




WILLOWS
HIGH SCHOOL



 Use Google Translate to change to your preferred language.

BELONG, believe, ACHIEVE
PERTHYN, CREDU, LLWYDDO

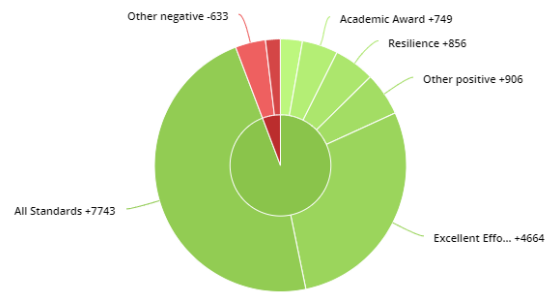
Weekly Newsletter – 1.3.24

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

Belong, Believe, Achieve:

This week, our pupils have visited to Cardiff University, Year 10 pupils have started a pupil mentoring programme run by Cowshed as part of the Upriser project, Year 11 have had their final school photographs taken, HPV vaccinations have been delivered, Year 8 have watched a production of Macbeth and all of our pupils have been involved in Enrichment activities. Our assemblies this week have been highlighting the importance of Welsh culture in the lead up to St. David’s Day. Thank you to Mrs. Rees and Mr. Grainger for providing them.

Willows High School Conduct Overview



Merits – 26.2.24 – 1.3.24:

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	3863	7Mozart	Tyrzha Wortley-Shvartz / Richard Ponsford / Devitheertha Raj
Year 8	2713	8Hepworth	Amnah Husayn
Year 9	2616	9Curie	Reyo Cook
Year 10	3469	10Farah	Vivian Ojo
Year 11	2717	11Socrates	Eshal Ali

Dates for your Diary:

- 5/3: Year 11 Careers Carousel
- 8/3: Year 8 – Women in STEM Careers
- 11/3: Catering group visit to St. David’s Hotel
- 13/3: Year 11 French Speaking Mock Exams
- 14 – 15/3: Year 11 Photography Exam
- 14/3: Year 11 Parents’ Evening
- 18-19/3: Year 11 Art Exam (Group 1)
- 20-21/3: Year 11 Art Exam (Group 2)
- 25/3 – 7/4: Easter Holiday
- 8/4: All pupils return for the summer term



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School News:

Dyslexia awareness silver award



We are pleased to announce that Willows High School has been awarded the Dyslexia Awareness Silver Award from the Local Authority. We are always looking to improve our understanding of learners with literacy difficulties and how we can provide them with the best support. Huge thanks to Mr. Chappell, our Specialist Teacher, our fantastic Intervention Team and Teaching Staff for everything they do.



Cardiff safeguarding forum

Here at Willows High School, we continue to work with other professionals to keep our learners safe throughout the Cardiff & Vale area. We were proud again to host a Safeguarding Forum at Willows High this term. There were a number of guest speakers that attended, with a wide range of knowledge relating to Safeguarding. We are hoping to build and grow these Forums as working together is paramount in keeping children safe.

Happy Saint David's day / Dydd Gwyl Dewi hapus

St David (Dewi Sant in Welsh) is the patron Saint of Wales, and we celebrate him on the 1st of March annually.

According to legend the birth of Dewi had been foretold by Merlin himself and Saint Patrick among others. His father was Sant, the son of Ceredig, Prince of Ceredigion and his mother was Non, the daughter of a local chieftain. When Dewi was baptised, he performed his first miracle when the baptismal water splashed into the eyes of the blind monk Movi restoring his sight.

Following his education, Dewi went on a pilgrimage through parts of South Wales and the West of England. He is said to have founded important religious centres such as Glastonbury and Croyland. He settled in Glyn Rhosyn (today known as St David's) and established a community which emphasised the importance of a simple and frugal life. As well as sticking to a plain diet of bread and water he dressed in skins and stood in ice cold water as a penance. Dewi and his monks chose a very hard life. They would harness the plough to each other, rather than using an ox. The simplicity of David's life was seen as a reaction against the excesses of the Anglo-Saxon bishops.



Dewi was said to be responsible for many miracles. The most famous of which took place during the synod at Landewi Brefi, 42 miles north east of Cardigan. Whilst preaching in the open air he realised that he could not make himself heard above the crowd. He placed a cloth on the ground which duly rose beneath his feet. A white dove, a symbol of the Holy Spirit, settled on his shoulder. Following this miracle, he was made into an

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Archbishop. He is also said to have raised the dead, turned water into wine and he is credited with creating the curative powers of the waters of Bath.

When Dewi died on March 1st 589, he told his devoted followers to: “Be cheerful and keep your faith and belief, and do the little things that you have heard and seen through me.”

The area of St David (formerly Glyn Rhosyn) was given an official city status in 1994. It is still the smallest city in Wales.

March the first is both a religious and patriotic celebration. On this day a daffodil or leek is worn as a national emblem. Even Henry V insisted wearing a leek on St David’s day. According to Shakespeare he stated “For a memorable honour, I am Welsh, you know. This patriotism is natural enough since St David is the only patron saint in Britain who is a native of the country he represents.

Let us all celebrate our culture and heritage and remember to be cheerful and do the little things! Dydd Gwyl Dewi Hapus!!

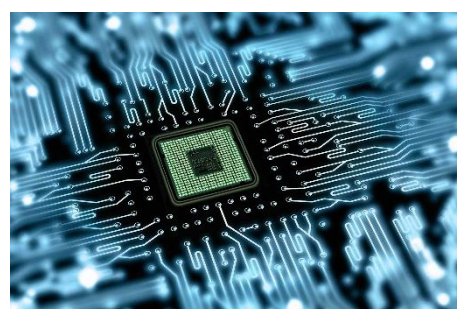
Computer science – Important dates

Some important dates for Year 11 GCSE Computer Science pupils:

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.



Urdd gaming club

It gives us great pleasure to announce that the Urdd (Youth Organisation) are holding Welsh card game and board game sessions for pupils in Years 7 and 8. The sessions will take place every Tuesday in the Canteen. Come along for fun and games!

Year 8 football

It was the best win and performance of the season from Year 8 on Thursday, playing away at Cantonian High School. Guts, character, never say die attitude all on full display, coming back from 3:1 and 4:2 down to win in the very last minute 6:5. Daniil in Y7 came off the bench to score the winner, Michae Ifeajika scored an incredible 4 goals! Scenes at the end were epic.



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Welsh cross-country championships 2024



On Wednesday Malakai represented Cardiff and the Vale Schools in the Welsh Schools national Cross-Country Championships in Brecon. He was selected to represent the district after some outstanding runs in the county schools league and a top 10 finish in the Championships on Sunday 21st January. On Wednesday he showed heart and resilience in a challenging and competitive race. Malakai is a good all-round sportsman and excellent football player, he has transferred his fitness over to cross-country which will only benefit him in the future. The PE department would like to thank Malakai's parents for their support as without them he wouldn't be able to attend the weekend fixtures or Wednesday's Championships.

Year 9 STEM/MAT event

On Tuesday, eight Year 9 pupils attended a STEM (Science, Technology, Engineering and Maths) event at Cardiff University. Experts, apprentices and students led a series of talks about the opportunities available for pupils wishing to enter this important profession. They also ran a series of workshops where pupils practiced their teamwork and planning skills.

Emma, an undergraduate student working at Airbus, described her interest in developing sustainable air travel. Aircraft are the most polluting means of transport, producing a large amount of greenhouse gasses. She is working on designing passenger aircraft that uses clean hydrogen rather than fossil fuels.

Next was a workshop exploring why it is vital to use the correct materials in design and construction. Getting this wrong can result in the failure and collapse of buildings. We investigated the strength of different construction materials – in this case chocolate bars!



Testing the strength of building materials

Christine, a civil engineer from Bristol University, described how buildings in vulnerable parts of the world are designed to withstand severe earthquakes without collapsing. We then had a competition to construct the tallest tower using just 4 sheets of paper.

Keep Splott Tidy



Last Saturday morning a group of Year 11 pupils got together alongside Mr Smith and Miss Tomlinson to support the 'Keep Splott Tidy' community litter pick. They were very grateful for the support in tidying up the local area. This takes place every month so check out their social media page to find out the date in March and please support if you can.

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World Book Day – March 7th 2024



A reminder that all pupils have been provided with a World Book Day token and can exchange it for one of the books above at participating bookshops and supermarkets for free. We strongly hope that you encourage your child to pick up their copy as we believe that this could be the spark that ignites their reading habit! To help us, please remind your child to regularly read at home and consider reading with them and with any younger siblings as a family. Please monitor their use of time – especially when gaming and on mobile phones and direct them to replace technology with a book for half an hour every day. Lastly, be a reading role model – if your child sees you reading a book, they are more likely to value independent reading themselves. If you would like any further advice or recommendations, please contact your child’s English teacher who will be happy to help. Happy reading!

Community Police Talks

We have welcomed PC Chris Selby to school this week to talk to Year 8 about the importance of being ‘cyber kind’ and to Year 7 regarding keeping themselves safe online and on social media. PC Chris praised our pupils for their engagement and insightful questions.

Please also discuss keeping safe online with your child and check their mobile phones regularly especially regarding the apps that they are using. A reminder of the age ratings is below:



OpenView Education
TRAINING THROUGH THEATRE

APPS AND THEIR AGE RATINGS

13+		16+	
Facebook	Snapchat	WhatsApp	
Instagram	Twitter	17+	18+
TikTok	Kik	Sarahah	MeetMe
YouNow	Yubo	YOLO	LiveMe
House Party	Monkey		

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Year 11 Prom Fundraising

In order to deliver the greatest prom this school has ever seen, as well as supporting the incredible children's charity Barnardo's, the Year 11 team in collaboration with the Pupil Leadership Team are coordinating a succession of fundraising events over the next few months. This began in fantastic fashion with our cake sale a few weeks ago which raised a whopping £280! Looking ahead, we have a number of other events including a 'Staff/Pupil Pyjama Tremorfa Park Run' in April, Easter themed cake sale at the end of March, and a staff curry night towards the end of March.



Finally, and the biggest one of all, 12 possibly 13 staff have signed up to the 10K/Half Marathon run in Bristol on Sunday 19th May.

We have set up a fundraising page below if you would like to sponsor them that would be wonderful! And if you could share this on your social media that would be very much appreciated as well.

https://www.justgiving.com/crowdfunding/Year11willowshighprom?utm_term=M3WQX8jY9

Keep your eyes and ears peeled for the other events mentioned above, dates and further info will be shared in the coming weeks.

Willows New School Renaming Project

Our pupils have been involved in activities to arrive at the new name for Willows High School when we move to the new site, now it's your turn!

Please click on the link below and let us know your thoughts.

The link is only open for a short time, so please give it a go and have your voice heard.

<https://forms.office.com/e/Mse5MCTMNH>



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.

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cowshed



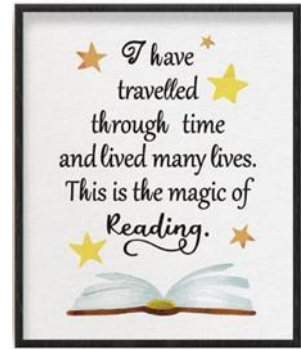
English Department

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!

Cultural Heritage Week – Recipe Book

We would like to invite all pupils, parents, staff and members of our community to contribute to our Willows High School recipe book for Cultural Heritage week in April. We would request the recipe, a picture of the food (if possible), a family story or tradition around the food (again if possible) and the country of origin.

All recipes can be given/mailed to Ms Amos, Mrs Begum, Mr Konten, Mrs Davies, Mrs Pribanova or Mr Aideyan.



Ramadan

Ramadan is fast approaching. It is a special month for every Muslim, being the Islamic holy month in which Muslims fast.

This month helps every Muslim come closer to God, give charity, understand the struggles of those less fortunate, improve their health and strive to become a better person.

We are extremely lucky to have such a diverse school with pupils and staff from all beliefs and are excited to celebrate Ramadan with all who will be fasting. We understand the importance and excitement pupils have for this month.

However, we are also fully aware of the difficulties of fasting during school hours. Therefore, we will aim to support our pupils as much as we can.

This year, roughly 2 weeks of fasting will be during school hours.

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In Islam, it is permissible to break your fast if your health is compromised. The pupil's health is our top priority, therefore, if any pupils are feeling unwell, in line with the Islamic rulings, we will provide them with food and water.

We have also been exploring other ways we can support our pupils. A meeting has been held with the pupils and staff; ideas have been explored to implement in school for those fasting.

As a result of the meeting, we will be providing areas outside of the canteen for pupils who are fasting and, during the month of Ramadan, we will allow pupils to wear a black/navy abaya. However, they must wear the school blazer on top.

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 the school on contact@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

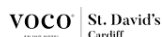
Willows Welsh

Welsh Terms of the Week

Week Twenty-one

Welsh	Phonetic	English
Un	Eee'n	One
Dau	Dye	Two
Tri	Tree	Three
Pedwar	Ped-w-are	Four
Pump	Pimp	Five
Chwech	Ch-wear-ch	Six
Saith	Sythe	Saith
Wyth	Oy-th	Wyth
Naw	Now	Nine
Deg	Der-g	Ten

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Science Department

What is Tassomai?

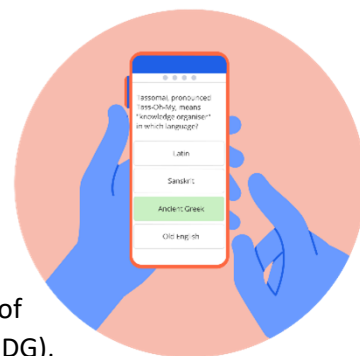
Year 11 students have all been given a login to access Tassomai which they can use as a revision aid in English, Maths and Science.

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!



How does Tassomai work?



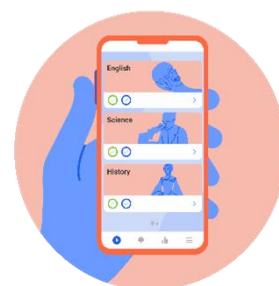
Each day, Tassomai will give your child a set amount of work to complete. This is known as their **Daily Goal (DG)**, and they will have a DG for every subject they have been assigned to. Every correct answer in a quiz earns them **3 points** towards your DG. If you hit the target score of a quiz, they 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:

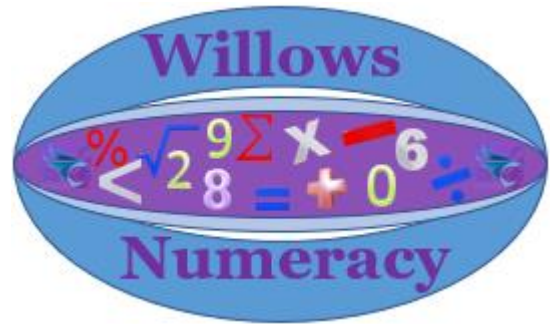
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Mathematics Department

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 20, starting 26/2/24:


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

Question of the Week
Week beginning 26.02.24

Better Value?

Salwa wants to buy a new outfit. She wants new jeans, a t-shirt, a coat, and a hat. She searches the store flyers and finds the exact same clothing options at three different stores:



- **M&S** has the jeans for £59, the t-shirt on sale for £15, the coat for £82, and the hat for £16.
- **Debenhams** has the exact same jeans for £42, the t-shirt for £27, the coat for £76, and the hat for £19.
- **John Lewis** has the jeans for £51, the t-shirt for £23, the coat for £94, and the hat on sale for £14.

Salwa's grandparents want to send her a store gift card for her birthday to cover the exact cost of her outfit.

Which store's gift card would you recommend for Salwa's grandparents to purchase?

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 20 - beginning 26.02.24

Distributive laws / properties:

For the set of real numbers, multiplication is distributive over addition and subtraction since $a(b + c) = ab + ac$ for all a, b and c real numbers.

For example: $4(50 + 6) = (4 \times 50) + (4 \times 6)$ and $4 \times (50 - 2) = (4 \times 50) - (4 \times 2)$.

For division: division is distributive over addition

$$\frac{(a + b)}{c} = \frac{a}{c} + \frac{b}{c}$$

For addition: addition is not distributive over division

$$\frac{c}{(a+b)} \neq \frac{c}{a} + \frac{c}{b}$$


Addition, subtraction and division are not distributive over other number operations.

Numeracy Question Answer (Week 19)

Answer of the week
Week 19 – Starting 19.02.24

Counting Collections

The students in Riverside Community School love to play a game called “Counting Collections”. In this game, the students collect objects, and the student who has collected the most objects wins. Ahmed has collected 262 erasers, 451 buttons and 173 pencils. Alyssa has collected 489 straws and 446 rocks.



To estimate who collected the most objects, they round the total number of each type of object, and then use the rounded numbers to calculate the total for each player. Ahmed rounds all the numbers to the nearest 100. Alyssa rounds all the numbers to the nearest 10.

Solution:

(a) Rounding to the nearest 100, Ahmed collected approximately $300 + 500 + 200 = 1000$ objects and Alyssa collected approximately $500 + 400 = 900$ objects. So, Ahmed thinks that he is the winner.

(b) Rounding to the nearest 10, Ahmed collected approximately $260 + 450 + 170 = 880$ objects and Alyssa collected approximately $490 + 450 = 940$ objects. So, Alyssa thinks that she is the winner.

(c) The actual totals are $262 + 451 + 173 = 886$ for Santosh and $489 + 446 = 935$ for Alyssa. So, Alyssa collected more objects and is therefore the winner. The estimation when rounding to the nearest 10 is more accurate than when rounding to the nearest 100.



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PERTHYN, CREDU, LLWYDDO

Willows Mathematics

After School

Day	Activity	Location
Tuesday	Y7, Y8 & Y9	G14 Miss Santos
Tuesday Week 1 Only	KS4 Higher	G20 Miss Wrennall
Tuesday Week 2 Only	Y11 Higher	G17 Miss Ait-Brahim
Wednesday Week 1 Only	Y10 & Y11 Intermediate	G19 Miss Koncar
Friday	KS4 All Levels	G15 Mr Batchelor

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 Clare Davies using Classcharts (see how to below).

Please do not use the old mobile numbers or email.

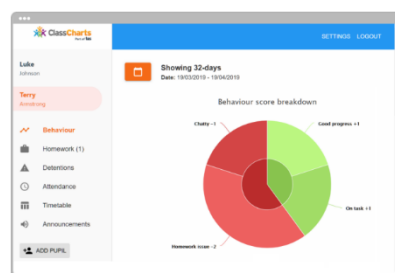


Class Charts Reminder

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.

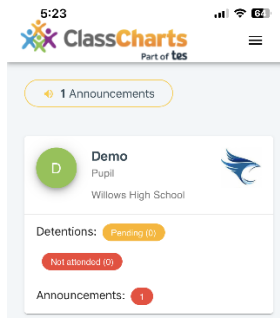
Please let your child's Head of Year know if you need a login code.

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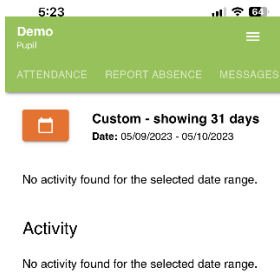


How to report an absence on Class Charts

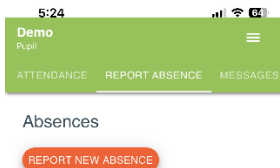
1. Click on your Class Charts app and click on your child's name.



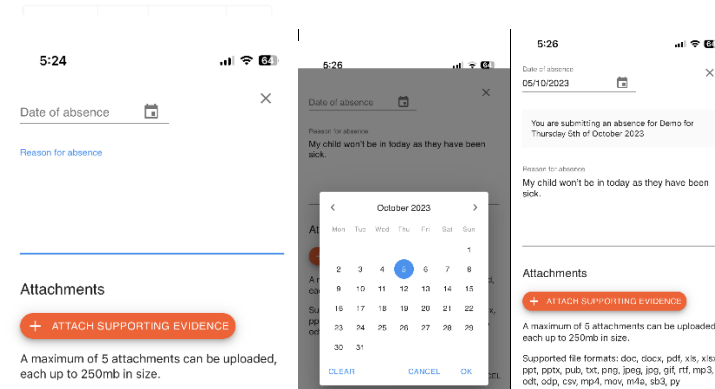
2. Scroll across the green band at the top and click 'report absence'.



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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A PHOTOGRAPHY EXHIBITION CELEBRATING OUR OLDER VOLUNTEERS

VINTAGE not VANISHED

MARCH 19 - 22
10 AM - 2 PM
STAR CENTRE, SPOTT ROAD

Open afternoon 2-4pm
Wednesday 20th March

Celebration event 6-9pm
Saturday 23rd March

info@splocommunityvolunteers.co.uk



Splott
Community
Volunteers

A supporter of

Age without
limits

Vintage not Vanished

Splott Community Volunteers is delighted to have signed up to the first national Action Day of Age Without Limits - a major new anti-ageism campaign from the Centre for Ageing Better - and would like to invite you to attend an exciting event celebrating our incredible volunteers.

The theme of this year's Action Day is 'See and Be Seen' and will look to challenge the often narrow, negative and stereotypical way older people and ageing is portrayed. In response to this, Splott Community Volunteers has created the **Vintage not Vanished** hanging portrait exhibition, shining a light on our older volunteers and the incredible work they do, highlighting their wide, varied and valuable contributions through a series of portraits and events.

From Tuesday the 19th of March to Friday the 22nd of March, Splott Community Volunteers will host the photography exhibition in our facility at the rear of the Old STAR Leisure Centre in Splott between the hours of 10am and 2pm.

As part of the Action Day, on Wednesday the 20th March, we are holding a special event and invite you to join us between 2pm and 4pm to view the 'Vintage not Vanished' exhibition and talk to our volunteers over some light refreshments.

Dr Carole Easton, Chief Executive at the Centre for Ageing Better, said: *"It is fantastic that Splott Community Volunteers is participating in our first Age Without Limits campaign Action Day. Our campaign can only grow with the support of organisations and individuals who share our ambition to end ageism."*

Our own research indicates that over half of people think older people are less visible in society. I hope as many organisations and individuals as possible from around the country can come together on our Action Day to signal their commitment to combat ageism. We must challenge the negative stereotypes in which older people and ageing is portrayed and instead shine a more realistic light on the myriad ways people experience older age in England and Wales."

Please help spread the word and share with whomever you think would enjoy attending the exhibition.

They hope you can make it to the open afternoon on Wednesday the 20th March. Refreshments will be provided and a photographer will be present.

No booking is required, but it would be very helpful for them to have an understanding of how many people to expect and they would appreciate a quick RSVP letting us know if you hope to attend.

Splo-down

[Splo-down](http://splo-down.org) is a member-run community food cooperative open to residents of Adamsdown, Splott, and Tremorfa. They buy food in bulk and use sliding-scale pricing so they can make good quality food accessible to everyone. They currently run a weekly stall 5-7pm every Wednesday where they sell veg boxes and run a zero-waste shop selling other food and household products such as rice, lentils, pasta, spices, and washing up liquid. They try to source our products from sustainable and ethical suppliers as much as possible. For any questions, please email them at: ask@splo-down.org



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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:
applyeuwales@settled.org.uk

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
- healthy eating
- wetting
- soiling
- substance misuse
- relationships
- behaviour
- bullying
- online safety
- puberty

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

ChatHealth
 GIG NHS
 Bristol School Professor
 Cardiff and Vale
 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.

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 YEAR 7+
 Trips
 Pool 6:15PM-8:45PM
 Xbox
 Table tennis NO YEAR 7'S
 Make up FRIDAYS!
 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 YEAR 7 & 8'S
 Trips
 Pool 5:15PM-7:45PM
 Xbox
 Table tennis
 Make up
 Issue base workshop

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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 the school using contact@willows.cardiff.sch.uk



Wellbeing in school

At Willows High School, we aim to promote positive mental health and wellbeing for our whole school community; pupils, staff and families, and recognise how important mental health and emotional wellbeing is to our lives in just the same way as physical health. We recognise that children's mental health is a crucial factor in their overall wellbeing and can affect their learning and achievement. All children go through ups and downs through their school career/life and some face significant life events.

Our aim is to help develop the protective factors which build resilience to mental health problems and be a school where:

- All pupils are valued
- Pupils have a sense of belonging and feel safe
- Pupils feel able to talk openly with trusted adults about their problems without feeling any stigma
- Positive mental health is promoted and valued
- Bullying is not tolerated

Pupils

If you feel you need some support with your wellbeing we want to help and there are many places to go: Staff in the Learning Lounge are 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. Mackintosh, our Safeguarding Officer, can provide information on what is available.

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.

MoodHwb

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/>

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. Please contact the school using contact@willows.cardiff.sch.uk if you need any information on who you can turn to.

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

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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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Diolch:

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.

Team Willows

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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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