Week 15 - beginning 15.01.24

Probability Terms – Part 4:

Independent events Independent events are events which are not affected by the occurrence of other events. For example, if we roll a die twice, the outcome of the first roll and second roll have no effect on each other – they are independent.

 If two events are independent then $P((A \text{ and } B)) = P(A) \times P(B)$.
 This is called the multiplication rule.

Example: The probability of flipping a coin twice and it landing on heads both times:

$P(\text{Head and Head}) = P(\text{Head}) \times P(\text{Head}) = \frac{1}{2} \times \frac{1}{2} = \frac{1}{4}$.

Numeracy Question Answer (Week 14)

Answer of the week
Week 14 – Starting 08.01.24

Storage containers:


A) Since the containers are the same height, the capacity of each will depend on the area of each base. By either using the formula area = length x width, or by drawing the bases on grid paper, we see that:

Area of the base of Container X = 25 x 18 = 450 cm².
 Area of the base of Container Y = 20 x 20 = 400 cm².
 Since the area of the base of Container X is greater than the area of the base of Container Y, that tells us Container X would hold more water.

B) To maximize the number of blocks in each container, Jillian can stack layers of blocks, where each layer is a rectangle made of blocks lying flat. The diagram below shows the largest rectangle of blocks that will fit in each container.

When we count the blocks, we see that 6 x 4 = 24 blocks can fit in one layer in Container X, while 5 x 5 = 25 blocks can fit in one layer in Container Y.

Therefore, Container Y can store more of these blocks than Container X.

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Mathematics After School

Day	Activity	Location
Tuesday	Y7, Y8 & Y9	G14 Miss Santos
Tuesday Week 2 Only	Y10 Higher	G20 Miss Wrennall
Tuesday Week 2 Only	Y11 Higher	G17 Miss Ait-Brahim
Wednesday Week 1 Only	Y10 & Y11 Intermediate	G19 Miss Koncar
All days	All Years Drop in	Any teacher who is available

TimesTable Rockstars

Single numeracy boost sessions are provided to all our Year 7, 8 & 9 pupils on a fortnightly basis to enrich their Mathematical Skills, specifically with a focus on times tables. Pupils will be accessing their TTRS accounts and improving their knowledge of the times tables

At home, pupils must log on to TTRS via their technological devices at home. There is also a phone app that they can download via Apple or Android, free of charge.

All the pupils have 5-10 minute daily tasks on there to help consolidate their times tables. It will also earn them coins to use for customising their own individual avatars. Likewise, as with MathsWatch, there will be a leaderboard and certificates to reward their efforts.

Please congratulate the **“Top 3 TTRS”**, who have improved their speed time in answering times tables questions. Keep practicing everyone!

For any login issues, please email Miss Santos at dana.santos@willows.cardiff.sch.uk.

TIMES TABLES ROCK STARS

WHOLE SCHOOL

Rank	Name	Maths Group
1	Tyler Tumelty	7NO/Ma
2	Kye Day	8BA/Ma
3	Areef Alqahtani	8BA/Ma

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MathsWatch

All of our students' weekly Mathematics homework is accessible on MathsWatch (<https://www.mathswatchvle.com/>). They must be completed by their given deadlines. Each set homework is open for a month, so that students can keep improving their scores. This will also help your child to revise and to practice the mathematics and numeracy skills, knowledge and understanding that they have been learning in class. There are videos available to each topic and interactive questions that they can try. Please ensure your child completes and submits their homework on time. Any outstanding homework must still be completed, and they should all aim to achieve 100% on them.

On that note, we would like to say a huge congratulations to all those who have been working so hard on their MathsWatch.

School Leaderboard

Here is this week's "Whole School Leaderboard"

Week		Month		Year
#	First Name	Surname	Year	Class
1	Abdulwahab	Younis	10	10MC/Ma
2	Kevin	Prasanth	7	7SC/Ma
3	Isaiah	Adesina	8	8CO/Ma

Year 7 Leaderboard

Week		Month		Year
#	First Name	Surname	Year	Class
1	Kevin	Prasanth	7	7SC/Ma
2	Anoush	Vidyansh	7	7HT/Ma
3	Grace	Seager	7	7SC/Ma

Year 8 Leaderboard

Week		Month		Year
#	First Name	Surname	Year	Class
1	Brian	Jaiyeola	8	8CO/Ma
2	Isham	Candra	8	8MA/Ma
3	Isaiah	Adesina	8	8CO/Ma

Year 9 Leaderboard

Week		Month		Year
#	First Name	Surname	Year	Class
1	Kane	Williams	9	9FR/Ma
2	Hope	Allen	9	9DA/Ma
3	Aira	Setiadji	9	9CU/Ma

Year 10 Leaderboard

Week		Month		Year
#	First Name	Surname	Year	Class
1	Ayomide	Ogedengbe	10	10ED/Ma
2	Abdulwahab	Younis	10	10MC/Ma
3	Asma	Farhat	10	10MC/Ma

Year 11 Leaderboard

Week		Month		Year	
#	First Name	Surname	Year	Class	Marks
1	Nisha	Kaur	11	11SC/Ma	58
2	Precious	Ayodeji	11	11BE/Ma	24
3	Anjolaoluwa	Ogunjobi	11	11BE/Ma	24

Period Dignity

A reminder that pupils can collect free period products from school at any time. Pupils can ask any trusted adult for these or can access them in the school office, from Mrs. Bubbins or from the Welfare Office.

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Attendance

Contact Details - Willows High School

To Report an Absence:

Year 7, Year 8 and the first half of Year 11 – (Surname - A to Jon)

Contact Donna Whitney using Classcharts (see how to below)

Year 9, Year 10 and second half of Year 11 – (Surname - Jones to Z)

Contact Karen Hunt using Classcharts (see how to below).

Please do not use the old mobile numbers or email.



#EveryDayMatters

www.cardiff.gov.uk/schoolattendance

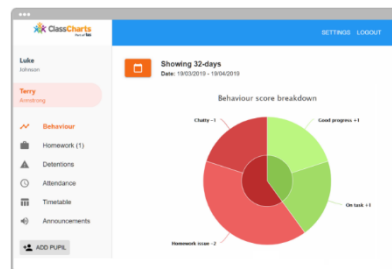


Class Charts Reminder

What is Class Charts?

Class Charts is an app that can be downloaded to your phone. You can use it to:

- keep track of your child's behaviour
- view attendance records
- access your child's weekly timetable
- be informed of and track detentions
- award your child merits for completing their home reading tasks
- view announcements from school.



We would like all parents to sign up to Class Charts, as we are also going to be using this as the main way of sending all messages to you. Likewise, from after half term this will also be the main way that you can report your child's absence to us.

Thank you to all parents who have signed up to Class Charts this year and to those of you who continue to use it.

Please let your child's Head of Year know if you need a login code.

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Civil Service

BBC

SCREEN
ALLIANCE
WALES

CANOLFAN MILLENIWM CYMRU
WALES MILLENNIUM CENTRE

ARUP

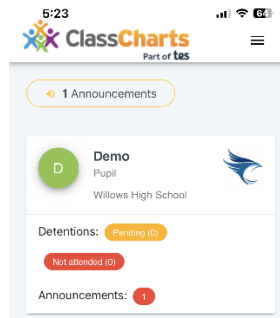
JOHN
LEWIS
& PARTNERS

STOWE
FAMILY LAW

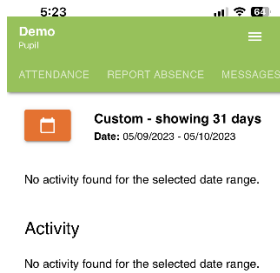
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How to report an absence on Class Charts

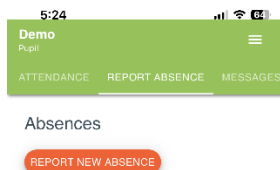
1. Click on your Class Charts app and click on your child's name.



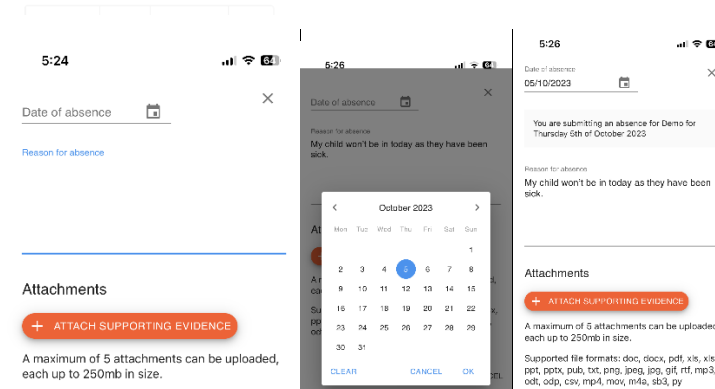
2. Scroll across the green band at the top and click 'report absence'.



3. Click on 'report new absence'



4. Tap the calendar for the date, type in the reason and attach any pictures of medical evidence, such as letters, emails or texts from the doctors, dentist or hospital.



5. Click submit...it's as easy as that!

Please contact your child's Head of Year if you have any problems logging on and they will be happy to guide you through the process.

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Important Information for All Parents and Guardians

Please be aware that **Fixed Penalty Notices** are now being issued by Cardiff Council again.

If your child has more than 5 days of unauthorised absence since September 2022 or takes an unauthorised holiday, then you are at risk of a Fixed Penalty Notice Fine being issued.

Fines are **£60** at first, then rising to **£120** and **£180** - if the fine is still not paid then you will be summoned to court and the fine and costs will rise again. **Please note these fines do not go away.** Please make sure to read any correspondence carefully.

To avoid being fined, please ensure that your child attends school every day - if there is a valid reason for absence, please contact the Attendance Team giving evidence where possible.



Community

You will find plenty of information on community and local goings-on at:



[The Community Noticeboard » Green Squirrel](#)



[Inksplott | Community Is Everything](#)

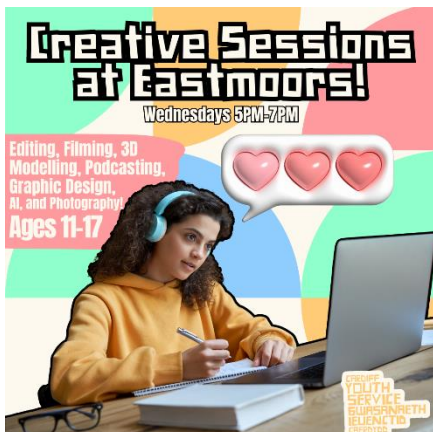


The Splott Community Volunteers run a community breakfast on Thursday Mornings 8am – 10am in The STAR Centre, Splott Road, Splott CF24 2BZ.

The Tremorfa Community Pantry

The amazing Tremorfa Community Pantry are always busy finding ways to support the community. You can find them at:

Tremorfa Community Hall, Tweedsmuir Road CF24 2QZ.



Creative Sessions at Eastmoors

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Settled

Settled is organising an advice surgery with an accredited EU Settlement Scheme adviser at the Grangetown Hub in Cardiff!

We offer **FREE** advice on the EU Settlement Scheme applications.

WE CAN HELP IF:

- You have pre-settled status and want to apply for settled status.
- You haven't applied yet, but you were in the UK before 31.12.2020.
- You want to bring your close family members to the UK.
- Your application has been rejected.
- You have problems accessing your digital status.

MAKE SURE TO HAVE ACCESS TO YOUR:
Identity document, e-mail address, phone number and information and documents related to your status application.

When and where?
Tuesdays 10am to 12pm @ Grangetown hub,
Havelock Place
Grangetown
CF11 6PA

To find out more, email us:
applyeu@settled.org.uk

amgueddfa.cymru

**AMGUEDDFA
CYMRU**

museum.wales

**GYDA'R HWYR:
GWYDDONIAETH
AR WAITH
AFTER DARK:
SCIENCE ON SHOW**



**Chwefror 14 February 2024
6-9pm**



**Noson wyddoniaeth
ryngweithiol i'r teulu cyfan
yw Gwyddoniaeth Ar Waith.**

Science on Show is a family-friendly hands-on science evening.



**Mynediad am ddim. Archebwch ar-lein
Free entry. Book tickets online**

**Amgueddfa Genedlaethol Caerdydd
National Museum Cardiff**



parent line

If you're a parent or carer of a 5-16 Year Old
**Text your school nurse on
07312 263178**
For confidential advice and support

This will be a text in service for parent to access their school nurse to help with a wide range of health problems.
This won't be a diagnostic service but we can give advice on....

emotional wellbeing
sleep day and
healthy night time
eating wetting
soiling wetting
substance misuse
relationships
behaviour bullying
online safety puberty

Available during school holidays
Available Mon - Fri
8.30am - 4.30pm

ChatHealth
GIG NHS
Barddfechyd Prifysgol Caerdydd a'r Fro Cardiff a'r Iddi University Health Board

We might inform someone if we were concerned about your safety, but we would usually speak to you first. Your messages are stored and can be seen by other healthcare staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate message back to confirm we received your text. Texts will not be seen outside normal working hours. If you need help before you hear back from us, contact your GP, nearest walk in centre or dial 111. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'number masking' mobile apps). To prevent the health professional from sending messages to you, text STOP to our number. Messages are charged at your usual rates.

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Learning Lounge & Families

Citizens Advice Bureau

A reminder that members of our community can make appointments with staff from the Citizens' Advice Bureau at our Learning Lounge. They can provide advice of a range of topics such as housing, benefits and legal matters. To make an appointment, please e-mail Rebecca Crnoja on Rebecca.Crnoja@willows.cardiff.sch.uk



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Health and Wellbeing

Researchers at Cardiff University have developed a bilingual program/app with young people to support their mood and well-being, called **MoodHwb**.

It is an opportunity to offer mental health support to young people, and the feedback will help to develop resources in the future. All participants will receive a gift voucher and certificate. It's free to take part. Young people (13-19 years old) who are experiencing low mood (or other difficulties with their mood/wellbeing) are encouraged to go to the study website for more information and to fill in a participation form: <https://www.ncmh.info/help-with-research/digital-support-study/>

Wellbeing in school

Pupils

If you feel you need some support with your wellbeing we want to help and there are many places to go: Ms. Crnoja in the learning lounge is here to look after your wellbeing so please come down for a confidential chat.

If you are a young carer and feel you need more support or would like to know about more opportunities out there for you, Ms. Crnoja in the learning lounge can also help.

Your Head of Year or any member of the Welfare Team are there to support you. You can find them at line-up time, in the welfare office or anywhere around the school.

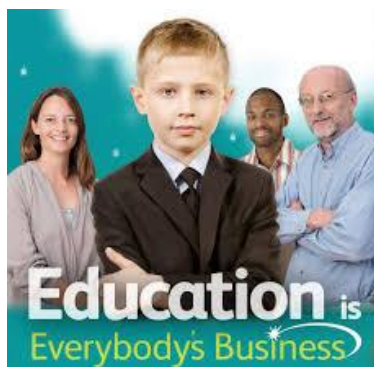
A member of staff you trust. All members of staff will be there for you. If you want to confide in someone please do and they will help get you the support you need.

Parents and Families

We want to help you as best we can and there is a lot of support out there for parents and families.

Ms. Crnoja can be contacted on 07592 037937 or rebecca.crnoja@willows.cardiff.sch.uk.

Your child's Head of Year and the Welfare Team can also help. Please do not suffer alone. Reach out to us.



Parent Governor Vacancy

We are looking for a parent to join our Governing Body. If this is something that you'd be interested in, please contact the school using contact@willows.cardiff.sch.uk

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Safeguarding:

A reminder that the school safeguarding lead is Danielle MacKintosh. If you are worried or concerned about a child and any time (including over the holidays) then please e-mail her on Danielle.MacKintosh@willows.cardiff.sch.uk If you are a pupil that needs help, please also contact Danielle via this e-mail address.

Chat Health:

A reminder that all secondary school pupils can text the school nurse service for any medical support and advice. This may be useful if your child is too anxious or embarrassed to talk to a doctor in the first instance. Please chat about this with your child and make them aware of the service and number (below):



Cardiff Foodbank:

Willows High School is a partner agency for Cardiff Foodbank.

If you need a Foodbank Voucher please call Beck Crnoja (Family and Community Engagement Officer, Willows) in confidence on 07592 037937

Cardiff Youth Service:

Cardiff Youth Service can support young people on a variety of topics such as emotional health, housing, finance and help lines. More information can be found on their website:

<http://cardiffyouthservices.wales/>

Key Services

Here is a reminder of some of the key services available for young people and their families:

- **School nurse** – pupils can text 07520615718 or ‘chat’ on ‘Chathealth.NHS.UK’ for confidential advice and support.
- **Family Gateway** – 03000133133 – provides advice for families no matter how big or small the problem.
- **Food Bank** - our nearest food bank can be found at St. Saviours Church on Splott Road. For dates and times, go to <https://cardiff.foodbank.org.uk/>
- **Period Poverty** – Please e-mail Mrs. Bubbins at Kelly.Bubbins@willows.cardiff.sch.uk if you need feminine hygiene products and we’ll do our best to help.

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As always, thank you for your support. If there are any problems, we would appreciate that you contact the relevant person in school straight away rather than using social media platforms. We will always try our best to reach a solution and this will ensure your concern is seen and avoid any misinformation and miscommunication.

Please could parents refrain from turning up at the school reception without an appointment. Heads of Year, teachers and support staff are incredibly busy during the school day looking after our pupils. If there is a problem, please arrange an appointment with your child's Head of Year in the first instance. To organise this, please ring the school reception on 029 20414243.

Alternatively, you can e-mail the relevant member of staff, details below:

Headteacher	Mr. Christopher Norman	Christopher.Norman@Willows.Cardiff.sch.uk
Welfare Manager	Miss. Kimberly Williams	Kimberly.Williams@Willows.Cardiff.sch.uk
Year 7 – Head of Year	Miss. Marcella Sansom	Marcella.Sansom@Willows.Cardiff.sch.uk
Year 7 – Leadership Link	Ms. Lucy Williams	Lucy.Williams@Willows.Cardiff.sch.uk
Year 8 – Head of Year	Mrs. Savannah Reed	Savannah.Reed@Willows.Cardiff.sch.uk
Year 8 – Leadership Link	Mrs. Kelly Bubbins	Kelly.Bubbins@Willows.Cardiff.sch.uk
Year 9 – Head of Year	Mrs. Tara David	Tara.David@Willows.Cardiff.sch.uk
Year 9 – Leadership Link	Mrs. Suzie Warren	Suzie.Warren@Willows.Cardiff.sch.uk
Year 10 – Head of Year	Mrs. Catherine Watkins	Catherine.Watkins@Willows.Cardiff.sch.uk
Year 10 – Leadership Link	Mr. Simon Thomas	Simon.Thomas@Willows.Cardiff.sch.uk
Year 11 – Head of Year	Miss Elen Tomlinson	Elen.Tomlinson@Willows.Cardiff.sch.uk
Year 11 - SLT	Mr. Jack Smith	Jack.Smith@Willows.Cardiff.sch.uk
Edison	Ms. Helen Amos	Helen.Amos@Willows.Cardiff.sch.uk
Tesla	Ms. Jane Crawshaw	Jane.Crawshaw@Willows.Cardiff.sch.uk

By working together, we can ensure your child's success.

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The Willows Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Meal of the day £3.20	Butternut squash, courgette, feta and basil pasta Focaccia garlic bread Pomegranate salad pot	Halal chicken sausage with vegetable mash and gravy	Oven baked lemon chicken Herb roasted new potatoes and Mediterranean vegetables Alt: Rice	Jerk chicken with Mediterranean vegetable rice and peas	Fish, chips and beans Salmon fishcake Alt: ½ Jacket potato
Vegetarian option	Butternut squash, courgette, feta and basil pasta Garlic bread	Vegetarian sausage bake with vegetable mash and gravy	Vegan meat balls with lemon cream sauce	Asian influenced lentil and chickpea dhal with pitta bread	Pitta kebab with mint yogurt
Salad of the day	Pomegranate salad	Salad of the day	Salad of the day	Salad of the day	Salad of the day
Dessert	Toffee and banana sponge with custard	Vanilla cheesecake	Orange jelly fruit pot	Brownie	Apple and berry crumble
Hot snack	Cheeseburger (£1.65)	Southern fried chicken burger (£2.25)	Calzone (£2.35)	Hotdog (£2.25)	Pitta kebab with mint yogurt (£1.50)
Hot wrap	Cheese burrito (£2.50)	Reggae Reggae chicken (£2.50)	Garlic mayo chicken (£2.50)	Nandos chicken (£2.50)	Sweet chilli Chicken (£2.50)
Everyday snack	Jacket potato (£2.20) Tuna mayonnaise Cheese Beans (£2.50)	Jacket potato (£2.20) Tuna mayonnaise Cheese Beans (£2.50)	Jacket potato (£2.20) Tuna mayonnaise Cheese Beans (£2.50)	Jacket potato (£2.20) Tuna mayonnaise Cheese Beans (£2.50)	Jacket potato (£2.20) Tuna mayonnaise Cheese Beans (£2.50)

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Extra-Curricular Activities – Spring Term 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
Before school	8.45 – 9.00 am Free breakfast for all years	8.45 – 9.00 am Free breakfast for all years	8.45 – 9.00 am Free breakfast for all years	8.45 – 9.00 am Free breakfast for all years	8.45 – 9.00 am Free breakfast for all years
Lesson time		Individual Instrumental lessons – Drums (Limited spaces – see Mr. George)	Individual Instrumental lessons – Drums and Guitar (Limited spaces – see Mr. George)	Individual Instrumental lessons - Drums (Limited spaces – see Mr. George)	
After school	3.10 – 4.00 pm: Library open for homework	3.10 – 4.00 pm Library open for homework	3.10 – 4.00 pm Library open for homework	3.10 – 4.00 pm Library open for homework	3.10 – 4.00 pm Library open for homework
	3.10 – 4.00 pm: Wellbeing Art and Craft PAWB – SP	3.10 – 4.00 pm Music Club FG	Week 1 - 3.10 – 4.00 pm EAL Sports Club PAWB – JG	Week 1 - 3.10 – 4.00 pm LGBTQIA+ Club EJ – F5	3.10 – 4.00 pm Book Club NLC – F3
		3.10 – 4.00 pm Maths Club DS – G14	Week 1 - 3.10 – 4.00 pm: Debate Club JEN – F11	3.10 – 4.00 pm: Creative Writing Club FS – F9	
		3.10 – 4.00 pm J7 Reading Games Club for Y7		3.10 – 4.00 pm: K-Pop Club DS – G14 / theatre	
		3.10 – 4.00 pm Musical Theatre Club PAC - SR			
		Week 1 - 3.10 – 4.00 pm Welsh Club – Y7, Y8 and Y9 AGR – G7			
		Week 2 – 3.10 – 4.00 pm Cryw Cymraeg AGR - G7			
		3.10 – 4.00pm Mini robot programming AH – G12			

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PE Department Extra-Curricular Programme Spring Term 2024

Activity	Who	Where	When	Teacher	Other Details
Sports Hall Athletics	Boys & Girls Years 7-8 and 9-10	Training – Barn Fixtures – Glantaf & Whitchurch	Training – Thursday 3.10-4.10 Taster – Wed-Fri 8.35-8.55 Fixtures 3.30-6pm	Miss Moore	Training – Thursday 3.10-4.10 Barn Taster Sessions/Trials - Wed-Fri Mornings 8.35-8.55 Barn Fixtures: Wednesday, January 17th - under 15 boys (Years 9 & 10) – at Ysgol Glantaf Tuesday, January 23rd – under 15 girls (Years 9 & 10) – at Ysgol Glantaf Wednesday, January 31st – under 13 boys (Years 7 & 8) – at Whitchurch Lower Wednesday, February 7th – under 13 girls (Years 7 & 8) – at Whitchurch Lower
Girls Football	Girls Years 7-11	3G Pitch or Barn if the weather is wet	Tuesday 3.10-4.10pm	Miss Moore	Bring appropriate footwear for 3G and/or barn. Fixtures will be organised when possible (subject to numbers).
Years 7, 8 & 9 Basketball	Boys & Girls Years 7-9	Barn	Wednesday Week 1 ONLY 3.10-4.10pm	Mr Roberts	All abilities welcome.
Year 11 Basketball	Boys & Girls Year 11	Gym	Tuesday 3.10-4.10pm	Mr Roberts	All abilities welcome.
Year 10 Basketball	Boys & Girls Year 10	Gym	Thursday 3.10-4.10	Mr Roberts	All abilities welcome.
Years 7 & 8 Boys Football	Boys Year 7&8	3G Pitch or Barn if the weather is wet	Tuesday 3.10-4.10pm	Mr Smith Mr Gill	Bring appropriate footwear for 3G and/or barn. Fixtures will be organised when possible (subject to numbers).

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Years 10 & 11 Revision Timetable - Spring 2024

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Before school				8.20 – 9.00 am English Revision Mrs. Lo Celso (F3)	
After school	3.10 – 4.00 pm Library open for homework. STAR Hub library open until 6.00 pm	3.10 – 4.00 pm Library open for homework. STAR Hub library open until 6.00pm	3.10 – 4.00 pm Library open for homework. STAR hub library open until 7.00 pm	3.10 – 4.00 pm Library open for homework. STAR Hub library open until 6.00pm	3.10 – 4.00 pm Library open for homework. STAR Hub library open until 6.00pm
	STAFF MEETING	3.10 – 4.00 pm Maths Drop in with pupil's Maths teacher	3.10 – 4.00 pm Year 11 Intermediate Tier Maths (G19)	3.10 – 4.00 pm Maths Drop in with pupil's Maths teacher	3.10 – 4.00 pm Maths Drop in with pupil's Maths teacher
		3.10 – 4.00 pm Year 10 RE revision Ms. Guilfoyle (S10)	3.10 – 4.00 pm Y11 Media Studies revision Mrs. Bubbins (G25)	3.10 – 4.00 pm College, Coursework & Catch-up Business Revision Ms. Williams (F4)	
		3.10 – 4.00 pm Year 11 History Revision Year 10 History Revision (after Feb half-term) Mr. Henwood (S9)	3.10 – 4.00 pm Years 9, 10 & 11 Art catch-up With pupil's Art teacher	3.10 – 4.00 pm PAWB revision help KS4 SP - PAWB	
		3.10 – 4.00 pm Product Design Mr. Konten (G2)	3.10 – 4.00 pm Hospitality and Catering Revision Ms. Davies (G4)		

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WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Before school				8.20 – 9.00 am English Revision Mrs. Lo Celso (F3)	
After school	3.10 – 4.00 pm Library open for homework. STAR Hub library open until 6.00 pm	3.10 – 4.00 pm Library open for homework. STAR Hub library open until 6.00 pm	3.10 – 4.00 pm Library open for homework. STAR Hub library open until 6.00 pm	3.10 – 4.00 pm Library open for homework. STAR Hub library open until 6.00 pm	3.10 – 4.00 pm Library open for homework. STAR Hub library open until 6.00 pm
	STAFF MEETING	3.10 – 4.00 pm Year 11 Higher Tier Maths Ms. Ait-Brahim (G17)	STAFF TRAINING	3.10 – 4.00 pm Maths Drop in with pupil's Maths teacher	3.10 – 4.00 pm Maths Drop in with pupil's Maths teacher
		3.10 – 4.00 pm Year 11 Higher Tier Maths Ms. Wrennall (G20)		3.10 – 4.00 pm College, Coursework & Catch-up Business Revision Ms. Williams (F4)	
		3.10 – 4.00 pm Year 11 RE revision Miss.Guilfoyle (S10)		3.10 – 4.00 pm PAWB revision help KS4 SP - PAWB	
		3.10 – 4.00 pm: Year 11 History Revision Year 10 History Revision (after Feb half-term) Mr. Henwood (S9)			
		3.10 – 4.00 pm Product Design Mr. Konten (G2)			

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Science Revision 2023 - 2024:

Date	Year 10	Year 11
09/01/2024	Biology	Chemistry
16/01/2024	Chemistry	Physics
23/01/2024	Physics	Biology
30/01/2024	Biology	Chemistry
06/02/2024	Chemistry	Physics
Half term		
20/02/2024	Physics	Biology
27/02/2024	Biology	Chemistry
05/03/2024	Chemistry	Physics
12/03/2024	Physics	Biology
19/03/2024	Biology	Chemistry
Easter		
09/04/2024	Chemistry	Physics
16/04/2024	Physics	Biology
23/04/2024	Biology	Chemistry
30/04/2024	Chemistry	Physics
07/05/2024	Physics	Biology
14/05/2024	Biology	Chemistry
21/05/2024	Chemistry	Physics
Half term		
04/06/2024	Physics	Biology
11/06/2024	Biology	Chemistry
18/06/2024	Chemistry	Physics
25/06/2024	Physics	Biology

French Revision:

Monday 8.20-8.55am	Tuesday 3.20-4pm	Thursday 3.20-4pm	Friday 8.20-8.55am
Chira Sadia	Yara Havin Mariam Jessica	Tasnim Havin Jasper Mariam Julio	Jimi Alex Riana Abdul Fatima

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