




**WILLOWS
HIGH SCHOOL**



 Use Google Translate to change to your preferred language.

**BELONG, believe, ACHIEVE
PERTHYN, CREDU, LLWYDDO**

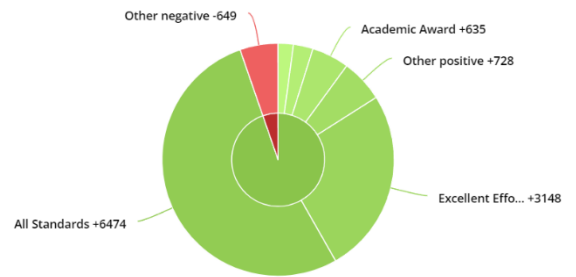
Weekly Newsletter – 9.2.24

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

Belong, Believe, Achieve:

This week, our pupils have been taken part in the Hays Scribblers Tour, visited a Wimpey Homes construction site and taken part in workshops to start the process of identifying a new name for our new school and come up with ideas for its branding. Our assemblies this week have been highlighting the importance of Numeracy and being numerate. Thank you to Mrs. Ait-Brahim for delivering these.

Willows High School Conduct Overview



Merits – 5.2.24 – 9.2.24:

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.

Year Group	Total	Excellent Effort	Merit Champions
Year 7	2811	7Mozart	Veergun Singh / Abdulmatin Folorunsho
Year 8	1904	8Banksy	Amnah Husayn
Year 9	1915	9Curie	Gina Kong
Year 10	2167	10McCarthy	Kavya Mishra
Year 11	2784	11Socrates	Saliu Susso

Dates for your Diary:

- 9/2: INSET day
- 12/2 -18/2: Spring Half Term
- 19/2: All pupils back to School
- 19/2-21/2: Anti-racism visits to South Wales Police Headquarters
- 21/2: Business Group visit to John Lewis
- 27/2: Year 8 HPV Vaccines (also Years 9, 10 & 11 pupils who have not yet been vaccinated)
- 27/2: Year 11 photographs
- 27/2: STEM trip to Cardiff University
- 28/2: Macbeth performance



Our Valued Partners



School News:

Welsh Music Day – Friday the 9th of February

Welsh Music Day, also known as “Dydd Miwsig Cymru,” is a celebration of Welsh music and the vibrant music scene in Wales. In this article, we’ll explore what Welsh Language Music Day represents, when it occurs, how it’s celebrated, its history, and the significance of promoting Welsh-language music.

Dydd Miwsig Cymru (Welsh Music Day) is a day to celebrate every style of music within the Welsh language. It can be rock, hip hop, folk, indie, punk, electronic or pop music.

It’s a day to encourage everybody to listen to Welsh music, whether they speak the language or not. The BBC Radio One DJ Huw Stephens created the event in 2013. This annual celebration is part of the vision for growing the number of Welsh speakers to one million by 2050.



Why not listen to a Welsh artist at home? Here are some acts and their best-known songs:



- **Candelas** – Indie rock band – Songs: Rhedeg i Paris, Anifail or Gan bod fi gallu.
- **Sŵnami** – Rock / Pop band – Songs: Trwmgwsg, Eira or Y Nos.
- **Eden** – 90’s Pop band – Songs: Paid â bod Ofn, Gorwedd Gyda’i Nerth or Hen Fechetan.
- **Dafydd Iwan** – Folk singer – Songs: Yma o Hyd, Peintio’r Byd yn Wyrdd or Can yr Ysgol.
- **Elin Fflur** – Love songs / Pop singer – Songs: Harbwr Diogel, Angel, Ar lan y Môr.

All songs listed are available on Youtube.

Dydd Miwsig Cymru Hapus Pawb! – Happy Welsh Music Day Everyone!

Football - Year 7



Our Year 7 football team continued their fantastic form with a 7-2 victory on Tuesday evening versus Cathays. It was lovely to get one over on ex-staff member Mr. Sage with a convincing victory! All the boys that turned up had a good run out. Big thank you to Mr. Gill for managing the team and also our new superstar PGCE PE student Jack who reffed the game expertly! A great end to the half term.

Computer Science – Important Dates

Some important dates for Year 11 GCSE Computer Science pupils:

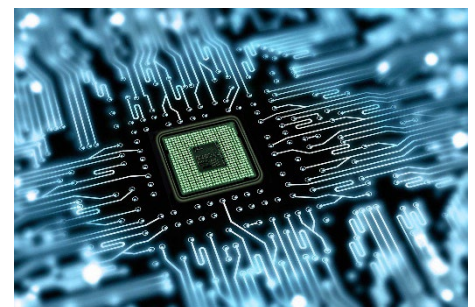
February 13th - GCSE CS online revision session with Technocamps (10am-12pm)

February 26th - NEA catch up day (Group 1)

March 6th - Little Man Computing workshop with Technocamps (during timetabled CS lesson)

March 11th - NEA catch up day (Group 2)

Further information has been provided via ClassCharts and pupil email.



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Hay Scribblers' Tour

On Wednesday, a group of Year 9, 10 and 11 pupils visited the Hay Scribblers' Tour event at Cardiff Metropolitan University. They enjoyed fun and inspirational workshops with YA authors Laura Bates and Benjamin Dean and also had a tour of the site. As always, our wonderful pupils did us all proud with their fantastic contributions! Best of all, they all came away with a free book.

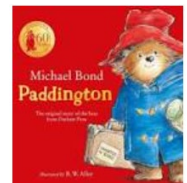
A huge thanks to Arts Council Wales for funding transportation to and from the event - their continued support of the school makes all the difference.



Specialist Resource Base



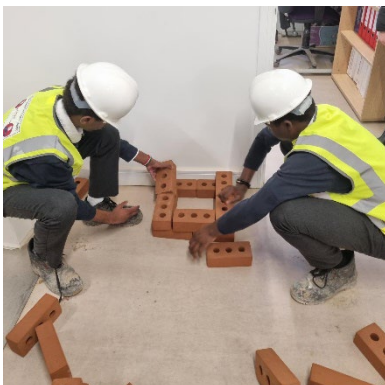
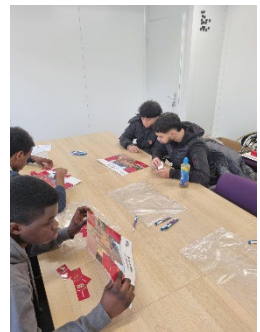
We have been reading Paddington Bear for English these past two weeks which the pupils have thoroughly enjoyed and in turn have produced excellent work independently. This week we have learned how to write instructions to make Marmalade Sandwiches. Mrs Nurmohamed had written the instructions and Miss Rogers followed them. The children then wrote their own instructions completely independently and the following day followed their own instructions to make their own Marmalade sandwiches.



" English is my favourite subject now because I loved learning about Paddington Bear." Ethan Higgins
"The lessons are so much fun more than Primary school." Mason Conway
"What are we learning next Mrs Nurmohamed?"

Technology – Wimpy Construction Visit

The pupils had the opportunity to experience the second visit to Wimpey Homes. As soon as they arrived, they were met with their first challenge the sustainability matching up game. The task was simple. All they have to do is consider how construction businesses Sustain the local habitats by matching up the wildlife to the outside area of the house. The pupils did extremely well and identifying how Wimpey homes contribute to providing homes for insects, bees, bats, and safe walkways for mammals such as hedgehogs.



After a brief refresher of health and safety on a construction site. The pupils were then set the next challenge. This was to construct a pillar and a section of a wall. For them to be successful in the challenge they had to construct a pillar that was symmetrical and square, which was then subject to an 8-point check to see if it was fit for purpose. The motivation for the task was the pupils being told that they would be paid £0.50 per brick. This is what a qualified bricklayer can expect to earn for each brick they lay.

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Finally, the pupils were given a tour of a section of the construction site they had previously visited. The last time they visited that same area the concrete foundations for the next set of houses had been laid. The pupils were amazed to see that the structure of the house and roof had been built. The pupils have the opportunity to enter the house and see the high-quality work that had been done by carpenter's plumbers and electricians.

After a successful visit, the pupils were informed that for their final visit, they will have the opportunity to attend Cowbridge where Wimpy Homes train their apprentices. As part of that final visit, they will have the opportunity to lay bricks and mortar to build or construct a small wall.

Enrichment – Circus Skills

It was the last Enrichment session of the half term this week. Our pupils love learning to perform Circus Skills.



HPV Vaccinations

The school nursing/immunisation team will visit our school on 27.02.24 to offer all pupils in Year 8 the HPV vaccine. Any pupils in Years 9, 10 and 11 who still require their HPV vaccine may also receive it at this session. You will have received a letter through the Classcharts App if your child falls into this category. If your child has received the HPV vaccine elsewhere, please let the school nursing team know so they can update their records. The HPV vaccine is now offered as a single dose.

The NHS recommends that your child gets the HPV vaccine to protect against cancers caused by HPV.

More information on the HPV vaccinations can be found here:

https://willowhighschool.wales/wp-content/uploads/2024/02/HPV-vaccination_Protecting-against-HPV-leaflet.pdf

Cowshed-Pupil Engagement

This week, members of the media company Cowshed have been working with our pupils to explore ideas for the name and branding of our new school. The Cowshed representatives worked with groups of pupils from all year groups who became experts in branding, completing visioning and values workshops. We look forward to seeing the results.



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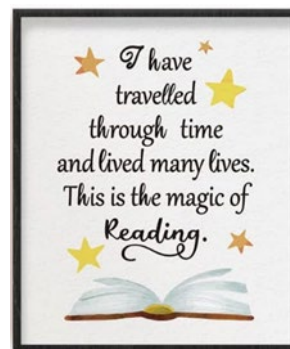
English Department

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!

Welsh Government Changes to the School Year Consultation

You may be aware that the Welsh Government is looking at a range of options to change the structure of the school year. To get your voice heard, please complete this short survey:

<https://forms.office.com/e/gSZcSNbH1e>



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.

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](https://snapsurveys.com/Budget_Consultation_2024-25_CFC) (snapsurveys.com)

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



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Citizens Advice

Citizens Advice are available for face-to-face appointments in the Learning Lounge every Monday from 10am to 3pm. If you have any issues that you'd like to discuss, please do not hesitate to make an appointment by contacting Lewin Thomas on lewin.thomas@willows.cardiff.sch.uk.



We can all face problems that seem complicated or intimidating. Citizens Advice believe no one should have to face these problems without good quality, independent advice. They're available to give people the knowledge and the confidence they need to find their way forward - whoever they are, and whatever their problem.

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

Willows Welsh

Welsh Terms of the Week

Week Nineteen

Welsh	Phonetic	English
Wedi blino	Weh-dee bleen-or	Tired
Gyffrous	Guff-roy's	Exciting
Ddiflas	Div-lass	Boring
Hyfryd	Huv-rid	Lovely
Sbwriel	Sb-w-ree-yell	Rubbish
Hwyl	H-oil	Fun

Science Department

What is Tassomai?

Year 11 students have all been given a login to access Tassomai which they can use as a revision aid in English, Maths and Science.

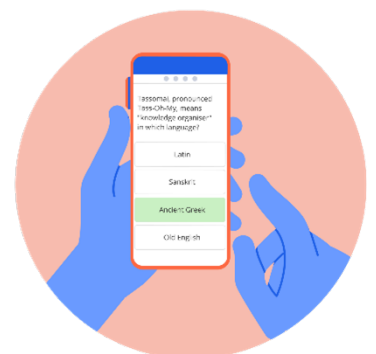
This is a useful video playlist explaining how the Tassomai app works

and how it helps students perform to the best of their ability. <https://youtu.be/aDriZlywmYY?si=M0FIQ49t3-pdfqzB>



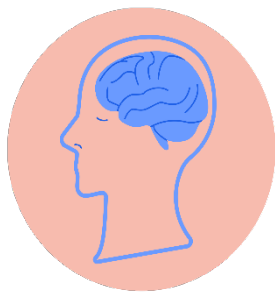
Tassomai is an online **multiple-choice quizzing tool** that is powered by an **adaptive algorithm**. What this means is that Tassomai will:

- Select the **right content at the right time** for your child;
- Unlock more challenging topics when they are **doing well**;
- Give more **support** to current weaker areas;
- Provide a range of other **helpful tools** to help them learn!



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How does Tassomai work?



Each day, Tassomai will give your child a set amount of work to complete. This is known as their **Daily Goal (DG)**, and they will have a DG for every subject they have been assigned to.

Every correct answer in a quiz earns them **3 points** towards your DG. If you hit the target score of a quiz, they receive **4 bonus points!**

There are other ways to earn points...but they can lose points with incorrect answers, so **answer carefully!**

Quizzes do not have a time limit, so they can (and should!) **take as long as they need** to complete each one.

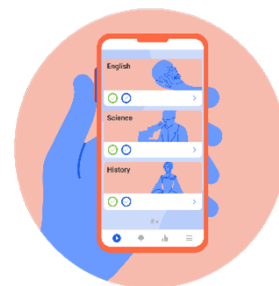
When they get enough points, they will **complete** their DG!

Why does Tassomai work?

Research into revision and learning techniques has found that the best way to study, and get knowledge to stick, is to:

- Work for short, concentrated periods of time;
- Frequently switch between topics;
- Regularly test yourself.

Tassomai is designed to help them do **all** of these things!



When & where can I work on Tassomai?

They can login to their account on a computer or laptop, or they can download our **free mobile app** and work using that instead!

No matter what device they use, they will need to be **connected to the internet** in order to take quizzes and access their data.

Their Daily Goals can be completed throughout the day, so they don't need to do all their work in one go. However, they will **reset at midnight**, so be aware of that!

Congratulations to the following pupils who met their daily goals this week:

English

Fatima Khatun

Joseph Murrell

Ashley Cossa

Faiz Mohayyudin

Franklyn Ajilore

Isatou Njie

Avishka Waje

Tinuke Eluyera

Aleksander Dobrzynski-Wheeler

Mathematics

Fatima Khatun

Joseph Murrell

Faiz Mohayyudin

Isatou Njie

Tinuke Eluyera

Science

Ashley Cossa

Tinuke Eluyera

Fatima Khatun

Joseph Murrell

Isatou Njie

Faiz Mohayyudin

Franklyn Ajilore

Fatima Chughtai

Avishka Waje

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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 Competition Dates – Pupils in Years 7, 8 & 9:

Year 7: Friday 15th March

Year 8: Thursday 14th March

Year 9: Wednesday 13th March

Pupils have been provided with relevant resources that can be used to prepare for the quizzes.

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 18, starting 5/2/24:

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

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


Question of the week
Week 18 – Starting 05.02.24

Power Savings:

An electric clothes dryer uses approximately 5 kilowatts of energy to dry a single load of laundry.

On average, Mary Lois's family washes 4 loads of laundry per week.

If they use a clothes line instead of the electric dryer to dry half of their loads of laundry, approximately how many kilowatts of energy will they save in a year?



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Mathematics Terms of the Week

Terms of the week
Week 18 - beginning 05.02.24


Probability Terms – Part 7 :
Experimental probability & Relative frequency

Experimental probability is the probability of an event happening based on an experiment or observation. To calculate the experimental probability of an event, we calculate the relative frequency of the event.

$$\text{Relative frequency} = \frac{\text{frequency of event occurring}}{\text{total number of trials of the experiment}}$$

For example, Jo made a four-sided spinner out of cardboard and a pencil. She spun the spinner 50 times. The table shows the number of times the spinner landed on each of the numbers 1 to 4.

Number	Frequency	Relative Frequency
1	6	$\frac{6}{50} = 0.12$
2	13	$\frac{13}{50} = 0.26$
3	15	$\frac{15}{50} = 0.3$
4	16	$\frac{16}{50} = 0.32$



The relative frequencies of all possible events will add up to 1.
 $0.12 + 0.26 + 0.3 + 0.32 = 1$
This is because the events are mutually exclusive.

Numeracy Question Answer (Week 17)

Answer of the week
Week 17 – Starting 29.01.24

Mixed letters:
The letters A, B, C, D, E, F, G, H, and I each appear in one of the nine squares of the grid below.

- A is in one of the top corners
- B is directly below H and directly to the left of I
- C is directly to the right of F
- D is in the middle square of the grid
- E is in the same column as C
- F is directly above D
- G is directly below E
- H is directly below A
- I, is between B and G

What is the correct arrangement of these letters in the grid that satisfies all the clues above?

Solution:

Since D is in the middle square, then F must be in the square in the top middle of the grid. Since C is to the right of F, then C must be in the top right corner of the grid. We add these to the grid.

	F	C
	D	

Since A is in a top corner, and C is in the top right corner, then A must be the top left corner. Now we know where A is, we know that H appears below A and B appears below H in the first column. We add these to the grid.


A	F	C
H	D	
B		

Since I is between B and G, and B is to the left of I, now we know these letters appear in the bottom row. We add these to the grid.

A	F	C
H	D	
B	I	G

Since we know that G is directly below E, this means that E is directly above G. This will finish the third column and the grid.

A	F	C
H	D	E
B	I	G

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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

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.

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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.

LET'S GET ATTENDANCE
BACK ON TRACK

NEW TERM - FRESH START

#EveryDayMatters
www.cardiff.gov.uk/schoolattendance

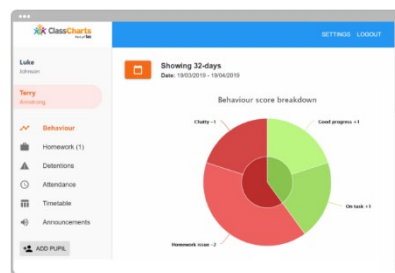
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Class Charts Reminder

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.

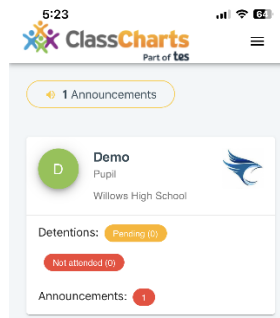
Thank you to all parents who have signed up to Class Charts this year and to those of you who continue to use it.

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

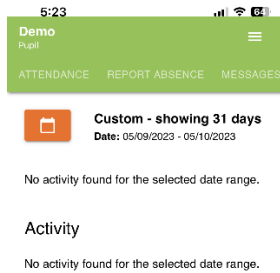
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How to report an absence on Class Charts

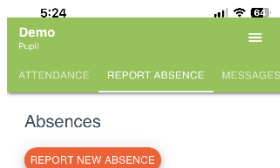
1. Click on your Class Charts app and click on your child's name.



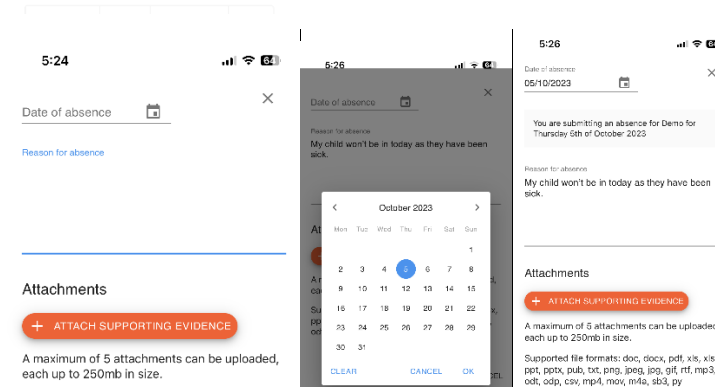
2. Scroll across the green band at the top and click 'report absence'.



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.



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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

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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**



Eastmoors

**Creative Sessions
at Eastmoors!**
Wednesdays 6PM-7PM

Editing, Filming, 3D Modelling, Podcasting, Graphic Design, AI, and Photography
Ages 11-17

WHAT'S ON AT EASTMOORS?

Every other Monday
Mind Hub 5:30pm-7:30pm

Tuesdays & Fridays
Senior session
Cooking
Trips
Pool 6:15PM-8:45PM
Xbox
Table tennis
Make up
Issue base workshop

Wednesdays
Football with CardiffCityKicks
Juniors 5pm-6pm
Seniors 6pm-7pm
Umbrella Allies 6:15pm-8:45pm
Creative session 5pm-7pm sky up

Thursdays
Junior Session
Cooking
Trips
Pool 5:15PM-7:45PM
Table tennis
Make up
Issue base workshop

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 night time eating soiling wetting
substance misuse relationships behaviour bullying online safety puberty

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

ChatHealth
GIG NHS
Bristol Royal Infirmary
Cardiff and Vale 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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No Fit State Circus



Join NoFit State Circus for an amazing fire and light show in the park during half term! Golau Parc Light will take place in Brewery/Helen Park on Friday 15th February and Saturday 16th February from 17:00 – 19:30. Before the show, you can make a lantern and a candle, try out circus skills and enjoy some free hot chocolate and cake.

If getting to the park is a problem then don't worry, you can walk over to the event with them! Meet them at the STAR Hub 16:00 on Friday 15th February to walk to the park together, they'll be walking back to STAR Hub after the event too.

Learning Lounge & Families

Citizens Advice

A reminder that members of our community can make appointments with staff from the Citizens' Advice 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 Lewin Thomas on lewin.thomas@willows.cardiff.sch.uk



citizens
advice

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.

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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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.

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):

IF YOU'RE 11-19 YEARS OLD
TEXT YOUR SCHOOL NURSE ON
07520 615718
FOR CONFIDENTIAL ADVICE AND SUPPORT

We help young people with all kinds of things like...

BULLYING **HEALTHY EATING**
SMOKING **CHANGES TO YOUR BODY**
EMOTIONAL WELLBEING **DRUGS**
FEELING SAD OR ANGRY
EXAM STRESS **ALCOHOL RELATIONSHIPS**

We do not usually inform your parents, teachers or anyone else if you contact the school nurse. We might inform parents if we were concerned about your safety, but we would usually advise you first. Your messages and calls can be seen by other staff members with access to the school communication system. We aim to reply to your queries on working days and you should get an immediate bounce-back to confirm we received your text. Texts will not be sent to you outside of normal working hours. If you need help before you head back to school, contact a member of staff out of your school. Our text number does not receive voice calls or text-to-speech messages. The support messaging team is made up of staff who are not medically qualified. Please do not include your name, address, phone number or any other personal information in your messages. Please respect your school's mobile phone policy. Messages are charged at your usual rate.

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

We hope you have an amazing half term break. All pupils return back to school on Monday 19th February. It will be a Week 1.

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
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 Computer Science Unit 2 revision Ms. Charles	3.10 – 4.00 pm Hospitality and Catering Revision Ms. Davies (G4)	3.10 – 4.00 pm Computer Science Unit 1 revision Mr. Hussein	
		3.10 – 4.00 pm French Revision with your French teacher.		3.10 – 4.00 pm French Revision with your French teacher.	
				3.10 – 4.00 pm English Revision Mrs. Lo Celso (F3)	

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WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
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 English Revision Mrs. Lo Celso (F3)	
		3.10 – 4.00 pm French Revision with your French teacher.		3.10 – 4.00 pm French Revision with your French teacher.	

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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

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