




WILLOWS
HIGH SCHOOL



 Use Google Translate to change to your preferred language.

BELONG, believe, ACHIEVE
PERTHYN, CREDU, LLWYDDO

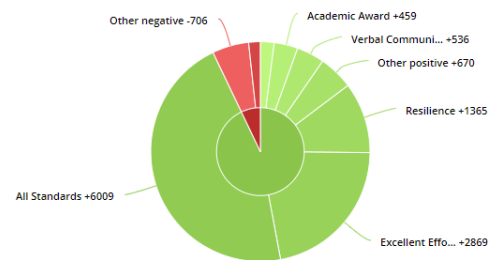
Weekly Newsletter – 5.7.24

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

Belong, Believe, Achieve:

This week our Years 7, 8 & 9 pupils have been completing their National Tests. Our Year 7 pupils have been involved in a project with STEM Cymru, taken part in a Careers Carousel and our Year 10 Computer Science pupils have been spending time at Cardiff University. Please come to our Coffee Morning on 16th July at 10.30am in the Learning Lounge. We have two weeks left in school and will be working right up until the end (with some treats here and there), so please ensure that your child is in until the very end.

Willows High School Conduct Overview
01/07/2024 - 05/07/2024



Merits –1.7.24 – 5.7.24:

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	3530	7Beethoven	Keiron Hill / Nisa Noor
Year 8	2141	8Banksy	Amnah Husayn
Year 9	3251	9Curie	Gracjan Stacherski
Year 10	3306	10Boston	Vivian Ojo

Dates for your Diary:

- 8/7 – 16/7: Year 10 Individual Presentations
- 8/7 – Year 7 Girls' Athletics
- 9/7 – 12/7: French / History Trip
- 9/7 – 11/7: Year 8 Stem Projects
- 10/7 – 12/7: Year 7, 8 & 9 Numeracy Competitions
- 11/7: Cuppa with a Copper (11am, Learning Lounge)
- 19/7: Last day of school (Pupils leave at 11.45am)
- 22/7: INSET Day
- 3/9: Year 7 start back to school
- 4/9: All pupils return to school



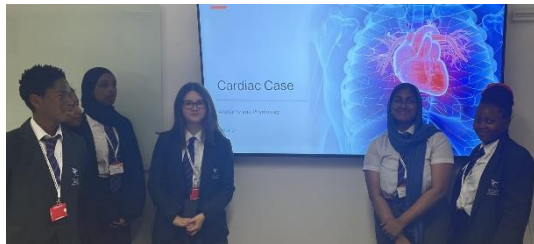
Our Valued Partners



School News:

Year 9 PACE Project

Some of our Year 9 pupils have visited Cardiff University to take part in their PACE Project. They were accompanied by Mrs. David, their Head of Year who said 'I would just like to say that the pupils fully participated in all the activities and were courteous, considerate, and respectful to everybody. We had a fantastic day, and I am extremely proud of them all.'



Widening access to healthcare professions is a key goal for the School of Medicine and this PACE aims to support and stimulate pupil academic development and encourage.



Through this project and in collaboration with local schools, the PACE project aims to:

- inspire pupils to see University as a possibility
- mentor students through the University application process
- help students gain entry to University
- use relatable role models to help inspire pupils
- support the teaching in schools with university students acting as tutors to raise grades





Coffee Morning

This is an opportunity to thank parents for their support during the year, and also a chance for us to discuss how we can help you within the community.

There will be refreshments and raffle prizes for the lucky winners!

Please come along, we'd love to see you!

Twitter: @willowshigh
Website: www.willowshigh.co.uk
Email: karen.hunt@willows.cardiff.sch.uk
Phone: 02920 414243



We would like to invite parents to our coffee morning.

16th July at 10.30am in the Learning Lounge

Willows coffee morning

We will be holding a coffee morning for parents and community members in the Learning Lounge from 10.30am on Tuesday July 16th. We'd love for you to pop in to meet Karen our new Family and Community Engagement Officer and find out what we can do to enhance our school/home links. There'll also be the chance to win some wonderful prizes. We hope to see you there!

Our Valued Partners



Welcoming visitors from France

Last week we welcomed visitors from College Victor Hugo in Nantes. The teachers blog of the visit is included below (thank you to Mrs. Brace for translating). It can be found at: <http://hugotobritain.free.fr/>

DAY 1

Après avoir été accueillis par le Principal, nous avons été répartis en différents groupes pour suivre des cours, allant du gallois aux sciences ou informatique en passant par une évaluation en cuisine ou un cours sur les prochaines élections suivi d'un débat politique.



After being welcomed by the headteacher we were split into different groups to head to lessons ranging from Welsh to Science, IT, Cooking, a lesson on the forthcoming election and a debate.

Les élèves de Willows ont un profil très différent des nôtres et il y a une grande mixité sociale et culturelle avec des enfants venant des quatre coins du globe. Dans l'école, des posters partout pour promouvoir le sens de l'effort, la confiance en soi, le sentiment d'appartenance à une communauté, celle du collège. Des citations inspirantes partout, beaucoup d'adultes dans l'encadrement. Nous avons assisté au temps 'vie scolaire' qui a lieu chaque matin avec un professeur principal qui les suit sur tout le collège. Au programme, vérification de l'uniforme, des devoirs et temps de lecture obligatoire.



The school has a very different make up to our own with a wide social and cultural mix with pupils from the 4 corners of the globe. In the school there are posters everywhere promoting pupils' resilience, self-confidence and a sense of community. Inspirational quotes are everywhere. We took part in tutor time which happens every morning taken by their form tutor who stays with

them throughout their time in high school. Uniform and homework are checked and the pupils read together.

Les élèves devaient écrire ce matin une 'gratitude card' à l'intention d'un adulte de l'école qui décore ensuite les salles des enseignants !.

This morning the pupils were writing a gratitude card for an adult in the school which the teachers then display in their rooms.

Les élèves sont allés en récréation et ont pu échanger avec d'autres enfants de leur âge.

Et une scène surréaliste lorsqu'une trentaine de garçons en costume cravate lancent une partie de basket... Ce n'est pas banal. Hugo les a grandement impressionnés avec ses 3 paniers en 5 minutes!!

Une expérience vraiment intéressante pour chacun !

Our Valued Partners

cowshed



The pupils went to break together and were able to meet with their Welsh counterparts.

A surreal scene was 30 or so boys in suits and ties having a game of basketball. It's not an everyday sight! Hugo really impressed them scoring 3 baskets in 5 minutes.

A really interesting experience for everybody.



DAY 2

Une matinée à nouveau très enrichissante au collège avec plein d'élèves qui sont venus à notre rencontre. Cours de sciences, de théâtre, de biologie, de maths, de français, d'histoire, les élèves ont eu des programmes chargés !



Another really rewarding day at school with the many pupils that we met. Science, drama, biology, maths, French and history – our pupils were certainly kept busy.

Nous avons dégusté des spécialités galloises et bu un thé à la pause du matin.

During break time we tried some Welsh specialities (bara brith, Welsh cakes and scones with cream and jam) and a cup of tea.

De nombreux élèves ont eu EPS avec football pour les garçons et 'Welsh baseball' pour les filles. Mme Gautret a fait un 'home run'!

Many pupils had PE with football for the boys and Welsh baseball for the girls where Mrs Gautret scored a home run.

Il a fallu ensuite dire au revoir en espérant pouvoir mener un projet à nouveau l'an prochain avec ce collègue !

It was then time to say goodbye, hoping to be able to work together on another project next year with Willows.

Final comments

Ce fut une semaine vraiment enrichissante où chacun a su profiter de chaque minute, pour apprendre mais aussi pour partager des moments tous ensemble !

It was a really rewarding week where everyone was able to make the most of every minute, to learn but also to share time all together.

Nous sommes ravies de ce séjour et nous ne doutons pas que les élèves s'en souviendront toute leur vie! Pourvu que ça leur ait donné envie de retourner au Royaume Uni et au Pays de Galles, tellement chaleureux, et qu'ils aient envie de continuer à travailler leur anglais !





We were delighted with this visit and have no doubt that the French pupils will remember it forever. It has made them definitely want to return to the UK and to Wales as well as to continue working on their English.

Un grand merci a notre école partenaire Willows qui a vraiment contribué à encore améliorer ce séjour bien rodé car nous avons pu multiplier les échanges en anglais grâce à eux et apprendre tellement !

A huge thank you to our partner school Willows who made a big contribution to the making the visit even better by giving our pupils the opportunity to communicate even more in English and to learn such a lot.

Comments from Willows pupils

I loved meeting with the pupils because it broadened my horizons, making friends with people from very different backgrounds and cultures. It also gave opportunity to practise a more conversational French.

I am still in contact with some of them now and I think they found it to be an eye-opening experience too. They enjoyed doing lessons they normally wouldn't.

I really enjoyed showing the French students around Willows and taking them to the Big Pit. The trip to Big Pit was amazing! I really enjoyed going underground and I was shocked to see the cramped and unhygienic conditions that the miners had to work in. However, my favourite part of the trip was getting to know the French students more.

Our Valued Partners

cowshed



VOCO | St. David's
Cardiff



ARUP

Taylor
Wimpey



Year 7 Careers Carousel

This week the whole of year 7 took part in a Careers Carousel, which involved talks from a variety of industries. Our visitors were from:

- Cardiff & Vale University Health Board Clinical Psychologist
- Whitehead Construction
- Amber Net Zero Energy Management consultancy

The aim of the carousel was to give pupils an insight into these different industries and make them aware of the range of jobs that they encompass.

The behaviour and attitude of the pupils was excellent. They interacted with the visitors really well answering all the questions they were asked – the promise of winning sweets may have been a factor!



In one session, they were asked to follow the instructions on how to wire a plug. Some came pretty close, but a big well done to Hamad who was the only pupil who was successful.

All 3 talks were excellent and gave the pupils an insight into some of the jobs that exist in an interesting and interactive way.



A huge thank you to all our visitors and to Adrian Cole from Careers Wales who organised the employer visits.

Our Valued Partners

Year 7 STEM project

This week, STEM Cymru visited school to hold sessions with all Students from Year 7 Looking at the impact of renewables on our environment.



Students looked at renewable energy in Wales including onshore and offshore wind turbines and challenges. They learnt how wind turbines work and about the people behind the Engineering. Teams made their own models of working wind turbines before calculating the power in Watts using volt and amp measurements and improved their designs to increase the power generated. They then went on to compete with others in their class to see who could generate the greatest Wattage.

Next week will be the turn of Year 8s who will be using their coding skills to create cars that will then compete in a Sumo competition.



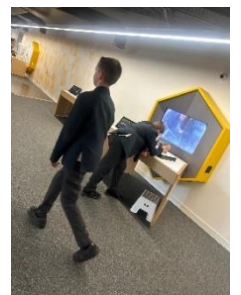
Years 7 & 8 Mathemagic Live – Techniquet

Maths is all around us – we use it every day in our smartphones, our music streaming services and in video games.



Last Friday, a selection of Year 7 and Year 8 pupils visited Techniquet to sample the Magic of Mathematics. They discovered how to use probability to help them win game shows and demonstrated how statistics can be misleading.

They saw how with some simple Mathematics, computers can seem to read our minds and examined surfaces and connections in topology. Students also put their problem-solving skills into practise by completing logic puzzles.



Our Valued Partners

cowshed





Specialist Resource Base

7JW have had a busy few weeks! Work in our garden continues with the addition of five dwarf fruit trees and a bird bath, feeding table and feeding station. These were kindly given to us by Mrs Hunt and we are really looking forward to encouraging lots of wildlife to visit our garden. So far, we have had a few blackbirds and crows at the bird table!

Last week we went to visit Technquest and had a great time! There were lots of things to explore but the favourite was definitely the big slide. Even the teachers had a go! Juliana really enjoyed the exercise bike and Tyrzha tried really hard on the hanging bars.



Finally, this week we held a mock election. We have been learning all about what a general election is and we have looked at the different party manifestos. We have had lots of discussions about what we like and dislike about what each party says they will do for us. This resulted in a mock election on Thursday 4th July just like the real election. Can you guess who we might have voted for?



Year 10 Computer Science University trip

Miss Charles and Mrs Watkins took our Y10 GCSE Computer Science class to visit Cardiff Met for a University experience day this week.

Pupils were lucky enough to visit the school of Technology where they participated in workshops on data analysis and software engineering.

It was so eye opening to look in depth at what personal data companies like Facebook and Instagram store about their users.

It was great for our pupils to be able to experience life as a university student for a day and be given an insight into what their futures may look like.



Our Valued Partners



Duke of Edinburgh Award

Congratulations to the DofE pupils for completing their 2 day and 1 night expedition trip. Starting the adventure at Llantwit Major, the group walked along the picturesque 'Wales Coastal Path'. The group walked independently, carried all their own camping equipment, battled through the showers and wind and still had enough energy for campfire banana s'mores. After stopping the night at Monknash campsite the team soldiered on, eventually crossing the finish line along the stepping stones at Ogmore Castle. Mr Smith and Miss Wrennal are super proud of how motivated and resilient the team were. We can't wait to do it all over again next year! Watch this space.



Bike skills training for our community

Did you know that 36% of households in Splott and 48% of households in Adamsdown don't have access to a car? We often hear from local people that they'd like to cycle more but there are some common worries preventing them. Railway Gardens have an event coming up next month that we hope will help and we are eager to get the word out. Please consider helping them by sharing the details via your social media, newsletters, or networks.



On Saturday 6th July they're hosting a bike maintenance workshop at Railway Gardens in Splott. This is aimed at beginners and led by Spokesperson. [Tickets are £3 and registration is here](#). People can also register by calling or texting/whatsapping 07704 605197.

Our Valued Partners

cowshed



VOCO St. David's Cardiff



ARUP

Taylor Wimpey





School Prospectus/Parent handbook (2024-2025)

Our document containing all of the information you'll need for next year is now available to view and download on our website [here](#). If you'd like to get your hands on a paper copy, they are available at the school Reception.

School Prospectus 2024-2025

The school provides beneficial opportunities to enable more able pupils to realise their potential.
Estyn 2018

Year 11 Opportunities

Please find below a QR code to explore post-16 courses with Cardiff City FC and two opportunities provided by Into Work for our Year 11 pupils and anyone aged between 16-25 in our community.

COMMUNITY FOUNDATION
FURTHER EDUCATION
Study and represent Cardiff City FC with our BTEC Sport courses

@CardiffCityFCFoundation
@CCFC_Foundation @CCFC_Foundation

act

Scan here to find out more

LEVELLING UP
Wedi ei arannu gan Llywodraeth y DU
Funded by UK Government

Get into Retail (16-25 year olds)
Want to learn more about retail roles?

15th July-19th July 2024
9:30am-3pm

Masonic Hall
8 Guildford St, Cardiff, CF10 2HL

On completion you will gain:

- Level 2 Manual Handling
- Level 2 Customer Service
- Level 2 Food Safety

Sign up to Into Work Advice Service Support to access this FREE training

Contact us:
intoworkadvice@cardiff.gov.uk
029 2087 1071

LEVELLING UP
Wedi ei arannu gan Llywodraeth y DU
Funded by UK Government

Get into Barista (16-25 year olds)
Looking at becoming a barista?

15th July-19th July 2024
9am-3pm

SRCDC Riverside Warehouse
Machen Place, Riverside CF11 6EQ

On completion you will gain:

- Numeracy skills
- Level 2 Customer Service
- Level 2 Food Safety

Sign up to Into Work Advice Service Support to access this FREE training

Contact us:
intoworkadvice@cardiff.gov.uk
029 2087 1071

Exam Certificates

Certificates from the Summer 2023 examination season are still 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.



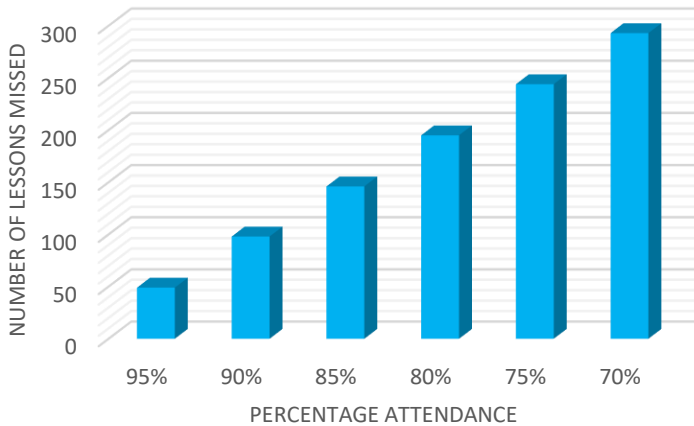
Our Valued Partners



Important information about attendance to school

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

Number of lessons Missed



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.**

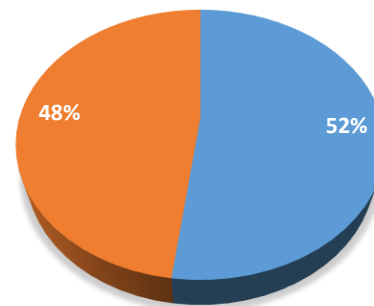
We believe that this is plenty of time for the majority of appointments to be made out of school hours.

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 and report the absence every day through Classcharts.

Every pupil who is not in school is a potential safeguarding concern if we have not been notified by you.

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

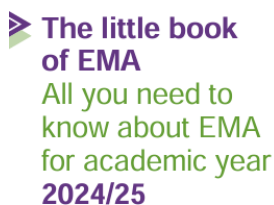


■ In School ■ Not in School

Our Valued Partners

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 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 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 response.

 Keep an eye on www.studentfinancewales.co.uk/ema for updates

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 \(studentfinancewales.co.uk\)](http://studentfinancewales.co.uk)

Here is the link to the application form:

[EMA Application Form 2024-2025 \(studentfinancewales.co.uk\)](http://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](#)



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.

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 \(nhs.wales\)](#)¹

Our Valued Partners

 cowshed

 SCREEN ALLIANCE WALES

 Civil Service

 VOCO | St. David's Cardiff

 BBC

 CANOLFAN MILENIUM CYMRU WALES MILLENNIUM CENTRE

 ARUP Taylor Wimpey

 ccha

 JOHN LEWIS & PARTNERS

 STOWE FAMILY LAW

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 no-one 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.

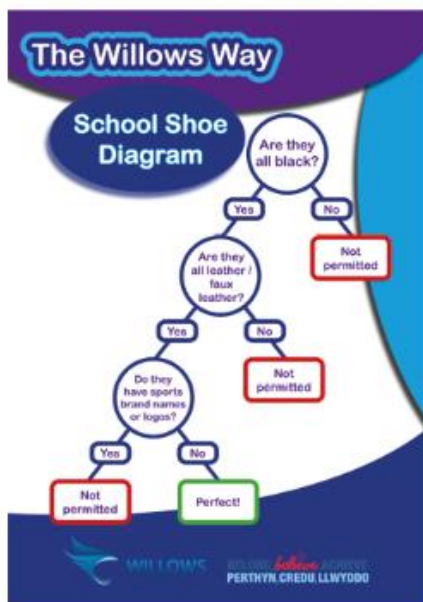
The school will make parents aware if there is any change to the school uniform due to increases in temperature, please do not send your child in P.E. kit if the weather is warm.

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:



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



Hair:
No extreme styles / non natural colours.

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

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

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>

If you are intending to buy new P.E. for next year, please remember that it is the Mid-Layer that is the compulsory item and must be worn. If you want to wear the old P.E. tops, they must be worn under the Mid-Layer

Our Valued Partners



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.



In the event of an exceptional circumstance, your child's Head of Year should be made aware and an individual solution will be applied.

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?

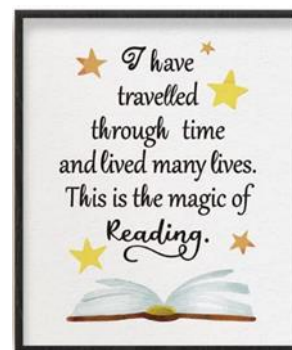
Yes, absolutely, we want our pupils to use their electronic devices responsibly and in moderation. We can work with you to put in place plans to avoid overuse and misuse and will support you in ensuring your child is meeting the school expectations. We will also be educating pupils on how to use devices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

Our Valued Partners

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...

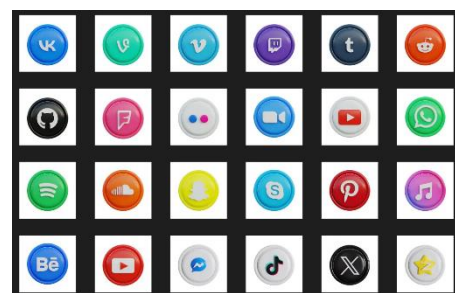
Don't let your child take his/her phone to bed – take a book instead!

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 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).

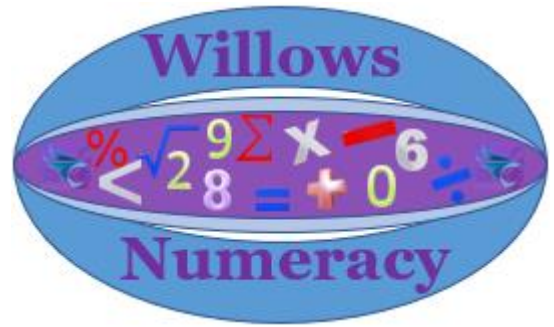
Changing the settings to not allow the issues to happen takes a few minutes and can significantly improve the level of online safety when accessing social media. The NSPCC site 'Keeping children safe online' really is excellent and I would urge all families to access this: <https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

Our Valued Partners

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 quizzes.

Question of Week 35, starting 1/7/24:


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 35 – Starting 01.07.24

Skipping at School:

Sophia is an excellent skipper and skips every morning recess with her friends at school. At the end of each recess, she counts how many times she has jumped. Sophia rarely misses her jumps or gets caught on the skipping rope, and so she averages 60 jumps every minute.



a) If recess is 10 minutes long, how many jumps do you expect Sophia to complete in a single recess?

b) How many days will it take for Sophia to complete at least 5000 jumps, if she jumps for one recess every day?

Mathematics Terms of the Week

Terms of the week
Week 35 - beginning 01.07.24

Rounding to Significant figures:

Round (verb) In the context of a number, express to a required degree of accuracy. Example: 543 rounded to the nearest 10 is 540.

Rounding to Significant figures Significant figures are the digits in a number that contribute to the accuracy of it. We start counting significant figures at the first non-zero digit of a number which is called the first significant figure, the next digit is then called the second significant figure and so on.

3rd sig fig 5 6 0 2 7 1st sig fig	1st sig fig 0.0 0 4 9 7 2nd sig fig
---	---

In order to round to a given number of significant digits:

- Locate the significant figure for the degree of accuracy required. The first non-zero digit is the first significant figure.
- Look at the next digit to the right. Is it 5 or more?
- If it is 5 or more – round up by adding 1 to the previous digit.
- If it is less than 5 – round down by keeping the previous digit the same.
- If the degree of accuracy is 10 or more, fill in zeros to make the number the correct size.

Example 1: Round the number 12594:
- To 1 significant figure = 10000
- To 2 significant figures = 13000

Example 2: Round the number 12.567:
- To 2 significant figures = 13
- To 3 significant figures = 12.6

Our Valued Partners

Numeracy Question Answer

Willows Mathematics

After School

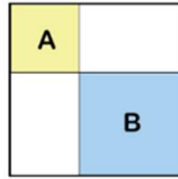
Day	Activity	Location
Tuesday	Y7, Y8 & Y9	G14 Miss Santos
Tuesday Week 1 Only	KS4 Higher	G20 Miss Wrennall
Tuesday Week 2 Only	Y11 Higher	G17 Miss Ait-Brahim
Wednesday Week 1 Only	Y10 & Y11 Intermediate	G19 Miss Koncar
Friday	KS4 All Levels	G15 Mr Batchelor

Answer of the week Week 34 – Starting 24.06.24

What's My Perimeter?

A large square is divided into four rectangles by drawing two straight lines inside the square; one line parallel to the bottom of the square, and one line parallel to the side of the square. Two of the rectangles created are also squares. These squares are labelled A and B in the diagram.

Square A has an area of 16 cm^2 and square B has an area of 36 cm^2 .



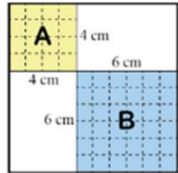
What is the perimeter of the original square?

Solution:

To solve this problem, we need to determine the side lengths of squares A and B.

One way we can determine the side lengths is to build each square using 1 cm by 1 cm tiles.

To build square A we would need 16 tiles.



The only way to arrange 16 tiles into a square is to make a square with 4 rows and 4 columns. We call this a 4×4 square. That means the side length of square A is 4 cm.

Similarly, to build square B we would need 36 tiles. The only way to arrange 36 tiles into a square is to make a 6×6 square. That means the side length of square B is 6 cm.

MathsWatch

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

Welsh Department

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

willowswelsh@willows.cardiff.sch.uk

Willows Welsh

Welsh Terms of the Week

Week thirty six

Welsh	Phonetic	English
garddio	gah-the-oh	gardening
mynd i'r traeth	min'd ee'r trithe	going to the beach
mynd allan am bwyd	min'd ah-ll-anne amm boy'd	going out for food
mynd am dro	min'd amm draw	going for a walk
torheulo	tohr-hey-loh	sunbathing

Our Valued Partners

Attendance

Contact Details - Willows High School

To Report an Absence:

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

Contact Donna Whitney using Classcharts (see how to below)

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

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

Please do not use the old mobile numbers or email.



#EveryDayMatters
www.cardiff.gov.uk/schoolattendance

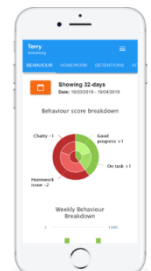
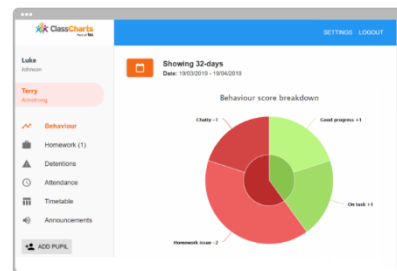


Class Charts Reminder

What is Class Charts?

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

- 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.

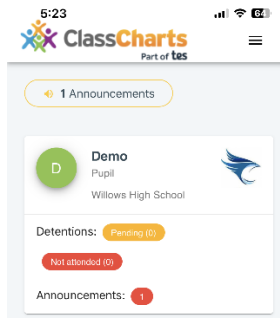
Please let your child's Head of Year know if you need a login code.

Our Valued Partners

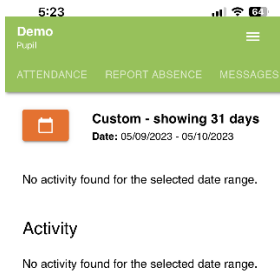


How to report an absence on Class Charts

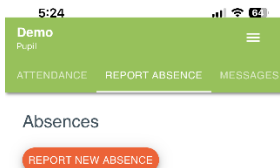
1. Click on your Class Charts app and click on your child's name.



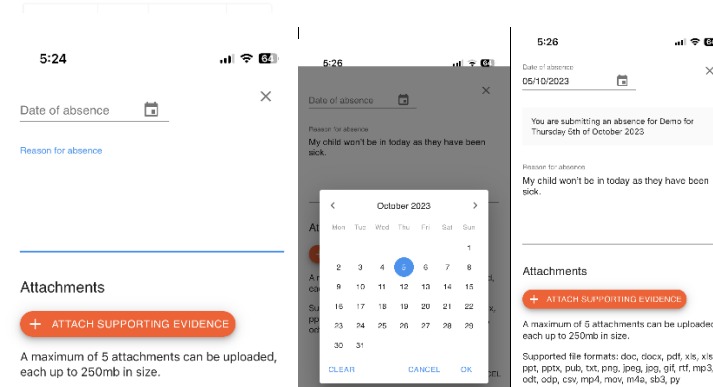
2. Scroll across the green band at the top and click 'report absence'.



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.

Our Valued Partners



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.



Our Valued Partners

cowshed



ARUP



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:
applyeuuswales@settled.org.uk

parent line

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

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

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

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

ChatHealth
 CIG NHS
 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 YEAR 7 & 8+
 Trips
 Pool 5:15PM-7:45PM
 Xbox
 Table tennis
 Make up
 Issue base workshop

FREE

GAMING TOURNAMENT
 EASTMOORS YOUTH CENTRE

23 July
2024
13:00-17:00

EASTMOORS YOUTH CENTRE!
 Cardiff, South East Wales

FORTNITE 3X3
FIFA 1X1
PS5 XBOX 1X1
WII UBOX (UR) 1X1

Email: Eastmoors@cardiff.gov.uk
 0300 200 0700
 Address: Four House, Youth Centre, Riverside, Llanedip, Cardiff, CF11 9N

Creative Sessions
at Eastmoors!
 Wednesdays 5PM-7PM

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

Cardiff Youth Service
 Cardiff, South East Wales

Our Valued Partners



Cardiff City FC Community Foundation

Fit Bluebirds 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

COMMUNITY FOUNDATION

EFL TRUST FIT FANS

IT'S 12 WEEKS THAT WILL CHANGE YOUR LIFE!

**Be healthier.
Be a FIT BLUEBIRD.**

Join the 1000s of football fans who've already lost weight with FIT FANS.

Scan the QR Code or visit cardiffcityfcfoundation.org.uk/our-projects/project/fit-bluebirds to register your interest

**Tuesdays, 6-8pm at
Cardiff City Stadium,
CF11 8AZ**

Wales Government
GIG NHS
Bwrdd Iechyd Prifysgol
Cardiff and Vale
University Health Board

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](https://www.ceop.gov.uk) to report any online blackmail attempts.

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

Our Valued Partners

cowshed



St. David's
Cardiff



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 karen.hunt@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.

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 karen.hunt@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.

"Cuppa with a Copper"

Our local PCSO Richard Mason will be in the Learning Lounge on the 4th and 11th July between 11am - 12pm. If you would like to come in and meet him to discuss any issues, please email Karen Hunt using karen.hunt@willows.cardiff.sch.uk so she knows how many packets of biscuits to buy.



Our Valued Partners

cowshed



ARUP



Allergies

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

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

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

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



Lateness to School: Fixed Penalty Notices

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

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

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

leading to a court summons & increased fines imposed. We **do not** want to have to request this – we would much rather your child be in school on time.

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

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

Thank you for your support in this matter.

Our Valued Partners

cowshed



VOCO | St. David's Cardiff



ARUP | Taylor Wimpey



Period Dignity

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

Safeguarding:

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

Chat Health:

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

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

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

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

We do not usually inform your parents, teachers or anyone else if you contact the school nurse. We might inform someone if we were concerned about your safety, but we would usually 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 your working day and you should get an answer to your message as soon as we can. There is no cost to you for sending messages. If you need this before you have been to school, contact a member of school staff or your doctor. Our text number does not accept voice calls or text to voice messages. We cannot message back on mobile numbers only text or video. We do not include messages sent from landlines, international mobile numbers and some number sharing mobile apps. Please let the school nurse know sending messages to you by texting 0161 to our number. Please respect your school's mobile phone policy. Messages are charged at your usual rate.

Cardiff Foodbank:

Willows High School is a partner agency for Cardiff Foodbank.

If you need a Foodbank Voucher please contact the school in using karen.hunt@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.

Our Valued Partners



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 Savannah Reed	Savanna.Reed@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
Family Engagement Officer	Mrs. Karen Hunt	Karen.Hunt@Willows.Cardiff.sch.uk

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

Team Willows

Our Valued Partners



The Willows Menu

	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)

Our Valued Partners

cowshed

VOCO St. David's Cardiff

BBC

CANOLFAN MILLENIWM CYMRU
WALES MILLENNIUM CENTRE

ARUP

JOHN LEWIS & PARTNERS

STOWE
FAMILY LAW

Taylor Wimpey



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)			

Our Valued Partners

cowshed

VOCO
AN IHG HOTEL | St. David's
Cardiff

BBC


CANOLFAN MILLENIWM CYMRU
WALES MILLENNIUM CENTRE

ARUP

JOHN
LEWIS
& PARTNERS



Taylor
Wimpey



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.

Our Valued Partners





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)			

Our Valued Partners

cowshed

VOCO
AN IHG HOTEL | St. David's
Cardiff

BBC

CANOLFAN MILLENIWM CYMRU
WALES MILLENNIUM CENTRE

ARUP

JOHN
LEWIS
& PARTNERS



Taylor
Wimpey

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)			

Our Valued Partners

cowshed

VOCO
AN IHG HOTEL | St. David's
Cardiff

BBC

CANOLFAN MILLENIWM CYMRU
WALES MILLENNIUM CENTRE

ARUP

JOHN
LEWIS
& PARTNERS



Taylor
Wimpey