




WILLOWS
HIGH SCHOOL



 Use Google Translate to change to your preferred language.

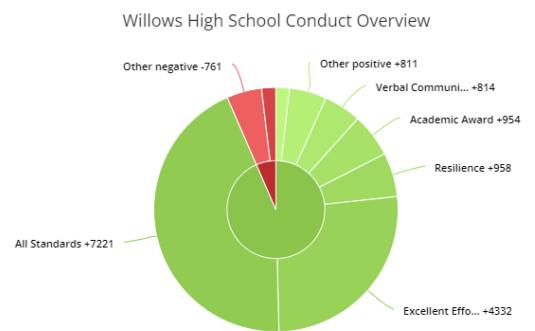
BELONG, believe, ACHIEVE
PERTHYN, CREDU, LLWYDDO

Weekly Newsletter – 8.3.24

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

Belong, Believe, Achieve:

This week, our pupils have celebrated World Book Day, worked with Casualty script writers, taken part in a Careers Carousel and been inspired by women in the Computer Science industry. Our assemblies this week have been enlightening us about Ramadan. Thank you to Mrs. Begum and her Year 10 pupils for presenting and answering everyone’s questions.



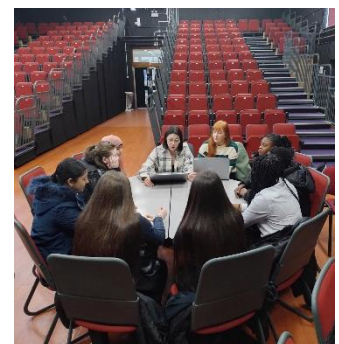
Merits – 4.3.24 – 8.3.24:

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

Year Group	Total	Excellent Effort	Merit Champions
Year 7	3615	7Beethoven	Mason Conway / Leslie Kaine
Year 8	3372	8Banksy	Amnah Husayn
Year 9	2761	9Curie	Aira Setiadji
Year 10	3427	10Farah	Marwa Elmi
Year 11	2211	11Plato	Franklyn Ajilore

Dates for your Diary:

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



Our Valued Partners



School News:

Year 8 Theatre Experience

To complement their English curriculum, last week all of Year 8 were treated to a professional production of Shakespeare's *Macbeth* in our school Theatre. The production was put on by London theatre company Quantum Theatre, and was performed by a team of five actors. Our pupils were fantastic in demonstrating theatre etiquette, and were wowed by the drama and stage fighting. Hopefully, we'll see some amazing essays on the play from them in the weeks to come!



MAT/Seren Update



Critical Thinking Challenge:

All pupils in Years 8 and 9 have been invited to complete the Seren Critical Thinking Challenge. The challenge runs for 5 weeks starting on the 11th March and involves completing short Open University Courses online in six different areas of learning:

- Expressive Arts
- Health and Wellbeing
- Humanities
- Languages, literacy and communication
- Mathematics and Numeracy
- Science and Technology.

Once six courses are completed, pupils should submit their answers and once verified they will obtain a 'Critical Thinking Star' certificate. The information booklet with all of the online links needed has been sent to pupils by Mrs Warren and pupils have had an assembly to explain what they should do. Please encourage your child(ren) to take part in this challenge to broaden their horizons and extend their knowledge and understanding of new areas.

Meducators

All Year 9 Pupils have been invited to express an interest in attending an event at Fitzalan High School. A team of medical staff and students working with MEDUCATORS will be hosting a morning workshop on SATURDAY 13th April at Fitzalan High School 9am – 12pm. This is for Year 9 pupils with an interest in future careers in medicine and the health care sector. The workshop will include a carousel of activities where the pupils can get involved learning about the various roles available, skills required within the professions and be able to speak to current practitioners about their experiences. More information can be found using this link:

[Meducators UK LTD](#) and Mrs Warren has sent an email to all of Year 9 with instructions of how to apply for a place.

Year 11 Careers Carousel

This week, we held the Year 11 Careers Carousel. The event was designed to make our pupils aware of the varied jobs and careers that are available to them and to give them an idea of what working life will be when they leave school. The companies that were represented were:

- Welsh Water
- Principality Building Society
- Celsa Steel
- Education Workforce Council



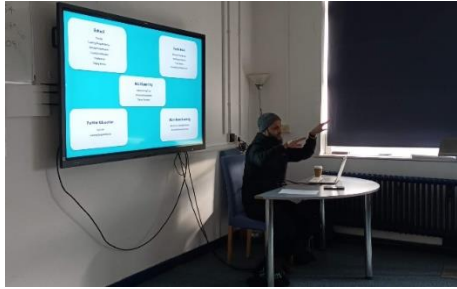
Each talk gave the groups an insight into some of the roles that exist within those industries. They also highlighted the different career paths that the pupils could undertake when they leave school.

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As always, the pupils were well behaved and respectful to our visitors. The interest level amongst the pupils was high, with many of the pupils enquiring about the different work experience opportunities that were mentioned on the day.

A huge thank you to the different employers who took part, and especially to Adrian Cole from Careers Wales for arranging it.

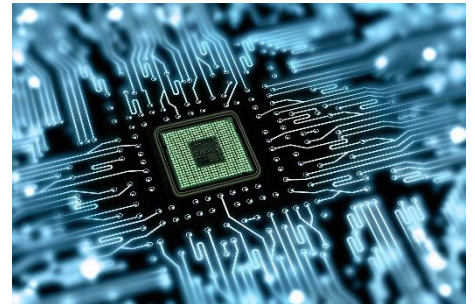


Computer science – Important date

An important date for Year 11 GCSE Computer Science pupils:

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

Further information has been provided via ClassCharts and pupil email.



Urdd gaming club

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

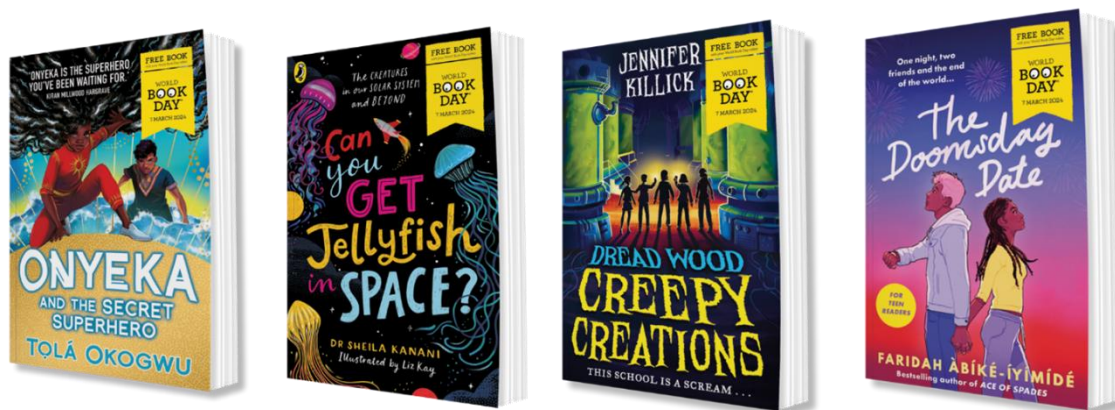
International Women's Day – Girls into STEM

For International Women's Day our Year 9 pupils took part in a Computer Science career-based speed networking session. Huge thanks to all of the companies who gave their valuable time to inspire our pupils.



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

To help us, please remind your child to regularly read at home and consider reading with them and with any younger siblings as a family. Please monitor their use of time – especially when gaming and on mobile phones and direct them to replace technology with a book for half an hour every day. Lastly, be a reading role model – if your child sees you reading a book, they are more likely to value independent reading themselves. If you would like any further advice or recommendations, please contact your child’s English teacher who will be happy to help. Happy reading!

Ramadan

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

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

We are extremely lucky to have such a diverse school with pupils and staff from all beliefs and are excited to celebrate Ramadan with all who will be fasting. We understand the importance and excitement pupils have for this month. However, we are also fully aware of the difficulties of fasting during school hours. Therefore, we will aim to support our pupils as much as we can.

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

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

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

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



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Year 11 Prom Fundraising

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



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

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

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

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

Willows New School Renaming Project

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

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

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

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



Exam Certificates

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

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

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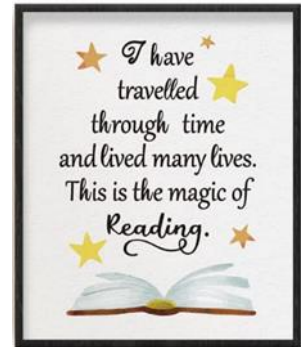
English Department

Reading is everything!

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

Your job as families?

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



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

Most importantly...

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

Cultural Heritage Week – Recipe Book

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

All recipes can be given/emailed 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.



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Science Department

What is Tassomai?

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

This is a useful video playlist explaining how the Tassomai app works and how it helps students perform to the best of their ability. <https://youtu.be/aDriZlywmYY?si=M0FIQ49t3-pdfqzB>



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

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

How does Tassomai work?



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

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

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

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

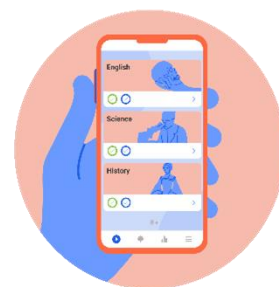
When they get enough points, they will **complete** their DG!

Why does Tassomai work?

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

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

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



When & where can I work on Tassomai?

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

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

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

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

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Year 11 Tassomai Top Performers of the week:

English	Maths	Science
Fatima Khatun	Fatima Khatun	Fatima Khatun
Joyce Wangechi Sagna	Faiz Mohayyudin	Joseph Murrell
Joseph Murrell	Isatou Njie	Ashley Cossa
Ashley Cossa	Machaiah Blenman	Machaiah Blenman
Faiz Mohayyudin		Miriellyna Bulatao
Machaiah Blenman		Sanuja Liyanage
Mobolaj Oladosu		

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-two

Welsh	Phonetic	English
Glas	Glass	Blue
Melyn	Mel-in	Yellow
Coch	Core-ch	Red
Gwyrdd	G-with	Green
Oren	Orr-enn	Orange
Porffor	Porf-oor	Purple
Brown	Br-own	Brown
Du	Dee	Black
Llwyd	Ll-loyd	Grey
Gwyn	G-win	White

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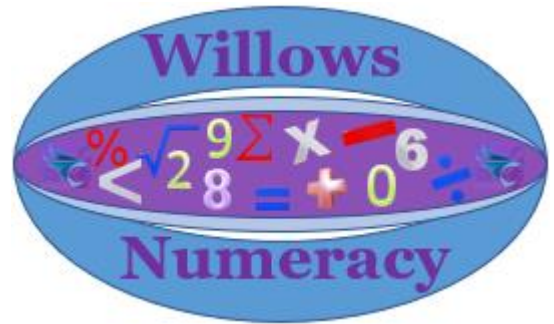


Mathematics Department

Numeracy Enrichment

Numeracy Boost Session (NBS):

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



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

Year 7: Friday 15th March

Year 8: Thursday 14th March

Year 9: Wednesday 13th March

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

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

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

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

(Go to - View past papers)

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

Numeracy Terms and Question of Week 21, starting 4/3/24:

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

Question 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.

The diagram shows three balance scales. The first scale has a box with a heart on the left pan and a 2 kg weight on the right pan. The second scale has a box with a sun on the left pan and a 24 kg weight on the right pan. The third scale has a box with a moon on the left pan and two boxes with hearts on the right pan.

Find the mass of each box.

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

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Mathematics Terms of the Week

Terms of the week
Week 21 - beginning 04.03.24

Associative laws / properties:

The associative laws state the when you add or multiply any three real numbers, the grouping (or association) of the numbers does not affect the result.

The Associative Law of Addition:

$$(a + b) + c = a + (b + c)$$

Example 1:

$(2 + 3) + 5 = 5 + 5 = 10$
 $2 + (3 + 5) = 2 + 8 = 10$

The Associative Law of Multiplication:

$$(ab)c = a(bc)$$

Example 2:


$(5 \cdot 7) \cdot 6 = 35 \cdot 6 = 210$
 $5 \cdot (7 \cdot 6) = 5 \cdot 42 = 210$

Numeracy Question Answer (Week 20)

Answer of the Week
Week beginning 26.02.24

Better Value?

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



Gift Card
Carte-cadeau

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

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

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

Solution:

Let's calculate the total cost of the items at each store:

- **M&S:** $59 + 15 + 82 + 16 = £172$
- **Debenhams:** $42 + 27 + 76 + 19 = £164$
- **John Lewis:** $51 + 23 + 94 + 14 = £182$

We notice that the least amount they would have to pay is £164. Therefore, if they want to pay the least amount of money, then the gift card should be purchased from **Debenhams**.



Willows Mathematics
After School

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

MathsWatch

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

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Attendance

Contact Details - Willows High School

To Report an Absence:

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

Contact Donna Whitney using Classcharts (see how to below)

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

Contact Clare Davies using Classcharts (see how to below).

Please do not use the old mobile numbers or email.



Class Charts Reminder

What is Class Charts?

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

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



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

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

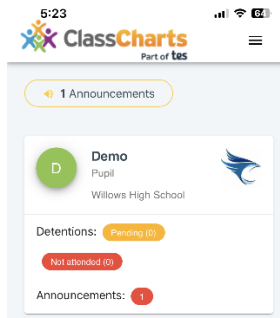
Please let your child's Head of Year know if you need a login code.

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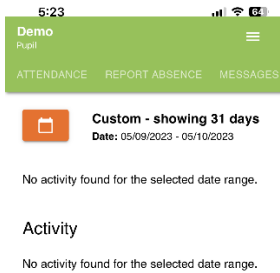


How to report an absence on Class Charts

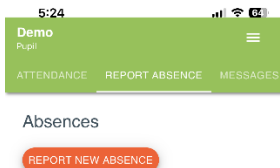
1. Click on your Class Charts app and click on your child's name.



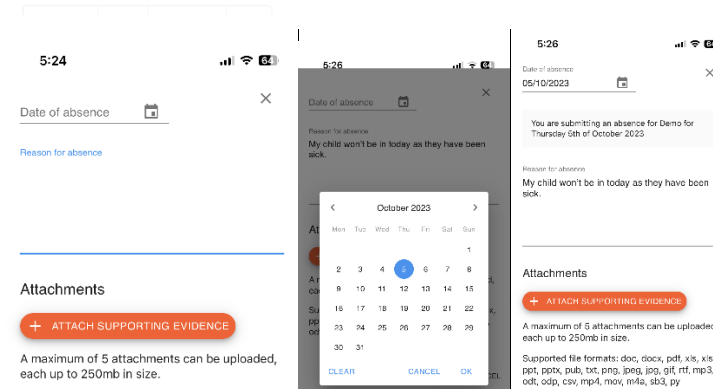
2. Scroll across the green band at the top and click 'report absence'.



3. Click on 'report new absence'



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



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

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

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Important Information for All Parents and Guardians

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

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

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

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



Community

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



[The Community Noticeboard » Green Squirrel](#)



[InksploTT | Community Is Everything](#)



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

The Tremorfa Community Pantry

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

Tremorfa Community Hall, Tweedsmuir Road, CF24 2QZ.



Our Valued Partners



A PHOTOGRAPHY EXHIBITION CELEBRATING OUR OLDER VOLUNTEERS

VINTAGE not VANISHED

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

Open afternoon 2-4pm
Wednesday 20th March

Celebration event 6-9pm
Saturday 23rd March

info@splocommunityvolunteers.co.uk



Splott
Community
Volunteers

A supporter of

Age without
limits

Vintage not Vanished

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

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

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

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

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

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

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

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

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

Splo-down

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



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cowshed



VOCO St. David's Cardiff



ARUP 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

parent line

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

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

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

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

ChatHealth
 GIG NHS

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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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):



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

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

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

We do not usually inform your parents, teachers or anyone else if you contact the school nurse. We might inform someone if we were concerned about your safety, but we would usually discuss this with you first. Your messages are stored and can be seen by other staff who follow the same confidentiality rules. We will try to keep your messages confidential but we cannot guarantee this. We cannot help before you have been treated or received a medical opinion from a doctor. Our text number does not replace a GP or NHS advice messages. We support messaging from all mobile numbers only (text only) and include messages sent from landlines, international mobile numbers and some number-masking mobile apps. Forward the school nurse from sending messages to you by text to 0161 274 0000. Please report your school mobile number to the school nurse. Messages are charged at your usual rate.

Cardiff Foodbank:

Willows High School is a partner agency for Cardiff Foodbank.

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



THE 14 FOOD ALLERGENS

- MOLUSCS**: Including land snails, whelks and squid.
- EGGS**: Can be found in cakes, sauces and pastries.
- FISH**: Found in pizza, dressings and Worcestershire sauce.
- LUPIN**: Lupin can be found in bread, pastries and pasta.
- SOYA**: Various beans including edamame and tofu.
- MILK**: Butter, cheese, cream and milk powders contain milk.
- PEANUTS**: Can be found in cakes, biscuits and sauces.
- GLUTEN**: In food made with flour such as pasta and bread.
- CRUSTACEANS**: Such as crab, lobster, prawns, shrimp and scampi.
- MUSTARD**: Can be in liquid or powder form as well as seeds.
- NUTS**: Including cashews, almonds and hazelnuts.
- SESAME**: Found on burgers, bread sticks and salads.
- CELERY**: Including stalks, leaves, seeds and celeriac.
- SULPHITES**: Found in dried fruit like raisins and some drinks.

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

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

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

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

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

Team Willows

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The Willows Menu

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

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Extra-Curricular Activities – Spring Term 2024

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

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PE Department Extra-Curricular Programme Spring Term 2024

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

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Years 10 & 11 Revision Timetable - Spring 2024

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
After school	3.10 – 4.00 pm Library open for homework. STAR Hub library open until 6.00 pm	3.10 – 4.00 pm Library open for homework. STAR Hub library open until 6.00pm	3.10 – 4.00 pm Library open for homework. STAR hub library open until 7.00 pm	3.10 – 4.00 pm Library open for homework. STAR Hub library open until 6.00pm	3.10 – 4.00 pm Library open for homework. STAR Hub library open until 6.00pm
	STAFF MEETING	3.10 – 4.00 pm Maths Drop in with pupil's Maths teacher	3.10 – 4.00 pm Year 11 Intermediate Tier Maths (G19)	3.10 – 4.00 pm Maths Drop in with pupil's Maths teacher	3.10 – 4.00 pm Maths Drop in with pupil's Maths teacher
		3.10 – 4.00 pm Year 10 RE revision Ms. Guilfoyle (S10)	3.10 – 4.00 pm Y11 Media Studies revision Mrs. Bubbins (G25)	3.10 – 4.00 pm College, Coursework & Catch-up Business Revision Ms. Williams (F4)	
		3.10 – 4.00 pm Year 11 History Revision Year 10 History Revision (after Feb half-term) Mr. Henwood (S9)	3.10 – 4.00 pm Years 9, 10 & 11 Art catch-up With pupil's Art teacher	3.10 – 4.00 pm PAWB revision help KS4 SP - PAWB	
		3.10 – 4.00 pm Computer Science Unit 2 revision Ms. Charles	3.10 – 4.00 pm Hospitality and Catering Revision Ms. Davies (G4)	3.10 – 4.00 pm Computer Science Unit 1 revision Mr. Hussein	
		3.10 – 4.00 pm French Revision with your French teacher.		3.10 – 4.00 pm French Revision with your French teacher.	
				3.10 – 4.00 pm English Revision Mrs. Lo Celso (F3)	

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

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Science Revision 2023 - 2024:

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

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