

BELONG, believe, ACHIEVE PERTHYN, CREDU, LLWYDDO

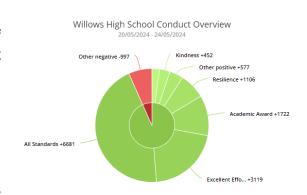
Weekly Newsletter – 24.5.24

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

Belong, Believe, Achieve:

This week, our pupils have engaged in their last enrichment session of the half term and visited the Hay Festival. We have also been meeting some of the pupils who will become our new Year 7's next year. 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/exam-timetable-2023-2024/

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



Merits - 20.5.24 - 24.5.24:

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	3344	7Beethoven	Jewel Onome
Year 8	3539	8Matisse	Kelvin Imade
Year 9	3506	9Curie	Kiana Nikoonamrad
Year 10	3130	10Edwards	Maria Goman
Year 11	463	11Socrates	Musa Argin

Dates for your Diary:

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

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

3/6: Grassroots Day

3/6: GCSE Numeracy – Calculator (9am start) 3/6: GCSE Spanish Reading and Listening (pm) 3/6: GCSE Russian Reading and Listening (pm)

4/6: GCSE Welsh (9am start)

4/6: GCSE History (pm)

5/6: GCSE Geography (9am start) 6/6: GCSE English Language (9am start) 6/6: Year 8 Parents' Evening (online)

7/7: GCSE RE (9am start)

















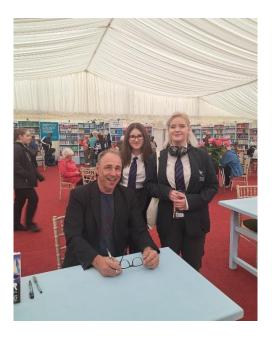






School News:

Hay Festival visit



Thank you to Miss. Smith for taking members our Book Club and Writing Club to the Hay Festival today.

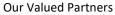
The pupils loved listening to authors discuss their own personal experiences writing - with Alex Rider Series Author Anthony Horowitz being a fan favourite

Highlight of the day was watching Willows pupils being chosen for the most questions to ask in an interview panel in a BBC Radio episode.

Huge thanks to Mrs. Lo Celso for organising and sending in their questions. The BBC speakers and directors were really impressed with all our pupils and their behaviour























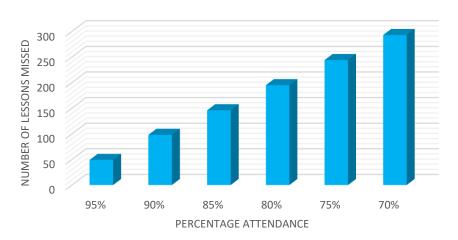








Number of lessons Missed



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.

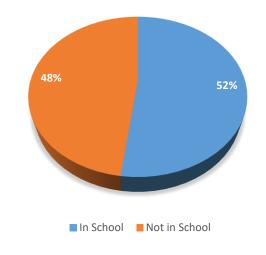
Pupils are in school for 190 days of the year, they are not in school for 175 days of the year.

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 10th 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





















Year 11 Education Maintenance Allowance (EMA) Applications

We know that many of our Year 11 pupils are going on to further education next academic year. If this is the case, they may be eligible for Education Maintenance Allowance to help them with the cost of travel, books and

education Maintenance Allowance (EMA) 2024/25

The little book of EMA
All you need to know about EMA for academic year 2024/25

We welcome applications in Welsh. This won't lead to a delay in our resp materials. This payment is dependent on your household income being below £23,078. If it is above this, there be other help available - please refer to the website below. The payment will not affect any benefits you already receive.

The website below suggests that pupils apply for this **before June 2024** in order to secure the best chance of obtaining the payment as they start college. However, it can be applied for any time during the academic year.

This is the link to the website and booklet for further information:

How and when to apply for Education Maintenance Allowance, Further Education | Student Finance Wales

EMA Wales Little Book of Ema 24/25 (studentfinancewales.co.uk)

Here is the link to the application form:

EMA Application Form 2024-2025 (studentfinancewales.co.uk)

The application form needs to be filled in by hand. If you are not able to print this out, please ask a member of school / college staff to do this for you. There will be some copies on the school reception if you or your child needs to pick one up.

Once completed, the form needs to be posted to: EMA Customer Services, PO Box 5596, Glasgow, G52 9BR

Year 8 Parents' Evening

Bookings are now open for Year 8 Parent's Evening on the 6th June. Please check your Classcharts announcements for a guide on how to use Schoolcloud.





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)





















Bristol Half Marathon/10k

A huge well done and an even bigger thank you to Leah M, Jess N, Hannah D, Jane C, Tara D Jack and Elen who, despite the searing heat on Sunday managed to complete the AJ Bell Great Bristol Run. This is part of our fundraising campaign supporting Barnardo's Children's Charity and our very own Y11 Prom celebrations, which is up to an amazing total of £1200!! This fundraising campaign will close this Friday and so any final donations need to be made before then. Thank you to those that have already contributed.

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







Grassroots

On Monday 3rd June, we'll be celebrating Grassroots

This year our school has been participating in the Grassroots Programme.

Grassroots is a group of pupils at Willows dedicated to making school a better place to be for everyone. It's about helping people chill out, show that they care, listen to each other, and feel welcome, included, and respected.

Perhaps you've seen or received an orange wristband, or seen one of the Grassroots posters around school?

On Grassroots Day, find the Grassroots students in their Grassroots T-shirts.

Let them know how you want to make Willows High School a better place for everyone and maybe win a portable speaker!

The Grassroots pupils will also be at lunch, handing out Grassroots wristbands, and they will tell you more about what Grassroots is all about and hear what you have to say.

So don't forget! Grassroots Day is Monday 3rd June.























Cardiff Met's Summer School

We're excited to announce that Cardiff Met's Summer School 2024 is now open for booking!

Taking place across the 10th – 21st June in Cardiff Met's Llandaff campus, the Widening Access Summer School

gives adult learners the opportunity to try a range of interesting and engaging learning opportunities - free of charge! Courses run in the daytime so that adult learners with children in school can attend courses and make it back in time for the school run.



Trying a Summer School course might just be the start of something

exciting, which could open more doors such as progression onto one of our accredited community courses, and ultimately provide a pathway to full-time or part-time study at the University.

You can view the digital brochure on this webpage to learn more about Summer School and sign up for our courses.

Canteen news

Advance warning: School Meals Price Increase

The price of school meals in Cardiff was increased on 1st April. We have kept our prices the same for this summer half term to give families fair warning. From Monday 3rd June the price of the meal of the day will increase to £3.40.

Specialist Resource Base

Our caterpillars have now grown to full size and formed chrysalises. They are now undergoing a transformation, a process called metamorphosis







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.

Half term activities in Cardiff

With May half term upon us, it's time to plan some exciting activities to keep the family active. Cardiff has plenty to offer. From free and inexpensive options like Lego club and crafts at the Hubs to outdoor adventures in the city's beautiful parks and green spaces, there's something for everyone.





















May is National Walking Month too, so why not explore Cardiff's wildlife explorer trails and discover the diverse plants and animals that call the city home? It's a fun and educational way to connect with nature. Are you ready for a really wild adventure? Come to Cardiff Castle this half-term for an exciting, hands-on encounter with some exotic members of the animal kingdom. Tickets here: Half Term: Animal Adventures

Cardiff Council has pulled together some useful links and ideas for half term (27-31 May): Cardiff Castle, Visit Cardiff, Wildlife Explorer Trails, Victoria Park Splash pad, Holiday activities for children, Outdoor Cardiff, Park and Green spaces, Walks and Trails, Walking and cycling map, Cardiff Hubs events and activities. With a range of activities and attractions in Cardiff, you're guaranteed a fun-filled break.

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.

P.E. Kit:

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.

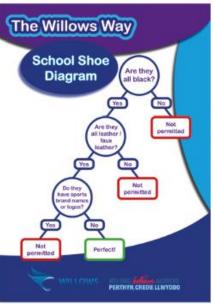
No hoodies

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:



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



















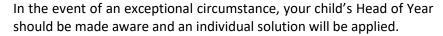


Mobile phone use in school FAQs

What will happen if my child is using their phone on the school premises or during the school day?

Staff will request that pupils hand their device(s) in, these will be stored in a secure place, in a padded envelope and will be clearly labelled ready for collection at the end of the same day. In an attempt to discourage use of electronic devices we will operate an escalated approach:

- Initial offences Device handed-in, pupil can collect at the end of the same day, Parent/Carer informed.
- Repeated offences Device handed-in, parent/carer must collect.
- Continued offences Device handed-in, parent/carer must collect. Parent/carer to attend a meeting.





Can my child bring their phone/electronic device to school?

Yes of course, we ask that they are switched off and out of sight during the school day and when on the school premises.

What if I can't collect my child's phone/electronic device?

That's ok, we will keep any devices secured at the school until it is convenient for you to collect.

What will happen if my child refuses to hand in their electronic device/mobile phone?

This is something we all want to avoid and as such we will also have an escalated approach to this:

Discussion with Head of Year / SLT > time in the APC until handed in > exclusion

Please encourage your child to not use their device in school to avoid the above escalation, we are giving plenty of advance warning to avoid this.

What happens if I need to speak to my child during the school day?

There are rare occasions whereby you may need to speak with your child for emergency reasons, if this is the case, please contact the school via the main number (02920 414243) and we will endeavour to pass on messages or collect your child to use a school phone. If we feel that your child needs to speak with you, we will provide a private space using a school phone to contact you.

Can devices be used during breaks/lunches?

No, we want pupils to communicate with their friends, develop their social skills and be present with each other.

I really find it hard to separate my child from their phone, can you help?

Yes, absolutely, we want our pupils to use their electronic devices responsibly and in moderation. We can work with you to put in place plans to avoid overuse and misuse and will support you in ensuring your child is meeting the school expectations. We will also be educating pupils on how to use devices responsibly and sharing further information on how parents/carers can monitor their child's use.





















Science Department

What is Tassomai?

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

This is a useful video playlist explaining how the Tassomai app works



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



<u>How does Tassomai</u> 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!





















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.

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

* Thave

travelled

through time

and lived many lives.

This is the magic of

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: https://www.nspcc.org.uk/keeping-children-safe/online-safety/

















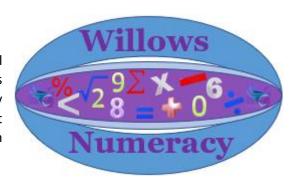




Mathematics Department

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 30, starting 20/5/24:

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.

Question of the week Week 30 - Starting 20/05/24

Fun with Fudge:

At the end of the division unit, Mr. Chocolate baked two special batches of fudge for his school. One batch was double chocolate chunk and the other was maple. He cut each batch into equally sized pieces.

There were 150 pieces of double chocolate chunk and 284 pieces of maple.

Each class in the school could select one type of fudge. Four classes selected the double chocolate chunk, and eight classes selected the maple.



Mr. Chocolate divided up the batches of each type of fudge equally to distribute to the classes.

- Did each class get the same amount of fudge?
- Were there any pieces of fudge left over?
- Justify your answers.

Terms of the week Week 30 - beginning 20.05.24

Estimate vs evaluate

Mathematics Terms of the Week

Estimate To arrive at a rough or approximate answer by calculating with suitable approximations for terms or, in measurement, by using

previous experience.

Evaluate Find the exact value of a numerical or an algebraic expression. Examples:

1- Evaluate $28 \div 4$ by calculating, $28 \div 4 = 7$

2- Evaluate $x^2 - 3$ when x = 2 by substituting this value for x and calculating, $2^2 - 3 = (2 \times 2) - 3 = 4 - 3 = 1$













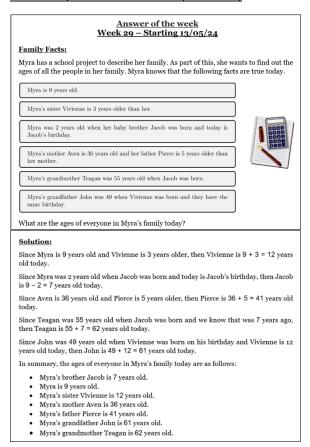








Numeracy Question Answer (Week 29)





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

ΑII weekly Mathematics homework accessible MathsWatch of students' is on (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-one

Welsh	Phonetic	English
Es i i'r	air's 'e' ear	I went to the
siôp	see-op	shop
ganolfan hamdden	gan-ol-van ham-then	leisure centre
ysgol	us-gol	school
dre	d-rare	town





















Attendance

Contact Details - Willows High School

To Report an Absence:

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

Contact Donna Whitney using Classcharts (see how to below)

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

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

Please do not use the old mobile numbers or email.







Class Charts Reminder

What is Class Charts?

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

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





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

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

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















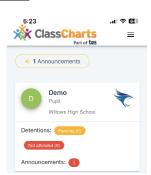






How to report an absence on Class Charts

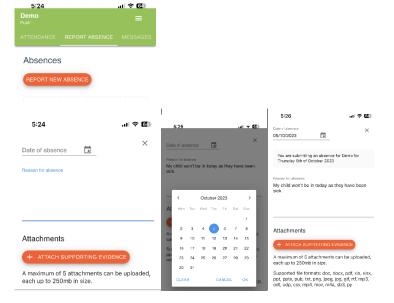
1. Click on your Class Charts app and click on your child's name.



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

















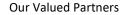
































Cardiff City FC Community Foundation

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.





















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.





















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/.

ALLERGENS Lupin can be found in bread, pastries and pasta. PEANLITS **GLUTEN** CRUSTACEANS In food made with flour such as pasta and bread. Such as crab, lobster, prawns, shrimp and scampi SESAME MUSTARD NUTS Can be in liquid or powder form as well as seeds. Including cashews, almonds and hazelnuts. Found on burgers, bread sticks and salads, CELERY SULPHITES

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.



Including stalks, leaves, seeds and celeriac.

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.

We hope you have an enjoyable half term break.

All pupils are to return on Monday 3rd June, there is no INSET day.

Team Willows























	Monday	Tuesday	Wednesday	Thursday	Friday
Meal of the day £3.40	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 (£1.75)	Southern fried chicken burger (£2.75)	Calzone (£1.75)	Hotdog (£2.60)	Pitta kebab with mint yogurt (£2.50)
Hot wrap	Cheese burrito (£3.00)	Reggae Reggae chicken (£3.00)	Garlic mayo chicken (£3.00)	Nandos chicken (£3.00)	Sweet chilli Chicken (£3.00)
Everyday snack	Jacket potato (£2.50) Tuna mayonnaise Cheese Beans (£2.80)	Jacket potato (£2.50) Tuna mayonnaise Cheese Beans (£2.80)	Jacket potato (£2.50) Tuna mayonnaise Cheese Beans (£2.80)	Jacket potato (£2.50) Tuna mayonnaise Cheese Beans (£2.80)	Jacket potato (£2.50) Tuna mayonnaise Cheese Beans (£2.80)

















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 th May U15 Boys (Years 8&9) 12-6pm Tuesday 21 st May U15 Girls (Years 8&9) 12-6pm Wednesday 19 th June Year 7 Boys 12.30-6.30pm Monday 8 th July Year 7 Girls 12-6pm U14 (Years 7&8) U16 (Years 9&10) Cup Matches Monday 10 th June12-6pm Tuesday 11 th 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)			















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













