




WILLOWS
HIGH SCHOOL



BELONG, believe, ACHIEVE
PERTHYN, CREDU, LLWYDDO

 Use Google Translate to change to your preferred language.

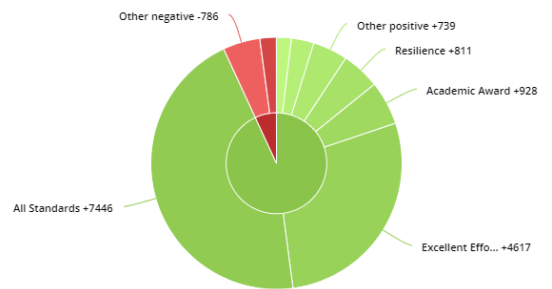
Weekly Newsletter – 15.3.24

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

Belong, Believe, Achieve:

This week, we have hosted a Debate Mate League competition, entering two new teams, pupils have taken part in the last Enrichment activity of the term and visited St. David’s Hotel to see the work that goes on behind the scenes Our assemblies this week have been run by the Mathematics Department in the form of Year Group Numeracy Competitions. Thank you to Mrs. Ait-Brahim for leading them and congratulations to all of the winners and participants.

Willows High School Conduct Overview



Merits – 11.3.24 – 15.3.24:

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. Especially well done to Year 7, this a record number of merits in a week!

Year Group	Total	Excellent Effort	Merit Champions
Year 7	4243	7Beethoven	Arshia Durani / Imogen Richards-Greenslade
Year 8	2993	8Hepworth	Ibrahim Nuuh / Joeleen Matshona
Year 9	2574	9Curie	Hope Allen / Megan Worthey
Year 10	3546	10Edwards	Rahma Hassan / Mason-Jay Hawker
Year 11	1979	11Plato	Franklyn Ajilore / Ethan Hooper-Adams

Dates for your Diary:

- 25/3 – 5/4: Easter Holiday
- 8/4: All pupils return for the summer term
- 13 - 18/4: School Trip to Nantes
- 15 - 19/4: Cultural Heritage Week
- 18 – 19/4: Year 11 Photography exam
- 19/4: Cultural Heritage Day
- 25/4: Year 10 Parents’ Evening
- 6/5: May Day
- 9/5: Year 7 Parents’ Evening



Our Valued Partners



School News:

Debate club

This week our Debate club took part in the Debate Mate Urban Debate League 2024. Willows hosted the event which saw over 60 pupils from competing schools battle it out.

The Urban Debate League is a national competition with over 250 schools participating from across the UK. It is a great opportunity for our pupils to improve their debating skills and debate against young people from other schools on really important topics.

Willows entered two new teams this year, who all did exceptionally well, debating on two motions; whether phones should be banned in schools and whether life skills should be taught as part of the curriculum. During this first round of the league, pupils had the chance to speak in both of the debates and from the audience. Both teams won one of their debates and came a close second in the other. As the league is based on a point system, the final leaderboard will be released in the next couple of weeks.



Debate Club runs every Wednesday and new members are always welcome, please come and see Miss Nelms if you are interested - we have many more competitions coming up!

Employee of the month congratulations!

One of our amazing Teaching Assistants, Mr. Ghareeb has received the title of Employee of the Month from Staffroom Education. Account Manager Jess Sibley visited school this week to give him the good news and his reward following the fantastic feedback they received from staff and pupils.



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!

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Specialist Resource Base

Miri from the Welsh Urdd organisation came to the SRB on Tuesday to play board games with the pupils. Miri played Uno and other card games with the children, using the Welsh language for the colours and numbers. The children picked it up very quickly and were asking her for other words. When I came into the room they asked me to pronounce:

Llanfairpwllgwyngyllgogerychwyrndrobwlllantysiliogogoch!

They are looking forward to next Tuesday to see Miri again.



Pupil Achievement-Cheerleading

Congratulations to this fantastic Year 7 pupil, Skye, whose team came second in the British Cheerleading Association's Cymru Clash at the ICC last weekend. We are so proud of your achievement and look forward to you running Cheerleading as an Enrichment activity in the future!

Basketball

Congratulations to our Year 10 basketball team who beat St. Illtyd's 25 – 9 this week. Two wins in a row, that's classed as a winning streak!



Numeracy Competition

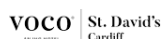
Congratulations to the winners of this week's Numeracy Competitions. They were hard fought victories for the pupils below. Everyone deserved a medal for having to listen to Mrs. Ait-Brahim's maths jokes.

Year 7 (7MO): Olly Williams, Richard Ponsford, Minnie Ashton, Devittheertha Raj

Year 8 (8BA): Amnah Husayn, Halle Wheeler, Mennan Adem, Millie Woodward

Year 9 (9DA): Ameera Shak, Daniel Alpeko, Ibrahim Miah, Seren Davies

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Ramadan

Ramadan 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.

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 or thobe. However, they must wear the school blazer on top and school shoes.



Join us this Ramadan during our time of giving, kindness, and reflection as now is the perfect time of year to donate Sadqah (Charity), to those who face challenges and struggles during this holy month, as well as all year round.

All we ask for is £1, donations larger than this are also accepted. Your £1 will be able to provide sustenance for those who are fasting in the Middle East, providing them with clean food and water to drink. Donations also allow those who are struggling to be provided with clean clothing and health supplies.

RAMADAN CHARITY

YOUR £1 CAN MAKE A DIFFERENCE

Families throughout the Middle East have been torn apart, with no hope of being given aid; give now to help them as Allah (swt) will reward you beautifully.

Donations will be collected 18.03.24 & 19.03.24 during registration InshaAllah

Inaaya, one of our Year 11 pupils has decided to raise money for charity and would like to call on the community to help. She is asking for a £1 donation. However, if you would like to donate more than that you are absolutely welcome to and it would be greatly appreciated. Please see her statement below:

"The money raised will go completely to a good cause. All money will be donated to Islamic Relief under the Palestine emergency appeal. I chose this appeal as Palestine is under major crisis. Children and families have been torn apart, they have no food or water supplies and they are losing their belongings as the hour passes. Their lives are not just at risk, they are under a constant threat and I believe we should all help as much as we can to provide aid to those who are facing great difficulties.

Donations will be collected on Wednesday the 19th and Thursday the 20th during Tutor Time."

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VOCO | St. David's Cardiff



ARUP

Taylor Wimpey



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.



Exam Certificates

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

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

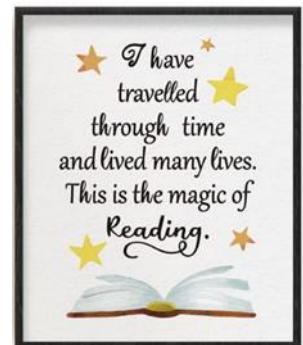
English Department

Reading is everything!

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

Your job as families?

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



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

Most importantly...

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

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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.



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.



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**!

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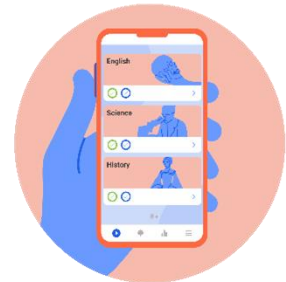
There are other ways to earn points...but they can lose points with incorrect answers, so **answer carefully!** Quizzes do not have a time limit, so they can (and should!) **take as long as they need** to complete each one. When they get enough points, they will **complete** their DG!

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:

Year 11 Tassomai Top Performers of the week:

English	Maths	Science
Fatima Khatun	Fatima Khatun	Ashimaa Ashik
Joyce Wangechi Sagna	Caitlin Tovey	Franklyn Ajilore
Joseph Murrell	Faiz Mohayyudin	Aidan Barratt
Faiz Mohayyudin	Franklyn Ajilore	Cameron Rosier
Franklyn Ajilore	Isatou Njie	Chloe Gauder
Isatou Njie		Isatou Njie
Aytun Coban		Grace Jones
		Tashifa Asif
		Fatima Khatun
		Jonathan Oyewole
		Joyce Wangechi Sagna
		Alexander Okoh
		Caitlin Tovey
		Pamela Robson
		Nathan Wiseman
		Miriellyna Bulatao
		Joseph Murrell
		Eshal Ali
		Lalina Shah
		Fatima Chughtai
		Ashley Cossa
		Abigail McCreddie
		Faiz Mohayyudin

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Mobile phone use in school

Following a rise in mobile phone usage during class time, the school has decided that from Monday April 8th 2024, on the 5th occasion that a pupil has their phone bagged, the phone will be confiscated and given to their Head of Year to be returned at the end of the day.

From then on, the pupil must hand their phone to their Head of Year every morning and the phone will be returned at the end of the day.

You will be aware of instances highlighted in the media of mobile phone misuse in schools and the serious consequences that can arise as a result. All schools are affected and all pupils are vulnerable to risk. Safeguarding risks include the taking and sharing of photographs and video without permission, the inappropriate use of social media, accessing inappropriate materials, sharing personal information and cyber-bullying.

Our first duty as a school is to safeguard your child. The ban on mobile phone use in school is there to help to ensure that this priority is met. Research has also shown that mobile phones can highlight the disparity between pupils and cause social isolation.

The current school contact policy will continue as before. If urgent contact is required with your child during the school day, then you should contact the school and the message will be passed on. If a pupil needs to contact home, they can do so through the Pastoral Teams. **Please do not ring or text your child during the school day.**

If your child chooses to bring a mobile phone to use on the journey to and from school, then they do so at their own risk. The school will take no responsibility for loss or damage of a mobile phone at school. If brought onto the school site, phones must be switched off and completely out of sight at all times.

We would be grateful if you would discuss this with your child to ensure they fully understanding of their responsibilities in this matter.

Welsh Department

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

willowswelsh@willows.cardiff.sch.uk



Welsh Terms of the Week

Week Twenty three

Welsh	Phonetic	English
Cymru	Come-ree	Wales
Lloegr	Ll-loyger	England
Yr Alban	Urr Al-ban	Scotland
Iwerddon	Eeew-err-dd-on	Ireland
Sbaen	Spine	Spain
Ffrainc	F-rye-n'k	France
Amerig	Arr-mer-rig	America
Gwlad Belg	G'w'lad belg	Belgium
Yr Almaen	Urr Al-mine	Germany

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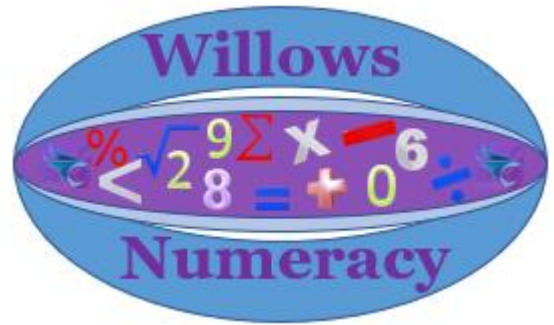


Mathematics Department

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.



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 22, starting 11/3/24:

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 beginning 11.03.24**

Breakfast Supplies

A carton of eggs costs £3:90 and a package of meat costs £7:10. If I went to the store and bought 2 cartons of eggs and 1 package of meat, how much change would I have left from £20:00?



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Taylor
Wimpey



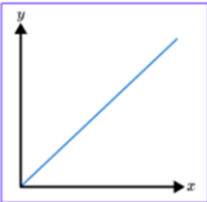
Mathematics Terms of the Week

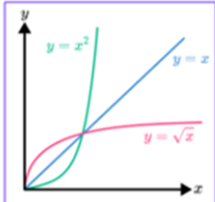
Terms of the week
Week 22 - beginning 11.03.24

Direct proportion:

Two variables x and y are in direct proportion if the algebraic relation between them is of the form $y = kx^n$, where k is a constant.

When $n=1$, the graphical representation of this relationship is a straight line through the origin, and k is the gradient of the line.





Key features:

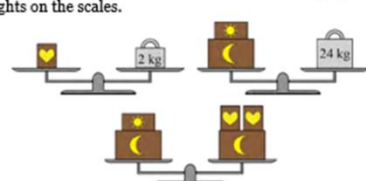
- Algebraic form, $y = kx^n$
- Could be a **straight line graph**, a quadratic, a cubic graph or graph in the form $y = \sqrt[n]{x}$
- Intersects the **origin** $(0, 0)$

Numeracy Question Answer (Week 21)

Answer of the Week
Week beginning 04.03.24

Balancing Act

Faith is in charge of sending out boxes from a distribution centre. The contents of the boxes are identified by shapes stamped on them: a heart, a moon, or a sun. All boxes with the same stamp have the same mass, and the cost of sending a box depends on its mass. Faith has a balance scale and a few standard weights to help with the job. The following diagrams show what Faith observed when arranging some of the boxes and standard weights on the scales.



Find the mass of each box.

Solution:

From the diagrams we notice the following.

- One heart box has a mass of 2kg.
- One moon box and one sun box have a total mass of 24kg.
- One moon box and one sun box have the same total mass as one moon box two heart boxes.

From this, we can conclude that one moon box and two heart boxes have a total mass of 24kg. Also, two heart boxes have the same mass as one sun box.

Since one heart box has a mass of 2kg, then two heart boxes have a mass of 4kg. Therefore, one sun box has a mass of 4kg. This means $4\text{kg} + (\text{mass of a moon box}) = 24\text{kg}$. Since $4 + 20 = 24$, we can determine that one moon box must have a mass of 20kg.

Therefore:

- One heart box has a mass of 2kg.
- One sun box has a mass of 4kg.
- One moon box must have a mass of 20kg.



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.

LET'S GET ATTENDANCE
BACK ON TRACK

NEW TERM - FRESH START

#EveryDayMatters
www.cardiff.gov.uk/schoolattendance

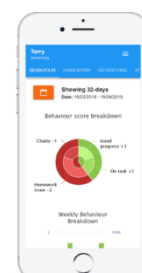
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Class Charts Reminder

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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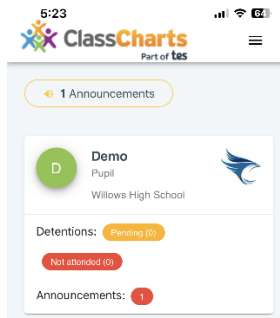


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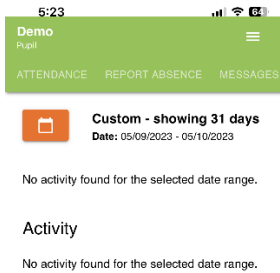


How to report an absence on Class Charts

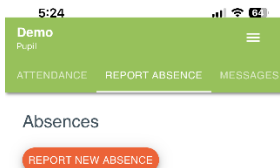
1. Click on your Class Charts app and click on your child's name.



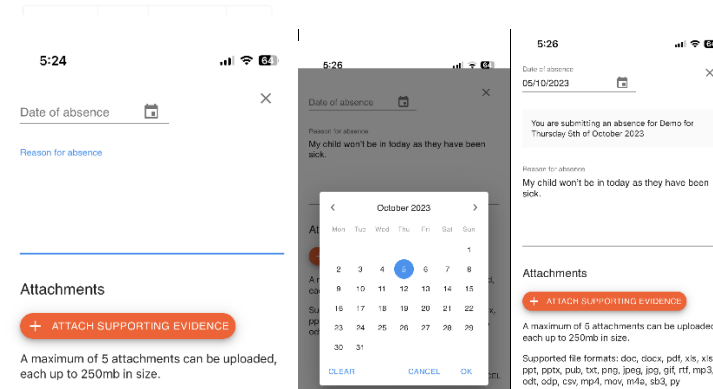
2. Scroll across the green band at the top and click 'report absence'.



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



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
 healthy night time
 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



citizens
advice

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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Fostering Wellbeing Masterclasses

The Fostering Network are pleased to announce the next series of **Fostering Wellbeing Masterclasses** for Cardiff and the Vale starting Tuesday 9th April 2024.

Each of our masterclasses will be delivered virtually using Teams. Each session will begin at 10am and end at 12.30pm inclusive of a comfort break.

Dates of Delivery

Masterclass One – Tuesday 9th April

Masterclass Two – Wednesday 17th April

Masterclass Three – Monday 22nd April

Masterclass Four – Tuesday 30th April

Masterclass Five – Wednesday 8th May

What is Fostering Wellbeing?

Fostering Wellbeing is an innovative programme, funded by Welsh Government and delivered by The Fostering Network.

Fostering Wellbeing brings together all the professionals involved in supporting children who are looked after, including Foster Carers.

The programme delivers learning and encourages sharing best practise across service boundaries with an aim to embed a shared approach across the region

Why should I attend?

The masterclasses aim to enable foster carers, supervising social workers, teachers, teaching assistants, health professionals, and youth justice staff to gain the skills and confidence needed to help inspire children and young people to fulfil their potential.

Participants will leave each session with theories, practical tools, and additional materials that can be used straight away to enhance practice.

One of our key aims is to ensure continuity of support for wellbeing and learning between home and school.

The five masterclasses are based on the principle of 'supporting children and young people through strong meaningful relationships.'

The main masterclass themes are:

- **Masterclass 1: Knowing and meeting needs**
All a child's needs have to be met, and recognising that each person's view of life and the wider world will differ
- **Masterclass 2: Living and growing**
Lessons for the future and encouraging aspiration & ambition
- **Masterclass 3: Me, you, us and them**
Building good relationships and appropriate behaviour
- **Masterclass 4: Hands on**
Positive values and attitudes are best nurtured through practical activities
- **Masterclass 5: Working as one**
Shared values and attitudes, and equality of status of all those involved with a child/young person being looked after

Here is the registration link: <https://www.eventbrite.co.uk/e/fostering-wellbeing-masterclasses-cardiff-tickets-795212852047?aff=oddtcreator>

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Allergies

At Willows, we are very conscious of pupil and staff sensitivity to the 14 food allergens. The food that our canteen produces is clearly labelled and the pupil information displayed at the tills identifies any allergies that the pupil in front of them has.

We do have a number of staff and pupils who have strong reactions to certain allergens, **particularly nuts**, so we ask for the support of all families to be aware of what your child is bringing into school and be sympathetic to the sensitivities of our school community.

We cannot 100% guarantee that the school is nut free, it is not possible to check what food is brought into school by every pupil, every day. We ask for your support in ensuring that the risks of allergic reactions are minimised.

For more information on allergies, please visit <https://www.allergyuk.org/>.

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.

Safeguarding:

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

Chat Health:

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

Cardiff Foodbank:

Willows High School is a partner agency for Cardiff Foodbank.

If you need a Foodbank Voucher please contact the school in using contact@willows.cardiff.sch.uk. Where we can help, we will do so confidentially.

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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.

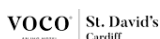
Alternatively, you can e-mail the relevant member of staff, details below:

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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DIWRNOD
DIM \ **NO** | **20**
YSMYGU / SMOKING **DAY** | **24**
MAWRTH 13 MARCH

**“Roeddwn i’n
ysmygu 40 y
dydd. Os galla i
stopio, fe
allwch chi
hefyd.**

**“I smoked
40 a day. If I
can quit, so
can you.”**

- Denise, Caerdydd | Cardiff



CHWILIWCH 'HELPA FI I STOPIO
CYMRU' NEU FFOINIWCH
SEARCH 'HELP ME QUIT WALES' OR CALL
0800 085 2219

ash wales
cymru
action on smoking and health

Pan rowch chi'r gorau i ysmegu...

When you stop smoking...




20 munud
minutes

Bydd cyflymder y galon a phwysedd gwaed yn dychwelyd i normal

Heart rate and blood pressure return to normal



1 wythnos
week

Mae'r chwennych corfforol yn dechrau llacio

The physical cravings start to ease off



1 mis
month

Mae gwallt a chroen yn dechrau edrych a themlo'n well

Hair and skin look and feel better



1 blwyddyn
year

50% yn llai tebygol o gael trawiad ar y galon, clefyd y galon neu strôc

50% less likely to have a heart attack, heart disease or stroke



10 blwyddyn
years

Mae'r tebygolrwydd o farw o ganser yr ysgyfaint yn hanner yr hyn y mae i ysmygwr

Chance of death from lung cancer is half that of a smoker

Dysgwch sut gallwch chi roi'r gorau i ysmegu:
Find out how you can quit:



0800 085 2219

ash wales
cymru
action on smoking and health



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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