

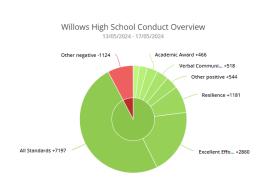
# BELONG, believe, ACHIEVE PERTHYN.CREDU.LLWYDDO

# Weekly Newsletter – 17.5.24

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

# **Belong, Believe, Achieve:**

This week, our pupils have taken part in the Debate Mate finals, been tutored by a journalist from the BBC, taken in the sights of Barry Island and the exam season has started in earnest. If you have a child who is sitting exams in the next couple of weeks, please ensure that you are aware of the dates and the start times of each one. Please note that morning exams start at 9am. The examination timetable can be found on our website here: https://willowshighschool.wales/examtimetable-2023-2024/



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

# Merits - 13.5.24 - 17.5.24:

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	3944	7Schumann	Azeem Ololde-Ankirun	
Year 8	2700	8Dali	Auwal Abubakar / Charlie Charles / Goodluck Onome	
Year 9	3745	9Curie	Gina Kong	
Year 10	2530	10Farah	Glory Oyebanji	
Year 11	895	11Plato	Inaaya Chowdhury / Cruz Jackman	

# **Dates for your Diary:**

20/5: GCSE English Literature Unit 2 (9am start)

20/5: GCSE Media Studies (1pm start)

20/5: GCSE Health and Social Care (1pm start)

21/5: GCSE Computer Science Unit 2 (1pm start)

22/5: GCSE Welsh Unit 2 (9am start)

23/5: GCSE English Language Unit 2 (9am start)

24/5: GCSE Double Award Physics (9am start)

24/5: GCSE French Writing (1pm start)

24/5: Hay Festival Trip

24/5: HPV Catch up Session

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

3/6: All pupils return for 2<sup>nd</sup> Summer Half Term



















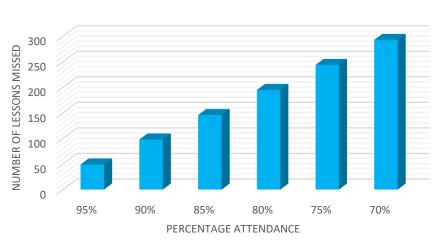




# **School News:**

### Important information about attendance to school

# **Number of lessons Missed**



In an exam, if you got 90% of the questions correct, you would probably think that this is a very good result.

Unfortunately, this doesn't translate to your child's attendance.

**90% attendance** for the school year means that your child has **missed 98 lessons**. How are they going to make that time back?

Even **95% attendance** which is the Welsh Government's threshold for good attendance means your child would have **missed 49 lessons** over

the school year. This is a lot of work for your child to miss.

The chart above shows how quickly the number of lessons your child misses increases as their attendance drops.

The greatest gift that we can give your child is an amazing set of examination results at the end of Year 11. To provide the best possible conditions for this to happen, your child needs to have as high an attendance percentage as possible.

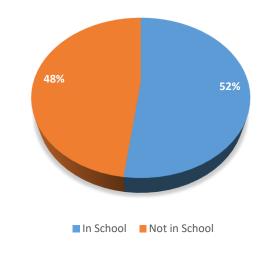
Pupils are in school for 190 days of the year, they are not in school for 175 days of the year.

We believe that this is plenty of time for the majority of appointments to be made out of school hours.

Please consider your child's education before making appointments during the school day, and if you have no option, please consider how they are going to catch up on the work they have missed?

We would be grateful if families would take the information above on board and we look forward to your support.

# Days in School / Not in School



### **Period Dignity**

All pupils will listen to an Assembly on 'Period Dignity' during the week commencing June 10<sup>th</sup> 2024. The assembly will cover how pupils can access period products, self-care and commonly asked questions. If you have any questions about this, please contact Mrs. Bubbins using Kelly.Bubbins@willows.cardiff.sch.uk





















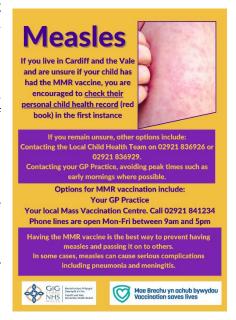
#### Measles

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)'



# Mountain biking

Huge congratulations to our very own Mrs. Warren who competed in a national cross country mountain biking



race in Margam Park on the weekend and came third. Following two second places in rounds 1 and 2 of the Welsh XC MTB series in Builth Wells and Llandegla she now is ranked second in the UK for her age category. Well done Mrs. Warren, we are so proud of you!

#### Canteen news

# Advance warning: School Meals Price Increase

The price of school meals in Cardiff was increased on 1<sup>st</sup> April. We have kept our prices the same for this 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.

# Till operating system update

When we return after half-term, we will be using a different till system which we aim will shorten queuing times even further. This does mean that we will need to re-scan our pupils' thumbprints for this updated system. We will be doing this in the latter part of next week.

# Menu Amendment

There are some slight changes to our menu next week.

On Monday, we will be serving tomato and vegetable pasta bake.

Jerk Chicken will be served on Wednesday instead of Thursday.

On Thursday, the canteen will be serving Chicken / Vegetable tikka curry and rice.





















# Specialist resource base

The SRB have been learning about the Life Cycle of a Butterfly. We wanted to place a sense of wonder and excitement into the SRB. We have learnt that caterpillars have 6 legs but also 5 pairs of stumpy prolegs with little hooks that help them to hang onto things. They use the small hooks on their feet to climb plants.

Look out for next week's Newsletter to see how much they grow!!!



Week 1



Week 2

#### **Uniform Reminder to Parents**

Unfortunately, we are seeing a rise in the number of pupils who are attending school wearing the incorrect uniform, especially on days when they have P.E.

We would appreciate the support of families to ensure that pupils come to school appropriately dressed. On the right is the information in our Parent Handbook which sets out clearly the expectation for our pupils at Willows.

We have uniform for a reason, it is to act as a leveller for pupils. Everyone wears the same, so noone can feel disadvantaged by those who might want to come into school wearing the latest brands and expensive labels. It is also there to ensure that the clothes that are worn are appropriate to the age of your child, not too revealing and suitable for walking around in throughout the day.

Pupils will be sent home to change if they are wearing inappropriate clothing, this will be the school's decision.

We would appreciate if you would discuss this with your child and take steps to ensure that they are appropriately dressed for school when they leave your house in the morning.

The school will make parents aware if there is any change to the school uniform due to increases in temperature, please do not send your child in P.E. kit if the weather is warm.

School P.E. midlayer top, plain black sport shorts, plain black tracksuit trousers or plain black sports leggings.

No jeggings, tight fitting trousers, jeans, jean like trousers or low rise trousers

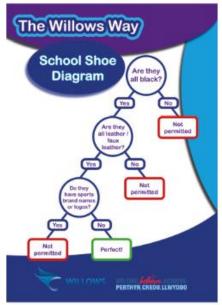
No hoodies

Currently if your child has P.E. they should wear their P.E. kit to school for that day.

If you are concerned about the cold weather, pupils may wear their blazer as an extra layer of clothing.



#### Acceptable shoes flow diagram:



# Hair:

No extreme styles / non natural colours.

#### Shoes:

Black leather or faux leather shoes or ankle boots only. No canvas, no trainers, no logos.

Black to go with the uniform. Leather to be weather resistant.





Uniform will be checked during the first line-up of the morning.

Pupils who are not wearing correct uniform will be sent home to either change or collect a part of their uniform that was missing

Crocs are definitely not part of the school uniform!

Our Parent Handbook can be accessed on our website or by clicking the link below:

https://indd.adobe.com/view/1dbf54a5-38cf-494f-9166-50b358b2e824





















# **Debate Club**

Some fantastic news from Debate Club this week, we came Second in the Wales Debate Cup

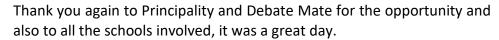


Willows were up against tough competition from schools across Cardiff who were all battling for the prestigious Wales Debate Mate Cup 2024 at the Principality Stadium. Willows entered two new teams this year, all of whom were successful in all three of their debates.

The final was decided upon a point system where Willows were up against Cathays High. We narrowly missed out on the win, but our team were exceptional especially as they were new to debating and

against a very experienced team! Our pupils debated on a range of topics such as carbon tax, having dream jobs, whether schools should provide laptops for all children. With the final being about pausing the development of AI.

Our pupils were all amazing and we received comments from companies and other schools present about how courteous and talented they were, they really did do us proud! We even had members of Legal and General, from a previous debate league, pop by to see some of our pupils specifically.





#### **GCSE Media Studies**

# Year 10 Visit from BBC Casualty Costume and Make-up

As part of our school partnership with BBC Casualty, our pupils requested an insight into the costume, props and make-up departments. We are very grateful to Fiona and Nicola who gave a fascinating talk about their personal qualifications and career journeys into this area as well as telling us about their day-to-day roles. We learnt about continuity and the importance of checking all the finer details on a busy set. We learnt about being creative and thinking on the spot. The pupils then completed one of the BBC's interview tasks for the costume apprenticeship. They were presented with a scenario and character and had to prepare the sock that this character would wear using specialist make-up, resources and materials. The pupils were very engaged and highly imaginative in this task.

Next, we met Kirstie from the make-up department who explained how she had worked her way up the ranks on various television and film sets in Wales and London. Kirstie also explained that make-up



artists frequently travel the world to work on the sets on music videos, television and film. The pupils saw some of the very realistic props from the show and Kirstie demonstrated how to apply moulds and make-up for injuries. The pupils all had a go at creating these on each other and thoroughly enjoyed practising their skills in this area.





















# Year 10 Visit from BBC News' Garry Owen

On Wednesday, Year 10 were visited by Garry Owen from BBC News as we are currently covering this topic in class. Garry spoke about his career as a journalist and gave us an insight into the life of a news journalist. The pupils had the opportunity to discuss the news stories Garry has recently worked on as well as offering their own ideas on recent news events.

Garry promoted the 'BBC Young Reporter' competition which we hope many of our pupils will enter this year. Thanks to Hannah and Leanne from BBC and Adrian for 'Careers Wales' for their support in organising such authentic Media Studies events.



#### Year 8 'Genius Hour' Board Game Competition

On Tuesday we judged our third 'Genius Hour' Board Game Competition and as always, standards were exceptionally high.

The winners from 8HP were Violet, Maisie and Celyn with their game, 'The Willows Day.' Competitors had to make their way around the school avoiding being sent to Mr. Norman, Mr. Lo Celso or Mrs. Bubbins' offices. This group was praised for their presentation and level of detail – especially in their art work.

The winners from 8BA were Halle, Renaeya, Milan and Javiah with 'Cheapest Monopoly.' This was a humourous take on the classic board game where competitors visited Cardiff landmarks and shops in Splott. This group was praised for their sense of fun, well-designed storage box and rule sheet.

The winners from 8MA were Raneem, Hadley, Alexa and Imogen with 'Demerit.' Inspired by Miss. Charles' lessons, the players moved around the board using an electronic dice. This group was praised for their excellent presentation and imaginative counters.

The winners from 8CO were Lily-Rose, Rateel, Fatma and Jessica with 'Caterpillars and Ladders.' Players had to make their way around the board searching for ladders and avoiding the caterpillars. This group was praised for their consistent green and gold colour palette and strong brand identity.

The winners from 8DA were Charlie, Charlie and Cenzie with 'Dino Island.' This game was a lot of fun to play as the players had to avoid the dinosaurs to reach the treasure chest. The game was made more tactical by the dinosaurs changing position each time you played. The group was praised for their strategic thinking and well-designed board.

The winners from 8IN were Karina, Olivia, Cheyenne and Lilianna with 'Guess that Celebrity!' Players had to listen to descriptions of well-known celebrities and guess them against the clock. This group

was praised for their well thought out staggered clues and the amount of detail that had gone into each playing card.

Overall, Mrs. Bubbins, Mrs. Cherrett and Miss. Bethell had a very hard task choosing the winner. It was decided that 8IN just pipped the post to come first place with all competitors winning Amazon vouchers. They were very closely followed by 8DA who were rewarded with chocolate. All of our finalists have received a golden ticket and should be very proud of the innovation and collaboration on this project.





















# **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 this coming Sunday.



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

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

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



#### **Exam Certificates**

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

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

### **English Department**

# Reading is everything!

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

# Your job as families?

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

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

#### Most importantly...

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

Families, please remember that every pupil should be reading at least 20 minutes per evening as part of their homework. Please give them a Reading Homework merit every time they do this.

**Our Valued Partners** 

















have travelled

through time

and lived many lives.

This is the magic of

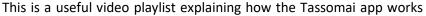




# Science Department

### 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.





and how it helps students perform to the best of their ability. https://youtu.be/aDriZlywmYY?si=M0FlQ49t3pdfqzB

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!





















### **Social Media**

Social media is increasingly playing a role in the lives of our pupils and for the majority of time, this is a positive thing. However, we are increasingly seeing how social media can have quite a negative impact on our pupils and in some cases, the impact has been quite significant.

We need to work together to harness all of the positive aspects of social media (and there are many) and to cancel out those aspects which can do harm. Whilst it is easy to focus on the fact that the age guideline for most sites is 13, it is also recognised how difficult it is to stop children



from accessing these especially when all of their friends are using a certain platform.

Perhaps a more realistic place to start is to ensure that, if social media sites are to be used then they are set up in a way which helps to protect privacy. For example, most platforms allow you to:

- set an account to private (many of our pupils don't do this and some have been approached by people they don't know
- not allow friend requests again, some pupils have had friend requests from unknown users
- hide the user's location worryingly, so many pupils share their location and with the development of
  ever more sophisticated software, it is becoming relatively easy to pinpoint exactly where the social
  media account is being used from (without sharing any address details).

Changing the settings to not allow the issues to happen takes a few minutes and can significantly improve the level of online safety when accessing social media. The NSPCC site 'Keeping children safe online' really is excellent and I would urge all families to access this: <a href="https://www.nspcc.org.uk/keeping-children-safe/online-safety/">https://www.nspcc.org.uk/keeping-children-safe/online-safety/</a>



# 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 understand their responsibilities in this matter.

















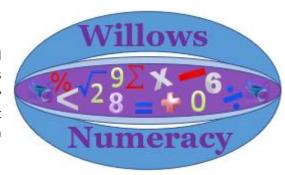




# **Mathematics Department**

#### 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:

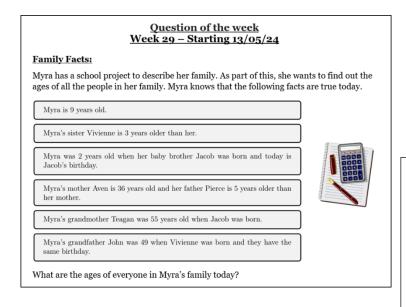
Year 9: Wednesday 10th July Year 8: Thursday 11th July Year 7: Friday 12th July

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

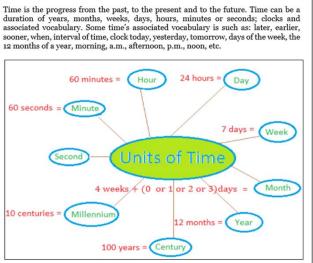
# Question of Week 29, starting 13/5/24:

To help our pupils boost their mathematical vocabulary and Numeracy skills, The "Terms of the week" will be emailed to them in a daily basis, and the "Question of the week" will be emailed in a weekly basis. Any questions, please email: halima.aitbrahim@willows.cardiff.sch.uk

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



# Mathematics Terms of the Week



Terms of the week Week 29 - beginning 13.05.24

**Our Valued Partners** 













Units of time









# Answer of the Week Week beginning 06.05.24

#### Watermelon & Cantaloupe Plants:

Last year, Janine Farms grew watermelons. They used two different sizes of garden plots: single garden plots and double garden plots. In a single plot they grew one watermelon plant, and in a double plot they grew two watermelon plants. This year, they are planning to grow cantaloupes instead of watermelons. In each single plot they will grow five cantaloupe plants and in each double plot they will grow ten cantaloupe plants.



The farm has 14 single plots and 26 double plots.

- e) How many watermelon plants did the farm grow last year?
- d) How many cantaloupe plants are they expecting to grow this year?

#### Solution:

- a) Since each double plot contained two watermelon plants, there were 2 x 26 = 52 watermelon plants in the double plots. This means there were a total of 14 + 52 = 66 watermelon plants.
- b) Since they expect to grow 5 cantaloupe plants in each single plot, they expect to grow 5 x 14 = 70 cantaloupe plants in the single plots.
  Since they expect to grow 10 cantaloupe plants in each double plot, they expect to grow 10 x 26 = 260 cantaloupe plants in the double plots.
  This means Janine Farms is expecting to grow 70 + 260 = 330 cantaloupe plants.





# **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.

### **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 thirty

Welsh	Phonetic	English
Es i	air – sea	I went
Ces i	k-airs-sea	I had
Roedd e'n	roy- <mark>dd</mark> air'n	It was
prynais	p-run ice	I bought
gwyliais	guh-willy-ice	I watched





















#### **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:

Class Cha Parent

- 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.















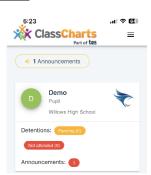






# How to report an absence on Class Charts

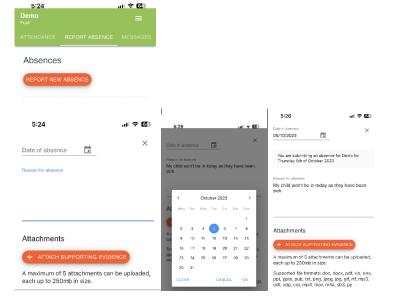
1. Click on your Class Charts app and click on your child's name.



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.

If you have any of the following spare, please drop them off at the school reception so that we can help Splott Community Volunteers provide food for those in need:

- Tins: rice pudding, custard, tuna, chopped or plum tomatoes, soup, any meals in tins
- Cereals: corn flakes, bran flakes, rice crispies, shreddies, weetabix
- Dried items: pasta, rice, noodles

### 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.





















# **Cardiff City FC Community Foundation**

Fit Bluebirds is a free is a FREE health programme, led by expert staff for men and women aged 35-65 who are looking to lose weight, get fitter and lead a more active life. We are currently delivering cohorts at Cardiff City Stadium, in Barry and Llanrumney and have spaces available in each area.

Sessions run on:

**Mondays** 

6 to 8pm

Llanrumney Hall, CF3 4JJ

**Tuesdays** 

12.30 to 2.30pm

Castleland Community Centre, Barry, CF63 4JZ

**Tuesdays** 

6-8pm

Cardiff City Stadium, CF11 8AZ



# **South Wales Police - Sextortion**

We have been informed that South Wales Police are concerned about the rapidly growing number of 'sextortion' cases involving young people across Wales.

This is where individuals are targeted and threatened that inappropriate images of themselves that have been previously uploaded will be shared unless money is sent. This is obviously extremely worrying and the first action must be to ensure that no such photographs or videos exist - and, if they do so, they must be deleted immediately.

The advice to families from South Wales Police is as follows:

- Don't pay, do stop contact and block: you may be tempted to pay, but there is no guarantee that this will stop the threats. As the offender's motive is to get money, once you have shown you can pay, they will likely ask for more and blackmail may continue. If you have paid, don't panic but don't pay anything more. Help your child to stop all communication with the offender and block them on any accounts that they have been contacted on.
- Avoid deleting anything: try not to delete anything that could be used as evidence such as messages, images, telephone numbers, and bank account details.
- Report to the police or CEOP: call 101 or 999 if there is an immediate risk of harm to your child. Or you can use the **CEOP Safety Centre** to report any online blackmail attempts.

The NSPCC website is also a very good source of information and support should you require it.





















# **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/.



#### **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.





















# **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 (including holidays) time over the 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.





















# 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. STAR 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)			















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













