

BELONG, believe, ACHIEVE PERTHYN.CREDU.LLWYDDO

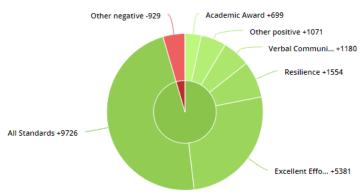
Weekly Newsletter - 27.09.2024

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

Belong, Believe, Achieve:

This week our Year 11 pupils have been completing their group discussion NEAs, we have held or Awards Evening, and our pupils have been experiencing what goes on in the Welsh Government, exploring Roath Park and visiting Cardiff Garden Centre. Our assemblies have been about reading for pleasure, thank you to Mrs. Nelms for leading them.





Merits -23.9.24 - 27.9.24:

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	3736	7Cavendish	Sumaya Salim / Codi Shanahan
Year 8	4061	8Schumann	Nisa Noor / Imogen Richards-Greenslade
Year 9	4317	9Matisse	Alaa Laksari / Zylan Abduli
Year 10	3589	10Curie	Ariana Nikoonamrad
Year 11	3908	11Farah	Mohammed Yousif

Dates for your Diary:

30/9 - 11/10: Open House Tours

2/10: KMPG workshops

3/10: Cuppa with a Copper (11am to 12pm in the Learning Lounge)

3/10: Celebrating Black History Month Event at the Pierpont Building

3/10: Year 7 Parents' Evening 10/10: Cowshed - PR Gang 10/10: Sports Wales visit

10/10: Fearless – Parent event























School News:

Net Zero (Civil Service) Talk

This week Year 11 pupils were given a talk by Muaaz Wright Syed, who works for the Department of Net Zero, a department within the Civil Service. The talk was designed to show the students what work the Civil Service does and what his department, in particular, does to help the planet become greener and more sustainable.

The talk was really well attended and the students showed a keen interest in what Muaaz talked about and asked several probing questions at the end.



Many thinks to Muaaz and to Adrian Cole, from Careers Wales for organising the talk.

Awards Evening 2024:

On Thursday, we were delighted to hold our Awards Evening. This celebrated the achievements of our pupils in the 2023 - 2024 academic year. The ceremony recognised the pupils who achieved exceptionally well academically as well as those who showed resilience and effort in their school subjects. There was also a series of Special Awards to celebrate the success of our pupils in a variety of fields.



On the night, we were lucky to have received a personalised video from Rhian Wilkinson (Head Coach of the Welsh Women's Football Team) who encouraged our pupils to aim high in their extra-curricular sports. We were delighted to be joined by Mme. Claude Rapport (former Honorary Consul for France) and Mr. Matt Dallimore (President of Cardiff's Club De Français) who presented our languages awards. They both talked of the many opportunities language learning can bring and how the study of languages can enrich our lives. Lastly, we were joined by Dr. Dean Burnett, a neuro-scientist and author, who

encouraged pupils to delve into a wide range of academic endeavours to find their true passions.

We would like to thank our parents and governors for their continued support. We appreciate your valuable contributions in helping us achieve our goals.

We greatly appreciate the words of praise and encouragement from our distinguished guests. Our pupils were lucky to have the opportunity to meet such notable and inspirational role models.

Photographs were taken at the event and we will provide further details of how you can access these, once we have received them from the photographer.

Thank you to Caven Alexander (https://www.CavenAlexander.co.uk) and Tempest Photography (https://www.Tempest-Photography.co.uk)



A huge congratulations again to all of our winners! Keep working hard and we hope to see even more of our pupils at our ceremony next year.



























Enrichment

This week our pupils took part in the second Enrichment activity of the term where they learned and practised skills in cookery, henna tattooing, textiles and design and technology.





Fearless Parents Session - 10th October 10am - 12.30pm



For young people, reporting crime can be a difficult decision. One way we can assist is to help the young person to detach themselves from the information – it's not about them but about the information they have. When someone reports something to keep others safe, whether to a trusted adult, the police or Fearless.org, they are being an active bystander. It is important to change the narrative of crime reporting when talking to young people. They are not being a snitch; they are helping make their community, friends and family safe. They are creating a safer place for everyone to live. Willows High School is collaborating with Fearless.org to ensure that our pupils are ethical, informed citizens who are ready to be upstanding members of Wales and the world; pupils who use evidence in informing their views, engage with current issues based upon their own knowledge and values and consider the impact of their actions when making choices.

As always, we would welcome your support in this aim. Please come along to our Parent Session on the 10th October 10am - 12.30pm.

Click to register your place here: https://forms.office.com/e/cXmDrSyexF























SRB

This week 8JW visited Cardiff Garden Centre. We have been working hard in our garden area over the last few weeks and are starting to prepare it for winter. The pupils used the signs to find our way to the cafe. They used the skills we have practised in speech and language lessons and ordered their own drinks and snacks.

After our refreshments, we checked our shopping lists to see what we needed to buy. We also discussed our budget. Pupils were able to

find all the items on their shopping lists including tulip bulbs, daffodil bulbs and crocus bulbs. These will all flower in the spring time. We also bought some onion bulbs. Pupils were able to check the bulb packets to see what time of year they needed to be planted and what time of year they will flower or be ready to harvest.

Finally, we checked our budget again and headed to the tills to pay. We are all looking forward to spending the next few days planting lots of bulbs!





Supporting Your Child During Exams

Please find a link below which may help you if your child is in Year 10 or Year 11 and has upcoming examinations, it is a Parent Workshop video around supporting your child during exam season. it is roughly 40 minutes and was created by the School In-Reach team, based within the Cardiff and Vale University Health Board.

https://www.youtube.com/watch?v=CrulgjNZXHg

Football and basketball fixtures

Our Year 9 Boys ran out deserved winners on Thursday against Cathays in the their first competitive football match of the season. Thanks to 2 goals from Derek Johnson, and a great solo effort from Abdoulie Jarju they managed to secure a convincing 6:1 victory.

Autumn 1

Wed 11th Sept - Y8 Vs Y9 (h) ✓ Thurs 19th Sept - Y8 Vs Cathays (h) Tues 24th Sept - Y9 Vs Cathays (h) Mon 30th Sept - Y7 Vs Plasmawr (h) Thurs 3rd Oct - Y9 Vs Cardiff W (h) Wed 9th Oct - Y9 Vs Plasmawr (a) Mon 14th Oct - Y7 Vs Whitchurch (a) Wed 16th Oct - Y7 Vs Radyr (h) Thurs 17th Oct - Y8 Vs St Cyres (a)

Thurs 17th Oct - Y9 Vs St Teilos (h)



Willows High School Boys Basketball Fixtures

Thurs 3rd Oct Y11 Vs St Teilos (a) Thurs 10th Oct Y9 Vs St Teilos (a) Wed 23rd Oct Y11 Vs Cardiff West (a) Thurs 24th Oct Y9 Vs Cardiff West (a) Thurs 14th Nov Y11 Vs St Illtyds (a)























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.

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.







Willows New School

As part of the New Willows Build, Morgan Sindall will be creating employment opportunities for local individuals. We will be working closely with partners and existing networks such as Into Work Cardiff, Onsite Construction Academy and Job Centre Plus who understand the needs of the local area and help to identify local people suitable for roles. We hope that by working collaboratively with these partners, we can provide some positive long term employment outcomes. You will see us at many employment and job fairs over the duration of the project.

Our Valued Partners







Sustantials Communities for Learning Communities for Learning

















Star pupil!

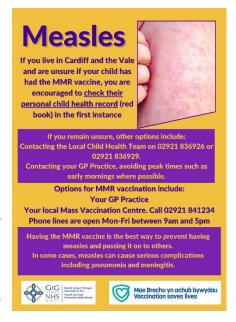
Congratulations to our Year 8 pupil, Zara Sabiri who took the LAMDA Grade 3 acting exam and absolutely smashed it, passing with distinction. We look forward to seeing her on stage and screen in the future!

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)'





#EveryDayMatters www.cardiff.gov.uk/schoolattendance



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.





















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.





Activity

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

Absences

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

Attachments

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

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

















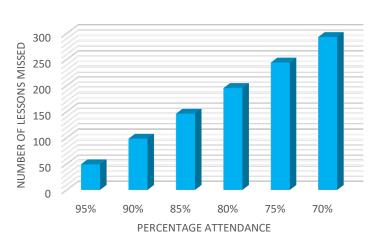




Important information about attendance to school

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.

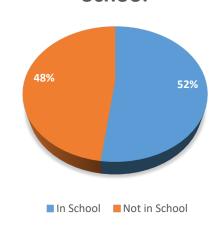
Pupils are in school for 190 days of the year, they are not in school for 175 days of the year.

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



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





















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.



<u>Lateness to School: Fixed Penalty Notices</u>

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.





















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 appropriately dressed for school when they leave your house in the morning.

P.E. Kit:

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

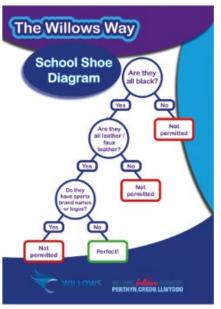
No jeggings, tight fitting trousers, jeans, jean like trousers or low rise trousers.

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.





No extreme styles / non natural colours.

Shoes:

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

no logos. Black to go with the

uniform. Leather to be weather resistant.





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

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

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



















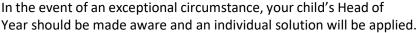


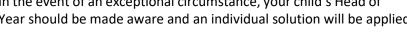
Mobile phone use in school FAQs

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.







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.





















Welsh Words



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 fist 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 Three

Welsh	Phonetic	English
Da iawn	Dah yawun	Very good
Wedi blino	Wed-ee bleen-oh	Tired
Croeso	Croi-saw	Welcome
Dim problem	Dim prob-lemm	No problem
lawn?	Y-awn	O.K

willowswelsh@willows.cardiff.sch.uk

Willows Welsh

Extended Language Patterns

O ble wyt ti'n dod?	Or blair oy teen door'd	Where do you come
		from?
Rydw i'n dod o	Rud do 'e'n door'd or	I come from

Caerdydd	Kire deeth	Cardiff
Cymru	Come-ree Wales	
Waunadda	Wine ah 'dd' ah	Adamsdown
Y Rhath	Uh 'Rh' ah 'th'	Roath
Sblot	Ss-blot	Splott
Tremorfa	Treh-morr-vah	Tremorfa





















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:

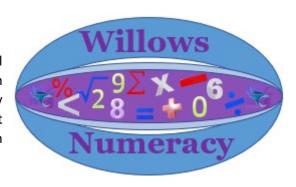


- 1. accept
- 2. except
- 3. happened
- 4. minute
- 5. occurred
- 6. piece
- 7. usual
- 8. view
- 9. weird
- 10. really

Mathematics Department

Numeracy Boost Session (NBS):

Using a variety of digital (e.g. TT-Rock Stars) and non-digital resources, all KS3 pupils will benefit from using laptops in Numeracy Boost Session to enrich their Mathematics skills; they are delivered fortnightly by Mathematics teachers. It is a great opportunity to support low abilities further and stretch high potential pupils.



Numeracy Competition Dates - KS3:

Year 9 - Wednesday 4th December 2024

Year 8 - Thursday 5th December 2024

Year 7 - Friday 6th December 2024



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

Junior UKMT Challenge – Year 7 and Year 8 MAT pupils: Challenge date: 1st May 2025

Relevant emails have been sent to pupils.

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.

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-mathematicalchallenge/archive

(Go to - View past papers)

For any related question, please contact Mrs Ait-Brahim at: Halima.Ait-Brahim@willows.cardiff.sch.uk





















Numeracy Terms and Question of Week 4, starting 23/09/24:

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

Any questions, please email: Halima.Ait-Brahim@willows.cardiff.sch.uk

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

Answer of the Week Week 3 - Staring 16.09.24

Animal Ages:

Robbie has five pets: two dogs named Bonnie and Espo, two cats named Walt and Ginny, and a ferret named Lucky. He makes the following true statements about the ages of his pets, in years:

- 1. Bonnie is 5 years older than Espo.
- 2. Ginny is half the age of Walt.
- 3. The sum of Espo's age and Lucky's age is equal to Walt's age
- 4. Bonnie is 1 year older than Walt.
- 5. Ginny is 6 years old.

How many years old are each of Robbie's pets?

Solution:

From statement 5, we know Ginny is 6 years old. From statement 2, Ginny is half the age of Walt. That means Walt is twice as old as Ginny. So, Walt is $6 \times 2 = 12$ years old.

From statement 4. Bonnie is 1 year older than Walt. So. Bonnie is 12 + 1 = 13 years old.

From statement 1. Bonnie is 5 years older than Espo. That means Espo is 5 years younger than Bonnie. So Espo is 13 - 5 = 8 years old.

From statement 3, the sum of Espo's age and Lucky's age is equal to Walt's age. That means the difference of Walt's age and Espo's age is equal to Lucky's age. So Lucky is 12 - 8 = 4years old.

In summary:

Ginny is 6 years old, Walt is 12 years old, Bonnie is 13 years old, Espo is 8 years old, Lucky is 4 years old.

Answer of the Week ,starting 16.09.2024

Question of the week

Tents Situation

Two years ago, Albany Arabic School took its grade 3 and grade 4 classes on a camping

There were 41 students going on the trip. They took 9 tents with them. Each tent slept either 3 campers or 5 campers.

Every tent was completely filled and every camper was in a tent.

How many 5-person tents did they bring with them?

Week 4 - Starting 23.09.24

Question of Week 2, starting 23/09/2024

Terms of the day Week 4 - starting 23.09.24

Dividend, divisor, quotient, and remainder:

In division, a dividend is divided by a divisor to find a quotient.

In the following equation, 18 is the dividend, 3 is the divisor, and 6 is the quotient. 18/3 = 6

If there is an amount left over, it is called the **remainder**. The remainder cannot be evenly divided by the divisor. For example, if you divide 18 by 7, you will get a remainder: 18 / 7 = 2, with a remainder of 4

Division:

All the following terms are guiding you to use Multiplication when solving problems: - divide evenly - half, quarter

- divided by
 - how many each
- quotient
- equal parts, equal pieces out of
- share, share of

- fraction
- per
- shared

- for each
- percent, percentage
- split

MathsWatch

All of our students' weekly Mathematics homework is accessible on MathsWatch, which can be found at https://www.mathswatchvle.com/. Thev must 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.





















Community

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

The Community Noticeboard » Green Squirrel





Inksplott | Community Is Everything

Community litter pick

Lovely residents of Splott and Adamsdown. For two weeks this autumn, the Big Cardiff Tidy will be taking place across the capital, led by Keep Wales Tidy, Love Where You Live and Cardiff Rivers Group.

Why not Love Where You Live and join in with a community litter pick. It's a great opportunity to make a difference to the local area, as well as getting to know your neighbours a bit better.



Where: Adamsdown Place

All equipment will be provided, and children are more than welcome to come along (we have special litter grabbers for smaller hands). Children must be supervised at all times by a parent or guardian.

Please wear sensible covered shoes, and ensure you are wearing weather appropriate clothing.

You can find out more about the event here: The Big Cardiff Tidy! | Facebook

From Saturday 21st September to Sunday 6th October everyone is welcome to join in one (or more!) of the events hosted by Local Litter Picking Hubs, Litter Picking Groups and Cardiff River Groups - aiming to #LoveWhereYouLive and create a cleaner, greener #Cardiff.

Find an event near you – https://keepwalestidy.cymru/events/big-cardiff-tidy/

If you are interested in hosting your own event as part of the Big Cardiff Tidy, please contact us at lovewhereyoulive@cardiff.gov.uk or Gareth Davies of Keep Wales Tidy at gareth.davies@keepwalestidy.cymru

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

Our Valued Partners



Splott Community Volunteers



















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.





Willows Pantry

Our Pantry opening was a great success this week, we are so grateful for the support always provided by one of our parents Claire Mills on behalf of Tesco.

Willows Garden

Our long-term aim as a school is to make our garden an inviting space not only to educate but to enjoy for pupils and staff with added first-hand experience of growing your own fruit and vegetables. We would love to grow and cook our home-grown ingredients to utilise in our school kitchen or the Willows Pantry. If you want to get involved, please look out for upcoming garden news.



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'





















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-childrensafe/online-safety/

South Wales Police - Sextortion

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

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

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

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

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





















Learning Lounge & Families Adult Learning in the Learning Lounge









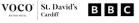
Please complete this form for the course above:

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





















Willows Pantry

We are working with the MCKS Charitable Foundation UK to reduce the instances of food poverty in our area. We are provided with a donation on a fortnightly basis which can then be distributed amongst our community. The pantry will be open on a fortnightly basis, starting on Monday 23rd September from 10am to 1pm. There is no need to access the school through the Main Reception, if you'd like to engage with this service, go







straight to the Learning Lounge.

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 or by phone using 07733889062

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 or by phone using 07733889062 if you need any information on who you can turn to.

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

Allergies

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

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

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

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



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 time (including over the holidays) then please Danielle.MacKintosh@willows.cardiff.sch.uk If you are a pupil that needs help, please also contact Danielle via this e-mail address.

Chat Health:

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



Cardiff Foodbank:

Willows High School is a partner agency for Cardiff Foodbank.

If you need a Foodbank Voucher please contact the school using karen.hunt@willows.cardiff.sch.uk. or by phone using 07733889062. Where we can help, we will do so confidentially.

Cardiff Youth Service:

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

http://cardiffyouthservices.wales/

Key Services

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

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





















Diolch:

As always, thank you for your support. If there are any problems, we would appreciate that you contact the relevant person in school straight away rather than using social media platforms. We will always try our best to reach a solution and this will ensure your concern is seen and avoid any misinformation and miscommunication.

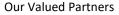
Please could parents refrain from turning up at the school reception without an appointment. Heads of Year, Teachers and Support Staff are incredibly busy during the school day looking after our pupils. If there is a problem, please arrange an appointment with your child's Head of Year in the first instance. To organise this, please ring the school reception on 029 20414243.

Alternatively, you can e-mail the relevant member of staff, details below:

Headteacher	Mr. Christopher Norman	Christopher.Norman@Willows.Cardiff.sch.uk
Welfare Manager	Miss. Kimberly Williams	Kimberly.Williams@Willows.Cardiff.sch.uk
Year 7 – Head of Year	Miss Savannah Reed	Savannah. Reed @ Willows. Cardiff.sch.uk
Year 7 – Leadership Link	Mr. Marcello Lo Celso	Marcello.Locelso@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		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

























- Tickets from just £1 a week
- Chance to win up to £25,000
- Play weekly, or just play the Super Draw!
- Support our fundraising!

BUY TICKETS







Gamble Aware

See website for Terms & conditions. Enter by 28/09/24.























		Wednesday	Thursday	Friday
Butternut squash, courgette, feta and basil pasta Focaccia garlic bread	Halal chicken sausage with vegetable mash and gravy	Oven baked lemon chicken Herb roasted new potatoes and Mediterranean vegetables	Jerk chicken with Mediterranean vegetable rice and peas	Fish, chips and beans Salmon fishcake Alt: ½ Jacket potato
Pomegranate salau pot		Alt: Rice		Ait. 72 Jacket potato
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
Pomegranate salad	Salad of the day	Salad of the day	Salad of the day	Salad of the day
Toffee and banana sponge with custard	Vanilla cheesecake	Orange jelly fruit pot	Brownie	Apple and berry crumble
Cheeseburger (£1.75)	Southern fried chicken burger (£2.75)	Calzone (£1.75)	Hotdog (£2.60)	Pitta kebab with mint yogurt (£2.50)
Cheese burrito (£3.00)	Reggae Reggae chicken (£3.00)	Garlic mayo chicken (£3.00)	Nandos chicken (£3.00)	Sweet chilli Chicken (£3.00)
Jacket potato (£2.50) Tuna mayonnaise Cheese Beans	Jacket potato (£2.50) Tuna mayonnaise Cheese Beans	Jacket potato (£2.50) Tuna mayonnaise Cheese Beans	Jacket potato (£2.50) Tuna mayonnaise Cheese Beans	Jacket potato (£2.50) Tuna mayonnaise Cheese Beans (£2.80)
	basil pasta Focaccia garlic bread Pomegranate salad pot Butternut squash, courgette, feta and basil pasta Garlic bread Pomegranate salad Toffee and banana sponge with custard Cheeseburger (£1.75) Cheese burrito (£3.00) Jacket potato (£2.50) Tuna mayonnaise Cheese	Focaccia garlic bread Pomegranate salad pot Butternut squash, courgette, feta and basil pasta Garlic bread Pomegranate salad Focaccia garlic bread Butternut squash, courgette, feta and basil pasta Garlic bread Fomegranate salad Carlic bread Salad of the day Vanilla cheesecake Southern fried chicken burger (£1.75) Cheese burrito (£3.00) Jacket potato (£3.00) Jacket potato (£2.50) Tuna mayonnaise Cheese Beans Tuna mayonnaise Cheese Beans	Focaccia garlic bread Fomegranate salad pot Butternut squash, courgette, feta and basil pasta Garlic bread Fomegranate salad Fomegranate salad	Courgette, feta and basil pasta Focaccia garlic bread Butternut squash, courgette, feta and basil pasta Garlic bread Fomegranate salad Fomegranate salad Focaccia garlic bread F

















Extra-Curricular Activities 2024 – 2025 (Autumn Term)

	Monday	Tuesday	Wednesday	Thursday	Friday
	8.45 – 9.00 am	8.45 – 9.00 am	8.45 – 9.00 am	8.45 – 9.00 am	8.45 – 9.00 am
Before school	Free breakfast for all	Free breakfast for all	Free breakfast for all	Free breakfast for all	Free breakfast for all
	years	years	years	years	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.
	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	
After school		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: Criw 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			

Our Valued Partners















cowshed



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	
3 G	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					

















<u>Years 10 & 11 Revision Timetable 2024 – 2025</u>

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
	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)	
After school		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		

















<u>Years 10 & 11 Revision Timetable 2024 – 2025</u>

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: Y11 Higher Tier Maths	3.10 – 4.00 pm: Library open for homework. STAR hub library open until 7.00 pm 3.10 – 4.00 pm: Y11 Media Studies revision	3.10 – 4.00 pm: Library open for homework. STAR Hub library open until 6.00pm 3.10 – 4.00 pm: French Revision with your	3.10 – 4.00 pm: Library open for homework. STAR Hub library open until 6.00pm
		Ms. Ait-Brahim (G17) 3.10 – 4.00 pm: French Revision with your French teacher.	KMB – G25 3.10 – 4.00 pm: Y10 and Y11 Art and Photography catch-up AEJ and EJ – F2 and F4	French teacher. 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)			













