

## BELONG, believe, ACHIEVE PERTHYN.CREDU.LLWYDDO

#### Weekly Newsletter – 26.4.24

### Hello! مرحياً! Ahoj! Ola! Dzień dobry! Salut! Helo!

#### Belong, Believe, Achieve:

This week, our pupils have been completing their Welsh Speaking Exams, taking part in football tournaments and teaching primary school children as part of their BTEC Sports course. Our assemblies have been taken by Mr. LoCelso who has been explaining the role of the Senedd and the politicians who sit in it.

With the summer examination season only weeks away, we expect our Year 11 pupils to be revising diligently and effectively. The examination timetable found be on our website here: can https://willowshighschool.wales/exam-timetable-2023-2024/

Willows High School Conduct Overview Other negative -893

Our updated revision sessions timetable can be found at the end of this Newsletter.

#### Merits - 22.4.24 - 26.4.24:

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	4193	7Schumann	Filip Rushton / James Cowell / Junior Jones
Year 8	3521	8Hepworth	Joeleen Matshona
Year 9	2885	9Curie	Aira Setiadji
Year 10	2831	10Farah	Glory Oyebanji
Year 11	1642	11Plato	Franklyn Ajilore

#### **Dates for your Diary:**

30/4: Firefighter for a day Year 10 event

3/5: MMR Vaccinations

6/5: May Day

9/5: Year 7 Parents' Evening

15/5: Year 9 Options Information Evening (5pm - online)

24/5: Hay Festival Trip

27/5 - 2/6: Summer Half Term Break

6/6: All pupils return for 2<sup>nd</sup> Summer Half Term























#### **School News:**

#### Measles

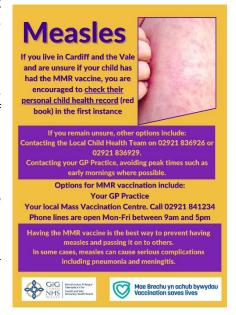
We are working in partnership with Cardiff and Vale Health Board, enabling children who have missed their scheduled appointments for MMR (measles, mumps and rubella) vaccines to access this in school.

Measles can be very serious for children, and is very easily passed between people who are not vaccinated. There are currently outbreaks of measles in Wales, so we would encourage families to take up the opportunity of their child getting their MMR vaccination if they are offered it by the Health Board.

Please note that if your child is invited and you would like your child to have the MMR vaccine which does not contain gelatine (Halal), this will be an option you can choose.

For more information about the MMR vaccine please go to Measles, Mumps and Rubella (MMR) - Public Health Wales (nhs.wales)

MMR Vaccinations are taking place in school on Friday 3<sup>rd</sup> May.



## MMR VACCINATION 2<sup>nd</sup> VISIT

The Immunisation Team will be revisiting on 03/05/2024 at 2.00pm and your child/ren will have another opportunity to receive the MMR vaccine, if they haven't received both doses already. If you haven't done so already, please complete the consent form below and/or the team will be on hand to support you on the day.

Parents/guardians will need to be present at the session.

\*If we do not receive a completed consent form you may receive a telephone call from our immunisation\*

Measles is a highly infectious viral illness that can be prevented through the MMR vaccine. Measles is a very serious infection and can lead to severe complications, even death.

https://forms.office.com/e/cB1aBysuPM

























#### **Year 9 Options Information Evening**

Mr. LoCelso will be running a session for families to help them to support their child in the Year 9 Options Process. This session will be online at 5pm on Wednesday 15<sup>th</sup> May. More information will follow via Classcharts.



#### Year 11 Making Memories - Colour Run

Our Y11s took part in a colour run this week for their 'Making Memories' programme. The sun was shining, the music was blaring and the pupils had an absolute blast, being pelted with an array of vibrant paint from their teachers! As we approach a critical period in their education with the exam season imminent, we understand that getting the balance right between revision and time to switch off and enjoy themselves is the key to success. School memories are very precious, and this year's Making Memories programme is about just that. Safe to say they won't forget this colour run event in a hurry!

#### P.E. Department

There were phenomenal performances this week from our Year 7/8 boys at the CVSFA Football 5 a side Tournament at Ocean Park Arena. The squad progressed through the group stages beating schools such as Llanishen High, Bro Edeyrn, Cardiff Montessori, St Richard Gwyn and then Whitmore High in a thrilling semi-final. It was heart-breaking to lose narrowly 1:0 in the final, but the boys put their heart and soul in to the matches, left everything on the field, and did so with absolute class. Mr. Smith was a



very proud teacher and we are a very proud school. We were the most popular team, with other schools chanting for us to beat whoever we were playing.























#### French department: Trip to Nantes



Taith is a Welsh Government programme which enables people in Wales to study, train, volunteer and work all over the world.

Following a successful application to Taith for funding, supported by International Links Global, we were able to give pupils studying French at Willows High School the opportunity to travel to Nantes (Cardiff's twin city and situated in the West of France) and immerse themselves in the French language and culture and also experience school life in France, at Collège Victor Hugo.

The delegation who visited Nantes from Sunday 14th to Thursday 18th April were Seren, Megan and Ariana in year 9 and Gwion, Nandana, Asma and Sabeen in Year 10.

Their busy schedule included cultural visits to the Natural History Museum, the Slavery Museum and the Castle of the Dukes of Brittany.

They also experienced travelling on a French train to the coastal town of St Nazaire to visit the Espadon submarine, the first French submarine to cross into the Arctic Circle and the only floating submarine in France that you can board and visit. We all went down into the steel giant to experience all the sound effects of life underwater.







We had great fun in St Nazaire. Sabeen and Asma wanted to go to the children playground on the beach where Gwion found a very interesting machine (not sure what he was trying to do!) while the girls were on the swings and running around in the sand.



























Another fun day was the visit to the 'Machines de I'ile' located in the old buildings of the former shipyards in Nantes. We went into the 'Galerie des machines' where the machinists explained the workings of giant mechanical creatures: a heron, a chameleon, an ant, a spider and many more. Gwion was personally invited to climb into the giant ant and control it while Megan and Ariana took off in the huge spider! Outside we got all sprayed by the enormous elephant when it blasted its trunk.







Finally, the highlight of our trip was the visit to our partner school- Collège Victor Hugo. We had two mornings there attending lessons and having a three-course lunch in the canteen. The group had a volley ball session on the first day then attended different lessons.



I was very impressed by Sabeen and Gwion doing a dictation in French and reading it out to the class. Well done! Also, congratulations to Seren for completing the work in a history lesson and to Nandana for answering a range of questions about her home and school life in Cardiff during an English lesson.





They also had a joint outing with the French school going to the fun fair as well as the Jardin des Plantes where they had a goûter (afternoon snack) together.

All the pupils thoroughly enjoyed being in the school and meeting the French pupils. They developed relationships with them and practised their French. I know that they are looking forward to meeting them again when they come over to Cardiff in June.

The pupils had an enjoyable time and immersed themselves in French culture and school life in France.























#### Here are some of their comments about the experience:

'Going to France was the highlight of my year, I really enjoyed going out and exploring Nantes, my favourite part was definitely going to the school and experiencing breaks, lunches and lessons there. The food in Nantes was also very interesting. The hotel was also really good! overall, I would definitely go again and I had the best time.'

'The trip to Nantes was amazing! I really enjoyed visiting a French school and finding out the differences in culture in comparison to a school in the UK. It was really nice to be able to apply my knowledge of the French language and be able to have semi fluent conversations with native French students. This trip enabled me to be able to become more confident with my French speaking while having fun and seeing the landmarks of the city.'

'An experience I enjoyed was visiting the submarine in St Nazaire where we got to go inside one. Overall, I really enjoyed this opportunity.'

'My favourite part was hanging out with a group of French students and going to the 'Machines de l'ile', it was very fun. I liked interacting with the French students and learning about French customs.'

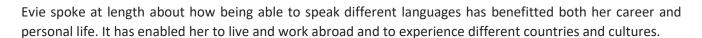
'I really enjoyed the trip because I loved seeing what life is like in France. I loved meeting the other pupils from Collège Victor Hugo as most of them seemed really friendly. It was truly a wonderful experience all round, and I would definitely go again if given the chance!'

#### **Careers - Capital Law**

This week, three Year 9 classes attended a Careers talk delivered by Evie, from Capital Law. The aim of the talk was to learn about the advantages of studying a second language - in this case French. Pupils will sometimes question why it is important to be able to speak different languages. This session was designed to answer that

issue. To make it a more interactive session, prior to the talk, the pupils devised their own questions that they wanted to ask Evie. They included:

- 1. In your opinion, what's the hardest language to learn?
- 2. In your opinion, what's the most useful language to learn (apart from English)?
- 3. Does learning another language increase your salary prospects?
- 4. What degree did you need to get your job at Capital Law?
- 5. What traveling opportunities are there studying a language at university?
- 6. Did you do French A level and French in Uni?



Thank you to Evie and Adrian Cole from Careers Wales for setting up this session.

**Our Valued Partners** 















French in the Workplace







#### **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 last term which raised a whopping £280! Looking ahead, we have a number of other events including a 'Staff/Pupil Pyjama Tremorfa Park Run' in April. Finally, and the biggest one of all, 12 possibly 13 staff have signed up to the 10K/Half Marathon run in Bristol on Sunday 19th May.



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

https://www.justgiving.com/crowdfunding/Year11willowshighprom?utm\_term=M3WQX8jY9

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



#### **Exam Certificates**

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

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

#### **English Department**

#### Reading is everything!

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

#### Your job as families?

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

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

#### Most importantly...

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

**Our Valued Partners** 

















\* Thave

travelled

through time

and lived many lives.

This is the magic of







#### **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. <a href="https://youtu.be/aDriZlywmYY?si=M0FIQ49t3-pdfgzB">https://youtu.be/aDriZlywmYY?si=M0FIQ49t3-pdfgzB</a>

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!





















#### **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 seven

Welsh	Welsh Phonetic	
Hoffwn cael	Hof-un kyle	I would like to have
paned o de	pan edd or dare	a cup of tea
paned o goffi	pan edd or goff-'e'	a cup of coffee
diod o ddŵr	dee-odd or <mark>dd</mark> -ooh'r	a drink of water
sudd oren	seethe oh-ren	orange juice



#### Mobile phone use in school

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

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

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

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

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

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

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





















#### **Mathematics Department**

#### Year 10 Mathematics Summer Mock Specification

#### Number

- · Four operations including fractions, decimals and percentages
- · Factors and multiples
- Square and prime numbers
- Ratios
- Standard form
- Surds

#### Algebra

- · Simultaneous equations
- Algebraic fractions

#### Geometry

· Angles in a polygon and straight line

#### Statistics

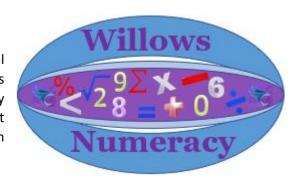
- · Mean, mode and median of a range of data
- Probability trees

# Mock Examination Information for Year 10 Parents/Pupils

May sees the start of the GCSE Summer exam season. In the Mathematics department, to get your child ready for their Year 11 exams next year each child in Year 10 will be sitting a Mathematic Mock 8<sup>th</sup> May 2024. Information from this exam will be used to help ensure your child is in the most suitable maths class from September. The exam specification (revision list) on the right has been emailed to your child. If you have any questions or queries, please feel free to contact Rhydian.batchelor@willows.cardiff.sch.uk

#### 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- KS3:

Year 9: Wednesday 10<sup>th</sup> July Year 8: Thursday 11<sup>th</sup> July Year 7: Friday 12<sup>th</sup> July

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

#### Question of Week 26, starting 22/4/24:

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: <a href="mailto:halima.aitbrahim@willows.cardiff.sch.uk">halima.aitbrahim@willows.cardiff.sch.uk</a>

#### Question of the Week Week beginning 22.04.24

#### Saving Up for a Bicycle:

Richard earns £8 each week by walking the neighbour's dog. Starting in the second week, Richard earns an extra £3 by helping maintain the community garden every other week. He is saving all of his earnings for a bicycle, which costs £157. He will also need a helmet which costs £24, a bike horn which costs £16, and a bike light which costs £9. All prices include taxes. Richard keeps track of the money he has earned.



- (a) How much money will Richard have saved after 8 weeks?
- (b) How much money will Richard have saved after 15 weeks?
- (c) How long will it take him to save enough money to buy the bike and its accessories?

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











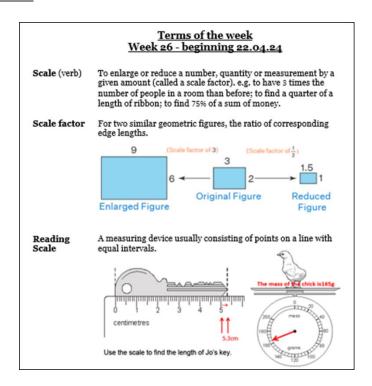












#### Numeracy Question Answer (Week 25)

## Answer of the Week Week beginning 15.04.24

#### The Pencil Case:

When trying to solve a mystery involving some missing pencils, you discover the following riddle about the number of pencils that were in the box originally.

There are fewer than forty pencils in the box.

If you remove four pencils at a time, eventually there will be 2 pencils left. If you remove three pencils at a time, eventually there will be 0 pencils left. If you remove five pencils at a time, eventually there will be 0 pencils left. How many pencils were in the box originally?



#### Solution:

Since there would be 2 pencils left if we remove 4 pencils at a time, it cannot be the case that there are 0 pencils in the box.

From this point, one way to solve this problem is to start with the last clue. From this information, we know that the number of pencils in the box is a multiple of 5. The multiples of 5 that are greater than 0 and less than 40 are: 5; 10; 15; 20; 25; 30; 35

From the second last clue, we know that the number of pencils in the box is a multiple of 3. The multiples of 3 that are greater than 0 and less than 40 are: 3; 6; 9; 12; 15; 18; 21; 24; 27; 28; 30: 33: 36: 39

The only two numbers that are in both lists are 15 and 30. Now we can count down by 4

Starting at 15 we get this sequence: 15; 11; 7; 3

Starting at 30 we get this sequence: 30; 26; 22; 18; 14; 10; 6; 2

We see that there must have been 30 pencils in the box to start, since this is a multiple of 5 and a multiple of 3 and will have 2 pencils left in the box if we remove 4 at a time.





## 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**

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.





















#### **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.



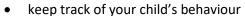
#EveryDayMatters
www.cardiff.gov.uk/schoolattendance



#### **Class Charts Reminder**

#### What is Class Charts?

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



- 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.















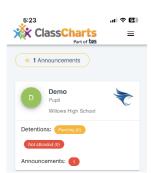






#### How to report an absence on Class Charts

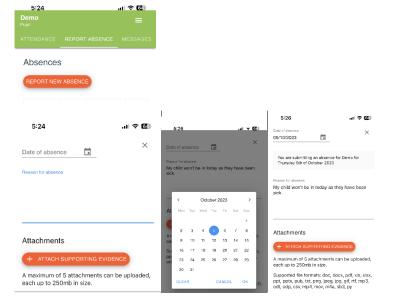
1. Click on your Class Charts app and click on your child's name.



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.



















#### 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.























#### 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. For any questions, please email them at: ask@splo-down.org'



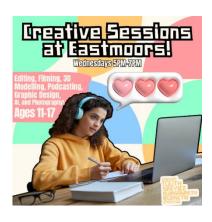
#### Settled





#### **Eastmoors**

























#### **Learning Lounge & Families**

#### Citizens Advice

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



#### Wellbeing in school

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

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

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

#### **Pupils**

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

If you are a young carer and feel you need more support or would like to know about more opportunities out there for you, Ms. Mackintosh, our Safeguarding Officer, can provide information on what is available.

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

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

#### MoodHwb

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

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

#### Parents and Families

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

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

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























#### **Fostering Wellbeing Masterclasses**

The Fostering Network are pleased to announce the next series of Fostering Wellbeing Masterclasses for Cardiff and the Vale.

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

#### **Dates of Delivery**

Masterclass Four – Tuesday 30<sup>th</sup> April Masterclass Five – Wednesday 8<sup>th</sup> May

#### What is Fostering Wellbeing?

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

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

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

#### Why should I attend?

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

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

One of our key aims is to ensure continuity of support for wellbeing and learning between home and school. The five masterclasses are based on the principle of 'supporting children and young people through strong meaningful relationships.'

#### The main masterclass themes are:

- Masterclass 4: Hands on Positive values and attitudes are best nurtured through practical activities
- Masterclass 5: Working as one Shared values and attitudes, and equality of status of all those involved with a child/young person being looked after

Here is the registration link: https://www.eventbrite.co.uk/e/fostering-wellbeing-masterclassescardiff-tickets-795212852047?aff=oddtdtcreator

Please consider completing the survey on the right if you are a



We would like to know how residents of Splott, Adamsdown and Tremorfa feel about their local

We would like to understand your worries, what you love about this area, and what you think needs to happen to make this area a safer and better place to live.

Please complete this anonymous survey by the 30th April.







SAFE Survey





resident of Splott, Adamsdown or Tremorfa.















#### **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.

# THE 14 F00<u>D</u> **ALLERGENS** MOLUSCS











**GLUTEN** 

In food made with flour such as pasta and bread.





Lupin can be found in bread, pastries and pasta.

**PEANUTS** 

Can be found in cakes, biscuits and sauces.









Safeguarding:

A reminder that the school safeguarding lead is Danielle MacKintosh. If you are worried or concerned about a child time (including over the holidays) then please e-mail 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 embarassed to talk to a doctor in the first instance. Please chat about this with your child and make them aware of the service and number (below):



#### Cardiff Foodbank:

Willows High School is a partner agency for Cardiff Foodbank.

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





















#### **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.

#### **Lateness to School: Fixed Penalty Notices**

Fixed Penalty Notices are already being requested for **poor** attendance and for term-time holidays.

After the Easter holidays we will be looking to request Fixed Penalty Notice fines for lateness to school. We ask that you speak to your child and discuss the importance of arriving at school on-time for 9:00am line-up every day. Your child is missing hours of education if they are consistently late to school.

If your child is regularly late to school then a request for a Fixed Penalty Notice fine will be actioned to the Education Welfare Service. The fine for this is £60, rising to £120, leading to a court summons & increased fines imposed.



We do not want to have to request this – we would much rather your child be in school on time.

If your child is late to school because of an appointment then please provide evidence to the Attendance Team in the form of an appointment card or letter, etc.

Please help your child to arrive at school in good time. The main gates close at 9am – after this time your child is considered to be late and will need to sign in through Late Gates in the Learning Lounge, and then main reception.

Thank you for your support in this matter.

#### **Advance warning: School Meals Price Increase**

We have been informed by the Local Authority that school meals prices in Cardiff will be increased on 1<sup>st</sup> April. We will be keeping our prices the same until the summer half term to give families fair warning. From Monday 3<sup>rd</sup> June the price of the meal of the day will increase to £3.40.





















#### 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. Roisin Cherrett	Roisin. Cherrett@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 – Leadership Link	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**























	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)

















#### Extra-Curricular Activities – Summer 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)	
	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 Ms. Parves (PAWB)	3.10 – 4.00 pm Music Club Mr. George (PAC)	Week 1 - 3.10 – 4.00 pm EAL Sports Club Mr. Gill (PAWB)	Week 1 - 3.10 – 4.00 pm LGBTQIA+ Club Ms. Jones (F5)	3.10 – 4.00 pm Book Club Mrs. Lo Celso (F3)
		3.10 – 4.00 pm Maths Club Miss Santos (G14)	Week 1 - 3.10 – 4.00 pm: Debate Club Miss Nelms (F11)	3.10 – 4.00 pm: Creative Writing Club Miss Smith (F9)	
After school		3.10 – 4.00 pm Musical Theatre Club Miss Reed (PAC)	3.10 – 4.00 pm History Club Mr. Henwood and Ms. Bethell (S9)	3.10 – 4.00 pm: K-Pop Club Miss Santos (G14 / Theatre)	
		Week 1 - 3.10 – 4.00 pm Welsh Club – Y7, Y8 and Y9 Mrs. Rees (G7)		3.10 – 4.00 pm: Eco-committee Miss Koncar (G19)	
		Week 2 – 3.10 – 4.00 pm Criw Cymraeg Mrs. Rees (G7)			
		3.10 – 4.00pm Mini robot programming Mr. Hussein (G12)			

















#### PE Department Extra-Curricular Programme Summer Term 2024

Activity	Who	Where	When	Teacher	Other Details
Athletics Club	Boys & Girls Years 7-9	Field/Barn or Gym if wet	Tuesday 3.10-4.10pm Thursday 3.10-4.10pm	Miss Moore Mr Smith	All Cardiff & the Vale Schools Athletics Fixtures at CISC, Leckwith  Championships Thursday 16 <sup>th</sup> May U15 Boys (Years 8&9) 12-6pm Tuesday 21 <sup>st</sup> May U15 Girls (Years 8&9) 12-6pm Wednesday 19 <sup>th</sup> June Year 7 Boys 12.30-6.30pm Monday 8 <sup>th</sup> July Year 7 Girls 12-6pm  U14 (Years 7&8) U16 (Years 9&10) Cup Matches Monday 10 <sup>th</sup> June12-6pm Tuesday 11 <sup>th</sup> June 12-6pm
Boys Football	Year 7&8 Boys	3G	Thursday 3.10-4.10pm	Mr Gill	
Boys Basketball	Year 10 & 11 Boys	Gym	Tuesday 3.10-4.10pm Thursday 3.10-4.10pm	Mr Roberts	All abilities welcome
Girls Basketball	All years 7-11 Girls	Barn	Tuesday 3.10-4.10pm Thursday 3.10-4.10pm	Mr Chapple	All abilities welcome

All other fixtures will be announced weekly via the school's 'X' account.

















#### Years 10 & 11 Revision Timetable – Summer Term 2024

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Before School	8.30 – 9.00 am French Revision Mrs. Brace (G11)			8.20 – 9.00 am English Revision Mrs. Lo Celso (F3)	8.30 – 9.00 am French Revision JEB (G11)
	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. STAF Hub library open until 6.00pm
	3.10 – 4.00 pm Science Revision (see below)	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 Mrs. 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 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 Ms Parves - PAWB	
After school		3.10 – 4.00 pm Product Design Mr. Konten (G2)	3.10 – 4.00 pm Hospitality and Catering Revision Ms. Davies (G4)	3.10 – 4.00 pm Y11 RE revision Mrs. Guilfoyle (S10)	
		3.10 – 4.00 pm Y10 and catch-up Y11 Of Mice and Men / Poetry Revision (F9 / F3)		3.10 – 4.00 pm Computer Science Unit 1 revision Mr. Hussein (G12)	
		3.10 – 4.00 pm Computer Science Unit 2 revision Ms. Charles (G13)		3.10 – 4.00 pm French Revision Mrs. Brace (G11)	
		3.10 – 4.00 pm French Revision Mrs. Brace (G11)		3.10 – 4.00 pm Geography Revision Mr. Gill (F1)	
		3.10 – 4.00 pm AGORED catch-up Miss Davies (F11)			
		3.10 – 4.00 pm Physics catch-up Mr. Kearns (S3)			

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WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Before School	8.30 – 9.00 am French Revision Mrs. Brace (G11)			8.20 – 9.00 am English Revision Mrs. Lo Celso (F3)	8.30 – 9.00 am French Revision JEB (G11)
	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
	3.10 – 4.00 pm Science Revision (see below)	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 Miss 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 Mrs. Guilfoyle (S10)		3.10 – 4.00 pm PAWB revision help KS4 Ms. Parves - PAWB	
		3.10 – 4.00 pm: Year 11 History Revision Year 10 History Revision (Mr. Henwood (S9)		3.10 – 4.00 pm Year 11 RE revision MrsGuilfoyle (S10)	
After school		3.10 – 4.00 pm French Revision Mrs. Brace (G11)		3.10 – 4.00 pm French Revision Mrs. Brace (G11)	
		3.10 – 4.00 pm Product Design Mr. Konten (G2)		3.10 – 4.00 pm Computer Science Unit 1 revision Mr. Hussein (G12)	
		3.10 – 4.00 pm Y10 and catch-up Y11 Of Mice and Men / Poetry Revision (F9 / F3)		3.10 – 4.00 pm Geography Revision Mr. Gill (F1)	
		3.10 – 4.00 pm Computer Science Unit 2 revision Mrs. Charles (G13)			
		3.10 – 4.00 pm AGORED catch-up Miss Davies (F11)			
		3.10 – 4.00 pm Physics catch-up Mr. Kearns (S3)			















#### **French Revision:**

Monday 8.20-8.55am	Tuesday 3.20-4pm	Thursday 3.20-4pm	Friday 8.20-8.55am
Chira Sadia	Yara Havin Mariam Jessica	Tasnim Havin Jasper Mariam	Jimi Alex Riana Abdul
	Jessica	Julio	Fatima

#### **Science Revision**

Date	Year 10	Year 11
08/04/2024	Chemistry	Physics
15/04/2024	Physics	Biology
22/04/2024	Biology	Chemistry
29/04/2024	Chemistry	Physics
06/05/2024	May	Day
13/05/2024	Physics	Chemistry
20/05/2024	Chemistry	Physics
27/05/2024	Half term	Half term
03/06/2024	Biology	
10/06/2024	Chemistry	
17/06/2024		

#### **Science Exam dates**

Year 11 Biology exam Friday 10th May Year 11 Chemistry exam Friday 17th May Year 11 Physics exam Friday 24th May Year 10 Biology exam Monday 10th June, Year 10 Chemistry Thursday 13th June Year 10 Physics Monday 17th June

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