




WILLOWS
HIGH SCHOOL



 Use Google Translate to change to your preferred language.

BELONG, believe, ACHIEVE
PERTHYN, CREDU, LLWYDDO

Weekly Newsletter – 3.5.24

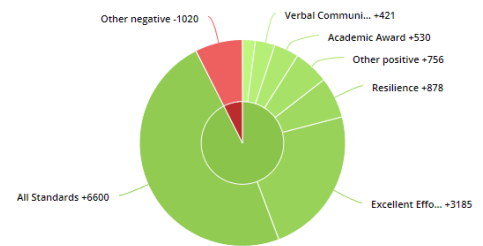
Hello! مرحباً! Ahoj! Ola! Dzień dobry! Salut! Hello!

Belong, Believe, Achieve:

This week, our pupils have been completing their French Speaking Exams, finding out about the life of a firefighter and meeting their mentors for the last time. Our assemblies have been provided by Mrs. Cherrett and Miss Sansom who discussed the dangers of vaping. With the summer examination season upon us, we expect our Year 11 pupils to be revising diligently and effectively. The examination timetable can be found on our website here: <https://willowhighschool.wales/exam-timetable-2023-2024/>

Our updated revision sessions timetable can be found at the end of this Newsletter. Please can parents of Year 11 pupils ensure that they know what dates and times their examinations will be held.

Willows High School Conduct Overview
29/04/2024 - 03/05/2024



Merits – 29.4.24 – 3.5.24:

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	3096	7Schumann	Ammar Husain
Year 8	3155	8Dali	Shrey Chauhan
Year 9	2302	9Curie	Sienna Robinson
Year 10	3457	10Farah	Vivian Ojo
Year 11	1639	11Socrates	Cameron Edwards

Dates for your Diary:

- 6/5: May Day
- 7/5: All pupils return to school
- 8/5: Year 10 Mock Mathematics Examination
- 9/5: GCSE Numeracy Unit 1 (9am start)
- 9/5: Year 7 Parents' Evening
- 10/5: GCSE Double Award Biology Unit 4 (9am start)
- 13/5: GCSE English Literature Unit 1 (9am start)
- 15/5: Year 9 Options Information Evening (5pm - online)
- 24/5: Hay Festival Trip
- 27/5 – 2/6: Summer Half Term Break
- 3/6: All pupils return for 2nd Summer Half Term



Our Valued Partners



School News:

Measles

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

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

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

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



Measles

If you live in Cardiff and the Vale and are unsure if your child has had the MMR vaccine, you are encouraged to **check their personal child health record** (red book) in the first instance

If you remain unsure, other options include:
Contacting the Local Child Health Team on 02921 836926 or 02921 836929.
Contacting your GP Practice, avoiding peak times such as early mornings where possible.

Options for MMR vaccination include:
Your GP Practice
Your local Mass Vaccination Centre. Call 02921 841234
Phone lines are open Mon-Fri between 9am and 5pm

Having the MMR vaccine is the best way to prevent having measles and passing it on to others.
In some cases, measles can cause serious complications including pneumonia and meningitis.

GIG NHS
Bristol and Cardiff
Cardiff and Vale University Health Board

Mae Brechu yn achr bywydau
Vaccination saves lives

Year 9 Options Information Evening

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

One Million Mentors

One Million Mentors is a nationwide company dedicated to pairing young people with a well-matched mentor in order to improve their life chances. Willows High School was the first school in Wales to sign up for this scheme.

We are delighted that our fourth cohort of pupils has successfully completed their mentoring journey. We would like to thank Eleri from National Museum Wales, Luke from SDL Solutions, Richard from Public Health Wales, Alice from Network Rail, Mark from BBC Wales, Steve from Willmott Dixon, Sarah from Dwr Cymru, Katie from Welsh Assembly Government and Rich from 'One Million Mentors' for their expert mentoring this year. Our pupils now feel more confident regarding their approach to the upcoming exams, their college choices and potential job options. We are delighted that two of this year's cohort have secured work experience this summer thanks to their mentor and we know that by embracing opportunities like this, their CVs and chances to network will be greatly enhanced. Lastly, a huge thank you to Raman from 'One Million Mentors' for her support this year. We are confident that you are all making a difference and that we will see these young people shine in the future.



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Firefighter for the day

On Tuesday, 10 lucky pupils had the opportunity to visit Barry Fire Station to participate in 'firefighter for a day'. This was organised through Rugby Works, who the boys are working towards a qualification with. The 10 boys were given the opportunity to be dressed head to toe in firefighter kit and participate in a range of team building games. The first one included travelling a distance with a 'floor is lava' concept. They had ten items, including a full-size hose and bucket of water to transport across the yard, only travelling on ladders. The boys managed to do this in an impressive 27 minutes, which is up there on their leader board.

After this activity, the boys had the chance to put their life saving skills to the test in the fire smoke room. In teams of 3, wearing goggles - they had to follow the instructions of their team leaders and locate the casualties amongst the smoke in a variety of rooms. Caramo successfully saved the baby and Ellis saved the mum.



Barry Fire Station we're blown away with the enthusiasm, motivation and positivity shown by the group. During the classroom-based activities regarding deliberate fires, the boys engaged in scenario games, open and honest discussions and watched videos around deliberate fires in the Barry area. It was a success of a day and we are pleased that Barry Fire Station have invited us back for more groups to engage with the 'firefighter for a day'. A few of the group have already changed their career paths after the visit. Da lawn bechgyn a diolch I Rugby Works for organising the trip.



Debate Club

Some amazing news from Willows Debate Club this week. Pupils from 10MC and 10FA were invited to Legal and General's brand-new offices in Central Square. Willows were up against tough competition from schools across Cardiff who were all battling for points in the Urban Debate League!

Our pupils debated on two topics, an unseen motion, "this house believes we should punish parents for their children's crimes" and also a prepared motion, "this house believes that companies should prioritise environmental sustainability over maximising profits".

One of our teams won both of their rounds with the second team closely missing out but scoring highly in points. We are so proud of our pupils; it really was an amazing experience seeing our pupils speak so articulately on such key and complex issues.

Not only that but outside of the debating arena our pupils had the chance to network with staff from Legal and General, Principality, Cardiff Council and Admiral. It was lovely to see such maturity! Our pupils were all exceptional and we received comments from companies and other schools present about how courteous and talented they were, a special shout out to Eunice and Harrison who were both named as really standing out to staff from Legal and General!

It was a great day! The next competition will be the Welsh Debating Cup!

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Specialist Resource Base



This week the SRB children have been reading "Room on the Broom" - we have been looking at rhyming words, using interesting adjectives to describe the characters in the story. We also went outside looking for items to put in Mrs Nurmohamed's cauldron. We put in a glove, a twig, chocolate wrapper, a daisy, a dog's bone, dragon's blood and of course Mrs Nurmohamed's magic dust and finally the spell "*Iggety, Piggety Bop Make This Broom Big and Strong.*"

Take your place

The Child Friendly Cardiff Team have commissioned Common Wealth Theatre to run an exciting project aimed at young people from black and ethnic minority backgrounds. The Information about Take Your Place which is a youth leadership programme for working class young people from Cardiff is on the right.

You can find more info here:

<https://commonwealththeatre.co.uk/projects/take-your-place-2/>.



Welsh Department

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

willowswelsh@willows.cardiff.sch.uk



Welsh Terms of the Week

Week twenty eight

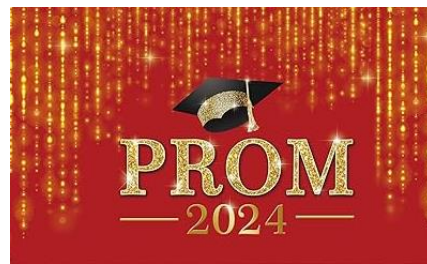
Welsh	Phonetic	English
ydw	uh-do	yes I do
nac ydw	nack uh-do	no I don't
oes	oy's	yes, there is
nac oes	nack oy's	no, there isn't
do	door	yes, I did
naddo	nah-ddoor	no, I didn't

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Year 11 Prom Fundraising

In order to deliver the greatest prom this school has ever seen, as well as supporting the incredible children's charity Barnardo's, the Year 11 team in collaboration with the Pupil Leadership Team are coordinating a succession of fundraising events over the next few months. This began in fantastic fashion with our cake sale a last term which raised a whopping £280! Looking ahead, we have a number of other events including a 'Staff/Pupil Pyjama Tremorfa Park Run' in April. Finally, and the biggest one of all, 12 possibly 13 staff have signed up to the 10K/Half Marathon run in Bristol on Sunday 19th May.



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

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

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



Exam Certificates

Certificates 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.

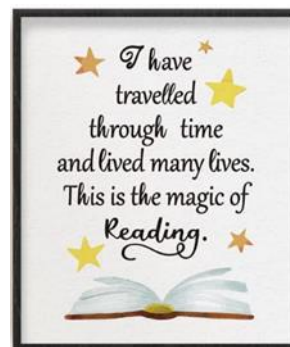
English Department

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.**

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Science Department

What is Tassomai?

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

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



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

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



How does Tassomai work?

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

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

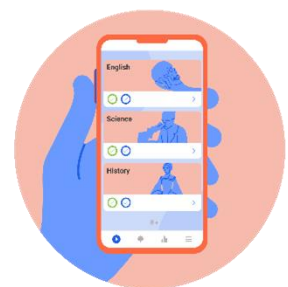
There are other ways to earn points...but they can lose points with incorrect answers, so **answer carefully!** Quizzes do not have a time limit, so they can (and should!) **take as long as they need** to complete each one. When they get enough points, they will **complete** their DG!

Why does Tassomai work?

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

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

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



When & where can I work on Tassomai?

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

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

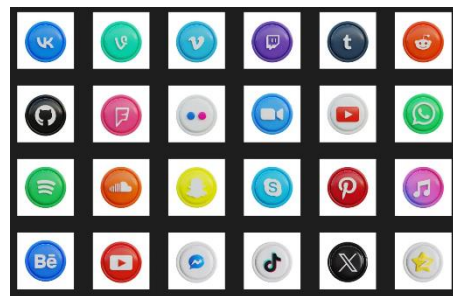
Their Daily Goals can be completed throughout the day, so they don't need to do all their work in one go. However, they will **reset at midnight**, so be aware of that!

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



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.

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Mathematics Department

Year 10 Mathematics Summer Mock Specification

Number

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

Algebra

- Simultaneous equations
- Algebraic fractions

Geometry

- Angles in a polygon and straight line

Statistics

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

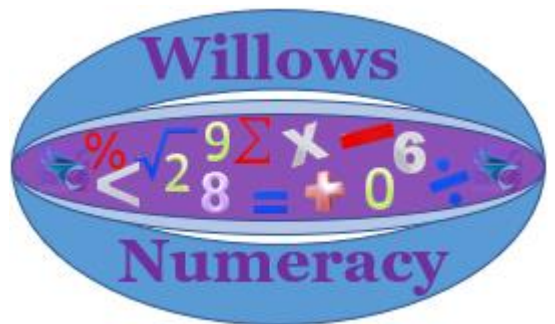
Mock Examination Information for Year 10

Parents/Pupils

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

Numeracy Boost Session (NBS):

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



Internal Numeracy Competition dates- KS3:

Year 9: Wednesday 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 quizzes.

Question of Week 26, starting 29/4/24:

To help our pupils boost their mathematical vocabulary and Numeracy skills, The "**Terms of the week**" will be emailed to them in a daily basis, and the "**Question of the week**" will be emailed in a weekly basis.

Any questions, please email: halima.aitbrahim@willows.cardiff.sch.uk

Question of the Week **Week beginning 29.04.24**

Colossal Cake:

Salim's 12th birthday is coming up and his family is having all of their friends and neighbours over for the party. They ordered a colossal cake from the bakery for the celebration. The mass of the cake, including the icing and the tray, is 5 kg. The tray has a mass of 400 grams.



- (a) What is the mass of the cake and the icing without the tray?
(b) If the icing has a mass of 1350 grams, what is the mass of the cake without the icing or the tray?

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

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Mathematics Terms of the Week

Terms of the week
Week 27 - beginning 29.04.24

Scale drawing or model An accurate drawing, or model, of a representation of a physical object in which all lengths in the drawing are in the same ratio to corresponding lengths in the actual object. Most maps are scaled drawings of some physical region. If the ratio of map distance to location distance is known any distance on the map can be converted to actual distance in the region represented by the map.



Scale 1 : 500km


1 square in the map is equivalent to 500km in real distance
2 squares in the map are equivalent to 1000km in real distance

Numeracy Question Answer (Week 26)

Answer of the Week
Week beginning 22.04.24

Saving Up for a Bicycle:

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



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

Solution:

One way to solve this problem is to create a table that records the total that Richard has saved each week. In the odd-numbered weeks, the total will increase by £8. In the even-numbered weeks, the total will increase by £8 + £3 = £11.

We will also need to know how much money Richard needs to save by calculating the total cost of the bike and its accessories. We can do this by adding £157 + £24 + £16 + £9 = £206.

Using the table, we can now answer the questions.

(a) Richard will have saved £76 after 8 weeks.
(b) Richard will have saved £141 after 15 weeks.
(c) Richard will need 22 weeks to save enough money for the bike and its accessories.

Week	Increase (in £)	Total Savings (in £)
1	8	8
2	11	19
3	8	27
4	11	38
5	8	46
6	11	57
7	8	65
8	11	76
9	8	84
10	11	95
11	8	103
12	11	114
13	8	122
14	11	133
15	8	141
16	11	152
17	8	160
18	11	171
19	8	179
20	11	190
21	8	198
22	11	209



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Willows Mathematics

After School

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

MathsWatch

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

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Attendance

Contact Details - Willows High School

To Report an Absence:

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

Contact Donna Whitney using Classcharts (see how to below)

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

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

Please do not use the old mobile numbers or email.

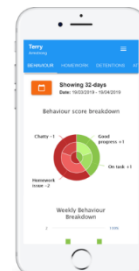


Class Charts Reminder

What is Class Charts?

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

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



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

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

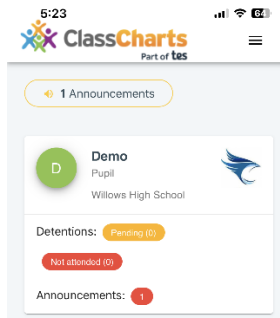
Please let your child's Head of Year know if you need a login code.

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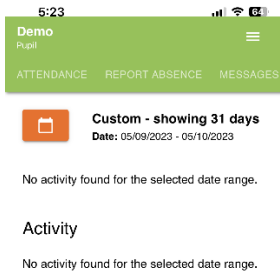


How to report an absence on Class Charts

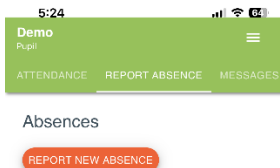
1. Click on your Class Charts app and click on your child's name.



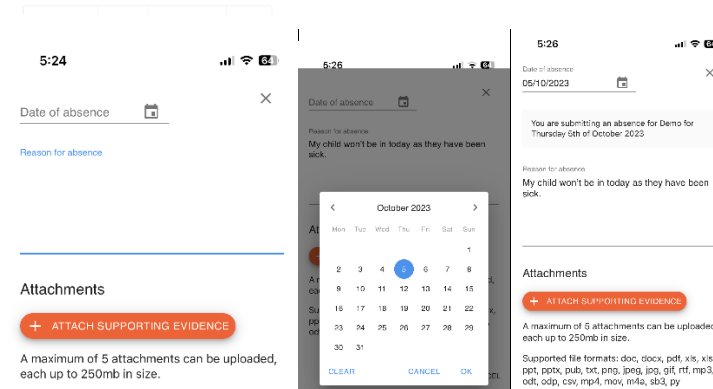
2. Scroll across the green band at the top and click 'report absence'.



3. Click on 'report new absence'



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



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

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

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Important Information for All Parents and Guardians

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

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

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

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



Community

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



[The Community Noticeboard » Green Squirrel](#)

[Inksplott | Community Is Everything](#)



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



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.



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Splo-down

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



Settled

Settled is organising an advice surgery with an accredited EU Settlement Scheme adviser at the Grangetown Hub in Cardiff!

We offer FREE advice on the EU Settlement Scheme applications.

WE CAN HELP IF:
 You have pre-settled status and want to apply for settled status.
 You haven't applied yet, but you were in the UK before 31.12.2020.
 You want to bring your close family members to the UK.
 Your application has been rejected.
 You have problems accessing your digital status.

MAKE SURE TO HAVE ACCESS TO YOUR:
 Identity document, e-mail address, phone number and information and documents related to your status application.

When and where?
 Tuesdays 10am to 12pm @ Grangetown hub,
 Havelock Place
 Grangetown
 CF11 6PA

To find out more, email us:
applyeuusswales@settled.org.uk

parent line

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

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

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

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

ChatHealth
 GIG NHS
 Specialised Helpline Cardiff and Vale University Health Board

We might inform someone if we were concerned about your safety, but we would usually speak to you first. Your messages are stored and can be seen by other healthcare staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate message back to confirm we received your text. Texts will not be seen outside normal working hours. If you need help before you hear back from us, contact your GP, nearest walk in centre or dial 111. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'number masking' mobile apps). To prevent the health professional from sending messages to you, text STOP to our number. Messages are charged at your usual rates.

Eastmoors

WHAT'S ON AT EASTMOORS?

Every other Monday
 Mind Hub 5:30pm-7:30pm

Tuesdays & Fridays
 Senior session
 Cooking YEAR 7+
 Trips
 Pool 6:15PM-8:45PM
 Xbox
 Table tennis NO YEAR 7+
 Make up FRIDAYS!
 Issue base workshop

Wednesdays
 Football with CardiffCityKicks
 Juniors 5pm-6pm
 Seniors 6pm-7pm
 Umbrella Allies 6:15pm-8:45pm
 Creative session 5pm-7pm sky up

Thursdays
 Junior Session
 Cooking
 Trips YEAR 7 & 8+
 Pool 5:15PM-7:45PM
 Xbox
 Table tennis
 Make up
 Issue base workshop

Creative Sessions at Eastmoors!

Wednesdays 5PM-7PM

Editing, Filming, 3D Modelling, Podcasting, Graphic Design, AI and Photography
 Ages 11-17

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Learning Lounge & Families

Citizens Advice

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



citizens
advice

Wellbeing in school

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

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

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

Pupils

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

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

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

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

MoodHwb

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

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

Parents and Families

We want to help you as best we can and there is a lot of support out there for parents and families. Please contact the school using contact@willows.cardiff.sch.uk if you need any information on who you can turn to.

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

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Fostering Wellbeing Masterclasses

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

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

Dates of Delivery

Masterclass Five – Wednesday 8th May

What is Fostering Wellbeing?

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

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

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

Why should I attend?

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

The main masterclass themes are:

- **Masterclass 5: Working as one**
Shared values and attitudes, and equality of status of all those involved with a child/young person being looked after

Here is the registration link: <https://www.eventbrite.co.uk/e/fostering-wellbeing-masterclasses-cardiff-tickets-795212852047?aff=oddtcreator>

South Wales Police - Sextortion

We have been informed that South Wales Police are concerned about the rapidly growing number of 'sexortion' 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.

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Allergies

At Willows, we are very conscious of pupil and staff sensitivity to the 14 food allergens. The food that our canteen produces is clearly labelled and the pupil information displayed at the tills identifies any allergies that the pupil in front of them has.

We do have a number of staff and pupils who have strong reactions to certain allergens, **particularly nuts**, so we ask for the support of all families to be aware of what your child is bringing into school and be sympathetic to the sensitivities of our school community.

We cannot 100% guarantee that the school is nut free, it is not possible to check what food is brought into school by every pupil, every day. We ask for your support in ensuring that the risks of allergic reactions are minimised.

For more information on allergies, please visit <https://www.allergyuk.org/>.

Period Dignity

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

Safeguarding:

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

Chat Health:

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

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.

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Cardiff Youth Service:

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

<http://cardiffyouthservices.wales/>

Key Services

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

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

Lateness to School: Fixed Penalty Notices

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

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

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

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

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

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

Thank you for your support in this matter.

Advance warning: School Meals Price Increase

We have been informed by the Local Authority that school meals prices in Cardiff will be increased on 1st April. We will be keeping our prices the same until the 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.



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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

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The Willows Menu

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

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Extra-Curricular Activities – 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)	
After school	3.10 – 4.00 pm: Library open for homework	3.10 – 4.00 pm Library open for homework	3.10 – 4.00 pm Library open for homework	3.10 – 4.00 pm Library open for homework	3.10 – 4.00 pm Library open for homework
	3.10 – 4.00 pm: Wellbeing Art and Craft 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)	
		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)			

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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	<p>All Cardiff & the Vale Schools Athletics Fixtures at CISC, Leckwith</p> <p align="center"><u>Championships</u></p> <p>Thursday 16th May U15 Boys (Years 8&9) 12-6pm Tuesday 21st May U15 Girls (Years 8&9) 12-6pm Wednesday 19th June Year 7 Boys 12.30-6.30pm Monday 8th July Year 7 Girls 12-6pm</p> <p align="center"><u>U14 (Years 7&8) U16 (Years 9&10) Cup Matches</u></p> <p>Monday 10th June 12-6pm Tuesday 11th June 12-6pm</p>
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.

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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)
After school	3.10 – 4.00 pm Library open for homework. STAR Hub library open until 6.00 pm	3.10 – 4.00 pm Library open for homework. STAR Hub library open until 6.00pm	3.10 – 4.00 pm Library open for homework. STAR hub library open until 7.00 pm	3.10 – 4.00 pm Library open for homework. STAR Hub library open until 6.00pm	3.10 – 4.00 pm Library open for homework. STAR Hub library open until 6.00pm
	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	
		3.10 – 4.00 pm Product Design Mr. Konten (G2)	3.10 – 4.00 pm Hospitality and Catering Revision Ms. Davies (G4)	3.10 – 4.00 pm Y11 RE revision Mrs. Guilfoyle (S10)	
		3.10 – 4.00 pm Y10 and catch-up Y11 Of Mice and Men / Poetry Revision (F9 / F3)		3.10 – 4.00 pm Computer Science Unit 1 revision Mr. Hussein (G12)	
		3.10 – 4.00 pm Computer Science Unit 2 revision Ms. Charles (G13)		3.10 – 4.00 pm French Revision Mrs. Brace (G11)	
		3.10 – 4.00 pm French Revision Mrs. Brace (G11)		3.10 – 4.00 pm Geography Revision Mr. Gill (F1)	
		3.10 – 4.00 pm AGORED catch-up Miss Davies (F11)			
		3.10 – 4.00 pm Physics catch-up Mr. Kearns (S3)			

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WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Before School	8.30 – 9.00 am French Revision Mrs. Brace (G11)			8.20 – 9.00 am English Revision Mrs. Lo Celso (F3)	8.30 – 9.00 am French Revision JEB (G11)
After school	3.10 – 4.00 pm Library open for homework. STAR Hub library open until 6.00 pm	3.10 – 4.00 pm Library open for homework. STAR Hub library open until 6.00 pm	3.10 – 4.00 pm Library open for homework. STAR Hub library open until 6.00 pm	3.10 – 4.00 pm Library open for homework. STAR Hub library open until 6.00 pm	3.10 – 4.00 pm Library open for homework. STAR Hub library open until 6.00 pm
	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 Mrs..Guilfoyle (S10)	
		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)			

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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 Julio	Jimi Alex Riana Abdul Fatima

Science Revision

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

Science Exam dates

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

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