



WILLOWS HIGH SCHOOL



Use Google Translate to change to your preferred language.

BELONG, believe, ACHIEVE PERTHYN, CREDU, LLWYDDO

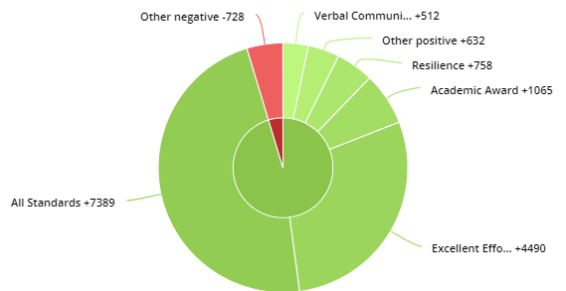
Weekly Newsletter – 23.2.24

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

Belong, Believe, Achieve:

This week, our pupils have been taking part in visits to Oxford University, the South Wales Police Headquarters in Bridgend and John Lewis. Our Year 8 pupils have been involved in an Engineering Day ran by ARUP. Our assemblies this week have been highlighting the importance of reading and looking forward to the upcoming World Book Day. Thank you to Mrs. Bubbins for delivering these.

Willows High School Conduct Overview



Merits – 19.2.24 – 23.2.24:

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

Table with 4 columns: Year Group, Total, Excellent Effort, and Merit Champions. Rows include Year 7 to Year 11 with names of merit winners.

Dates for your Diary:

- 27/2: Year 8 HPV Vaccines (also Years 9, 10 & 11 pupils who have not yet been vaccinated)
27/2: Year 11 photographs
27/2: STEM trip to Cardiff University
28/2: Macbeth performance
5/3: Year 11 Careers Carousel
8/3: Year 8 – Women in STEM Careers
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)



Our Valued Partners



School News:

World Book Day – March 7th 2024

We have started our World Book Day celebrations early this year! Our assemblies this week have followed this year's theme of 'Read Your Way.' We have looked at all of the reasons teenagers provide for not reading for pleasure such as not having enough time, finding reading difficult and being distracted by technology and have suggested some small, practical steps that our pupils can take to conquer these. We have talked about setting small challenges such as five pages a day, downloading an audiobook or starting with graphic novels. We have also discussed where pupils can access books such as bookshops, 'Audible' and all Cardiff libraries (online and in person).

Next, we looked at some genre recommendations for this age group such as YA Romance, Horror, Biographies and Graphic Novels including Manga. We are incredibly lucky to have pupils from a wide variety of backgrounds and celebrated our diversity with pupils sharing their book suggestions from across the world – Nigeria, Poland, Russia, Persia, Ghana and Wales. Our LGBTQIA+ community was also represented. The suggestion being the popular 'Heartstopper' series as it provides advice and evokes empathy in the reader.

Lastly, we looked at the many life skills reading for pleasure provides such as making you more interesting to talk to and giving you the ability to empathise with a wide variety of people. Year 11 were encouraged to read throughout the upcoming Summer holiday to ensure that they continued to expand their vocabulary in preparation for interviews and college life. The younger pupils were encouraged to develop good, healthy reading habits now to set them up for their exams in the future.



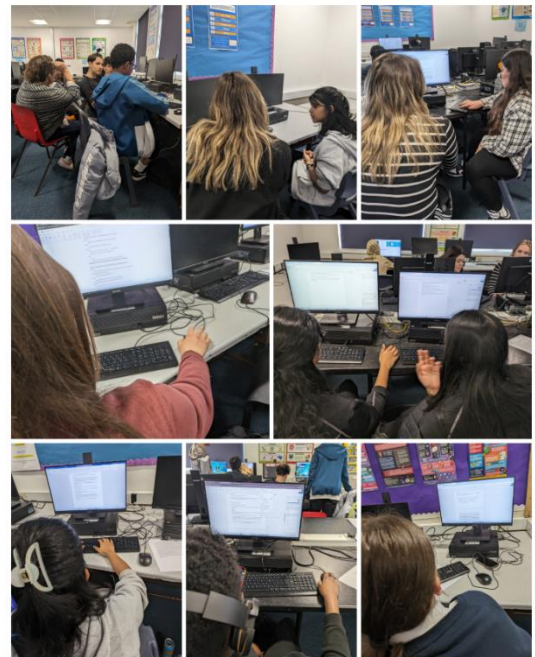
All pupils have been provided with a World Book Day token and pick up one of the books above at participating bookshops and supermarkets for free in exchange for their token. We strongly hope that you encourage your child to pick up their copy as we believe that this could be the spark that ignites their reading habit!

To help us, please remind your child to regularly to 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!

Our Valued Partners

GCSE Media Studies – BBC Casualty Visit

Our GCSE Media Studies course continues its relationship with BBC Casualty in conjunction with Careers Wales. On Monday, the team visited school to give feedback from the actual Casualty writers on our Year 10 group scripts. Our pupils have written a mini episode of the long-running show. Our ideas range from 'Mirror Image' which deals with Schizophrenia to 'Not so Crate' which looks at the potential dangers of some TikTok challenges. We have dramatic accidents in our scripts entitled, 'Unplugged,' 'Cliffhopper,' 'Off-Roading' and 'The Surfer,' luckily the team have been on hand to inform us how a medical team would deal with the problems caused! We have been hugely impressed with our pupils' creativity in this project and the scriptwriters have even suggested that some of the ideas are good enough to make it into the show – we are keeping our eyes peeled!



University of South Wales Pupil Coaches

We were really pleased to be introduced to our new University of South Wales pupil coaches this week. In conjunction with Elevate, the coaches will be working with a wide variety of pupils to help them achieve their short-term goals. The coaches have a wealth of backgrounds ranging from Clinical Psychology to Art Therapy. They are looking forward to working with targeted individuals to help build their confidence and overcome any obstacles to success.

Computer Science – Important Dates

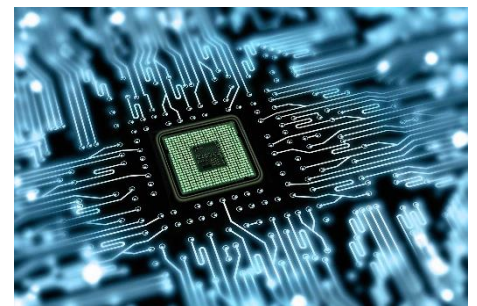
Some important dates for Year 11 GCSE Computer Science pupils:

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

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

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

Further information has been provided via ClassCharts and pupil email.



Our Valued Partners

cowshed

VOCO

St. David's
Cardiff

Civil Service

BBC

SCREEN
ALLIANCE
WALES

CANOLFAN MILLENIWM CYMRU
WALES MILLENNIUM CENTRE

ARUP

JOHN
LEWIS
& PARTNERS

STOWE
FAMILY LAW

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.

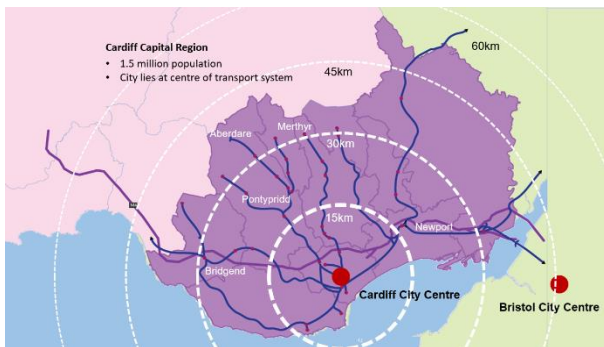
We have set up a fundraising page below if you would like to sponsor them that would be wonderful! And if you could share this on your social media that would be very much appreciated as well.

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.

Careers – Cardiff Council

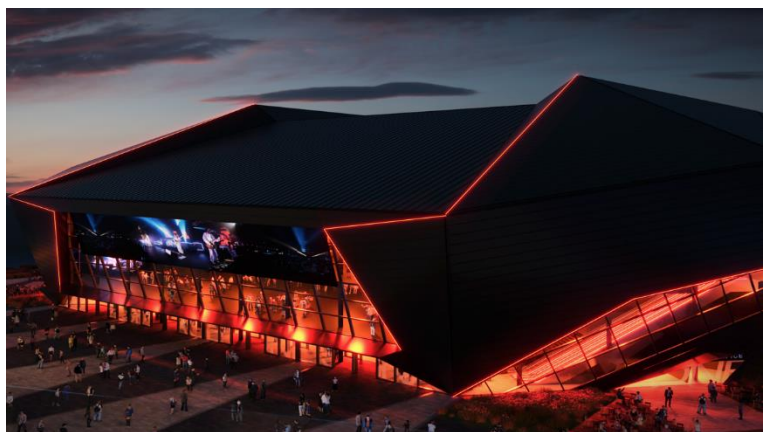
This week, Year 11 pupils had a visit from Ken Poole from Cardiff Council. He gave a really insightful talk about how Cardiff is growing and will be developing in the next few years, and which jobs and skills will be needed to ensure that happens.



The talk clearly highlighted to the pupils how lucky they are to be living in the Cardiff area, with exciting projects such as the new Arena being built in the near future.

It also gave the pupils ideas about a range of jobs and skills that will be needed when they leave school and in the upcoming years.

A huge thank you to Ken for his talk and to Adrian Cole for arranging it.



Our Valued Partners





Careers - Year 8 Engineering Day

This week the whole of Year 8 took part in an engineering project run by ARUP.

The pupils were put through 4 tasks that directly correlate to job roles in the Engineering industry. Firstly, old historical and geological maps of the school were studied to see the different land uses over time and how the type of ground material impacts where you can build.

Following on from this, the pupils were given an insight into the design/architectural side of the industry by designing their new school. They carefully had to consider what rooms to put next to each other. During this they also had to consider the cost and environmental impact of their design. Thirdly, the pupils had to work as a team to actually build their school from materials provided on an A0 sized map. They had to consider what shapes and materials made the best structure and why.



Finally, the pupils had to present their new school ideas and explain their decisions and considerations to the rest of the group.

The day was a real success with the Year 8 pupils fully engaging in the project. Their attitude and behaviour were superb.

A huge thanks to the staff from ARUP and to Adrian Cole from Careers Wales for arranging it.



Year 8 Football

Our Year 8 football team recorded a fantastic 5-0 win at home Vs Cathays after school today. Huge thanks to Jack Donald our PGCE student who refereed the game again, and to Joe Gill for managing the team. We actually lost to Cathays earlier in the year so great to see the progress of the team.

HPV Vaccinations

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

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

More information on the HPV vaccinations can be found here:

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



Our Valued Partners



Civil Service



Year 8 visit to Oxford University

On Tuesday, 14 pupils from Year 8 visited New College in Oxford University on a trip funded by the Seren Programme. During their visit they learned about the different types of university - campus, city centre and collegiate and learned how the tutorial system makes Oxford different to other universities. They found out about how they would apply for a place, the chances of getting in for different courses, how they would study, live and relax and all of the clubs they could join as a Fresher.



It was then time for a tour, and pupils were able to see the beautiful gardens, the library where students were studying and where the student accommodation was. Pupils were excited to walk in the cloisters where parts of Harry Potter was filmed and see the tree under which Mad-Eye Moody turned Draco into a ferret! Lunch was eaten in a very grand dining hall and the day finished by going into the college chapel and then a final few questions and answers.

Many of the pupils said that now they know about Oxford they are more likely to apply for this type of university, and overall they felt the trip was worthwhile. A big thank you goes to Mr Palmer-Smith for acting as chauffeur.



Our Valued Partners

cowshed

VOCO

St. David's
Cardiff

Civil Service

BBC

SCREEN
ALLIANCE
WALES

CANOLFAN MILLENIUM CYMRU
WALES MILLENNIUM CENTRE

ARUP

JOHN
LEWIS
& PARTNERS

STOWE
FAMILY LAW

Taylor
Wimpey

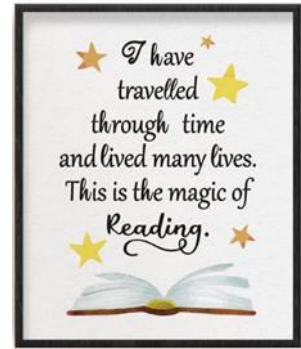
English Department

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!

Year 11 Business Visit to John Lewis



Our Year 11 Business class visited John Lewis this week to see behind the scenes. They learned about, among other things, visual merchandising and marketing.



Exam Certificates

Certificates from the Summer 2023 examination season are 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.

Our Valued Partners

cowshed

VOCO

St. David's
Cardiff

Civil Service

BBC

SCREEN
ALLIANCE
WALES

CANOLFAN MILENIUM CYMRU
WALES MILLENNIUM CENTRE

ARUP

JOHN
LEWIS
& PARTNERS

STOWE
FAMILY LAW

Taylor
Wimpey

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>



Anti-Racist Group visit to the South Wales Police Headquarters

Over 3 days, our Anti-racist group visited the SWP Headquarters in Bridgend to learn about the work they do, how the police headquarters is run and meet with the Equality, Diversity and Inclusion representative. Our pupils really impressed the representatives there and paid work placements have been offered to a number of our pupils in the summer. The EDI representative would like to come in and work with our pupils more, as he was really impressed with them

South Wales Police have posted about the visit on their social media pages, you can access them via the links below:

<https://www.facebook.com/share/p/AUwYaKxU6RtBkgSb/>

<https://www.instagram.com/reel/C3pefw4ojnk/?igsh=MTBtb3E2Zxp3bnFrag==>



Cultural Heritage Week – Recipe Book

We would like to invite all pupils, parents and staff 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/emailed to Ms Amos, Mrs Begum, Mr Konten, Mrs Davies, Mrs Pribanova or Mr Aideyan.



Our Valued Partners

Citizens Advice

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



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

Welsh Department

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

willowswelsh@willows.cardiff.sch.uk

Willows Welsh

Welsh Terms of the Week

Week Twenty

Welsh	Phonetic	English
Hapus	Happ-pis	Happy
Drist	D-wrist	Sad
Ddoniol	Ddon-knee-ol	Funny
Ddefnyddiol	Ddev-nudd-ee-ol	Useful
Bendigedig	Ben-dee-ged-igg	Brilliant
Sbwriel	Sb-oar-ee-elle	Rubbish

Science Department

What is Tassomai?

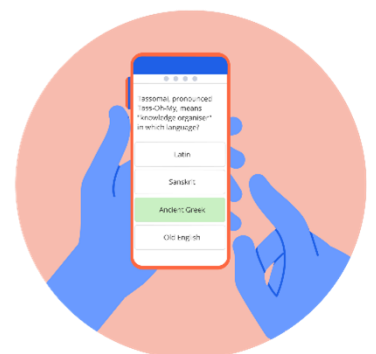
Year 11 students have all been given a login to access Tassomai which they can use as a revision aid in English, Maths and Science.

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!



Our Valued Partners

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.

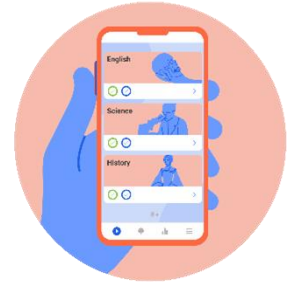
When they get enough points, they will **complete** their DG!

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:



French Department – Information for parents of Year 11 pupils taking GCSE French

Bonjour!

The French Department are offering French revision sessions on Monday and Friday mornings at 8.20-8.55 and Tuesday and Thursday afternoons at 3.15-4pm. Please would you encourage your child to attend regularly as we prepare for the upcoming French GCSE exams in May.

Revision guides are available for a deposit of £5 which will be returned to you in exchange for the book at the end of its use. Your child is also able to revise at home using materials which are available on Teams as well as via our subscription to Language Gym.

There will be a session for Parents after school on Thursday 29th February at 3.20pm which will give you further information on how to support your child and what revision you should expect them to be completing.

If you have any questions then please do not hesitate to contact me via email at joanne.brace@willows.cardiff.sch.uk

The Department looks forward to seeing you on the 29th February. Please come to the front entrance of the school from where you will be escorted to the meeting.

Our Valued Partners

cowshed

VOCO

St. David's
Cardiff



Civil Service

BBC



ARUP



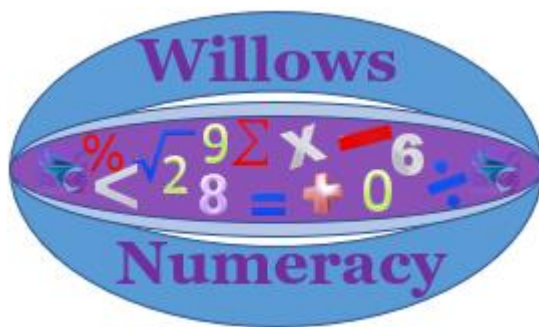
Taylor
Wimpey

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 19, starting 19/2/24:

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 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.

(a) Based on his rounded calculation, who does Ahmed think won the game?
(b) Based on her rounded calculation, who does Alyssa think won the game?
(c) Who is correct? Justify your answer.

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

Our Valued Partners

Terms of the week
Week 10 - beginning 10.02.24

Commutative laws / properties:

Commutative properties are involving the condition that a group of quantities connected by operators gives the same result whatever the order of the quantities involved.

Addition and multiplication of real numbers are commutative where
 $a + b = b + a$ and $a \times b = b \times a$

for all real numbers a and b.

For example: $2 + 3 = 3 + 2$ and $2 \times 3 = 3 \times 2$.

Subtraction and division are not commutative since, as counter examples,
 $2 - 3 \neq 3 - 2$ and $2 \div 3 \neq 3 \div 2$.


Numeracy Question Answer (Week 18)

Answer of the week
Week 18 – Starting 05.02.24

Power Savings:

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

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




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

Solution:

Since half of 4 is 2, then on average Mary Lois’s family uses the clothes line to dry two loads of laundry per week. This means they would save approximately:
 $2 \times 5 = 10$ kilowatt-hours of energy each week.

Since there are approximately 52 weeks in a year, we calculate the total savings as
 $52 \times 10 = 520$ kilowatt-hours of energy.

 **WILLOWS HIGH SCHOOL**
BELONG. believe. ACHIEVE
PERTHYN. CREDU. LLWYDDO

Mathematics After School

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

MathsWatch

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

Our Valued Partners

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.

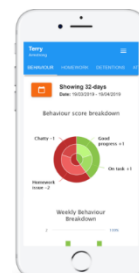


Class Charts Reminder

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.

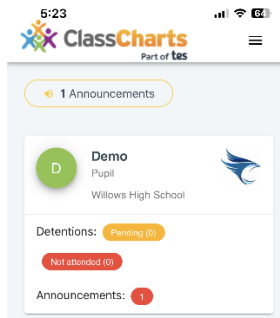
Please let your child's Head of Year know if you need a login code.

Our Valued Partners

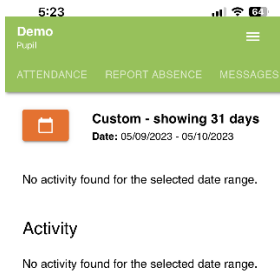


How to report an absence on Class Charts

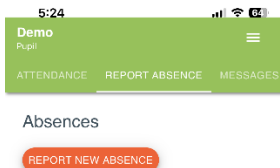
1. Click on your Class Charts app and click on your child's name.



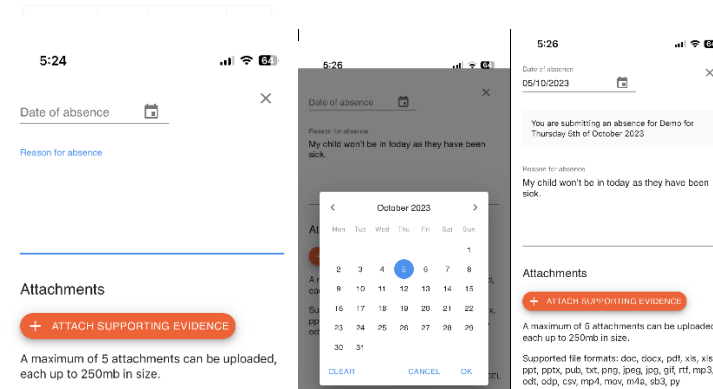
2. Scroll across the green band at the top and click 'report absence'.



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.

Our Valued Partners

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.



Our Valued Partners



Splo-down

[Splo-down](#) 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.



All of their prices operate on a sliding scale so people can choose to pay what they are able to afford. To become a member of the food coop you need to pay an annual membership fee which starts at £3/year. As a member, you can then shop at the stall and order veg boxes. This is on a 3-point sliding scale (orange - lower price, purple - wholesale price, blue - higher price). For instance, our largest veg box is £2/£5.75/£7.75 (orange/purple/blue) and contains a wide range of vegetables such as aubergine, courgettes, cabbage, peppers, cauliflower, carrots, potatoes, mushrooms, and onions.

The Splo-Down weekly stall on Wednesday will be at their new site. They are listed on Google maps, so you can find them at the following address:

Splo-Down Food co-op, Marion Street, Splott, CF24 2DP

<https://maps.app.goo.gl/odVPFKGvedMGhz1M7>



You will be able to find them in the bright blue shipping container. The new site is only a 5-minute walk from Oasis, which was their previous stall site.

This is a great milestone which will allow them to store goods on site thus reducing a lot of the current work load and allowing them to focus more on building their connections with the local community.

For any questions, please email them at:

ask@splo-down.org

Keep Splott Tidy

We're looking to get as many of our pupils and their families involved in projects that will help to make their community a better place to live. Please consider joining the Keep Splott Tidy team for a couple of hours on a Saturday morning to do your bit. The next one is tomorrow (Saturday 24th February) at 10am. Meet opposite the new Fleurs Social Club. High vis vests, gloves, litter pickers and bags all provided.

**KEEP SPLOTT TIDY
FEBRUARY LITTER PICK**

**SATURDAY 24TH FEB 2024
10AM TO 12PM
WALKER ROAD (OPPOSITE THE NEW FLEURS SOCIAL CLUB)**

ALL EQUIPMENT PROVIDED BUT IF YOU'VE BORROWED EQUIPMENT FROM US PLEASE BRING IT WITH YOU.

COME AND JOIN IN THE FUN!

Our Valued Partners

cowshed

VOCO

St. David's
Cardiff

Civil Service

BBC

SCREEN
ALLIANCE
WALES

CANOLFAN MILLENIUM CYMRU
WALES MILLENNIUM CENTRE

ARUP

JOHN
LEWIS
& PARTNERS

STOWE
FAMILY LAW

Taylor
Wimpey

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

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
 Trips YEAR 7 & 8'S
 Pool
 Xbox 5:15PM-7:45PM
 Table tennis
 Make up
 Issue base workshop

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

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

emotional wellbeing
 sleep day and
 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
 Betsi Cadwaladr I Proffwr Gyneddu'r Proffwr
 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.

Our Valued Partners



Learning Lounge & Families

Citizens Advice

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



citizens
advice

Health and Wellbeing

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

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

Wellbeing in school

Pupils

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

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

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

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

Period Dignity

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

Parents and Families

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

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

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

Safeguarding:

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

Our Valued Partners



Chat Health:

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



Cardiff Foodbank:

Willows High School is a partner agency for Cardiff Foodbank.

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

Cardiff Youth Service:

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

<http://cardiffyouthservices.wales/>

Key Services

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

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

Our Valued Partners

cowshed

VOCO

St. David's
Cardiff



Civil Service

BBC



ARUP



Taylor
Wimpey

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

Our Valued Partners

cowshed

VOCO

St. David's
Cardiff



Civil Service

BBC



ARUP



Taylor
Wimpey

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)

Our Valued Partners

cowshed

VOCO St. David's Cardiff

BBC

CANOLFAN MILLENIWM CYMRU
WALES MILLENNIUM CENTRE

ARUP

JOHN LEWIS & PARTNERS

STOWE
FAMILY LAW

Taylor Wimpey



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			

Our Valued Partners

cowshed

VOCO | St. David's
AN INDIGO HOTEL | Cardiff

BBC


CANOLFAN MILLENIWM CYMRU
WALES MILLENNIUM CENTRE

ARUP

JOHN
LEWIS
& PARTNERS



Taylor
Wimpey



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).

Our Valued Partners

cowshed

VOCO
AN IHG HOTEL | St. David's
Cardiff

B B C


CANOLFAN MILLENIWM CYMRU
WALES MILLENNIUM CENTRE

ARUP


JOHN
LEWIS
& PARTNERS


S
STOWE
FAMILY LAW

Taylor
Wimpey



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)	

Our Valued Partners

cowshed

VOCO
AN IHG HOTEL | St. David's
Cardiff

BBC


CANOLFAN MILLENIWM CYMRU
WALES MILLENNIUM CENTRE

ARUP


JOHN
LEWIS
& PARTNERS


S
STOWE
FAMILY LAW

Taylor
Wimpey

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.	

Our Valued Partners

cowshed

VOCO
AN IHG HOTEL | St. David's
Cardiff

BBC

CANOLFAN MILLENIWM CYMRU
WALES MILLENNIUM CENTRE

ARUP

JOHN
LEWIS
& PARTNERS

S
STOWE
FAMILY LAW

Taylor
Wimpey

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

Our Valued Partners

cowshed

VOCO
AN IHG HOTEL | St. David's
Cardiff

BBC

CANOLFAN MILLENIWM CYMRU
WALES MILLENNIUM CENTRE

ARUP

JOHN
LEWIS
& PARTNERS

S
STOWE
FAMILY LAW

Taylor
Wimpey