



WILLOWS
HIGH SCHOOL



 Use Google Translate to change to your preferred language.

BELONG, believe, ACHIEVE
PERTHYN, CREDU, LLWYDDO

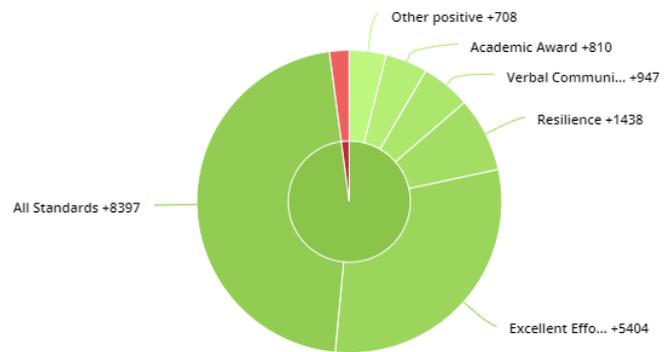
Weekly Newsletter – 13.9.24

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

Belong, Believe, Achieve:

This week we have kicked off our extra-curricular sporting sessions, pupils in years 7, 8, 9 & 10 have engaged in their first Enrichment session of the year and Year 11 have begun their pathway to success in their examinations. Our assemblies this week have focused on building character, thank you to Mr. Lo Celso for leading these. Please find our extra-curricular and revision timetables, as well as our canteen menu, at the end of this Newsletter.

Willows High School Conduct Overview



Merits –9.9.24 – 13.9.24:

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	3509	7Attfield	Abdulla Althani
Year 8	3735	8Beethoven	Hussain Ali
Year 9	4140	9Matisse	Zylan Abduli
Year 10	3104	10Curie	Ariana Nikoonamrad
Year 11	3216	11Farah	Alpha ILoke

Dates for your Diary:

- 18/9: Year 11 Parents' Evening
- 19/9: Cuppa with a Copper (11am to 12pm in the Learning Lounge)
- 23/9 – 1/10: Year 11 Group Discussion NEAs
- 26/9: Year 7 Parents' Coffee Morning
- 26/9: Awards Evening
- 3/10: Cuppa with a Copper (11am to 12pm in the Learning Lounge)
- 3/10: Year 7 Parents' Evening



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School News:

Extra-curricular

It has been a phenomenal first week of extra-curricular sport here at Willows. Something approaching 150 pupils have taken part in a range of different sports including football, basketball, fitness sessions and cross country. No doubt the start of something special with our pupils set to represent the school in competitive fixtures against other schools across Cardiff and South Wales in the coming weeks.



Our programme is attached to the end of this Newsletter, so please take a look. We are always looking to add further sports to our roster so if you or your child attends the school, please feel free to make recommendations or requests and our staff will certainly strive to make it a reality.

The football upcoming football fixtures are listed below, it would be great to see you there to support our pupils:

- Thurs 19th Sept: Year 8 v Cathays (away)
- Tues 24th Sept: Year 9 v Cathays (home)
- Mon 30th Sept: Year 7 v Plasmawr (home)
- Thurs 3rd Oct: Year 9 v Cardiff West (home)
- Mon 14th Oct: Year 7 v Whitchurch (away)
- Thurs 17th Oct: Year 8 v St. Cyres (away)



Mathematics Workshop For Parents/Guardians



Mathswatch workshop

Mathswatch forms part of our daily homework routine and we'd like to give all of our parents the opportunity to find out all about it. Mrs. Ait-Brahim will be running a session on the 19th September which will give you all the information you need to support your child in everything Mathswatch. We hope to see you there.

Please come along to our Parent/Guardian Maths Session on the **19th September @4pm**

We will discuss homework, revision or anything Maths related!

Refreshments will be provided

We look forward to seeing you then!



School Essentials Grant

Registering as eligible for free school meals with your Local Authority unlocks access to the School Essentials Grant. It also means schools get more funding. With the introduction of free school meals for primary pupils, many parents/carers do not realise that schools will lose out unless they continue to register as eligible. Even if you don't need the grant, registering here: <https://www.gov.wales/get-help-school-costs> will mean schools get additional funding.

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School Prospectus 2024-2025

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

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.

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 \(nhs.wales\)](#)'

Attendance

Contact Details - Willows High School

To Report an Absence:

Year 8, Year 9 and the first half of Year 11 – (Surname - A to Khan)

Contact Donna Whitney using Classcharts (see How to report an absence in Classcharts)

Year 7, Year 10 and second half of Year 11 – (Surname - Khanal to Z)

Contact Amber Short using Classcharts (see How to report an absence in Classcharts)

Please do not use the old mobile numbers or email.

LET'S GET ATTENDANCE
BACK ON TRACK



NEW TERM - FRESH START

#EveryDayMatters

www.cardiff.gov.uk/schoolattendance



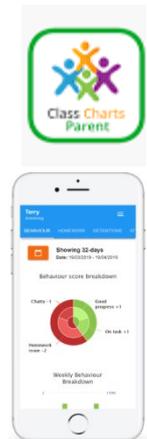
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Class Charts

What is Class Charts?

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

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



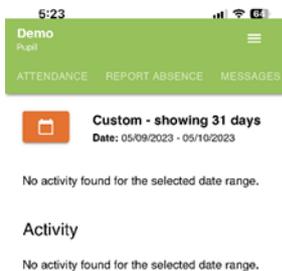
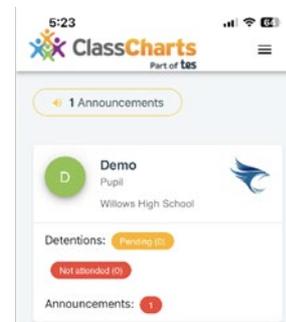
We would like all parents to sign up to Class Charts, as we are also going to be using this as the main way of sending all messages to you. Likewise, from after half term this will also be the main way that you can report your child's absence to us.

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

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

How to report an absence on Class Charts

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

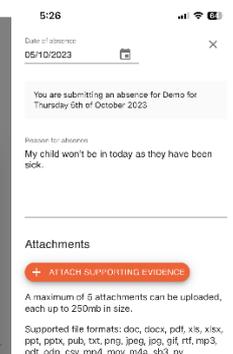
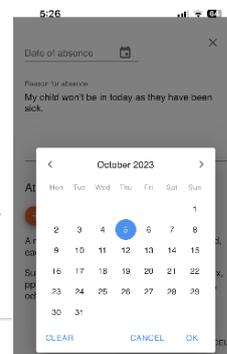
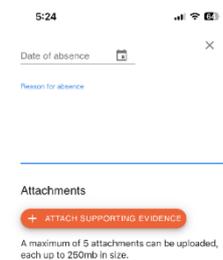


2. Scroll across the green band at the top and click 'report absence'.

3. Click on 'report new absence'



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



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

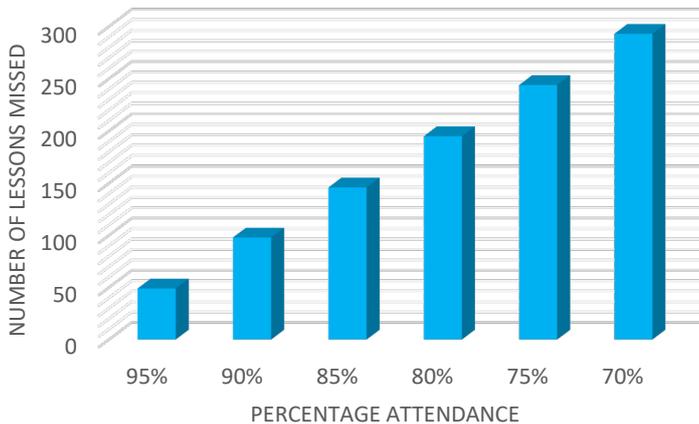
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Important information about attendance to school

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.

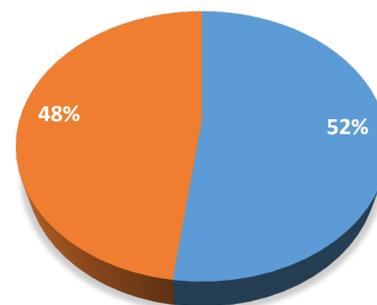
Pupils are in school for 190 days of the year, **they are not in school for 175 days of the year.**

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.

Days in School / Not in School



■ In School ■ Not in School

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

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Taylor Wimpey



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.



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.

Year 7 parents coffee morning

If you are the parent of a Year 7 pupil at Willows, please consider coming to our Coffee Morning in the Learning Lounge on the 26th September at 9.30am. It will be a great opportunity to meet parents in the same situation, meet new friends and ask staff any questions you may have.



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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.

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>

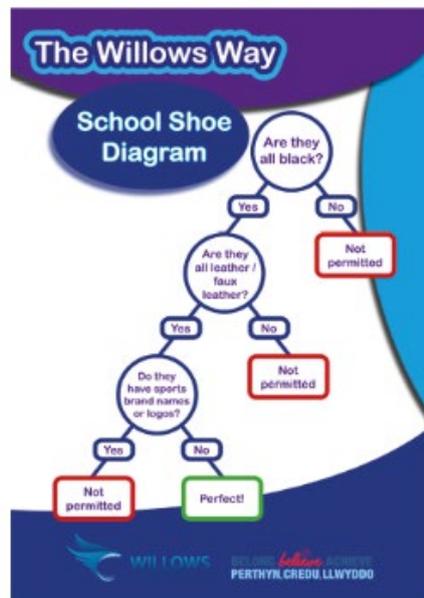
If you are intending to buy new P.E. for next year, please remember that it is the Mid-Layer that is the compulsory item and must be worn. If you want to wear the old P.E. tops, they must be worn under the Mid-Layer

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

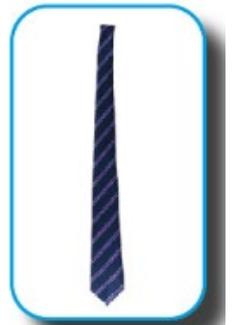
Currently if your child has P.E. they should wear their P.E. kit to school for that day.
If you are concerned about the cold weather, pupils may wear their blazer as an extra layer of clothing.

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.

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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.

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Willows Welsh

Shwmae! Why not practice 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.

The first table contains basic terms and phrases. The second table contains extended terminology and language patterns, for the more advanced learner. Send any queries or questions to:

willowswelsh@willows.cardiff.sch.uk

Welsh Terms of the Week

Week One

Welsh	Phonetic	English
Shwmae?	Shoo-my	How's things?
Bore da	Bor-eh-dah	Good morning
Prynhawn da	Prun-hawn dah	Good afternoon
Hwyl fawr	Hoil vow-r	Good bye
Diolch	Dee-ol ch	Thank you

Extended Language Patterns

This half term we are engaging with students on the corridor with the following questions and responses. Why not practice at home?

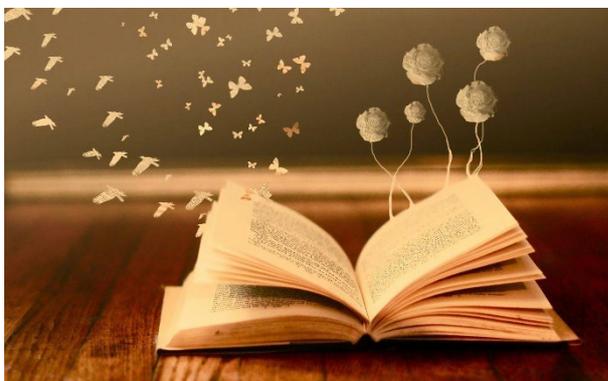
Pwy wyt ti?	Poi oy tee?	Who are you?
Sam ydw i.	Sam uh doo 'e'	I am Sam.

Sut wyt ti?	Sit oy tee?	How are you?
Rydw i'n hapus.	Rud-oo 'ee'n hap-iss	I am happy.
Rydw i wedi blino.	Rud-oo 'ee wed 'e' bleen-oh	I am tired.
Rydw i'n iawn.	Rud-oo 'ee'n yaw-n	I am alright / o.k
Da iawn, diolch	Dah yaw-n dee-ol-'ch'	Very well, thank you

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Willows Words

Did you know that accuracy with writing is worth 50% of the marks on the GCSE English writing tasks? It's also written into the marking schemes for most subjects. You can help your child by quizzing them on the spelling of our Willows Words; these are words that have been found to be commonly misspelled at GCSE. Every week, we'll publish a selection for you to quiz and repeat them in a loop to ensure that the learning is embedded:



1. beautiful
2. because
3. believe
4. ceiling
5. disappear
6. disappoint
7. extremely
8. necessary
9. persuade
10. queue

Library

This week all pupils in Years 7, 8 and 9 have been introduced to the Willows Library and been given the chance to choose a reading book linked to their Reading Age. Pupils have enjoyed getting to choose something they are interested in and making the most of the library facilities.

It is really important that you encourage your child to read at home. We ask that all pupils read for a minimum of 20 minutes a night. These 20 minutes can make a huge difference for them in terms of progressing in all areas. Pupils have access to the library before and after school as well as every two weeks as part of their English lessons



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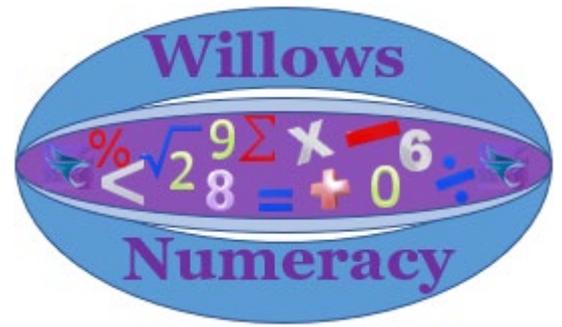
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Mathematics Department

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 results – Years 7, 8 & 9:

Some Numeracy competitions are taking place throughout the year. Pupils in Years 7, 8 & 9 will be provided with relevant resources that can be used to prepare for the quizzes. Relevant emails with details will be sent to pupils.

Junior UKMT Challenge – Year 7 and Year 8 MAT pupils:

Challenge date: 1st May 2025

UKMT Challenge is an external Mathematics competition giving Year 7 and Year 8 MAT pupils the opportunity to tackle a variety of mathematical activities which inspire their love to problem solving. Relevant emails have been sent to pupils.

Below is the link to the UKMT website where pupils can familiarise themselves with the challenge and can practise as much as they need to increase their confidence:

<https://www.ukmt.org.uk/competition/solo/junior-mathematical-challenge/archive>

(Go to - View past papers)

For any related question, please contact Mrs Ait-Brahim at:

Halima.Ait-Brahim@willows.cardiff.sch.uk

Question of Week 2, starting 9/9/24:

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 2 – 09.09.24

Puppy Plans

Robbie wants to get a puppy, so he decides to help pay the costs. He wants to donate £60 to the animal shelter he gets the puppy from, and he needs to contribute £10 every month to help buy the puppy's food.

- How much money does Robbie need to help pay the cost of getting the puppy and feeding the puppy in the first year?
- Robbie needs to save the money calculated in part (a) before getting the puppy. He has £87 in his piggy bank. He earns a £7 allowance every week for doing his chores.



How long will it take Robbie to earn the rest of the money he needs?

Terms of the week

Week 2 - beginning 09.09.24

Minuend, Subtrahend and Difference:

In subtraction, a **subtrahend** is subtracted from a **minuend** to find a **difference**. In the following equation, 9 is the minuend, 3 is the subtrahend, and 6 is the difference.

$$9 - 3 = 6$$

Subtraction:

All the following terms are guiding you to use Subtraction when solving problems:

- | | | |
|-----------------------|-------------------|----------------------------|
| - decrease, decreased | - how much less | - nearer, further |
| - deduct, deduction | - how many more | - reduce, reduced by |
| - difference | - how much left | - remaining |
| - difference between | - how many left | - subtract |
| - dropped, fell | - less, less than | - takes away |
| - fewer, fewer than | - minus | - depreciate, depreciation |

Mathematics Terms of the Week

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Answer of the week
Week 1 – 02.09.24

Cleaning Time Calculation

A housekeeper is responsible for cleaning all the rooms on one floor of a hotel. The floor has 16 regular rooms and 5 suites. Regular rooms take 20 minutes each to clean. Suites take 30 minutes each to clean.



- (a) How long does it take to clean all the rooms on the floor of the hotel?
- (b) If the housekeeper starts cleaning at 10:00 a.m. and does not take a break, at what time is the job finished?

Solution:

(a) We can calculate the time it takes to clean the regular rooms by skip counting by 20: 20, 40, 60, 80, 100, 120, 140, 160, 180, 200, 220, 240, 260, 280, 300, 320

We see that it takes a total of 320 minutes to clean the regular rooms. We can calculate the time it takes to clean the suites by skip counting by 30: 30, 60, 90, 120, 150

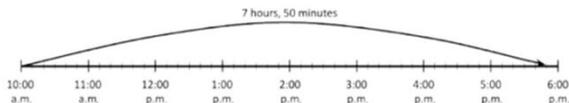
We see that it takes a total of 150 minutes to clean the suites. We add these two numbers together to see that it takes a total of $320 + 150 = 470$ minutes to clean the entire floor.

From this total number of minutes, we could calculate the result in hours and minutes. However, we could also recognize that when skip counting by 20, we get to 60 minutes after three 20-minute intervals. This means it takes an hour to clean three regular rooms.

We could count a bit differently: 20 min, 40 min, 1 hour, 80 min, 100 min, 2 hours, 140 min, 160 min, 3 hours, 200 min, 220 min, 4 hours, 260 min, 280 mins, 5 hours, 320 mins We can see that 320 minutes is equal to 5 hours and 20 minutes. Similarly, we get to 60 minutes after two 30-minute intervals.

With similar counting we see that 150 minutes is equal to 2 hours and 30 minutes. Now we can find the total time taken as: 5 hours + 2 hours + 20 minutes + 30 minutes which is equal to **7 hours and 50 minutes**.

(b) We can use a timeline to determine the time that is 7 hours and 50 minutes after 10:00 a.m.



Therefore, the housekeeper will finish the job at 5:50 p.m.

MathsWatch

All of our students’ weekly Mathematics homework is accessible on MathsWatch, which can be found at <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.



Willows Mathematics
After School

Day	Activity	Room/Teacher
Tuesday	Y7, Y8 & Y9	G14 - Miss Santos
Tuesday	KS4	G15
Week 1 Only	Intermediate	Miss Wrennall
Tuesday	KS4	G17
Week 2 Only	Higher	Mrs Ait-Brahim
Wednesday	KS4	G19
Week 1 Only	Intermediate	Miss Koncar
Wednesday	Fun Maths	G20
Week 1 Only	(Chess club)	Miss Higgins

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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.

Community

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

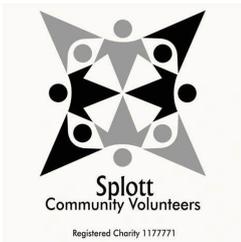


[The Community Noticeboard » Green Squirrel](#)

[Inksplott | Community Is Everything](#)



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



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

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

The Tremorfa Community Pantry

The amazing Tremorfa Community Pantry are always busy finding ways to support the community. You can find them at:

Tremorfa Community Hall, Tweedsmuir Road, CF24 2QZ.



Splo-down

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

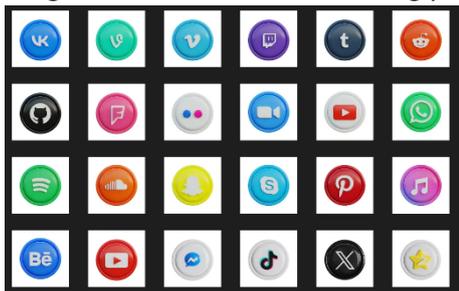


Our Valued Partners



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/>

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.

Our Valued Partners

Learning Lounge & Families

Adult Learning in the Learning Lounge

MANAGING CHILDREN'S BEHAVIOUR LEVEL 1

5 WEEK ACCREDITED COURSE

ON THIS COURSE, LEARNERS WILL BEGIN TO GAIN AN UNDERSTANDING OF THE INFLUENCE OF DIFFERENT PARENTING STYLES ON CHILDREN. YOU WILL LEARN ABOUT BEHAVIOUR THAT IS LINKED TO A CHILD'S DEVELOPMENT AND BEHAVIOUR THAT CHALLENGES PARENTS. YOU WILL DISCUSS EFFECTIVE WAYS OF COMMUNICATING WITH CHILDREN, HOW TO USE PLAY TO SUPPORT A CHILD'S BEHAVIOUR AND ALSO WAYS TO REDUCE DISRUPTIVE BEHAVIOUR.

WILLOWS HIGH SCHOOL
FRIDAY
9.30 AM - 2.30 PM
STARTING ON
20/09/2024

ENROL ONLINE: WWW.ADULTLEARNINGCARDIFF.CO.UK
ENROL BY PHONE: 029 2087 1071 ADVICE LINE 020 2087 2030 OPTION 2

Dygsu Oedolion Adult Learning

Child Psychology

HOW DO PARENTS AND CARERS BOND WITH BABIES?
HOW DO BABIES LEARN TO TALK?
WHY DO CHILDREN DEVELOP GENDER ROLES?
FIND OUT ON THIS FREE 5 WEEK COURSE AND GAIN A LEVEL 1 CERTIFICATE!

WEDNESDAY
9:30AM - 2.30PM
WILLOWS HIGH SCHOOL

STARTS WEDNESDAY
6TH NOVEMBER 2024

i mewn i waith gwasguseth cynghori into work advice service
Dygsu Oedolion Adult Learning
CARDIFF CAERDYDD

Wedi ei ariannu gan Lywodraeth y DU UK Government

WILLOWS

SHOPPING ON A BUDGET
WITH THE MULTIPLY PROJECT

Mondays - starting
14th October
4 weeks
1pm - 3pm
Willows High School
Learning Lounge

YOU WILL...

- Learn essential skills in selecting goods based on price and planning the use of money.
- Develop the ability to identify costs, compare prices and manage a simple budget.
- Gain experience shopping online to increase digital skills, confidence and independence.
- Gain a certificate in Agored Budgeting - Level Entry 3.

Contact your Family Engagement Officer to book your space:
Karen Hunt: karen.hunt@willows.cardiff.sch.uk 07707818093

SUPPORTING TEACHING & LEARNING LEVEL 2

5 WEEK ACCREDITED COURSE

This Level 2 course looks at the models of Learning Support adopted in schools. You will learn about the role of the Learning Support Assistant and identify the skills needed for this position. In addition you will discuss different attitudes to acceptable behaviour and look at ways of encouraging positive behaviour in children. You will also study health and safety and legal requirements for schools. On this course you will also prepare to apply for work in schools.

WILLOWS HIGH SCHOOL
WEDNESDAY
9.30AM - 2.30PM
STARTING WEDNESDAY
6TH NOVEMBER 2024
all sessions need to be attended to complete course

ENROL ONLINE: WWW.ADULTLEARNINGCARDIFF.CO.UK
ENROL BY PHONE: 029 2087 1071 ADVICE LINE 020 2087 2030 OPTION 2

Dygsu Oedolion Adult Learning

Please complete this form for the course above:

<https://forms.office.com/e/fh3FMt5yzF>

Our Valued Partners



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.

Our Valued Partners



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Healthy Relationships

YMCA Here for young people Here for communities Here for you

YMCA HEALTHY RELATIONSHIPS SUMMER DROP IN

THE HEALTHY RELATIONSHIP SERVICES INVITES ALL YOUNG PEOPLE AGE 13-25 TO DROP IN AND CHAT WITH US ABOUT HEALTHY RELATIONSHIPS AND SEXUAL HEALTH. WE CAN ALSO HELP WITH SUPPORTING TO THE SEXUAL HEALTH CLINIC FOR CONTRACEPTION AND STI TESTING.

WE CAN ALSO OFFER C-CARD FOR YOUNG PEOPLE AGES 13-25

YOUNG PEOPLE CAN GET A C-CARD FROM THE SEXUAL HEALTH CLINIC FOR FREE. IT'S A CARD THAT HELPS YOU GET YOUR CONTRACEPTION AND STI TESTING. IT'S A CARD THAT HELPS YOU GET YOUR CONTRACEPTION AND STI TESTING. IT'S A CARD THAT HELPS YOU GET YOUR CONTRACEPTION AND STI TESTING.

YOUNG PEOPLE CAN GET A C-CARD FROM THE SEXUAL HEALTH CLINIC FOR FREE. IT'S A CARD THAT HELPS YOU GET YOUR CONTRACEPTION AND STI TESTING. IT'S A CARD THAT HELPS YOU GET YOUR CONTRACEPTION AND STI TESTING. IT'S A CARD THAT HELPS YOU GET YOUR CONTRACEPTION AND STI TESTING.

TUESDAYS, 1PM-4PM

- 23RD JULY
- 30TH JULY
- 6TH AUGUST
- 13TH AUGUST
- 20TH AUGUST
- 27TH AUGUST

YMCA Here for young people Here for communities Here for you

HEALTHY & WELLBEING | HOUSING | TRAINING & EDUCATION | SUPPORT & ADVICE

YMCA Here for young people Here for communities Here for you

IF YOU HAVE ANY QUESTIONS GET IN TOUCH, EMAIL: SHOT@YMCA.CARDIFF.WALES PHONE: 02920 465250

WHO WILL BE THERE TO MEET YOU?

AMANDA | AMY | MEG

LIZ | FAYE | VICKY

YMCA Here for young people Here for communities Here for you

HEALTHY & WELLBEING | HOUSING | TRAINING & EDUCATION | SUPPORT & ADVICE

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/>.

THE 14 FOOD ALLERGENS

- MOLUSCS**: Including land snails, whelks and squid.
- EGGS**: Can be found in cakes, sauces and pastries.
- FISH**: Found in pizza, dressings and Worcestershire sauce.
- LUPIN**: Lupin can be found in bread, pastries and pasta.
- SOYA**: Various beans including edamame and tofu.
- MILK**: Butter, cheese, cream and milk powders contain milk.
- PEANUTS**: Can be found in cakes, biscuits and sauces.
- GLUTEN**: In food made with flour such as pasta and bread.
- CRUSTACEANS**: Such as crab, lobster, prawns, shrimp and scampi.
- MUSTARD**: Can be in liquid or powder form as well as seeds.
- NUTS**: Including cashews, almonds and hazelnuts.
- SESAME**: Found on burgers, bread sticks and salads.
- CELERY**: Including stalks, leaves, seeds and celeriac.
- SULPHITES**: Found in dried fruit like raisins and some drinks.

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.

Our Valued Partners



Diolch:

All of you mathematicians out there, we couldn't let you wait six weeks to get the answer to this week's question, so here it is.

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 Savannah Reed	Savannah.Reed@Willows.Cardiff.sch.uk
Year 7 – Leadership Link	Mr. Marcello Lo Celso	Lucy.Williams@Willows.Cardiff.sch.uk
Year 8 – Head of Year	Miss Marcella Sansom	Marcella.Sansom@Willows.Cardiff.sch.uk
Year 8 – Leadership Link	Mr. Jack Smith	Jack.Smith@Willows.Cardiff.sch.uk
Year 9 – Head of Year	Mrs. Roisin Cherrett	Roisin.Cherrett@Willows.Cardiff.sch.uk
Year 9 – Leadership Link	Mrs. Kelly Bubbins	Kelly.Bubbins@Willows.Cardiff.sch.uk
Year 10 – Head of Year	Mrs. Tara David	Tara.David@Willows.Cardiff.sch.uk
Year 10 – Leadership Link	Mrs. Suzie Warren	Suzie.Warren@Willows.Cardiff.sch.uk
Year 11 – Head of Year	Mrs. Catherine Watkins	Catherine.Watkins@Willows.Cardiff.sch.uk
Year 11 – Leadership Link	Mr. Simon Thomas	Simon.Thomas@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

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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)

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Taylor Wimpey



Extra-Curricular Activities 2024 – 2025 (Autumn Term)

	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 TBC with individuals.	Individual Instrumental lessons TBC with individuals.	Individual Instrumental lessons TBC with individuals.	Individual Instrumental lessons TBC with individuals.	Individual Instrumental lessons TBC with individuals.
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 PAWB – SP / OA	3.10 – 4.00 pm: Group Instrumental lessons PAC – FG	3.10 – 4.00 pm: Group Instrumental lessons PAC - FG	3.10 – 4.00 pm: Group Instrumental lessons PAC - FG	3.10 – 4.00 pm: Book Club NLC – F3
		3.10 – 4.00 pm: Mini robot programming AH – G12	Week 2 – 3.10 – 4.00 pm: Art Club EJ – F4	Week 1 - 3.10 – 4.00 pm: LGBTQIA+ Club EJ – F5	
		3.10 – 4.00 pm: Science Club CB – S7	3.10 – 4.00 pm: 'A Night at the Musicals' Rehearsals PAC / Theatre – SG, JM, SR	3.10 – 4.00 pm: Eco-Committee JK – G19	
		3.10 – 4.00 pm: Dungeons and Dragons NH – S9	Week 1 - 3.10 – 4.00 pm: Fun Maths (Chess Club) KH – G20	3.10 – 4.00 pm: Creative Writing Club FS – F9	
		Week 1 - 3.10 – 4.00 pm: Welsh Club – Y7, Y8 and Y9 AGR – G7	3.10 – 4.00 pm: Debate Club JEN – F11	3.10 – 4.00 pm: K-Pop Club DS – G14 / theatre	
		Week 2 – 3.10 – 4.00 pm: Ciw Cymraeg AGR - G7		3.10 – 4.00 pm: 'Beads by Willows' Jewellery Making Club CC – F9	
		3.10 – 4.00 pm: Y7, 8 and 9 Maths DS – G14			

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Extra-Curricular Activities 2024 – 2025 (Autumn Term)

PE Extra-Curricular Sport Programme:

Venue	Monday	Tuesday	Wednesday	Thursday	Friday
Gym		KS4+KS3 Boys Basketball KS4+KS3 Girls Basketball AR/MC	All Girls Fitness Week 2 only SM	KS4+KS3 Boys Basketball KS4+KS3 Girls Basketball AR/MC	
Barn		KS4+KS3 Boys Basketball KS4+KS3 Girls Basketball AR/MC	Coming Soon Cricket Week 2 only SHM/RK	KS4+KS3 Boys Basketball KS4+KS3 Girls Basketball AR/MC	
3G	KS3 Boys Football (Fixtures tbc) JLS – JG - SJ	KS3 Boys Football (Training) JG – SJ	KS3 Boys Football (Fixtures tbc) JLS – JG - SJ	KS3+KS4 Girls Football KH/NA/SM	KS3 Boys Football (Fixtures tbc) JLS – SJ - JG
Pitch 1				KS3 Boys Football (Fixtures tbc) JLS – JG - SJ	
Rugby Pitch		Cross Country Autumn Term SM			
CV/Weights Room					
Muga			Coming Soon Cricket Week 2 only SHM/RK		
Dance Studio					

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Years 10 & 11 Revision Timetable 2024 – 2025

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
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
	Science Revision (See Time-table below)	3.10 – 4.00 pm: Y10 and Y11 Intermediate Maths EW – G15	3.10 – 4.00 pm: Y10 and Y11 Intermediate Maths JK – G19	3.10 – 4.00 pm: French Revision with your French teacher.	
		3.10 – 4.00 pm: Y7, 8 and 9 Maths DS – G14	3.10 – 4.00 pm: Y7, 8 and 9 Maths KH – G20	3.10 – 4.00 pm: English Revision Mrs. Lo Celso (F3)	
		3.10 – 4.00 pm: French Revision with your French teacher.	3.10 – 4.00 pm: Y11 Media Studies revision KMB – G25	3.10 – 4.00 pm: Y11 RE revision Ms. Guilfoyle (S10)	
		3.10 – 4.00 pm: Y11 History Revision (after Christmas) Y10 History Revision (after Feb half-term) Mr. Henwood (S9)	3.10 – 4.00 pm: Hospitality and Catering Revision Ms. Davies (G4)		
		3.10 – 4.00 pm: Y10 RE revision Ms. Guilfoyle (S10)	3.10 – 4.00 pm: Y11 Computer Science Unit 2 support ALC – G13		
			Starting 09/10/24 – 3.10 – 4.00 pm Product Design catch up JK		

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Years 10 & 11 Revision Timetable 2024 – 2025

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
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
	STAFF MEETING	3.10 – 4.00 pm: Y11 Higher Tier Maths Ms. Ait-Brahim (G17)	3.10 – 4.00 pm: Y11 Media Studies revision KMB – G25	3.10 – 4.00 pm: French Revision with your French teacher.	
		3.10 – 4.00 pm: French Revision with your French teacher.	3.10 – 4.00 pm: Y10 and Y11 Art and Photography catch-up AEJ and EJ – F2 and F4	3.10 – 4.00 pm: English Revision Mrs. Lo Celso (F3)	
		3.10 – 4.00 pm: Y11 RE revision Miss.Guilfoyle (S10)	3.10 – 4.00 pm: Y11 Computer Science Unit 2 support ALC – G13	3.10 – 4.00 pm: Y11 RE revision Ms. Guilfoyle (S10)	
		3.10 – 4.00 pm: Y11 History Revision (after Christmas) Y10 History Revision (after Feb half-term) Mr. Henwood (S9)			

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